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Rational Therapy: a Manual of Rational Therapy. Oklahoma City: Palmer-Gregory College, ca.1913.

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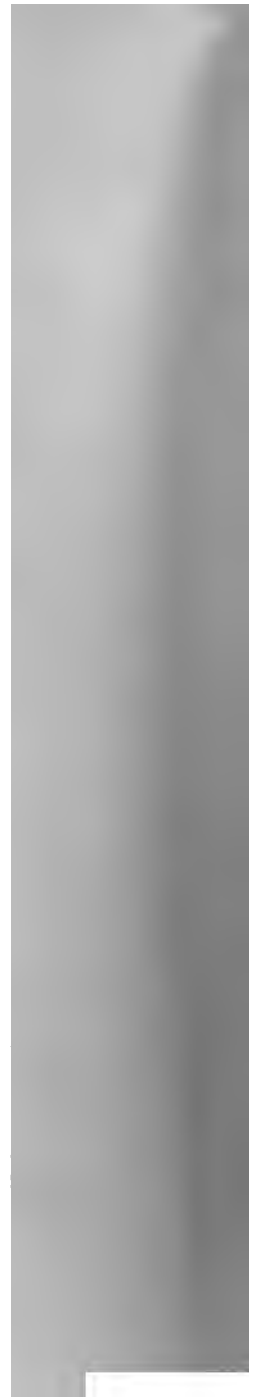
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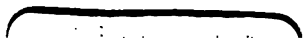
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RATIONAL THERAPY

A MANUAL OF RATIONAL THERAPY METHODS
EMBRACING A BRIEF DESCRIPTION OF THE
ETIOLOGY, PATHOLOGY AND SYMPTOM-
ATOLOGY OF DISEASE AND WRITTEN
WITH SPECIAL REFERENCE TO THE
APPLICATION OF RATIONAL
THERAPY METHODS IN THE
TREATMENT OF DISEASE

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OKLAHOMA CITY, OKLAHOMA

Second Edition, Revised and Enlarged

PUBLISHED BY
THE PALMER-GREGORY COLLEGE
OKLAHOMA CITY, OKLAHOMA

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To my devoted wife, my indispensable assistant in my writings, correspondence and business management, and the efficient sponsor of my success, both in finance and literature, this book is affectionately

DEDICATED BY
THE AUTHOR

65602

THE ERIE PRINTING COMPANY
1314-1316 FRACK ST.
ERIE, PA.

PREFACE TO FIRST EDITION.

This book is intended to serve as a ready reference for the busy practitioner who wishes to use spinal adjustment as an auxiliary method, in the treatment of disease.

For convenience, we give an alphabetical list of diseases, excepting some ailments that are rare and with the results of spinal adjustment upon which we are not acquainted.

This arrangement will enable anyone to turn at once to any disease to which his attention is called. In this brief symptomatology we, in most cases, give the definition, etiology, symptoms, diagnosis, and prognosis, and have given special attention to the location of the pathological lesions and the spinal exit of the nerve supply to the affected zone.

We have omitted any medical treatment—in fact, in this book we have omitted all other treatments save spinal adjustment for the relief and restoration of the nerve supply to the affected zone.

It is impossible to prescribe a specific adjustment for the relief of the nerve supply to any organ, as different nerves have to do with the vital activities to the different organs of the body; for this reason, we refer the reader to the Section on palpation of the spinal column for tender nerves. Observing the rules there outlined, the palpator can determine the exact locality of the interference responsible for any deranged function.

The directions given under each disease will only indicate the point from which the disease, or rather, the deranged nerve supply, usually comes, and the specific region in which to palpate to detect spinal lesions.

DISEASE AND RATIONAL THERAPY.

This work we purposely make very brief in the description of symptoms and pathological lesions, for the reason that there are many well-written books on these subjects, and for the further reason that a more extensive description of the etiology, symptomatology, diagnosis, prognosis, and pathological lesions would make the book too cumbersome for the purpose for which it is written.

We are aware that many will doubt the efficacy of the measures recommended, but a fair and impartial test will make the most doubtful, the most ardent advocates of this most important, convenient, and easily applied auxiliary method of treatment of diseases, both *acute* and *chronic*.

There is nothing new or anything added to our former store of knowledge, except some new discoveries concerning the etiology, diagnosis prognosis, and treatment of disease.

The prognosis, in most cases, is based on the results we have attained in ninety per cent of the cases we have treated during a busy practice of three years. During this time we have averaged giving treatments to from twenty to forty patients daily. We have based no opinions on individual cases.

As this section of the book was prepared hurriedly, we ask your forbearance with us for mistakes that have slipped into this part of the volume.

PREFACE TO SECOND EDITION.

This work is prepared for the purpose of serving as a ready reference manual for the busy practitioner who is familiar with the art and science of Spinal Adjustment, Spinal Concussion and other Rational-Therapy methods recommended herein which are intended to be used in the treatment of both acute and chronic disease.

For convenience, we consider the different diseases in alphabetical order, except some ailments with which we are not familiar and do not know the results we may obtain, by the use of the rational methods herein recommended.

This alphabetical arrangement will enable the busy practitioner to turn, at once, to our treatise upon any disease, which he may have occasion to investigate as easily as you can locate any desired word in a dictionary.

We have, in this work omitted directions for the use and administration of medicinal treatment, and have limited our suggestions in treatment to directions for the use of Rational-Therapy methods which we have found meritorious and which are most potent in the restoration of the efficiency of nerve impulse and the restoration of normal function and perfect health.

This manual is purposely brief in its treatise upon etiology, symptomatology, diagnosis and prognosis, the main object being to give the essential of the above and directions concerning the use of the more recent, and more Rational methods in the treatment of all forms of disease.

We are well aware that many will doubt the efficiency we claim for the measures we recommend but we know that a fair and impartial test will make the most doubtful, the most ardent advocates of these most potent, convenient, and easily applied auxiliary methods of treatment.

In making public my developments and improvements in Rational Therapy methods, I am not actuated by an itch for fame, nor by a fondness for notoriety, but by a desire of giving to my brethren the fruits of years of travel, observation and study.

In offering the fruits of my research to drug and drugless healers, I am not and have not been unconscious of the dangers I must encounter; since it has been the fate of those who have discovered or improved an art or science, to be beset by envy, malice, hatred, detraction and calumny.

THIS, THE COMMON LOT, I HAVE CHOSEN TO UNDERGO.

I am well aware that every one who misses the information, which I bring their way, because of being actuated by prejudice or unbelief, will not benefit by my efforts.

What I am writing I have proved again and again, by the testimony of my own senses, and amid tedious and laborious exertions; still guarding, on all occasions, against the seductive influences of self-love and self-deception.

We beg of both the profession and the laity to investigate our Rational-Therapy methods of treatment and not to prejudge and condemn them before they know their merits, which they may determine by an impartial test.

The most successful doctors, drug or drugless, professionally and financially, of my acquaintance are noted for their liberal views. They are willing to extract a grain of truth or wisdom or secure a valuable point whenever it is possible to do so, regardless of its source or previous history.

If, instead of trading upon the reputation of ancestors and preceptors, our critics would make but a single honest effort to improve faulty technique, correct erroneous impressions, or by original research, discover some unrecognized factor in disease production or some helpful remedial agency they might hope to be of some real benefit to the age in which they live.

Those who practice spinal adjustment are often termed quacks by those who practice other methods, such appellations come only from those mentally warped and bigoted or ignorant of the merits of this most potent method of treatment. To pick up and to polish a precious gem, even though it lay among the filth of a gutter, should not be considered an act indicating qualities and characteristics of which one would need be ashamed. Neither would such action call for condemnation, except from such as would be first to take advantage of a back turned or an eye closed.

When critics arise as they ever do, I ask no favor other than that investigation shall always precede the formation of your opinion or that knowledge shall precede judgment and condemnation. We are by no means perfect and owing to the fact, that the preparation of this work has been hasty it is therefore the more abundant in imperfections. When practitioners of Rational-Therapy can match reason against results, and in every case find the former strengthened by the latter, arguments are advanced which admit of no rebuttal.

We have in this work called attention to different Rational methods of treatment, for the reason we are trying to guard against becoming narrow in our field of practice and consequently inefficient in our work. We believe that no one method is by any means as efficient as it should be, and that all available means of treatment should be used as occasion demands.

We wish to give credit especially to the writings of Dr. J. H. Kellogg, Dr. W. H. Burgess, Dr. A. A. Stevens, Dr. Albert Abrams and Dr. J. R. Rogers, and other authors consulted in the preparation of THIS MANUAL, and to Dr. Irving J. Eales and Dr. W. H. Burgess who have each so kindly furnished an important chapter for this work.

Very truly yours,

ALVA A. GREGORY, M.D.

INTRODUCTORY.

No apology is necessary, because no one has ever called attention to the minor lesions of the spinal column, which interfere with the nerve supply to organs, except Chiropractors and Osteopaths.

No one seems to pay any attention to the little deviations of the spinal articulations which are so prevalent, and which lead to chronic diseases and premature death.

In calling your attention to these conditions, we hope to present the subject in a more intelligent manner than is common, among the ordinary practitioners of Spondylotherapy.

If we have come too late to avoid the serious consequences, because of spinal lesions, among your friends, we trust that you may now appreciate the importance of these small deviations and that you may overcome the dangers of chronic troubles by having them removed or corrected.

This you may and will do when you realize that there is a congenial way of overcoming all interference with the normal nerve supply and that you may live to a ripe old age and live in perfect health.

Take heed, be of good cheer. It is never too late to learn. Here is the best climate in the world, for the sick, and now is the best time to begin treatment.

A doctor who understands Rational Therapy is a mighty good thing to have around in serious cases. If you have not one in your town, get one to locate there or induce your family doctor to investigate and acquaint himself with our *Rational methods* of treatment.

A normal nerve supply to any organ or part of the body generates normal function and maintains health.

Interference with the nerve supply to any part or organ will cause derangement of function and permit the invasion of disease.

If we understand why and how nerves are interfered with, we would then understand and appreciate *Rational methods* of treatment.

Rational methods remove interference with nerves and thus restore normal function which promotes health in either acute or chronic cases.

Nerves may be interfered with in different ways. Normally in the human body nerves are not interfered with except where they are impinged by bone, which is harder and more resistant than is the nerve, and by some an interference with the nourishment, supplying and maintaining the function of the nerve centers.

There is but one place where bone pressure upon the nerve sheath may interfere with the integrity of the nerve by impingement of it or by cutting off the nutrition which supplies the spinal center in the cord, from which the nerve originates.

The spinal foramina, where nerves emerge from the spine, are subject to alteration in size. This alteration is most generally due to contracture of the spinal musculature. The spinal musculature may have become contracted, by causes acting directly upon the spinal tissues, or by irritating stimuli producing reflex contraction.

The specific thrust is the only efficient way of overcoming the contracted spinal musculature, approximating vertebræ and narrowing the intertebral foramina. The chief of rational drugless methods is the specific thrust, which will overcome the contracted conditions of the spinal musculature.

This method will overcome narrowing of the intervertebral foramina because of the fact, that the intervertebral cartilages have a decided tendency to expand when the spinal musculature is relaxed so that they can.

The spinal contraction may be due to draughts of air, may be due to dampness, to irritation and injury of the end organs of the sensory nerves, thereby causing reflex contraction of the spinal musculature.

Small deviations of the spinal articulations from the normal will interfere with the integrity of the nerve sheath. This interference will interfere with the nerves by impingement or by interfering with the nutrition or drainage of the spinal segments from which the physiological impulses are always, during life, given off.

Among our little ailments we might mention an additional thought and that is this. When a nerve is impinged and when it has ceased to maintain the trophic and eliminative functions for a considerable time, there are, taking place, certain histological alterations.

All changes occur as the result of the failure of the nerve supply to control the metabolical process, which will cause the tissues to become altered, changed and clogged.

With matter in tissues, that should be eliminated, we need an auxiliary to spinal adjustment, which will only relieve impingement of the nerve sheath, but will assist in the cleansing process. We may assist in the elimination and in cleansing of the zone in which has occurred pathological changes in the histological structures, by the use of the proper solvent, in the bath.

By assisting in the cleansing process, the normal nerve impulse will more quickly re-establish the normal healthful condition.

We have still another auxiliary method that will aid very much in effecting cures in extreme cases and also will hasten in a rapid restoration to the normal. By this we refer to spinal concussion, for the stimulation and generation of an increase in the amount of nerve impulses, of the nerve which originate in and are given off from the spinal centers.

If the nerve sheath is freed from impingement and if the

channel for the conduction of nerve impulses is freed from obstruction, then and not until then is the spinal concussion most potent and most helpful in restoring health in the pathological zone.

The tendency of the different schools of drugless healing is to be too narrow. There are some who depend wholly on spinal adjustment, there are others who depend wholly upon elimination by bathing, and there is another class who depends almost wholly upon stimulation of the spinal centers by spinal concussion. Another school seems to ignore all physical lesions and to depend wholly upon the mental impulse for healing. By the use of a combination of two or more or all of these methods the results will be far superior and often almost miraculous.

The up-to-date drugless healer who is progressive and who keeps abreast of the times and the rapid advancement that is being made, does not think that there are many incurable diseases.

A long list of the diseases that have been classed as incurable by the medical profession, most all, yield to our rational methods of treatment. Many diseases that have been classed among the incurable respond nicely and recover under rational methods.

The doctor who brings a good education and much experience into the practice of drugless methods, will find the knowledge that he has gained by his studies, will be a great help to him in his broader and more useful sphere.

His results will be changed in the treatment of disease by the use of the latest and best rational drugless methods and his patients will be happier compared with those who have experienced the sad disappointments of drug medication.

COMPARATIVE MERITS OF DRUG AND DRUGLESS METHODS.

The writer practiced medicine and surgery for several years, and at the present time we have practiced rational and drugless methods of treatment about an equal length of time, and we have tried to profit by both experience and observation.

We were associated with, and witnessed for years, the results

of the practice of our fellow physicians, who used medicine and surgery in the treatment of all forms of disease.

For nearly an equal length of time we have been associated with the practitioners of drugless methods and have carefully observed the results obtained by them in the treatment of both acute and chronic disease.

Now after years of experience and observation and with an unprejudiced mind, and with an earnest desire to state the truth of the matter I wish to go on record as believing from evidence which admits no rebuttal, that the results obtained in both acute and chronic disease, from the use of rational and drugless methods are far superior to the results obtained from the use of drugs and surgery.

It is needless to add that I have witnessed and experienced no unfavorable results, following the administration of rational drugless methods of treatment; while on the other hand, we have met many cases who were made physical wrecks, by surgical operations; and also have seen many diseased and physically wrecked constitutions, from use of poisonous drugs and from surgery.

THE AUTHOR.

"I have been General Counsel of the National Association of Suggestive Therapeutics, and during such time have had sixty-eight cases in various states of the Union. I do not remember how many witnesses I examined prior to becoming General Counsel to the National Association but I do remember that there were quite a number.

Since becoming General Counsel for the Association, I have examined over four hundred witnesses produced by the State.

In all of the cases, both before and since becoming General Counsel for this Association, I can say positively that, save and except in one instance, every one of the witnesses so examined testified that they were cured of their malady, or vastly benefitted, by the various drugless treatments.

The maladies to which they testified ranged from what might be termed *trivial disorders* to those of the *gravest import*. I distinctly remember that in a large majority of these cases the witnesses testified that they had been given up by their Medical practitioner as incurable. The one case to which I refer, in which the testimony was that the treatment was of no benefit, was in the case of a "foundling" infant, which died.

All of these witnesses had been under treatment by Medical practioners, and their malady diagnosed as this, or that, disease, as known to the Medical practioner.

It follows from the testimony of these witnesses that the various methods of Drugless Healing are not injurious or a menace to public health or welfare, but, on the contrary, that such treatment is beneficial and of worth.

It will not do to say that in this vast number of instances the ailment was imaginary, nor will it do to say that it was even so in a majority of these cases, since this would brand the Medical profession, at large, all over the country, as a *horde of ignorant pretenders*, who are not able to recognize diseases, or abnormal conditions, or else it would brand them as *vicious charlatans, preying upon the credulity of the public*. The writer does not believe that both, or either, of the foregoing charges can be substantiated as against the Medical profession, as a whole, whatever may be said as to individual instances and these, even in high places.

It is not only reasonable, but safe, to assert that in the vast majority of these cases, these witnesses were actually suffering from various abnormal conditions, which, according to the Medical men, are designated by certain names of art.

However, it must be conceded that either one, or both, of the aforesaid charges are true, or else practitioners of Drugless Healing are curing disease. Either way you take it the practice of Drugless Healing is more beneficial to the human family than the practice of Medicine, for if practitioners of medicine cannot recognize diseased conditions, or if by juggling with a name they

create in the mind of the patient a condition akin to, or partaking of, the nature of actual abnormality, and the results of their ignorance are eliminated upon the one hand, or the illusion dispelled upon the other, by the Drugless Healer; then it follows that the Drugless Healer is not only of more benefit to humanity than the practitioners of Medicine but that the practice of Medicine has reached that point where the services of the Drugless Healer are necessary to the well being, if not the perpetuation of the race."—*Col. Sol. L. Long, in Legal and Ethical Rights.*

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RATIONAL THERAPY.

OUTLINE OF CONTENTS.

AT the present time we feel that this work is greatly needed owing to the scarcity, in fact absence of any work, which has been compiled giving a comprehensive idea of the latest developments along the line of the subjects treated, namely: the definition, etiology, pathology, symptomatology and diagnosis of disease, in harmony with the latest developments. We need a work giving a synopsis of *rational-therapy* embracing the latest discoveries along this line also.

A definition is given of the principal diseases, of which we write in this work, so as to give the reader a more comprehensive idea as to what is referred to, before studying the etiology and pathology of a disease. Some of the diseases, however, are not defined for the reason that the meaning of them is obvious and hence a definition would be unnecessary.

ETIOLOGY.—Our remarks concerning Etiology, will bring out many new thoughts as you study each of the different diseases. Much recent light has been brought out, concerning the etiological factors responsible for the invasion of disease. We believe the ideas, given in connection with some of these different diseases, will clear up many questions that have been very obscure or unknown heretofore.

We believe that late discoveries have, in a manner, made clear the reason why one person should suffer with rheumatism while another does not; why one suffers with asthma while another does not; why one is afflicted with an acute infectious or contagious disease, while another escapes. The Etiological factors assigned in each case will tend to make this matter clear to the professional mind.

PATHOLOGY.—Some new thoughts have been developed along the line of pathology and pathological conditions, both as to the cause of these conditions, and as to the Rational remedies for the same. The pathological conditions of a patient suffering with any disease is more important from the standpoint of prognosis than any other. The prognosis, however, depends wholly upon the *Rational* methods of treatment and their effects in removing and overcoming the pathological conditions and their cause and effects.

SYMPTOMATOLOGY.—The Symptomatology is varied, to a certain extent, from what has formerly been published in works on this subject, for the reason that the spinal symptoms are embraced which are mentioned in connection with a great majority of the diseases that are treated in this work. For a full treatise upon spinal symptoms the reader is referred to the work *Spinal Treatment* by the author.

PROGNOSIS.—The Prognosis is now very materially different from what the prognosis of disease was, under the medical and former methods of treatment. *Rational Therapy* has produced such wonderful results in the cure of cases heretofore considered incurable, that the prognosis is very very different from that which is laid down in the ordinary text books.

RATIONAL THERAPY.—The methods of treatment herein recommended and outlined collectively are entirely different from those compiled in any other book that has ever been published. The methods recommended are effective, and for this reason considered *rational*.

We believe there is some good in all forms of treatment practiced, that have been in vogue during the past century, especially those forms of treatment that have been sanctioned by the educated and medical profession.

As we believe there is good in all methods of treatment, we do not believe it is policy to become narrow in our ideas and to adhere to one method of treatment only. One idea and narrowness is responsible for the lack of advancement, and is what has ever retarded progress.

In this day of increase of knowledge, in this day of wonderful discoveries, it is certainly unwise to remain in the narrow rut of any one idea.

Some of the rational methods, herein advocated and recommended, have been circumscribed in their field of usefulness by being depended upon as the sole and only remedy used in the treatment of disease by some certain school of treatment.

Many useful men are barred from their true sphere of usefulness, which they could occupy, by narrowness of their ideas and by confining their manipulation to one specific or special method.

The arrangement of this work is alphabetical as near as possible. This work is so arranged, to make it a handy reference work for the student, and also for the practitioner. Each disease may be turned to, like turning to a word in a dictionary. Our general index, also, serves as a ready means of finding any subject treated in this work.

We have not embraced in this work all diseases, but all the principal diseases that are met with in practice. We do not wish to make this work too large and too cumbersome; for this reason we have omitted the rare and unusual diseases that are not met with in ordinary practice.

This work is prepared very hurriedly, and for this reason, we ask you to bear with any shortcomings, and any sins of omission or of commission and with our mistakes.

In the next chapter of this work we take up an outline of the *rational therapy* methods that are recommended to be used in the treatment of disease mentioned in this volume. We do this first, feeling that a knowledge of these methods and an outline of their manner of application, once fixed in the mind of the reader, will make reference to them more comprehensible in the future pages; also the reference may be made more brief since the method of treatment has been described in this previous chapter.

We are planning, in the near future, to carefully re-write

this work and to add much information concerning a **great** many of the diseases herein considered, and to make it a more complete and a better reference volume, than the present edition.

To do this it will be necessary for us to discontinue our constant post graduate work along the lines of *rational therapy*, and to steal away where we may quietly work out and write out the many new thoughts that we are gathering as we are delving and diving deeper into the methods of *rational therapy*.

We trust that the reader, after a careful study of this work, will be as well pleased as are those who have attended our special courses of instruction during the past three years; and also that your work in your profession may be more abundant, more successful and more remunerative.

RATIONAL THERAPY METHODS.

The following methods of drugless healing, we believe to be rational and to be effective methods of treatment, and far superior to the ordinary methods of drug and surgical practice now in vogue.

We do not believe that these methods, either one or all of them, contain all the virtue there is in the different methods of the healing art, but we do believe that their adoption and use collectively, will reduce human suffering by combating the inroads of disease and by the prevention of premature death.

The methods which we recommend and use in drugless therapy, we enumerate under the following heads.

1. Fasting.
2. Dieting.
3. Suggestion.
4. Elimination.
5. Spondylotherapy.
6. Rectal dilation.
7. Physical culture.

FASTING is one of our efficient curative methods and we are glad to publish from the pen of Dr. Irvine J. Eales, his most excellent article on the subject of the "Philosophy of the Fast". This article is worth the price of this volumn.

DIETING is an important and often an efficient remedial agency, in the treatment of sub-acute and chronic ailments. The chapter on this subject contains extracts from the writings of the author and many other writers on the subject of "what we shall eat".

SUGGESTION is an efficient method of treatment and is a

remedial agency of merit, which may be used upon any and all classes of people. We regret that we have not a scientific article on this subject for publication in this work. The reader is, therefore referred to works which have been written, by scientific men, upon this method of healing.

ELIMINATION, this is a valuable adjunct to rational therapy or to all methods of drugless healing. We are glad to publish, from the pen of Doctor William H. Burgess, of East Chatanooga, Tenn., a very interesting and important chapter upon the subject of "True Elimination" and the best means of the production thereof. This article is worth the price of this work.

SPONDYLOTHERAPY (Spinal treatment) is a most important rational method of drugless therapy and an indispensable method of procedure in many cases. The writer is referred, for a thorough knowledge of this subject, to the work entitled "Spinal Treatment, Science and Technique" prepared by the author of this work, consisting of 744 pages, and treating fully of the science and technique of the different spondylotherapy methods. The two more important of which are spinal adjustment and spinal concussion.

RECTAL DILATION.—This method is, at it were, a lost art but an efficient and indispensable method of drugless therapy, and the readers attention is called to the special chapter upon this subject which is contained in this work, and we feel that this treatment is an indispensable auxiliary to our best success in the treatment of many acute and chronic diseases.

PHYSICAL CULTURE.—The different movements and manipulations used in physical culture are important and efficient, and their merit is in proportion to their beneficial effects upon the musculature of the spinal column. The writings of Bernard McFadden are perhaps the best work extant, upon this important subject and efficient drugless remedial agency.

We publish a short chapter upon the subject of "diagnosis" for the benefit of those interested in special instruction in this matter from the standpoint of the more recent discoveries and methods used by practioners of *Rational Therapy*.

THE PHILOSOPHY OF FASTING.

BY IRVING J. EALES, M.D., D.O., Belleville, Ill.

Author of Healthology, (Health Science), Co-author of Eales' & Taber's Anatomical and Physiological Encyclopedic Chart of the Human Body.

PHILOSOPHY, is defined as, "The general principles, laws or causes by which the facts of any region of knowledge are explained."

In order to apply this definition to the phenomena of the cure of disease by fasting, we must examine into:

1. The Evolution of the Human Body from a cell.
2. The Chemistry of the body.
3. The principle and laws of Nutrition of the human body.
4. What is disease? and
5. What is the cause of disease.

Commencing with the germ of life by which the ovum was impregnated, we find that from a single cell dividing and subdividing into millions of other cells, the human body is evolved. Every cell in the body is endowed with the properties of Irritability, Conductivity, Contractivity, Nutrition, Reproduction and Excretion.

A chemical analysis of cell protoplasm shows that cells are composed of fourteen chemical elements, viz: Oxygen, Carbon, Hydrogen, Nitrogen, Calcium, Phosphorus, Sulphur, Natrium, Chlorine, Flourine, Kalium, Ferrum, Magnesium and Silicon.

The human body then is an aggregation of cells and the feeding Nutrition, Excretion and Disease of the body, is the feeding Nutrition, Excretion, Growth and Disease of the cells of

which the body is composed. Cells may be defined as the elementary units of the organism.

In every cell there is also that-something-which defies all means of human ingenuity to discover—called Nature, Power, Force, Vitality, Vital Force, Vital Energy, Vital Law, Human Electricity, Living Force, Soul Force or Spirit. This Force or Power is the designer and builder of the Vital Domain. a spark of the Infinite which enters the body at conception and leaves it at dissolution.

The following table enumerates the Chemical elements and their relative proportions in a normal human body, 5 ft., 8 in., in height and weighing 154 pounds:

Elements.	Symbol.	Lbs.	Oz.	Gr.	Per cent.
1. Oxygen	O.	111	0	0	72.
2. Carbon	C.	21	0	0	13.5
3. Hydrogen	H.	14	0	0	9.1
4. Nitrogen	N.	3	0	0	2.5
5. Calcium	Ca.	2	0	0	1.3
6. Phosphorus	P.	1	12	190	1.15
7. Sulphur	S.	0	2	210	0.1476
8. Sodium	Na.	0	2	116	0.1
9. Chlorine	Cl.	0	2	47	0.085
10. Fluorine	F.	0	2	0	0.08
11. Potassium	K.	0	0	290	0.026
12. Iron	Fe.	0	0	100	0.01
13. Magnesium	Mg.	0	0	12	0.0012
14. Silicon	Si.	0	0	2	0.0002
		154			100.

Traces of copper, manganese, lithium, iodine, aluminum and lead have been discovered in the body in some instances, but they are not considered as constituent elements of the normal body. (Very few of these fourteen elements are found in the body in a free state).

From the table it will be seen that 97 per cent. of the human body is composed of the four cardinal elements, oxygen, carbon,

hydrogen and nitrogen, and that 3 per cent. is composed of the remaining ten elements. The gases, oxygen, nitrogen and carbon dioxide (CO_2), are found in the blood. Putrefaction in the alimentary canal forms hydrogen or sets hydrogen free. Water (H_2O) is found in all parts of the body and constitutes about 70 to 75 per cent of it.

Gelatin (CHNOS) is found in the walls of cells and many tissues. Fat (CHO) constitutes the adipose tissue which forms about 12 to 14 per cent. of the normal body, which in excess, however, may exceed 50 per cent.

The inorganic compounds or cell salts found in the body are as follows, according to Dr. Schuessler :

1. **CALCAREA FLUORIDE** (Ca F_2). In surface of bones, enamel of teeth, elastic fibres and cells of epidermis.

2. **SILICA** (Si O_2). In connective tissue, cells of the epidermis, hair, nails and teeth.

3. **CALCAREA SULPHATE** (Ca S_4). Not constant in body. Used in supurations and affections of skin and mucus membrane.

4. **NATRIUM SULPHATE** ($\text{Na}_2 \text{S}_4$). Stimulates epithelial cells and nerves and withdraws water from superannuated leucocytes.

5. **NATRIUM PHOSPHATE** ($\text{Na}_2 \text{HP}_4$). In blood corpuscles, muscle cells, nerve and brain cells and intercellular fluids.

6. **MAGNESIUM PHOSPHATE** (Mg_3P_4)². In blood corpuscles, muscles, brain, spinal marrow, nerves, bones, teeth.

7. **FERRUM PHOSPHATE** (Fe_3P_4)². In blood, muscle cells, nerve cells.

8. **KALI PHOSPHATE** (K_2HP_4). In brain cells, nerves, muscles, blood corpuscles and plasma and intercellular fluids.

9. **KALIUM CHLORIDE** (K CL). In nearly all cells and is chemically related to fibrin.

10. **KALIUM SULPHATE** (K_2S_4). In all cells containing iron, affects the transfer of all inhaled O. to all cells, and in blood.

11. **NATRIUM CHLORIDE** (NA Cl). In every cell and in the blood.

12. **CALCAREA PHOSPHATE** (Ca_3PO_4)₂. In all cells; most abundant in bone cells; forms principal part of earthy matter of bones.

Kirke adds:

CALCAREA CARBONATE (Ca CO_3) in the bones and teeth, but in much smaller quantity than phosphate.

SODIUM and **POTASSIUM CARBONATE** (Na CO_3 and K CO_3) are found in the blood and some other fluids and tissues.

PEROXIDE OF IRON ($\text{Fe}_2\text{O}_3\cdot 2\text{HO}$) is found in the haemoglobin, also in the ash of bones, muscles and many other tissues and in lymph and chyle, etc.

SUMMARY.

Nerve cells contain Magnesium Phosphate, Kali Phosphate, Natrium Phosphate, Ferrum Phosphate and Calcareum phosphate a trace.

Muscle Cells contain Magnesium Phosphate, Kali Phosphate, Natrium Phosphate, Ferrum Phosphate, Kali Muriate and Calcareum Phosphate a trace.

Connective Tissue Cells contain Silicea as the specific substance and Calcareum Phosphate a trace.

Elastic Tissue Cells contain Calcareum Fluoride.

Bone Cells contain Calcareum Fluor, Magnesium Phosphate and Calcareum Phosphate.

Cartilage and Mucus Cells contain natrium muriate, which is also in all solid and fluid parts of body.

The different compounds found in the body, or proximate principles, as they are usually termed in physiology, are divided into inorganic compounds which include water and the cell salts, such as calcium, sodium and potassium phosphate, etc., and the organic compounds, which are subdivided into the nitrogenous compounds (containing nitrogen), which constitute the muscle, brain and nerve food, such as proteids, albuminoids, etc., containing carbon, hydrogen, nitrogen, oxygen and sulphur, etc., and the carbohydrates, non-nitrogenous or carbonaceous compounds, which are said to constitute the heat producing foods, such as fats, sugars, starches, etc., containing CHO.

The Carbohydrates contain carbon, hydrogen and oxygen, the last two elements occurring generally in the proportion in which they are contained in water (H_2O), 2 to 1, or 2 to 16 by weight, but the different carbohydrates vary greatly in composition. They form the chief portion of the dry substance of the plant structure, as the protein bodies form the chief part of the solids in animal tissues, although some carbohydrates are found in the animal organism, as glycogen or animal starch; also other carbohydrates are dextrose or grape sugar, fructose, levulose or fruit sugar, honey, lactose or milk sugar. Besides these we have starch, galactose, maltose, dextrin, cellulose, gums, inosite or muscle sugar, classed by some as carbohydrates.

The Fats form the third group of the organic foods and are found in both the animal and vegetable kingdoms. The fats are called palmitin, stearin and olein; also lecithin is a very complex fat and cholesterin is a monatomic alcohol but sometimes classed as fat.

According to Volkman and Bischoff, the body, as a whole, contains 16 per cent. of the proteid substances, 1 per cent. of Carbohydrates and 14 per cent. of fat, the other sixty-nine per cent. being water and salts. The body is supplied with these fourteen elements by breathing, and by *food* and *drink*, and to insure good health, they must be supplied in the right proportion.

From a chemical analysis, we find that a kernel of wheat consists of C H N O S and Phosphates in about the proper proportion in whole wheat flour to constitute a nearly perfect food. But when the wheat is ground and bolted, or sifted, the nitrates and phosphates, brain and muscle food, are extracted, and principally starch remains.

Beef, mutton and the flesh of other animals, contain, as does a grain of wheat, all of the fourteen elements of which the human body is composed, but in different proportions. The muscle making principles, proteids, in wheat are albumen and gluten; while in beef they are fibrin and albumen; but in chemical composition the principles of each agree so perfectly as to be considered mere modifications of the same substance, and when dried, contain

precisely the same elements and in about the same proportion. In wheat, the heat and fat producing principles are starch and sugar—principally starch, with a little fat; while in beef, it is only fat; but there is very little difference in the heat producing powers of wheat and beef.

The principal Nitrogenous or muscle, brain and nerve foods are whole wheat bread (eggs, milk), lean meats, beans and peas, lean fishes, oysters, some kinds of nuts and cheese.

Non-Nitrogenous, or carbonaceous food, heat producers, are fats, sugar, rice, starch, potatoes, vegetables in general, fruits, white bread, grains in general (eggs, milk) butter and lard.

A person performing hard manual labor, exposed to weather below zero, consumes different elements of food in different proportions from the person who sits still or does bookkeeping or other brain work in a room with the thermometer marking a temperature of 70 to 80 degrees F. The mechanic or muscle worker, needs the muscle making nitrates and heat producing carbonates, while the other needs less nitrates and only sufficient carbonates to supply the elements of fuel, but he needs more of the phosphates to keep the brain and nervous system supplied.

This 154 pound body contains 7.7 pounds of mineral matter (inorganic matter), of which about five-sixths, or 6.4 pounds is contained in the bones. The body when calcined (burned to ashes) is reduced to 7.7 pounds of ash, inorganic matter. All of our food substances contain, as does the human body, mineral or inorganic matter, which, however, has become organized from being brought into use and used by the Vegetable Kingdom. The Mineral Kingdom feeds the Vegetable Kingdom, and the Vegetable Kingdom feeds the Animal Kingdom and we may class man in a kingdom by himself and say the Vegetable and Animal Kingdoms feed the Human Kingdom.

Thus the lower Kingdom feeds the higher all through life and when the human and the vegetable disintegrate they dissolve into their original elements, oxygen, carbon, hydrogen and nitrogen, four gases which are dispelled by the atmosphere, and the Mineral matter returns to Mother earth. Thus nothing dies.

All life is one continued round of change of building up and tearing down. A change in form only. All organic substances contain 5 per cent. of mineral matter and this 5 per cent. of mineral matter is absolutely essential to the growth and repair of the structure; death will surely ensue if the supply of this 5 per cent. of mineral matter is cut off absolutely, even though all the other constituents are present and even though these mineral elements are supplied in an inorganic form.

Thus in every human body there must be the necessary proportion of the various inorganic elements to maintain and build up the organism. These inorganic salts or mineral elements are called the workers. Of a living human body, water constitutes over 70 per cent. Organic matter, about 25 per cent. and the other 5 per cent. the mineral matter.

The chief mineral or inorganic elements required in food are calcium (lime), natrium (soda), kalium (potassium), magnesia, phosphorus, sulphur, ferrum (iron) and a small amount of chlorine, silica and fluorine. These elements are never found in the body in a free state, but rather in various combinations.

CALCIUM (calcareo or lime, symbol Ca) is found in the form of calcium carbonate, calcium fluoride, calcium phosphate and calcium sulphate. The infant requires about five and one-third grains of calcium a day, or one-third of a gram; an adult requires less. The salts of calcium enter largely in the composition of the bones and teeth. Calcium is associated constantly with cell growth in bones and many other tissues. The composition of bone, as given by Prof. Leffman, is as follows:

	Child Pct.	Adult Pct.	Teeth Pct.
Calcium Phosphate	50	60	66
Calcium Carbonate	6	8	5
<hr/>			
Magnesium Phosphate	1	1.5	1
Organic Matter	43	30.5	28
	100	100	100

Cretinism and goiter have been attributed in part to an excess of calcium salts in food, more especially in water, but this theory is questioned. Deposits of calcium salts occur in old abscesses, tubercular concretions, tartar on teeth, atheromatous blood vessels, the Arcus Senilis of the cornea and as Calculi (stone in the bladder, kidneys, gall, etc.). Of all liquid food containing calcium, milk is the richest and contains 23.2 grains of calcium per liter, or in one quart.

There is, therefore, more lime in a quart of milk than in a quart of lime water. Hard water must be regarded as an important source of calcium.

The foods which contain calcium in the largest quantity range as follows, commencing with the highest and ending with the lowest, viz.: milk, figs, cabbage, lentils, lettuce, spinach, radishes, seafish, asparagus, strawberries, cocoanuts, beechnuts, cucumber, onions, human milk, horse-radish, cauliflower, eggs, plums, blueberries, gooseberries, grapes, almonds, cherries, olives, beans, walnuts, carrots, peas, peaches, apples, chestnuts, oats, potatoes, meat, (average), whole wheat bread, rye, rice, (unpolished), oxblood, white flour, rice, (polished), corn, barley.

Meat of full grown animals is poor in calcium, but veal and other young animals are quite rich. There are about two pounds of calcium in its various combinations in a human body weighing 154 pounds.

Children should have a diet rich in calcium to supply the growing cells in bones, teeth and other tissues.

MAGNESIUM (Mg) salts are present in foods, with and in about the same proportion as calcium, but there are exceptions. For instance, in milk there is less Mg than Ca, in bread there is five times as much Ca as Mg, in meat there is more Mg than Ca.

Magnesium phosphate is found in the blood corpuscles, and in the cells of muscle, brain, spinal marrow, nerves, bone and teeth. There are twelve to twenty grains of magnesium in the human body.

Foods which contain the largest quantity of magnesia are as follows, the order of which is according to the amount of Mg contained therein in proportion to the total food value, viz: Peas, beans, barley, rice, (unpolished), spinach, lettuce, almonds, cabbage, beechnuts, cucumber, barley, figs, asparagus, radishes, cauliflower, seafish, carrots, apples, corn, blueberries, whole wheat, walnuts, oats, chestnuts, rye, potatoes, cherries, horse-radish, gooseberries, cow's milk, plums, onions, meat (average), grapes, peaches, lentils, human milk, eggs, rice (polished), white flour.

FERRUM (Fe) (Iron). Iron is the one constituent always present in organic form and is mainly excreted in the feces, and this fact has led to great difficulty in attempting to estimate the amount of it required by the body daily. Stockman says there is about ten milligrams ($\frac{1}{8}$ of a grain) of iron contained in an ordinary mixed daily diet and that quantity must be regarded as sufficient to meet all physiological demands. It is difficult to give correct figures as to the amount of iron present in various foods, as the amount of iron in vegetables and fruits varies greatly with the amount of iron contained in the soil where the fruits or vegetables grow, and the same fact exists in regard to the other inorganic elements of food. (The chemical composition of the soil of our farms and gardens is a very important subject if we would raise normal and healthy produce. The soil should be fertilized with mineral fertilizers. Give back to the soil what the last crop has taken away. Soil culture is one of the problems now before the American people. The Vegetable Kingdom requires healthy food in order to thrive just as essentially as does man. Prof. Hansel, a German scientist, has shown that the probable cause of more failures in fruit crops than anything else is from the drain and exhaustion of the necessary mineral matters of the soil.) The foods richest in iron given in order as before are: Lentils, asparagus, lettuce, peas, figs, strawberries, spinach, plums, prunes, apples, oxblood, radishes, cucumber, gooseberries, horse-radish, cauliflower, human milk, carrots, cherries, beechnuts, onions, barley, blueberries, cocoanuts, chestnuts, oats, milk, whole wheat, meat, walnuts, rye, rice, (polished),

white flour, etc. Some mineral waters are rich in iron. Iron is found in the haemoglobin of the blood and in muscle and nerve cells. About 100 grains of iron have been found in a human body.

NATRIUM (Na) (sodium), in the form of natrium chloride, is required in the body for the proper constituents of its fluids. It is found as a constituent of the blood corpuscles and of the cells of every tissue of the body, and in all its fluids. Natrium phosphate is also found in the cells of all tissues, including the blood. Natrium sulphate also plays an important part in the metabolism of the body.

Natrium Chloride forms about 60 per cent. of the salts of the blood. It is estimated that one-half ounce of natrium chloride is appropriated from the food daily. It is said that absence of Natrium Chloride from the diet will completely check the production of hydrochloric acid in the stomach. Over-doses of salt cause diarrhea and even gastro-enteritis and excite irritation of the nerves of the throat. Foods containing sodium in the largest quantity in proportion to food value are milk, lentils, figs, asparagus, spinach, radishes, oxblood, strawberries, cabbage, carrots, lettuce, seafish, cucumbers, eggs, apples, cauliflower, plums, blueberries, etc. About two ounces of sodium have been found in the body.

KALIUM (K) or potash ranks next in importance to sodium. Kalium is found in the body in the form of phosphate, sulphate and chloride. Kalium phosphate and chloride are found in nearly every cell in the body. It is the builder of the positive brain cells and will be found deficient in all nervous disorders. The sulphate of Kalium is found in all cells containing iron and effects the transfer of oxygen to all cells. Animal foods are richest in kalium; vegetable foods in natrium. The foods richest in Kalium are as follows: Beans, lentils, peas, cocoanuts, potatoes, lettuce, cucumber, cauliflower, radishes, cabbage, olives, blueberries, carrots, asparagus, spinach, horse-radish, seafish, plums, cherries, chestnuts, meat, grapes, strawberries, milk, apples, figs, gooseberries, onions, peaches, almonds, apples, cocoanuts, wheat, rye, walnuts, eggs, oats, corn, barley, rice, oxblood, white flour, rice

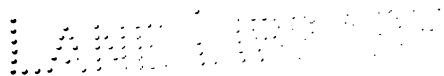
(polished), etc. About 300 grains of kalium have been found in the ashes of the body.

SULPHUR (S) is present in food almost entirely in a state of organic combination, chiefly in proteids, and the amount present in different proteids varies greatly. Sulphur is derived from the sulphates. Nothing appears to be known of the advantage or disadvantage of an increased or diminished amount of sulphur in food, although it is supposed to increase our natural resistance against injurious impulses. Sulphur, in the form of sulphate of soda, sulphate of potassium and sulphate of lime, is found in the various tissues of the human body, but the sulphate of potash seems to predominate. There are nearly $2\frac{1}{2}$ ounces of sulphur in the human body.

Foods containing sulphur are as follows, in proportion to their richness, viz: Potatoes, peas, beans, asparagus, savoy cabbage, horseradish, spinach, cauliflower, radishes, cucumbers, lettuce, carrots, figs, strawberries, apples, cherries, gooseberries, onions, blueberries, grapes, oxblood, beans, chestnuts, plums, peas, bechnuts, peaches, cocoanut, barley, meat, oats, olives, milk, rye, corn, eggs, almonds, wheat, rice, white flour, walnuts, seafish. There are also certain waters which contain sulphur.

CHLORINE (C) is a source of hydrochloric acid in the stomach and is also said to stimulate the haemoglobin of the blood to take up oxygen, when it becomes oxyhaemoglobin, and in this form the blood possesses the power to destroy germ life. About six parts of chlorine to fifty-six parts of oxygen exist in normal arterial blood. Natrium chloride and kalium chloride are found in nearly every cell of every tissue of the body. The foods that are richest in chlorine are as follows, viz: Cocoanuts, milk, lentils, asparagus, savoy cabbage, oxblood, lettuce, spinach, radishes, seafish, potatoes, cucumbers, human milk, eggs, carrots, cauliflower, meat, (average), figs, strawberries, bechnuts, onions, beans, horseradish, peas, cherries, grapes, corn, gooseberries, chestnuts, plums, wheat, olives, oats, rice, rye, barley, almonds, walnuts, blueberries, peaches, apples, and white flour.

PHOSPHORUS (P) as a building material can hardly be over-rated. Wherever growth is most rapid there the most phosphorus



is found. It enters into the composition of all nuclei and is abundantly present in the bones and central nervous system. It is very important in the food of growing children and, as stated before, the greater development of mind and activity, the larger the percent of phosphorus. One-twelfth of the solid matter of the brain is phosphorus. Phosphates of iron, magnesia, calcium, kalium and sodium are found in the body which constitute in weight nearly two pounds. The phosphatic foods in richness are as follows, viz: Beans, peas, rice, cow's milk, seafish, cucumbers, spinach, cauliflower, meat, lettuce, asparagus, eggs, almonds, beechnuts, cherries, lentils, wheat, radishes, barley, rye, walnuts, strawberries, potatoes, corn, oats, carrots, blueberries, chestnuts, plums, figs, olives, white flour.

FLUORINE (F) in the form of fluoride of calcium is found in the surface of the bones, enamel of teeth, elastic fibers and cells of the epidermis. If sufficient of this element is not supplied the elastic fiber becomes lax, the spring or elasticity is lost and in consequence we have varicose veins, relaxed condition of the muscular system, falling of the womb, etc. Fluorine is found most abundantly in cereals, also in vegetables. About two ounces of fluorine are found in the human body. Foods containing fluorine are: Lettuce, cabbage, strawberries, rice, potatoes, barley, cucumbers, onions, nuts, apples, wheat, rye, corn, beans, peas, milk, oats, asparagus; white flour none.

SILICA (S) is found in the hair, skin, nails, periosteum, neurilemma and a trace in bone. About two grains of silica have been found in the body. Foods containing Silica are given in order of their richness in Silica for food value, viz: Lettuce, Savoy cabbage, strawberries, rice (unpolished), potatoes, barley, cucumbers, oats, asparagus, spinach, horseradish, cauliflower, cherries, onions, figs, carrots, apples, plums, beechnuts, radishes, gooseberries, grapes, chestnuts, whole wheat, meat, blueberries, corn, oxblood, rye, peas, peaches, beans, olives, eggs, rice (polished), cocoanuts, milk, and white flour none.

Thus we find that if we eat natural food, food prepared as nature gives it to us, we will have no trouble in supplying all of the elements the human body requires, but when man tries to

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improve the food as given to us by Nature by extracting some of its principles, the food value is lessened and it remains no longer a perfect food. Take wheat as an example: A more perfect food can hardly be found than wheat in its natural state. It supplies all elements required by the body and in about the proper proportions, but when it comes to us as white flour (superfine, four or five X's) its food value is lessened very materially and principally starch remains. It is an undisputed and veritable fact that an animal or man will live longer on an absolute fast than he will on pure starch. The whole wheat flour is the staff of life, but superfine white flour is the staff of death. And why is it that whole wheat flour is not used more, you ask? Because it cannot be found on the market. Whole wheat flour is rich in nitrogen and it will not keep—it becomes wormy. It must be ground fresh every week or two; it is full of life and is life-giving and will not keep as does the dead, superfine white flour which is principally starch, and which will keep in storage indefinitely. The phosphates and nitrates—the brain and muscle foods—have been nearly all extracted in removing the bran and extracting the chit or eye of the grain in manufacturing superfine white flour. What elements are found in pure starch? Carbon, Hydrogen and Oxygen only. White flour is the poorest food one can eat. Examine the foods mentioned in the preceding pages as to their value in supplying the necessary cell salts or mineral elements and white flour will be found near the bottom of the list in every case, and in some instances supplies no mineral elements at all, as the fluorine, silica, phosphorus, chlorine, etc., have been removed with the bran and chit. No wonder the American people are becoming a toothless race, and so long as they live principally on white flour, sugar and fats they will remain so.

People must learn to eat natural foods if they would have health. Remember that starches, sugars and fats of all kinds are composed of carbon, oxygen and hydrogen and that the human body must have the entire fourteen chemical elements in the proper proportion and quantity to enable the Vital Force to build and keep in repair a healthy organism. Thus the human

body is built up by these fourteen chemical elements as we build up words and sentences with the twenty-six letters of the alphabet. We may build any kind of a sentence we wish, good or bad, by the use of these same twenty-six letters, and we may build up a Healthy or Sickly body by the use of these fourteen chemical elements.

Let us now return to the mineral elements, the workers—these overlooked and neglected tissue builders or cell salts—and learn more about their use and importance in the human body in the treatment of disease.

CALCIUM SALTS (three combinations), being in great predominance, must be of great value in the human body. Twelve times as much calcium in the form of phosphate is found as of any other of the mineral elements. Bone contains 50 per cent. in the child and in the adult 60 per cent. of calcium phosphate. If sufficient of the lime salts are not furnished to the growing infant, the bones are poorly developed and so soft that they bend under the weight of the body. This constitutes one of the principal symptoms of rachitis or rickets, although a similar condition may exist when there is an excess of calcium salts in the blood. Calcium is also important in the formation of new cells. Foods containing calcium salts are always indicated in childhood for the development of the bones and teeth, also in chronic, wasting disease, poor vitality, deficient development of children, relaxed conditions of any tissues or organs. The lime salts work with albumen and use it as a cement to build up the structure of bone.

Of the three sodium salts, natrium chloride ranks next as a food and works with water, properly distributing it through the system. The lack of Na Cl. interferes with many functions of the body immediately concerned with nutrition, as absorption (osmosis), secretion, etc. It alters the reaction and density of the different fluids of the body.

POTASSIUM ranks third, with its three different combinations, and is associated in some way with the vital work of the body. It is a great brain and nerve food, hence indicated in nervousness

and sleeplessness. Scurvy is produced by a lack of potash intensified by a use of common salt, hence is cured by a diet of fresh fruits and vegetables, potassium foods.

IRON FOODS are very essential, as there must be the proper quantity of iron in the blood to carry oxygen to all parts of the body. If the supply of iron is short, then what iron there is present must do double duty, hence the circulation must increase; to increase the circulation means higher temperature, more work for the heart and lungs. Lack of iron hence impoverishes the coloring matter of the red blood cells, on which depends their oxygen-carrying power, and anemia, chlorosis, consumption and other disorders of deficient oxidation result.

Magnesium foods seem to influence the bone and nerve structure principally.

Silicon foods are used in the construction of the connective tissue cells of the skin, hair, teeth and nails.

These few examples will tend to give an idea of the great diversity of roles performed by the twelve mineral elements and the need of them in a properly balanced diet.

Now for the questions, What is disease and what is the cause of disease?

The cause and cure of disease have ever been the uppermost thought in the minds of the people. From the dim musty history of the past, there comes to us the record of the constant groping after health. Incantations, cabalistic signs, magic, witchcraft, charms and other superstitions blend into the recent past, with its blood letting, leeches, blistering, salivation, purging and the heroic treatment of the nineteenth century. That period can be truly termed the eve of drug worship. Advancing time and knowledge finds the erst-while high priests of drug medication proclaiming publicly their unbelief in the efficacy of such treatment. The healing art is passing through an epoch of upheaval and new alignment. The cry of the past in all walks of activity is, "Get back to Nature"; so the medical profession is burning the mid-night oil over Histology, Bacteriology and Pathology; to learn the cause and cure of disease.

Prof. Geo. W. Wood, M.D., of the Jefferson Medical College, Philadelphia, Pa., in his (Wood's) practice of medicine says: "Efforts have been made to reach the elements of disease, but not very successfully, because we have not yet learned the essential Nature of the healthy actions and cannot understand their derangement." Thus we might quote from every Orthodox Author the confession of their ignorance of the nature of disease and its cause.

They look upon disease as an entity, an enemy which has entered body. Something that is fighting the Vital Force; hence the heroic doses of poisonous remedies to dislodge and drive it out.

The Hygienic Physicians on the other hand have learned the essential nature of healthy actions and understand their derangement. That disease is nature's method of removing obstructions. That disease aside from injuries, contraction of muscles, subluxation of bones, etc., is due to poisons taken into the system or formed within the system by deficient oxidation and elimination; retained waste matter.

The cells are overfed and obstructed in their work. They struggle along for days, weeks, months and sometimes years but finally they are overcome and a house cleaning or body cleansing is ordered; disease is the method of nature to clean house. The appetite fails, vomiting takes place—thus cleansing the stomach—breathing is hurried and the temperature rises, oxidation is increased thus burning up and eliminating the waste and decomposed matter through the lungs, skin, bowels, and kidneys. As an evidence of which note the large amount of waste matter expectorated from the lungs, the pustules in small pox throwing off carbon, the boils, rashes and various skin manifestations in different disease manifestations, the running sores, the foul smelling perspiration the fetid breath, the dark colored urine, the diarrhea in some instances and constipation in others, depending on the structures involved.

All these foul excretions are poisonous waste matter that

is being thrown off by the Vital Force from the cells of the body and in order to perform this cleansing process, work must be shut down in some departments of the Vital domain and increased in others, as there are only a certain number of workers, cells, in the body; now this readjustment to meet emergencies, this increase of blood corpuscles or cells in this organ and decrease in that, and the same with various other tissue cells, produces the condition called disease; and it is the Vital Force throwing out rubbish which has been allowed to accumulate in the organism, due to deficient oxidation, decomposition or fermentation; there is not a single disease manifestation discovered that does not show a deficiency of Oxygen in the blood. We all eat too much and breathe too little. Very many of the leading Allopathic or Orthodox physicians, both in this and foreign countries, are accepting the Vitalist's or Hygienist's theory of disease.

No less an authority than Dr. Sir Frederick Treves, the physician to the late King Edward, of England, is a believer in it and an extensive writer on the subject. In a lecture delivered by him at the Edinburg Philosophical association as quoted by Hereward Carrington in *Vitality Fasting and Nutrition*. The subject being "Disease", Prof. Treves said: "The foundation of any system of medicine is a right appreciation of disease. He ventured to think that the conception of disease which was the basis of medicine *a la mode* was not in accord with facts. If the patient was sick the sickness must be stayed, if he coughed the cough must cease, if he failed to take food he must be made to eat. But disease was one of the good gifts, for its motive was benevolent and protective. He could not express that more precisely than by saying that if it were not for "Disease", the human would soon be extinct. The lecturer demonstrated his proposition by instances. His first was that of a wound and supervening inflammation, which was a process of cure to be imitated, rather than hindered. Peritonitis, which had always been spoken of as the operating surgeon's deadliest enemy, was in reality his best friend. The general mortality of the common disease known as appendicitis was low. This fortunate circumstance was due to peritonitis, for without that much-abused ally

every example of the disorder would be fatal. Another instance given was that of the common cold, which was, no doubt, a so-called bacterial disease. According to popular medicine, phenomena constituting the disease were purposeless, profitless, and wantonly distressful, so that the victim demanded from the physician a means for stamping the trouble out. These symptoms however, were in the main the manifestations of a process of cure, and were so far benevolent that without them a common cold might be a fatal malady. The catarrh, the persistent sneezing, were practical means of dislodging the bacteria from the nasal passages, while the cough removed them from the wind-pipe. The lecturer described the symptoms of malaria and bubonic plague, both of bacterial origin, and also discussed the question of immunity, and said that the success of the serum treatment of diphtheria was now beyond all question. The whole of the manifestations of tuberculosis were likewise expressions of an unflinching effort on the part of the body to oppose the progress of an invading bacterium."

Truth will prevail—you cannot kill it by legislation, Ostracism, prison or the torch. The treatment of disease by poisonous drugs and heroic medication is doomed—the future methods of cure will be along hygienic lines, fresh air, sunshine, exercise, baths, massage, Chiropractic, Osteopathy and the various hydro-pathic and naturopathic methods, proper diet and fasting, and other Rational therapy methods.

And how does fasting cure disease? By thorough elimination and proper Oxygenation. We have shown that disease is a method of cure; that the power that builds the body repairs it and heals it; that the power that cures is in man, not in drugs. We have examined the cells in their normal state and in their diseased condition and in disease find them clogged with partially digested nutriment—too much Carbon and Nitrogen and too little Oxygen. The blood is loaded with acids and instead of an alkaline medium, as it is in health, it becomes acid. Alkaline blood is a germicide and it has a fourfold function to perform, viz: 1. To carry nourishment to the cells of the body. 2. To convey oxygen to the cells. 3. To bring the cell waste to the

eliminating organs. 4. To act as a germicide. Elimination from the cells is accomplished by the alkalinity of the blood by an electrical process which is continually in process in the body, generated by means of the acid and alkaline fluids and membranes.

During a fast the blood becomes thoroughly oxygenated; the iron in the blood conveys the oxygen to the cells and the Carbon dioxide, by combining with the compounds of soda, is brought back and the body is decarbonized. There is too much carbon and too little oxygen in the blood in every disease condition. There is no process of elimination to compare with fasting. During a fast every cell is doing its work of elimination and when the cells are free from obstruction there can be no disease. Remove the excess of Nitrogen and Carbon. Remember that in a normal body there is only about 13 per cent. of Carbon and 2.5 per cent. of Nitrogen and it is the over ingestion of Carbon and Nitrogen that causes trouble by forming poisonous compounds in the body. Too much Carbon dioxide (CO₂), Urea (COH₄ N₂), Uric Acid (C₅ H₄ N₄ O₃) and other C. N. compounds. Fasting is the only Scientific process of ridding the body of an excess of these elements. Fasting relieves congestion of any organ. Fasting assists the Vital force in the process of elimination. Overeating causes disease and fasting cures it, notwithstanding the statements made in some of our leading physiologies and other text-books.

Personal experience is the only absolute, infallible and truthful test of what we know. Physiology teaches, I quote Kirke's American handbook of Physiology, 17th American edition, page 440: "In the Human subject death commonly occurs within six to ten days after total deprivation of food, but this period may be considerably prolonged by taking a very small quantity of food, or even water only. The cases so frequently related of survival after many days, or even some weeks, of abstinence, have been due either to the last mentioned circumstances, or to others no less effectual, which prevented the loss of heat and moisture. Cases in which life has continued after total abstinence from food and drink for many weeks or even months, exist only in the imagination of the vulgar."

I do not know how long this view has been held by physiologists but I do know that the teaching is erroneous, and was so proven by a 42 days' fast in 1877 and a forty days' fast in 1880 by Henry S. Tanner, M.D. The forty days' fast was conducted under the very strictest possible test conditions, and the first fourteen days of the fast without a drop of water to drink. The discovery that disease could be cured by Auto-Nutrition, Autositeism of fasting, and that forty days without food is not the limit of human endurance was accidental and happened thus: Dr. Tanner, of Duluth, Minn., in 1877, journeyed to Minneapolis to see professional aid. Rheumatism of an aggravated character, followed by rheumatism of the heart, was the diagnosis of his case by seven reputable physicians and his case was considered hopeless. Asthma of a very distressing character, prevented sleep in a recumbent position and he suffered intense pain. He says, "At that time, in common with the profession, I entertained the fallacy that ten days total abstinence from food would prepare one for the undertaker. Life to me under the circumstances was not worth living. Death would have been welcome at that stage of the proceeding. Ten days of fasting was the open door to the desired end. I had found a short cut and had made up my mind to find rest from physical suffering in the arms of death."

I undertook the fast, without any preparation more than what Hope with her benign smile held out to me. To my agreeable surprise I found that every day of my stomachs' absolute rest, freedom from pain came as a sequence. The fifth day came and I was so far relieved that I could lie down for a short time and sleep, I continued to fast, every day finding myself relieved to a surprising degree.

"The eleventh day came and found me breathing normally; the equilibrium of the entire organism restored, and I felt as well as in my youthful days. On the night of the eleventh day I retired for an hour's sleep I hoped for, but to my profound surprise, on waking the sun was up and well on toward the zenith. I had slept for hours, the first time in many months. I sought Dr. Moyer, the physician of my desire, and asked him

to give my case a critical examination. He did so, and dumb-founded at the result he said: "Why Doctor, your heart is beating perfectly normal, the first time since I have known you, what have you been doing? 'I have simply given my stomach an absolute rest for eleven days, and now it with myself, is living, rejoicing every day.' The good Doctor's surprise grew upon him profoundly; mine was an experience without a parallel in medical history. In great surprise he exclaimed: 'Why Doctor, according to all authority, you ought to be at death's door, but you certainly look better than I ever saw you before.'

"This talk led out to a more general discussion of the phenomena the case presented. He could not believe the evidence of his senses. I continued my fast under his supervision for 31 days, making it 42 in all. From that day to this I have had no return of my heart trouble, asthma or rheumatism.

"The story of my fast, contrary to my wishes, was accidentally made public by a brother physician and a sensational article of a column and a half was published in the Minneapolis department of the *St. Paul Pioneer Press*. The cry of impossible—fraud, etc., was immediately set up by the people, and the medical profession especially, and the feeling was so intense that from that moment I was publicly ridiculed, denounced a fakir and was the recipient of all of the bitter and base denunciations that would bear utterance. Proof—proof was demanded. I offered at any time to repeat the fast if the medical society would furnish the watchers, and after many trials for volunteers to take charge of the experiment it was finally arranged to take place in Clarendon Hall, New York City, under the supervision of the faculty of the United States Medical College of New York. This second fast was commenced on the 28th day of June, 1880, at noon.

"As a result of the general skepticism the watch was made as rigid as satanic ingenuity could make it. Every article of upholstered furniture was removed from the hall, the carpets were removed, a cane seated rocker was brought in for my use. A canvas covered cot was placed directly under a chandelier, so that at night the glare of six gas jets was shining full in my face all night. On the cot there were no sheets, no mattress, no

pillow, nothing but a rubber piano spread for covering. A railing was placed around the enclosure, so arranged that no one was allowed within it but the watchers, not one of whom had any faith that I was honest, but would cheat at every turn. Inside of the wooden railing was placed a rope extending the entire distance of the enclosure, beyond that I was not allowed to pass. The distance from the wooden railing to the rope was sufficient to prevent me from reaching out my hand to receive any article of whatsoever character from a person outside the wood-railing and vice versa. Inside of that railing with its one chair without a cushion, and the cot, like Robinson Crusoe, I was lord of all I surveyed. The watch was composed of sixty volunteer physicians, the majority skeptical in the extreme. The authorities predicted that I would be dead or crazy if I persisted in the experiment for ten days.

“About the twelfth day of my fast the people were taking cognizance of the inhuman character of the watch; the foul air of the hall; the entire absence of water in the building for any purpose; the method of the doctors to deprive me of a ghost of a chance to sleep; the withholding of water to drink; no mattress to sleep on; no sheets; no pillow for my head; and began to hint that the society for the prevention of cruelty to animals ought to be notified, that their intervention in my behalf would be in order. About that time the *New York Herald* editorially stated that the conduct of the watchers was brutal and that the doctors needed watching more than the fasting man, as they were evidently endeavoring to thwart me in my effort to do my part in an honorable manner, while the latter were endeavoring to do their utmost to prevent the success of my endeavor. Letters came in from all parts of the country demanding ‘fair play’ all around. The *New York Herald* established a separate watch of its own to watch the doctors as well as the faster. The *Herald* expended seventeen hundred dollars in its laudable efforts to insure a square deal.

“During the first fourteen days of the fast I drank no water and breathed air in the hall that would vomit an Arizona mule. On the 14th day I told Dr. Gunn, the president, that unless I could have access to pure water I should fail. It was

about that time that the *Herald* publicly announced that the doctors' conduct toward me was brutal, for the reasons already given. After this I was allowed to ride out to Central Park twice a day in the company of two M.D.'s and a reporter, the trio, with the coachman being my escort. The clear sparkling water I drank from the spring in the park, called to this day the "Tanner Spring", and that pure air I breathed filled my cup of happiness to the full.

"The most gratifying episode of my 40 days' imprisonment was the reception of the 'Sims cablegram'. It created the greatest commotion among the doctors of any transpiring event up to that time. It cost Professor Sims sixty dollars to cable it, and read:

PARIS, August 2nd, 1880.

DR. TANNER:—

Don't waste strength driving out. Standard telegrams re-published everywhere, and read by everybody. Your experiment watched with great interest by scientists all over Europe, ridiculed only by fools. Courage, brave fellow. Wish you success.

J. MARION SIMS, M.D.

"When the time came to break the fast, August 7th, 1880, at noon, I ignored all suggestions and broke it with a peach. After eating the peach, water-melon followed, at the rate of 45 pounds in 12 consecutive hours, sufficient food to add nine pounds to my weight in the first 24 hours after breaking my fast and 36 pounds in eight days, all that I had lost".

Thus ended the remarkable fast of this remarkable man, begun June 28th, 1880, at noon, and ended August 7th, noon, a period of exactly 40 days. Taking everything into consideration the feeling against the doctor, the unbelief of the profession, the skepticism, the adverse teaching of physiology, the unprecedented experiment, the antipathy against any doctor who dared to question the teachings of science, and standing almost without friends, I regard this demonstration and discovery of Dr. Tan-ners as among the greatest of the century. The Doctor has continued in the practice of his profession up to date and has

cured many thousands of cases by judicious fasting when all other systems failed. Miss Etta P. Grove, from Chicago, fasted 40 days in Los Angeles, Cal., under Dr. Tanner, early in 1908. In a letter to me dated March 25th, 1908, she says: "I have been intensely interested along fasting lines for nearly three years and consider my health now about perfect. My fasting this time for forty days was very easy and there were no discomforts or changes; surprisingly little difference in feelings, looks or symptoms of any kind." Fifteen other patients fasted with her for different periods, under the doctors care.

Dr. Tanner is past 80 years and in good health despite the fact that he was at death's door and given up by his physicians in 1877 when he was but 47 years of age. Thanks to his discovery.

The next doctor who prescribed fasting was an old school doctor of Meadville, Pa., Edward H. Dewey, M.D., who made many remarkable cures and great distinction. He too discovered the efficacy of fasting, accidentally, after ten years of active practice. He believed in the old method of feeding his sick patients all they could eat—something every few hours. Following is a report of Dr. Dewey's first case of self-enforced fasting as given by himself in his book entitled: "The No Breakfast Plan and Fasting Cure." I quote from page 91: "I was called one day to one of the families of the poorest of the poor, where I found a case that for once in my life set me to thinking. The patient was a sallow overgrown girl in early maturity, with a history of several months of digestive and other troubles. I found a very sick patient, so sick that for a period of three weeks not even one drink of water was retained, not one dose of medicine, and it was not until several more days that water could be borne. When finally water could be retained, my patient seemed brighter in mind, the complexion was clearer and she seemed actually stronger. As for the tongue, which at first was heavily coated the improvement was striking; while the breath, utterly foul at first, was less strikingly offensive. In every way the patient was very much better.

I was so surprised at this that I was determined at once to

let the good work go on in Nature's own terms, and so it did until about the thirty-fifth day, when there was a call, not for the undertaker, but for food, a call that marked the close of the disease. The pulse and temperature had become normal and there was a tongue as clean as the tongue of a nursing infant. Up to this time this was the most severely sick case, I ever had that recovered and yet with not apparently more wasting of the body than with other cases of as protracted sickness in which more or less food was given and retained. And all this with only water for thirst until hunger came and a complete cure. Such ignoring of medical faith and practice, of the accumulated wisdom and experience of all medical history, I had never seen before.

Had the patient been able to take both food and medicine and I had prohibited, and by chance death had occurred, I would have been guilty of actually putting the patient to death—death from starvation. Feed the sick whether or not, say all the doctors, say all the books to support strength or to keep life in the body, and yet Nature was absurd enough to ignore all human practice evolved from experience, in her own way to support vital power while curing the disease. I could recall a great many cases in which, because of intense aversion to food patients had been sick for many days, and even weeks, with not enough nourishment taken to account for the support of vital power; but the fact did not raise a question with me. The effect of this case upon my mind was so profound that I began to apply the same methods of Nature to other patients and with the same general results. The body, of course, would waste during the time of sickness; but so did the bodies of the sick that were fed. As for medicines, they were utterly ignored except where pain was to be relieved, though the unmedicated doses were alike a necessity with all.

Not a single medicine was given except for pain and occasionally in cases in which I had reason to think the entire digestive tract needed a general cleansing of foul sewage, thence on, that supreme work, the cure of disease, in my hands became the work of Nature only. In a general practice I was able to carry out the non-feeding plan by permitting the various meat teas or the cereal broths, none of which can be taken by the severely

sick in quantities to do harm. By withholding milk, I was enabled to secure all the fasting Nature required, while satisfying the ever anxious friends with tea and broth diversions. This was a line of investigation that I felt ought to be of the deepest interest to every thinking, high minded physician, to every intelligent layman; and very early evidences of the utility of withholding food from the sick during the entire time of absence of desire for it, its absolute safety, were beyond any questioning.

I had no fatalities that were in any way due to the enforced lack of food. In cases of chronic disease in which death was inevitable, such as cancer, consumption, etc., patients were permitted to take what they could with the least offense to the sense of relish. In every case of recovery there was a history of increasing general strength as the disease declined, of an actual increase of vital power without the support of food that had no more relish than the dose that crucified the nerves of taste. As the months and years went on, it so happened that all my fatalities were of character as not to involve in the least suggestions of starvation, while the recoveries were a series of demonstrations as clear as anything in mathematics, of evolving strength of all the muscles, of all the senses and faculties as the disease declined.

No physician, whose practice has been extensive, has failed to have had cases in which the same changes occurred and in which the amount of food taken did not explain this general increase of strength. Believing that I had made a most important discovery in physiology, one that would revolutionize the dietetic treatment of the sick, if not ultimately abolish it, my visits to the sick became of unsurpassed interest. I watched every possible change as an unfolding of life, seeing the physical change only as I would see swelling buds evolve into the leaves of flowers, reading the soul-and-mind changes in the more radiant lines of expression. I saw all these things with the naked eye and more and more marvelled at the bulk of our materia medica, the size of our drug stores and the space given to healing powders in all public and medical prints. For years I saw my patients grow into the strength of health without the slightest clue to the

mystery until I chanced to open a new edition of Yeo's Physiology at the page where I found this table of the estimated losses that occur in death after starvation :

Fat97 per cent.	Spleen63 per cent.
Liver56 per cent.	Muscle30 per cent.
Blood17 per cent.	Nerve Centers00

“And light came as if the sun had suddenly appeared in the zenith at midnight, instantly I saw in human bodies a vast reserve of predigested food with the brain in possession of power so to absorb as to maintain structural integrity in the absence of food or power to digest it. This eliminated the brain entirely as an organ that needs to be fed or that can be fed from light diet kitchens in time of acute sickness. Only in this self-feeding power of the brain is found the explanation of its functional clearness where bodies have become skeletons. I could now go into the rooms of the sick with a formula that explained all the mysteries of the maintenance and support of Vital Power and cure of disease, that was of practical avail.

I now knew that there could be no death from starvation until the body was reduced to the skeleton condition; that, therefore, for structural integrity, for functional clearness, the brain has no need of food when disease has abolished the desire for it. Is there any other way to explain the power to make wills with whispering lips in the very hour of death, even in the last moments of life, that the law recognizes as valid? I could now know that to die of starvation is a matter not of days, but of weeks and of months; certainly a period far beyond the average time of recovery from acute disease.”

Dr. Dewey gives the history of many remarkable cures by this system ranging from 10 to 30, 35, 40, 45, 50 and one of 60 days: “Readers, lay and professional, let me reiterate in my parting words, words at white heat, with conviction as to their soundness and utility. Enforced food is a danger always to be measured by the gravity of the local or general disease; a danger always to be measured also by the feebleness of old age—by feebleness no matter how caused.”

"He investigated the system for over 25 years before writing his book and publishing it to the world in 1900.

Felix Oswald, M.D., of New York, 1900 also published an interesting book in which fasting is given a very prominent place and says: "Rheumatism, like gout is a consequence of dietetic abuses. Counter irritants, hot bath, etc., can effect a brief respite, but the only permanent specific is fasting.

In 1901, George S. Keith, M.D., L.L.D., F.R.C.P.E., of Currie, Midlothian, Scotland, published his "Fads of an Old Physician", and "A Plea for a Simpler Life." In acknowledging receipt of my book, "Healthology", he says: "Your views are the same as mine. The practice of the same gives me perfect health at 90 years of age." A strong endorsement for Auto-nutrition.

We next find the eminent Author and Scholar, A. Rabagliata, M.A., M.D., F.R.C.P., of Bradford, England, endorsing the system in a very interesting book of 560 pages entitled, "Air, Food and Exercise", published in New York, in 1904, and his Aphorisms, Definitions, Reflections and Paradoxes, Medical, Surgical and Dietetic," 290 pages published in London, 1901, one Aphorism is, "Few diseases are not in some sense alimentary."

Fasting for the cure of certain diseases is also endorsed in the works of that celebrated physician, Alexander Haig, M.A., M.D., F.R.C.P., London, in "Diet and Food," 1901.

Dr. E. H. Van Someren, Venice, Italy, in a letter to me dated May 2nd, 1908, says: "I have my old faith in Auto-Nutrition and prescribe it very frequently."

Robert Walter, M.D., of Walters Park, Pa., the philosopher and author of "The Exact Science of Health," published in 1903, pays a glowing tribute to Auto-nutrition as follows: I quote from page 209: "No process of treatment ever invented fulfills so many indications for restoration of health as does fasting. It is nature's own primal process, her first requirement in nearly all cases. As a means of promoting circulation, improving nutrition, facilitating excretion, recuperating vital vigor it has no competitor. We have shown conclusively that food gives no vital power

to any organism, but on the contrary excites into action and expends its power. If used beyond the vital needs, which in case of sickness are greatly reduced, it immediately obstructs nutrition, congests and paralyzes the organs of the excretion increases immensely the labor of the heart, irritates the nerves and excites the brain, producing restlessness, insomnia and exhaustion. Fasting is a first step toward the relief of all these, especially in acute diseases.

In chronic diseases fasting is hardly less important than in acute cases. Obstruction of the vital organs, and especially of the process of nutrition is the rule. Giving rest to these organs is of utmost importance in order to improve nutrition and restore vigor. The secondary effect is the exact opposite of the primary.

Extremes of practice are, however, to be avoided. Men are always prone to indulge forcing processes. A fast for a few days or at most a week, will often be comforting and valuable, but to compel the organism to live for a month or more without food is an unnecessary violence. In acute diseases the fast may continue for weeks because nature cannot appropriate the food; we only object to arbitrary fasts for long periods. Fasting is not a cure all; it may do evil as well as good; but it should always be employed in connection with rest of the general system.

And all this means scientific rest-cure; not rest of one organ, but all organs. And the result in all cases where the power of continued life exists is progress toward recovery; it means building up an enduring super-structure of health upon a substantial foundation of vital power."

Mr. C. C. Haskell, of Norwich, Conn., after curing himself when given up as hopeless—then after 20 years of experience with Auto-nutrition in curing others published a book in 1903 called "Perfect Health," which deals with the subject very ably and logically.

Mr. J. Austin Shaw, of Rochester, N. Y., published a book in 1905, entitled "The Best Thing in the World," giving a history of his cure and a few years afterward fasted 45 days, during

which time he worked at his usual occupation as manager of the "Florists Review."

Mr. E. E. Purrington, of New York, in 1907, published a work called "The Philosophy of Fasting," giving an account of his miraculous cure.

After investigating Auto-Nutrition for nearly fifteen years and learning its untold value as a therapeutic agent. The writer of this article embodied his conclusions and the result of his experiments after a 31 days' fast in 1907, in a book entitled "Healthology" published in 1907.

"Fasting for the Cure of Disease," by Dr. L. B. Hazzard, of Seattle, Wash., was published in 1908, a book of 179 pages. On page 13 she says: "On my lists are considerable over one thousand instances of continuous fasts whose limits extend from ten to seventy-five days. While I esteem and consider but one cause and but one disease, the symptoms expressed in this long roll cover virtually the whole of medical pathology."

The most complete and exhaustive work on the subject of Auto-nutrition is "Fasting, Vitality and Nutrition," a work of 650 pages published in 1908 by Mr. Hereward Carrington, of New York City, with an introduction of 28 pages by Dr. A. Rabagliata. On page 159 the author says: "Fasting is a great deal more complicated than is commonly supposed; than is evolved in the mere idea of "going without food". It must be remembered that there is a science of fasting (as I shall hereinafter endeavor to prove,) which we are just now beginning to realize. Fasting rightly applied is an extremely potent and far reaching method of cure; of its therapeutic value I cannot, indeed, see the limit, while its dangers are so slight, so insignificant—as compared with any other method of cure—as to be altogether unworthy of consideration.

Prof. Conable says: "Fasting is the basic principle of all physical and mental development. Death can come to no one from the effects of fasting so long as there is anything for the digestive and assimilating function of the body to feed upon.

As long as you have a coated tongue and foul breath, you may know that the scavenger department of your anatomy still has plenty of employment on hand."

M. E. Holbrook, M.D., says: "Fasting is no cunning trick of Priestcraft, but the most powerful and safest of medicines."

Hippocrates, the Father of Medicine, 460 B. C., said: "The more you nourish a diseased body the worse you make it."

Dr. J. H. Kellogg, of Battle Creek, Mich., in an article in "Good Health" for January, 1905, says in part: "Fasting gives the body a chance to clear up all the unnecessary material which it will do before it will begin to consume the vital tissues. It is exactly the same principle that you follow in your house when you have a coal famine: before you burn up the bric-a-brac and the furniture, you get rid of all the rubbish and unnecessary things. There is really only one benefit that is gained by fasting and that is getting rid of the cinders, the uric acid, the proteid waste of the body."

M. E. Conger, M.D., author of "The Nature Cure", on page 270 says: "If it is absolutely possible to have an infallible cure, it may be found in a perfect fast. To stop eating, to rest, relax and cleanse the body, inside and out, with pure water, will come nearer a perfect cure for all humanity than any other one method under the shining sun."

Lack of space forbids further quotations from eminent physicians who have tested and can vouch for the therapeutic value of Fasting. I can endorse the statements of the many eminent physicians herein quoted. My experience is a large and varied field with a series of unlooked for results in improvements and cures and not a single fatality during a fast or as the result of a fast. The simplest form of disease and the most complicated functional disease of vital organs, all improve in proportion to the degree of abstinence from food. Especially applicable is this system to all diseases of the alimentary tract.

We do not believe in long fasts of 30 days or more, except in extreme cases, but short fasts of a few days, or even a week

or more are always beneficial. My fast of 31 days in 1907 was for the reduction of adiposity and experimental purposes, as I had twelve years previous cured myself by short fasts and light diet. When I first became interested in the subject of Auto-nutrition I was a sick man; I weighed 235 pounds with all of its concomitant ills after 35 years of the prevailing dietetic abuse. Fatty infiltration of the heart, dyspepsia, over-worked liver and kidneys, headaches and insomnia were my troubles. I reduced myself, by a series of short fasts and light diet to 180 pounds, my ills all vanished with my adiposity and I have been well up to this date January 1, 1913.

And now in conclusion, does not this revolutionary discovery prove our position that vital force is not the product of food? Here is something to think about and study over.

These simple yet revolutionary health-giving and strength-restoring truths certainly demand the careful consideration and investigation of every thoughtful person; and if they are followed, thousands of homes will be made happier; numberless cherished lives will be lengthened; various forms of acute and chronic disease will be cured; untold hours of suffering of loved ones will be alleviated; the strength and vitality of the nation will be increased, insanity and crime will be decreased and generations yet unborn will live to sing praises to the names of the discoverers of these simple but health-giving truths.

DIETING.

WHAT SHALL WE EAT?

BUT how few there are that will confine themselves to any standard. Instead of eating less than four ounces or 118 grams of meat or other proteid food in three meals, as allowed by the Voit standard, they are more likely to eat four ounces of meat three times a day and the same with the fat and carbohydrate food, hence they will eat three or four times more than is required by the body according to the highest standard we have, to say nothing about lunches which are often eaten, containing as much as a full meal. Stop and consider this matter—how long do you think the system can stand the overwork imposed upon it daily? Remember that every mouthful of food eaten means work and strain on the nervous system. That every mouthful eaten, over and above the necessary requirements of the body, is not only a waste of money and food but, what is more, a waste of energy, overwork for the stomach, liver, bowels, kidneys, skin, heart, pancreas, and every organ and gland in the body, and it is the predisposing cause of innumerable disease conditions.

Proteid food in excess and if continued promotes the uric acid diathesis, manifesting itself in rheumatism of different kinds or names, gout, gravel, oxaluria, diabetes, ammonuria, and various other conditions due to overwork of the digestive organs.

Carbohydrates or starchy food in excess, and long continued, fills the system with carbon and is liable to produce the rheumatic diathesis by the development of lactic acid; starchy food also disposes to febrile conditions.

Fatty food in excess and long continued is liable to result in the bilious diathesis, all manner of trouble with the liver, a clogging of the system with carbon.

FLESH EATING CAUSE OF DISEASE.

DR. J. H. KELLOGG.

THE man who suffers from gout or rheumatism is sick because he daily swallows these maladies at the dinner table, possibly at every meal he eats. As long as a man keeps on eating gout in the shape of juicy beefsteak and mutton chops, etc., he must expect to have painful twinges in his toes.

Eminent French and English physicians have, in recent years, shown that a large share of the maladies from which human beings suffer are due to uric acid.

Dr. Haig, the eminent English physician, has shown that most uric acid diseases are due not only to the failure of the body to destroy or eliminate its uric acid, but to the introduction of uric acid with the food. The following are a few of the startling facts which these investigators have brought to light:

A pound of beefsteak contains fourteen grains of uric acid. The amount produced daily and eliminated by a person living on a non-flesh diet is a little more than three grains, or less than one-fourth the amount which a person swallows with a pound of beefsteak.

A pound of liver contains nineteen grains of uric acid, or six times as much as the body ordinarily throws off.

A pound of sweetbread contains seventy grains of uric acid, or more than twenty times as much as the body is normally required to dispose of.

The following list of maladies due to uric acid are copied from Dr. Haig's great work entitled "Uric Acid and Causation of Disease":—Gout, rheumatism, headache, epilepsy, convulsions, chorea, hysteria, neurasthenia, nervousness, mental depression, lethargy, vertigo, syncope, insomnia, paralysis, asthma, dyspepsia, congestion of the liver, glycosuria, diabetes, Bright's disease, albuminuria, dropsy, gravel and calculus, neuritis, retinitis, cerebral and spinal degeneration, local inflammations of all kinds, appendicitis, etc.

The above maladies are due to eating uric acid, and it is evident they cannot be cured while a person continues to eat the uric acid by which they are produced.

A person's liver and kidneys may be able to destroy and eliminate the uric acid produced in his own body, while not at all prepared to deal with five, ten, or twenty times the quantity."

DEPEW BARS MEAT—CURES RHEUMATISM.

APPARENTLY United States Senator Chauncey M. Depew sees no reason why he should not succeed himself in office. In celebrating his 74th birthday last night as a guest of the Montauk Club of Brooklyn he disclosed many of the secrets which had enabled him to live so long, and, as he suggested, grow in clearness of vision and in wisdom. Doubtless the Senator is confident that he will grow more vigorous and powerful with each day as long as he restricts himself to a vegetarian diet. He advocated such a regime.

"I date my freedom from almost chronic rheumatism to the day when I stopped eating beef," said Depew, "and sleep, digestion and clarified vision, such as I had never known before have kept increasing as I dismissed flesh and fowl for vegetables. With nine-tenths of the world the greatest happiness in life is the table piled with the things one loves to eat and drink, and the pleasures of a gorge. But for that, from my experience, the hospital and the graveyard would be largely out of business.

THOMAS A EDISON IS NOW ALMOST A VEGETARIAN.

THOMAS A. Edison has become a convert to a form of vegetarianism. He went to his Southern home at Fort Myers, Florida, to recuperate from the serious operations of mastoiditis performed in this city some weeks ago, and there he took up the study of dieting. "I have come to the conclusion that nearly all the serious diseases of the stomach are the result of overloading the digestive organs," said Mr. Edison yesterday. "We are afflicted with them because we do not exercise enough

care in the matter of foods, and proper diet is the solution of good health in many respects. In the diet that he has adopted for his own case Mr. Edison has almost entirely eliminated meats. He has all the enthusiasm of a convert in living up to the theory of dieting and in teaching its advantages.

EAT LITTLE, WORK WELL, LIVE LONG.

A GERMAN doctor recently visited the great monastery of Trappist monks at Orne in Britany, made friends with the doctor-monk, who has spent twenty years there, studied the monks' ways, books, memoranda and church register, and finally their burying place in the cloisters. There he found that of the last four monks buried, one had attained the age of eighty-five and had lived fifty-one years in the monastery. Another had died at eighty-two, a third at eighty-one, and the youngest was seventy-five when he died. All four had become monks about half a century ago.

One monk still living is ninety-three, and there are at least twelve others more than eighty years old.

The monastery doctor's book which shows exactly what ailments the monks suffered during the last twenty years, proves that there has not been a single case of apoplexy, dropsy, appendicitis, cancer, cholera or other disease that may be traced back to inattention to recognized laws of living.

An international committee of doctors which visited the monastery some years ago obtained exact information on the monks' way of living and all the members expressed their great surprise at the perfect state of health in which they found the brothers and at the average age which the monks attained. The majority of doctors was disposed to attribute these undeniable facts to the vegetarian diet, the regular habits and the hard work.

After busying themselves with books, music, painting, scientific research, they have to go into the fields and do agricultural labor, they have to work in the garden, and in the flour mill.

The most wonderful part of their existence is the small amount of nourishment required to keep them alive and in good health. They breakfast at five on a pot of barley coffee and milk and a piece of brown bread. They take nothing between 5 and noon, then dinner is partaken of by all together, a soup of greens and vegetables with perhaps a little rice or oats in it. Then vegetables, spinach, cabbage, carrots, beans, peas, with sauerkraut to relish the daily potatoes, and on extra days some coarse pastry.

The diet does not comprise eggs in any form. Fresh or dried fruit, walnuts and a piece of bread are given for dessert. The supper is very much like the dinner, but there is less of it and in the summer a small piece of cheese is allowed.

The doctor says that men who enter the order when they are quite grown up get accustomed to the diet in a very short time and thrive upon it, enjoying better health than they ever had before.

Napoleon I. was advised to dissolve the order of Trappists, but he did not immediately sanction the proposal, saying he would see for himself. He visited Orne and finding the convent in ship shape order and the old monks busily at work, he said: "I have found men who eat little and work much. Let them go on with it as an example to others."

DIET IN SICKNESS.

THE first, or one of the first, symptoms usually noticed is the failing appetite, which is a clear indication that nature is closing up the food mill for repairs. If sudden sickness occurs when the stomach is full, or if a serious accident occurs which would bring on inflammation, Nature immediately causes the stomach to be emptied by vomiting and cleansing it, and having no food to digest she can attend to the healing process. In any case of sickness, then, our duty is plain—do not fill the stomach with food and do not urge sick people to eat when there is no desire for food. If food is taken, it is succeeded by evil consequences. Let the sick eat only when nature calls for food. In

acute sickness there can be no digestion; hence all food taken into the stomach ferments and putrefies and often does more harm than the disease. Nature makes no mistakes—follow her dictates.

From about 1878 to 1881 I was employed in the State Hospital at Madison, Wisconsin, and it was my duty oftentimes to force-feed patients who refused to eat, using a tube which was passed down the oesophagus into the stomach and liquid food introduced, three times a day. I have often thought what a barbarous practice it was. In 1882 I accepted the position of Supervisor in the Milwaukee County Hospital at Wauwatosa, Wis., where the same custom was practiced. We were thwarting nature every time we force-fed and didn't know it. Nature cures the disease, and if left alone and not hampered with by drugs and foods, will cure it in half the time.

The greatest discord we know of comes from over-eating, more victims go down before the steaming viands of the modern cook, than fall in battle and murder of every other kind. It is very important that we know how to feed the body, and it seems so strange that no one cares to make a study of it and so reduce the science to some comprehensive system.

Hence we have the first class of nutriment. Such articles as are very high in nutriment and low in chemical stability. Such articles of diet as are practically all nutriment and decompose at the body temperature in about one day, if not taken from the blood by the cells. This will be done if the quantity is not too great and if there has been enough muscular activity to make a want of them in the system to replace the used up material.

The first class comprises all kinds of meats, fish and fowl, eggs, creams, cheese, fats and animal oil, and various mixed dishes.

The second class comprises foods derived from the cereals, legumes and tubers, bread, beans and potatoes, about 50 per cent. nutriment, fermenting by various stages long before decomposition, requiring at the body temperature from ten to twenty days to complete decomposition. And under some conditions a much longer time. This class is chemically the most stable and best adapted to the wants of the system.

The third class comprises fruits, vegetables, skimmed milks, butter milk, berries, melons, etc. All very low nutriment, but rich in digestive and toning acids, flavors and odors, such an association of delightful qualities, that the mind of an invalid must be dull indeed, which does not discern beyond it all the Great Apothecary that knows our needs and seems to draw so nigh at times. Only "the fool hath said in his heart, "there is no God."

For heavy, hard work, the diet may be of the first and second classes, with enough of the third class to give zest to the meal.

For those at moderate work the second class and third class should constitute the diet.

For those not at work, the diet should be from the low class with a very guarded amount of the second class and none of the first. We should eat with the idea of supplying the necessities of the system, and so select the food as to fill the stomach two-thirds full, leaving room for the digestive secretions to enter and perform their true functions. The stomach is just the right size and when two-thirds full of the proper diet natural hunger is fully assuaged. But suppose we fill it too full of too rich a diet for the labor we do, the digestive fluids will be insufficient, the blood will be overloaded with nutriment, the cells will be unable to take it all, and the excess will decompose in the circulation, various toxic compounds will form from the elements set free by the decomposition, these will irritate the nerves in proportion to their toxicity, and will appear in all the secretions of the body.

SCIENTIFIC HEALTH AXIOMS.

ALL disease is a curative process, as is also, weakness, except in exceptional cases of actual starvation.

In *all* diseased conditions, whether caused by trauma, poisons, improper diet, lesions and sub-luxations, etc., a deposit of non-usable food material, mostly, (which should be removed before we can reasonably expect any permanent improvement) is found. In a fleshy person this non-usable material is mostly starch, partially digested. In a thin person it is partly the same

material but all has become dehydrated and which eventually produces the calcareous material which is found in arterial sclerosis.

If the *non-usable* material is composed of decomposing material, it becomes the habitat of disease producing germs and causes what is called acute disease; if it is inert and constantly growing thicker it causes what we call chronic diseases.

The *cure* of disease is removing the accumulating material, correct the lesion, subluxations and conditions which caused the deposit, and *stop* putting in the non-usable material.

DIETETIC SUGGESTIONS.—As the food element or organic carbon produces all the vital or bodily energy and heat, we should select such foods as have the most organic carbon associated with least amount of unusable elements. Fats, sweets and acids are almost wholly made up of unusable elements, therefore should be excluded from our dietary as much as possible, and also because they are disturbers of every nutrient function. As the added flesh of the diseased condition of obesity is composed almost wholly of partially digested starch we should cut down the use of starch to a very small amount, and what is eaten should not be accompanied with either fats, sweets or acids, or foods, like whole milk, cake, pie, lemons, strong onions, olives, rhubarb, cheese, eggs, etc., as these contain quite large quantities of those unusable ingredients.

As the organic carbon in fruits, berries, melons and vegetables is the freest from obstructing elements, and also have plenty of dissolving mild acids, we should select most of our food from those. I will name them about in the order of their desirability. Sweet oranges, mild acid apples (either cooked or raw), melons of all kinds, pears, raspberries, peaches, apricots, lettuce, celery, squash, carrots, asparagus, fresh figs, prunes (cooked), turnips, beets, raw cabbage, etc. Dried fruits and vegetables, (dehydrated vegetables are now on sale) can be used if fresh ones are not obtainable.

As we should use less solid food material and more water, we can vary the above with soups, purees, gruels and salads, all

of which should be made with the least amount of fats possible. Soups can be made with the least amount of solid material, by using the water in which the vegetables have been cooked. These soups are often very rich in the food salts which have steeped out of the vegetable. Care should be taken in using the usual salad dressings, for they contain a large amount of olive oil and mustard or vinegar, all of which are very disturbing to digestion. Part of our trouble is caused by the clogging of the secretory pores of the stomach and intestines, they are so obstructed that they do not do good work, consequently the food taken in, if right kind, is not well separated or dissolved. Digestion is found to be dissolving or separating of the elements, and *not* chemical action or fermentation.

Tomatoes are very good, but care should be taken not to eat them with starchy foods like cereals, rice and potatoes, unless cooked. Bananas are disturbing to many, but can be used if cooked so that the gums they contain are broken up. I have discovered a good way to use them, by slicing them into soups. It cooks the banana and flavors the soup. A small amount will do, for when cooked they develop their sweetness.

Dried beans and peas should be avoided, but green ones can be eaten moderately.

If lean meat is eaten, (of course fat meat should not be used), it should be cooked by steaming or boiling in a double boiler, for this will disintegrate the fibre, which generally decomposes before the organic carbon can be separated and used. Plenty of loosening vegetables should always be eaten with lean meat.

Skim milk and buttermilk can be used moderately, but any sour milk or "yougurts" as have been popularly advised are deleterious, as is also any malted grains, milk, or other like combinations.

The quantity of food used should be restricted, and one should leave the table hungry if we wish to get the best results.

If the use of thinner foods causes a too rapid loosening and elimination of the accumulated waste or "pathogen", it will cause

a temporary weakness caused by taking away the stimulating material which braced up a false feeling of strength, but this will be followed by a real feeling of strength not before known, as the energy producing machinery gets more freedom of action.

If the nerve action is incumbered the Ulnar Nerve Test, will be our barometer to show us how we are progressing in removing the incumbrance.

As there are two kinds of weight in the body, one which is advantageous and the other detrimental. The first is stored in the muscle cells, the other between the cells, in the interstices of the tissue. Any exercise which will increase the size of the muscle cells and assist in the elimination of the detrimental flesh, will be of great advantage. It is by this method that prize fighters and athletes reduce their surplus weight and develop a larger capacity of their muscle cells.

Do not use any coarse or whole wheat breads or cereals, the finer ground the more nutrition one gets from the grain. It cannot serve two purposes, irritate the alimentary canal, (which is very injurious) and provide nutrition. The solids taken in should be kept moving through the body by water and not by the irritating effects of coarse foods or physics. Zweibacked bread is preferable to toasted, but should be used sparingly by you.

Deep breathing, fresh air especially at night, and exercise of the abdominal muscles are the best of helps to reduce the detrimental flesh and increase the beneficial weight, by storing the nutrients in the muscle cells instead of storing the partially digested material between the cells.

Shall be pleased to explain any further points which may occur to you or to make more plain the reasons *why* of what I have stated.

Yours for vigorous health,

BRAINARD W. CHILD.

The fruit and vegetable diet consists of no animal food whatever, except a little butter for shortning. We also cut out of the diet such vegetables as will decompose quickly, as tomatoes and onions.

The fruit and vegetable diet is made up of such articles as go through the various stages of fermentation before they can

undergo decomposition. Such foods as fruits, berries, melons, pumpkins and squashes, etc., and the vegetables used for boiled dinners, as cabbage, turnips, radishes, greens of all kinds, and salads, etc., and the cereal foods, as bread, beans, peas, rice, oats, etc., will not undergo decomposition for at least ten or twenty days.

All the real nice things to eat belong to the fruit and vegetable diet. A hundred kinds of fruit, cooked or raw, a hundred kinds of berries, fixed to suit the taste, in many ways, a hundred kinds of vegetables, the wealth of the gardens, fixed to please the taste and sight.

All the nice things in this world to eat against dead and decomposing flesh meats, don't you know which is best and which will win?

The flesh and egg diet, after digestion, lasts in the blood at blood heat, 100 degrees only one day, and if not used up in that time they will decompose at a single step. They have already been through the fermentation stages in the animal and are now capable of only the final step, which is decomposition. Often decomposition begins in the stomach and bowels and the toxic products are carried into the blood to sicken the well and hearty eaters, and some go to sleep at night and never wake, the decomposition gases having formed in the toxins of the lethal class, producing coma and death.

On the other hand, the fruits and vegetables may remain in the blood stream from ten to twenty days, or more, before decomposition. If they ever decompose in the blood, the toxins which result, are not very poisonous.

The fruit and vegetable diet will give nature a fair chance to cure a sick person and how can she do so without a chance? Where is a man's sense when he puts his patients on animal diet, and even forces feeding of rare beef, beef extracts and eggs? the doctor cannot eat it himself and stay well no wonder the patient dies.

All invalids are improved by the fruit and vegetable diet

and many are cured by that alone. Some cannot be cured without it, such as suffer with cancer, tumors, consumption, and Bright's disease, rheumatism, etc.

Talk of the nice fruits in their available forms, the vegetables in their season, and the new ways of preparing the various dishes and you will have all of the good nice things to eat.

Now a little discourse on educating the appetite and stomach. You have spoken of the old fashioned boiled cabbage and turnips, and the patient said that his stomach would not digest these healthful things, and that may be a fact. But is he to suffer on without end on account of that fact? No. We must begin a system of gastric training.

Eat only one bite of cold slaw, then at the next meal several times as much, the next day one spoonful of boiled cabbage, followed by a little taste of raw onion dipped in salt, then next day the patient will want this and have power to digest it in a reasonable amount.

THE TRUTH ABOUT BEER.

THE wide-spread idea that beer drinking is a comparatively harmless form of self-indulgence, is combated by the following testimony of two eminent physicians of Toledo, Ohio, the inhabitants of which are greatly addicted to the use of that beverage:

"I think beer kills quicker than any other liquor. My attention was first called to its insidious effects when I began examining for life insurance. I passed as unusually good risks five Germans—young business men—who seemed in the best of health, and to have superb constitutions. In a few years I was amazed to see the whole five drop off, one after another, with what ought to have been mild and easily curable diseases. On comparing my experience with that of other physicians, I found they were all having similar luck with confirmed beer drinkers. and my practice since has heaped confirmation on confirmation.

"The first organ to be attacked is the kidneys; the liver soon

sympathizes, and then comes, most frequently dropsy or Bright's disease, both certain to end fatally. Any physician who cares to take the time, will tell you that among the dreadful results of beer drinking are lockjaw and erysipelas, and that the beer drinker seems incapable of recovering from mild disorders and injuries not usually regarded of a grave character. Pneumonia, pleurisy, fevers, etc., seem to have a first mortgage on him, which they foreclose remorselessly at an early opportunity.

"The beer drinker is much worse off than the whisky drinker, who seems to have more elasticity and reserve power. He will even have delirium tremens; but after the fit is gone, you will sometimes find good material to work upon. Good management may bring him around all right. But when a beer drinker gets into trouble, it seems almost as if you have to recreate the man before you can do anything for him. I have plenty of living and dead instances around me to support my opinions."—DR. S. H. BURGÉN.

"That beer is foreign to nature's demand is plainly evident. The whole organism at once sets about its removal. Every channel through which it can be got rid of is brought into play, and does not cease till the last trace is gone. Reaching a certain end depends only on the frequency of the repetition. The whole is made up of the parts; every drink counts one. These 'ones', added together, make the wreck; to secure this result it is only necessary to make the single numbers sufficient. Each leaves its footprints in one way or another; and the idea that, because you stop before you stagger, the system takes no note of the damaging material you put into it, is a ruinous delusion."—DR. J. T. WOODS.

TRUE ELIMINATION

THE circulation of the blood is actuated by muscular pressure of the heart, arteries and veins principally. The respiration is actuated by suction and pressure. The lungs and heart occupy a closed apartment of the body termed the thorax, capable of extension and compression in all its dimensions by the powerful muscles of the diaphragm below, and the ribs on the sides and above.

The mechanism of all these parts is most wonderful and complete in design and execution commensurate with the importance of the work to be done, the circulation and purifying of the life blood, making it fit to circulate and then circulating it. The one is a vito-chemical process never yet fully understood by man—he simply terms it oxygenating the blood. The other is performed by pressure of muscles under both sympathetic and voluntary nervous control, so that both the vitality and will power may influence it to a great extent.

The blood leaves the adult heart under a pressure of three or four pounds, and the will power may increase this pressure by blowing, throwing, lifting or carrying a load, many fold. Blowing increases the pressure to 10, 20, or 30 lbs. while lifting may increase it to over 100 lbs., sending the warm blood into every capillary in the body, reddening the skin and nourishing every tissue, promoting all the functions and improving the tone of every organ.

We know that the arterial walls are exceedingly strong and fibrous, and that it must be for a purpose, as this strength is proportionate to the pressure; as the arteries divide into various branches, the pressure is divided, and the arterial strength lessens.

Now suppose you could lay a brick-bat on the aorta, the weight of the bat would about balance the heart pressure, and the circulation would be almost cut off from the body and lower limbs, while it would be doubled, almost, in the head and arms

and upper part of the body. But on trying this, we find that the nervous energy is aroused and the blood pressure raised till it lifts the weight on the aorta and goes on its way under this increase of pressure, forcing the blood into the capillaries, and raising the temperature of the entire body.

This is a simple experiment and can be tried by any one any time. During its digestive contractions the stomach becomes very rigid, and serves the purpose of the brick-bat to perfection, and by laying on the back the weight of the stomach is brought directly on the aorta, and it all takes place just as above written.

Most people sleep on the side, and waking up in the night feeling chilly, they naturally turn on the back and stretch out the limbs, bringing the weight of the stomach on the aorta, the irritation, or excitement of the gastric nerves by the change of position causing the stomach to contract on its own secretions, or whatever it may contain, and thus you have some of the hardness of the brick for a sufficient time to raise the blood pressure and warm the body, relieving the chilliness and promoting sleep. Do not forget that all this is accomplished by increasing blood pressure, and that the blowing exercise, or muscular tension will do the same without any change of position whatever.

On exposure the skin contracts forcing the main volume of the circulation on the deeper organs and tissues; also closing the pores of the skin retaining the toxins and shutting off the oxygen of the air from the true skin and thus manufacturing toxins in the dermal glands producing the symptoms of a "bad cold". All we have to do to prevent this is to prevent the chilliness by means of the blowing exercise for a minute, or two; at a time, resting the muscles for half a minute between the exercises. This may be worth a fortune to you, do not forget it.

Suppose the blood is loaded with obstructions, as with rheumatics, consumptives, and invalids, what is going to happen when you increase the blood pressure? The obstructions will be forced further into the capillaries and an indescribable nervousness will be felt. Many of the toxins that form in the blood from too rich a diet, crystalize with needle points and razor

cutting edges and when these are forced into the capillaries they split them open and sever many a nervelet, causing pain, burning, cramping and itching.

We cannot live and avoid the muscular raising of the blood pressure. Grunting and straining raise it on the principle of the blowing exercise, carrying any weight, or going up stairs raises it. So what shall we do?

We should so arrange the diet according to the work we do, so that the nutriment will be all used up each day we live, leaving none to decompose in the blood and form toxins.

We should dissolve the crystalline obstructions now in the blood and capillaries and dermal glands by frequent warm Epsom sponge baths, for 15 to 30 minutes each bath, going over the surface from head to foot several times each bath, then drying the skin with a towel, and repeating the bath often enough *to do* the work to be done. Three to ten baths the first day, then one to three baths per day until well. Then all these ways of making the blood pressure sufficient are right and proper.

Epsom salts are the only congenial chemicals known to science that will promptly dissolve uric acid and neutralize toxins in the blood and tissues of the body. The bath may be "1 to 16", that is one ounce, or one heaping tablespoonful to one pint of water, as an average strength for bathing or application. The weaker solutions often produce the quickest results, because more congenial and more readily absorbed. 1 to 32, or 1 to 48 are the solutions we use most.

Blood pressure is necessary to maintain a state of health, and hitherto science has been powerless to produce the normal pressure, when too low, or to reduce it when too high, in any rational and safe way. When too low we used glonoin, digitalis, atropine and stimulants, all objectionable in many ways, and some positively dangerous. When too high we used acetanilid in its many forms, and other coal-tar derivatives, and various defervescents, all capable of producing harm, unless the dose was exactly proportioned to the indications, requiring more skill than most

doctors possess. And nothing was known as to how the obstructions might be removed from the system and the toxins neutralized and their formation prevented. In the past, they bled and blistered and purged to reduce blood pressure when too high, which we do most pleasantly by means of the Candy Cure without the loss of a moments' time, or a single drop of good blood. See Blood Pressure, page 20, and Candy Cure, page 160 of *Little Ailments and Consequences*.

Sometimes candy or sugar makes the teeth ache and patients object to holding it in the mouth, as above. We find that Dates and Banana will answer as well and avoid the irritation of the dental nerves. Take a date, or half a bite of banana in the mouth and munch it from side to side until the mouth fills with saliva, then spit out the saliva, and continue to munch and spit until the date or banana in the mouth is all wasted away. Then repeat the operation as often as necessary.

Candy is the most powerful excitant of the salivary glands, but anything will do that will excite the glands. Peanuts, parched meal, cracker crumbs, etc., have been used to good effect.

Suppose the kidneys, or liver is affected so seriously that death will ensue in a few hours, the candy cure (sugar, dates, banana, meal, or the thing most convenient) will excite the salivary glands to purify the blood, and do the work of the affected organs, in a great measure relieving them, and saving the patient's life. Suppose the skin is affected with pimples, boils, or painful eruptions, you can relieve it at once with the candy cure. You can actually dry up boils and inflammations almost as quickly as a surgeon can do it with a knife. Suppose the bowels need to be checked, for any reason, you can unload the blood by means of the candy cure, relieving the bowels of their secretions from the blood, feeding only a cup of boiled milk at a meal, and thus avoid the natural movement of the bowels for many days. The surgeon knows nothing but the same old drugs to do this work when necessary, morphine and the various preparations of tannin.

Toxins must be eliminated to preserve the health. Remedies

that deaden the pain and restlessness without removing the toxin, that causes the pain, are worse than useless. It is well to know all about drugs, their uses and dangers, but we soon realize the limit of their sphere, and that as knowledge increases that sphere diminishes.

Suppose a patient is too weak to respond to the most approved medical remedies, that is a time when men know not what to do, they are at their wits' end, and the patient is drifting away to the portals of "the great beyond." Well, you can rouse him up by hot, or warm Epsom sponge baths and you can draw from his blood both the drugs and the toxins, by the candy cure and save his life.

The drugless treatment of disease is the greatest achievement of the present century. Its importance and success make it the greatest possible to be. No matter what the future may bring, it cannot give to man a greater boon. It is the greatest adjunct to the scientific, or unscientific, treatment of disease ever devised. It helps the one, and covers the mistakes and general botch-work of the other.

In this connection, we will briefly describe the methods for the application and use of magnesia sulphate, as a solvent for urates and other crystals and for the organic carbon, the basic element of toxines.

THE FULL BATH.—The full bath with the addition of the magnesia sulphate, in proper proportions, is in many conditions preferable to other modes of the application of the magnesia sulphate solution.

DIRECTIONS.—To ten gallons of warm water add and dissolve two pounds of magnesia sulphate, and you may use bay rum or rose water or almost any scenting, to please the fastidious.

The warm bath, at about the temperature of the body, is best for the reason that it will open the pores of the skin more readily than will the cool bath, and the main object of the epsom bath is to open the pores of the skin and to stimulate elimination.

A very good plan, in using the tub bath, is to begin with one pound of magnesia sulphate, and bathe the patient ten

minutes, during which time wipe the scum from the surface of the body a couple of times. The scum may be wiped from the body while the patient remains in or under the water.

Next add another pound of magnesia sulphate to the bath and bathe the patient ten minutes more, repeating the wiping process. Next add a third pound of magnesia sulphate and bathe the patient another ten minutes, during which time continue to wipe the body free from the solution of the crystals of urates which accumulate upon the surface. It is the last half of the bath that does the most work, whatever the strength of the solution.

Two pounds of magnesia sulphate to ten or twelve gallons of water is a good average proportion. The magnesia bath may be continued from ten to twenty minutes, and may be repeated from one to three or four times per day.

In the treatment of the morphine habit, the bath should be repeated as often as is necessary to keep the patient perfectly comfortable, until the craving for morphine is entirely subdued.

THE SPONGE BATH.—The magnesia sponge bath is convenient and may be used in the absence of a bath tub or when the patient cannot be placed in the bath tub because of *their* extreme condition.

DIRECTIONS.—Dissolve one ounce of magnesia sulphate in one pint of warm water; or you may dissolve one ounce of magnesia sulphate in a quart of water, apply with a sponge or towel. Sponge the entire body or in case of local disease, sponge the zone affected for ten to thirty minutes and repeat in extreme cases if necessary as many as fifty times per day.

THE MAGNESIA OIL.—Directions for preparation: Magnesia sulphate, distilled water, equal parts, glycerine and sugar equal parts using either the same amounts as of the magnesia sulphate and water or we may use one half as much of the glycerine and sugar, as of the magnesia and water. Mix and use internally in one half teaspoonful doses or use as a lotion to the skin over a painful zone to produce sedation.

CARBOLIZED MAGNESIA.—Directions for preparation:

Magnesium sulphateOz. 1
 Carbolic acidGrs. 10
 Oil sassafrasM. 5
 Mix; keep in well stopped bottle.

When wanted for use, dissolve one teaspoonful in two to four ounces of water. Use this lotion as an application for pain. After the pain subsides the plain magnesia applications will answer to maintain sedation.

Creolinized magnesium is prepared in the same way, using creoline instead of carbolic acid, and is used for the same purpose.

CANDY CURE.—Definition, this consists of a stimulation of the salivary glands of the buccal cavity. This method is an efficient and quick way in which to eliminate crystals and toxic elements from the blood stream. Directions: Use any stimulant that will cause a flow of saliva, and expectorate all that accumulates in the mouth, and continue the treatment from thirty to sixty minutes. Candy is an excellent stimulant and excites a free flow of saliva.

Dr. Burgess says that sweet dates held in the mouth and munched, are excellent to stimulate the flow of saliva. When one date has been consumed use another, until the treatment has been continued for a sufficient length of time.

The author finds that ordinary chewing gum serves the purpose quite well. The sweetening, used in the manufacture of the chewing gum, will stimulate the action of the buccal glands, and the act of chewing also excites or stimulates the flow of secretions from the blood stream.

DR. WM. H. BURGESS.

RECTAL DILATION

AS this method of treatment, so uniformly successful, is entirely new to many and so radically different from methods generally used, we will in a few words endeavor to explain what it consists of and refer the reader to the following pages for a more comprehensive understanding.

The philosophy of rectal dilation, as a means of curing disease, is based upon the power that nature has given the rectum, with its sphincter muscles in controlling the energies of the body. The average individual does not know or realize the great importance the rectal sphincter muscles have in relation to the human system in general and almost every special organ in particular, but every person of common sense realizes that on a perfect circulation depends, generally speaking, good health. We know that the individual who has regular and *natural* bowel habit, as a result, has good blood circulation, which is one of the best assurances of general good health. This is nature's great regulating process and in her wise economy the excrement under natural conditions, by dilating the rectal muscles, is performing one of the things most essential to maintain the functions of a normal body.

It is a well known fact among intelligent and educated physiologists, that the reflex phenomenon is an important matter in the action of the nervous system, both in the healthful function, and in the pathological derangement.

To be able to comprehend the reflex influence of the coccyx in all positions and the effect of rectal treatment, it is very necessary to understand the special anatomical arrangements and connections of that portion of the nervous mechanism, the integrity of which may become involved by rectal lesions.

Among the more recent discoveries of the anatomy of the nervous system the writer is pleased to call your attention to the existence and importance of what we have chosen to term the "*Myelin Nerves*".

But little is known of these nerves except what has been recently discovered concerning their origin and their spinal exit. We have studied and have gained a partial knowledge of their insertion and of the vital functions which they partially or completely control.

These nerves are four in number consisting of a pair on either side and are commonly called in anatomy Coccygeal Nerves. Of these two pair of nerves, situated laterally upon the sides of the spinal cord, one of each pair arises from the pineal gland, while the other two, one on either side, have their cranial origin from the pituitary body.

After the origin of these nerves their fibers are absorbed into the Myelin sheath or more strictly speaking become enlarged by growth into the membranes which cover the spinal cord. After this change in their nature and size they are known as the Myelin sheath and the Arachnoid. They continue in this manner, from the base of the brain, to their exit from the neural canal and make their appearance from the neural canal, at its lower end and they are then known as the coccygeal nerves. The pineal gland furnishes the fibres which form the myelin sheath while the fibres from the pituitary body enter into the formation of the arachnoidal sheath or nerves.

Both the myelin sheath and the arachnoidal covering of the spinal cord are composed of nerve tissue. Portions of the myelin and arachnoidal sheaths make their exit with or around each and every spinal nerve, as it makes its exit, from the neural canal and they act as membranous coverings thereof. The myelin and arachnoidal sheaths approximate and fuse together in a striated form in the caudal end of the spinal cord, and they make their exit from the lower extremity of the neural canal, and as said above constitute what is called the coccygeal nerve. Their distribution and function affect every portion of the human organism.

Their function is but partially understood. The pineal gland is supposed to be the seat of the will power and the source of the electric currents in the body. They are supposed to furnish the nerve fluids or control the integrity thereof and have to do

with a great majority of chronic diseases and abnormal growths.

It has been suggested that the pituitary body is the seat of magnetism and is supplied like the pineal gland with the electro-magnetic currents from the olfactory bulb which absorbs by osmosis the electro-magnetic currents from the air. The two organs jointly have much to do in controlling the trophic functions of the body and the voluntary and involuntary phenomena of nerve action.

From the above we can easily see the connection existing between the coccygeal nerve and all portions of the spinal cord and brain, and can see how a stimulation of the coccygeal may stimulate the entire nervous system.

There is other anatomical arrangements which show the connection and consequently the way in which rectal lesions and rectal treatment may influence and stimulate a great portion of the sympathetic portion of the nervous system.

The two gangliated cords of the sympathetic extend from the base of the brain downward on either side and slightly in from the spinal column to the coccygeal ganglion, which is their lower commissural union.

The two downward streams of white rami communicantes, joining the two gangliated cords of the Sympathetic, terminate in the coccygeal ganglion.

The union of the myelin nerves from cord and brain, the gangliated cords of the sympathetic, and the downward stream of white rami communicantes, in the coccygeal ganglia, make this the most important key to the great and important nervous system.

These thoughts should begin to open up to our minds the importance of lesions affecting the coccygeal ganglia.

The coccygeal ganglia or ganglion of impar may be decidedly affected by a forward displacement of the coccyx, the terminal bone of the spinal column, and this bone is often displaced, and even ankylosed in a forward direction.

Many people because of a fall, in which they displace the

coccyx forward, suffer with a lesion of the coccygeal ganglion, and consequent derangement of the nervous system.

Any jolt or jar in which some point or part is thrust against the coccyx may be the original cause of decided derangement of the sympathetic nervous system, and consequently the cause of chronic disease.

E. H. Pratt, M.D., says: "Disturbances of the sympathetic nerves, although they do not make themselves known in the language of pain; greatly disturb the various functions of the body, interfering seriously with its nutrition, but very readily escaping the notice of the careless observer."

PERISTALTIC ACTION A MOST IMPORTANT PHYSIOLOGICAL FUNCTION.—We live by peristaltic action, as through it all the involuntary activities of the tubal portion of the body are accomplished, and upon which the commerce of the body is entirely dependent. Solids and fluids of the body are carried along their course through the tubular structures, which confine them by vermicular motion, produced by involuntary muscular fibers under the stimulus of the great sympathetic nerve. Processes of digestion, circulation and appropriation are alike dependent upon it; by it the bile and urine are secreted. How important, then, if we are interested in our health, that we know how to regulate it. The muscles of the rectum control all peristaltic action, when it is in a healthy condition there will be good, healthy, peristalsis; digestion, absorption, circulation and respiration will be good and health assured.

An important feature in this connection should not be lost sight of. The terminal nerves of the sympathetic system are quickly influenced by the pressure exerted through the tension of the sphincter muscles.

Along the alimentary tract are distributed various structures, mostly of a glandular nature, that are either a part of it or connect with it and are accessory to its functions. These are all controlled by the same system of nerves as are the tubal parts of the alimentary tract. These nerves act independent of the will of the individual, and the functions they operate are carried on without any conscious effort.

Branches from this system of nerves also go to and operate other parts that must continue to perform their functions whether the individual is conscious or not. Thus they cause the heart to beat and the lungs to expand and contract in the act of breathing whether we are asleep or awake. This system of nerves is called "the great sympathetic system," and as they control the functions absolutely necessary to the maintenance of life, their importance cannot be overestimated.

This "abdominal brain" controls heart action and rhythmical movements that facilitate the circulation of the blood as well as the relative calibre of blood vessels. It presides over the glandular system and regulates secretion and excretion. Thus all the forces and functions of alimentation, as digestion and assimilation, are within its scope and power. It presides over the excretory glands which remove the refuse of cell waste and tissue change—the ashes of the fires of life—and other bodily impurities from the system. It presides over the involuntary functions of generation. Surely that which dominates nutrition, secretion, excretion, circulation, and generation, is of vast importance to us and should receive our best attention and care. We should, therefore, endeavor to prevent its being irritated, disturbed, distressed, debilitated, deranged, obstructed or thwarted.

There are several points where filaments of the sympathetic nerves which communicate with the "abdominal brain" may be exposed to sufficient irritation to derange its naturally uniform and constant action. The most common point, however, is at the outlet of the bowel, known as the "pile bearing inch." Fully nine out of ten cases of derangement of parts dominated over by the "abdominal brain" is due to disturbance of that important organ because of irritation communicated to it from one of its branch nerves, may be traced directly to the lower bowel and its outlet. By reference to the illustration you can readily see that these parts are abundantly supplied with sympathetic nerve fibres and that they are here particularly exposed to irritation and injury.

"Diseases of the lower portion of the intestinal canal are exceedingly common. There is probably no one organ or locality

of the human body so subject to variety and complexity of diseased conditions as this.

“Experience and observation for many years have convinced us of the fact that rectal diseases are the foundation and cause of very many other grave forms of chronic disease, which it is impossible to cure so long as the rectal lesion holds. Very many serious uterine affections that baffle the skill of the practitioner, are thus obstinate because he has failed to discover or cure the rectal complications.

“We have no doubt but what many cases of mental aberration are caused by lesions of the intestinal canal and especially of the rectum.”—S. H. LINN, M.D.

In men the injury done by a large accumulation of hardened feces in the rectum and colon exerts itself by pressure on the prostate gland as well as the bladder and urethra, the arteries and veins. It also shows the same deleterious results of lack of circulation and loss of nerve force. We have known many cases of constipation, both in men and women, where sexual weakness had progressed to the point of a total loss of desire or power to properly perform the functions of the generative organs, and as soon as the constipation was cured by the use of the rectal dilators the sexual weakness and depression disappeared and normal health of the entire body, muscular, nervous and intellectual, was re-established. This treatment is not exploited as a cure-all, nor do we recommend it specifically for female weakness or sexual weakness, but we do say with a positiveness we do not wish to be overlooked, that it removes the cause in many of these cases, and in removing the cause recovery soon follows.

We quote you an account of the results of rectal dilation in the treatment of a number of cases which are of numerous varieties, that you may judge of the merits and scope of usefulness of this rational method.

We enumerate some of the trouble first for which rectal dilation and stimulation is found to be an affective treatment, either alone or used as an auxiliary treatment.

Piles	Constipation
Eczema	Consumption
Paralysis	Heart Failure
Rheumatism	Heart Disease
Diphtheria	Eye Weakness
Indigestion	Torpid Liver
Appendicitis	Cold Extremities
Acute Diarrhœa	Chronic Diarrhœa
Acute Dysentery	Chronic Dysentery
Cholera Infantum	Nervous Prostration
Bladder Trouble	Uterine Hemorrhage
Typhoid Fever	Rectal Troubles
Hemorrhoids	Corpulency and Leanness
Cataract	Dropsical Conditions

HEART FAILURE. INSOMNIA.—"I touched the life center," said a Christian minister at the Santa Cruz California Auditorium when a supposed dead mother, who had resisted all other treatment, was suddenly revived by this always available remedy. The preacher (formerly a Dr.) had made a study of ancient healing and obtained quick relief from his own torturing insomnia.

JUDGE SHEPARD'S HEART FAILURE.—While living on my mountain ranch at Acton, Cal., I was suddenly taken with heart failure and felt that something must be done immediately. Being fifteen miles from a doctor and no medicine in the house, I used Rectal Dilator and found relief quicker than I can tell it.—*E. R. Shepard, Los Angeles.*

A "TIP" FROM KENTUCKY.—I was always frail and subject to frequent severe sickness till 25 years of age. While visiting in Kentucky an old lady showed me how to make a soap dilator such as most mothers used for babies, only larger. I began to improve at once and quit all medicine, but soon found that it was the relaxation produced by the soap rather than the soap itself which gave me strength and that my own fingers were much better. Whenever I am not feeling well or the action is faulty, this is my remedy, and with comfortable health and nature years I feel like giving encouragement to Mr. Rogers in his work of mercy. Try it and be well.—*J. A. Ashley-Reavis.*

WHAT MAKES THE BABY CRY?—As if by unerring guidance of instinct, mothers in every land have quickly soothed the baby's cry, cramp, spasm or croup with the index finger, a tallow candle or soap suppository (as the custom prevailed) but when a daughter's pain, a neighbor's appendicitis, or her own change of life requires no other treatment, she forgets that adults are only full grown babies. It is Nature's life preserver. Did you think it was funny and miss the goal?

THE WHITE HEARSE MUST GO.—Dear Sir: About one year ago "What Makes the Baby Cry" attracted my attention. Our baby was very sick and medical aid did not seem to reach the case. Life was despaired of when we decided to try your special nerve treatment. In the midst of a high fever which was broken in five minutes, refreshing sleep came (entirely unlike an opiate). By following the directions no further trouble was encountered.

Having cured my own constipation and piles with the Dilator, I firmly believe that a general understanding of this practice would reduce human suffering to a minimum and banish the white hearse from our streets.—*Charles L. Benton.*

DIPHTHERIA.—A Los Angeles child (under medical treatment for diphtheria) was strangling and gasping for breath when the nurse, Mrs. Vassar Chisholm (who knows our method well) suddenly opened the bowel with her finger and as suddenly relieved the child. (Try it for any sick child.)

CONSUMPTION.—My wife had harbored a cough for ten years and medical skill seemed of little avail.

Knowing the substantial benefit of the discovery when applied to babies and horses years ago, we decided to give it a fair trial.

While upon the lounge for her midday rest, the sputum would cover a newspaper, it seemed little less than a miracle to find the same reduced to one or two spittles within the first two weeks of treatment. During this time the fingers alone were used but we then decided to purchase the more convenient instrument which is very satisfactory. The treatment has been a marvel to our many friends and we would advise any person with a

cough to apply this simple remedy in the first stages of the difficulty.—*J. A. Swank.*

QUICK CONSUMPTION. New lease of life.)—Neighbor Teter (an old soldier) had been in bed for a week with a terrible cough. "I think it's quick consumption," said his wife, "for he coughs night and day."

We opened the main sewer—the body became moist, and to our surprise, as well as the patient, the cough stopped at once.

Cough is mostly the result of a cold.

For this reason we urge continued treatment till a glow or decided perspiration is felt in all parts of the body. *This is important.*

INFANTILE PARALYSIS.—Our baby was completely paralyzed and no hope given of his recovery. Mr. Rogers advised the finger treatment, which gave relief at once, and rapid cure.—*F. M. Wallace.*

L. A. piano dealer's child walked with foot turned to one side. (Operation—plaster cast—or what?) I believe Mr. Rogers told us the truth said mother. We must stop all Dr. business. Finger regulated bowel and foot turned back to shape.

This alarming disease which scatters death everywhere and leaves a race of cripples can be quickly cured by any mother who will have the courage to use her own fingers till the constipation is removed. Try it. You will be surprised at the quick relief.

(If you fear any of the long list of dangerous child diseases there is a glad surprise awaiting you.)

"MILLIONS IN IT."—Among other good things a Los Angeles Magazine, when asked about climate for asthma and poor circulation, says: "Cure it before you come. Fourteen years ago we took the Rectal Dilator and have felt like a millionaire ever since. If health can be counted by dollars, it has certainly been worth fourteen million dollars to the editor of this Magazine." (Many instruments were sent for.)

CATARACT. (A cure without an operation.)—Three specialists had told me that cataract was forming in both eyes. Was in the milky stage. This was two years ago.

I began using the Dilator soon after. Saw relief in one month's faithful treatment and have been free from the trouble ever since.—*Mrs. A. E. Barnes.*

(No need to "ripen"—go blind and wait for an expensive, dangerous operation.) Do it now. (Any bad eyes.)

DIET.—Several years ago the great number of healthy immigrants landing in New York "without visible means of support" induced scientific men to try an experiment with horses drawing street cars. A barn of 100 horses eating the usual heavy grain were weighed daily also a like number eating a prepared food as nearly the strength of common sawdust as possible. Those on the weak food did their work and held their weight fully equal to the others. This experiment seemed strange then but a like test is frequently made by meat and vegetable eaters. The secret is this. Our strength comes less from the food and more from the electricity consumed. That food is most nourishing which passes the vital organs in best shape to operate that electric focus of the body.

LEANNESS—BONES.—For several years I was a mere skeleton of my former self. Mr. Rogers prescribed the finger treatment and I gained 20 lbs. in three months.—*Miss D.*

Dr. Harry Brook writes: "For bowel trouble low down I always prescribe the dilator."

OUR ENDLESS CHAIN.—If you favor Natural Cure (for all) will you send 5 or 10 (scattered) names for our mailing list?

THE TRICK OF THE TRADE.

If you have a patient with a long list of symptoms which you cannot understand . . . If you will stretch the rectum to two inches in diameter, you will find the hands and feet immediately warm and the circulation better than for years. . . . Asthma, bronchitis, liver and stomach troubles, constipation, headache, insomnia and dropsy, also many others, are amenable to this treatment. . . . The occasional repetition of this simple treatment will generally restore such a patient to entire health,

almost as by magic, and without the use of medicine.—*Dr. Houser.*

THE LAST PRESCRIPTION.—“Mrs. Mc——, did that last prescription do all of this for you?” said a popular Los Angeles medical college professor. In a short time his pale-faced, discouraged patient had assumed a rosy hue, with nimble step most surprising. “No, doctor,” said the lady, “I went over and got a Dilator and Mr. R—— said I would get along better to leave the prescription in my pocketbook. The Dilator has done it all, and now as a friend of our family, what would you advise?” Answer: “Keep right along with the Dilator; you could not do better; but no, I cannot afford to use them in my practice.” (*Look it up.*) Think not that the family physician is on trial herewith, but the people. The profession of a physician is a noble one, but at the same time it is a business, and with many is more of a business than a profession.

OH! THOSE FEET.—It was good luck for me when the Dilator cured my wife’s cold feet. In fact, we both seem to have a new lease of life. No more headache for me.—*F. H. Hollabaugh.*

“It cured my insomnia”—*J. R. Newberry, Wholesale and Retail Grocer.*

First anoint the part with vasaline. If sores are felt, it is best to continue this treatment once or twice per day (with gentle massage) till a healthy condition is produced.

Do not rub the piles, but reach the *Root* (one inch inside).

Should extreme tightness prevail it is best to use the Dilator once or twice to render it pliable.

In a reclining position upon the back or left side, as preferred (some prefer a sitting or squatting posture), or in any convenient position, with the knees folded toward the chest, insert the instrument full length (relax like cat), then open by slowly turning the screw till you feel a strong pressure. Hold ten to twenty minutes, gradually dilating, and remove *without entirely closing.*

Open a little wider each day till the full limit of three inches is obtained.

It is thus by opening to the limit, as designed by Nature, that a decided glow or light perspiration is produced and serious complaints relieved, where less positive instruments have failed as well as physicians who overlook this key to success.

Use once per day for thirty days and in extreme cases twice per day is better. The great relief obtained will indicate its further use.

For children do not open so wide and fewer treatments are required. (Boiling water injures rubber.)

Good soap is better than chemicals to cleanse the instrument.

Males can get better results by using the handle at the side, thus preventing pressure upon the prostrate gland. Same for displacement.

To obtain best results learn first that Dilator can open (safely) to size of wrist.

Whenever a decided "glow" over the body does not quickly appear, or a warm sensation with sweat upon the brow, and especially warm hands and feet, it is best to elevate the hips (by bolsters or pillows) while using the Dilator. Some prefer to dilate in the familiar knee-chest position of women as the "glow" comes very quick. (With a cushion, kneel and rest the chest against knees, or head upon floor.) This is not difficult and well pays for the trouble. For displacement it is excellent.

MASSAGE of this organ has a wonderful soothing influence upon any sick person. Used alternately with the Dilator it is a marvel of cure for Prostatic troubles. Do not forget that thorough relaxing will double the benefit.

DIAGNOSIS.

SOME new considerations in tracing symptoms and diagnosing disease recently discovered by study of the conditions causing the manifestation of the symptoms of disease, have been brought to light by the writing of W. H. Burgess, M.D. He traces all symptoms of disease to five different sources. The different symptom producers he enumerates as follows:

1. Invasion.
2. Enervation.
3. Retention.
4. Poisoning.
5. Traumatism.

There is a certain line of symptoms following and guiding in the treatment of each of the above conditions. We believe it will be interesting to the readers of this journal to have enumerated and explained to them the different symptoms associated with each of the five symptom producers enumerated above.

I. **INVASION.**—Invasion is indicated by its characteristic symptoms which make the condition of invasion easily diagnosed by the trained clinician.

By invasion we refer to the bacterial infection which is responsible for the existence and symptomatic manifestations of all forms of infections and contagious diseases.

The peculiar symptoms always present and manifest in connection with all forms of infectious and contagious diseases may be enumerated as follows:

1. Weakness.
2. Weariness.
3. Prostration.
4. Initial chill.
5. Skin eruption.

6. **Flesh countenance.**
7. **Complete anorexia.**
8. **Nervous excitement.**
9. **Increased temperature.**
10. **Accelerated circulation.**

The symptoms enumerated above are those which are produced by reason of the influence of the toxins generated by the bacteria upon the nervous system.

You will note by a close study of the above enumerated symptoms, that they are distinctly characteristic of infectious and contagious diseases. You will also note that chronic diseases are not attended by the symptoms enumerated above. The presence of such an array of symptoms is a positive indication of infection or invasion.

The careful diagnosis should be able to diagnose a case of septic infection or bacterial invasion by the symptoms enumerated above.

Typhoid fever, small-pox or scarlatina are good examples of invasion.

II. **ENERVATION.**—By enervation we mean lack of nerve force, consequently lack of vital resistance or lack of auto protection. It is a condition of minor interference with the nerve function that enables an invasion to thrive and produce its characteristic symptoms. Enervation has its characteristic symptoms which clearly indicate the presence of this condition.

We enumerate the symptoms of enervation under the following heads:

1. **Emaciation.**
2. **Weak pulse.**
3. **Night sweats.**
4. **Flabby muscles.**
5. **Perspiring feet.**
6. **Mucus exudation.**

7. Local congestion.
8. An all gone feeling.
9. Tendency to bad colds.
10. Coldness of extremities.

The above symptoms are only points of indication in a condition of enervation and they indicate a lowered condition of the vital resistance or lack of normal auto-protection against disease. The above symptoms are a class quite different in every way from those of invasion above, and clearly and unmistakably portray a condition of enervation.

III. RETENTION.—The symptoms of retention are necessarily quite common. Retention is the prime pathological condition in many diseases and is present in all chronic disease and most acute disease, as a consequence of toxic elements accumulating as the result of nerve interference. Failure of elimination causes enervation which permits invasion which causes disease.

We have what is known as a condition of retention as the result of the lack of metabolic processes and especially of the processes of elimination.

The symptoms of retention, pure and simple, are very easily distinguished from any other condition. We have a condition of toxemia and failure of proper elimination, associated with both acute and chronic disease. We feel that we should have a clear understanding of these symptoms.

For convenience we class the symptoms of retention under five different headings :

1. Excretions.
2. Circulation.
3. Skin condition.
4. Signs and symptoms.

By noting the excretions we discover the following symptoms :

1. Eyes watering.
2. Nasal excretion.
3. Lachrymal secretions.
4. Bronchial exudate.
5. Lachrymal secretions.

The symptoms we have enumerated are no doubt due to the mucous membranes and kidneys trying to eliminate from the system the toxic elements that are retained due to the failure of the action of the emunctories.

Symptoms of the circulation are manifested as follows:

1. Full head.
2. Pulse excited.
3. Internal congestion.
4. Heart action labored.
5. Capillary circulation sluggish.

This condition is due to obstruction in the circulation, which obstruction is usually due to the crystals formed from the toxic elements which are thrown to the peripheral capillaries where they lodge, because they are usually larger than the lumen of the capillary vessels.

Thus is the circulation obstructed, and the train of symptoms we have just mentioned are manifest by the result of extra work thrown upon the heart in maintaining the normal circulation. This peripheral obstruction accounts for the sluggishness of the capillary circulation. It accounts for the labored, excited condition of the heart's action; it accounts for that soft and weakened condition of the pulse.

Symptoms noted in the condition of the skin.

Following as a natural result of the capillary obstruction to the surface of the body, the skin presents a certain train of symptoms as follows:

1. Dry skin.

2. Harsh skin.
3. Bluish skin.
4. Contracted skin.
5. Sensitive to cold.

A careful study of the symptoms we have given above should enable you to always detect the symptom producing causes existing in the system.

We should be able to judge whether or not (*a*) there is an invasion, (*b*) if there exists a condition of enervation, (*c*) or if the patient is suffering with retention within the body of that which should be eliminated. By a casual examination we should be able to determine what condition leads to either of the classes of the symptoms mentioned above.

You can determine the symptom-producing cause without asking a question and then you can proceed to enumerate all the different symptoms the patient feels. In this way you can enhance the patient's estimation of your intelligence, which will increase their confidence and insure you a patient.

In connection with retention we have some signs and symptoms and we enumerate some of the different signs as follows:

1. Shivering.
2. Sore throat.
3. Sore muscles.
4. Coated tongue.
5. Condition of skin.
6. Bad smelling breath.

There are certain symptoms which are more or less subjective and which may be enumerated as follows:

1. Pain.
2. Fever.
3. Cough.
4. Sneezing.

5. Anorexia.
6. Neuralgia.
7. Chilliness.

These symptoms and signs are strictly due to a condition of retention of toxic elements such as crystals of urates in the muscles and in the mucous membranes and also in the peripheral portions of the body.

The symptoms produced by traumatism and the symptoms produced by poisoning are varied greatly according to the etiological factor.

Traumatism and poisoning are not met with so commonly and the diagnosis in such cases is most always easily made. From the pulse alone we may get a line on the condition which is causing the symptoms in connection with the patient in a great majority of cases.

In case of invasion, the pulse is full, strong, bounding and rapid. In the case of enervation, the pulse is weak and may be slow or accelerated. Pulse is also soft and compressible.

In cases in which retention is the symptom producing factor, the pulse is labored and a slightly increased action of the heart may be noted. After careful examination of the pulse we may determine what is the symptom-producing cause. Whether invasion, enervation or retention. We can then proceed to enumerate to the patient the different symptoms which attend their troubles according to what we have determined is the symptom-producing cause.

To conclude, we will mention an example of a disease illustrating each of the different symptom-producing conditions.

Typhoid is a good example of invasion. A bad cold is a good example of an acute condition of retention, while rheumatics furnish a good example of the chronic forms of disease due to retention. Consumption is a good example of enervation, as is also chronic dropsy.

DETERMINING VERTEBRAL TENDERNESS.

TO the practitioner of spinal adjustment, ways of determining the location or tenderness are very important. There are a number of ways in which we may determine tender segments of the spine, in the preliminary examination, before giving an adjustment.

The different methods which may be used in ordinary practice may be enumerated as follows :

1. Warm sponge test.
2. Tuning fork test.
3. Faradic current test.
4. Rotation with local support.
5. Vertical pressure on spinal axis.
6. Pressure over spinal exit of nerve.
7. Pressure or percussion on spinous process.

We will describe these methods under the heading as named above.

I. WARM SPONGE TEST.—This is a simple test that is made by using a hot sponge which is wrung out of warm water. The sponge should not be sufficiently hot to make it unpleasant to the normal skin. The sponge is pressed gently over the different segments of the spine. Definite sensation will be experienced by the patient when the sponge passes over the tender nerve caused by a spinal lesion.

II. TUNING FORK TEST.—In making this test use an A or C tuning fork. Strike it a sharp blow to generate vibrations, and place the tuning fork in contact with the vertebral spine or spines to be examined. The vibrations of the tuning fork will be taken up by the skin, muscular and bony tissues of the vertebral segment.

Decided tenderness produces a very marked sensation to the patient. In case of paralysis, the sensation is diminished or lost. In the initiatory stages of paralytic affections the vibrations of the tuning fork will produce a warm or burning sensation as well as demonstrate an increase of sensibility.

III. FARADIC CURRENT TEST.—The faradic current is useful in testing and locating tender areas or segments along the spinal column. Place one electrode beneath the patient and pass the other electrode along on either side of the spinal column. Have the current sufficiently strong so as to be perfectly susceptible to the patient. When the electrode, which is pressing along on the spinal nerves which are hypersensitive, the sensation will be very appreciable to the patient when the tender nerve is reached.

After the electrode has been passed along the entire length of the spinal column from eight to ten times, then, after removal of it, you will note vivid reddish spots surrounded by a whiter area.

Deep palpation will demonstrate tenderness where the red spots appear and an absence of tenderness in the surrounding or intermediate region will clearly indicate the difference between hyperaesthetic redish spots and the normal segments.

IV. ROTATION AND LOCAL SUPPORT TEST.—This test is for the purpose of determining tenderness or lesions of the spinal articulations. This test is made by supporting either spinous or transverse process of a vertebra, while the immediate vertebra above or below is slightly rotated.

Any decided narrowing of the intervertebral foramina will cause impingement on the nerve sheath, and consequently pain. This pain is very manifest where spinal lesions exist, but where the normal articulation is tested no pain is elicited except violent pressure or force is used in making the rotation.

V. VERTICAL PRESSURE ON SPINAL AXIS.—This is a simple test and easily made. The patient sits on the floor while force is applied either to the top of the head or to the shoulders, producing a downward or vertical pressure on the entire length of the

spinal column. Where nerves are impinged or are nearly so, because of vertical approximation, pain may be elicited by pressure so applied. This is not a very accurate or specific way of testing spinal lesions but we may easily determine approximately the segments where lesions exist.

VI. PRESSURE OVER SPINAL EXIT OF NERVES.—This is one of the most convenient methods of examination and it specifically locates any tender nerve that may exist.

Pressure may be made with the tip of the palpating finger by pressing between the transverse process of the vertebrae. We sometimes note a congested nerve sheath. Again we detect muscular bands which are an evidence of an irritation of the nerves which supply them. By pressing consecutively along the spine a tender nerve and the foramen of its exit may be readily located.

VII. PRESSURE OR PERCUSSION ON SPINAL PROCESS.—A downward pressure of spinal processes will elicit any tenderness of the spinal segments in most cases where a spinal lesion exists. A good plan is to begin at the first dorsal spine and press consecutively on each spinous process and note and mark points when tenderness is located.

Sometimes lateral pressure applied to the processes will elicit pain when the downward pressure will not. This is especially true when the musculature of the spinal segment, by contraction, slightly rotates a vertebra on its axis.

Percussion on a spinous process of a vertebra will elicit the existence of tenderness of a spinal segment or lesions of its articulations with adjacent vertebrae.

SPONDYLO-SYMPATOMATOLOGY.

SPONDYLO means spine, while symptomatology refers to a study of signs. The literal meaning of spondylo-symptomatology is "spinal symptoms." Spinal symptoms are what the doctor of spinal adjustment is guided by in the treatment of his patient. The alignment of the spinous processes is one of the most manifest symptoms or signs of their correct or incorrect alignment. We readily discover by palpation and inspection any malalignment, but our patient, whom we are examining, cannot appreciate our findings as they cannot see and palpate them themselves.

Efforts have been made to use the X-ray for the production of a spinograph, but this is an unsatisfactory method of examination. First, the difficulty and expense of obtaining and operating an X-ray is considerable. The average layman cannot read the shadows and he is inclined to think that this is a side line to extract the almighty dollar.

I have found that I could prove to my patients, in 10 minutes time, that a spinous process of a vertebra is out of proper alignment and for this reason the nerve sheath is interfered with and consequently deranged function and disease.

I proceed in this manner to demonstrate to my patients my findings. I have my patients remove their clothing from around the part of which I wish to take an impression. I use four or five ounces of "dental impression wax." I first warm it in warm water. When the wax softens so that I can work it, I place it on the spinous process of the vertebra of which I wish to take an impression. I include under the wax the spinous processes above and below. The wax is pressed firmly so as to compress the tissues around the processes and thus the spinous processes are made very distinct.

After taking the impression, let the wax harden. Next I run

plaster paris into the wax mould. This will give an accurate duplication of the conformation of the spinous processes.

This constitutes an ocular demonstration to the patient. He can see plainly that the spinous processes are out of proper alignment. After a course of adjustment and when the spinous processes of the vertebræ are in or near their normal position I then take an impression in the same way as I did before the commencement of the course of adjustment. If I have succeeded in restoring the process to its normal position then the last impression or cast will prove, to the patient, that I have corrected the malalignment by the course of adjustment.

The deranged function or disease caused by interference with the nerve, by reason of this lesion, will in the majority of cases be entirely overcome and your patient is thus convinced, first, that the spinal lesion was the cause of his trouble, and that spinal adjustment is not only the best, but the only method for correcting such lesions.

I have been doing some work along this line for some time, and I have found the results very satisfactory. I have not used this method in the upper cervical region as yet.

If any chiropractor wishes further information they may obtain it by writing me, as I will be glad to give any help asked for if I can.

Hoping this will give you a new thought and be of some value to you in your practice, I am yours for progress and advancement.

DR. W. G. BERG.

ABSCESS.

DEFINITION.—An abscess is a localized and circumscribed collection of pus in a cavity of recent origin.

The pus is the result of inflammation which is caused by pathogenic bacteria such as the staphylococci and also other species, which cause the disintegration and liquefaction of cellular tissues.

It was formerly thought that pus was formed from leucocytes or white blood cells, which leave the blood vessels in a zone of congestion and inflammation. But pus is now known to be an inflammation product made up of cells and a thin fluid called liquid puris.

Pus may be formed upon the surface, and in such cases partakes of the nature of an ulcer, or it may be formed in a closed cavity and is then called an abscess. When such a pathological process is the result of an acute inflammation, it is termed an acute abscess. An abscess may be near the surface, and if so the swelling will then become pointed, and will feel soft under the palpating finger.

SYMPTOMS.—The principal symptoms of an acute abscess are local fever, hyperemia, pain, and swelling which is due to cell proliferation, and as a result of the inflammation we have supperation. In an acute abscess, we have derangement of function, and especially of the thermic conditions together, with disintegration in the zone affected.

CONSTITUTIONAL SYMPTOMS.—Whenever the contents of a local pus accumulation in the cavity of the affected zone becomes absorbed into the lymphatic system or into the vascular system and is thus thrown into the general circulation, we then witness constitutional disturbances such as fever and other symptoms of invasion.

In such cases the patient will have slight paroxysms of rigors,

or chills, accompanied by fever and stages of sweating which are due wholly, to the absorption of toxins from the region of the abscess, into the general circulation. In some cases an abscess, or a formation of pus, is indicated by a chill or several chills in succession which are accompanied by hot stages and followed each by perspiration. Such paroxysms following each other in rapid succession are witnessed in connection with abscess of the liver, kidneys, and ovaries. Abscesses of internal organs are often accompanied by profuse sweats and by noticing the above symptoms we may be able to determine the presence of an internal abscess, especially when there is an absorption of the pus into the general circulation.

PROGRESSIVE SYMPTOMS.—There is locally, in the formation of an abscess, an increase of the symptoms of inflammation, such as pain, swelling and redness. At the beginning of the formation of an abscess the zone affected is hard, but afterwards becomes soft and fluctuating, and there is a decided discoloration over the area of the abscess.

TREATMENT.—The treatment in case of abscess depends upon its nature and location. Large abscesses should be opened freely. In the beginning of the pathological process, in the formation of an abscess, we may be able to overcome the lowered tonicity of the zone affected, by spinal adjustment of that segment of the spinal column, from which comes the nerves which supply the zone involved.

After the formation of pus, and especially if that pus is absorbed into the system, then the 10th, dorsal vertebra should also be adjusted for the stimulation of the process of elimination through the skin action and the kidney excretions.

Magnesia sulphate baths will remove, from the capillary circulation, the toxic elements and by-products of metabolism and cause the destruction of toxic elements, and is an important treatment as a preventative measure and an aid as a curative measure, removing as it does both the elements that excite the inflammatory process and the products of the pathological degeneration and suppuration.

ABSCESS ALVEOLAR.

ALVEOLAR ABSCESS, OR GUM BOIL.—Consists of an abscess formed at the root of a tooth, this may be the result of decomposition of a dead end organ of a nerve or pulp of a tooth.

SYMPTOMATOLOGY.—The first symptom that is felt is soreness or tenderness of the affected tooth. The affected tooth feels longer than usual. Severe pain or tooth ache begins after a few hours and may continue some four or five days, if not relieved, after which we notice a swelling of the gum near the tooth. After due course of time, if left without treatment, the swelling will break and discharge, and may continue to gather and break at intervals for a long time. The symptoms are similar, in some respects, to those of abscess of other parts of the body.

TREATMENT.—The proper treatment for an abscess of the Alveolar cavities is adjustment of the 3rd and 4th cervical vertebra. The proper adjustment in the beginning of the pathological process of an alveolar abscess or ulcerated tooth will, not only relieve the pain, but will abort the formation of the gum boil.

Even in the advanced stage of an alveolar abscess, the relief and stimulation of the middle cervical nerves, on the same side as the abscess, will always relieve the pain and usually cause resolution to ensue. Even after the pus cavity is formed and filled with pus we can still relieve the pain by relieving the 3rd and 4th cervical nerves. But if there is a tendency for the pain to reoccur shortly, then a dentist should be consulted for the local treatment or removal of the tooth, as he may deem prudent.

ABSCESS OF APPENDIX.

This affection is no doubt very rare, but when it does occur, it may cause perforation of the vermiform appendix, in which case surgical interference is indicated. It is well however to remember that in a large percentage of cases, which are diagnosed appendicitis and are operated upon, there is no involvement of the appendix.

TREATMENT.—In all cases I would recommend an adjustment of the 2nd, lumbar vertebra which should be made by

contact against the spinous process of the 2nd, lumbar vertebra, and the direction of the thrust should be forward or superior and toward the right shoulder. The adjustment will relieve the pain and often the normal impulse will cause resolution and obviate the necessity of an operation.

If the patient should have any symptoms of pus being liberated in the abdominal cavity, such as repeated paroxysms of rigors, fevers and sweats, then we should lose no time but have a skilled surgeon perform the operation of appendectomy, and cleanse and disinfect the abdominal viscera, in the region of the appendix.

Before operation proper adjustment for the relief of the muscle contracture which may affect the nerve supply to the appendix should be given, for the reason that the normal nerve supply is, not only a preventative against appendicitis, but adds greatly to the recuperative power following the operation.

ABSCESS OF BRAIN.

ETIOLOGY.—This affliction may be caused by the retention of effete matter or toxic particles in the substance of the brain. It is claimed that about 50 per cent. of cases of abscess of the brain are the result of supperation of the middle ear which is due to an extension of this pathological process from the middle ear into adjacent tissues.

SYMPTOMS.—The symptoms of abscess of the brain are headache, vomiting, drowsiness, inflammation of the optic nerves, and usually a sub-normal temperature. There may be sufficient absorption of the contents of the zone of the abscess to produce a toxic fever.

PROGNOSIS.—In case of the early application of proper treatment, resolution, without much damage to the tissues of the brain, may follow. If the case has been neglected until the pathological processes have destroyed the histological structures of the brain then the prognosis is not favorable.

TREATMENT.—We should loosen up the articulations of the

upper cervical vertebrae by overcoming contractions of the musculature which may approximate them and thus interfere with the upper cervical nerves. Adjust also the upper thoracic vertebrae, especially the 5th, and also the 10th, thoracic vertebra, and use the eliminative and cleansing baths.

ABSCESS OF THE BREAST.

This arises from the absorption of pyogenic micro-organisms through abrasion of the nipple or through the milk ducts. They gain entrance through the lymphatics.

SYMPTOMS.—Throbbing, pain, discoloration, swelling of the parts, and usually constitutional symptoms from absorption of toxins into the general circulation.

PROGNOSIS.—This trouble may be aborted, if the proper adjustment is made in the early stages. This may cause rapid separation of the healthy tissues from the pathologic tissues, in which case it will be expedient to use a lance to evacuate by removal of pus.

ADJUSTMENT.—From the third to the fifth and the tenth thoracic vertebrae.

Abscess may be had in a number of other regions too numerous to mention in this connection; but the general rule is to remember, first, that adjustment in the formative stage of an abscess will prevent that formation, provided it has not advanced too far before the adjustment is made; second, if there is already suppuration and excessive formation of pus, it will be necessary for surgical interference, except it be a superficial abscess, in which case the pus may be evacuated without surgical interference.

The general rule for adjustment in all these cases is, adjust to relieve interference with the nerve supplying the locality of the abscess, and, in connection therewith, adjust the tenth thoracic vertebra, because of the influence of the eliminative processes of the kidneys that get their chief nerve supply from this region and the influence upon skin action.

ABSCESS OF THE LARYNX.

SYMPTOMS.—Pain, coughing, interference with voice and breathing, also swelling.

PROGNOSIS.—The abscess may be aborted, in the early stages, and recovery greatly hastened in the subsequent stages by spinal adjustment.

ADJUSTMENT.—The proper adjustments are the fifth and the tenth thoracic vertebræ.

The fifth thoracic nerve, on the right side, join, after passing out from the spine, with the ascending stream of the white rami communicantes and largely supply the larynx.

The tenth pair of thoracic nerves which are relieved by adjustment of the tenth thoracic vertebra, influence both the skin action and the kidney secretion.

ABSCESS OF THE LIVER.

ETIOLOGY.—Abscess of the liver may be caused by an invasion of the *Amoeba Coli* of dysentery. It may be due to the formation of foreign bodies, such as gall stones, or to hydatid cysts. Abscess of the liver may result from Septic *Amoeba* which may come through the pulmonary blood vessels, but usually they reach the liver through the portal vein, from gastric ulcers or the ulcers of dysentery. The ulcers of typhoid fever may infect the liver and produce a purulent inflammation of the lung tissues.

PATHOLOGY.—The abscess following amoebic dysentery is often single and usually occupies the right lobe of the liver. The septic or embolic abscesses are always multiple.

Abscess of the liver may not be discovered until it has ruptured. Some of the more prominent symptoms then are fever, always high in the evening and low in the morning; also paroxysms consisting of chilly, hot and sweating stages.

The liver is enlarged and is painful and tender when palpitated. There is sometimes bulging of the thoracic walls and

sometimes fluctuation. Jaundice is often present because of the obstruction of the bile duct.

DIAGNOSIS.—Pus may be detected by the use of the aspirating needle. In case of hydatid cysts there is usually a history of long duration and a clear fluid comes from the area of the abscess when aspirating.

The hydatid abscess may evacuate by exhaustion or by rupture into adjacent viscera and thus become a source of infection. Recovery may follow after operation or after spontaneous evacuation, the latter may be external, through the chest wall, though it sometimes occurs through the bronchial tubes or through the bowels.

The aembolic multiple abscess will invariably terminate fatally. The traumatic or amœbic abscess, due to amœbic dysentery may terminate favorable after spontaneous evacuation or as the result of induced evacuation.

TREATMENT.—This trouble often calls for surgical interference. The object to be attained is an evacuation of the pus and to establish drainage. If spinal adjustment is given in time this may cause resolution and thus avoid the consequences that usually follow the development of a liver abscess.

The proper adjustment for the liver abscess is in the central portion of the thoracic region from the sixth to the eighth thoracic vertebra, thereby, relieving the nerves especially upon the right side, and in connection with this adjustment, to relieve the nerve supply to the liver direct, also adjust kidney place the tenth thoracic for the reason of their influence upon the eliminative organs both the skin and the kidneys. Specific eliminative baths may be helpful when the poison becomes diffused throughout the system.

ABSCCESS OF THE LUNGS.

DEFINITION.—An abscess of the lung is a circumscribed supperation in a portion of the lung tissues.

ETIOLOGY.—Abscess of the lungs may result as a sequelæ of

pneumonia. Foreign bodies in the lungs, which may be followed by inflammation, may excite supperation. Multiple abscesses are often from embolic deposits which may result from pyaemia.

SYMPTOMS.—During the stage of the formation of an abscess of the lung we may detect a consolidated zone and an absence of the respiratory sounds in the affected area of the lung or we may diagnose the lung abscess by the high and irregular fever with rigors and the purulent and offensive exhalations in the breath.

Later we may determine the presence of an abscess of the lung by an examination of the expectoration, which is offensive and contains fragments of lung tissues and tubercular bacillæ. We may after the expectoration has ceased determine the presence of a cavity in the lungs by percussion and auscultation.

Certain symptoms follow the absorption of pus from the abscess cavity, such as high and irregular fever, rigors, night sweats, which indicates that septic matter is being absorbed into the general circulation. Multiple embolic abscesses are rarely recognized during the patients life.

TREATMENT.—Spinal Adjustment, if properly given, may abort the development of an abscess, if given in the initial stage, as by this means we increase the auto-protection and resisting power of the lung tissue.

If spinal adjustment is given during the formation of the pus then the termination of the disease will be caused quickly as the process of separation of the pathological and the healthful tissue is hastened under the influence of a normal or stimulated nerve supply.

If spinal adjustment is given during the stage of expectoration, this will cause a quicker evacuation of the septic matter and hasten the healing process of the lung. The above is due to the fact that in the primary stage of the formation of an abscess the normal nerve supply will cause resolution. In a later or subsequent stage the normal nerve supply will cause early separation, of the pathological substances from the healthy tissues. After

evacuation of the pus has begun then adjustment will cause the lung to heal, by causing a restoration of the normal nerve energy to the affected area of the lung.

TREATMENT.—The proper treatment of the lung abscess is the adjustment from the third thoracic vertebra down to and including the fifth thoracic in connection with the tenth thoracic. Also observe the rule to adjust according to the indications found by careful spinal palpation in the upper thoracic region.

Should hemorrhage occur, as a result of an abscess of the lung, we may excite vasoconstriction of the pulmonary blood vessels by concussion over the middle cervical region or over the fourth and fifth cervical spinous processes. Stimulation of the nerve centers in the spinal cord, from which are derived the phrenic nerves, will cause contraction of the longitudinal muscle fibers of the pulmonary blood vessel walls. When pus from a lung abscess is absorbed into the circulation and septicemia symptoms occur, then the elimination of the septic material should receive prompt attention, and we should also increase the nerve tone, both of which may be done by the use of the special eliminative bath. In order to have the best effect upon the eliminative organs we should use a solution, in the full bath or in the water used in the sponge bath, that will cleanse and open the pores of the dermal and sub-dermal tissues. The solution used in the bath, may also, by its affinity for organic carbon, destroy the basic structure of both urates and toxins. Use the magnesia sulphate sponge and full bath for this purpose.

ACHING.

DEFINITION.—Aching is a tired and uneasy feeling which is often present in the tissues of the body. In this connection we refer to a general aching of the entire body, and especially of the extremities.

For aching affecting the head see headache. For a general aching of the entire body we need a treatment that overcomes the exciting or direct cause.

TREATMENT.—Adjust the fourth and sixth thoracic vertebrae, or still more help may be obtained by pressure on the transverse processes of the entire spinal column from the first thoracic vertebra down to and including the sacrum. An eliminative bath would be excellent treatment in cases of a general aching of the entire body. Use the magnesia, full, warm bath twenty to thirty minutes.

ACNE.

Acne is a very common ailment which affects the sebaceous glands, and is usually chronic and is of an inflammatory nature. It occurs upon different portions of the body, but is more common upon the face and upper portion of the chest and of the back.

ETIOLOGY.—This ailment is most common about the age of puberty. Anæmia, menstrual disorders and gastric ailments may cause acne. Certain drugs as copaiba, iodides or bromides may cause this disease. Diet, especially fats, sweets, and a meat diet, especially swines flesh, is a common cause of skin acne and pimples.

Acne lesions seems to be due to retained toxic matter resulting from the decomposition of unused food, and the toxic matter, which is carried to, and which lodges within the capillary blood vessels, in the cutaneous tissues. The manifestation of acne is in the form of an aggregation of small papules, pustules and comedoes on the face, chest and shoulders. New lesions will develop as the old ones disappear so that the disease usually runs into a chronic form. In the papular form the lesions reach only the papular stage of advancement.

In the pustular form or variety the papules develop into pustules.

In some forms of acne, the inflammation is deep seated and the base is papular or pustular, and the lesion is very sluggish in nature.

In some forms of acne the lesions are followed by small scars or pits. In other forms there is an over growth of the connective tissue and the skin becomes thickened.

DIAGNOSIS.—The diagnosis is obvious because of the involvement of the sebaceous glands and the comedones which are apparent.

Acne responds readily, to *rational therapy* methods of treatment. Diet is one thing that should especially receive our attention.

TREATMENT.—The diet should be regulated by eliminating fats, sweets, eggs, meats and fish and all other articles which decompose quickly after being assimilated and absorbed into the circulation. Persons who eat pork are especially predisposed to acne of the skin. Food elements that decompose quickly, in the blood stream, degenerate into toxins and waste product. Their byproducts of the decomposition of the nutritive and unusable elements in the blood stream, tend to form or be changed into crystals. The crystals thus formed are larger than a capillary blood vessel in the surface of the body. As these crystals of urates are swept along in the blood current they will lodge in the capillaries of the skin which capillaries are smaller in diameter than are the crystals.

One of our most efficient treatments, for the relief of this local pathological condition, is the magnesia full bath or sponge bath, as they open the pores of the skin and dissolves the urates and other deposits which are lodged in the dermal tissues.

Spinal adjustment is an efficient treatment for acne, because of the effects obtained upon the skin. The tenth thoracic nerves are central place for skin action, therefore, we should always adjust the tenth thoracic vertebra.

The best rule to follow in giving adjustment for acne is to adjust for the relief of interference with the nerve supply to the zone affected and in connection therewith adjust the tenth thoracic vertebra.

Should an acne rash or any other rash be distributed generally over the body the proper adjustment then would be the sixth thoracic—central place—and 10th thoracic—kidney place—central place for skin action.

ACROMEGALIA.

This is a disease in which there is an abnormal development of the extremities or face. It may effect the bony as well as the softer tissues of the body.

ETIOLOGY.—Derangement and excessive action of the trophic function of the nerves supplying the parts affected.

SYMPTOMS.—Enlargement of the extremities and of the features of the face. Exciting cause, unknown. The disease is chronic in form and may last as long as twenty years.

PROGNOSIS.—Under ordinary methods of treatment, the patient finally dies from exhaustion; under spinal adjustment, the pathological action of the trophic supply, we fully believe, will disappear in a very short time and tissue may resume its normal size.

ADJUSTMENT.—In this trouble, adjust the atlas and also restore the normal nerve energy to the affected zones by Spinal Adjustment, to remove all interference with the spinal nerve which contribute to the integrity of the histological structures which are affected.

AFTER PAINS.

DEFINITION.—After pains are the painful contractions of the uterus occurring immediately subsequent to child birth.

ETIOLOGY.—After pains are caused by the formation of blood clots in the cavity of the uterus and the effort of nature to expel them. This condition occurs immediately after confinement and seems to be due to a failure of the uterus to contract as it should during the first or initiatory process of involution.

TREATMENT.—By spinal adjustment we can usually relieve all interference with the nerve supply to the uterus and stimulate the vital energy and in this way we may excite the vasoconstrictor action of the uterine walls. The adjustment of the fourth lumbar vertebra is most effective, adjustment of the second and third lumbar vertebræ is also helpful.

Concussion over the first and second lumbar spinous processes will excite a more decided vasoconstrictor influence which will produce contraction of the uterine walls and the effects are very prompt and efficient.

Constriction of the uterus thus produced, will prevent further hemorrhagic accumulation in the uterine cavity and the consequent coagulation of the blood, and hence prevent the continuation of the after pains. These measures of treatment will also hasten the process of involution and permanent recovery. A combination of spinal adjustment and spinal concussion is better than either method used alone.

Post partum hemorrhage, due to a paralytic condition of the uterus following child birth, is easily controlled by these methods of spinal therapy.

AGUE.

For a treatise of this subject, see Malaria.

ALOPECIA.

Doctor W. H. Burgess, of Chattanooga, Tennessee, writes the following facts concerning the etiology and nature of Baldness:

1st. Friction and massage of the scalp will often produce a new and more vigorous growth of the hair.

2nd. Trimming and shaving produces a stronger growth of the hair and of the beard.

3rd. Drug stimulation of the skin will increase the growth of the hair, as for example, cantharides, pilocarpine, ammonia, etc.

4th. Quick surprises to the sensory cutaneous nerves, as in the treatment of a cranial blood pressure, often restores the hair on bald spots.

5th. Neuralgia with full temporal arteries, showing nerve

tension and capillary obstruction, often precedes the falling of the hair.

6th. A considerable degree of enervation, with coated tongue and clouded eyes, precedes the falling of the hair in many cases if not in all.

7th. Kidney affections, to some extent at least, exists at the time of the falling of the hair.

8th. Inactive men, who are hearty eaters of animal food are prone to kidney diseases and various glandular effections, and consequently to baldness.

9th. Skin diseases that destroy the hair follicles, will produce permanent baldness.

10th. The blood may become so toxic, as in typhoid fever, syphilis, etc., that every hair on the body will fall out.

11th. Scar tissue is devoid of the growth of hair.

12th. We will add, interference with the direct nerve supply to the scalp will cause retention therein and a condition causing baldness.

From facts one, two, three and four, we learn that stimulation of the scalp invigorates the growth of the hair, and will often produce new hair on bald spots.

As in fact four, to surprise the dermal nerves with a half strength application of aqua ammonia, with considerable friction for one or two minutes, them immediately follow by half strength applications of acetic acid or strong vinegar for five or ten minutes, then all washed off, has been known to restore the hair on bald spots, and at the same time completely relieve cranial blood pressure and sclerotic tendencies for a time at least.

As internal treatment, use *varatrum* for general nerve sedation and the double sulphides to strengthen the general vascular system and neutralize irritating toxines in the blood.

The daily use of the epsom sponge bath, for the same purpose, and the use of a moderate fruit and vegetable diet strictly observed, is also helpful.

Fact five shows that it is a nerve impingement the same that causes neuralgia, that produces baldness in many cases.

Fact six shows how these toxins come into the blood by an interference with the nerve power causing it to be too low for perfect metabolism, and hence the unused nutriment in the blood decomposes.

Fact seven shows that other serious lesions are produced at the same time, and that the deviation is general and systematic.

Fact eight confirms all these ideas and fact ten proves them beyond all doubt.

Alopecia has staggered the doctors of all schools, because they never set the facts concerning it down in a line, nor pondered the significant relations between them, nor observed the perfect harmony that runs through all, nor realized that there must be necessity of a harmony in the treatment as well. While they stimulate the scalp they allow the nerve power to remain low, or run it lower to allow the blood to remain toxic with the diet that keeps it so.

Every natural requirement of the case must be met, and even then there will be some failures on account of a lack of hair germs in the hair follicles or glands. Or, if not exhausted, they may possibly be rendered non-vegetative by mercurials or other uncongenial medication given for neuralgia or kidney trouble or other glandular affection.

We do not know anything about why a failure should result when all the natural requirements are fully met, unless it be through some inability on the part of the organism itself.

The first four facts relate to the proper treatment as a judicious stimulation of the scalp. Fact five indicates that nervous tension must be relieved and nerve interference removed. Fact ten shows that it is a toxic blood that irritates the nerves and produce this tension, which closed the capillaries, producing a lack of circulation in the scalp, cutting off the natural supply of the nutrient fluid from the hair and the consequence is, it must perish. And it tells its own story as plain as words can

express it, for at the point where the capillaries flow the most it falls out and leaves the skin showing the arterial pressure most distinctly.

Fact six shows how these toxins came into the blood, and the exact deviation at the bottom of all.

Fact eight shows another way that toxins may result in the blood.

Fact nine shows that the skin diseases, so toxic as to cause tissue death may destroy the hair as well as other tissues.

Fact eleven is of no present use, but we may have use for all facts at some future time.

Facts six and seven are ominous, with suggestions as to our duty to our patient, and the utility of the natural methods of examining the patient for the initial deviation underlying all, a disregard of which may cost him his life.

Tincture of canthorides, followed by epsom solution, may serve the purpose well. It presents quite a field for investigation and rational experiment. Never throw any information of value away, but get what you can and add to it, and keep on in your own way. The rational methods are what you need most.

TREATMENT.—Spinal adjustment should be used for the removal of all interference with the nerve supply to the scalp. See spinal treatment.

Adjust the atlas, middle cervical, fifth and tenth thoracic vertebræ.

The sub-occipital nerves furnish most of the direct nerve supply to the scalp, hence the necessity of atlas adjustment.

The fourth or middle cervical nerves affect the integrity of the circulation of the brain which is associated with the circulation of the scalp.

The fifth thoracic, through the sympathetic system, affects the cranial nerves and the circulation of the brain.

The spinal adjustment is indicated by number twelve above

and this method of treatment will often alone cause the renewed growth of the hair.

The tenth thoracic nerves, which are relieved by adjustment of the tenth thoracic vertebra, affect the integrity of the skin action of the entire body, and for this reason we adjust this vertebra for the relief and stimulation of the tenth thoracic nerves.

An efficient auxiliary method for the treatment of alopecia is the magnesia sulphate applications, and especially, applications of the magnesia sulphate solution to the scalp. A magnesia sulphate wash should be applied to the scalp four or five times daily.

Massage and vibration of the scalp are indispensable, and are very efficient auxiliary methods of treating the scalp. When the scalp is thoroughly loosened, and when a good circulation is re-established, we will have a redevelopment of the normal musculature of the scalp. Our experience is that, even in cases where hair has not grown for a quarter of a century, it has started and grown after the diligent and continued use of the *rational-therapy* methods we have outlined. Going bareheaded especially in the sunshine will stimulate the scalp and the growth of the hair.

The author by a periodic use of the above methods for some two or three months started a meager growth of hair upon his own head that has been bald for more than a quarter of a century, and hence has full confidence in the merits and potency of the *rational methods* recommended in the above pages.

ALVEOLAR PYORRHEA.

DEFINITION.—Alveolar pyorrhœa is an inflammatory, suppurative process affecting the gums and teeth.

SYMPTOMS.—The principal symptoms are a purulent discharge and the calcarious deposits around the teeth. The gums recede and their edges have a red appearance.

ETIOLOGY.—It is thought that the accumulations about the

roots of the teeth, are of microbic origin, and that the accumulation is built similar to the formation of coral. By experience we know that an interference with the cervical nerves is the predisposing and responsible cause for this pathological condition.

TREATMENT.—Spinal adjustment should be given for the relief of the central cervical nerves which directly supply the teeth and gums, also adjust the fifth thoracic vertebra and the tenth thoracic vertebra because of their indirect influence through the sympathetic and through skin action.

A bichromate solution is an excellent wash for the teeth because of its solvent effect upon the concretions about the teeth. Prepare the solution by adding three to five grains of potassium bichromate to a pint of water. This should be used as a mouth wash two to four times a day, until the concretions are dissolved and removed. After this, under the influence of spinal adjustment, rapid and perfect recovery will take place.

A teaspoon full of the above solution is enough to use at one time for the mouth wash, and the time of its use should not be more than one minute. If it is held in the mouth too long, the enamel of the teeth becomes affected, and the teeth are set on edge. This feeling, however, is not very harmful, as it soon passes away.

AMBLYOPIA.

This disease is an affection of the eye, in which case there is a dimness of vision.

ETIOLOGY.—This trouble is not of apparent origin and may be congenital; it may be caused by toxic influences, such as tobacco and alcoholic drinks.

PROGNOSIS.—Under ordinary treatment, but little can be done; under spinal adjustment, the eyesight is quickly corrected, provided improper food and drink are discontinued.

ADJUSTMENT.—The specific adjustment in this case is the fourth cervical vertebra.

AMENORRHEA.

By this term is signified: *first*, an entire absence of the menstrual flow, which is called "complete amenorrhœa"; *second*, less than the normal amount of discharge or the less frequent appearance of the same, which is called "comparative amenorrhœa."

We have what is known as "primary amenorrhœa." In this case the menses have never been established.

"Secondary amenorrhœa" are cases in which the menses have become established and have partially or completely disappeared.

ETIOLOGY.—

- (a) Lack of adequate development of the sexual organs.
- (b) Lack of proper nutrition and vigor of the sexual organs. The latter condition may be brought about by anemia, neurasthenia, or by tuberculosis, or cancer, or any wasting disease.
- (c) Diseases of the genital organs, such as ovaritis, metritis, and other pathological conditions of the genitalia.
- (d) Removal of either the uterus or the ovaries by operation.

SYMPTOMS.—Absence of menstrual flow; deficiency of the proper amount of flow and deficiency due to missing periods.

PROGNOSIS.—Good in all cases, except where the ovaries or uterus have been removed by a surgical operation.

We are pleased to state that under spinal adjustment some very marked cases of quick and perfect recovery have come under the author's observation.

ADJUSTMENT.—In cases due to any chronic or wasting disease, we must first relieve by adjustment, the nerve supply to the locality of the trouble causing anemia.

If the amenorrhea is due to lack of local nourishment or vigor or to local disease, the adjustment should be in the lumbar region, from the second to the fourth vertebræ.

ANEMIA.

Anemia is a pathological condition of the blood, characteristics of which are: *first*, a deficiency in the quantity of the blood; *second*, a deficiency in the percentage of one or more constituents of the blood.

ETIOLOGY.—Simple anemia usually results from one of three causes; *first*, insufficient nutrition from lack of food or lack of proper digestion and assimilation; *second*, excessive demands upon the blood-making organs from over-work, hemorrhage, or diarrhœa, etc.; *third*, action of the toxic materials, either chemical, as lead, or toxins of bacteria, as in malaria or syphilis.

SYMPTOMS.—There is a pallor of the skin and mucous membrane; the color of the mucous membrane is the safer guide, because the skin varies in thickness so much as to obscure the view of the capillary circulation.

The eyes frequently show dilatation of the pupils, due to the lack of muscular tone.

The tongue will be pale, usually broad, with indented edges, and there may be tremor.

The action of the heart is accelerated. Heart-murmurs are frequent.

The feet are often swollen during the latter part of the day.

The urine is increased in quantity; amenorrhea and leucorrhœa, and sometimes hemorrhagic discharges.

PROGNOSIS.—Under competent spinal adjustment, some very pronounced cases of anemia have shown rapid and positive improvement from the beginning of treatment, and early and complete recovery.

While every case of simple anemia that the author has seen under spinal adjustment has recovered promptly, we have seen but one case of pernicious anemia under regular spinal adjustment; this case, while it was greatly relieved and the disease retarded, was under the treatment of adjusters who had but a limited knowledge of etiology or pathology, and the patient finally died. The author fully believes that antimalarial medication, in connection with the Spinal Adjustment, would have saved the patient's life.

TREATMENT.—See that the patient is furnished with an abundance of fresh air and with nourishing food which will not decompose quickly after being absorbed into the blood stream. Adjust for the relief of the nerve supply to the stomach and to other portions of the alimentary canal which is a necessary procedure in case any spinal lesions exist.

Concussion of the tenth thoracic vertebral process will increase the number of red blood corpuscles and is a helpful measure.

Concussion of the spinous or transverse processes of the seventh cervical vertebra is also a helpful measure when the heart is weak.

For pernicious anemia treat for the relief of the chronic trouble which is causing it.

If the anemia is of malarial origin give internally anti-malarial remedies. Spinal adjustment is effectual in relieving interference with the nerve supply and in stimulating the nerves ramifying the principal viscera which become affected.

Simple anemia is due to enervation and the treatment should be that of spinal adjustment and magnesia baths to increase and build up the nerve tone.

Since cancerous papules and malignant tumors are found in the kidneys in cases of pernicious anemia the logical treatment of this trouble is the same as for cancer invasion.

ANTE-FLEXION.

TREATMENT.—Spinal adjustment of the lumbar region of the spinal column, especially of the second, third and fourth lumbar vertebræ, will restore the normal nerve tone so that nerves will overcome the lack of tonicity and consequent relaxation of the ligaments that hold the uterus in place.

Concussion over the first and second lumbar vertebræ will greatly increase the tonicity of the ligaments supporting the uterine body in its normal position.

ANEURISM.

DEFINITION.—An aneurism is an expansion of a blood vessel wall due to a lack of the muscular tonicity of the aortic or arterial walls.

ETIOLOGY.—Aneurism is more common in the male sex, and is most frequent in middle life, hard labor is a general predisposing cause. Certain diseases as gout, syphilis, rheumatism, and alcoholism are potent causes of aneurism because they tend to create a pathological condition of the blood vessel walls. Dietetic errors in either the quality or quantity of the food will cause a pathological condition of the arterial walls and consequently aneurism may ensue.

PATHOLOGY.—Is a patient suffering with an aneurism, we find the following conditions present.

1. A labored heart and high arterial pressure.
2. Nerve tension and various nervous symptoms.
3. Capricious appetite, sometimes insatiable.
4. Plethoric condition.

Aneurisms are divided according to their shape, their form and their appearance. They may be sacular, fusiform, or cylindrical in shape. When all of the arterial walls have yielded to the dilation the condition is termed a true aneurism.

When the internal tunic only has given away, and the blood

escapes between the layers then, this condition is termed the false or dissecting aneurism.

The arch of the aorta is the most common seat of an aneurism. Only about 10 per cent. of aortic aneurisms occur in the abdominal aorta.

SYMPTOMS.—We may be able to detect an abnormal enlargement, that pulsates, by examination of the external surface. Dilation of the facial vein may also be noticed. In advanced cases the skin over the prominence of the aneurism often appears red and glossy. By palpation we may be able to detect an expansive, pulsating tumor and a systolic murmur.

Should we catch the trichoid cartilage between the fingers and the thumb, and draw gently upward a pulsation may be noticed, which is transmitted to the trachea from the aneurism below.

We are able to detect important symptoms as follows, the systolic bruit or murmur by auscultation. The normal heart sounds become more accentuated. There is a difference in the pulse in the two arms. The pulse on the aneurismal side may be delayed and diminished in volume. This is because of the spending of the heart impulse laterally, because of the expansion of the aneurismal sac.

The patient may suffer with difficult breathing which may result from pressure upon the bronchi or upon the nerve supply to the air passages. Pressure upon the recurrent meningeal nerve may cause spasm or paralysis of the vocal cords.

The patient usually has a cough and when this is due to spasms of the vocal cord it is of a metallic and barking character.

There may be contraction of the pupil of the eye, on one side, due to pressure upon the cervical portion of the sympathetic nerves. Sometimes sweating of the face upon one side is due to the same cause.

Difficulty in swallowing may result from pressure upon the

esophagus. Dilation of the superficial veins cause a cyanotic appearance and may cause local edema. There is usually discomfort and pain which may exist from pressure upon sensory nerves.

DIAGNOSIS.—We may usually diagnose an aneurism by the presence of a pulsating tumor. We may differentiate a solid tumor from an aneurism because the solid tumor yields only a transmitted impulse, and if the tumor is held between the palpating fingers the pulsation will be absent. In case of solid tumors the heart sounds are not accentuated, there is no tracheal tug and the health is generally unimpaired.

The true aneurism is characterized by the decided pulsation, the tracheal tug and the accentuated heart sounds. These symptoms clearly differentiate the aneurismal sac from the solid tumor. The difficulty in swallowing and in breathing and the presence of discomfort and pain help to determine the presence of an aneurism, and in conjunction with the symptoms given above, serve to differentiate between a solid tumor and the pulsating tumor of an aneurismal sac.

PROGNOSIS.—The prognosis, in the case of aneurism, is much more favorable now since the introduction of *Rational Therapy* methods than it was formerly. Many cases of aneurism have yielded to rational treatment which were unyielding under former methods.

Dr. Abrams gives a report of over fifty cases of aneurism, which have responded to spinal concussion. We have had reported to us several cases which have responded to spinal adjustment, hence, we are led to give a favorable prognosis in cases of aneurism, which are not too far advanced.

TREATMENT.—Use a low diet to satisfy the appetite. If constipation is complained of, we should use a liberal amount of fruits such as prunes and etc, six to eight prunes used at each meal and as many eaten between meals will serve as a laxative.

A daily magnesia bath, either the sponge bath or the full bath, is a potent remedy. A teaspoonful of the laxative syrup

of magnesia sulphate, water, sugar and glycerine, in equal proportions, should be given three times daily. The bath and the internal use of the magnesia sulphate will neutralize the toxins in the blood and cleanse the urate crystals from the peripheral capillary circulation. These measures will help overcome the constipation without producing any unfavorable effect and these measures tend to cleanse the muscular tissues of the arterial walls.

Apply a strong application of magnesia sulphate over the aortic tumor wherever it may be. Adjustment of the second thoracic vertebra, which will relieve interference with the second thoracic nerves, will reduce the pulsation of an aneurismal tumor almost immediately, and repeated adjustment will effect a cure in due course of time in some cases.

The above is due to the fact that the second pair of thoracic nerves have the greatest vaso-motor influence over the muscular tissues of the heart and aorta and circulatory system. Percussion over the spinous or transverse processes of the seventh cervical vertebra will stimulate the centers or origin of the second pair of thoracic nerves. Stimulation by concussion will increase very greatly the nerve impulse and by this auxiliary method we may much more quickly and effectively overcome an aneurism.

Adjustment alone may not be effective for the reason that the normal or slightly stimulated nerve impulse will not overcome the aneurismal enlargement against the blood pressure. The slightly increased nerve impulse produced by the adjustment may be doubled as a result of the spinal concussion. The normal impulse produced by adjustment and doubled by concussion may produce the necessary nerve and muscular tone to overcome the aneurismal enlargement. Concussion of the seventh cervical alone, or adjustment of the second thoracic alone may not produce a potent nerve force, but the two combined may prove effective when neither alone will accomplish the desired results.

ANGINA PECTORIS.

Angina pectoris is characterized by sudden paroxysms and disturbances of the heart's action that are accompanied by dyspnœa, pain, and an apprehension of impending death.

We have two forms of this disease: first, pseudo angina, which is of vaso-motor origin; second, true angina pectoris, which is accompanied with organic disease of the muscles, valves, or arteries of the heart.

ETIOLOGY.—This affection is more frequent in males than in females, and the paroxysms may be evoked by physical exertion. It is also more common between the ages of forty and fifty years.

PATHOLOGY.—The principal lesion is that of sclerosis of the coronary arteries.

SYMPTOMS.—The onset is sudden, the pain is severe, and the agony is characteristic; the face becomes pale and anxious because of the suffering and the apprehension; the nose is pinched; the lips are livid; perspiration stands on the forehead; the patient becomes quiet; breathing is difficult. The severity of the symptoms may last but a short time, but may occur in remittent paroxysms for several hours.

PROGNOSIS.—A single attack may not be repeated. If it is a case of angina pectoris gravior, the patient may die in a couple of years, despite all ordinary known treatment.

The adjustments will readily remove the vaso-motor or pseudo angina pectoris, and also the true angina pectoris may be readily and surely relieved in practically every case, provided the patient is under the care of a competent adjuster.

SPINAL ADJUSTMENT.—Adjustment will be made according to the trouble that is the exciting cause of the paroxysms: the second or fourth thoracic vertebra, to relieve the second or fourth pair of nerves supplying the heart or any pair of nerves that may help to the supply of the heart, should be relieved.

ELIMINATION.—A course of magnesia sulphate baths daily

will greatly aid in dissolving and in eliminating from the body the by-products which clog the arterioles and tissues.

A strict fruit and vegetable diet will also be very helpful as no decomposition will occur after digestion as when the ordinary diet, consisting of rich food stuff is used. Concussion over the spinous process of the ninth, tenth, eleventh and twelfth thoracic vertebræ, will relieve some cases of angina pectoris due to cardiac spasms by exciting the counter reflex of cardiac dilation.

ANIMAL PARASITES.

The term "animal parasites" means, literally, "near food." We have numerous different varieties of the animal kingdom which are classed as "parasites."

All our books on this subject deal with them in two classes, according to their location upon or within the tissues of the human body; first, endophytic parasites are parasites which lodge, live, and develop within the tissues of their host; second, the epiphytic parasites are parasites inhabiting the cutaneous or mucous surfaces of the body, or within the open cavities of the alimentary tract.

The principles of treatment or the means of removal of parasite life are general in effect on the different varieties of each of the two classes that are mentioned.

The symptomatology is varied and is studied in connection with different parasites that affect the human being; therefore we will leave the discussion of the different forms, their nature, and symptomatology to be discussed under the different headings of some of the principal varieties of animal parasites.

ANIMALCULES that are present are the exciting cause in many forms of cutaneous eruption or disease, and may be best treated by the external application of germicides in connection with spinal adjustment that will improve the health of the skin and its auto-protective power or energy.

Adjustment for the relief of the nerves supplying the locality

of the integument that is affected, will restore the vital action and resistance of the peripheral cellular tissues. Spinal adjustment alone will cause a speedy and early recovery in many cases; but the action of germicides will not be detrimental, but will greatly assist by their distinctive action upon animal and animalcule life, provided we are careful that it is not caustic to the extent of the destruction of the tissues with which it comes in contact.

Animal parasites that live within the tissues and bury themselves within the muscles of the body, as do *Trichina spiralis*, cannot be affected by any known treatment, except by the restoration of normal tone and normal vital resistance of the tissues that are affected.

We believe that within the tissues of the human body, or within the chemical laboratory of the human organism, there is produced an antidote against the invasion of practically all forms of bacterial or animal parasitic life.

The best we can do in the case of endophytic parasites is to restore the normal resistance, or auto-protection, that Nature may fight her own battles.

ANIMAL PARASITES OF THE ALIMENTARY TRACT.

The different forms of worms, large and small, tapeworms and bacteria, that infest the alimentary tract, have caused no little worry to the professors of the healing art.

Poisons strong enough to destroy the parasites prove destructive to the tissues of the subject. The normal methods of treatment are based on the theory of combating the presence of animal parasites by the introduction of substances that are obnoxious or poisonous to parasitic life.

This method has been in a measure successful; but we will describe an important auxiliary method to rid the alimentary tract of obnoxious animal and parasitic life.

The digestive fluids of the body, where they are of normal strength, are destructive to the existence of foreign parasitic or animalcule life in the alimentary tract.

If all the digestive fluids are of normal strength, no animal life can survive within the alimentary tract. On this physiological basis we base our belief and the practice of restoring a healthful condition of the alimentary tract to eradicate and remove parasitic life.

ADJUSTMENT.—The proper adjustment for the removal of parasites from the alimentary tract would be the fifth and seventh thoracic vertebræ—in fact, any point, in which there is evidence of a subluxation or interference of nerve supply, from the thoracic down to and including the second lumbar.

ANKLE CLONUS.

Clonus is an action caused by an impulse of a motor nerve or nerves in response to an irritation of the sensory nerves of the same region. It is an involuntary action, over which the mind has little or no control. It is due to increased excitability of the sensory nerves or the lack of normal inhibition, or both, in cases where the clonus is excessive.

A clonus is named according to the part stimulated or affected and is spoken of as “ankle clonus,” “foot clonus,” “wrist clonus,” etc., depending on whether or not the location is in one or another of these parts of the body.

ADJUSTMENT.—For ankle clonus, adjust the fourth and fifth lumbar vertebræ. For wrist clonus adjust to relieve the nerves of the brachial plexus.

ANOREXIA.

This is a diminution or the absence of appetite or desire for food.

ETIOLOGY.—Gastric diseases, fevers, and many chronic affections. It is most frequently due to lack of normal nerve supply to the organs of digestion and assimilation, more especially of the stomach.

ADJUSTMENT.—Adjust to correct subluxation causing the pathological condition of the system, and adjust the fifth thoracic process to the left side and superior.

FASTING.—In case the loss of appetite is due to acute sickness, as in the case of infectious or contagious disease and fevers, all food should be withheld from the patient until the appetite returns. Food taken during sickness, which is accompanied with loss of appetite, is detrimental to the welfare of the patient, and does not contribute to their strength. On the other hand force feeding against the indications of nature, will cause disturbance by reason of the fact that it is not properly digested and prepared for use as nutritive material, but, being poorly prepared for use it will undergo decomposition and toxins will be developed which will add to the distress of the patient.

We therefore, would recommend, that in all cases of acute sickness, accompanied by the loss of appetite that the food be withheld until recovery and return of the appetite.

ANOSMIA.

Anosmia is a loss or diminution of the special sense of smell, and is associated to a greater or less extent with loss of taste.

PROGNOSIS.—The sense of smell or taste may be restored by relieving the upper cervical nerves.

ADJUSTMENT.—By adjustment of the third cervical vertebra or middle cervical region, we have restored the sense of smell and taste to those who lost these special senses years before treatment.

ANTEFLEXION.

In this condition the fundus leans forward over the bladder and at the same time the uterus is bent; whereas, in anteversion there is a tilting forward of the entire organ without being bent upon itself.

PATHOLOGY.—When the degree of flexion is to such an extent as to interfere with the drainage of the uterine cavity or impregnation, the condition is pathological and needs attention.

The anterior walls of the bladder become thin because of the atrophy that is induced by slight pressure upon the posterior

surface of it; the posterior wall of the uterus is thickened because of the contraction of the sacro-uterine ligaments.

For treatise on this subject, the reader is referred to works on gynecology.

ETIOLOGY.—As the uterus is retained in place by its ligaments, it is the lack of tone in those ligaments that permit their elongation. The normal nerve supply imparts normal tonicity to the muscles and ligaments of the uterus and its ligaments.

Our simple method in spinal adjustment is to restore that normal nerve supply, under the influence of which the elongated ligaments will be contracted to their proper length, and the muscles will be restored to their normal tonicity.

PROGNOSIS.—Early and complete recovery under spinal adjustment in the great majority of cases.

ADJUSTMENT.—The lumbar region and especially the fourth in connection with “central place” (sixth thoracic vertebra).

Concussion of the upper three lumbar vertebræ will excite the reflex contraction of the uterus and its ligaments, and is an excellent auxiliary method of treatment.

AORTA, ANEURISM OF.

Aneurism of a blood-vessel is a widening of the blood-vessel in some part of its wall, due to a weakness and lack of tone in the tissues of the vessel's walls. Aneurism of the aorta will produce a pulsating tumor.

PROGNOSIS.—Under ordinary methods of treatment, incurable. The muscular tissues of the vessel walls of arteries, the same as other tissues of the body, possess their power of contraction and motor action and tonicity as the result of a normal nerve supply. We are fully convinced that normal nerve supply will prevent the formation of aneurisms, and not only will muscles retain their normal tension under the impulse of normal nerve supply, but will regain their normal contracted condition under the influence of a restored normal nerve supply in most cases.

Therefore, under spinal adjustment to relieve the nerves, the prognosis is favorable, if the case is treated in time.

ADJUSTMENT.—The proper adjustment for aortic aneurism is the second thoracic spinous process.

CONCUSSION.—Spinal concussion is a more effective method of treatment than is Spinal Adjustment, and a very ready response is obtained by this method.

The use of Spinal Adjustment and Spinal Concussion, both will affect a cure where neither method will, alone be affective, for the reason that the adjustment will open up the spinal foramen so that all the nerve impulse, excited by the concussion, will be conducted, and for the further reason, that the open foramen, produced by the adjustment, will insure a normal nutrient supply to the spinal center, and the normal excitability of it.

See Aneurism (ante) for a more full discussion.

APHASIA.

This is a partial or complete loss of the power of expressing the conventional words of a language. This trouble may be associated with agraphia, which is an inability to write.

PATHOLOGY.—Lesions of the cortical centers of the brain or the nerves derived therefrom as they leave the spinal column.

PROGNOSIS.—Favorable under timely adjustment.

ADJUSTMENT.—The atlas, to restore normal conditions to the brain. In such cases adjust the upper dorsal vertebræ, according to the indications you may find, from the first to the fifth vertebra, as the nerves coming from this region may be interfered with at their point of exit from the spine. Adjust also the middle cervical vertebræ.

Rectal dilation has proven a successful method of treatment in some cases of aphasia and power of speech has been restored by this method at different times, and this treatment should be employed in obstinate cases that fail to respond to spinal adjustment.

APOPLEXY CEREBRAL.

DEFINITION.—This is a disease which is characterized by a sudden onset of severe symptoms, the patient becoming suddenly unconscious.

ETIOLOGY.—The direct cause of an apoplectic stroke is hemorrhage from the cerebral blood vessels and a consequent effusion of blood into the brain substance, which occurs as the result of degenerative changes in the arteries associated with such diseases as gout, syphilis, alcoholism, Bright's disease, and from atheromatous conditions of the arterial walls, from errors of diet.

PATHOLOGY.—The blood vessels become atheromatous, or they are very weak, as in the case of young children. The hemorrhage is most commonly in the cortical portion of the brain, in the case of children. In adults it is usually within the brain substance. The clot varies greatly in size. It is sometimes very small, resulting from a capillary oozing. At other times the thrombosis is very large, sometimes filling almost an entire hemisphere of the brain.

The seat of the hemorrhagic lesion is usually within the internal capsule, the motor highway between the optic thalamus and the corpus striatum. Large effusions in the motor path may produce subsequent changes, as degeneration or softening of the brain. When the lesion is in the brain the degeneration, which extends down the cord, is on the opposite side to the brain lesion.

SYMPTOMS.—The prodromal symptoms are headache, vertigo, disturbed sleep and ringing in the ears. There is generally a sense of numbness or weakness which is felt, on the side to be effected, for days preceding an attack. Vomiting may precede the cerebral hemorrhage.

In many cases, the patient falls suddenly into an unconscious state, without any previous symptoms. The lips are blue, the eyes are injected, the face is flushed, the breathing is stertorous, the pulse is slow and full, temperature subnormal at first and later elevated.

The feces and urine may be passed involuntary. Convulsive seizures are common, resulting from irritation of the undamaged motor centers. The paralysis may be detected while the patient remains in a comatose state. In some cases the paralysis develops quite gradually and is not attended with unconsciousness at time of the onset.

If the attack is not fatal in results, consciousness is finally restored. The diffused blood in the brain forms a clot, and remains, and the paralysis remains on the opposite side. The affected muscles become rigid, from irritation of the motor centers. This rigidity lasts from a few days to several weeks, but has no significance, from a prognostic standpoint.

The local lesion in the brain substances rarely causes a complete hemiplegia. The deep reflexes are exaggerated upon the affected side, and sensation is usually unimpaired.

DIAGNOSIS.—In the diagnosis of apoplexy care must be taken to differentiate this ailment from alcoholism, sunstroke, opium poisoning and uraemic coma. The age of the patient, the character of the pulse, the presence of paralysis and the difference in the temperature of the two axillæ serve as differential diagnostic symptoms.

PROGNOSIS.—Sometimes fatal during the primary attack, and in grave cases, the patient does not recover from the coma. The pulse becomes feeble, the respiration becomes Cheyne-Stokes in character. The reflexes are abolished, mucus accumulates in the throat, the temperature rises, and death results in a few hours to one or two days.

When an attack does not prove fatal, the patient is liable to subsequent ones, because of the continuation of the etiological or pathological conditions. Rational therapy methods, however, will overcome the conditions, which are responsible for cerebral hemorrhage.

TREATMENT.—The free use of magnesia sulphate, in sponge baths, or in full baths, and the internal use of magnesia oil, will dissolve and absorb from the body, those elements which produce

the atheromatous condition of the blood vessels which is responsible for the cerebral hemorrhage. The most effective and most potent remedy for apoplexy, in the acute or chronic form, is the proper use of the eliminative solvent, magnesia sulphate.

Spinal Adjustment, is also a necessary method of treatment in such diseases as are the result of spinal lesions. Spinal Adjustment is especially helpful in most, if not in all cases, of apoplexy.

APPENDICITIS.

DEFINITION.—An inflammation of the vermiform appendix. The symptoms of the disease are not always clear. Surgeons make mistakes in diagnosis, and many operations are performed for appendicitis when there is no lesion of this organ, and often operations are left undone and the patient's life lost because of failure of correct diagnosis.

The characteristic symptom of appendicitis is a sharp pain, cramp-like in character, that does not usually wholly disappear between paroxysms; this pain is sometimes referred to the umbilical region and may be referred to the left side, but it usually begins at the location of the appendix, in the right inguinal region. Tenderness occurs early and may be elicited at a point midway between the spine of the ilium and the umbilicus, called "McBurney's point." There is usually constipation in the beginning; and vomiting, in most cases, begins early.

A tumor may be felt in the region of the appendix about the second or third day after the onset of symptoms.

There is also a variety called "perforative appendicitis," the discussion of which we leave to works on surgery.

In females, ovarian neuralgia is sometimes mistaken for appendicitis.

DIAGNOSIS.—The differential diagnosis of ovaritis and appendicitis may be made from the following facts: the pain is of lower situation in ovaritis; there is absence of fever, and tenderness is detected by a vaginal examination, as a rule. These points

may enable you to make a differential diagnosis of ovaritis from appendicitis.

The examination of the nerves that supply the ovaries, which is principally the third pair of lumbar nerves, will show tenderness in the case of ovaritis, while the second pair of lumbar nerves will show tenderness on pressure in the case of appendicitis. This furnishes us with a comparatively accurate method of diagnosis between ovaritis and appendicitis.

ETIOLOGY.—The predisposing cause. The lack of tonicity or lack of normal vital activity and vital resistance, is the all-important factor in the development of appendicitis. This disease is more common in males than in females, and more frequent as a person comes into the prime of life—between the ages of fifteen and thirty years.

The exciting causes are errors in diet and the entrance of hard particles or solid substances or fecal matter, because of the atonic and patulous condition of the appendix.

Appendicitis often follows la grippe or influenza, typhoid fever, or tuberculosis, and it may occur from twisting of the vermiform appendix.

Appendicitis is evidently due, in practically all cases, to the habit of meat eating. This is proven to be true by the history of the occurrence of appendicitis among soldiers, who use a meat diet and those who use a strict vegetarian diet.

Some of the European nations, who from necessity or because of their religious belief, abstain from the use of meat as an article of food are free from the fashionable disease appendicitis. Among the soldiers of armies of such nations appendicitis is practically unknown.

The armies from the nations, who use meat as an article of diet, are by no means free from appendicitis, but among them, this ailment is quite common.

PATHOLOGY.—What is known in the catarrhal form of appendicitis there is inflammation of the mucous or sub-mucous

coats, and sometimes an exfoliation of the mucous lining of the appendix.

In the perforative form of appendicitis we have ulceration that is sometimes so deep as to produce perforation.

PROGNOSIS.—This depends upon the type of the disease. Under ordinary treatment, or when left alone in the catarrhal form, we may get adhesion of the appendix to the walls, and healing by granulation may close the appendix, following the exfoliation of the mucous lining.

There is a great tendency to recurrence of attacks, from which the patient's recovery is usually from five to ten days.

The perforative form may terminate in an abscess by rupture into the peritoneal cavity; this abscess may be local or it may set up general peritonitis.

Under spinal adjustment for the relief of interference of nerves supplying the vermiform appendix, we have been enabled to obtain prompt relief in from ten to twenty minutes in every case that has come under our treatment during the past three years of heavy practice.

In the perforative form, after perforations take place, operative procedure is the only proper method; but in catarrhal and ulcerative appendicitis, quick and positive relief is obtained by spinal adjustment in every case. Future attacks are also prevented by this method of treatment in all cases which the author has treated.

Surgical operations are unnecessary in nine cases out of ten, if the adjustments are applied in time, even in the perforative forms of this disease.

Dr. Joel P. Giles, who has treated many cases of appendicitis during the past few years, describes his method of procedure, in the treatment of this ailment, as follows: "In my experience, in the treatment of appendicitis, I have never lost a case, although some very severe cases have fallen under my care. In the first place, I insist that the patient be put on an absolute fast. I allow

no soups, milk or anything of the nature of food. I allow the patient all the good fresh water and air they can use.

I use Spinal Concussion over the 11th thoracic vertebra, for the purpose of exciting the reflex of dilation and a consequent relaxation of the intestines. This will greatly facilitate the cleansing of the bowels, and by relaxation we readily overcome the spasm and the contraction that exists.

Next I give or have given an anemia using the high injection by means of a rubber rectal tube about twelve inches in length. After the concussion and the consequent relaxation, I am enabled, by the use of the colocolyster in this manner, to thoroughly cleanse the bowels.

After the anemia, I gently massage the bowels, and while so doing, I try to dislodge any and all fecal accumulations, especially in the region of the appendix. I use care when approaching the region of the appendix, for fear of the danger of causing a rupture, in the case of a pus formation.

After a thorough massage in this manner, I administer another anemia, by the use of the rubber rectal tube, for the purpose of flushing the colon and carrying away the fecal matter, that was broken up by the manual manipulations.

Next I give my patient an adjustment, and I am especially careful to thoroughly loosen up the articulation of the lumbar vertebræ, at the point of exit of the 2nd pair of lumbar nerves, I direct the thrust so as to especially relieve contractions interfering with the 2nd lumbar nerve upon the right side. I then place my patient in bed, and instruct them to rest quietly, and in every case they can do so for the reason, that they are entirely free from pain. They will feel much better not only in a physical, but also in a financial way. Their lives have been saved and they are protected from a major operation. Their pocket books are bulging from \$250.00 to \$300.00, which now belongs to them instead of to the surgeon.

TREATMENT.—The usual nerve supply is the second lumbar nerves; hence, adjust the second lumbar spinous process superior, or any other vertebræ in that region, according to indications.

When Spinal Adjustment and our other *rational therapy* methods fail to relieve a case of appendicitis, especially an acute case, no time should be lost, but the patient should be operated upon without delay.

In chronic appendicitis, when adjustments fail to give relief, and attacks continue to come, or uneasiness continues to be felt by the patient, then an operation should be resorted to or advised without further delay.

Spinal concussion over the spinous process of the eleventh thoracic vertebra may and usually does prove a very efficient auxilliary method of treatment for appendicitis. The concussion of the eleventh thoracic will stimulate the reflex of dilation and cause a relaxation of the bowels and in this way is very helpful in treatment of obstinate cases.

Rectal dilation is an effective method within itself and is an excellent auxiliary method in the treatment of appendicitis and should be used in addition to the adjustment and concussion and the colo-clyster.

ARM, DISEASES OF.

The arm receives its nerve supply from the brachial plexus, which is composed of the outer branches of the lower four cervical and the first dorsal nerves.

Deranged function or pain in the arm, it seems, must of necessity come from subluxation of the lower cervical or upper second thoracic vertebræ, yet we sometimes have relieved pain in the shoulder from as low as the second lumbar nerves.

The intercosto-humeral nerve, from the second thoracic nerve, supplies the inside of the arm, and it is often the cause of deranged function in the arm, as well as the nerves forming the brachial plexus.

Since the nerves supply the trophic function, regulate the thermic condition, as well as supply motor and sensory functions, the condition or health of the arm depends wholly upon the perfection of its nerve supply.

For all deranged conditions and diseases of the arm and hand, you adjust in the region of the origin of the brachial plexus, or to relieve the second thoracic pair of nerves in almost all cases.

It is the experience of many months' practice of the author that paralytic conditions of the arms, cold hands, and pain or rheumatic troubles, and other pathological conditions, are caused by impingement of the first thoracic nerve in some cases, and in many cases by impingement of the second, and is immediately relieved by an adjustment to remove interference with these nerves.

ASTHMA.

Asthma is characterized by paroxysmal attacks of dyspnoea; this is due to spasmodic contraction of the air-passages or may be due to a hypertrophic thickening of the mucous lining.

ETIOLOGY.—The attacks of asthma are due to a hyperæsthetic or an over-excitable condition of the terminal nerve fibers of the air-passages.

The more excessive this neurotic condition, the more easily are the paroxysms engendered.

Asthma is a symptom of several diseases: it may be due to pulmonary congestion; it may be from cardiac lesions; and we may sometimes have asthma in connection with Bright's disease.

Paroxysmal attacks may be brought on by the pollen of flowers; this is termed "hay asthma" or "hay fever."

Paroxysms may be excited by peculiar odors, atmospheric changes, or may be due to the most trivial causes.

SYMPTOMS.—Paroxysms usually appear suddenly, but may be preceded by premonitory symptoms. The patient experiences a sense of apprehension and anxiety because of the dyspnoea. He will get at an open window for fresh air and place himself in the most favorable position to bring into play the auxiliary muscles of respiration. The face grows pale, the lips turn blue, eyes become congested, the respiration is labored and noisy, but not exceedingly rapid; cold perspiration stands out upon the face.

PHYSICAL SIGNS.—Distension of the chest; hyper resonance over the area of the lungs; prolonged wheezing; expiration that is high-pitched, accompanied with sonorous and sibilant rales.

Diagnosis is easy, because of the marked symptoms.

PROGNOSIS is by no means favorable, and well-established cases of asthma under any other treatment than spinal adjustment seldom ever recover. Climatic changes relieve, but often only temporarily.

In many cases, asthma in children will subside at puberty.

Sometimes the removal of nasal obstruction will remove the exciting cause of the reflex action that brings on the attacks of asthma.

Prognosis under spinal adjustment is favorable in practically all cases; the time required being from one week to as much as three months.

The time required for the removal of cases of asthma depends on the accuracy of the spinal adjuster in locating the lesions that cause the trouble and on proper adjustment to remove that lesion.

The author relieved one case of asthma of thirty years' standing by one week's adjustment. No more attacks to the present—more than two years. Some cases have required from six to twelve week's treatment to effect a permanent cure.

ADJUSTMENT.—Bronchial asthma, in which the trouble is, situated high in the bronchial tubes, the usual adjustment is the second thoracic vertebra. The purely bronchial asthma we have relieved in almost all cases by adjustment of the second thoracic spinous process.

Asthma of pulmonary origin is relieved by adjusting the third thoracic vertebra; this is the proper adjustment for the relief of the great majority of cases of asthma.

For cardiac asthma, adjust the fourth thoracic vertebra.

For asthma that is due to a general neurasthenic condition, the proper adjustment is the sixth thoracic vertebra.

Asthma that is symptomatic of other disease is best relieved by spinal adjustment that will restore normal nerve supply and relieve the trouble that is causing the asthma.

Some cases of asthma fail to respond to spinal treatment and do not recover under spinal adjustment, although almost all cases of asthma are helped by this method. When spinal adjustment fails, the lesions are due, no doubt, to nerve interference which is not caused by spinal lesions.

Some cases are relieved by an adjustment of the coccyx. This is done by loosening the coccyx and by drawing it back so that it will not interfere with the coccygeal or hemorrhoidal plexus of the sympathetic system.

We have met with cases in which there was a contracted condition of the sphincter muscles of the rectum, interfering with the ganglion of impar. In such cases, asthma is readily relieved by rectal dilation.

It is well to remember, when spinal adjustment fails to give absolute and permanent relief that coccygeal involvement may be responsible for the asthmatic condition.

Concussion of the spine may help to relieve a paroxysm of asthma. The concussion should be applied from the third to the eighth thoracic vertebra, to excite dilation of the pulmonary organs. For cardiac asthma concuss the center under the seventh cervical vertebra. For bronchial asthma use concussion over the fourth and fifth cervical vertebra.

The excitation of the reflex of dilation of the lungs is indicated in cases of lung atelectasis, which is indicated by an inability of the patients to get air into their lungs.

The excitation of the reflex of contraction of the lungs would apparently be necessary in cases of emphysema, which is indicated by an inability to expel the contents of the lungs properly by expiration.

ATAXIA, LOCOMOTOR.

DEFINITION.—The lack of co-ordination, interfering with locomotion, due to a degenerate affection of the sensory nerve centers and fibers of the spinal cord.

SYMPTOMS.—Lightning-like pains of a momentary nature that are generally shifting from one point to another.

Loss of co-ordination, which is manifested by unsteadiness of gait when the patient walks in the dark or with the eyes closed. This affection may interfere with the arms by rendering them incapable of delicate co-ordinated movements, as in writing or piano-playing.

The feet are raised high, thrown forward, brought down forcibly, the entire sole of the foot striking the floor at once.

Pain, sharp, lancinating in character, is paroxysmal, affecting the extremities usually, and may be referred to the stomach and accompanied with vomiting.

The patella reflex is usually lost; pupils of the eyes fail to respond to the light; the eyes seem to suffer from optic atrophy and paralysis of the motor oculi nerves, or trophic derangement; enlargement of the joints, associated with serous effusions; lesions of cartilage and bones, and sometimes ulcers of the foot. Sciatica on both sides is a symptom of locomotor ataxia.

The patient usually suffers complete loss of sexual power, and usually paralysis of the sphincter muscles.

ETIOLOGY.—This trouble occurs almost exclusively in the male sex, between the ages of forty and sixty years. The cause has been a matter of obscurity in the past. Physicians have been puzzled to know why one should have ataxia and another should not. A study of the science of spinal adjustment and a knowledge of the contraction of the intervertebral foramen furnish a solution of the problem.

Nerves will undergo pathological changes as a result of interference with the nutrient supply, which is induced by a diminution of the arterial supply and occlusion of the drainage

of the spinal cord and the brain. Pathological conditions are then induced; disease ensues.

Pain is produced when the narrowing of the intervertebral foramen is sufficient to impinge the nerve. It is evident that if the nourishment and drainage and trophic function within the columns of the cord are normal, and the nerve is free, a person cannot suffer from locomotor ataxia.

The narrowing of the intervertebral foramina may be due to thinning of the cartilage that is induced by settling of the spinal column as age comes on; this accounts for it being a disease of the latter half of life.

A previous attack of syphilis is, in a great majority of cases, the fundamental cause of the development of locomotor-ataxia. This fact should be borne in mind in the treatment of all cases of locomotor-ataxia, unless it is known that there is no syphilis connected with the history of the patient's life.

PATHOLOGY.—Degenerate lesions of the posterior half of the spinal column.

The membranes of the posterior column become opaque; the color is grayish, and the affected portion of the cord is firm and shrunken.

There is atrophy of the nerve fibers and overgrowth of the connective tissues.

The brain and cranial nerves may be affected.

DIAGNOSIS.—This disease is easily distinguished by the marked inco-ordination without the loss of the power of motion.

PROGNOSIS.—This depends upon the histological condition that has been produced by the pathological processes that have taken place with the nerve centers, cells, and fibers that are affected.

The disease can, at a very much advanced stage, be checked and indefinitely prevented from further advancement, but the

possibility of the rejuvenation of the nerve fibers and cells depends upon the amount of pathological derangement that has occurred in the nerve structures.

TREATMENT.—The atlas, brachial plexus, and, in some cases, "central place," and, most always, the lumbar region.

Spinal adjustment has proved an efficient treatment in some cases of locomotor ataxia. Auxiliary methods, however, make our treatment of locomotor ataxia much more efficient, and more rapid in obtaining results. Spinal concussion of the eleventh thoracic spinous process to dilate the blood vessels and increase the nutrition of the spinal cord, is a very potent treatment, and wonderful results are obtained by this method in some cases.

Rectal dilation, owing to its influence upon the circulation of the blood, is an efficient method of procedure, and a wonderful auxiliary, to our rational methods, in obtaining results in extreme cases of locomotor ataxia.

ELIMINATION.—Owing to the enervation and failure of elimination on the part of the emunctories, we have retention of toxic elements from the by-products of metabolism and products of decomposition. The magnesia sulphate sponge bath and full bath, and the internal use of the magnesia oil, are our most efficient agencies in opening the pores of the skin and of dissolving and causing the elimination of the crystals of urates, which clog the capillary circulation.

After the tissues are cleansed, rejuvenation and resolution or restoration to the normal healthful condition will take place much more rapidly, than while the tissues are clogged, with an accumulation of retained matter, such as crystals of urates, etc.

ASCITES.

This disease is characterized by an accumulation of a serous fluid in the peritoneal cavity.

SYMPTOMS.—Sensation of weight, dyspnœa, scanty urine, constipation, and often swelling or edema of the feet. The

physical signs depend upon the amount of the effusion. The abdomen is distended and has a smooth and shining surface; the lower part of the thorax broadens; the navel is obliterated; the flanks bulge when the patient lies upon the back; there is more or less dullness, which is movable when changing the position of the patient. Aspiration of the fluid is a positive sign; the fluid that is drawn off by the aspirator is straw-colored and contains albumen.

ETIOLOGY.—It accompanies chronic diseases of different kinds, but is due wholly to the lack of nerve-tone in the abdominal region.

DIAGNOSIS is made from the physical signs and by the tympanitic condition, characterized by a hyper-resonance on percussion.

PROGNOSIS.—Under the influence of spinal adjustment, the dropsical diseases will subside, the fluid being absorbed in cases not too far advanced, possessing ample recuperative powers.

ADJUSTMENT.—The proper adjustment to give in cases of this kind depends upon the chronic diseases that are associated with or are the cause of the serous effusion.

Concussion of the seventh cervical spinous process, is especially helpful in all cases of ascites because of the stimulation of the vasoconstrictor centers which will restore tonicity to the blood vessel walls. Ascites of the abdominal cavity is helped also by concussion over the centers of origin of the splanchnic nerves. Apply concussion from the second to the eighth thoracic spinous or transverse processes in the thoracic region to excite the reflex of contraction in the splanchnic area.

Rectal dilation, because of its decided effect upon the circulation, is another auxiliary method of great value in the treatment of ascites. The rectal dilation especially stimulates the sympathetic system and has a great influence upon the heart and blood vessels.

Magnesia sulphate applications by means of the sponge or full bath is a very potent auxiliary method and the dropsical

effusion will be removed so fast under the magnesia sulphate application that you can actually see it disappear. *Rational therapy* cures dropsy.

ATROPHY.

This disease is an abnormal condition that is characterized by the wasting of the cellular tissues. There are retrogressive changes taking place in organs, from the lack of trophic function, that were originally well developed.

SYMPTOMS.—Diminution of size or wasting away of any organ or part.

ETIOLOGY.—Cutting off of nutrition due to the decrease of the trophic impulse of the nerve supply, or to direct pressure cutting off the circulatory nourishment.

PROGNOSIS.—Good in all cases, provided you can remove the obstruction that is cutting off the nourishment, and provided, further, you can restore the normal nerve supply to the part affected.

Atrophy may be due to diseased conditions of the spinal cord or brain, in which conditions you can restore the normal nerve supply and nourishment to the diseased brain or the central nervous system.

ADJUSTMENT.—Always adjust for the relief of the nerve supply to the zone affected by the pathological processes; in connection therewith, adjust "central place" and the tenth thoracic vertebra.

BALDNESS (ALOPECIA).

DEFINITION.—This is an affliction characterized by the loss of hair from some portion of the body, most usually the top of the head.

ETIOLOGY.—It is sometimes a congenital affection, and when it is congenital, it is usually partial or in spots upon the head.

It is more common in males than in females; it is much more

common in the advanced years of life than in youth. The baldness of youth is usually the result of some active pathological condition or some local disease of the scalp.

We find baldness a result of fevers, in which case it is more general; we find it also among the many results of syphilis.

Possibly the more common cause of alopecia or the baldness of senility is the continuous habit of wearing a band around the head that interferes with the nerve supply, the nutrient supply, and the drainage of the scalp, associated with unfavorable thermic conditions, due to lack of proper ventilation of the customary headgear.

See Alopecia, for a more thorough discussion of this important subject from the standpoint of its pathology, prognosis and rational treatment.

BARBER'S ITCH.

This is an infectious irritation or eruption of the face, which is the result of unsanitary conditions of the barber's tools.

SYMPTOMS.—An inflammatory skin eruption over the face in the region covered by the beard.

ETIOLOGY.—The exciting cause of barber's itch is a parasitic infection.

PROGNOSIS.—Yields to antiseptic treatments locally applied, but yields much more readily to a removal of the neurotic condition by adjustment for the relief of nerves supplying the affected portion, in connection with local medicinal treatment.

TREATMENT.—Spinal adjustment for the relief of interference with the integrity of the middle cervical nerves, and with the tenth thoracic nerves, is a very necessary procedure.

We adjust for the relief of the middle cervical nerves for the reason that they directly ramify the tissues and skin of the side of the face.

We adjust for the relief of interference with the tenth

thoracic nerves because of their influence upon the skin action of the entire body.

The carbolized magnesia sulphate solution is an efficient application and used in connection with the adjustment will effect a very rapid recovery. Carbolic acid 10m, magnesia sulphate 1 ounce, and water 1 pint, apply locally three times per day.

BARRENNESS.

This is a condition of sterility of females.

There are three classes of sterile women: first, those who cannot conceive, although they are of the proper age; second, those who are beyond the menopause; third, those who conceive and are not able to bring forth a living, viable offspring.

Three conditions are necessary to impregnation: first, normal ovulation; second, contact of ovum with spermatozoa; third, healthful condition of uterus for development of fetus.

ETIOLOGY.—First, a depreciated state of health from disease, lack of food, or over-work; second, lack of tonicity, due to impaired nerve supply, suspending the function of ovulation; third, a state of debility, caused by rheumatism, gout, tuberculosis, etc.

Local etiological factors are: first, deficient development of the genital organs; second, displacement or malformation of one or more of the genital organs, as uterine flexion, displacement by tumors, elongated cervix, etc.; third, diseases of the genital organs, especially inflammation of the vagina, uterus, Fallopian tubes, or ovaries; fourth, tumors, polypi, local tuberculosis, and different kinds of infections.

DIAGNOSIS consists of the discovery of local conditions that prevent conception or the development of a fetus.

There is a possibility of impotency of the husband being the cause of a fruitless marriage in a small per cent of cases.

PROGNOSIS.—This depends upon our ability to remove the cause. The non-existence, deficient development, or absence

of a necessary portion of the genital organs will necessitate a hopeless prognosis.

Many cases of sterility, especially those due to hypo tonicity, which under ordinary treatment cannot be relieved, are easily and surely relieved by spinal adjustment for the restoration of the normal organic and functional conditions of the sexual organs; also lack of development may be overcome in young persons.

TREATMENT.—For cases of improper development and many deranged pathological conditions, and for the removal of diseased conditions of the female organs, spinal adjustment is very successful in overcoming the great majority of cases of the pathological conditions by restoring the normal nerve supply and normal vitality and tonicity to the organs and parts affected.

The adjustment should be given especially in the lumbar region. Adjusting the second lumbar vertebra, for the stimulation and development of organs, and the fourth, especially for the stimulation of the genital centers, or for the relief of nerves derived therefrom.

BEARING-DOWN FEELINGS IN THE ABDOMEN.

This is a sensation of weight, due to lack of tonicity of the tissues and ligaments, because of interference with due excitability of the nerve supply.

This occurs in connection with different diseases, such as dropsy and excessive obesity, especially kidney fat in the abdominal region.

ADJUSTMENT.—This trouble can be entirely overcome by adjusting for the relief of the nerves, especially those whose normal action will restore, heal, and remove the physical cause, as the tenth thoracic and the lumbar nerves in many cases.

BELL'S PALSY.

(See Facial Paralysis.)

BILE-DUCT, DISEASES OF.

This channel is for the passage of bile from the gall-bladder into the duodenum.

One of the most common ailments of the bile-duct is that of catarrhal inflammation, which more or less occludes the lumen for the passage of biliary products.

We may also have cancer of the bile-duct, and may also have irritation and inflammation from the passage of gall-stones.

The nerves supplying this duct come from the middle of the thoracic region.

ADJUSTMENT.—For all troubles of the gall-duct, adjust from the fifth to the seventh thoracic vertebræ, according to indicated lesions. Rectal dilation affects the liver. Magnesia sulphate baths eliminate the elements forming the calculi.

By concussion of the ninth thoracic vertebra we constrict the gall-bladder. By concussion of the eleventh thoracic spinous process we dilate and relax the liver and gall-bladder.

BLACKHEADS (COMEDO).

This is an affection of the face, back of the neck, and on the chest and upper part of the back, and is often associated with acne.

SYMPTOMS.—An accumulation of an oily excretion, like a grub or worm in the skin.

ETIOLOGY.—A chronic disorder of the sebaceous glands and an accumulation of the sebaceous fluid that is of a yellowish or whitish color and like pin-point or pin-head sized elevations.

Sometimes a parasite, known as *Demodex folliculorum*, is found in each of the pin-head protrusions.

They are more common in young people than in advanced life.

ADJUSTMENT.—Adjust for the normal nerve supply to the part affected, and the kidney region. Fasting will cure black-heads and magnesia bath or application will cleanse the dermal and sub-dermal tissues.

The use of the magnesia baths and the internal use of the oil of magnesia are also helpful auxiliary methods in the treatment of blackheads.

BLADDER DISEASES.

From the fifth edition of "Practical Diagnosis," by Hobart Amory Hare, M.D., D.Sc., we find the most rational etiology of kidney trouble that we have ever read. He has certainly reached the proper conclusions as to the effects of nerve function and injury to nerve centers as the all-important etiological factors in the cause of kidney and bladder derangement, both functional and organic.

SYMPTOMS.—The principal symptoms of bladder troubles are tenderness in the region of the bladder, darting pain in the urethra, tenesmus, and either retension or incontinence of urine, also the frequent voidance of small quantities of urine, attended with more or less unpleasant symptoms; sometimes the urine cannot be held, neither can it be expelled; in such cases it dribbles away gradually.

ETIOLOGY.—There may be a moderate lack of normal tonicity, due to the lack of excitability of the nerve supply, or to derangement of the reflex neurosis.

There may be a paralytic condition, or myelitis, due to traumatic injuries to the spinal cord, which may be caused by falls or blows.

We have an inflammatory condition of the bladder from concentrated irritating urinary secretion of the kidneys; this reflexly interferes with the normal nerve supply of the kidneys, as explained in *Spinal Treatment*, 2nd addition.

We also have bladder troubles from infections, as tubercular bacilli and gonococci. Renal calculi will sometimes cause pathological conditions of the sphincter muscles, because of their irritating effects upon them.

A person may have bladder symptoms from the following causes: insanity, apoplexy, or unconsciousness.

Sometimes, from a mild diminution of the normal tonicity, a person may suffer with slight voidances of urine from laughing, coughing, sneezing, or other mild excitement.

Children may void urine during the night from lack of the proper tone of the sphincters of the bladder and urethra.

DIAGNOSIS is from the subjective symptoms, largely, except where personal observation may be made.

PROGNOSIS is favorable in spinal adjustment in most all cases except where there are stones in the bladder.

TREATMENT.—Bladder troubles of all forms have been very difficult to treat successfully by the former methods which have been employed. Lithotomy, for the removal of calculi or gravel in the bladder, should be left to the surgical specialist.

The lack of tonicity and other pathological lesions are readily, easily, permanently, and quickly removed by adjustment to restore normal nerve supply.

The special adjustment to be given in each case depends on the etiology of each individual case.

In all cases due to lack of tonicity of the bladder, and all pathological changes occurring from this pathogenic factor, the adjustment is the first lumbar. For the infectious forms of bladder trouble, we use the same adjustment; for those forms of bladder trouble which come from irritation of concentrated urine and renal calculi, the adjustment is in the kidney region, in connection with the first lumbar vertebra.

The remarkable success we have had in the treatment of these cases has been beyond our most sanguine expectations, and a surprise to the surgeons and physicians who have labored so earnestly and unsuccessfully to relieve chronic bladder diseases without success, especially those who have witnessed the results of our work.

In addition to the above, spinal concussion may be used, and the most direct effect may be had by concussion over the spinous process of the fourth and fifth lumbar vertebræ.

Rectal dilation has also proved an efficient treatment in some cases of cystitis.

BLINDNESS.

This is an affliction that may come from a number of different causes.

In this connection, we wish to state, in a general way, that all cases of blindness, due to lack of nerve-excitability, whether of the optic nerves or the nerves that join the optic nerves may be removed and normal function and sight can be readily restored by spinal adjustment; and, further, all organic derangement of the eye that is due to deranged trophic function of the nerve can also be corrected by adjustment; the time required depending wholly upon the nature and extent of the organic derangement or disorders.

For weakness, dimness, or lack of the function of vision, the adjustments are specific and positive in their effects.

Many disorders of the vision are readily corrected by adjustment. Young people who wear glasses, as a rule, may dispense with them after proper adjustment to relieve the nervous derangements.

ADJUSTMENT for the eyesight.—For the pupil of the eye and optic nerve, adjust the fourth cervical; for pain in the eyeballs, or functional derangement, adjust the fifth thoracic to the left; also, for any eye trouble, more especially of the lids and tissues around the eye, adjust the kidney region.

Concussion of the atlas, middle and seventh cervical vertebrae will assist in clearing up cataracts of the eyes.

BOILS.

DEFINITION.—Local inflammatory processes; and they may affect any of the different portions of the body.

SYMPTOMS.—Pain, swelling, hardness, and redness.

ETIOLOGY.—Usually the result of lowered vitality, permitting the growth and development of bacteria; may follow bruises or injury to the tissues.

PATHOLOGY.—Hyperemia, diapedesis of blood corpuscles, cell-proliferation and destruction, and breaking down of tissues by germ activity in converting the exudates into pus.

PROGNOSIS.—If adjustments are given at first onset, the symptoms will cease and the boil disappear.

ADJUSTMENT.—For boils, adjust to relieve the nerve supplying the zone of the boil and kidney region.

Magnesia sulphate applications, which may be applied by the use of a compress, wrung from a magnesia sulphate solution, applied over the area of a boil, is an effective auxiliary method.

Toxines, which may land in a ductless gland and result in a boil, may be dissolved and eliminated by the use of the magnesia sulphate solutions or baths.

The diet should receive attention, fats, sweets, meats, etc., should be eliminated from the diet. The fruit and vegetable diet should be strictly adhered to in all cases, which are subject to boils.

BRAIN DISEASES.

In brain disease we have both deranged function and organic structural conditions; it is functional derangement of the brain that is responsible for all forms of insanity; it is also a fact that function and activity of the brain are wholly dependent upon the organic condition of that organ.

The normal physiological condition of the encephalon produces normal function and consequently a normal condition of the mind, which is a production of the cellular action of the brain; while the reverse is true—any abnormality of the physical condition and the consequent action of the brain, will produce abnormal mental manifestations and derangement of the activity of the mind, and will also cause forgetfulness, perverted imagination, and insanity.

ETIOLOGY.—The direct cause leading to derangement of the organic condition or functional activities of the mind is the derangement of either the arterial supply or the venous drainage from the brain, or it may be due to rupture of the blood-vessels within the brain substance; the same is also responsible both directly and indirectly, to a greater or less extent, for the derangement of the nerve supply controlling the trophic function, which produces and maintains the organic cellular structure of the brain substance.

It is abnormal nutrition or histological alteration, or a deranged nerve supply, that is responsible both for the abnormal physical condition, and functional action of the brain. (See Spinal Treatment.)

PATHOLOGY.—This consists, in most cases, of derangement of the organic structure of the brain substance and excessive formation of connective tissue and the consequent deranged function.

Post-mortum microscopical examinations reveal degenerative processes of the nerve fibers and of the ganglionic cells.

There is also an engorged condition of the blood-vessels which ramify the brain substance, and most usually this hyperemic condition is in the cortical portion.

DIAGNOSIS.—This varies in different forms of diseases of the brain, but in all cases the diagnosis must be based wholly, or almost so, on the mental manifestations.

It is evident that the condition of the mind is dependent upon the condition of the brain. Any abnormality of function of the brain will be manifested by derangement of the mental activities.

Hyperemic congestion and most forms of abnormal brain conditions—mental inactivity, the loss of memory, change of the mental production of the mind, change of disposition, exaggerated imagination, and sense of excitation, as in some forms of insanity—are all due to deranged function, which is the result of diseases of the brain.

In some forms of brain disease, such as tumors or other obstructions, the patient suffers with pains and headaches.

PROGNOSIS.—Generally, the prognosis in brain diseases is unfavorable, except in the acute forms of the congestive or anemic trouble, under medical treatment alone. Under spinal adjustment, properly applied, most all forms of brain diseases are soon removed; the only exception being where the organic or structural derangement of the cellular tissues of the brain are so much altered that they cannot be restored by the trophic impulse of the normal nerve supply. Such cases are absolutely hopeless under any form of treatment; yet, nothing can be imagined in the way of treatment that will accomplish more in restoring the mind than the restoration of the normal nerve supply and normal circulation, which will produce a normal energetic trophic supply and functional activity.

ADJUSTMENT.—For brain diseases, we ordinarily look to atlas lesions; this is due to the fact that approximation of the atlas interferes with the blood supply to the brain, which is responsible, in many cases, for the lack of proper nourishment and the lack of excitability of the brain cells, preventing normal function of this organ.

Any of the upper four cervical vertebræ may, to a greater or less extent, interfere with the conditions of the brain, because of their interference with nerves and vessels ramifying that organ.

In connection with the atlas, and the next two or three upper cervical vertebræ, always adjust the kidney region.

Adjustment of the fourth cervical vertebra, is most important in case of congestion of the brain. This seems to be due to the influence of the phrenic nerves upon the circulation of the lungs and chest cavity and consequently upon the circulation of the brain.

The magnesia sulphate baths, when used in connection with spinal adjustment, is a most helpful and efficient rational method of treatment for insanity as they cleanse and free the blood of its impurities and thus improve the nutrition of the brain.

BREATHING ABNORMALLY.

We have, besides the symptom of breathing rapidly, that of smothering sensations, and also a sighing taking place in connection with the respiration; also many different forms of abnormal respiration, as amphoric, asthmatic, bronchial, cavernous, Cheyne-Stokes, cogged wheel, exaggerated, jerking, puerile, tidal-wave, and weak respiration and snoring at nights.

ETIOLOGY.—All abnormalities of the respiratory processes seem to be due to deranged nerve function, causing cardiac derangement and pulmonary troubles and disease of the upper air-passages.

PATHOLOGY.—An increased excitability of the terminal nerves and filaments within the lungs and nervous derangement of the heart's action.

The pathological conditions are located in the organs above named: the heart or the lungs or air-passages.

PROGNOSIS.—Good under spinal adjustment. The patient is enabled to breathe normally almost from the beginning of treatment, when the condition of the heart and lungs becomes normal under the influence of a normal nerve supply, produced by spinal adjustment, the respiratory action will be permanently normal.

ADJUSTMENT.—From the second to sixth thoracic, inclusive, according to the determination of lesions by palpation.

The middle cervical nerves have a decided influence upon the integrity of the respiratory action of the lungs, consequently adjustment of the middle cervical vertebra will, in many cases, help the respiratory function.

The lower cervical nerves supply the muscles of respiration and are responsible for their action.

BREATH, FETOR OF.

DEFINITION.—Bad-smelling breath.

ETIOLOGY.—Conditions of the teeth and oral cavity, also

fermentation within the stomach and pathological lesions of the lungs, ulcers and septic cavities that will taint the out-going breath.

The decomposition of food elements in the blood stream, and the elimination of their by products and other toxic elements through the lungs, is the most common cause of the stench of the breath. Fats taken into the system are carried to the lungs, where they are cremated and thrown off with the expired breath.

DIAGNOSIS.—This consists in the discovery of the cause of the stench accompanying the breath.

PROGNOSIS.—This, under spinal adjustment and dietetic regulation is favorable.

TREATMENT.—Regulate the diet, omit meat, eggs, fats, sweets and other articles which undergo decomposition quickly in the blood stream after digestion. For the reason that the food elements mentioned above are in a measure cremated in the lungs and taint the expired breath.

SPINAL ADJUSTMENT.—Adjust the middle or fourth cervical vertebra, and the fifth and tenth thoracic, according to the spinal symptoms.

Fifteen grain doses of magnesia sulphate, taken internally before meals three times a day, will cleanse the stomach and help to sweeten the breath.

BRICK-DUST SEDIMENT.

The amorphous brick-dust sediment in urine is a deposit of the crystals of urates. This is a symptom of abnormal renal secretions due to by-products of decomposition of food elements.

SYMPTOMS.—The presence of reddish or brick-dust sediment appearing in urine after standing for a few hours.

ETIOLOGY.—It is due to kidney structural and functional lesions, which are due to lack of normal nerve supply and which may be the result of food, or drink, or exposure, or violence to

spine in the kidney region. More especially to excessive and unused food elements.

PATHOLOGY and DIAGNOSIS is that of the disease or condition or diet causing the elimination of irritating matter.

PROGNOSIS.—Good in the acute cases and in all chronic forms, if not too far advanced, provided proper spinal adjustment is given for the restoration of the normal nerve supply to the renal organs, provided the exciting cause is removed or no longer acts.

ADJUSTMENT.—The tenth to twelfth thoracic vertebræ, in connection with the fifth thoracic, if digestion is at fault.

The diet should be regulated, avoid the use of meats and of foods which are abundant in the nitrogenous element. Too many beans will cause a brick dust sediment in urine. The magnesia sulphate bath is an efficient auxiliary method. Give bath daily until the system is cleansed and a weekly bath to prevent reoccurrence.

BRIGHT'S DISEASE.

This may be an acute tubular nephritis, acute desquamative nephritis, acute parenchymatous nephritis, or acute catarrhal nephritis. In the chronic parenchymatous nephritis we have also a chronic catarrhal nephritis and a large kidney of a whitish blue.

DEFINITION.—In nephritis we have an inflammatory process involving more or less of the entire kidney, but especially the epithelial glomeruli and tubules.

ETIOLOGY.—There must be some exciting irritating factor producing a derangement of the nerve supply in some way before any diseased process can exist for any length of time, or become a chronic form of kidney disease.

The most probable exciting cause of nephritis of all kinds, acute and chronic, is specific fevers, especially scarlatina in children, which leave permanent effects. (See *Spinal Treatment*.)

Scarlatina seems to have a direct effect upon and is a detriment to all the structural and functional conditions of the kidneys, and any of these conditions in childhood will lead to the chronic form of kidney disease in after-life, as explained in *Spinal Treatment*.

Another class of etiological agents is poison substances or medicines which are eliminated through the kidneys. Many of these produce marked effects upon the kidneys. We might mention cantharides, turpentine, etc.

SYMPTOMS.—There is usually more or less lumbar pain; there may be nausea and vomiting, which is moderate in the acute forms.

There is dropsy in the latter stages of the chronic forms; The dropsy, as the disease advances, becomes more general, and anemic conditions ensue.

Uremic symptoms may develop at any time. The urine at most times is scanty, at other times almost suppressed; it appears smoky and the specific gravity is high; chemical tests show the presence of albumen.

Sometimes the sediment is very heavy or excessive in the urine, after it stands; this contains hyaline and epithelial casts and cells, and often contains blood cells.

Post-mortem inspection shows the kidneys to be swollen and the capsule of the kidney to be non-adherent.

In the acute forms of this disease the kidneys are congested and of a bright red color; in the more chronic forms they become pale and mottled in appearance, except the Malpighian tufts, which retain their deep red tint.

The histological changes affect the epithelium of the glomeruli and tubules; there is cloudy swelling, fatty degeneration; later, desquamation of the epithelium; the tubules are more or less blocked with albuminous casts and blood corpuscles; the walls of the capillaries are dilated and become more or less degenerated.

TREATMENT.—Avoid the use of digitalis, caffeine, and all other medicinal agents of all kinds, as they are detrimental to the cellular structures of the tissues of the kidneys, when they are eliminated by these organs.

In the acute forms, confinement to bed is an excellent measure, as this permits the relaxation of muscles to take place along the spinal column, which will help to overcome the interference with nerve supply.

Milk is the best diet to be given. Drink an abundance of pure water; avoid all mineral or impure waters.

Hot fomentations over the loin will greatly assist by causing an increased supply of nutrition and local stimulation.

TREATMENT.—Adjust the tenth to twelfth thoracic vertebræ, in connection with fourth and sixth thoracic, provided there are cardiac complications.

A careful regulation of the diet is essential to success in the treatment of Bright's disease.

The strict fruit and vegetable diet with no deviation except milk may be necessary to success in treatment.

Fasting is an indispensable auxiliary method in the successful treatment of Bright's disease. We have taken cases in advanced stages, and by the use of the fast we have been enabled to accomplish wonderful results. Below we give a clinical report of a case in which the fast enabled us to gain results after we had tried in vain before the patient began fasting. This is a voluntary statement, made by grateful parents, who said that we had "brought their daughter back from the gates of eternity".

When this case was brought to the author's office, there was no assurance that she would live three days or even three hours, but we made the fight and won.

In simple justice to a comparatively new science, that is fighting hard for recognition as the most important department of the great science of healing, we make the following plain

statement of facts. This is not an advertisement, paid nor otherwise, but if it should be the means of pointing out to some afflicted one this source of healing, we shall be glad.

About the first of November, 1909, our daughter Zula, then 13 years old, had a very severe spell of articular rheumatism. It seemed for a time that it would be impossible to save her, but the best possible medical skill finally broke the force of the attack and she recovered from the rheumatism, but was left with a bad lesion of the heart. From this the doctors gave but slight hope of recovery. In addition to this her spine was curved.

Early in 1911 symptoms of Bright's disease and dropsy appeared and developed rapidly. After careful examination our doctor reported that he could do nothing more, and the end could not be far off.

On March 28th, I took her to Dr. A. A. Gregory in Oklahoma City. There was not much to work on, but the doctor began a strenuous fight for her life, and there was a gradual gain in everything but the bloat, caused from dropsy. The swelling increased until she could not lie down. All parts of the body were affected, and it was evident that the end was near. Following the doctor's advise, May 14th, she began fasting. She drank all the water she wanted, and occasionally a little fruit juice. After six or eight days the fruit juice was left off, and no nourishment taken except water. The improvement was rapid and very remarkable. After three or four days there was no discomfort from hunger. As the swelling receded, her strength increased. Her sleep was sound and refreshing.

Two or three times a week she went to the doctor for treatment, and often to the stores trading. She was usually busy about some household work, cooking and serving the family, but never eating anything. Her enjoyment of life and health seemed perfect. June 21st, the swelling was all gone, the heart had come down from 144 to 80 and the symptoms of Bright's disease had disappeared. She was stout and seemed to be in good health, but very thin weighing only 68 pounds. She began eating and has gradually gained in weight.

It is now one year since we dismissed the case and none of the symptoms have returned. Her spine is normal and she seems to be in perfect health. The cardiac lesions have entirely recovered.

We are very happy to have her, who was so near the crossing, again enjoying life with very hopeful prospects of entire recovery. We are very grateful to Dr. A. A. Gregory for the skill acquired, by a life-time of study and practice. Above all being and earthly means we bless the Lord who gives and blesses the healing art and answers prayer.

This case, together with other demonstrations that we have seen, convinces us that the Rational-therapeutist are dealing with the tap root of disease and are building a great science.

In the rapidly developing methods of healing we believe that Dr. A. A. Gregory is not surpassed by any of his co-laborers.

We shall ever hold in grateful remembrance the man and the healing art that saved the life of our little girl.

L. W. Marks and Wife.

BRONCHITIS.

DEFINITION.—An inflammation of the bronchial tubes, characterized by either dry or moist rales, and more or less expectoration of a muco-purulent nature, and a sense of soreness.

We have the catarrhal bronchitis, both acute and chronic, also the fibrinous bronchitis.

SYMPTOMS vary in the acute and chronic forms; in the acute form the symptoms are more marked.

There is malaise, soreness, and constriction in the bronchial passages, an aggravating cough, and a moderate fever.

The cough is at first painful and dry, but later there is considerable expectoration of a purulent nature.

In the chronic cases there is a persistent cough with a muco-purulent expectoration; there is dyspnoea from over-exertion, yet health may be but slightly impaired.

ETIOLOGY.—Any interference with the normal nerve supply will cause a lack of tonicity and will permit an inflammatory condition to ensue from exposure or any exciting cause, such as chilly weather, irritation from dust, and some infectious diseases that affect the bronchial tubes and air-passages.

The chronic form may be a continuation of an acute attack and may be associated with other chronic diseases, as of the heart, lungs, or kidneys.

Three meals a day, consisting of coffee, eggs, beef stew, roast, puddings, and starchy foods in super-abundance is a cause of bronchitis and also a direct cause of asthmatic troubles in many cases, for the reason of the accumulation of the by-products of decomposition from unused food in the circulatory system.

Bronchitis is always associated with a form of plethora, failure of the proper nerve tone, and the failure of the proper action of the emunctories of the body, which are the cause of the mucus linings of the bronchial tubes and of the throat, etc., trying to make up for the deficiency of that elimination. These secretions are known to be composed of albuminous decompositions and crystal formations from an excess of nutrition. We should eliminate from the diet of a patient, fats, sweets, starchy foods, and it is better to eliminate one meal a day. Eating only two meals each day.

PATHOLOGY.—The pathological lesions of the histological structures are usually limited to the trachea and large air-passages.

The mucous membranes present the characteristic symptoms of inflammation on examination; there is more or less desquamation of epithelium and leucocytic infiltration of the sub-mucous tissues.

In the chronic forms the membranes become considerably changed; their mucous surfaces become both thickened and roughened, because of the growth of the connective tissue.

DIAGNOSIS.—This may be done by inquiry concerning the

history and the subjective symptoms of the case and by inspection and examination, including a microscopical examination for the presence of tubercular bacilli in the expectoration.

PROGNOSIS.—Adjusting for the relief of the nerves, permitting them to supply tonicity and functional activity and trophic functions to the mucous and sub-mucous membranes of the larynx, trachea, and bronchial tubes, has produced most miraculous results in the many cases that have fallen under the care of the author during the past two years; but some cases improve slowly, more so than most other forms of infection.

Tubercular bronchitis responds much more slowly to spinal adjustment, restoring the boon of normal nerve supply, than do the other forms of this disease.

ADJUSTMENT.—First, downward and including the fourth thoracic vertebræ, according to apparent lesions.

Adjust also the lower cervical vertebra as the lower cervical nerves affect the integrity of the bronchial mucosa.

The treatment of Bronchitis consists also of constitutional treatment and dietetic reform; and also an eliminative treatment as the magnesia sulphate baths, either the full bath or the sponge bath, taken regularly until no more mucus appears on the body from the application of the bath.

Adjustment, to stimulate the nerve supply, and especially an adjustment of the first and second thoracic vertebræ, which may interfere with the integrity of the principal nerve supply to the bronchi, should not be overlooked, as this is the most important nerve supply to the bronchi. By adjustment of the second thoracic alone, we have relieved many cases that have been chronic for years.

A fellow physician called at our office, who had been troubled with bronchitis and a continuous hacking bronchial cough, and for six or seven years he had been traveling through the states of New Mexico and Colorado, trying to find health by climatic change. As soon as we relieved the contractions of the thoracic regions, interfering or involving the second thoracic nerves, this

doctor slept without any coughing or any symptoms of his bronchitis.

After a week's adjustment he was entirely and absolutely relieved. He was convinced, by the quickness of our rational therapy treatment, and is now a practitioner of our science. After several years, there has been no re-occurrence of the bronchial affection.

We know that diet in this case was an important factor, and we are, also, aware that we have not been able to induce this patient to change the diet much. We do not believe it an impossibility that his way of eating may cause a re-occurrence of this trouble.

BUBO.

DEFINITION.—This is an inflammatory process of a gland, generally of the groin, and usually follows chancroid, gonorrhoea, or syphilis. Bubo may be sympathetic, being caused by friction, irritation, or injury, without any specific infection.

PROGNOSIS.—Yields readily to the removal of any interference with the nerve supply by spinal adjustment, either evacuating by suppuration or disappearing by absorption.

ADJUSTMENT.—The second lumbar vertebra.

Calcium and Magnesium Sulphide, known as the double sulphides; one grain every hour for ten or twelve hours to destroy the invasion; and to antidote the poison. Then one grain every four to six hours as a reconstructive.

The magnesia sponge bath, one ounce of magnesium sulphate, to one pint of water, to be repeated as often as necessary. Apply locally, carbolic acid, ten grains; magnesia sulphate, one ounce; water one pint, for a lotion or application. Apply it to the area affected to overcome the inflammation, pain and congestion. It is necessary in some case to open the swelling to induce evacuation of the septic pus formation.

BUZZING IN THE EARS.

This affliction is a direct result of excessive excitability of the auditory nerve, due to a hyperesthetic, over-excitabile state of the auricular and sub-occipital nerves that supply function to the auditory nerves.

PROGNOSIS.—This yields at once to spinal adjustment.

TREATMENT.—Adjust the atlas, usually. (*See disease of the Ear for further information concerning this subject.*)

CALCULI, BILIARY.

(*See Gall-Stone.*)

CALCULI, RENAL.

(*See Gravel.*)

CALF OF LEG.

For any traumatic wound, boils, abscess, or cramping of the calves of the legs, usually adjust the fourth or fifth lumbar vertebra, which will assist in the healing process and in the prevention of the abnormal cramping that often takes place, especially in pregnancy use the magnesia applications to cleanse and to promote healing.

CANCER OF THE SKIN (EPITHELIOMA).

This is sometimes called "rodent ulcer." There are three forms of epithelioma or skin cancer—superficial, deep-seated, and papillomatous.

SUPERFICIAL EPITHELIOMA.

(*Rodent Ulcer.*)

This, in the beginning, is a yellowish-red papule, which is firm for months or years, in which it becomes scaly. Repeated removal of these scales will be followed by excoriation, after which the surface becomes covered with a reddish-brown crust; if this crust is repeatedly removed, we get a raw surface, gradually changing to an ulcer; the ulcer is of irregular outline or margin that is indurated and has a shiny, uneven base, that exudes a bloody excretion.

This ulcer spreads very slowly, sometimes remains stationary, and in some cases spontaneous healing takes place.

It is not painful and does not usually extend to and cause enlargement of the lymphatic glands. An epithelioma has but little effect upon the general health.

This form of cancer is most commonly situated upon the face; it often destroys the eyes and nose and affects the cranial bones.

DEEP-SEATED EPITHELIOMA.

The principal difference in this variety is that the ulcer is deeper than in the superficial form, and there is lancinating pain and enlargement of the neighboring glands. It has much more effect upon the general health of the patient than the superficial epithelioma.

PAPILLOMATOUS EPITHELIOMA.

This begins as a warty growth. The most important characteristic lesions are vesicular, papular aggregations; between these are deep-seated fissures and an offensive discharge.

The general health is impaired, and neighboring glands soon enlarge from metastasis.

ETIOLOGY.—More common in old age; it seems to have an hereditary tendency, and is often produced by local irritation.

It is a well-known fact that smoking excessively is sometimes followed by a cancerous growth.

Cancers seem to be the result of derangement of the trophic nerve supply to the part that is affected, and this abnormality of nutrition seems to be the sole predisposing cause. It is debatable as to whether germs act as a cause of cancer.

PATHOLOGY.—The primary lesion of a cancer is the proliferation of cell tissue.

In the forms of cancer under consideration the cells multiply, due to an excitation of the trophic function of the nerve supply.

Following this cell-proliferation, there seems to be an occlusion of the capillary circulation, due to a compaction of cell tissue, cutting off nourishment, that leads to necrotic processes.

Following this destruction of cell tissue, we have the beginning of an ulcerative process.

Continual growth of the pathological cellular tissues into healthful tissues produces a deeper zone of cancer tissue, that is in turn deprived of its nutrition, causing a continuation of the sloughing process by a continuation of the necrosis.

DIAGNOSIS in this case is comparatively easy. We distinguish the epithelioma from the *Lupus vulgaris* by the fact that the latter may have two or more centers of ulceration; also, the margin of the ulcer is not indurated. The disease progresses slowly, does not involve the bones, and the discharge is small.

PROGNOSIS.—An epithelioma sometimes recovers from excision, provided it is attended to in the early stages. If the nerve supply to the part affected is stimulated and restored, and the normal trophic impulse is regained under spinal adjustment, we have healing in both the primary and advanced stages of this disease. The sharp lancinating pains are relieved immediately after the first adjustment in most cases.

The process of separation of the pathological tissues from the healthful tissues, and the restoration of normal processes of nutrition, are established at once under *rational therapy*.

SPINAL ADJUSTMENT.—Always adjust the nerve supplying the zone affected, in connection with the kidney region adjustment.

After adjustment, give internally the double sulphides; one grain every hour for the first twelve hours, then four to six grains each day until recovery. This will destroy the invasion and recovery will quickly follow.

CANCER, GASTRIC.

DEFINITION.—A malignant growth, of several different varieties, affecting the stomach.

SYMPTOMS.—The general symptoms are those of dyspepsia. In addition, we have some diagnostic symptoms, as a continuous pain and tenderness over the stomach; the patient vomits partly digested food and blood that has been changed into a coffee-ground appearance; loss of strength and loss of flesh is marked; there is extreme anemia. A tumor may be detected if the cancer is of the pyloric end of the stomach.

PATHOLOGY.—(See remarks under Skin Cancer, *ante.*)

Cancer of the stomach is usually primary and the other organs are affected from this primary focus.

PROGNOSIS.—Under medical treatment, and all other known treatments, except spinal adjustment, absolutely fatal; under *rational therapy* to restore nerve supply and to restore normal trophic function to the stomach we get positive results, and in the primary stages quick results and rapid recovery; in the advanced stages recovery comes slowly, and if too far advanced, the case becomes practically hopeless.

TREATMENT.—Adjust the fifth thoracic to the right, and the kidney region or tenth thoracic.

Administer internally double sulphides, one grain every hour, for ten or twelve hours, to destroy the invasion, and one grain every four or six hours as a reconstructive. Magnesia oil may be given internally; dose: One dram, composed of equal parts of magnesia sulphate, water, and half as much glycerine, and sugar in equal parts to antidote the toxic elements and to cleanse the stomach.

CANCER, HEPATIC.

DEFINITION.—A malignant growth in the glandular tissues of the liver.

SYMPTOMS.—Local tenderness, accompanied with severe

pain in the hepatic region. The patient suffers loss of flesh and strength and becomes pale and anemic.

By palpation we find that the liver is enlarged and the surface is more or less nodular. There are usually symptoms of a primary cancerous growth in the stomach.

ETIOLOGY.—Affects males, usually after the age of forty; seems to be hereditary, and may come from traumatic lesions and from gall-stones.

PATHOLOGY.—The liver is hypertrophied; there are numerous grayish or whitish nodes projecting from its surface.

Cancer of the liver is usually a secondary growth, originating in some other organs, generally the stomach.

DIAGNOSIS.—The principal point in diagnosis is to differentiate between cancer and other lesions of the liver.

In hypertrophic cirrhosis the liver is smooth, instead of nodulated, there is no pain. Fatal termination comes on less rapidly, and there is no indication of a primary cancer of the stomach.

In abscess of the liver the trouble is of short duration, and fever results from absorption of toxins.

In hydatid cysts the tumor is elastic or fluctuating; the patient does not suffer with pain, seldom with jaundice; by aspiration we obtain a clear fluid that contains hooklets. The health is preserved fairly well.

PROGNOSIS.—Under medical treatment, prognosis of hepatic cancer of the liver is absolutely fatal; under spinal adjustment, for the relief of nerves and restoration of normal nerve tone, all cases in the primary stages will recover; if too far advanced, it may not be possible to do much for the patient by adjustment alone.

Adjust for the relief of the nerve supply to the liver by applying a thrust to the sixth, seventh and eighth thoracic vertebræ, so as to relieve the nerves upon the right side which supply the liver. The double sulphides should be given internally, as

described above for cancer of the stomach, as they militate against the invasion which is claimed by some to exist.

CANCER, PANCREATIC.

This is a malignant growth that is usually primary, occurring in the pancreatic glands, and is commonly of the cirrhotic variety.

SYMPTOMS.—We have loss of flesh and strength, and anemia is the result of extreme disturbances or digestion.

By palpation we determine the presence of a tumor. The patient suffers from deep-seated epigastric pain, which occurs in paroxysms, especially at night, and there may be symptoms of collapse. The patient may suffer with jaundice, because of the pressure of tumor upon the bile-duct; pressure upon the portal veins may cause a dropsical condition. Muscular fibers discovered in bowel dejections, in the absence of diarrhea, is suggestive of pancreatic cancer, according to Fitz.

ETIOLOGY.—This disease most frequently occurs in males past forty years of age, and is due to interference of nerve supply of the character that disturbs their trophic function.

Pancreatic cancer is usually primary and generally involves the head of the gland.

TREATMENT.—Adjust the seventh and eighth thoracic vertebræ for the relief of the nerve supply which join the pancreatic plexus. Administer internally the double sulphides, same as for gastric or hepatic cancer.

CANCER OF THE INTESTINES.

Cancer of the intestines, as well as cancer of the uterus and all other parts of the body, will always present the characteristic symptoms of lancinating, gnawing pains, loss of strength, anemia, and in the early stages, before sloughing, there is present a tumor formation.

ETIOLOGY.—The universal cause of cancer in all cases is a

grossness of the tissues of the body. It is claimed by some that it may come from gross errors of diet. There is no doubt of a derangement of the trophic functions of the nerve supply producing increased proliferation of the cells of the organ involved; this proliferation of cells is followed by necrotic changes, due to a cutting off of the nourishment through the capillary supply, which are occluded by the excessive cell-formation.

TREATMENT.—We have had some remarkable success giving spinal adjustment for the restoration of nerves to restore normal function and produce a normal healthful condition in the parts that are affected by cancer. This will also produce a separation of the pathological and malignant tissues from the healthful tissues, consequently healing will take place. The author has had some experience with recurrent cancer, after the primary cancer has been removed by operation. One case was that of a lady who had undergone the operation of hysterectomy for the removal of the cancerous growth. After a few months, there was a return of the cancer in the pelvic cavity. The patient had suffered with lancinating pains with a sanguinous discharge, and had lost thirty pounds in flesh. The adjustment in this case was of the lumbar region. After two weeks of adjustment, the patient began to regain her general health and flesh, and at the present writing, more than a year subsequent, she has had no return of any cancerous symptoms whatever.

The pain was removed immediately after the first adjustment. All other symptoms were removed the first week she was under the treatment of spinal adjustment. The second week was given as a precaution to maintain permanent results.

TREATMENT.—Adjust the lumbar articulations.

Administer the double sulphides internally so as to saturate the system, and to destroy the force of the invasion as directed above for gastric cancer.

CANCRUM ORIS.

DEFINITION.—This is a gangrenous, inflammatory ulceration of the mucous membrane of the cheeks in the buccal cavity.

SYMPTOMS.—There are symptoms the same as of general stomatitis, which are marked: the cheek is swollen, hard, red, and glazed externally; there is an irregular sloughing noted on the inside of the cheek; there may be perforation following the sloughing, and septicemia. Pneumonia may ensue, or diarrhœa from swallowing the infectious matter.

ETIOLOGY.—Seems to be due largely to debilitation, and usually affects children from two to six years of age. It may follow some infectious disease.

PROGNOSIS.—It is fairly good under spinal adjustment. First, we can stimulate digestion and assimilation and overcome the weakened and debilitated condition; second, we can restore normal nerve supply to the part affected.

ADJUSTMENT.—The sixth and tenth thoracic and the middle cervical region.

The application of magnesia sulphate and carbolized magnesia solutions will remove the toxic condition.

CATARACT.

DEFINITION.—A cataract of the eye is a condition in which there is an opacity of the crystalline lens.

ETIOLOGY.—The cataract is due to numerous causes, and is more common in middle life and after. The most probable cause of cataract is retention or failure of elimination and consequent infiltration of the crystalline lens.

TREATMENT.—The treatment, in the past, has been that of dessection and removal of the lens, as no remedies have ever been discovered that will remove or cause a dissolution and disappearance of the opacity of the crystalline lens of the eye.

Now in our experience, we have treated successfully by spinal adjustment alone, cases of cataract of the eye even in fairly well advanced stages of development. We have taken patients entirely blind, and within three or four weeks time, have caused the cataract to clear up sufficiently, that the patient could

see to even write us a letter, as a result of spinal adjustment for so short a time.

We received an interesting report of a case cured of cataract by rectal dilation in California. Three specialists had told the patient that a cataract was forming in both eyes, and that they were in the milky stage. The patient begun to use the method of rectal dilation, there was relief of the trouble after one month's treatment and the patient has been free from this trouble ever since.

Magnesia baths and applications over the eyes will assist in clearing up the opacity of the chrystalline lens of the eyes.

Use a saturate solution of common table salt by dropping a drop or two into the eye twice daily. It is claimed by some that this treatment will overcome the opacity of the crystalline lens.

Oil of thuja will also assist in relieving cataract of the eye by causing the absorbtion of the opacity of the crystalline lens. It is used in the same way as the saline solution.

CATARRH.

DEFINITION.—The word "catarrh" means, literally, "to flow down." It is an inflammatory process, attended with an exudation that may affect any mucous membrane in any part of the body; but usually the term is applied to inflammatory conditions of the air-passages. (See Nasal Catarrh.)

SYMPTOMS.—Inflammation and discharge.

ETIOLOGY.—The exciting cause may be an irritation or germ infection that will engender an inflammatory condition. Exposure to irritating fumes or irritating odors and bad colds will produce acute coryza. Repeated attacks of acute disease lead to the chronic forms.

This is a very common ailment and practically incurable by ordinary local treatments, for the reason that the predisposing cause will remain untouched when we treat effects only.

The mucous membrane is red and swollen and attended, except in the primary stages, with a mucous flow that is more or less purulent; in the chronic forms it is of a yellowish color.

PATHOLOGY.—The pathology is that of inflammation, and is a result of hypertrophic cellular growth and inflammatory conditions of the mucous cells and an excessive secretion. By some it is claimed that bacteria are present and that they act as the exciting factors in the production of catarrh, but other causes must prepare the soil by causing a vulnerable condition.

PROGNOSIS.—Catarrh may be relieved by antiseptic and healing applications, but the removal seems to be only temporary in effect, and the return of catarrh continues to appear upon the slightest influence of any exciting cause. This is due to the fact of the lack of tone in the mucous membrane, from the lack of a normal nerve supply, which is not relieved when you treat locally by applying medicine for the relief of the effects of the catarrh.

If you restore the normal nerve supply, you relieve the predisposing cause, and if the proper vital tone is supplied to the mucous membrane, the exciting cause can produce no more than temporary effects, which will not continue for any length of time, but will disappear under the impulse of a normal nerve supply.

ADJUSTMENT.—We may have stomatitis, for which adjust the fifth thoracic vertebra to the left.

For catarrh of the larynx, pharynx, and post-nasal cavities, adjust the fourth cervical, and, in connection, the fifth thoracic vertebra to the right.

For catarrh of the bronchial tubes, adjust the first and second thoracic vertebræ.

For catarrh of the lungs, adjust the third thoracic vertebra.

For catarrh of the stomach, gastritis, or gastric catarrh, adjust the fifth thoracic vertebra to the right.

For catarrh of the intestinal tract, adjust the lower thoracic vertebræ and second lumbar region.

For catarrh of the bladder ,adjust the first lumbar vertebra.

For catarrh of the colon, adjust the second lumbar vertebra.

The magnesia sulphate bath, is an efficient auxiliary method of treatment for nasal catarrh. The candy cure used two or three times per day will cleanse the glands of the mouth and nasal cavities, and conduce to the healing process after the normal nerve supply has been restored by spinal adjustment.

The fruit and vegetable diet should be adhered to strictly in catarrhal conditions, for the reason that catarrh is due to the extra amount of the elimination of the toxic and unused and unusable food elements being eliminated through the mucous membranes. The fruit and vegetable diet prevents the excess of accumulation of the unusable food elements and the consequent by-products.

CARBUNCLE.

DEFINITION.—This is a painful, indurated, circumscribed inflammation that is deep-seated, involving the integument and the deeper tissues.

SYMPTOMS.—The color is dark red; there is pain, and the entire area is indurated; if left alone, suppuration begins in about a week, and the discharge is through several orifices. The most common seats of this malady are the nape of the neck, back, and buttocks.

ETIOLOGY.—Lowered vitality is the predisposing cause, and this may be caused from local lesions of the spinal column or nerves, and may be the result of chronic wasting disease. The exciting cause is a special bacteria producing the development of pus.

Another theory concerning the cause of carbuncles is the presence of toxines, that have accumulated in crystalline form, in the dermal and other cells, which result in boils, and even great carbuncles. As a prophylactic measure of treatment, and also for a cure we should use the eliminative bath, containing

the proper solvent for dissolving the crystals and cleansing the dermal layers of the surface.

For this purpose we use the magnesia sulphate baths, either the full or the sponge bath, and the local application of magnesia solutions or the carbolized magnesia, is also excellent to apply over the area of the carbuncle. The compress wrung from magnesia solution may remain from two to six hours.

PROGNOSIS.—Favorable, if we are enabled to adjust to restore the normal auto-protection. Under adjustment, there is a very rapid separation of the pathological material from the healthful tissues, so that carbuncles may be opened early, and the bacteria, pus, and broken-down tissues may all be eliminated because of the early separation. In most cases it is necessary to lance carbuncles to evacuate the pus.

DIET.—The diet should be regulated; the highly nutritive class of food elements should be eliminated. The medium and low grade foods, especially the fruits and vegetables are best, as a sufficiency of organic carbon is furnished, and their assimilation is not followed by an early decomposition and a consequent formation of toxic elements and crystals of urates.

ADJUSTMENT.—In the early stages adjustment will check the pathological process and abort the further processes of the disease. Adjustment will always relieve the pain and hasten the healing process and recovery. Adjust for the relief of the nerves supplying the zone that is affected.

CEREBRITIS.

DEFINITION.—Inflammation of the brain.

SYMPTOMS.—These are not clearly defined, but resemble those of some acute affections of the brain. The patient suffers with headaches, vomiting, and constipation, and severe nervous symptoms result, sometimes they become delirious.

ETIOLOGY.—This may be a localized or diffused inflammation; it may be due to an injury of the brain or embolism or a thrombosis; it may come from some local infection or from the

toxic effects of ptomaines. It occurs in connection with meningitis.

PROGNOSIS.—Somewhat dependent upon the cause and form of the affliction. In the majority of cases, the recovery should be prompt and early, if we can restore normal circulation by adjustment.

ADJUSTMENT.—Adjust the atlas and fifth thoracic vertebræ.

CEREBRO-SPINAL MENINGITIS.

DEFINITION.—This is sometimes called “cerebro-spinal fever,” and is also called “spotted fever.” It is a severe specific infectious disease, and there is inflammation of the meninges of the brain and the spinal cord.

SYMPTOMS.—The incubation period lasts about a week or ten days. Usually there are no prodromic symptoms, yet the patient may have headache, loss of appetite, nasal catarrh, and severe pain in the back, before the decided stage of invasion.

The onset of the disease is an abrupt chill, which is followed by vomiting and severe pain in the head, back, and limbs. The muscles of the back and neck become rigid and contracted, and the head is bent backward, and the back is straightened. In severe cases the back becomes arched in the state or condition known as “episthotonus.” The mind is soon affected, and delirium is common. The eyes present symptoms of sluggish reaction and unequal dilation in pupils from the effect of the light. More or less strabismus and conjunctivitis are usually present. The patient is very sensitive to sound. There will be more or less twitching of muscles. The nervous symptoms are decidedly marked. The temperature is characteristic, often rising very high, frequently from 104 to 105 degrees. There may be a sudden running down of temperature below normal.

Sometimes death occurs from a sudden rise of temperature to as high as 110 degrees or more, or the patient may die from a decline to a sub-normal degree. Pulse may be rapid or slow; respiration is quickened, and yet, from interference with the brain, we have slow respiration and dyspnoea.

ETIOLOGY.—This disease may appear as an epidemic, and occasionally we have sporadic cases. The specific exciting cause is the *Diplococcus intracellularis*.

PATHOLOGY.—In most cases, the membranes of the brain and spinal cord are greatly congested and opaque. Lymph and pus are found at the base of the brain, especially along the blood-vessels. The posterior surface of the cord is especially affected, and the liver and spleen are engorged and enlarged. The muscles undergo slight degeneration.

DIAGNOSIS.—This is made from the symptoms of pain and contraction along the spine, and decided nervous symptoms.

DIFFERENTIAL DIAGNOSIS.—Typhoid fever is more gradual in onset; the fever is more regular, and also the patient suffers with tympanitis in typhoid.

In articular rheumatism we have inflammation of the joints, acid, sweats, and do not have rigidity and contraction along the spine, as in cerebro-spinal meningitis.

In tubercular meningitis the onset is more gradual, and there is a slight tendency to episthotonus.

PROGNOSIS.—The mortality varies from twenty to eighty per cent, and apparently mild cases prove fatal.

The author has had but a limited experience with this trouble, but from the cases he has observed he can safely say that the mortality in spinal meningitis may be reduced to the minimum, if proper rational treatment is given. If cases are taken at the beginning, we fully believe that all favorable cases will recover.

The complications and sequelæ that are so common in connection with this disease are entirely overcome by rational therapy. Cases that have been left helpless because of severe sequelæ have been restored to normal healthful conditions by spinal treatment in a great number of instances in a comparatively short time, provided the patient is young and not too long afflicted.

TREATMENT.—Adjust the atlas, sixth and tenth thoracic and other vertebræ, according to special findings as a result of careful palpation. We have seen more accomplished with cerebro-spinal meningitis by spinal adjustment than with any other treatment until we began to use more rational methods of treatment.

Spinal adjustment is not a successful treatment, and not palatable treatment in all cases, owing to the intense inflammation of the spinal column and the membranes thereof.

We have found nerve pressure to be an excellent auxiliary method in the treatment of intensely tender spinal columns from cerebro-spinal meningitis. We apply this method of treatment by pressing on the spinal origin of the nerves, beginning at their exit from the spine and pressing gently until we have passed out about one inch from the origin. We successfully press on each spinal nerve at its origin from the head to the sacrum, or throughout those areas where we find the most spinal tenderness. By this method of procedure, we have been able to relieve the tenderness, the muscular contraction of the spine, and to cause a relaxation to take place, and have succeeded in restoring a child to consciousness and to perfect ease within twenty minutes time, after the commencement of the treatment.

Hot applications to the spine are also excellent, especially if the clothes are wrung from a solution of magnesia sulphate. The hot applications when alternated with cold applications are very affective in relieving the inflammation.

Rectal dilation is another excellent and efficient auxiliary method of treatment in cases of cerebro-spinal meningitis. This is due to the fact that the rectal dilation will stimulate the myelin sheath of the spinal cord. Cases have been reported that have entirely responded, and have been permanently restored to health, by the use of the rectal dilation alone.

CHICKEN-POX (VARICELLA).

DEFINITION.—An infectious and contagious disease, common in childhood.

SYMPTOMS.—Sudden onset, slight chill and fever, followed within twenty-four hours by an eruption, appearing mostly on the covered portions of the body.

The eruption appears within twenty-four hours, and vesicles are formed within two or three days; they are shallow and are rarely umbilical and seldom become postular. Duration is about one week, if left alone; or, under the influence of ordinary treatment, the disease is self-limited.

ETIOLOGY.—There are sporadic cases, but this disease usually occurs as an epidemic; attacks children usually, but may attack an adult. It bears no relation to small-pox. It will not affect a child that is in perfect health; therefore, when spinal adjustment restores normal vitality to the parts affected in the early stages, the disease will be aborted. After the disease is thoroughly established, it will be cut short and made to run a lighter course after being given spinal adjustment.

PATHOLOGY.—The principal pathological features are, slight fever and the discrete vesicular eruption.

DIAGNOSIS.—In small-pox the fever is heavy; in chicken-pox it is light.

In small-pox we have lumbar pains; in chicken-pox we do not.

In chicken-pox the eruption occurs within twenty-four hours; in small-pox the eruption occurs the fourth day after the invasion.

In small-pox we have umbilication; in chicken-pox we do not.

The red areola serves to distinguish small-pox from chicken-pox

Small-pox has a secondary fever about the eighth day, which is very high; chicken-pox never has a secondary fever, because the vesicular rash does not form pustules, the absorption of the contents of which causes fever.

PROGNOSIS.—It is always favorable under any treatment. While all the wisdom in the United States could not stop the course of a case of chicken-pox with medicine, we may abort every case, if taken in time, by spinal adjustment.

TREATMENT.—Adjust the fifth cervical and the fifth and tenth thoracic vertebræ.

W. H. Burgess, M.D., recommends the use of the double sulphides in all cases of infectious and contagious diseases, and claims they hasten recovery very greatly because of their militant action against germ invasion. We have had some experience with the use of the double sulphides, but recommend them in infectious and contagious diseases mostly on the opinion of Dr. Burgess.

CHILD-BED FEVER.

DEFINITION.—This is an infectious, puerperal fever, due to septic inoculation.

SYMPTOMS.—Sudden onset and chill, followed with fever. The peculiar characteristic of it is, repeated stages of chilliness, and hot stages followed by perspiration, which is in turn followed by a chilly stage.

ETIOLOGY.—It is a lack of tonicity and normal vitality that reduces all the vital resistance of the organs, and also the exciting cause, which is specific infection. Many a mother is exposed to infection at child-birth, but many are not affected. Normal auto-protection will certainly protect in any case.

PROGNOSIS is grave, unless early and proper treatment is given. Under proper spinal adjustment the fever is reduced and chills are stopped, and all indications of septic infection and nervous lesions disappear as if by magic, because of the restoration of the normal vital energy, and consequent autoprotection.

TREATMENT.—Adjust the lumbar region, especially the fourth lumbar vertebra.

The magnesia sulphate baths, and also the magnesia sulphate compresses, and the double sulphides internally, are all called for in child-bed fever.

This is a very serious affection and needs our utmost care and most earnest efforts. The double sulphides are to combat the infection and to overcome their invasion. The magnesia baths are to eliminate and neutralize the toxins.

CHILL.

DEFINITION.—A chill is a sensation of coldness that is accompanied by more or less shivering and shaking; coldness of the surface, and internal congestion.

SYMPTOMS.—The symptoms of a chill depend upon the causes producing it, to a certain extent. The chief symptoms are those of shivering, shaking, pallor of the surface of the body, and a sensation of coldness and the presence of fever.

If the chill is of a pathological nature, there is a more or less anemic condition of the skin, with a goose-flesh appearance; there is congestion of the internal organs, and always a more or less elevation of temperature.

ETIOLOGY.—A chill may be the result of exposure to cold or dampness, or any surrounding that will cause too rapid heat-elimination, provided the heat-production is not in proportion to the heat-loss. The cause of the pathological chill is the same as the cause of fevers which cause the chill, as you never have a chill except you have, both preceding and accompanying it, more or less fever, especially internal fever. It is the fever that causes the chilliness always and in all cases.

PATHOLOGY.—The chill seems to be the result of a peculiar sensitiveness of the peripheral nerve filaments, due to an anemic condition of the surface of the body. There is also decided internal congestion and internal fever.

PROGNOSIS.—The chill may be quickly overcome by adjustment, when this will overcome the internal congestion and remove the feverish condition which causes the chill. The chill of pathological origin is almost universally followed by a hot stage, in which the internal fever increases and comes to the surface; this, in turn, is followed by a sweating stage.

SPINAL ADJUSTMENT.—The proper adjustment for a chill is the sixth thoracic vertebra or “central place” in most cases, in connection with the atlas; but where the chill is the result of some infectious disease, the adjustment will be the same as that for the specific infectious disease.

In all infectious fevers adjust the spinal “hot segment” in connection with “central place” and the kidney region.

Rectal dilation will equalize the circulation of the blood and overcome the internal congestion by throwing the blood into the extremities and the surface, and will thus absolutely overcome a chill in a moment’s time, and we should not fail to remember and to apply this auxiliary method of treatment in cases in which the chill should be controlled and overcome.

CHLOROSIS.

DEFINITION.—Chlorosis is commonly known as “green sickness.” It is a disease usually of young women, and is associated with anemia and with menstrual derangements at the time of puberty.

SYMPTOMS.—There is a greenish tint of the skin, and the appetite is capricious. While there is a pallor of the skin and loss of strength, there is no loss of flesh. The patient is troubled with constipation and often with a tendency to hysteria.

ETIOLOGY.—This trouble seems to come on in connection with changes occurring at puberty. It usually affects females and very rarely males. Impaired digestion, insufficient food, impurities of the air, confinement indoors away from the sunshine, and also a more or less auto-intoxication, are exciting causes. The principal factor of the cause of this disease seems to be lack of the nerve tone to the digestive and assimilative organs and to the organs of regeneration.

PROGNOSIS.—Our experience has been, a favorable and speedy disappearance of all the symptoms and recovery to health, under adjustment and hygienic precautions.

ADJUSTMENT.—The atlas and the fifth thoracic vertebra,

and other adjustments, as indications are discovered by palpation.

Rectal dilation is also a very efficient auxiliary method of treatment in cases of Chlorosis, and the patient is soon restored to health by the diligent use of stimulation of the coccygeal ganglion according to directions by rectal dilation.

Magnesia sulphate in 15 grain doses and the eliminative applications and baths are also effective and a helpful method of treatment in this trouble, as this will also increase the nerve tone of the patient.

Concussion of the tenth thoracic vertebra will increase the number of red-cells from 100,000 to 600,000 per cubic c. m., and this is an excellent auxiliary method of treatment for chlorosis.

CHOKING ATTACKS.

This comes from difficulty in deglutition, in which the patient suffers with distress and a sensation of suffocation. It may be due to a constriction of the esophagus, or derangement of the nerve supply of that portion of the alimentary tract. There may be lack of tonicity, due to deficient excitability of the nerve supply, or there may be increased excitability and spasmodic contraction, which may cause inco-ordinated reflex action.

Difficulty in swallowing may be due to aneurysm of the aorta, affecting the esophagus or pressing upon and narrowing or obliterating its passage.

TREATMENT.—Adjust the lower cervical and upper thoracic vertebræ, down to and including the fifth. Concussion over the seventh cervical vertebra, especially if the difficulty in swallowing is due to an aneurysm. Magnesia sulphate baths to increase the nerve force or nerve tone is an excellent method of treatment to use in some forms of dysphagia.

CHOLERA, ASIATIC.

DEFINITION.—This is an acute, infectious, and malignant disease, and is generally epidemic.

SYMPTOMS.—It is characterized chiefly by vomiting and

purging of serous rice-water evacuations, which contain the *comma bacillus* of Koch. There is painful cramping of the abdomen and a marked stage of collapse.

ETIOLOGY.—Cholera originates in India and spreads from thence to other parts of the world. The cause is the *comma bacillus* of Koch, which is a rod or S-shaped bacillus. The transmission of the germ of this disease is not carried through the air, but chiefly through the drinking of water, or passed from one patient to another by food-stuff, and maybe the patient becomes infected from having soiled fingers.

PROGNOSIS.—While it is generally unfavorable, with a mortality of probably fifty per cent, under ordinary treatment, we believe that under *Rational Therapy* the mortality may be very much reduced. We have had no experience in this matter, but base our opinion upon our knowledge of the power of the system to resist and escape this disease and on its power to throw the disease off, if there is proper tonicity of the alimentary tract, which may be induced by means of our *rational therapy* methods.

If Nature unaided can battle with this infectious trouble successfully in some cases, we believe that adjustment to restore normal tone to the parts affected by this disease will make the prognosis favorable in most cases.

TREATMENT.—Adjust the sixth and twelfth thoracic and second lumbar vertebræ. Remember especially to adjust the spinal "hot segment" and other vertebræ, as palpation may indicate.

Rectal dilation is an auxiliary and an effective method of treatment of Asiatic Cholera. The internal use of the double sulphides and the oil of magnesia are also effective remedies.

The magnesia sulphate baths should be used also in the treatment of asiatic cholera. Apply the warm magnesia compresses over the abdominal cavity and repeat often to allay the inflammation which is present.

CHOLERA INFANTUM.

DEFINITION.—This is an acute disease of childhood, characterized by fever, purging, vomiting, and collapse.

SYMPTOMS.—Diarrhoea is usually the initial symptom. The onset may be gradual or sharp. The stools are of a serous character; they are very thin, consisting largely of a serous fluid. Vomiting begins early; there is intense thirst; the temperature is very high, and the pulse becomes weak, feeble, and rapid, and the urine is scanty.

ETIOLOGY.—It is a disease of hot weather that is often excited by an improper diet, especially in children that are teething.

PATHOLOGY.—The mucous membrane of the stomach and intestines present the usual symptoms of inflammation; the glands are enlarged and often ulcerated; there is a catarrhal condition in connection with the inflammation that is accompanied by a serous discharge; this is due to a disturbance of the sympathetic nerves.

DIAGNOSIS.—With intero-colitis there is less fever and less vomiting and a more gradual onset of symptoms. The serous discharge is inclined to be decidedly alkaline, as in cholera infantum; there is also a derangement of the pulse and less tendency to collapse in entero-colitis.

PROGNOSIS.—Under medical treatment, the prognosis is doubtful. Many cases collapse and die in from one to three days. Under *rational therapy* methods, the prognosis is more favorable. By spinal adjustment, we relieve the interference with the nerve supply to the inflamed portion of the alimentary tract, and the process of healing begins at once. A child that has had adjustment is out of doors within a few hours' time, playing in the yard. It is remarkable how quickly they respond to spinal adjustment and other rational methods.

PROGNOSIS is good in every case under rational therapy methods.

TREATMENT.—Adjust the tenth thoracic and second lumbar vertebræ.

Rectal dilation is also an effective and efficient auxiliary method of treatment for this trouble. Also, we may control the

trouble at once by rectal dilation and rectal stimulation. Adjustment, however, ordinarily controls this trouble at once.

Oil of magnesia given internally is also an effective remedy to cleanse and overcome the septic condition of the bowels, which is responsible for the irritation and inflammation, causing the excessive glandular exudation and bowel discharges and diarrhœa.

The warm epsom compress over the bowels is also an excellent auxiliary method. Adhere to the fruit and vegetable diet until complete recovery and after to avoid any recurrence.

CHOLERA MORBUS.

DEFINITION.—This is an acute disease that resembles Asiatic cholera; it differs pathologically by not being excited by the *comma bacillus* of Koch.

SYMPTOMS.—Severe cramps in the stomach and bowels; there is purging and vomiting; there may be little or no fever, but great prostration. If the case continues, the discharge becomes severe and symptoms of collapse develop.

ETIOLOGY.—It is more common in the summer, and it is generally excited by improper diet; sudden change of temperature also is an exciting cause. It is supposed by some that this disease is induced by the ptomaines of a special bacillus.

DIAGNOSIS.—Usually there is a history of dietetic indiscretion; the severe cramps of the stomach, bowels, and legs, vomiting, and the serous-discharge, and the absence of a history of exposure to Asiatic cholera.

PROGNOSIS is favorable, death rarely occurring. Duration is from twenty-four to forty-eight hours. Hot fomentations to the abdomen are very helpful. Under spinal adjustment to relieve the pain and cramping, convalescence will occur in from one to three hours, relief in a few minutes' time.

Rectal dilation is an effective auxiliary method of treatment to use in overcoming Cholera Morbus. Also spinal adjustment of the kidney and lower bowel place is an effective method of overcoming this trouble.

The magnesia baths and the magnesia oil given internally is also helpful, and the carbolized magnesia sulphate warm compresses applied over the bowels or abdominal region, will give rapid and excellent relief.

Concussion over the eleventh thoracic spinous or transverse processes will relax the bowels, and relieve the spasmodic cramping.

CHOREA (SAINT VITUS' DANCE).

DEFINITION.—This is a nervous affection, occurring in children mostly; it is characterized by jerking movements of muscles, which increase under excitement, and which may disappear while the patient sleeps.

SYMPTOMS.—At first there may be restlessness, or the child may be awkward in its movements; it cannot remain still, and is constantly moving, constantly raising its shoulders, twisting its fingers, shuffling its feet, and jerking its head. The symptoms come on slowly, and often the disease is not recognized. The child is considered “figety.” This disease may affect the upper and also the lower limbs, and produce involuntary movements so rapid and severe as to render the child unable to dress itself, or unable to walk with a natural gait. If the facial muscles are involved, the expression becomes grotesque; it may affect swallowing and induce jerking spells. These involuntary actions become worse when the child's attention is called to them, and may subside entirely during sleep. From any kind of excitement, the manifestations of the disease are increased, and the general health of the child is more or less run down; the mind is weakened, and we often detect murmurs of the heart's sounds upon auscultation.

ETIOLOGY.—It is usually a pathological condition of the nervous system, affecting the involuntary action and the inhibitory control. There is present undue excitability of the nervous system and of the reflex movements; sometimes induced by pregnancy, and seems to be caused by extreme mental emotions, as grief or fear.

PATHOLOGY.—Chorea is caused by a neurotic condition; it is nothing more or less than a derangement of the nerve function which always affects the integrity of the heart. There may be cardiac murmurs and alterations of the valve from the endocarditis.

DIAGNOSIS.—The recognition of Saint Vitus' dance is easy because plainly visible.

PROGNOSIS.—Simple chorea may recover of its own accord in a few months' time; relapses are not infrequent; death, in rare cases, may result from heart complications. The weakened mental condition and chronic chorea are the more grave of the possible sequelæ. Electricity and medical treatment have not proven satisfactorily successful in the cases that have fallen under the attention of the author, while the worst cases of the chronic forms of chorea have yielded promptly to spinal adjustment. The author has seen treatment by spinal adjustment tested in a number of cases, with success in every case, in from two to six weeks' time.

TREATMENT.—Adjust usually the atlas, "central place," and the lumbar region.

Spinal adjustment is usually efficient and a sufficient method of treatment in the majority of cases of chorea. If the patient's trouble does not yield, however, to spinal adjustment, remember that rectal dilation is an auxiliary method that will produce excellent results in the treatment of this disease; and after spinal adjustment, may have failed to produce results, the patient may recover rapidly by the combined use of spinal adjustment and rectal dilation. We should enjoy an unusually uniform success in the treatment of chorea by the use of both methods.

Chorea associated with anemia, may be helped by concussion of the 10th spinous process.

CHORDEE.

DEFINITION.—This is a result of the inflammation caused by gonorrhœa, consisting of painful erection and a downward curvature of the penis.

SYMPTOMS.—Pain and downward curvature and inflammation of the urethra.

ETIOLOGY.—The gonococci and the inflammation they produce in the mucous membranes of the urethral tract limit the lengthening the urethral canal as the corpora cavernosum expands during the erection of the penis.

PROGNOSIS.—Good, under *Rational treatment.*

TREATMENT.—Adjust the kidney place and lumbar region.

The internal use of the improved double sulphides is also an effective auxiliary method in the treatment of Chordee, as it overcomes the bacterial invasion resulting from the gonorrhoeal infection, a la Burgess.

CIRRHOSIS OF THE LIVER.

DEFINITION.—This is a disease of the liver, characterized by a peculiar reddish color and an increase and thickening of the connective tissue of this organ.

SYMPTOMS.—Congestion of the stomach and intestines from obstruction of the portal circulation. The tongue is coated; there is anorexia and distress after eating, sometimes vomiting; constipation; and the urine is of a dark color. The patient sooner or later has trouble with ascites and swelling of the limbs and feet; there may be hemorrhage of the stomach and bowels; the spleen is enlarged; the liver is at first enlarged and later it becomes contracted; there is jaundice often, and a peculiar appearance of the skin. The patient is usually troubled with insomnia, headaches, and the loss of flesh and strength; in the later stages the patient suffers with delirium and convulsions, which are due to a disturbance of the nervous system, as a result of an auto-intoxication.

ETIOLOGY.—This disease is due to a derangement of the trophic functions of the nerve supply that is induced often by alcoholic drinks. It may follow as a sequela, as in malaria, syphilis, etc.

PATHOLOGY.—We have both atrophic and hypertrophic cirrhosis. In the former variety we have, first an increase in size, and subsequently a decrease, in the size of the liver; while in the latter variety of the disease the liver is large, smooth, and firm. The disease may last one or two years, or it may terminate by convulsions suddenly at almost any time.

PROGNOSIS.—This depends upon the stage of the disease at the time of the commencement of rational treatment. In the early stages, and even up to advanced stages, cases have responded nicely, to spinal adjustment, in most of the cases under the observation of the author during the past few years. The time of recovery depends upon the extent of the organic changes that have taken place within the liver. In the early stages of this disease the recovery is rapid, while in the later stages you can stop the pathological process; but it requires time to improve the organic condition, and in the advanced stages this cannot be done; you can only stop the pathological changes from developing further.

TREATMENT.—The diet should be adjusted so as to cut off the supply of those elements which decompose and form toxines and crystals of urates in the blood. Use exclusively, a low fruit and vegetable diet.

The magnesia sulphate applications and baths will assist nature materially in the cleansing and healing processes.

Rectal dilation has a decided effect upon the general circulation and also upon the condition of the liver and portal circulation, and is an excellent auxiliary method of treatment.

Adjust the sixth to the eighth thoracic vertebræ for the relief of interference with the nerve supply to the liver, which is necessary to the restoration of the untrient supply and the stimulation of the process of resolution.

Concussion, in case of hypertrophy of the liver, should be given over the origin of the nerves, which supply the liver, and over the spinous processes of the upper three lumbar.

CLAP (GONORRHEA).

DEFINITION.—Clap is generally understood to be a specific infectious inflammation of the urethral tract, and is the result of sexual indiscretion.

SYMPTOMS.—Intense pain when passing urine, and this disease is attended with mild constitutional disturbances; there is a catarrhal discharge of a whitish-yellow color.

ETIOLOGY.—The specific cause is the gonococcus. The incubation period is about nine days; the disease occurring most frequently between thirty and fifty years of age.

PATHOLOGY.—An intense catarrhal inflammation of the mucous lining of the urethra of males and of the vaginal tract of females, attended by a continuous suppurative discharge. It may affect the eyes or the rectum. Cases of gonorrhœa of the mouth and nose have been reported, but there is a lack of sufficient proof.

PROGNOSIS.—Recovery, under proper treatment, from ten days to two weeks in chronic forms, and from four days to one week in acute cases, under *Rational Therapy*. A mild disinfectant will be very helpful.

TREATMENT.—Adjust the lumbar region, especially the second lumbar vertebra.

The improved double sulphides given internally, to conquer the invasion, according to general directions for so doing, is an effective remedy in the cure of this troublesome infection, *a la Burgess*.

Local injections only heal the mucosa and do not eradicate the invasion and hence never really cure gonorrhœa.

CLERGYMAN'S SORE THROAT.

DEFINITION.—Chronic pharyngitis, with more or less enlargement of the tonsils, accompanied with the symptoms of inflammation, redness, dryness, and swelling. It is due to improper use of the voice while continuously speaking.

SYMPTOMS.—Hoarseness and soreness when speaking.

ETIOLOGY.—Excessive and improper use of the voice, and any irritation, dampness, or unfavorable condition of the atmosphere surrounding the speaker. The excessive use of the voice, or if the voice is not used properly, will not only bring on an irritation of the pharynx and upper air-passages, but will induce a chronic form of clergyman's sore throat that is very difficult to relieve by ordinary methods.

PATHOLOGY.—In this disease, there is hyperplasia of the lymph follicles of the posterior wall of the pharynx, and a hypertrophic condition of the tonsils.

PROGNOSIS.—Good, under *Rational Therapy*. Clergyman's sore throat has been relieved, while the speaker continued to use the voice in public speeches, by taking two or three adjustment treatments per week.

TREATMENT.—The principal adjustment is the fifth thoracic vertebra to the right side and superior.

Magnesia sulphate compresses around the throat at night are also an effective remedy in relieving that inflamed condition of the throat which is responsible for the pathological condition.

The spinal adjustment and compresses both used, will affect a rapid cure in most every case. The patient should learn to use their voice and throat properly to prevent a return of the trouble.

CLUB FEET.

DEFINITION.—This may be an enlargement or a simple malformation of the feet, due probably to prenatal effects or to an interference with the proper growth and development of the fetal extremities, *in utero* because of pressure produced by the fetus being wrapped with the umbilical cord. It may be due to a derangement of the trophic supply, from lack of proper nerve supply, occurring during the life of the child, in the early stages of its development, when the strength is not commensurate with the weight.

Adjustment made to relieve the impingement of nerves to restore normal nerve impulse to the feet, will, in most cases, cause a normal development, even after the child is eighteen to twenty years of age.

ADJUSTMENT.—Adjustment of the lower lumbar vertebræ in connection with massage of the feet; especially such movements as tend to mold the feet into normal shape.

Surgery is another effective and quick way of removing the conditions producing club feet. A subcutaneous section of the tendon should be made; the foot is placed in a condition of over correction, and placed in a plaster paris mould and held for five or six weeks, until the tissues have all adjusted themselves to the new position. In this way the patient's foot is straightened, in the shortest possible time, and left in the most perfect shape.

Orthopedic surgery, in skillful hands, will prove very helpful in the correction of deformities of the extremities of growing children and should be resorted to when spinal adjustment fails to produce satisfactory results.

COLD FEET.

DEFINITION.—Lack of proper warmth in the feet and lower extremities on one or both sides. The diagnostic symptom is the temperature of the parts, which is both a subjective and objective symptom.

ETIOLOGY.—Interference with nerve supply, especially with the trophic action of the nerves, causing lack of the process of metabolism necessary to the local heat-production; it is associated with different chronic diseases affecting the integrity of the nervous system and consequently the circulation.

PROGNOSIS.—Good. The writer has caused the feet and legs and has also caused the hands to become warm from a single adjustment, after they had been cold for weeks and sometimes for years. If the right adjustment is given to restore the normal nerve supply to the parts affected, you will never fail, unless the nerves to the parts are deadened by continuous pressure, so that

they will not rejuvenate even though all interference is removed, or there are permanent pathological lesions of nerve centers, or too much obstruction of the tissues affected.

TREATMENT.—Adjust, for the arms and hands, to relieve the lower nerves of the brachial plexus; for the feet and legs, adjust the lumbar vertebræ, always in connection with the tenth thoracic or kidney place; adjust also the sixth thoracic or central place.

Rectal dilation will warm cold hands and cold feet in a few minutes' time. If the patient fails to respond to the rectal dilation as readily as they should, elevate the hips slightly, thus throwing the blood to the head, and a perspiration will soon break out upon the brow and the feet and the hands will soon become warm.

Arch supports for the feet may cause the feet to remain warm in many cases.

COLIC.

DEFINITION.—Colic is a painful spasm of a mucous canal; the common varieties are: biliary, intestinal, renal, and uterine.

In biliary colic we have intense pain over the liver, radiating to the back and to the right shoulder, this comes on usually after eating; there is usually fever, accompanied with a rigor that marks the onset; the pain is intense; the face is anxious; cold sweats, feeble pulse, and often vomiting. The obstruction of the bile-duct may cause jaundice. If there is a sudden escape of the calculi, the stone may be found in the stools.

ETIOLOGY.—Inflammation of the bile-duct and biliary concretions.

PROGNOSIS.—Favorable.

TREATMENT.—Adjust the seventh thoracic vertebra for biliary colic.

Colic is overcome by the internal use of the oil of magnesia, and also is helped by rectal dilation. Use the warm magnesia compress over the abdominal cavity and also adhere to the fruit and vegetable diet, exclusively and continuously.

COLIC, INTESTINAL (INTERALGIA).

DEFINITION.—This is a painful spasmodic condition of the

intestines; it may result from irritating or poisonous food-stuff, medicine, or fecal accumulation; it may be reflex from diseases of the ovaries, uterus, or liver; it is often the result of lead poison.

SYMPTOMS.—Severe pain of a griping, twisting character that comes on in paroxysms; it is located in and around the umbilicus; the abdomen is usually distended. Severe attacks will lead to collapse. The face and features are pinched; there are cold sweats and the pulse is feeble. This trouble may last for several hours, may subside in a few minutes, and may be relieved by pressure; usually ends after a discharge of flatus.

DIAGNOSIS.—In lead colic a history of the case and the blue lines on the gums and lead in the urine will make the diagnosis positive.

In biliary colic the pain radiates from the liver to the back, to the fifth dorsal region, and to the right shoulder; also jaundice is induced by calculi, and you may find calculi in the stools.

In renal colic there is blood, mucus, pus, or calculi in the urine, and pain radiating down the ureter to the penis and in the intestines.

PROGNOSIS.—Favorable.

TREATMENT.—Adjust the seventh to tenth thoracic and second lumbar vertebræ.

Applications of magnesia sulphate solution in the form of hot compresses over the intestines is an excellent method of relief.

Rectal dilation will also quickly relieve intestinal colic, and cause an evacuation of the bowels.

Use concussion over the eleventh thoracic vertebra to relax and to relieve the spasm present in colic of the bowels.

COLIC, RENAL.

This is usually the result of concretions of urinary sediments that exist or are found in the kidneys. (See Renal Calculi.)

TREATMENT.—Adjust the seventh to tenth thoracic vertebræ and all the kidney region.

COLITIS.

DEFINITION.—An inflammation of the colon.

SYMPTOMS.—Excessive evacuation of a mucous and serous nature; pain in the lower abdominal cavity, and griping and tenesmus, and often a burning pain in the rectum.

ETIOLOGY.—Deficient nerve tone is the predisposing cause, while irritative food-stuffs, some forms of medicine, and in some cases an infection of the amebo-coli and other pathogenic bacteria, are the exciting causes; these causes may, by sensory nerve-irritation, cause a weakening of the nerve tone by reflex excitation of motor nerves, causing muscular contraction, especially of the muscles attached to the processes of the vertebræ at the spinal origin of the nerves.

PATHOLOGY is that of inflammation and excessive mucous secretion.

PROGNOSIS.—Good, if patient has normal recuperative powers.

TREATMENT.—Adjust the second lumbar and twelfth thoracic vertebræ.

Rectal dilation overcomes colitis very quickly and also the results thereof, which is dysentery or diarrhœa.

The internal use of the double sulphides is also an effective method to use in overcoming the infection which is present.

COLOR-BLINDNESS.

DEFINITION.—This is an inability to distinguish colors; it may be partial or complete; most frequently there is a sub-normal perception of the color. Red, green, blue, and yellow, respectively, are the colors that cannot be perceived.

ETIOLOGY.—A deficiency of the delicate excitability of the

optic nerve, due to an interference with the nerve supply from the middle cervical nerves which join the optic nerves, and which supply mostly the power of vision to them.

TREATMENT.—Adjust the fourth cervical vertebra for relief of interference with the fourth pair of cervical nerves.

COMA.

DEFINITION.—A state of unconsciousness from which the patient cannot be aroused.

ETIOLOGY.—Sunstroke and consequent toxic derangement, affecting the thermo-genetic nerve centers; epilepsy and some drugs, as opium and alcoholic poisoning. Coma may come on from uremic conditions, or as the result of Bright's disease, or may be induced by pernicious malaria.

PROGNOSIS.—The treatment depends upon the etiology. For treatment, the patient is referred to the different diseases producing the coma. As a rule, the patient may be relieved by adjustment of the atlas, "central place" and kidney place, or the atlas and sixth and tenth thoracic vertebræ, as this stimulates the nervous system and the skin elimination.

Toxines contained in the system are of two varieties, lethal and exciting. It is the lethal variety that produces the condition of coma.

For a more permanent and sure relief of coma, sponge the patient's body with a solution of one to sixteen of magnesia sulphate and warm water. Continue the sponging for fifteen or twenty minutes, or until the patient comes out of the condition of coma. When the patient starts again to return into a condition of coma, repeat and continue the sponge bath, keep it up constantly until the toxic condition is entirely overcome and the lethal elements are entirely eliminated from the body.

The magnesia sulphate bath will dissolve and remove all the toxic and crystal matters from the dermal and sub-dermal tissues, and in this way give relief, as the different crops of

crystals of urates are repeatedly taken from the body by the magnesia solvent. Continue bathing to keep the patient awake and repeat as often as needed.

CONGESTION.

DEFINITION.—Congestion is an excessive accumulation of blood in an organ or part of the body; congestion may be active or passive, atonic or inflammatory, functional or hyperstatic. Congestion is named from the part that is affected. The more important varieties of congestion are cerebral, spinal pulmonary, hepatic, and renal congestion.

ETIOLOGY.—The derangement of the nerve supply that is often induced by local irritation at the part affected, or there may be a blood stasis, due to lack of nerve tone.

PROGNOSIS.—Good, if proper treatment is administered in time.

TREATMENT.—Spinal adjustment. Always adjust according to the zone affected. For cerebral congestion, adjust the atlas and the fourth cervical vertebræ; for spinal congestion, adjust the sixth thoracic vertebra; for pulmonary congestion, adjust the third thoracic vertebra; for hepatic congestion, adjust the seventh thoracic vertebra; for renal congestion, adjust the tenth thoracic vertebra.

Concussion of the seventh cervical spinous process, will overcome congestion in any part of the body, because of its general influence by exciting vaso constriction of the blood-vessels. Concussion over the spinal center of the origin of the nerve, which supplies the local zone of congestion, should be used in connection with concussion of the seventh cervical vertebra.

Rectal dilation, also, has a very positive and powerful influence upon the circulation of the entire body, and is effective in overcoming congested conditions in any portion thereof.

CONSUMPTION.

DEFINITION.—Consumption means, literally, to “wear away.” This is a wasting away from lack of nutrition; it is a term used commonly to denote tuberculosis and especially pulmonary tuberculosis. (For further treatment of this subject, see Tuberculosis.)

CONSTIPATION.

DEFINITION.—Lack of action of the bowels.

SYMPTOMS.—Costiveness and retention and hardness of the feces and failure of evacuation regularly or as often as is sufficient for health.

ETIOLOGY.—Functional inactivity of the intestinal tract; lack of biliary or other secretions of the intestinal tract; a depletion of the local moisture of the fecal matter by excessive kidney elimination, and a paralytic condition of the lower bowels or colon; also a lack of sufficient fluid elements of the diet and the use of improper diet.

Probably one of the most common causes of constipation is the use of cathartics and the constant irritation of the sensory nerves, producing contraction along the spinal column, cutting off the normal nerve tone to the bowels; this destroys the excitability of the nerves, increasing the paralytic condition of the bowels and consequent lack of peristalsis, thereby producing constipation.

DIET.—If you eat regularly of a diet that is concentrated and that is completely digested and assimilated, you will be more or less troubled with constipation, because there is not enough indigestible or waste material left to stimulate the lower bowel to action.

DRESS.—Tight lacing, that will compress the viscera of the lower part of the body, and thus interfere with the normal peristaltic action of the bowels, will cause constipation.

DRUGS.—Pills or cathartic medicines of any kind will excite an increased action of the bowels when they are first employed,

but these remedies are no doubt the cause of nine-tenths of all cases of constipation. Pills first excite, reflexly, an overaction of the secretory cells and cause an increased mucous flow into the bowels.

(2) They reflexly excite an increase of the contraction of the muscular walls and thus increase the peristaltic movement of the bowels.

(3) They ultimately deaden the acute sensitiveness of the sensory nerve-filaments ending in the bowels and thus they lessen the reflex action and the purgative effects of the medicine employed.

(4) Larger doses soon become necessary in order to obtain any response, or we are compelled to change to some other medicine or bowel excitant.

(5) No person can use pills or cathartics of any kind habitually, without sooner or later acquiring a genuine case of constipation.

(6) No person can take any kind of a pill or purgative medicine in effective quantities for any length of time without becoming constipated as a result.

Conditions Existing in Cases of Constipation.

LIVER.—It may not be acting properly. The amount of bile secreted to lubricate the bowel contents may be deficient in quantity.

THE KIDNEYS.—They may be acting too freely and thus robbing the bowel contents of a proper and sufficient amount of liquid.

THE BOWELS.—They may be in an atonic condition and lacking in peristaltic movements necessary to move the bowel contents along. This is due to a lack of nerve impulse to the muscular layers of the bowel walls. There will be a lack of mucous secretion also and an anemic condition.

OBSTRUCTION.—Constipation may be due to pressure on the bowels, as in the case of retroflexed or retroverted uterus,

because of the fact that this pressure will more or less occlude the lumen of the bowel and diminish the peristaltic movement.

HOW TO DETERMINE.—Formerly I was taught and believed the poor liver was responsible for about all the cases of constipation, and it is a shame how the liver is continually doped for constipation by the medical profession. These poisons are supposed to act upon the liver and cause an increase of its action and of its secretion.

From my present experience, I can now see quite clearly the fallacy of the facts (?) that I was formerly taught, and can understand clearly why medicines fail to give results, but on the other hand, increase the difficulty. We have ever failed to cure cases of genuine constipation by the use of drug medication. It is time to try something else.

The liver not only furnishes liquid to soften the bowel contents but it also furnishes pigments which color the bowel contents to a dark green or very dark color, so, by the color we may determine if the liver is active. If the liver is not active and secreting sufficient bile the bowel matter will be of a light color or clay colored.

Kidneys.

If the kidneys or skin are too active in the elimination of the liquid portion of the bowel contents, then the fecal matter will be dry and hard. In such cases we find a costive condition which continues to exist.

If the liver is acting normally and secreting the proper amount of bile to lubricate, soften and color, the bowel contents, and if the kidneys are not over-active, we may still have constipation from the lack of peristaltic action of the bowels.

(1) If the fecal matter is highly colored we may know that the bile secretion is abundant.

(2) If the bowel contents is sufficiently soft and mixed with a proper amount of liquids, then the bowel is not being robbed of its moisture by the kidneys.

(3 With the above conditions existing, we know that neither the liver nor the kidneys are at fault, and we may also be assured that the constipation is due to a lack of peristaltic action and an atonic condition of the lower bowels, in the majority of cases.

Special Method of Diagnosis.

A thorough examination of the spine by palpation to determine if there is any interference with the nerve supply to the liver, to the kidneys, or to the lower bowels will assist you in differentiating the etiological condition that exists in any case of constipation.

Women are most noticeably affected by chronic constipation and its many consequences or complications. The hardening of the accumulated mass of fecal matter by its pressure on the womb causes a congestion of the blood supply, weakens its support and is frequently the cause of prolapsus (falling of the womb) with uterine complications, bringing continual distress to the sufferer and causing reflex nervous disturbances which are peculiar to the female sex.

We do not advise the regular use of rectal injections, as this practice tends to disturb the normal flow of blood to the parts, deprives the bowel of its natural secretions and thus helps to establish a chronic state of weakness of the bowels instead of reproducing strength and nerve force. Many cases of constipation, however, will receive great temporary relief and benefit by the injection of two or three quarts of warm water once daily or every second day during the first two weeks of the treatment. The object of this is to unload the impacted colon and to quickly relieve the system of the poisonous influence of retained and decomposing waste material which is as dangerous within the body as it is offensive after being expelled therefrom. For this purpose may be used an ordinary fountain syringe.

Folly and Danger of Using Cathartics and Nostrums.

When we understand the causes and effects of constipation we can realize the utter folly of resorting to the use of cathartic

and purgative pills and nostrums, which cause further distress to an already weakened system. "Throw physic to the dogs!" says Shakespeare, but Josh Billings aptly adds, "Where will you find a dog that will take it?" The only logical treatment for costiveness and the only treatment that can give any permanent relief is that which will supply the necessary nerve force and muscular strength to the entire alimentary tract.

Treatment.

Medicine, instead of being a cure for constipation, is only an excitant producing transient effects and is the cause of at least nine-tenths of the cases of constipation at the present time.

Changing to proper diet is often helpful in stimulating the bowels to a normal condition. Sometimes the removal of corsets or any tight clothing may remove interference with the normal peristaltic movements of the bowels.

Regulations of Habit.

The habit of drinking water before breakfast is often very helpful.

Suggestion will sometimes be helpful in getting the bowels to move. A fellow physician of this city had a patient he had given the usual rounds of medicine until nothing would act satisfactorily any more.

He decided to try suggestion. Some three weeks in advance he told and impressed upon the mind of his patient that there was one very powerful medicine that he had not yet given her, because of the terrible drastic purgative effects. He told her that she could hardly stand it. This suggestion rested upon the mind of the patient heavily for three weeks. She then returned and decided to take the powerful medicine as she was thoroughly discouraged with all other medicine she had tried.

The doctor had prepared some placebo or bread pills that he gave her, at the same time cautioning her to be very careful and watch the results. During that night after she had taken the bread pills the doctor was called and it was necessary for him to go to her home to relieve her terrible purging.

Another example: A certain gentleman living on a farm, was often given cathartic tea by his mother when he was growing up. As a result of the use of the cathartic he became greatly constipated. He decided to try auto suggestion. He would work his mind or imagination for about half an hour and in this time could obtain a normal action.

But he noticed that the longer he used the auto suggestion to stimulate his bowels to action, the more quickly it obtained the results until finally if he thought of his bowels moving, he had hardly time to reach the toilet.

Our Method.

We relieve constipation. The nerves from the seventh and the eighth pairs of dorsal nerves from the right side of the neural canal, supply the liver, principally through the solar plexus of the sympathetic system.

The tenth to twelfth pairs of spinal nerves furnish most of the nerve supply to the kidneys and are responsible for its normal action, and also for skin action. Nerves as low as the second lumbar affect and control the action of the colon.

If there is any settling of the spine in these regions or if there is any contraction of the ligaments of the spine drawing the vertebræ together, the free and normal nerve supply will be interfered with. Thus the liver, kidneys or lower bowels may be affected.

Where there is settling we loosen up the spine. Where there is a contraction of the ligaments we overcome the same by thrusts properly given. In this way we open up the passage way for the transmission of the nerve impulse and vital forces, from the brain to the organ or organs that may be effected.

This we find restores the normal function that will engender and maintain functional activity to these organs and in this way we remove the existing cause of constipation when all other plans or methods fail to give results.

Our method consists of instruction as to diet as well as spinal adjustment to remove interference with the action of the

nerves to parts involved and we can show many, many statements of patients whom we have adjusted successfully as to results, when no other method would give relief.

In some cases, the spinal adjustment is not effective in overcoming constipation; in such cases other measures should be resorted to.

Rectal dilation is a very effective method in overcoming the lack of peristaltic action and the constipated condition that is found in most cases of constipation.

There is no method of treatment by which you can excite a more positive influence upon the alimentary track and its accessory organs, than by stimulation of the coccygeal ganglion, which is best done by rectal dilation.

Constipation is also helped by the administration, internally, of the oil of magnesia which is made by adding together equal parts of magnesia sulphate and water, with equal parts of glycerine and sugar, the solution may contain twice as much of the water and magnesia as of the sugar and glycerine. A teaspoonful, three times a day before meals, is an effective remedy and will help in overcoming the condition of constipation, and the rectal dilation and adjustment overcomes the conditions causing it in most cases.

Stop the use of purgatives internally, which are the cause of nine-tenths of all cases of constipation. Their relief is only temporary, and the results are sure to make the trouble worse.

The magnesia sulphate full bath is an excellent measure for constant use in the treatment of constipation.

The fruit and vegetable should be adhered to in all cases of constipation.

Concussion over the eleventh thoracic vertebra is an efficient auxiliary method of treatment, in cases of constipation attended with costiveness.

CONVULSIONS.

DEFINITION.—A convulsion is an excessive spasmodic muscular contraction that may be continuous or intermittent and

may be local or general. The term "spasm" is often applied to local convulsions. We have three varieties of convulsions: first, epileptiform; second, tetanic; and third, hysterical.

SYMPTOMS.—There is present an excessive discharge and a spreading of motor impulses or an inco-ordinated reflex action of the nerve centers, producing a continued or an intermittent spasmodic contraction of muscles; the intermittent contractions are termed "chronic"; the continued contractions are termed "tonic". In convulsions there is usually loss of consciousness.

ETIOLOGY.—Epilepsy may be due to organic brain diseases, which may be produced by injury or by syphilis; to toxic agents in the blood, as alcoholic uremia, or toxins producing any infectious fevers; reflexes from gastric irritation of intestinal parasites; teething, may be caused by some medicines, and by cerebral anemia. Epilepsy may be the result of profuse hemorrhage or deficient heart-action and from drugs acting as heart-depressants; from tapeworms, inflammation of the kidneys, or from congestive chills.

Tetanic convulsions are produced by the presence of tetanic toxins. Spinal meningitis is recognized by pain in the back and fever. Strychnine poison produces contraction of the muscles along the spinal column and especially the posterior portion, causing heavy impingement of the nerves to the heart and lungs; excessive doses kill by completely paralyzing the nerves to the organs that maintain life.

PROGNOSIS.—This depends upon the etiology.

SPINAL ADJUSTMENT.—For convulsions in general, adjust the atlas and the sixth and tenth thoracic vertebræ.

Eliminative magnesia sulphate baths, both the sponge bath and the full bath, are indicated in all forms of convulsions. They overcome the toxins which are produced, and which are accumulated within the system; and the elimination of the irritating toxins will stop the occurrence of the convulsions as soon as the toxic elements are sufficiently removed. Toxines are the etiological factors in both coma and convulsions except that the toxins

present in, and causing convulsions, are exciting in nature, while those causing coma are lethal in their effects.

Rectal dilation is almost a specific method for the successful treatment of convulsions or spasms, because of the influence upon the integrity of the nervous system.

CORYZA (COLD IN THE HEAD).

DEFINITION.—This is characterized by a simple inflammation of the mucous membrane of the nasal cavity, with a running at the nose and a catarrhal condition of the nasal passages.

SYMPTOMS.—Chilliness, sniffing, sneezing, and a watery discharge from the head, which becomes thicker and yellow after two or three days; the eyes are congested, the lids swollen and generally over-charged with tears; there is pain in the forehead and pain or aching in the back and extremities; there is slight fever, thirst, and dryness, and a goose-flesh appearance of the skin, chilly sensation, and loss of appetite.

ETIOLOGY.—Coryza is caused by exposure, especially to draughts of air, which contract the muscles of the cervical region, irritating the nerve supply to the nasal passages, causing an inflammatory and catarrhal condition. The trouble may be induced by irritative gases or dust, or bad colds which act reflexly, causing a nervous derangement of the mucous surfaces of the nasal passages. This disease is also known to be of an infectious nature.

PATHOLOGY.—There is an inflammation of the nasal cavity, and there is hyperplasia of the epithelial cells of the mucous membrane with excessive secretion.

PROGNOSIS.—Coryza is readily relieved by spinal adjustment in most cases.

TREATMENT.—Adjust the middle cervical region in all cases.

Besides adjustment of the middle cervical, we should adjust the tenth and the sixth thoracic vertebræ to overcome that retention, which is occasioned by failure of the free action of the skin.

A magnesia sponge bath, or the magnesia full bath, will break a cold, or stop a coryza almost instantly, by relieving that condition of the skin which leads to retention.

The sugar cure is also an effective way of overcoming and eliminating the toxic elements from the nasal cavities so as to stop the necessity of a coryza in which is carried away those toxic elements, by elimination, through the nasal mucosa.

COSTIVENESS.

DEFINITION.—This is a dry, hardened condition of the fecal matter, caused by a lack of the liquid portion, which may be from want of a proper amount of liquids in the diet, or an excessive action of the eliminative functions of the kidneys.

SYMPTOMS.—The characteristic symptom of costiveness is constipation associated with dry and hard fecal masses.

SPINAL SYMPTOMS.—There is usually found evidence of spinal lesions, which will involve the integrity of the tenth pair of thoracic nerves.

TREATMENT.—Adjust the kidney place (the tenth thoracic vertebra).

Rectal dilation will stimulate the secretions of the mucosa of the intestines, and prove a valuable auxiliary method of treatment, in cases of constipation, in which there is a condition of costiveness.

Adhere strictly to the fruit and vegetable diet in all cases of costiveness and continue so doing for months.

COUGH.

DEFINITION.—A sudden, spasmodic, expiratory expulsion through the mouth, following a deep inspiration and a closure of the glottis.

ETIOLOGY.—Irritation of the upper air-passages, accompanied with supersensitiveness of the nerve filaments supplying the mucous membrane; may be induced reflexly by any irritating

fumes, gases, or particles coming in contact with the mucous linings. The seat of the trouble producing cough may be in the throat, bronchial tubes, or lungs, and sometimes the cough may be diaphragmatic, or from the stomach.

TREATMENT.—Spinal adjustment. For the throat cough, adjust the fifth thoracic vertebra to the right; for bronchial cough, adjust the first or second thoracic vertebræ; for lung cough, the third thoracic vertebra; for the diaphragmatic cough and stomach cough, adjust the fifth thoracic vertebra to the left.

Rectal dilation has a very positive and quick influence upon the bronchial tubes and upon a bronchial cough, also upon lung coughs caused by lung trouble, and this treatment should be used in cases that do not respond to spinal adjustment.

The magnesia eliminative process is also an effective method in overcoming the toxic and irritating elements, that cause the condition of inflammation, and the consequent coughing which troubles the patient in bronchitis and in consumption.

CRAMPS, MUSCULAR.

DEFINITION.—Spasmodic contraction of the muscles.

ETIOLOGY.—Excessive and inco-ordinated reflex action exciting contraction of muscles; local or general throughout the body.

TREATMENT.—Adjust, for cramping in the upper extremities, the first thoracic vertebra; for cramps in the diaphragm, adjust the fifth thoracic vertebra; for cramps in the bowels, adjust the twelfth thoracic and second lumbar vertebræ, for cramps in the lower extremities, adjust the fourth lumbar vertebra; for writer's cramp, adjust the first thoracic vertebra.

CONCUSSION.—For cramps of the heart and diaphragm concuss from the eighth to the twelfth spinous processes to excite the reflex of dilation.

For cramps affecting the stomach, bowels, etc., concuss the eleventh thoracic vertebra to excite the reflex of dilation of the abdominal organs.

The magnesia sulphate baths for removing the crystals and toxic elements in the dermal and muscular tissues of the extremities, will prevent the irritation which excites the reflex contractions and the consequent cramps.

CRETINISM.

DEFINITION.—Lack of physical development from birth and also lack of mental development.

SYMPTOMS.—General lack of development and mental power; absence of the thyroid gland; diminutiveness in size; shortness of the arms and legs and prominence of the abdomen; generally, the face is enlarged and the lips are thick; the tongue is enlarged and protruding. It is commonly supposed that coition during intoxication is the cause of this condition. The lack of internal secretion of the ductless glands is also thought to be responsible for lack of development. Lack of colloid secretion from the thyroids is the most common cause.

PROGNOSIS.—Favorable under adjustment in some cases.

TREATMENT.—Adjust the fifth and tenth thoracic vertebræ.

CROUP.

Spasmodic (False Croup).

DEFINITION.—This affection is due to a spasm of the vocal cords and consequent contraction, obstructing the respiratory tract.

SYMPTOMS.—Generally there is hoarseness, and there may be a cough during the day; at nights the child is awakened from sleep by paroxysms of suffocation; the child has a peculiar, harsh, metallic cough, and, owing to the sense of suffocation, the face is anxious; the nostrils are dilated; the sternocleido-mastoid muscles stand out prominent; the pulse is tense and rapid, and the skin is hot during the paroxysms; the child may suffer with different attacks during a single night and may suffer with repeated attacks on successive nights, while during the day he may appear quite well.

SPINAL SYMPTOMS.—By careful palpation we will find a decided tenderness of the fifth pair of thoracic nerves, especially the one upon the left side of the spinal column.

ETIOLOGY.—This disease usually occurs in young children, but it sometimes occurs in children advanced in years. It seems to be produced by a catarrhal laryngitis and a supersensitive condition of the peripheral nerve-endings of the larynx, which excite undue reflex contraction that obstructs the air-passages.

DIAGNOSIS.—Is made by the distracted peculiar breathing, and peculiar hoarseness of the cough, and a crowing inspiration.

PROGNOSIS.—Always favorable. Hot applications to the throat; a hot bath containing magnesia sulphate; or, if these measures do not relieve, a few drops of coal oil with sugar, as is sometimes used in ordinary practice. But a spinal adjustment relieves this trouble much more easily than the practice of giving any medicine or bath.

TREATMENT.—Adjust the fifth thoracic vertebral spinous process to the right and superior.

Membranous Croup.

This trouble resembles diphtheria, and is relieved readily by adjustment in many cases.

TREATMENT.—Thrust the spinous process of the fifth thoracic vertebra to the right and superior. (See Diphtheria.)

Use the epsom oil, the epsom baths and applications.

CROSS-EYES (STRABISMUS).

DEFINITION.—This is an abnormality of the eye, in which the visual axes do not meet at the desired objective point. This is due to an undue contraction or an inco-ordinated action of the external ocular muscles; it is sometimes brought on in childhood by indiscretion of diet, or it may be brought on by draughts of air blowing upon the child and producing contraction and impinging the nerves that supply the muscles of the eye.

PROGNOSIS.—Good, under spinal adjustment, and by using properly fitted glasses, in most cases without operation.

TREATMENT.—Adjust the middle cervical region and fifth and tenth thoracic vertebræ. Also examine closely for other spinal lesions, which may affect the integrity of the muscles of the eye.

CYSTITIS.

DEFINITION.—Cystitis is an inflammation of the bladder.

SYMPTOMS.—Chilliness, pain and tenderness over the bladder; burning pain in the urethra; there may or may not be fever; there is often nausea; the patient passes water frequently and may do so while asleep; the stream is not ejected with any force, and while it is passed frequently, it is passed in small quantities, and there is almost a constant desire to urinate; in some cases the act is very painful; the urine is not clear, as a rule, but contains more or less mucus and sometimes contains blood; there is pain over the pubis and a burning pain that radiates down the urethra, and the pain may extend into the loin and downward into the perineum.

SPINAL SYMPTOMS.—In all cases of cystitis, we will find that there will be detected, by careful palpation, lesions of the upper lumbar region, involving the integrity of the first lumbar pair of nerves. We will find an approximation of the first lumbar and the second lumbar vertebræ, and a tenderness of the first lumbar pair of nerves.

ETIOLOGY.—There is an atonic condition and lack of control of the sphincter muscles at neck of bladder.

For the predisposing cause of all diseases of this nature, see Bladder Diseases. The exciting cause, most usually, is some form of infection, which may be simply an extension of infection along the urinary tract, as in gonorrhœal cystitis; and it may be caused by exposure to cold and dampness; there may be a tubercular infection, and sometimes cancer is present; cystitis may be caused from retention of urine, followed by more or less

decomposition; then, again, concentrated irritating secretions of the kidneys may cause an inflammatory process to ensue; the *Bacillus typhosus* and other pathogenic bacteria also act as exciting causes of cystitis. In all cases of cystitis there must be a lack of tonicity, a lack of vital resistance of the mucous lining of the cystic cavity. The use of cantharides, copaiba, turpentine, and other irritating drugs causes irritation of the bladder and enlargement of the prostate and urethral structures.

PATHOLOGY.—It is practically the same as an inflammation of other mucous cavities. There is hyperplasia of the mucous membrane and a great increase of catarrhal and mucous excretions and exfoliation of the epithelial cells, which causes a cloudy condition of the urine and the formation of sediment in it after standing.

PROGNOSIS.—Acute cystitis may recover of its own accord; chronic cystitis, under ordinary treatment, has been considered practically incurable; under spinal adjustment for the relief of nerves and for the restoration of normal tonicity, recovery is rapid and sure. In catarrhal cystitis, in which there is no specific infection, very often a single adjustment will restore normal nerve supply to the bladder and afford permanent relief.

TREATMENT.—Adjust the first lumbar vertebra for all bladder troubles, in connection with kidney place when the kidney secretions are in any way responsible for the condition of the bladder, because of their irritating nature.

By adjustment of the first lumbar vertebra, some of the worst cases of Cystitis have responded and recovered. Cases in which the patients were sixty and seventy years of age have responded to treatment after an affliction of fifteen to twenty years of chronic cystitis. The relief follows so quickly after the proper adjustment in most cases as to surprise physicians, who know the stubborn and unyielding nature of chronic cystitis.

The magnesia sulphate baths are also very helpful in the treatment of cystitis.

Rectal dilation is also an effective method, in the treatment

in some forms of Cystitis, and cases of successful cures have been reported, resulting from the effects of this treatment.

DANDRUFF.

DEFINITION.—A waxy and scaly accumulation on the surface of the scalp.

ETIOLOGY and PATHOLOGY.—A disorder of the secretory organs of the skin, in which there is an alteration, especially an increase of sebaceous secretions. According to some authors, the sudorific glands and pores, as well as the sebaceous glands, are involved. The secretions are of an oily, waxy, and scaly formation, which accumulate upon the surface of the scalp.

PROGNOSIS.—Recovery follows the restoration of normal secretory function of the glands, which is caused by restoration of normal nerve supply.

TREATMENT.—Adjust the atlas and fifth and tenth thoracic vertebræ for the relief of the principal nerve supply to the scalp, and for stimulation of the skin action of the scalp.

The magnesia sulphate baths or applications to the scalp three times per day will not only stop the formation of dandruff, but will prevent the loss of hair, that ultimately results, from a condition causing dandruff to exist.

DEAFNESS.

DEFINITION.—A dullness of the perception of sound, or of the reception of the waves of sound, due to the lack of excitability of the peripheral nerve-endings, in the ear-drum and parts of the ear, or the interference with the transmission of sound from external to internal ear. Deafness may be due to a catarrhal condition of the inner ear, causing an interference with the transmission of sound-waves; deafness may also be the result of frequent exposure to loud sounds; the open conduction of sound may be impaired because of destructive and atrophic changes throughout the cochlæ; deafness may be produced as a result of hardening of the ear-wax or may be due to nerve-impingement. (See disease of the ear *ante.*)

PROGNOSIS.—Favorable under spinal adjustment in most cases.

TREATMENT.—The upper three cervical nerves should be relieved by adjustment of the upper three cervical vertebræ. The nerve supply coming from the upper thoracic region and the white rami communicantes joining the gangliated cords of the sympathetic may be affected; usually the superior cervical ganglia and fifth thoracic nerves seem to be the most important nerves supplying the ears. One patient had his hearing restored by adjustment of the fifth thoracic vertebra. For deafness from ear-wax, adjust the atlas to relieve the suboccipital pair of nerves.

The candy cure is a very effective remedy for deafness if practiced three times daily for a time sufficient to overcome the congestion and the toxic condition of the regions of the head, and the consequent interference with the nerve tone and conditions of the organs of the internal ear.

Magnesia compresses about the throat will also be a helpful measure, in the treatment of deafness, because of the elimination caused thereby.

Rectal dilataion also effects deafness, in some cases, by restoring the normal circulation to the head region. The normal circulation will sometimes restore the normal healthful condition and thus overcome that atonic condition and deafness.

DENGUE.

DEFINITION.—A zymotic disease, resembling intermittent fever, but is more severe.

SYMPTOMS.—It is characterized by racking pain in the head and eyeballs, also pain in the muscles of the back and limbs; there is a catarrhal inflammation of the mucous surfaces that are exposed to the air; loss of appetite; chilliness and lassitude; duration, from one to four days. The fever and other symptoms diminish after three or four days; then the symptoms return and with them a general eruption occurs, which may resemble scarlet fever, measles, or nettle rash.

ETIOLOGY.—This disease is not common. Quite extensive epidemics have occurred in some of the Southern cities of the United States. It is claimed to be both infectious and contagious; it is therefore due to specific origin.

PROGNOSIS.—The disease is seldom fatal, but usually there is slow recovery under the common treatment. Spinal adjustment relieves almost immediately, even after the first adjustment, if the right nerves are relieved.

TREATMENT.—Adjust the fourth to tenth thoracic vertebræ, according to indications, detected by palpation.

The magnesia sulphate baths will open the pores of the skin and cleanse the dermal tissues, and thus prove an efficient auxiliary measure.

DIABETES INSIPIDUS.

DEFINITION.—Habitual excessive discharge of urine.

SYMPTOMS.—Gradual increased quantity of pale urine, which is free from sugar; this is practically the only symptom. The amount of urine passed by the patient suffering with this disease is almost incredible; the quantity may vary from five to tens gallons; there are cases in which it is recorded that ten gallons were passed in twenty-four hours. The patient is comparatively comfortable when afflicted with this disease. It is generally considered one of the mildest forms of disease from which a person may suffer. The constitutional disturbances are mild, and the disease has been borne, in some cases, for as many as fifty years.

SPINAL SYMPTOMS.—As the pancreas are involved in diabetes, and as the eighth pair of spinal nerves supply the pancreas, we will find by palpation that there are spinal lesions, causing an interference with the eighth pair of spinal nerves.

ETIOLOGY.—The most frequently observed causes recorded are those of injury to the spinal cord; chronic diseases of the brain; use of alcohol; excessive draughts of cold air; violent

emotions; great pain, and physical exertions may also be associated with the exciting causes; but the disease is generally believed to be a derangement of some part of the nervous system.

PROGNOSIS.—Favorable, in cases not too far advanced, under spinal adjustment.

TREATMENT.—Adjust the atlas and sixth, eighth, and tenth thoracic vertebræ.

Besides spinal adjustment, we should use the magnesia sponge baths and full baths to dissolve the crystals of urates out of the capillary circulation, which crystals are piercing the tubules of the kidneys and causing inflammatory, or an irritated condition, which calls for the excessive drinking, of water to flush them. The internal use of the oil of magnesia, is an auxiliary method of value. Use large local applications of warm magnesia sulphate compresses to the patient at intervals between baths.

Concussion of the seventh cervical spine is helpful in the cases of diabetes, in which there is hypotonia of the pneumo-gastrics.

DIABETES MELLITUS (TRUE DIABETES).

DEFINITION.—Glycosuria, or an excessive flow of urine containing glucose or sugar.

SYMPTOMS.—Excessive quantity of urine containing sugar; great thirst; dryness of the skin; capricious appetite; anemia; drowsiness and coma. The onset is generally insidious; the urine is not so excessive as in simple polyuria, but the specific gravity may be as much as 1040 and 1060; the quantity of urea is increased, and sometimes the amount of phosphates; the reaction of the urine is highly acid and it has a sweetish smell; toward the end of this disease there is a failure of the mental faculties; coma frequently occurs in connection with this disease, and occurs often in the young. This disease is characterized by an extreme degree of dyspnœa of both inspiration and expiration.

SPINAL SYMPTOMS.—As the pancreas are involved in diabetes, and as the eighth pair of spinal nerves supply the pancreas, we will find by palpation that there are spinal lesions, causing an interference with the eighth pair of spinal nerves.

ETIOLOGY.—The cause of diabetes mellitus is abnormal function of the spleen, or especially the islands of Langerhans in the spleen; but the condition and action of the pancreas, especially the production of the internal secretion, is due to a derangement of the nerve supply to this organ.

PROGNOSIS.—The simple and moderate forms of this disease will yield to adjustment, and the restoration of normal nerve supply to the organs affected. The grave forms of this disease can, no doubt, be checked, and the mortality be reduced to the minimum, by spinal adjustment for the correction of the spinal lesions.

TREATMENT.—Adjust the atlas and sixth, eighth, and tenth thoracic vertebræ.

The magnesia sponge baths or the magnesia full baths are also effective in this trouble, and a good auxiliary treatment that will make us successful in cases when the spinal adjustment alone will fail to succeed.

The magnesia sulphate applications over the pancreas and over the kidneys is a helpful measure and should be used.

DIARRHŒA.

DEFINITION.—The term means, literally, “to flow through.”

Acute Diarrhoea.

SYMPTOMS.—Increased action of the bowels; colicky pains in the bowels of a griping nature; purging; nausea, and vomiting; coated tongue, foul breath, and flatulence; headache and loss of appetite; there may be chill and slight fever.

Chronic Diarrhoea.

SYMPTOMS.—In the chronic form of diarrhoea we have

purging, alternating with constipation; there is a greenish-yellow and sometimes nearly colorless substance passed from the bowels, which usually contains considerable mucus and sometimes blood; there is increased thirst and high-colored urine and digestive disturbances after eating, and more or less emaciation.

If the disease is catarrhal, and confined to the small intestines, it is known as "enteritis"; but if confined to the large intestines, it is known as "colitis"; when it affects the rectum, it is known as "proctitis." If the inflammation affects both the small and large intestines the disease is then called Enterocolitis, usually, however, the principal location of the trouble is in the large intestines, or the lower portion of the small intestines.

SPINAL SYMPTOMS.—In all cases of diarrhoea spinal lesions and spinal symptoms may be detected by careful examination by spinal palpation. We may find lesions affecting the integrity of the nerve supply to the liver, kidneys, or to the large intestines. Examine especially the articulation between the second and third lumbar vertebræ.

ETIOLOGY.—The temperature and unnatural condition may be induced by the irritation of undigested or fermented foods, also by poisonous and irritating medicines; it may be produced by bad colds, from liver, kidney, and heart troubles, which may be induced by any temporary condition of the normal nerve supply which permits microbes of the variety known as the *Bacillus coli* to multiply and excite inflammatory processes.

PATHOLOGY.—Is that of inflammation of the mucous linings and rugæ of the mucous membranes of the lower or the large intestines, accompanied with mucous catarrhal discharge, increased peristaltic action, because of the increased excitability of the nerve-endings producing derangement of the reflex peristaltic movements.

PROGNOSIS.—Good in all cases.

TREATMENT.—Adjust the fifth thoracic vertebra to the left, for the correction of digestive derangements and weakness; the tenth thoracic vertebra, to stimulate and assist the kidneys in

the elimination of the proper amount; the second lumbar vertebra, to allay the inflammatory condition and increased peristaltic movements of the lower bowels.

Strict attention should be given to the diet, especially avoiding those food materials which quickly decompose or undergo fermentation.

Rectal dilation is a powerful stimulant to the alimentary tract and a very effective measure in diarrhea and in obstinate constipation, and should not be omitted when we fail to get response by the use of the other methods.

Internal medication is not a successful method of treatment and we find our patients do better without internal medication than when it is used to allay or palliate the condition.

DIGESTIVE SYSTEM, DISEASES OF.

SYMPTOMS.—Indigestion; heaviness at the pit of the stomach; there is dizziness; the tongue is coated and fissured; bad taste in the mouth and bad-smelling breath; sick headaches; flashes before the eyes when the patient stoops; there is a congested feeling in the head as if it would burst; when the patient vomits, the matter is acid and soured.

SPINAL SYMPTOMS.—In all cases of diseases of the digestive tract we find evidence of spinal lesions, causing interference with the nerve supply to the alimentary tract. When the digestive trouble is due to disease of the stomach, then we will find by palpation an interference with the nerve supply to the stomach which is usually the fifth pair of spinal nerves, or the one on the right side.

ETIOLOGY.—Diseases of the digestive system are quite numerous and also a very common ailment. The American people, in their rush in the affairs of life, have acquired the habit of bolting their food, or eating at railroad speed, and this is probably one of the most common causes of the many diseases of the stomach.

Overloading the stomach is another common cause of

its dilatation and derangement; improper diet has also played its part as an etiological factor; eating too frequently and at irregular hours is another common cause of diseases of the digestive system. These exciting causes have a specific action upon the nerves supplying the stomach; they reflexly excite muscular contraction, which interferes with the proper nerve supply to the stomach; the continuation of this process produces permanent contraction of the muscles and ligaments of the spine, permanently narrowing the intervertebral foramen; this, in turn, interferes with the normal nerve tone to the stomach, which causes a decrease of the peristaltic action of this organ and also decreases the strength of the digestive fluids.

Dilation of the stomach is a result of the lack of tonicity of the muscular walls of the stomach and their consequent expansion. Especially when the stomach is habitually overfilled.

As children before nursing, we had no stomach, only a place for one. Little by little the stomach is enlarged as we begin to take larger amounts of food at a time. Many continue to dilate and enlarge their stomachs until they become greatly dilated.

Acute catarrhal conditions of the stomach are produced by poisonous substances taken in the form of medicines, as alkalis, antimony, arsenic, etc.; it may be produced by drinking liquids that are too hot, or by alcoholic irritation. The chronic forms of gastric catarrh are a result of nerve-impingement, produced by the irritation during acute attacks.

PATHOLOGY.—An excessive action from irritation of the glands of the stomach, or a lack of tonicity and consequent decreased secretion of the digestive fluids and inflammation and catarrhal conditions of the stomach; lack of tone of the muscular walls, causing lethargy in the performance of peristaltic movements and also dilation or expansion of the stomach walls; sometimes ulcers and cancers may be present as a result of continued weakness of the nerve supply.

The stomach requires a large amount of nerve force or vital energy to operate its several functions. Where there is a leakage of this force or a deviation of a portion of it to other

purposes, as for quelling or overcoming irritations of those other parts, gastric neurasthenia, commonly called "nervous dyspepsia," ensues. Wherever there is pain in the stomach after eating; windy, watery or sour risings, bloating, and the various symptoms of indigestion that dyspeptics know and dread, there should always be a search of the lower bowel and its orifice for piles, fissures, polipus, ulcers, fistula, tight sphincters that pinch a filament of a branch of the sympathetic nerve, or some irritation that results in waste of nervous energy.

Indigestion is not wholly confined to the stomach, for some parts of the food, as fats and starches, are principally digested in the small intestine after leaving the stomach, therefore the distresses of indigestion may occur lower down. They are due, however, to the same general cause, the deviation of the nerve force from the normal processes of digestion by some irritation or leak.

If the stomach and upper part of the bowels are weak, inactive or out of order, because deprived of a portion of the nerve force required to operate their functions vigorously, and are thus unable to properly digest such food as they should prepare for blood-making that bodily tissues may be fed and renewed, such a dyspeptic state not only subjects the body to a semi-starved or half-fed condition that renders it weak, less productive of accomplishment and less resistant to disease, but it allows disease germs to enter the body by way of the alimentary canal and permits food to remain undigested for hours. Undigested food acted upon only by the heat and moisture of the body will ferment and form noxious compounds, gases and ptomaines which, absorbed into the blood and carried by it to every part of the body, cause, among other symptoms, headache, mental dullness, general lassitude and depression, foul breath, coated tongue, muddy complexion, skin eruptions, Bright's disease and other kidney ailments, serious and frequently fatal fevers, etc. This poisonous material absorbed into the blood overtaxes in various ways the lungs, skin and kidneys to expel it from the body. All the ills mentioned as due to the absorption of poisons due to faulty and inadequate digestion are not usually manifest in the same

person at one time, yet several of them may be frequently associated.

It will thus be seen that peculiar poisons may develop within the body as the result of imperfect digestion of food, due to nerve waste from pelvic irritation, and that every person with rectal trouble or tight sphincters that may pinch some terminal portion of the sympathetic nerve, may, because of the waste of nerve force needed for digestion, develop disease germs and other elements that not infrequently lead to sickness and death.

Auto-intoxication or self-poisoning from the absorption of decomposing foodstuffs that have not been properly acted upon by the digestive organs, or the absorption of poisonous ferments still further along in the bowel that have been permitted to remain there because of constipation due to bowel lethargy from inadequate nerve force explains many diseases and accounts for many deaths.

It should be more generally understood that the inconvenience and distress, the stomach qualms and digestive discord, gastro-intestinal turmoil, cramps, watery or sour risings, belching of gas, unrest, oppressed or disturbed heart action, insomnia, and dreadful caprices and horrors of nightmare, are really the most insignificant and unimportant features of indigestion, and that the real danger lurks behind the condition—the danger of impoverished or depraved blood, of semistarved tissues, of systemic poisoning, of overtaxed eliminative organs, of the entrance of microbes swallowed in food and water that an active digestion and potent digestive fluids would destroy, but which, when once past the gateways to the blood, thrive and multiply.

Few people seem to realize the real dangers of disturbed, deficient or defective digestion or the frequently associated condition of constipation that is usually due to the same inadequate supply of nerve force to the alimentary tract. Health reports and mortality statistics do not give indigestion and constipation as causes of death, because commonly some other disease sets in to work destructive changes, only made possible by the associate dangers of gastro-intestinal inadequacy, and death is accredited to them. So few stop to consider what a great safeguard

against disease a powerful digestion is in destroying germs that in food and water gain entrance to the body through the intestinal tract, and in preventing putrefaction of substances swallowed. Nor do they consider the health value of daily bowel movements in passing out of the body material which if longer retained is quite likely to decompose and generate deleterious and poisonous elements.

PROGNOSIS.—The prognosis is good in all cases, with the exception of malignant tumors that are too far advanced.

TREATMENT.—Adjust the fifth thoracic region, throwing the fifth thoracic vertebra, or spinous process of it, slightly to the left, that you may open the foramen through which passes the nerve upon the left side, the stomach being located upon the left side of the abdominal cavity. Under spinal adjustment, you can eat any reasonable food that you wish and all that you want, after from one to six adjustments.

The oil of magnesia or ten to twenty grains of magnesia sulphate taken before breakfast on an empty stomach will cleanse the stomach and often put it in a condition that it can receive and digest the food properly.

The “no breakfast” plan of treatment is an excellent method to improve the digestion. Missing one meal each day to give the stomach more time to digest, and to rid itself entirely of the previous meal, gives the stomach more time to contract.

When it is dilated back to its normal size. We in this way, will have restored, the normal tonicity of the muscle walls.

The fruit and vegetable diet should be adhered to in all cases of dispepsia.

Fasting, two or three days or a week at a time, will cure many cases of indigestion, and will also quickly overcome unnatural and unhealthful corpulency, and also abnormal tastes that have been developed and deranged. Fasting helps to overcome the habit of overeating, which is a cause of dispepsia.

Rectal dilation having a very decided effect upon the elementary tract, will also effect the stomach, and is an efficient method in the treatment of a great many forms of digestive troubles.

DIET.—The fruit and vegetable diet will be best to adopt, and we should always, in digestive trouble, pay strict attention to the diet. Omit fats, omit sweets, and it is better to use a low form of diet; as the fruits and vegetables exclusively.

The magnesia baths are also a good measure of treatment and in the morning before breakfast, some fifteen or twenty minutes, take ten or fifteen grains of magnesia sulphate into the stomach. This will cleanse the stomach, also neutralize all the toxic elements and make the stomach sweet and clean for the reception and digestion of the morning meal.

DIPHTHERIA.

DEFINITION.—An infectious epidemic disease, generally regarded as of specific origin, and is contagious. The disease was recorded in ancient times, and seems to be on the increase of late years. It is a serious disease because of the mortality following it and the sequelæ which ensue. It is worthy of more than ordinary consideration.

SYMPTOMS.—The symptoms of the catarrhal, croupous, and malignant forms of this disease vary in severity.

Catarrhal Form.

This form runs a lighter course and is attended with less mortality than the other forms. The fever is high, and there is an inflammatory condition of the throat, and the characteristic symptoms of fever, redness, swelling, and pain when swallowing; there is swelling of the glands of the throat and a characteristic whitish or yellowish membrane upon and adhering to the mucosa of the pharynx, nose, and larynx, especially attacking any existing abrasions in the region of the throat.

Croupous Form.

In this form the symptoms are more intensified than in catarrhal diphtheria; the fever is higher and there is more derangement of the nervous system; there is confusion of the mind, and more pain in the throat, with one or more whitish patches;

there is a peculiar offensive odor of the breath; respiration is obstructed; the voice is husky or absent, and the tongue is coated; there is considerable constitutional depression.

Malignant Form.

There is extreme prostration, with an intensification of the foregoing symptoms. The breath is very offensive; the false membrane is extensive; the pulse is weak and slow; the face is sallow; the neck is swollen; and the skin has a sleek and glazed appearance over the swelling.

SPINAL SYMPTOMS.—As the fifth thoracic nerve, from the right side of the spinal column has much to do with supplying the zones affected by the diphtheretic bacteria, we find by palpation, that the fifth thoracic nerve is soon very tender after the invasion or onset of the disease. This is true in all forms of this disease, and in case of attack of croup in its different forms.

ETIOLOGY.—The predisposing cause is anything which impairs the vital resistance of the parts that are affected, as taking cold or catarrhal inflammation, which seems to account for the fact that the disease is more prevalent in cold weather. Diphtheritic germs are found in connection with true croup. The tonsils seem to be the breeding-place for the specific germs of diphtheria; pus-forming germs act in connection with them.

The fact of some irritation and consequent weakening of the nerve supply to the air-passages is the principal predisposing cause, and is proven by the fact that we, by adjusting to restore normal tonicity, can stop the progress of the disease.

PROGNOSIS.—Good, for both rapid recovery and that without any sequelæ. From one to three adjustments, given in from one to two days, have been universally successful in the removal of this disease, when the patient is reached in reasonable time.

The author treated a case of diphtheria while preparing this manuscript. There were throat symptoms and fever when I first saw the patient. I did not make diagnosis of diphtheria,

however; treatment did not relieve much. I was called to the house again, and found a false membrane forming on the tonsils, back of tongue, and pharynx; this and the existence of diphtheria in the city settled the diagnosis. The treatment was then given especially for diphtheria. This was at noon; in the evening, about 8:00 p. m., the membrane of the throat had separated and passed away and the throat was clean, but quite red; the fever was gone; the patient slept well that night and was out the next day; the case having been entirely aborted.

TREATMENT.—Adjust the middle cervical vertebræ and fifth thoracic spinous process, to the right and superior.

Spinal adjustment in the author's hands has proved efficient in all the cases he has treated, but these were few. Will say in addition that diphtheria is both a condition of invasion and a condition of enervation. Besides restoring the nerve tone, especially to the parts affected, we should combat the invasion by the internal use of the improved double sulphides in grain doses every hour, for the first ten hours, afterwards four to six times per day, *a la Burgess*.

Rectal dilation is especially indicated in diphtheria, because of the constitutional lethargy and of the paralysis of the circulation.

Rectal dilation prevents the more common sequelæ as paralysis and cardiac failure.

The rectal dilation alone has been effective in the treatment of this disease, and it is so reported by good authority.

The magnesia sulphate baths, two or three times a day are also an effective measure of treatment. Use also epsom oil and epsom applications.

DIPSOMANIA.

DEFINITION.—Coming from two Greek words, meaning "thirst" and "madness". It is an uncontrollable desire for spiritous liquors. It is generally considered and treated as a disease and it is a disease of the nervous system that is due to a

condition induced by the use of liquor. The only normal way to remove this condition is to restore to the nervous system the proper tone, and to restore to the stomach the natural craving for normal food. The sensibility of the peripheral nerve-endings have been perverted and deadened by the narcotic effects of alcoholic drinks till the regular articles of diet and drink are powerless to exercise any normal impulse or satisfying sensation to the peripheral nerve-endings.

It requires a stronger decoction of alcoholic liquors, as time passes, to excite and stimulate the sensation of the nerve-endings. Spinal adjustment will restore the nerve power and will restore the delicacy of the sense of taste of the peripheral nerve-endings till they are susceptible to the slight stimulation of normal and less irritating food substances, and also the cravings of the taste will be restored to their normal condition, so that the healthy food substances will be relished, instead of the irritating, narcotic, and benumbing alcoholic liquors.

TREATMENT.—Adjust the atlas, for its effect upon the central and general nervous system. The fifth thoracic, for the restoration of normal condition and normal cravings of the nerves, which supply the stomach, in connection with the tenth thoracic vertebra.

The magnesia sulphate baths are very effective auxiliary methods of treatment, and should be resorted to in the treatment of all cases of dipsomania, as the magnesia baths increase the nerve tone, and they relieve and help to eliminate by dissolving the toxins which accumulate in the capillary circulation of the surface of the body, and excite the sensory nerve-endings.

DISEASE, ADDISON'S.

DEFINITION.—This is a disease of the suprarenal capsules that was first described by Dr. Addison.

SYMPTOMS.—A gradual bronze discoloration of the skin, takes place. The skin sometimes changes to a green or blackish color, this affects mostly the exposed parts of the body. There are black spots on the lips and mouth; there is pain in the back at the pit of the stomach; there is dyspepsia, vomiting, diarrhoea,

convulsions, and acceleration of the pulse without an elevation of temperature; the constitutional symptoms are marked; there is great debility and depression of the nervous system.

SPINAL SYMPTOMS.—By palpation of the thoracic region, especially of the eighth thoracic segment we will detect evidence of spinal lesions which will or is causing an interference with the eighth pair of thoracic nerves, as this pair of nerves have the most to do with the integrity of the adrenal capsules.

PATHOLOGY.—There seems to be a chronic inflammation and degeneration of the suprarenal capsules and disease of the sympathetic nervous system.

PROGNOSIS.—Recovery rare; it is almost universally fatal. Under rational therapy, during the earlier stages, the author believes recovery is certain in practically every case.

The condition of the sympathetic or ganglionic nervous system is dependent upon its connection with the cerebro-spinal system and of the integrity of the white rami communicantes joining the ganglionic system. The restoration of the normal nutrient supply and the freedom of the nerves and their transmission of impulse from the brain to the ganglionic system will insure the health of that system and the consequent health of the organs supplied. The normal healthful nerve supply to the suprarenal capsules will promote and maintain the health of these organs.

TREATMENT.—Adjustment of the ninth thoracic vertebra is especially helpful, because of the direct influence due to the ramification of the suprarenal capsules by the ninth pair of thoracic nerves.

Elimination by the use of the magnesia sulphate baths is especially helpful, because of their cleansing effect.

Rectal dilation is also especially helpful, because of the influence upon the circulation and upon the kidneys and the sympathetic nervous system.

**DISEASES OF THE ANKLE, KNEE, HIP-JOINT,
AND FOOT.**

Diseases of the ankle, of the knee, of the hip joint, of the foot—in fact, all parts of the extremities, are affected by the nerve supply coming from the lumbar region. Any traumatic wound or injury to the lower extremities will excite a contraction along the spine at the origin of the motor nerve, which affects the ligaments of the spine, interfering with the nerve supply to the parts affected.

In case of any diseases, of any nature whatever, in the surfaces, the muscles, the blood-vessels, or the bones of the lower extremities, we find the corresponding lesions of the spine affecting the nerves of the lumbar region, supplying the part or tissues that are affected by the disease.

Varicose veins and ulcers, skin eruptions and other diseases, dropsy, enlargements, malformations—in fact, all organic and functional derangements or diseases of the lower extremities, we relieve by adjusting the lumbar region.

TREATMENT.—Adjust the lumbar region, especially the fourth and fifth lumbar vertebræ.

If there is any ankylosis of either of these joints, the magnesia sulphate solution applied by means of compresses continuously for an hour, about three times per day or during the night for some two or three weeks will usually overcome the stiffness of the joint by the solution and elimination of all crystals, which are responsible for the ankylosis. In case of disease of the circulatory apparatus we sometimes use spinal concussion to good advantage.

DISEASES OF THE ARMS.

What was said of the lower limbs above applies with equal force to the upper extremities. All diseases of the arm, elbow, wrist, or shoulder, as pain, neuralgia, paralysis, or diseases of whatever nature, are relieved by restoring the normal nerve supply, which produces and maintains normal organic structure, and also maintains the normal function of the arm.

It is the brachial plexus that supplies the arm, and the adjustment for the organic and functional diseases of the arm

should be for the purpose of freeing the nerves forming this plexus and especially the nerve that is impinged. Probably most of the arm troubles come from an interference with the first pair of thoracic nerves, which contribute largely by forming a principal part of the brachial plexus. We have often relieved arm troubles by adjusting to relieve the second pair of thoracic nerves, which give off the intercosto-humeral nerves, which also help to supply a portion of the arm.

SPINAL ADJUSTMENT.—For diseases of the arm, adjust from the middle cervical down to and including the second thoracic nerves, which may be relieved by throwing the third thoracic vertebra inferior, or the second thoracic vertebra superior.

We enumerate now the diseases of a number of different organs of the body, and in doing so we will, in each case, name the adjustment to affect the nerves to the organs affected; but for further information of the different diseases affecting the different organs, you are referred to that part of this text-book which treats them separately—*e. g.* Diseases of the Bladder. We give the adjustment for you to use, which will apply to any and all diseases of the bladder, because any derangement of the function or any derangement of the organic condition of this organ is due to an involvement of the integrity of the same pair of lumbar nerves.

DISEASES OF THE BLADDER.

The patient is referred to Bladder Diseases and Cystitis.

ADJUSTMENT for bladder diseases is the first lumbar vertebra in connection with the tenth thoracic vertebra, especially if the secretion of the kidneys is of an irritating nature.

Concussion over the centers of origin of the bladder nerves, which are under the ninth thoracic vertebral spinous process, will stimulate the bladder.

Concussion of the fourth and fifth lumbar spinous processes will affect the bladder by stimulating and by exciting the reflex of contraction of the bladder walls.

DISEASES OF CHILDREN.

The treatment of the diseases of children is most important and the treatment given is often maltreatment and detrimental.

First, poisonous drugs administered to children are injurious in many ways, especially do they affect the stomach and also the bowels and often the kidneys, and they check the normal processes of secretion and elimination. For these reasons, children often do better under careful nursing than they do under the treatment of a physician who administers drugs to them.

This is especially true in the treatment of functional diseases affecting children.

Proper medication may prove helpful in the treatment of infectious diseases.

Children are subject to many ailments of the digestive tract, which are due in most cases to errors of diet and the effects of giving drugs. Children often fall victims to different infectious and contagious diseases that are common to childhood days, and they need rational therapy to break these diseases and stop them from running their course. Diarrhœa and dysentery are often due to errors of diet and also, they may be due to an infection of the alimentary tract.

Many forms of bacteria infest the bowels, also small parasites as pin worms and larger worms, as lumbracoid and tape worms, may gain an entrance into the alimentary tract and continue to live in the bowels under favorable conditions.

The appetite may be poor, digestion may be slow and the child may have poor assimilation, consequently they do not grow and develop but are delicate and a ready victim to almost every childhood disease that comes their way. They sometimes are pale and anemic and their auto-protection is low.

Now what is the best remedy for the children? What is it that will correct all these troubles and not poison the children and injure their stomachs?

We have found that in cases of anemia and of poor digestion

and assimilation, that a stimulation of the nerve supply to the stomach and bowels will not only remove all these troubles entirely but will restore to the child a normal appetite, normal digestion and efficient assimilation and robust health.

Children recover remarkably quick under spinal adjustment. The success that we have had in the use of rational therapy methods is most wonderful. In cases of colic of children, and in cases of diarrhoea and dysentery we have succeeded in practically every case in relieving them quickly and absolutely with one or two spinal treatments.

The worst cases of dysentery, summer complaint and cholera infantum, yield to spinal adjustment most readily. If a child has eaten food that is injurious to it we find that spinal adjustment will relieve the abnormal condition of the stomach most quickly.

Infantile paralysis has baffled the skill and knowledge of the best physicians of the country. Medicine, electricity, bathing and all ordinary treatments have failed to reach these cases, but to rational therapy, cases of infantile paralysis, are yielding when no medical treatment will do them any real good.

Any pain and any ailment of any or all kinds, yield to spinal adjustment in practically every case and yield with remarkable promptness.

Children that have been relieved of pain and of sickness by adjustment will cry for spinal adjustment when they feel anything wrong with them. They learn more quickly than grown people, that spinal adjustment will relieve them.

Spinal adjustment positively cannot do any one harm. When any one tells you that spinal thrusts are injurious, you may know that there is one of two things true with regards to such a person, either they misrepresent or they are ignorant; that is, they either do not know what they are talking about on the one hand, or, on the other hand, they are maliciously telling a falsehood to knock, or they have fallen a victim to an incompetent doctor of spinal adjustment.

Below we give you a statement of some cases that we have

treated and some of the results that we have obtained by giving spinal adjustment.

While on the Brazos, the best boat on the Mallory line, plying between New York and Galveston, the author passed the cabin door where a child was suffering with a severe attack of enteralgia and diarrhoea, or rather a case of cholera infantum. The child was passing mucus and blood four and five times an hour and we suggested that we could stop this trouble. In answer the mother said, "If you can do anything for this child, doctor, I wish you would." We laid the child on the mother's lap. We took its heels in the right hand and applied a thrust to the vertebra with the left and to the point where the nerves come from the spine that supply the lower intestines. The child ceased to cry, the bowels ceased to run off, in fact it had but one action during the next twenty-four hours. It was given a drink of water and was fed and the child played on the boat until the end of the journey.

Another case: As the editor walked to the rear of the boat one night he passed the booth of a steerage passenger. A little boy had been crying with toothache for nearly the whole day. An adjustment was given to relieve the nerves that supply the teeth. The relief was immediate. The boy went to sleep and the next morning the mother was waving to the author her grateful expression for the relief that had been given the child.

As the editor left the boat at the Galveston landing, he heard someone calling to him, and on turning he noticed the mother of the child that he had relieved of the severe inflammation of the bowels and diarrhoea. She said, "Doctor, I feel you saved the life of my child. I witnessed you stop sea sickness and I want to know and to remember your name and to always know where you are."

Saint Vitus dance (chorea). A very bad case, thirteen years of age, was badly afflicted with St. Vitus dance. She could not dress herself. She walked with difficulty because of the jerking of her limbs. After two weeks' adjustment her nerves were quiet and the muscles steady. This is a case that electricity had failed to reach and all other treatment had failed to do any good.

Another case, a boy of twelve years of age, troubled with worms, was very nervous and could not sleep well. This child was fully restored and could sleep well after two weeks' spinal adjustment. We restored the digestive fluids to their normal strength so that they were strong enough to destroy the life of the intestinal worms or parasites.

Another case of a little child three and a half years old. It had umbilical rupture and chronic constipation. Four weeks of spinal adjustment restored him to perfect health.

A little girl four years old, sore throat and kidney trouble, relieved in one week's time by spinal adjustment.

A little girl four and a half years of age was entirely stopped from bed wetting in one week's time.

Another case, a baby eighteen months old had chronic and severe bowel trouble. One week's spinal adjustment entirely restored its bowels to a normal condition.

Another case, a boy of twelve years of age, extremely nervous and he was verging on St. Vitus dance. This was caused by a shock from a severe burn over a large surface of the body. The boy could not sit quiet in school and the grades he made in his studies were very low. After one month's spinal adjustment the teacher reported a remarkable improvement in both deportment and in the grades made.

Another case, a little girl eleven years old, had catarrh, and adenoids in the nose, and was unable to keep up with her studies in school. After two weeks of spinal adjustment these growths were expelled. The catarrh was cured. She is now well and strong. The mother states that her health was better than ever before and she is since keeping up successfully at school.

Another child, a boy seven years old, had catarrh very bad and stomach and kidney trouble. He was entirely restored to health by a one month course of spinal adjustment.

Another case, a girl ten years old, had chronic tonsilitis and had been for one year, without relief. She was unable to attend school more than half of the time. After taking spinal adjustment for four weeks she was restored to health and her grades in school were increased.

Scarlet Fever.—The child was taken sick about noon. It was given an adjustment and in a short time all the symptoms of scarlet fever had disappeared. There was but little breaking out and some peeling off of the epidermis. This boy was nine years old and was treated by spinal adjustment.

A case of infantile paralysis. Little ——, age five years, had been a victim of infantile paralysis for three months, unable to use either foot or lower limb and slight use of her hands. After five treatments by the author the little girl could stand alone; after seven treatments she could walk. This was done before a class of doctors, that the editor was instructing in Pittsburg, Pa., during the month of November, 1910.

If you would keep your child in good health and have it develop properly both physically and mentally, or if you would have your child get well of any ailment or disease, have them treated by spinal adjustment by someone who is competent as are most of them.

We have mentioned the above cases to show you the immediate and positive results we may attain by the use of *rational therapy* methods, which will never in any way injure the youngest infant. On the other hand *rational therapy* methods will save the lives of the children in practically every case and will promote their normal development into perfect manhood and womanhood.

The blessing of *rational therapy* to the children of those, whose eyes are not closed by prejudice or ignorance, is the greatest boon, none other excepted, to the young and rising generation.

May the parents, be rational and appreciate the merits of rational therapy and witness success in the treatment of the young and tender children.

DISEASES OF THE EAR.

A discharge from the ear, when it is not accompanied by any marked interference with the ear, is probably the result of an abscess of the external auditory canal. Should the discharge be preceded by a severe earache, and accompanied by decided deafness, and when of long standing, it is probably from the middle ear, in either case the discharge is always due to a process of inflammation and subsequent suppuration.

Abscesses in the auditory canal, such as small boils, are sometimes formed in the walls thereof. They may cause impairment of hearing, but seldom occasion roaring in the ears, which is a symptom that we meet with very frequently in diseases of the ear.

TREATMENT.—After a local measure, the application of heat or heat and moisture is both palliative and helpful. The heat may be applied by syringing the ear thoroughly by the use of tepid water with the syphone or fountain syringe. The ear should be syringed two or three times daily. We should be careful not to use too much force, as the membrane of the ear may be injured or ruptured. Should the discharge be offensive, a carbolic acid lotion in the proportion of five drops to the ounce should be employed. Abscesses of the middle ear and external ear, may be successfully treated and often avoided by loosing up the musculature holding in approximation the upper cervical vertebræ. By this means we remove interference with the upper cervical nerves which join the auditory nerves and also which helps to supply the external auditory canal. The ear may be packed with boric acid and glycerine and in the case of painful affection of the ear, carbolic acid may be added to this solution in the proportion of five drops to the ounce. The carbolic acid will act as a sedative. The hot douche and the vapor douche are all excellent palliative means of treatment when

they can be employed. The ear should be carefully protected from exposure to cold air and to changes from hot to cold surroundings. After suppuration has formed in the abscess, lancing will give immediate relief. The general health should be built up by attention to the diet and exercise and by spondylotherapy methods.

EAR-ACHE.

Ear-ache is a very painful affection and is of more importance than is generally supposed. Inflammation of the middle ear, will cause pain, roaring and ringing sounds and a sense of fullness due to local congestion. This local inflammation of the middle ear may result in decided and permanent impairment of hearing if it is not properly treated.

Small children in many cases suffer with excruciating ear-aches and the principal symptom is obstinate crying. The most common cause is taking cold in the head and ears, and active catarrhal conditions.

TREATMENT.—The best and most effective way to remove the pain and also to relieve inflammation and to stop the pathological process is to relieve and stimulate the upper cervical nerves by relaxing the spinal musculature of this region. The normal nerve supply from the upper cervical region to the external ear directly and to the internal ear will cause resolution to take place in the early stages of all abscesses and inflammatory conditions of the inner or outer ear. The pain is always relieved by relieving interference with the upper cervical nerves. Inflammation or infection of the ear will reflexly cause contraction of the spinal muscles at the point of exit of the nerves from the neural canal. It is this interference with the nerves and impingement of them that causes the pain. This is demonstrated by the fact that relieving the contractions along the cervical vertebræ which approximate them, will immediately relieve the pain of the ear. We have been successful in practically every case of ear-ache in giving immediate relief by loosening up the articulations of the upper cervical vertebræ. We have been able to relieve the pain in the ear and the suffering of the patient in both the

initiatory and advanced stages of the ear affections. Palliative measures may be used and consists of the application of heat or moist heat. The heat may be applied by the use of rubber bags filled with hot water, or flannel bags filled with hot sand, or corn meal. Poultices or hot fomentations may also be used. Whatever the application is it should be made as hot as it can be borne and that should be continued for a considerable time in most cases. The hot douche may be used and is an excellent remedy if used with care. The water used should be as hot as can be borne. An easy and effective way of relieving the sense of fullness or congestion is to cause an elimination through the salivary glands of the mouth. This may be done by the use of a sweet stimulus taken into the mouth and the flow of saliva is also increased by the exercise of chewing. The hot sitzbath, hot foot bath and the hot blanket pack are sometimes helpful by drawing the blood to other portions of the body.

HARDENED EAR-WAX.

Scanty, dry and hard cerumen, or ear-wax is by no means a harmless condition and is often a cause or at least associated with deafness. Hardening of the ear-wax may be a symptom following a chronic inflammation of the middle ear.

ETIOLOGY.—The cause of hardening of the ear-wax is due to a failure of a normal secretion of the glands of the external ear, which is due to an interference with nerve supply or that portion of the nerve supply which comes from the upper cervical nerves. Interference with the nerve supply is due to contracted conditions of the cervical musculature affecting the upper cervical vertebræ. This condition is no doubt due in most cases to a catarrhal or inflammatory condition of the middle ear.

SYMPTOMS.—The most prominent symptoms of hardened ear-wax are, impairment of hearing, roaring or ringing in the ears which may be associated with uneasiness or pain. Wax sometimes becomes very hard, dry and scaly.

TREATMENT.—Probing the ears for the purpose of cleansing them of the hard ear-wax is very hazardous, and may excite

inflammation of the external auditory canal and may rupture the drum of the ear. It is also a bad practice to cleanse the ear with the end of a towel or with a bit of sponge attached to a small round handle. This practice is liable to crowd the wax into the ear. As a palliative measure we may readily remove the hard ear-wax in most cases by the warm ear douche applied by the use of the fountain syringe. Bicarbonated soda may be used and is effective in case the wax is very hard so that the warm water douche is not effective. We may use the Bicarbonated soda by dropping a small lump into the ear which may be pressed down in contact with the wax, after which a few drops of warm water should be added. The above methods of cleansing the ear are only palliative. This condition of hard ear-wax will entirely recover from adjustment of the upper cervical vertebræ.

RINGING IN THE EAR.

TINNITUS AURIUM.—We have a number of varieties of unnatural sounds in the different patients who suffer with different afflictions. Some complain of sounds resembling the roaring of the waterfall, a train of cars, or the rumbling of a carriage in the street. Some patients complain of continuous snapping and crackling sounds. The author has met with one case in which there was a ticking sound in one of the ears that was audible to the examiner by osculation.

ETIOLOGY.—Hardened ear-wax, foreign bodies in the auditory canal, especially in contact with the drum membrane and inflammation of the middle ear, are some of the more common causes.

TREATMENT.—Foreign bodies should be removed, and hardened ear-wax should be softened and removed. Adjustment and the consequent relaxation of the contracted musculature of the upper cervical vertebræ will relieve interference with upper cervical nerves which affect the ear. This will relieve the hardened ear-wax, or rather the condition which causes it, and also relieve the congestion and any inflammatory condition. We have met cases, however, that resisted all our efforts.

INFECTION OF THE AUDITORY CANAL.

The external auditory canal is sometimes subject to inflammation, both by invasion and growth of vegetable parasites of the nature of fungi. The principal symptoms of this trouble are pain, dizziness, congestion, impairment of hearing, with discharges from the ear.

TREATMENT.—The same treatment as has been recommended above should be employed. The hot douche should be carbolized and thus made most efficient in the destruction of parasites.

INFLAMMATION OF THE MIDDLE EAR.

Inflammation of the middle ear will cause ear-ache and acute inflammation of the middle ear is most common in young people. Inflammation of the middle ear may be caused by taking cold in the head or in the middle ear. In after results of frequent and repeated attacks, we have chronic catarrh which sooner or later causes decided and permanent impairment of the hearing. Catarrh of the middle ear is due to the same causes as nasal catarrh. In fact catarrhal conditions are produced by retention of toxic elements which is common when we take colds. The catarrhal condition is an effort on the part of nature to eliminate all toxic elements which are not properly eliminated by the other emunctories.

Catarrhal conditions will effect the pharynx, larynx, nasal cavities, and also the eustachian tube, and middle ear.

TREATMENT.—Local palliative treatment recommended above for ear-ache and abscess of the oral canal will be helpful in the inflammatory conditions of the middle ear. The candy cure because of its depleting influence upon the vascularity of the adjacent regions will relieve the congestion and the catarrhal conditions of the inner ear.

Adjustment of the upper cervicals is very effective in restoring normal function and cellular activity of these parts. It requires persistent treatment, in cases of chronic catarrh of the middle ear, but we find that slowly and surely the ear-trouble is improved.

Catarrh of the middle ear is very assiduous. Persons will often lose the hearing in one ear without being conscious of the same. Many persons who come to us for treatment have had their hearing slowly impaired until they have reached an advanced stage of deafness.

The most important and effective treatment of this disease are the adjustment and the candy cure.

EAR (ROARING IN).

TREATMENT.—Examine for hardened ear-wax, and treat accordingly.

SPINAL ADJUSTMENT.—Adjust the atlas for the relief of the sub-occipital nerves.

CHRONIC CATARRH OF THE MIDDLE EAR.

Chronic catarrh of the middle ear is a serious affliction and is a very common cause of deafness, and is common in middle life.

ETIOLOGY.—It is often the sequela of repeated attacks of acute catarrh of the middle ear. In a majority of the cases which follow after long conditions of nasal and pharyngeal catarrh, both the primary acute and secondary forms of catarrh of the middle ears as well as both nasal passages and the pharynx, is due to enervation of these parts which is due to some interference with the normal nerve supply from the upper cervical region.

SYMPTOMS.—Patients are frequently annoyed with sounds in the ear of a crackling or air bubbling nature. It is generally occasional ringing in the ear and a sense of fullness or congestion. In many cases there is an accumulation of hardened ear-wax. Generally a slight tenderness may be elicited by deep palpation with the finger in the hollow below the ear, between the Mastoid prominence and the Mandibula. Deafness gradually and insiduously ensues if the pathological lesions increase. Often this condition effects one ear and the patient may be surprised by discovering that they have entirely lost the hearing in one ear.

PATHOGNOMONIC SYMPTOM.—A marked phenomena is often observed by persons suffering with chronic catarrh of the middle ear. While riding on street cars, or on a railroad, and while surrounded with noises, they are able to hear some, or even better, than persons with perfectly healthful ears, notwithstanding they may be almost deaf at other times. This is supposed to be due to the powerful vibrations below by noises which set in motion the membranes of the ear which have been thickened and rendered rigid by diseases. If this supposition is correct, we then have an important indication as to the perfect method of treatment.

TREATMENT.—Unfortunately the chronic and advanced cases of catarrh of the middle ear yield to treatment and improve very slowly in the majority of cases, but it has been our experience that we can usually or always stop the progress of disease, and generally under treatment, we note a gradual improvement in the hearing.

In the treatment of catarrh of the middle ear, we should give especial attention to nasal catarrh and the catarrhal conditions of the pharynx and other parts of the throat. The first and most important treatment is to overcome the conditions of enervation by the removal of interference with the nerve supply from the upper cervical region. This may be done by the manipulation described by the author in his work on spinal treatment.

Another very important measure that we may use with excellent results in catarrhal conditions of the middle ear, is that of elimination through the salivary glands which may be done by the methods described in this work in the chapter describing the candy cure.

Alternate hot and cold applications or fomentation cloths or packs applied to the throat will increase the vascularity and stimulate the vital activity, and consequently, under the influence of the normal nerve supply, which has been restored by the process of adjustment or manipulation of the upper cervical region, normal health and function will ensue. The compresses are much more efficient, in the elimination they produce, if the

cloth is wrung from water containing Epsom Salts in the proportion of 1 to 16 or one ounce of Epsom Salts to one pint of water.

Massage of the ear in connection with the upper portion of the cervical region and also massage of the ear drum is helpful in many cases in restoring the circulation of diseased parts.

NERVOUS DEAFNESS.

This has been considered, by those using Bonner's method of treatment, as an incurable affliction. In our experience we find this disease very rare. We have a great deal more interference, with the normal function of hearing, caused by slight impairment or interference with the integrity of the upper cervical nerves which has permitted pathological changes of the histological structures of the auditory apparatus and in this way has caused deafness. The partial and complete nerve interference impairing the integrity of the auditory nerve is more frequently met with than other ailments which impair the hearing.

SYMPTOMS.—Disease of the auditory nerve may be distinguished from other affections which may impair the hearing by the use of the tuning fork. When the tuning fork is sounded, the handle should be placed at the center of the forehead and the sound will be heard more distinctly in the effected ear if the disease is due to catarrh of the middle ear or to hardened ear-wax. If, however, the sound is heard more distinctly in the unaffected ear, then the impairment of hearing is due to disease of the auditory nerve.

TREATMENT.—This disease is most easily and readily helped by relieving interference with the spinal nerves which are responsible for the integrity of the acoustic nerves.

Adjustment and concussion and other manipulation, which will overcome contractions of the upper cervical and upper dorsal region, and by removing interference with the nerves of these regions, which join the auditory nerves, will restore the integrity

of the auditory nerves in almost every case and in some cases the results are miraculous. We may expect and most always witness more phenomenal results in the treatment of such cases than we do in the treatment of conditions caused by histological lesions of the auditory apparatus which results from catarrh, abscesses, inflammations, etc.

PERFORATION OF THE MEMBRANE OF THE EAR.

This is a condition in which the membrane is ruptured or torn by reason of some internal separation or external violence.

CAUSES.—Loud sounds or shocks, as the firing of a cannon, or a violent explosion. A puncture with an instrument used in removing wax from the ear, ulceration resulting from suppuration in the middle ear. The barbarous habit of boxing the ears, or a blow upon the ear may cause rupture of the membrane.

SYMPTOMS.—Accidents causing ruptures generally will cause buzzing of the ear and confusion in the head. In some cases there is a whistling sound heard in the ear when the patient blows his nose which is due to the passage of air through the membrane. The ear speculum is very necessary in making an examination by which we may ascertain the condition of the drum membrane.

TREATMENT.—In a majority of cases rupture of the drum membrane will yield quite readily especially when the puncture is due to a sharp instrument. The pain in the ear which may be occasioned from injury to the drum membrane may be readily relieved by adjustment of the upper cervical vertebræ.

The function of hearing may be improved under the influence of the normal nerve supply which we may be assured will follow our adjustment and manipulation of the upper cervical region.

DEAF-MUTISM.

This affliction is usually congenital. The deaf mute is usually dumb in consequence of being unable to hear the vocal sounds, which prevents him from learning to reproduce them, although his vocal apparatus may be perfectly developed.

ETIOLOGY.—Persons may be born deaf which condition is not a consequence of imperfect development of the organs of hearing. Disease previous to birth may sometimes cause impairment of the auditory organs.

Frequently deafness is the result of disease occurring in infancy or early childhood and which has not been properly treated.

The intermarriage of persons closely related is the frequent cause of deaf-mutism.

TREATMENT.—The treatment of deaf-mutism in the majority of cases is unavailing, yet there are many cases that may be helped, and we have been able to restore people, who were entirely deaf to a condition, whereby they were able to hear sounds sufficiently to learn to talk. The cases in which we have been most successful are those in which the deafness resulted from disease in infancy or early childhood. The pathological lesions following the diseases of childhood are sometimes corrected under the influence of restored normal nerve supply. That portion of the nerve supply which is responsible for the integrity of the auditory nerve may be restored, when it is impaired, by manipulation relieving the contracted condition of the musculature of the upper cervical region, which send white rami into the tympanic ganglia, and the upper thoracic nerves which send white rami by way of the upper stream of white rami communicantes in the gangliated cords of the Sympathetic, which join and effect the nerve supply to the auditory apparatus by way of the superior cervical ganglion.

We believe that every case of Deaf-Mutism should be given the advantage of the doubt and should be given a thorough course of treatment under a competent spondylo-therapeutist.

DISEASES OF THE ESOPHAGUS.

ADJUSTMENT.—Middle cervical and fifth thoracic vertebræ, more especially the latter; for acute or chronic inflammation or ulceration, and for stricture and spasm of the esophagus, as well as malignant diseases, adjust the fifth thoracic vertebra.

DISEASES OF THE EYEBALL.

TREATMENT.—Adjust the middle or fourth cervical vertebra if the sight is affected, but the general adjustment for diseases of the eyeball of any nature is the fifth thoracic, to the right and forward.

DISEASES OF THE EYELIDS.

ADJUSTMENT.—For the mucous lining of the inner side of the lids, adjust the tenth thoracic vertebra.

DISEASES OF THE EYESIGHT.

ADJUSTMENT.—For dimness, weakness, depression, or any abnormal function of the eyesight, adjust the fourth cervical vertebra.

DISEASES OF THE GUMS.

SPINAL ADJUSTMENT.—Puffiness, sponginess, suppuration, alveolar pyorrhœa, bleeding of the gums, and all other diseases of the gums, adjust the fourth cervical in connection with the tenth thoracic vertebræ.

DISEASES OF THE HEART.

The heart may be affected by an interference with the superior, middle, or inferior cervical ganglia, or by direct nerve supply from the upper thoracic region—in fact, the heart may be affected by intense pain in any part of the body.

TREATMENT.—For heart diseases and abnormalities of its condition, either functional or organic, adjust the lower cervical, and second to sixth thoracic vertebræ.

SYMPTOMS.—The most obvious objective symptoms are those of the pulse, which is indicated by the variance in the strength, fullness, rate, etc. Spinal symptoms are contraction between the second and third and the fourth and fifth thoracic vertebræ and tender nerves at these points.

SPINAL CONCUSSION.—After Spinal Adjustment, for the relief of interference with the nerve supply, the integrity of which is responsible for the heart's action, we will find our efforts will be much more successful by also using Spinal Concussion. The Spinal Concussion will excite and increase the nerve impulse much more quickly and effectively than the Spinal Adjustment alone. After the relief of interference with the nerves, by Spinal Adjustment, then the Concussion stimulation, which is excited, will all be transmitted or conducted and this will make the combined use of Adjustment and Concussion much more effective in the repair of the pathological conditions.

The spinal reflexes of contraction, dilation, etc., are given by Dr. A. Abrams in his work on spondylotherapy, and we give you a brief outline of the substance of his teaching in this connection.

Concussion over the third and fourth cervical spinous processes will cause vaso-constriction, myomotor action, and accelerate the heart's action.

Concussion over the seventh cervical spinous or transverse processes, will excite myomotor action, vaso constriction, and greatly strengthen the heart's action. This is a means of overcoming acute heart failure.

Concussion over the spinous or transverse processes of the second thoracic vertebra will stimulate the myomotor action, vaso constriction and inhibit the heart's rate of action and constrict the aorta.

Concussion over the spinous or transverse processes of the eighth to twelfth thoracic vertebræ will excite the reflex of dilation of the heart and the aorta.

The stimulation of the proper centers will aid, very materially, in the treatment of cardiac affections.

In Heart Disease it is well to remember that the magnesia eliminative baths, which cleanse the capillary circulation and which overcome that obstruction to the same, will be very helpful in enabling the heart to overcome the muscular weakness and to become normal in its anatomical and functional condition.

In all cases of heart trouble, remember that the work of this organ may be greatly lightened, by cleansing the capillary circulation.

DIET.

Diet is another thing that should be carefully noticed in the treatment of acute and chronic heart disease. Every time we eat, we throw an extra amount of work on the heart. This is due to the fact that the blood is more excessive in the internal viscera during the process of digestion, than other times and the stomach becomes rigid and obstructs the aorta. The work of the heart is to maintain and equalize the circulation. For this reason during digestion, the heart beats are quickened and the heart, to a certain extent, is distressed by the very act of digestion, and the internal congestion that accompanies it. If we eat but twice a day, the heart is thrown into an extra job of work but two times daily; therefore, in cases of heart trouble it is better for the patient to eat two meals a day than to eat three meals.

A fast has been effective in curing cases of heart trouble, for the reason doubtless that the heart has had a rest from the extra strain of work during the continuation of the fast, for a period of two or three weeks, during which time the heart has been able to contract and rest and the muscles have thus been restored to a normal condition, and the heart trouble is entirely overcome.

If the two meal system gives the heart rest enough between the meals for it to recover, then this will be a more pleasant procedure. The fast continued, to the stage of cleansing, will cleanse the tissues and the system so much more quickly than the two meal system, hence we can get recovery in so much less time. Fasting and magnesia bath elimination combined, is the quickest method of treatment and restoration to health, provided the needed spinal adjustment is not neglected.

DISEASES OF THE HIP.

This trouble is referred to under Diseases of the Ankle, *ante.*

TREATMENT.—Adjust from the second to the fifth lumbar, inclusive.

DISEASES OF THE KIDNEYS.

ADJUSTMENT.—Tenth thoracic vertebra, and also the eleventh and twelfth thoracic vertebræ.

DISEASES OF THE KNEE.

This is referred to under Disease of the Ankle.

ADJUSTMENT.—Lumbar region, especially the fourth and fifth lumbar vertebræ.

DISEASES OF THE LARGE INTESTINES.

This is referred to under Diarrhœa, Dysentery, Colitis, etc., in other sections of this work.

ADJUSTMENT.—The adjustment for this disease is the second lumbar usually.

DISEASES OF THE LARYNX.

ADJUSTMENT.—Fourth cervical and fifth thoracic vertebræ to the right.

DISEASES OF THE LIVER.

ADJUSTMENT.—Seventh thoracic region from the sixth to the eighth thoracic vertebræ, inclusive.

We have a number of different diseases with which the liver may be ailing, for example, the abscess, both acute and chronic; Cirrhosis of the liver, both the first and the second stages; Carcinoma of the liver; Syphilis, and infection for this reason; Acute Yellow Atrophy of the liver; Echinococcus, and Amyloid degeneration.

The symptoms of these different diseases are very similar, but they vary sufficiently, in some respect, in order that a differential diagnosis may be made. We will briefly call your attention to the different group of symptoms accompanying each of these different liver ailments so that you, by comparison, can see the *symptomatology* of these troubles, and how they vary.

DISEASE.	SIZE.	CHARACTER.	PALPATION.	PAIN.	JAUNDICE.	ASCITES.	REMARKS.
Abscess	Enlarged	Soft	Circumscribed Swelling	Constant	Absent	Absent	Chills—Fever
Acute Hepatitis	Enlarged	Firm	Smooth	On Pressure	Present	Absent	Fever
Cirrhosis 1st Stage	Enlarged	Firm	Smooth	On Pressure	Occasional	Absent	Alcoholic
Cirrhosis 2nd Stage	Reduced	Hard	Nodular	Constant	Present	Present	History
Carcinoma	Enlarged	Hard	Nodular	Constant	Usual	Usual	Usually Secondary
Syphilis	Enlarged	Firm	Lobulated	Constant	Present	Present	History
Acute Yellow Atrophy	Decreased	Firm	Smooth	Absent	Present	Absent	Acute Rapidly Fatal
Echinococcus	Enlarged	Soft	Fluctuating Tumors	Occasional	Absent	Absent	Exploratory Puncture Diagnostic
Amyloid Degeneration	Enlarged	Hard	Regular	Present	Absent	Absent	Usually Secondary

In examining this table the notat. In each disease there is some distymptoms are the same for the various diseases, no two are alike throughout the fact is that while many of the sinctive conditions which differentiates it from the affection having the greatest number of similar symptoms. In other words, in "adding up" the symptoms, each disease will have a different total.

The spinal symptoms of disease of the liver is tenderness of the seventh nerve on the right side at or near its exit from the spine, and there may be tenderness of the nerve above or below.

For treatment of liver diseases, we are at once called to giving attention to the diet. The excessive use of fats will clog the liver. Excessive use of starch will clog the liver. Sweets are in the way of the liver's proper action and elimination. For this reason we should pay strict attention to the diet, in diseases of the liver.

The principal adjustment for diseases of the liver is that of the sixth, seventh and eighth thoracic vertebræ. Relieve the nerves on the right side which will remove interference with the direct nerve supply to the liver. Eliminate the different toxic elements and the by-products of digestion by the eliminative baths, and by the oil of magnesia taken internally.

In cases of enlargement of the liver, spinal concussion over the centers of the origin of the nerve supply to the liver is an effective measure. The liver is supplied by the great splanchnic nerves. The origin of the nerves which supply the liver is under the third and fourth thoracic spinous processes.

Rectal dilation is another way to affect the liver, and a very decided way. In fact rectal dilation affects the circulation of all parts of the body. It affects the alimentary tract and all the accessory glands thereto; so, in liver trouble, we should not fail to avail ourselves of this auxiliary method of treatment, which is so efficient.

DISEASES OF THE LUNGS.

ADJUSTMENT.—Adjust from the second to sixth thoracic vertebræ; generally and especially the third for disease of the apex of a lung.

For treatment the doctor is referred to our treatise on the subject of tuberculosis.

DISEASES OF THE OVARIES.

ADJUSTMENT.—Adjust in the lumbar region, usually the third lumbar vertebra.

DISEASES OF THE PANCREAS.

ADJUSTMENT.—The eighth thoracic. Disease of this organ may come from the seventh thoracic or the ninth thoracic nerves, but usually from interference with the eighth pair of thoracic nerves.

DISEASES OF THE PERITONEUM.

ADJUSTMENT.—Tenth to the twelfth thoracic and second lumbar vertebræ.

DISEASES OF THE PHARYNX.

ADJUSTMENT.—Fourth cervical in connection with fifth thoracic vertebræ to the right.

DISEASES OF THE PLEURA.

SPINAL ADJUSTMENT.—This trouble is usually reached by adjustment of the third thoracic, but the lesion may be lower; adjust according to findings after palpation.

DISEASES OF THE PROSTATE GLAND.

TREATMENT.—Adjust fourth lumbar, and also the fifth, and when the prostate gland is enlarged, it may be reduced by stimulation of the center of the origin of the nerve supply, which has a vast amount of influence over this gland. To do this, use concussion over the twelfth thoracic vertebra for contraction of the enlarged prostate gland.

The application of the magnesia sulphate compress, applied diligently day after day, in a week or two's time, will reduce the hypertrophied gland. We have seen this tried and have seen it work effectively and nicely, and it is a successful treatment in a great majority of cases.

One patient, who had for months been afflicted with an enlarged prostate gland, used the magnesia sulphate application over the perineum as a palliative measure, while waiting for his doctor to get an electric applicator, which required some three or four days' time. The palliative measure resulted in an absolute cure before the special applicator arrived.

DISEASES OF THE RECTUM.

ADJUSTMENT.—Lower lumbar region. (See chapter on rectal dilation, for a special and an efficient method of treatment.)

DISEASES OF THE SCALP.

TREATMENT.—Adjust first and second cervical vertebræ, sometimes adjust also the fifth thoracic, and, if it is an active inflammatory or suppurative process, the tenth thoracic vertebra also, because of the influence of the these nerves upon the integrity of the skin.

The magnesia sulphate solution, used as a scalp wash three to five times per day, is an excellent method of scalp treatment, for the production of the growth of the hair. We have succeeded in starting a growth of hair, on a head that had been absolutely bald, and the skin glossy, for twenty years.

Vibration, applied about five to ten minutes daily, will stimulate the circulation and cause the reproduction of the muscular tissue, which has degenerated or partly so and stimulate the dormant hair follicles into a state of activity.

The combined use of spinal adjustment, to relieve interference with the nerve supply to the scalp, and the magnesia sulphate application and vibration persistently, for three months to two years will restore hair, in almost every case. (See Alopecia, *ante.*)

The magnesia compress over the scalp all night (epsom salts 1 ounce, warm water one pint). The daily magnesia baths will put the system into an excellent condition.

Adhere to the simple fruit and vegetable diet and thus avoid the formation of urates in the blood.

DISEASES OF THE SEXUAL ORGANS.

ADJUSTMENT.—Lumbar region.

DISEASES OF THE SHOULDER.

(See adjustment for the Arm.)

ADJUSTMENT.—The brachial plexus.

DISEASES OF THE SMALL INTESTINES.

TREATMENT.—Adjust the seventh thoracic to second lumbar ; more especially the tenth, eleventh and twelfth thoracic vertebræ.

DISEASES OF THE SPLEEN.

ADJUSTMENT.—May find lesions at the sixth thoracic vertebra, and we may find lesions at the seventh or eighth thoracic vertebra. Adjust according to findings.

DISEASES OF THE STOMACH.

TREATMENT.—Adjust the spinous process of the fifth thoracic vertebra, to the left and superior.

DISEASES OF THE SUPRARENAL CAPSULES.

TREATMENT.—Adjust the ninth or tenth thoracic vertebræ.

DISEASES OF THE TEETH.

SPINAL ADJUSTMENT.—Of whatever nature and of whatever condition of the teeth or gums, the adjustment is almost universally the fourth cervical vertebra; and in suppurative alveolar pyorrhœa, adjust the tenth thoracic vertebra, or kidney place, in connection with the fourth cervical vertebra.

DISEASES OF THE THROAT.

SPINAL ADJUSTMENT.—Including all functional and organic diseases, acute or chronic, infectious or contagious, including diphtheria, scarlet fever, and membranous croup, adjust the fourth cervical and fifth thoracic vertebræ to the right.

DISEASES OF THE THYMUS GLAND.

Adjust the fifth thoracic vertebra to the right.

DISEASES OF THE THYROID GLANDS.

Adjust the fifth cervical and fifth thoracic vertebræ to the right.

DISEASES OF THE URETERS.

Adjust the tenth to twelfth thoracic vertebræ.

DISEASES OF THE URETHRA.

Adjust the second lumbar vertebra.

DISEASE, PARKINSON'S.

(See Paralysis Agitans.)

DIZZINESS.

Adjust the first and fourth cervical and fifth thoracic vertebræ.

DREAMS.

Adjust the first and fourth cervical and sixth thoracic vertebræ. Regulate the diet and use the eliminative magnesia sulphate baths.

DROPSY.

ADJUSTMENT.—The general direction for adjustment in cases of this ailment is to adjust to relieve the nerve supply to the local zone in connection with adjustment of kidney place; for general dropsy, adjust the sixth and tenth thoracic. For rational therapy methods see ascites (*ante*).

DROPSY OF THE BRAIN.

Adjust the atlas and tenth thoracic region.

DUODENAL ULCER.

Adjust the eighth and tenth thoracic vertebræ.

DYSMENORRHEA.

DEFINITION.—Painful menstruation.

Adjust the second to fourth lumbar vertebræ.

DYSENTERY.

DEFINITION.—A specific, infectious, inflammatory disease, mostly an affection of the colon. We have both the acute and chronic forms of dysentery.

SYMPTOMS.—Diarrhœa, and fever, accompanied with chilliness at first; there is pain and griping in the bowels and a constant desire to stool, or tenesmus. There is a burning pain in the rectum, and the action of the bowels is of a watery, mucous nature. There is more or less headache, dizziness, ringing in the ears, loss of appetite and thirst; the tongue is coated, and there is tenderness at the pit of the stomach.

In all cases of dysentery or diarrhœa you may, by palpation, find tenderness of the spinal nerves supplying the intestinal mucosa, especially of those supplying the colon, which is the second lumbar pair of nerves.

ETIOLOGY.—The principal cause of dysentery is a cold and a consequent catarrhal condition, producing a catarrhal discharge. We also have the amoebic, diphtheritic, and malignant forms of dysentery, the latter causing what is known as "chronic" forms of the disease. The unripe and undigestible food-stuff or food that is decayed in warm weather, or the lack of mastication, may cause an irritation and an inflammatory condition of the mucous lining of the intestinal tract, and produce diarrhea and dysentery.

In chronic dysentery the symptoms are looseness of the bowels and discharge of mucus, sometimes bloody mucus; burning pain in the rectum, and abdominal dropsy, usually the result

of an attack of acute dysentery, from which the patient does not recover.

TREATMENT.—Adjust the second lumbar, in connection with the tenth thoracic vertebræ.

In dysentery, especially the chronic forms, careful attention should be given to the diet. The fruit and vegetable diet should be used exclusively.

Rectal dilation, on account of the decided stimulation of the alimentary canal especially the lower portion, is an excellent auxiliary method of treatment to use in the chronic and stubborn cases of dysentery.

DYSPEPSIA, ACUTE.

DEFINITION.—Dyspepsia is a derangement of the digestive action, in which the process is either too rapid or too slow.

SYMPTOMS.—Weight or fullness, accompanied with more or less pain at the pit of the stomach. There may be nausea and vomiting and sometimes diarrhea. There is prostration, pain in the head, and usually some fever. There is an unpleasant taste in the mouth, and loss of appetite. If there is considerable fever it is known as “gastric fever.”

ETIOLOGY.—The most common cause of dyspepsia is the result of excessive or too rapid eating, or eating at irregular hours, or partaking of substances that are difficult of digestion; also poisons taken into the stomach in the shape of medicines, or decayed foods and irritating substances, will produce inflammation and dyspepsia. Nerve interference caused by reflex contraction, due to gastric irritation will cause derangement of the gastric function.

DYSPEPSIA, SIMPLE.

We have what is known as “simple dyspepsia,” in which there is an atonic condition and consequent slow digestion.

SYMPTOMS.—There is a sense of having eaten too much;

especially is this true about two hours after eating. There may be flatulence of the stomach with eructations of gases, palpitation of the heart, disturbed and unrefreshing sleep, coated tongue, and a bad taste in the mouth.

We have other forms of dyspepsia in which there is an acid condition, and sometimes symptoms of fermentation taking place.

PATHOLOGY.—The lack of tone, due to deficiency of the normal nerve impulse and consequent inflammatory condition of the mucous lining of the stomach, and sometimes dilatation of this organ from lack of tone in the muscle walls.

PROGNOSIS.—Adjustment, in cases of stomach trouble, will quickly restore the normal nerve supply and remove the atonic condition and the inflammatory and diseased conditions of the stomach and soon enable the patient to eat any article of diet he may wish with freedom and without any discomfort.

TREATMENT.—Adjust the fifth thoracic spinous process, superior and to the left; relieving the nerves on the left side, for the reason that the stomach is in the left side of the abdominal cavity, mostly in the left hypochondriac and umbilical regions.

DYSPEPSIA, PAINFUL.

The most characteristic symptom is pain in the stomach, and also tenderness on pressure over this organ. This pain is decidedly aggravating, annoying, and griping; it begins with the beginning of digestion and ends with the completion thereof. Spinal adjustment will quickly relieve all sense of pain in the stomach and restore a normal condition and function.

TREATMENT.—Adjust for all forms of indigestion, the fifth thoracic spinous process, superior and to the left which will give specific and positive relief. Fifteen grain doses of magnesia sulphate taken before meals will cleanse the stomach ready for the digestion of a meal.

EAR DISEASES.

(See Diseases of the Ear.)

TREATMENT.—Adjust the upper three cervical vertebræ, and upper five thoracic vertebræ.

EAR, THROBBING OR PAIN IN.

ADJUSTMENT.—The atlas usually quickly relieves.

EAR-WAX, HARDENED.

ETIOLOGY.—Inflammatory feverish condition of the ear.

ADJUSTMENT.—The atlas usually relieves.

EARS, ROARING IN.

TREATMENT.—Adjust the atlas and second cervical and examine carefully for hardened ear-wax and treat accordingly.

ECZEMA.

DEFINITION.—Eczema is a skin disease associated with toxic conditions of the blood, and it is due to nerve interference in many cases.

SYMPTOMS.—This disease takes on various forms, and is generally supposed to be purely a local skin disease. This is a great mistake, however, as is also the usual methods of attempting to cure it, by the use of local applications, such as ointments and lotions.

ETIOLOGY.—The prevalence of eczema in its various forms, such as salt rheum, tetter, etc., is due to stagnation of the venous blood, poor capillary circulation and the absorption of poisonous matter into the blood from fermenting and undigested food products in the upper bowel, or from fermenting, undischarged fecal matter, due to constipation, in the lower bowel.

The pimples, eruptions and blotches on the face, neck and body are all due to the same causes, and in all cases, whatever the cause, there will be found an imperfect capillary circulation, which hinders the blood current, that nourishes the superficial structures and skin of the body. Whenever we find a poor capillary circulation there is usually a tendency to indigestion or to constipation or to both.

TREATMENT.—It is a waste of time, patience and money to resort to the use of ointments and cosmetics in the treatment of

such diseases. No lasting benefit can be had by doctoring the skin in such a way, when the impure condition of the blood is the cause. The object should be to overcome that condition, by allowing nature to throw off the impurities through the natural channels. This will be the result when the blood current is re-established. Spinal adjustment, rectal dilation, and magnesia applications combined will reach and cure most any case of eczema.

EMESIS (VOMITING.)

DEFINITION.—This is due usually to stomach disorders; may be a reflex phenomenon, because of disturbances of other parts of the system, may be due to gastritis, catarrh of the stomach, cholera morbus, cholera infantum, gastric ulcer, cancer, colic, appendicitis, peritonitis, tumor of the brain, spinal irritation, and abscess of the kidneys; the vomit may contain blood in the case of cancer or ulceration of the stomach; it may contain fecal matter, because of intestinal obstruction and regurgitation; it may be persistent as in cases of pregnancy; there may be bile in the vomit as a result of regurgitation of the bile from the duodenum into the stomach.

ADJUSTMENT.—For most cases of emesis, adjust the spinous process of the fifth thoracic vertebra to the left. If the vomiting is associated with other diseases, adjust as instructed elsewhere for those diseases.

EMISSIONS, SEMINAL.

DEFINITION.—Due to a supersensitiveness of the nerve supply to the genitalia.

ADJUSTMENT.—The lumbar region, especially the second lumbar vertebra. Sleep on the side and abstain from impure thought. A simple low fruit and vegetable diet should be adhered to strictly.

ENTERALGIA.

DEFINITION.—Neuralgic pains in the intestinal tract, especially of the lower portions thereof.

SYMPTOMS.—Gripping pain in the bowels, especially around the navel. The pain is spasmodic in character and may be relieved by pressure upon the stomach nerve at its spinal exit. There is vomiting, flatulence, and usually constipation. The skin is cold and the pulse is slow.

ETIOLOGY.—It is due to impingement of the nerve supply to the stomach and bowels.

TREATMENT.—Adjust the second lumbar vertebra. Sometimes the lesion may be higher in the spinal column, and can be easily determined by tenderness of the nerve near its point of exit from the spinal column. Relief is immediate after proper adjustment.

ENTERITIS.

DEFINITION.—Inflammation of the bowels.

SYMPTOMS.—Diarrhoea, mucous, sometimes bloody evacuations, attended with gripping and pain; may be acute or chronic, catarrhal or membranous.

There is always tenderness of the tenth to the twelfth thoracic pairs of nerves, especially of the later, which may be detected by spinal palpation.

PROGNOSIS.—Good.

TREATMENT.—Adjust the tenth thoracic and second lumbar vertebræ.

Rectal dilation is an efficient treatment.

ENTERO-COLITIS.

DEFINITION.—Generally an inflammation of the colon; due to colds, drugs, decomposed food, and to different forms of infection.

TREATMENT.—Adjust the tenth thoracic and second lumbar vertebræ.

Rectal dilation is an efficient method of treatment in almost any case of bowel trouble.

EPILEPSY.

DEFINITION.—A nervous disease, marked by paroxysms or convulsion, with loss of consciousness.

SYMPTOMS.—Convulsions or fits, in which the patient falls suddenly unconscious. There is spasmodic contraction of the muscles. The patient froths at the mouth and bites the tongue. The face is pale at first, but becomes congested and swollen and red as the fit progresses. The patient seems to be disposed to sleep and continues in more or less of a stupor for an hour or two following the attack.

ETIOLOGY.—This disease may come from sexual excesses, hereditary influences, free use of liquor and tobacco, or from syphilis, errors in diet, and mental strains. In most all cases of epilepsy there is marked disturbances of digestion. Epilepsy in children has been traced to the habit of eating animal food. We may have epilepsy from tumors in the brain or scar tissues in the brain substances or depression of the skull.

PROGNOSIS.—This disease is usually considered incurable, and in some cases it is so, because of the incurable condition existing as the exciting cause. Spinal adjustment has, in some cases treated by the author, resulted in a permanent and radical cure, while in other cases we have been unable to accomplish any permanent results.

ADJUSTMENT.—If the trouble is from conditions of the brain, the usual adjustment is the atlas; if from the result of sexual excesses, adjust the upper lumbar region.

TREATMENT.—Spinal adjustment usually affects favorably, cases of epilepsy, some cases entirely recover while others are improved, but are not entirely made well.

Spinal adjustment should be given according to indications of the spinal symptoms. The magnesia eliminative baths will also help to cleanse the system and to increase the nerve tone.

These cases have a history of having a great appetite and consume excessive amounts of food. This will cause an accumulation of unused food elements in the system. Some food elements soon undergo decomposition forming toxins, which act

as an exciting cause of the nervous condition, which is responsible for the convulsive paroxysms.

Epilepsy is due to an incoordinated extensive reflex action. This is due to an habitual condition of the nerve centers, in which an impulse, from excitation or stimulation, is spread from one center to another, until the entire system is thrown into a condition of a spasm or convulsion.

This peculiar nerve habit, well formed, is hard to overcome. The patient's nerve centers are predisposed and have a well formed tendency to permitting a spreading of the impulse from one center to another.

This pathological nerve habit requires some decided shock and decided impression upon the nervous system, as well as a strengthening of it, in order to overcome this habitual weakness and tendency to convulsive conditions or spasms.

Rectal dilation is a very effective method of treatment for epilepsy and helps us materially in overcoming the nervous weakness and stimulating and helping the nervous system, in such a way, that we can overcome the epileptic convulsions.

Special attention should be given to the diet. Adhere strictly to the fruit and vegetable diet. A fast is an excellent auxiliary method to use in the treatment of epilepsy for the reason that the patient's stomach is reduced in size. The appetite is corrected, the abnormal cravings being overcome. The patient learns to live on less diet, because a smaller quantity fills the stomach and satisfies him, and to eat better and plainer diet as they lose, in the fast, the abnormal taste for rich food.

A diet of fruits and vegetables should be used exclusive of everything else in cases of epilepsy for the best success.

The proper diet, fasting, bathing, rectal dilation and spinal adjustment are effective remedies in most cases of epilepsy and I believe will be successful methods of treatment in all cases, except in those where there are lesions of the skull affecting the integrity of the brain substance. In all such cases, the operation of trephining should be advised.

Sedative medicines, such as bromides, will prevent the recovery of an epileptic, as they create a condition that aggravates the reoccurrence of the convulsions.

EPISTAXIS (NOSEBLEED).

Adjust the fourth cervical. If the nose is bleeding from the right side, adjust by a thrust applied to the left side of the neck to relieve the nerve on the right side. If the hemorrhage is from the left side of the nose, adjust by a thrust applied to the right side of the neck.

EPITHELIOMA (SKIN CANCER).

DEFINITION.—This is a malignant cutaneous affection.

SYMPTOMS.—There is generally more or less pain of a sharp shooting lancinating character; there is chronic ulcer, sooner or later, that slowly grows in size and sometimes grows deeper.

ETIOLOGY.—The most common cause seems to be local irritation; it is most common on the tongue and lip from tobacco smoke; we may have cancer of the tongue from irritation of a decayed tooth.

DIAGNOSIS.—This trouble is diagnosed by the pain and by a warty or cutaneous tumor which sooner or later breaks down, forming an ulcer, which is chronic and continues for years. It slowly increases in size.

PROGNOSIS.—Favorable, under spinal adjustment. Often the first adjustment will relieve the pain and cause that dry and feverish condition and angry appearance to disappear and the surface of the ulcer to become moist and more benign in nature.

TREATMENT.—Always adjust the nerve supplying the local zone, affected by the cancer. For cancers around the nose, mouth, and eyes, adjust the upper cervical region in connection with the tenth thoracic vertebra.

Use strictly the fruit and vegetable diet in all cases of cancer.

Use the magnesia applications and baths regularly and use the improved double sulphides internally, *a la Burgess*.

ERUPTIONS OF THE SKIN.

DEFINITION.—An affection of the skin, consisting of a rash and discoloration; may be a result of stomach troubles or infectious diseases, as measles, scarlet fever, and small-pox.

TREATMENT.—For the eruption, when local, adjust for the relief of the nerve supplying the zone affected, the tenth thoracic vertebra in connection; if the eruption is general, over a considerable portion of the body, adjust the sixth in connection with the tenth thoracic vertebra; in case of eruptions from fever, adjust according to the proper treatment for fever causing the same.

Magnesia sulphate baths are especially effective in the treatment of all eruptions of the skin and should be resorted to in all cases of eruptions due to infectious fevers.

There are also wrong dietetic combinations and the excessive use of fats, sweets, meats, etc., which should be avoided, hence diet is an important consideration, in the treatment of skin eruptions. Pork eating tends to cause pimples on the skin.

ERYSIPELAS (SAINT ANTHONY'S FIRE).

DEFINITION.—This is an infectious skin disease.

SYMPTOMS.—It generally affects the head and face; it may affect any part of the body, starting from some abrasion usually. There is usually fever, accompanied in the beginning with a chill, and sometimes the fever is so high as to occasion delirium. The skin is swollen, red, and glossy, and there is a distinct line at the margin of the diseased area. This disease extends quite rapidly, sometimes extending over the entire head and scalp in a few hours.

The disease is infectious and contagious, and is therefore likely to occur in wounds after surgical operations; sometimes the disease extends deeper than the skin, affecting the deeper tissues.

TREATMENT.—The local application of ice, followed with an application of heat to prevent complete paralysis of parts, will allay the inflammation and stop the spread of the infection. The ice should be applied four or five minutes, and the heat applied about one minute, changing until the disease is stopped.

TREATMENT.—Adjust to restore the normal nerve supply to the affected zone; also adjust the tenth thoracic vertebra in connection with adjustment for the nerve supply to the local zone.

The magnesia sulphate treatment, is an excellent remedy, in cases of erysipelas, as a local application and also as a general bath. Carbolized magnesia compresses applied to the face and the magnesia sponge bath are helpful auxiliary remedies. The use of the double sulphides, one grain every hour internally, continued for eight or ten hours, will give quick relief of the distressing symptoms, and the patient will be relieved and cured of their ailment in a short time.

EUSTACHIAN TUBES, DISEASES AND OCCLUSION OF.

DEFINITION.—This affection is usually a result of catarrhal affection of the pharynx, and posterior nares, which, by extension, affects the lining of the eustachian tube.

TREATMENT.—Adjust from the atlas to the fourth cervical vertebra and the upper five thoracic; use also the candy cure and catarrhal treatment.

EYEBALL, DISEASES OF.

TREATMENT.—Adjust the fifth thoracic vertebra to the right.

EYEBALL, TREMOR OF.

TREATMENT.—Adjust the tenth thoracic and fourth cervical vertebræ.

EYES, CROSSED.

TREATMENT.—Adjust the fourth cervical, fifth and tenth thoracic vertebræ.

EYES, DISEASES OF.

TREATMENT.—Adjust the fourth cervical, fifth thoracic to the right, and tenth thoracic vertebræ.

EYESIGHT, AFFECTIONS OF.

TREATMENT.—Adjust the fourth cervical vertebra.

FACIAL PARALYSIS.

SYMPTOMS.—The patient is unable to close the eyelids on the paralyzed side and cannot wink. The face droops to one side and it is especially marked when undertaking to laugh. The tears run over the eyelid and down the cheek.

ETIOLOGY.—Bad cold, caused by a draught of air upon the neck reflexly contracting the muscles and interfering with the nerve supply to the face. It may be produced by lesions of the temporal lobe of the brain.

PATHOLOGY.—It has been thought to be the loss of motor power, from lack of transmission of impulse by the seventh pair of cranial nerves, but is now known to be an interference with the upper cervical nerves instead of the facial nerves. This is demonstrated by the fact that adjustment, that will relieve impingement of the cervical nerves, will relieve the facial paralysis in most cases very promptly.

PROGNOSIS.—Galvanic and Faradic electricity, facial massage, all assist some in the rejuvenation of the nerve supply and the restoration of the normal condition of the muscles, but these treatments are powerless to accomplish the desired end in a proper length of time and may not be enabled to restore the normal condition. Spinal adjustment is rapidly effective in the restoration of normal conditions.

TREATMENT.—Adjust the fourth cervical region, also the atlas and sixth thoracic vertebræ.

Rectal dilation is also a nerve excitant and is a beneficial auxiliary treatment in cases of facial paralysis and should be used in connection with the spinal adjustment.

Magnesia sulphate used in both the sponge and the full baths, is an excellent cleansing agency, and this tones up the nervous system. This is an excellent auxiliary treatment in all cases of paralysis.

FACIAL SPASM.

DEFINITION.—This is a spasmodic contraction of the muscles of the face. This is due to an inco-ordinated reflex action and also due to an excessive excitability of the nerves of this zone.

PROGNOSIS.—Immediate relief can be had by relieving the cervical nerves by spinal adjustment.

TREATMENT.—Adjust the first to third cervical and sixth thoracic vertebræ.

FALLOPIAN TUBES, DISEASES OF.

SYMPTOMS.—Pain, especially associated with the monthly periods, and with barrenness.

You will usually find tenderness of the third pair of nerves on either the left or right side, or both, depending on whether one or both ovaries are involved.

ETIOLOGY.—Bad colds and the extension of infection from the uterine cavity from infectious disease. This infection, because of the catarrhal condition, finds soil in the mucous linings of the Fallopian tubes, where there is lack of vital resistance, owing to the interference with the nerve supply, and nerve impulse.

PATHOLOGY.—There may be lack of function from the lack of normal tone; there may be structural lesions from the inflammation of catarrh, or due to the infection of bacteria.

PROGNOSIS.—Restore the normal nerve supply and you restore a healthful condition.

TREATMENT.—Adjust the third lumbar vertebra, or adjust according to the lesions you may detect from the lower thoracic throughout the lumbar region.

FAR-SIGHT (HYPEROPIA).

DEFINITION.—An affection in which the rays of light fail to come to a focus upon the retina and instead would come to a focus behind the retina. This is due to an abnormally shortened antero-posterior diameter of the eye, or it may be due to a sub-normal refractive power of the media.

PROGNOSIS.—Where the far-sightedness is due to abnormally short antero-posterior diameter, glasses seem to be the only remedy; but if the trouble is a result of lack of reflective power of the media, the same can be overcome by adjustment.

TREATMENT.—Adjust the fourth cervical vertebra.

A vacuum suction treatment, that is now used, helps to elongate the antero-posterior diameter and thus assist in recovery from hyperopia, due to a shortening of the same.

FEMALE TROUBLES.

The subject of female troubles is a very broad one because they are numerous, but we are, in this connection, confining ourselves to the more common diseases, peculiar to woman, such as irregular and painful menstruation, sexual apathy, constipation, headaches, etc.

Female troubles have furnished a fruitful field for operations and a great source of profit to the surgeon, who knows nothing else to do except to cut away the parts that are affected instead of restoring to them normal nerve supply and normal function.

So many operations have been performed and are now being performed, for the diseases of the female organs, of regeneration, and often, perhaps nine times out of ten, the operations are not only not necessary but absolutely wrong. The surgeon who does so many operations should have a stand-in with his Savior so that he may have his sins forgiven in job lots. Some, in fact most operations for female trouble may easily be avoided by giving proper *rational therapy* treatment.

The modern manner of dress, especially tight lacing and

exposure at unfavorable times, heavy lifting or straining, are often the causes of many different forms of female troubles. Infections and sometimes infections of a specific origin, are often the exciting cause of these troubles. The great curative agent for all functional derangement of the female organs is a perfectly normal nerve supply which will in practically all cases not only relieve the suffering but correct the histological lesions and cause normal function and health.

Lack of normal nerve supply will cause lack of normal tonicity, deranged function, and histological alterations, and is also responsible for prolapsus, catarrh and leucorrhœa or whites.

The nerve supply that affects the pelvic organs and organs of regeneration is mostly from the lower part of the spinal cord and is derived from the plexus which receives most of its spinal nerve supply from the lumbar and lower spinal nerves.

Any interference with the nerve supply in this region is very frequently the result of the superimposed weight of the body upon this region of the spinal column. Settling of the spine, straining of the ligaments of this region, will cause them to shorten and interfere with the nerves by contracting the spine where the nerves come out and consequently derange the nerve supply to the pelvic organs.

By overcoming the contraction of the ligaments in this region, we can overcome any and all interference with the nerves from the spinal cord and pelvic plexus, and a normal nerve supply will restore normal function and health to the female organs of generation.

If the parts are lacerated or torn the rational remedy is to repair by surgical procedure.

Lack of perfect nerve supply will cause lack of contractility and tonicity of the ligaments that support the pelvic organs consequently prolapsus of the uterus as well as interference with the normal functions. Restoring the nerve supply will restore tone to the ligaments that will restore the uterus to its proper place by toning up and strengthening its support.

Remember that any alteration of the functions, any prolapsus of the uterus, or other parts, of any disease as the so-called whites and also any excessive or deficiency of the quality and quantity of menstruation or painful or irregular menstruation can be wholly overcome by restoring the normal nerve supply to these organs.

Our great success in relieving female troubles by spinal adjustment is indeed quite satisfactory and almost universally successful. Below we tell you of some of the successes obtained by spinal adjustment while we beg your indulgence.

CASE No. 50.—From childhood, I have been afflicted with my back and at times suffered intensely. After my first adjustment I could detect a wonderful improvement. I have tried various treatments all to no avail. I am fifty-eight years of age and have never walked as much or felt better than I do at present. I cannot praise spinal adjustment too highly. I advise everyone that has an ailment of any kind to give it a fair trial.

Another case adjusted by a student, a lady had suffered with chronic female trouble for two years. Was not able to do any work and had to be helped up and down stairs. After two adjustments she began to do her own housework.

Another case, adjusted by a student. Falling of the womb. This lady had been suffering for many years. Womb was restored to normal condition and position by two weeks' adjustment and the lady is enjoying good health.

Another case adjusted by a student. Case of chronic prolapsus of the womb. Uterus protruding, also kidney trouble and eczema. The mind was affected. By three weeks' adjustment she was restored to normal health and is now doing her own washing, ironing and housework.

Case of chronic constipation of three years' standing and also female troubles. Permanent relief was obtained by four adjustments.

Chronic invalid relieved after suffering for more than fifteen years. Had been examined and treated by the best physicians

possible to reach. Was told that there was nothing in medical science that could do her any good. Tried electric treatment for months but found no relief. Had stomach trouble, torpid liver, heart trouble, bowel trouble, female trouble, in fact nearly every organ of her body was deranged more or less. After a course of adjustment. "I hardly know myself. My weight has increased from 84 to 125 pounds. My health is excellent and I owe my health and strength to spinal adjustment.

Another case of clinical results.

My wife's trouble began thirteen years ago. One lower limb began to swell and remained enlarged and both of them were covered with varicose veins. Five years ago this limb began to ulcerate. Suffered with severe headaches, also almost constant uterine hemorrhage for the last year. Weight reduced to 110 pounds. She had undergone two surgical operations and her physicians had given her up to die. She was deaf in one ear. She has completely regained her health and hearing after a course of spinal adjustment given by Dr. A. A. Gregory. The ulcers on the limb have healed, the varicose veins have disappeared. The large limb is reduced to its normal size. She has no more headaches, her weight has increased to 140 pounds. Thanks to the science of spinal adjustment.

ANOTHER CHRONIC CASE.—I was suffering with a very severe case of stomach trouble and indigestion; had organic heart trouble, suffered with dropsy, unable to lie down except on one side and could not rest in that way. My arms and feet and lower limbs were constantly cold for the last eighteen years. One lower limb enlarged to nearly twice its normal size and had been so since having child-bed fever eighteen years before. Had kidney and rectal troubles and prolapsus of the uterus so badly that this organ protruded. My feet and hands were warm within three days after beginning spinal adjustment. I could eat and drink what I wanted in a week's time, could lie and sleep in any position, constipation and prolapsus of the uterus were entirely overcome in three weeks' time. The enlarged limb was reduced to its normal size. I am able to work as I did before my ailments, thanks to the science of spinal adjustment.

We include these voluntary statements for the benefit of those who do not know the merits of our spinal adjustment. One of our most valuable methods of *rational therapy* and one of the greatest blessings to suffering humanity of modern times.

Thanks to our European friends, especially the Bohemians for giving this science its start and to the American ability that has raised this science above the errors and narrowness of some who praise themselves by claiming to be discoverers of spinal adjustment.

FEVER.

DEFINITION.—Fever is an elevation of temperature, and it may be local or general and results from toxemia.

SYMPTOMS.—An increase of temperature and acceleration of the heart-beat and increased rapidity of the respiration; headache, pain, nausea, vomiting, and sometimes delirium and unconsciousness.

In cases of fever caused by any local infection, then there will be tenderness and increased temperature of the spinal segment at the point of exit of the nerve or nerves supplying the diseased zone.

ETIOLOGY.—A general fever is the result of increased heat-production without a corresponding increase in the elimination thereof. Increased heat-production is due to the action of toxins upon the thermo-genetic centers of the brain. Fever, in the beginning, is often accompanied by chilly sensations or a decided chill, due to the condition of the nervous system. In all infectious diseases there is fever. The fever develops after the development of toxins, by the action of pathogenic bacteria; or fever may be due to auto-intoxication from failure of elimination, as in sunstroke or hysterics. Fever is Nature's effort to burn up the toxins and therefore destroy the causes which excite the fever; so, while fever is a symptom, it is also a curative agent. The toxins produced by the germs are also curative by reason of the fact that germs produce toxins destructive to their own existence. Fevers may be local from a local irritation or local abscess, but this fever will become a general fever over the entire body, when sufficient absorption from the local infected

zone occurs, because the toxins absorbed excite a general increase of heat-generation. (See *Spinal Treatment.*)

PATHOLOGY.—Pathological changes occur rapidly under the influence of a high fever, and the circulation is quickened. There is increased katabolism or tearing down or wasting of tissues; the secretions are disordered. In fever, there is usually a hot stage, which continues during the maximum elevation, but is followed by a sweating stage, in which there is a gradual decline of the fever, making three stages: chill stage, hot stage, and sweating stage.

PROGNOSIS.—This depends upon the source and supply of the toxins exciting the increased heat-production. In most cases the prognosis is good. In fever, from contagious and infectious diseases, from malaria, or from auto-intoxications, as in digestive disorders, sunstroke, or hysteria, the prognosis is that of the disease that is causing the fever.

TREATMENT.—The general rule for adjusting in all cases, of fevers is, to adjust the spinal "hot segment," the point of the most marked temperature, and the tenth thoracic vertebra. In five minutes' time the fever will drop, and perspiration will break out following the correct adjustment in most cases.

The treatment of fever should be directed according to the cause of it. In cases of infectious and contagious fevers, the use of the improved double sulphides, internally is a good auxiliary method.

The magnesia sulphate full bath and sponge bath, are also effective methods in relieving fevers, from the fact that they dissolve out the toxins and also open the pores of the skin, so that the proper elimination of the toxic elements, which are the direct cause of the fever, may be promoted.

FEVER, BREAKBONE.

(See Dengue Fever.)

FEVER, CATARRHAL.

(See La Grippe.)

FEVER, CEREBRO-SPINAL.

(See Cerebro-Spinal Meningitis.)

FEVER, EPHEMERAL.

DEFINITION.—This is a temporary or brief fever, lasting but a single day, usually coming from some auto-intoxication, perhaps a product of temporary indigestion, and may be the result of an indiscretion in eating. It usually disappears, and the patient is quite well again on the following day.

TREATMENT.—Adjust the fifth and tenth thoracic vertebræ.

FEVER, HAY.

(See Hay Fever.)

FEVER, LUNG.

(See Pneumonia.)

FEVER, MALARIAL.

(See Malarial Fever.)

FEVER, RELAPSING.

(See Relapsing Fever.)

FEVER, REMITTENT.

(See Remittent Fever.)

FEVER, RHEUMATIC.

(See Rheumatic Fever.)

FEVER, SCARLET.

(See Scarlet Fever.)

FEVER, SPOTTED.

(See Cerebro-Spinal Meningitis.)

FEVER, THERMIC.

(See Thermic Fever.)

FEVER, TYPHOID.

(See Typhoid Fever.)

FEVER, TYPHUS.

(See Typhus Fever.)

FEVER, YELLOW.

(See Yellow Fever.)

FIBROID TUMOR.

DEFINITION.—A fibroid tumor is a tumor the structure of which resembles fibers, but cannot be separated into them. There are many forms of tumor. Any enlargement or swelling of a part, any new growth, not the result of inflammation, is considered a tumor. Fortunately for the human race, most tumors are benign. The malignant tumors being much more rare than the benign, the advertising quack has been calling almost all forms of tumors "cancers," and has gotten the common people to consider the words "cancer" and "tumor" almost synonymous terms. Benign tumors have been a great source of income to the unscrupulous physician; who has preyed upon the ignorance of the laity.

The most common location of the fibroid tumor is the uterus in the female; however, it may occur in other locations.

They sometimes grow to a considerable size, although their growth is slow. Probably the most sensible, the most appropriate procedure with a fibroid tumor, if its size is a detriment, is its removal by antiseptic surgery. Its growth may be stopped by adjustment, but the absorption is slow, as the growth of the tumor has been when forming. The more ready and quicker means of removal is that of operation.

TREATMENT.—Always adjust to relieve the nerve supply to the zone of the tumor growth; for fibroids of the uterus, adjust the lumbar region.

Spinal adjustment is not a very efficient treatment in case of fibroid tumor, nor is any other method satisfactory, because fibroid tumors are very tough and tenacious and they are a fibrous growth which will absorb and disappear very slowly.

Use the magnesia application over the region of the fibroid growth. Adhere to the fruit and vegetable diet strictly. Use the candy cure twice daily, morning and evening. Take the oil of magnesia three times per day before meals in teaspoonful doses.

The fibroid tumor is more difficult to treat successfully than is the malignant tumor, *a la Burgess*; the daily sponge bath,

one to sixteen is a good measure. All sick people should enjoy this luxury.

FISSURE, ANAL.

DEFINITION.—A fissure means “a gap or cleft.” An anal fissure is an ulcer at the juncture of the muco-cutaneous tissues; it is an exceedingly painful affection, and usually the opening of the fissure is just within the anus; this may be caused by rupture of the membranes of the parts from straining at stool.

TREATMENT.—Adjust the fourth and fifth lumbar vertebræ to restore the normal nerve supply to the rectal muscles.

Dilation of the rectum is an effective treatment for anal fissure, and if it is continued a permanent cure may be effected.

Magnesia sulphate, local applications, are also helpful for the reason that this disinfects the parts, and causes a more healthful condition, so that healing may take place.

FLOATING KIDNEYS.

DEFINITION.—This is a disease in which the kidneys move considerably from their normal location.

SYMPTOMS.—A movable tumor of the size and shape of a kidney, usually detected below the rib, generally in the right side, by palpation. There is more or less pain in the region of the kidney. The patient suffers with nervous headaches and almost constant pain in the back; palpitation of the heart, pain in the region of the kidney, and contracting sensation across the abdomen, are also common symptoms of floating kidney; the right kidney is more frequently movable or floating than is the left. More than one-third of all women suffering from pelvic diseases, who have worn the ordinary tight dress, are said to be sufferers from mobility or floating of the kidney or kidneys. As the conventional dress has been worn by most of the civilized women, we may expect to find displacement of kidneys a very common affection. If the mobility of the kidney is sufficient for it to prolapse below the umbilicus, it is said to be a “floating kidney”; if the mobility is less, so that the kidney does

not fall below the umbilicus, the kidney is said to be a "movable kidney."

ETIOLOGY.—Prolapse of the kidneys may be induced by any injury to the nerve supply to the ligaments which hold these organs in their normal situation.

Prolapsus of the kidneys may be induced by any interference with the nerve supply to the ligaments which hold these organs in their normal situation. They may be pressed out of place by tight lacing, and injuries, especially to the spine, by falls, which may cause prolapsus of the kidneys by spinal injury.

Relaxed tissues are responsible for this. Any of the tissues of the body may become relaxed, soft and lengthened. The central nerve power becomes weak and the impulses generated and transmitted will not maintain a natural, normal tonicity of the tissues and tendons, hence the condition of prolapsus of the viscera.

PROGNOSIS.—Favorable. Most cases can be readily relieved by spinal adjustment to relieve the nerves that give tone to the ligaments of the kidneys. We have had remarkable and almost incredible success in giving spinal adjustment for the relief of the cause of movable and floating kidneys.

TREATMENT.—Adjust the sixth and tenth thoracic vertebræ.

In the treatment of floating kidneys, we should always adjust for the relief of the nerve supply which is responsible for the integrity of the ligaments, which hold the kidneys in their normal position and also for the integrity of the intestinal mesentery.

Attention to the diet is essential. Adhere to a diet, that will prevent the formation of toxic elements and by-products, which will alter the tissues. Use the eliminative magnesia sulphate baths, as these are effective methods, as they cause a solution and an elimination of the toxic elements, and the by-products of the metabolic processes which interfere with the normal tension of ligaments.

FREQUENT URINATION.

DEFINITION.—This is merely a symptom of some trouble. If the urine is excessive and clear, it is a symptom of renal disease. If it is frequent and scanty, especially if there is pain when the urine is passed, it is a symptom or sign of bladder disease.

ADJUSTMENT.—For excessive urination, adjust the tenth thoracic; for frequent and scanty urination, adjust the twelfth thoracic to second lumbar, especially the first lumbar vertebra.

GALL-BLADDER AND GALL-DUCT.

DEFINITION.—The gall-bladder is a pear-shaped cystic cavity for the reception of the bile, and the gall-duct is an opening leading from the gall-bladder into the duodenum.

SYMPTOMS.—Diseases of the gall-bladder and gall-duct are indicated by sharp pains in the right hypochondriac region, which may or may not be severe. The gall-bladder may sometimes be enlarged and may be detected because of a tumor-like formation appearing in the region of the liver. There may be jaundice, if the gall-duct is obstructed; there is usually constipation, which is very obstinate; there may be fever and chilly sensations and when there is suppuration and absorption of the toxins a fever is produced thereby; sometimes there is shock and hemorrhage in case of ulceration, and a consequent rupture into the peritoneal cavity.

In case of gall-stones, attended with pain, there is always tenderness of the seventh and sometimes of adjacent nerves upon the right side of the spine at or near their spinal origin.

ETIOLOGY.—Different diseases and conditions affect these organs, such as catarrh, acute or chronic, and there may be ulceration and suppuration of the bile-duct. Gall-stones frequently excite an inflammation of both the bile-duct and the cystic cavity. As an etiological factor, the nerve supply to these organs plays a most important part. Excitation of nerve tone may be the predisposing condition leading to the inflammatory and catarrhal conditions which ensue; again, irritation of these

parts will, by exciting undue contraction, cause interference with the nerve supply and feverish conditions of the liver, and abnormal nerve supply to that origin is the cause of the inflammation and the gall-stones.

PROGNOSIS.—Adjustment to relieve interference with the nerve supply to the liver will relieve the feverish condition and abnormal function of that organ and promote the normal secretion, which will not decompose or disintegrate those already formed. The adjustment will also relieve the catarrhal, ulcerative and suppurative conditions of the bile-duct; therefore, in cases that receive the proper adjustment in time, recovery is sure and rapid; and so far, during the past few years, the effects of spinal adjustment, have proven to be permanent in their results.

ADJUSTMENT.—Adjust from the sixth to the eighth thoracic vertebræ, relieving the nerves upon the right side. The catarrhal condition may be overcome by the eliminative baths which cause an opening of the pores of the skin and a dissolving of the urates from the dermal and subdermal tissues.

A local compress of a magnesia solution, applied by using cheese cloth, folded about one foot square, and placed over the region of the liver, is an excellent remedy, in catarrhal conditions of the gall diet.

GASTRIC ULCERS.

SYMPTOMS.—Pain in the stomach, radiating to the spine from whence comes the nerve supply; the pain is increased by food; there is tenderness of the abdomen over the stomach; sometimes vomiting; tongue coated and fissured; often great thirst and constipation.

You will find in case of gastric ulcer tenderness of the fifth and often also the sixth thoracic nerve, or nerves, upon the left side at or near their spinal origin.

ETIOLOGY.—The cause of gastric ulcer is an atonic condition of the muscular walls and mucous lining, due to lack of normal nerve supply and some exciting cause.

SPINAL ADJUSTMENT.—Thrust the fifth thoracic spinous process to the left for the relief of the nerve supply to the stomach. The internal use of the oil of magnesia is also a very helpful remedial agency in gastric ulcer. An application of the epsom compress, over the region of the stomach, will prove a helpful measure and may be applied all night.

GAS IN THE STOMACH.

DEFINITION.—This is usually the result of some digestive disorders.

SYMPTOMS.—Enlarged stomach and a flatulent condition and eructations of gas. This symptom gives away as the digestion is improved.

SPINAL ADJUSTMENT.—Adjust the fifth thoracic spinous process to the left and superior.

SPINAL ADJUSTMENT may not prove an efficient and prompt remedy, for gas on the stomach, in some cases. Where there is gastric dilation, constriction of the stomach may be caused by percussion over the origin of the fifth thoracic nerves which are under the spinous process of the second thoracic vertebra.

Adjustment and concussion combined may be an effective and a successful treatment when there is dilatation of the stomach, when the use of adjustment alone will not prove an efficient remedy.

Omitting one meal each day or still better a fast of a week or two's duration may permit the stomach to contract and thus to regain its normal size. Concussion may cause contraction of the stomach to its normal size and this treatment may be less objectionable to the patient.

It is necessary to overcome this dilated condition, that the food may be digested properly and expelled from the stomach. Instead of a portion of the food lodged in a pocket, decomposing there, and causing the early decomposition of food that is taken into the stomach, at the next meal.

Magnesia compresses over the stomach is an excellent auxiliary method of treatment.

The fruit and vegetable diet will not produce gas by fermentation and is the best kind of diet to use in case of stomach dilation.

Fifteen grain of magnesia sulphate, taken three times daily, will cleanse the stomach, when taken before meals, and promote cleanliness of the stomach and good digestion.

GASTRIC JUICE WEAKNESS.

DEFINITION.—Weakness of the gastric juice is due to the lack of tone and normal secretion of the gastric glands, which is a result of deficient and deranged nerve supply.

TREATMENT.—Fasting, dieting and adjustment of the fifth thoracic spinous process to the left.

GASTRITIS.

DEFINITION.—This is an inflammation of the stomach.

SYMPTOMS.—Pain, tenderness, fissured tongue, and vomiting. There is heat and tenderness at the pit of the stomach, which is most marked under pressure. There is thirst, and, after cold drinks to allay the thirst, vomiting follows soon. There is fever and rapid pulse. The bowels are constipated, and the urine is high-colored and scanty. There is great constitutional prostration.

There is always decided tenderness of the fifth and sometimes of the sixth pair of thoracic nerves, especially upon the right side and at or near their spinal exit.

ETIOLOGY.—This disease is a result of poisons taken into the stomach, such as alkalies, antimony, arsenic, etc.; alcohol taken on an empty stomach is the most common cause. It may be induced by drinking hot liquors. Sometimes this disease is excited by eating poisonous foods, such as contain ptomaines as may be found in canned goods.

PROGNOSIS.—This is often a very severe disease and sometimes proves fatal, but if the case is reached in time, adjustment to relieve the pain will relieve the inflammatory process and cause a very quick and decided improvement and early recovery.

If toxic substances are in the stomach, the adjustment will cause vomiting and an evacuation of the contents of the stomach, to occur very quickly. Vomiting has taken place, very soon after adjustment, in several instances under the authors observation, when incompatible substances were in the stomach.

ADJUSTMENT.—Fifth thoracic spinous process to the left and superior.

The oil of magnesia taken internally will cleanse and heal the stomach and neutralize the toxins that may be present.

GENITAL ORGANS, DISEASES OF.

DEFINITION.—Functional or organic derangement of the genital organs is the result of derangement of the nerve supply or an interference with the transmission of the vital impulse from nerve centers to these organs.

TREATMENT.—To restore and regulate normal function, to overcome the organic derangement of the cellular structure of these organs, it is necessary to restore the normal nerve supply to the parts; this is done by adjusting the lumbar region.

Sexual apathy, the loss of sexual power, or sexual weakness, in either male or female, may in all cases, be restored by proper adjustment and the proper restoration of the nerve supply and by the use of other rational methods.

Adjust the second and fourth lumbar vertebrae.

Rectal dilation is an effective auxiliary method of stimulating the sexual organs.

GLOSSY SKIN.

DEFINITION.—This is a disease in which the skin is dry, scaly, and glossy.

ETIOLOGY.—Deficient action of the sudorific and sebaceous glands, due to lack of secretory impulse from a derangement of the nerve supply.

Adjust the fourth cervical and sixth and tenth thoracic vertebræ.

TREATMENT.—The magnesia sulphate baths are an excellent and efficient treatment to open the pores of the skin and to cleanse the dermal and sub-dermal tissues, and produces a clear and healthful skin and complexion.

SPINAL ADJUSTMENT.—Adjust the middle cervical region for the relief of the direct nerve supply to the face. Adjust the sixth thoracic and the tenth thoracic for their influence upon the conditions of the skin.

GOITRE, EXOPHTHALMIC.

(*Graves, Disease, Basedow's Disease.*)

DEFINITION.—This disease is more common in old persons than in children and much more common in women than in men. It seems to occur in certain families.

SYMPTOMS.—The heart action is increased in rate and in force; it beats usually from 90 to 150 times per minute. The heart is hypertrophied, and often there is systolic murmur over the apex. The vessels of the neck pulsate. The thyroid gland is uniformly enlarged, the right side usually the largest; the tissues are of uniform consistency and are often quite hard. The eyes are prominent and staring; the upper eyelids do not follow the eyeballs properly, when the patient is looking down; this is Von Gräfe's sign, and increased palpebral fissure is Stillwage's sign. Emaciation is often very marked in acute cases; there is a general loss of strength.

DIAGNOSIS.—This is comparatively easy, except in the beginning of the disease.

PROGNOSIS.—Favorable under rational therapy.

ADJUSTMENT.—The fourth thoracic vertebral spinous process to the left; also the middle cervical region.

TREATMENT.—Spinal adjustment is an excellent treatment, in some cases, while other cases fail to respond to this method. In Exophthalmic goiter, adjust the fourth thoracic vertebra, to strengthen and regulate the heart's action.

CONCUSSION.—We should use concussion over the seventh cervical, and over the second thoracic vertebra. The former to strengthen and the latter to strengthen and to inhibit the heart's action. Magnesia sulphate full baths will reduce the size of a goitre, sometimes in an hour's time, and the repetition of the baths from day to day will cause large goitres to entirely disappear in from four to six week's time.

GONORRHEA (CLAP).

(See Clap, *ante.*)

TREATMENT.—Adjust the second lumbar region, in connection with the tenth thoracic vertebra and give double sulphides internally every hour for eight or ten hours, and then give five or six daily for ten days.

GOUT.

SYMPTOMS.—Acute pain in the great toe, heel, or instep of the foot. The pain comes on suddenly and is attended with a highly feverish condition and chilly sensation. There is swelling of the foot, especially in the part affected. There is restlessness, irritability of temper, constipation, and the urine is dark and heavy, and deposits occur when it stands. A continuation of this disease causes an enlargement about the affected joints.

ETIOLOGY.—The most prominent causes of gout are the use of alcoholic liquors, beer, wine, the use of stimulating condiments, and the constant use of meat or animal foods as an article of diet. The reason why one person may suffer from gout, from the effects of dietetic digression, and another person may not, is because of the difference in the digestive and assimilative powers and in the emunctories of the two persons, and the conditions in this respect are due wholly to the nerve supply to the digestive, assimilative and eliminative organs.

PROGNOSIS.—If you restore to the patient who suffers with gout, normal nerve supply and nerve or vital impulse to the stomach, and the digestive and eliminative organs, you will remove the condition that permits the diseased condition.

TREATMENT.—Adjust the first cervical, fifth and tenth thoracic and fifth lumbar vertebræ. Use the magnesia sulphate baths freely to eliminate, and the fruit and vegetable diet exclusively.

GRAVEL.

DEFINITION.—Renal calculi.

SYMPTOMS.—Irritation of the bladder, and sediment in the urine, which may be white or red. There is tenderness, especially of the tenth pair of thoracic nerves, if there is any pain present.

ETIOLOGY.—Feverish condition of the kidneys, causing decomposition of urine and separation of some of its constituents, which congregate, forming calculi or gravel.

PROGNOSIS.—Favorable under spinal adjustment and other rational therapy methods.

TREATMENT.—Avoid flesh diet, tea, coffee, and tobacco, sweets and starchy diet. If the gravel are large, they may be crushed and passed from the bladder. Sometimes an operation is necessary.

ADJUSTMENT.—To remove the cause, adjust the tenth thoracic vertebra. Use the fruit and vegetable diet.

GUMS, ULCERATION, BLEEDING, AND OTHER DISEASES OF.

ADJUSTMENT.—Adjust the fourth cervical and tenth thoracic vertebræ.

GUMS, SORENESS.

ADJUSTMENT.—Adjust the fourth cervical and tenth thoracic vertebræ.

HALLUCINATION.

ADJUSTMENT.—The atlas, to restore normal circulation to the brain substances. Also the fourth cervical vertebra.

Use the magnesia baths and the fruit and vegetable diet exclusively.

HANDS, COLD, SWEATY, AND CLAMMY.

ETIOLOGY.—The coldness is due to a lack of metabolic processes; clammy and sweaty hands are usually associated with kidney affections and are an indication thereof.

ADJUSTMENT.—For cold, clammy, and sweaty hands, the first and tenth thoracic vertebræ should be adjusted.

HANDS, DISEASES OF.

ADJUSTMENT.—The first and second thoracic vertebræ; also any other nerves of the brachial plexus, as indicated by a careful palpation.

HAY FEVER.

SYMPTOMS.—There is general debility, sleeplessness, coated tongue, diarrhea or constipation. It may begin suddenly with coryza, tickling of the nose, and violent sneezing. The eyes are swollen and red. There is tickling in the throat with dryness and slight burning, and sometimes slight deafness. The most distressing symptom is the difficulty of breathing. There are croupy symptoms and tightness in the chest. The attacks come on most frequently in the daytime.

ETIOLOGY.—There has been much said as to the cause of hay fever. It is excited usually by pollen of flowers or weeds, and attacks may come on from irritating gases or fumes, but the principal cause is the undue excitability of the sensory or afferent nerve-endings of the mucous membranes of the nose. This supersensitive condition of the nerves is due to interference with the nutrient supply, or to a mechanical interference, affecting the histological structure of the nerves.

PROGNOSIS.—Favorable under proper treatment. This disease yields readily to spinal adjustment, which relieves interference with the nerve supply.

TREATMENT.—Adjust the fourth cervical vertebra; if the affection is in the upper parts of the bronchial tube, it is sometimes necessary to adjust the first or second thoracic vertebra. Some of the worst cases may be relieved in from two or three days to one week's time; not only relieved, but the cure proves to be permanent, if we do not stop adjustment too soon.

If spinal adjustment does not promptly and permanently relieve then try rectal dilation.

HEADACHE.

Headache is a very common ailment, and for this reason, this subject is of very great interest to the conscientious doctor, who would, not only relieve acute paroxysms of headache, but, also would remove the cause of its periodic recurrence. This is also an interesting subject to the physician, for the reason that the remedial medicines or agencies used almost always give but temporary relief, while the patient continues to suffer repeated attacks from week to week, or from month to month, or at irregular periods.

DEFINITION.—Headache is a pain in the head, which may be general, affecting the entire head or the pain may be localized in some definite portion of the head and from some local brain lesion.

ETIOLOGY.—Headache comes from many different causes and from deranged conditions of many different regions or organs.

Localized pain in the head in most cases comes from some brain lesion as a tumor, abscess, infarction, or hemorrhage effecting the brain substance.

The more general headaches come from different causes as eye strain, from lack of proper accommodation of the ciliary muscles or of the equilibrium and refraction of the eye and other disorders of vision.

We also have what is known as the nervous headache, which is caused by a nervous or neurasthenic condition of a patient.

The sick headache is associated with indigestion and fermentation of the stomach contents. These headaches are apparently caused by the gastric derangement.

The bilious headaches are the result of a surcharged condition of the system and lack of proper functional activities of the internal organs of elimination, especially the liver action associated with constipation.

Headaches come from derangement of the kidneys. Patients suffering with interstitial nephritis are subject to very frequent headaches in the majority of cases.

There is another cause of headache, which is much more common than many think, and that is derangement of the sexual organs. More especially is this true of females, in which cases the headaches are associated with ovarian or uterine diseases, and the paroxysms of headaches occur most frequently, if not wholly, during the time of the menstrual epochs.

Lastly, but not least, among the numerous causes of headaches is cerebral congestion. Probably nine tenths of all the headaches are caused by the congestion of the posterior portion of the brain. It is also a fact that most if not all the headaches associated with gastric, biliary, kidney or sexual disorders are of this class and in all such cases there is a decided congestion of the brain, especially of the posterior portion of the brain, during the attacks or paroxysms of these headaches.

TREATMENT OF HEADACHES.—In the treatment of headaches we have two points to consider.

1st, the relief of the acute periodical paroxysms of headache.

2nd, the removal of the cause of the recurrence of the repeated attacks of headache.

If we can accomplish these two points, viz: remove both the headache and the causes of their recurrence, we can feel that we

are true benefactors of the race, because of the frequency of this ailment.

To relieve a headache, we must remove that congestion of the brain which is, in nearly every case, associated with it. Can we relieve the pain? And can we relieve the congestion?

In the first place, congestion of the brain is caused by an interference with the circulation of the brain, and the congestion of the brain is necessarily caused by an interference with the drainage of the brain, which is due to lack of proper outlet or opening of the channels through which the blood is carried away from the brain.

The posterior portion of the brain is supplied with arterial blood through the vertebral arteries, and the same region is drained by the vertebral veins, both the arteries and veins pass into and from the brain through the foramina in the transverse processes of the cervical vertebræ, and just at the base of the brain they extend through the inter-osseous foramina between the laminæ of the atlas and the occipital bone.

These foramina are principally formed by notches in the superior sides of the laminæ of the atlas, just behind the condyloid articulations of the occipito-atlantal union.

Contraction of the muscles or ligaments, affecting the occipito-atlantal articulation, because of any kind of stimulation or irritation, will often cause an approximation of the posterior arch of the atlas to the occipital bone.

Any approximation of the posterior arch of the atlas and occipital bone will cause a narrowing of the intervertebral foramina existing between them.

Narrowing of these foramina affect the vessels and nerves passing through them, this narrowing of the foramina tends to occlude the intervertebral arteries and thus interfere with the vascular supply and drainage of the posterior brain.

Occlusion of the arteries, while the nerves are unaffected, would cause an anemia of the brain; while an impingement of the veins, while arteries are free, would cause a congestion of

the brain because the blood supply could not get out of the brain substance.

The veins are more easily compressed than are the arteries, because their walls are less resistant, therefore congestion of the brain is much more common than anemia of the brain.

To overcome the congestion of the brain we must overcome the contraction of the muscles and ligaments that, by their contraction, approximate the atlas and occipital bone, and thus cause a narrowing of the foramina.

The failure of a proper expansion of the chest may materially affect the amount of blood in the cranial cavities, hence we may often relieve a headache by an adjustment and consequent stimulation of the fourth cervical or phrenic nerves.

There are exceptions to the general rule. There are persons who never have headache, and there are also other peculiarities associated with people who do not have headaches. Such people do not suffer with delirium from high fevers. They do not become forgetful as age advances as do their associates.

The people who suffer so much with headache, on the other hand, usually become delirious from high fevers and become forgetful, and show other symptoms of an interference with the central nervous system, especially the brain, in which is generated, and from which flow, all vital impulse.

The evident reason for the difference between the people who do not suffer with headaches and who do not suffer with brain lesions causing congestion, delirium, forgetfulness, etc., is the difference in the anatomical arrangement of the suboccipital foramina for the transmission of the intervertebral arteries which supply the posterior portion or the encephalon and the vertebral veins which drain the same region.

An examination of the notch in the laminæ of the atlas shows quite a variation in different subjects. In some cases the intervertebral foramina of the occipito-atlantal articulation is large because of the depth of the notches in the laminæ of the atlas, and in such cases, a contraction of the ligaments or muscles

do not narrow the foramina sufficiently to cause an approximation of the atlas to interfere with the nourishment and drainage of the posterior portion of the brain, consequently such cases do not suffer with headaches, nor congestion of the brain, and other consequential disorders thereof.

If the intervertebral foramina of the occipito-atlantal articulation are formed by shallow notches in the laminae of the atlas, then the approximation thereof will interfere with the nerves, arteries and veins of these foramina.

Approximation of the atlas and the occipital bone and a consequent narrowing of the intervertebral foramina, for the passage of the sub-occipital nerves, will some times mechanically interfere with the sub-occipital nerves, whose exit are through the same foramina, although the nerves are less seldom interfered with than are blood vessels, because they are more resistant than are the blood vessels.

When the sub-occipital nerves are interfered with, the irritation or pain, that is caused thereby, is referred usually to the terminal ramifications of the sub-occipital nerves, causing neuralgic pains in the region of the forehead over the eyes, and upper part of the temples.

We succeed in the great majority of cases in relieving attacks of headache, by spinal adjustment, in a minute's time. To do this we find it necessary, in the case of neuralgic headaches, to overcome the contraction of the muscles and ligaments approximating the atlas to the occipital bone. This is easily done in a number of different ways. One method that may be used is to stand behind the patient while the patient is sitting erect and catch the patient's chin in one hand and the back of the head over the occipital bone with the other hand, and then gently rotate the head as far as it will, at the same time gently lifting the occiput and then by a gentle quick movement you can overcome the contraction of the ligaments that are causing the trouble. The head may be rotated either way or both ways. If the neuralgic pain is over the right eye, rotate the chin to the left with the left hand, and the occiput to the right with the right

hand. If the neuralgic pain is over the left eye, reverse the procedure. This adjustment will relieve many headaches, not only those of a neuralgic character but many of those caused by congestion of the brain.

Another cervical vertebra that is adjusted to relieve the congestive headaches in nearly every case, notwithstanding they may be associated with, and come from stomach, kidney or pelvic lesions, is the middle cervical vertebra, namely the fourth cervical vertebra. The writer believes that in nine cases out of ten that the adjustment of the fourth cervical vertebra will stop paroxysms of headache.

As a general rule, immediately after the fourth cervical vertebra is adjusted, the head will appear light, after the congested condition has been persistent before. The adjustment of the fourth cervical vertebra, will also stop toothache almost instantly.

For different and better methods of atlas adjustment the reader is referred to spinal treatment science and technique. (Gregory.)

To prevent the recurrent attacks of headache coming from other ailments we must relieve the nerve supply to the other organs affected; for example if headaches are associated with kidney disease you may restore a normal nerve supply to the kidneys and this will restore normal function to them, if the disease has not caused too great pathological or organic derangement and even then a normal nerve supply will do more than any thing else to restore normal conditions and health.

The same is true of eye troubles, stomach, liver and sexual diseases that may cause headaches. A trial of the atlas or fourth cervical adjustment will surprise you by relieving headaches so surely and so quickly.

For the treatment to remove eye strain, stomach, kidney, liver and sexual troubles, causing headaches to repeatedly return, see the work just published, entitled "Spinal Treatment" by the writer.

HEARTBURN.

DEFINITION.—This is a symptom of gastric catarrh; acid; dyspepsia, or fermentation of food, associated with eructation of gases.

ADJUSTMENT.—Fifth thoracic vertebra to the left.

Dieting and fasting are important measures.

HEART DISEASES—DILATION, ANEURYSM, FATTY DEGENERATION, HYPERTROPHY, PALPITATION, AND ALL CHRONIC FUNCTIONAL DISEASES.

Syphilitic and tubercular lesions of the heart are not as amenable to treatment as other heart troubles.

ADJUSTMENT.—Second and fourth thoracic vertebræ, also sixth thoracic vertebra and spinal concussion.

DILATION OF HEART.—This condition of the heart is best overcome by adjustment, as indicated above, and by concussion over the spinous or transverse processes of the seventh cervical and fourth thoracic vertebræ.

ANEURYSM.—This condition indicates a vaso-dilation and relaxation of the muscular tissue of the arterial walls. The adjustment of the second thoracic vertebra, for the relief of all interference with the second pair of thoracic nerves, and for their stimulation, will re-establish the normal vaso-constrictor influence of these nerves upon the heart and aorta; and this measure of treatment alone will overcome aneurysm in many of the milder cases.

Concussion applied to the seventh cervical vertebra is a very potent auxiliary method, and this measure will greatly increase the vaso-constrictor influences, which originate in the centers of origin, and are transmitted by the second thoracic pair of nerves. (See aneurysm *ante*.)

FATTY DEGENERATION.—In case of fatty degenerattion of the heart, we should look closely after the diet, in fact fasting is

indicated. The elimination of sweets and fats, and of meats and starchy foods is very necessary in case of fatty degeneration. Concussion of the seventh cervical, which will excite contraction of the heart, is also an effective auxiliary method.

The magnesia sulphate baths are an excellent auxiliary method of procedure in case of fatty degeneration of the cardiac musculature.

Adjustment as directed above is also necessary, in fact indispensable to the best success, in the treatment of this class of trouble.

HEART HYPERTROPHY.—This is due usually to excessive muscular development of the heart, which is due to excessive exercise, which excites an unusually excessive action and development of the cardiac musculature.

The rational treatment in such cases is, moderation of the exercise and regulation of the diet.

An excellent auxiliary measure is spinal concussion, applied to the seventh cervical spinous process or transverse processes, to excite the reflex of contraction of the cardiac musculature.

HEART PALPITATION.—This derangement of function of the heart is due to a lack of inhibitory control of the nerve supply to the heart. In some cases palpitation seems to be due to a weakness of the heart's action, which is due to a lack of the normal nerve impulse to this organ. Stimulation of the pneumogastric nerves, will increase the inhibitory control of the nerve supply and action of the heart, and in this way, will control the irregularity and unsteadiness of the heart's action.

Stimulation of the pneumogastric nerves may be induced by atlas adjustment, and by concussion over the atlas and axis, which will stimulate the upper cervical nerves, which give off communicating branches to the pneumogastric nerves. Concussion of the seventh cervical will also stimulate the inhibitory action of the pneumogastric nerves.

Concussion to stimulate the origin of the fourth thoracic nerves, should be applied over the transverse processes of the

first and second thoracic vertebræ. Stimulation of these nerves excite a most decided inhibitory control of the nerve supply to the heart.

For further information concerning the control of the cardiac action the reader is referred to part seven, chapter 1 of *Spinal Treatment* by the writer.

Rectal dilation is one of our most potent auxiliary methods of procedure in the treatment of all classes of cardiac diseases, and may be used with beneficial results, in connection with other methods of treatment. Many times this method of treatment alone is sufficient to cause complete recovery.

The magnesia sulphate baths, by opening the pores of the skin, and by cleansing the dermal and subdermal tissues, and by relieving all obstruction to the capillary circulation, will greatly aid the heart in maintaining the normal circulation.

HEART DROPSY.

TREATMENT.—Adjust the fourth and tenth thoracic vertebræ. Concussion over the seventh cervical vertebral process will stimulate the vaso-motor action and cause contraction of the heart and of the blood vessels and tissues thereof.

HEAT RASH.

DEFINITION.—This is an eruption of the skin that often occurs during the heat of the summer months. It consists, ordinarily of red pimples, known as “prickly heat” or “heat eruption”. This is accompanied with severe prickling and itching. Sunburn is a form of diffused redness and sometimes so severe the skin will peel off. Prickly heat, if untreated and continuing for a long time, will sometimes become a case of real eczema.

TREATMENT.—Adjust the sixth and tenth thoracic vertebræ. Use Magnesia sulphate sponge and full baths.

HEMATURIA.

DEFINITION.—Passing of bloody urine.

SYMPTOMS.—Blood in the urine, that coagulates when heated; bleeding may be caused by exercise, and often blood-clots form, which may pass with the urine.

ETIOLOGY.—Hemorrhage from the kidney, may be caused by gravel in the pelvis of the kidney, or may be due to congestion of the kidney or to renal apoplexy. This symptom occurs in the more severe forms of malaria. Hemorrhage of the bladder may be from ulceration or from irritation of a stone in the bladder; it also occurs from severe cases of chronic cystitis.

DIAGNOSIS.—It is difficult to distinguish between hemorrhage of the bladder and hemorrhage of the kidney, unless other symptoms, especially of the urine, occur in connection. There may be nausea and vomiting and convulsions as a consequence of the kidneys not acting, or of the secretions of the kidneys being blocked in the kidneys. This blocking may be made as a result of clots. Clots, however, are more frequently present in cases of hemorrhage of the bladder.

PROGNOSIS.—Hematuria is a symptom, and the prognosis is that of the disease, which is causing the lesions.

ADJUSTMENT.—If the lesions are in the kidneys, the adjustment will be the tenth thoracic vertebra; if the hemorrhage is from the bladder, the adjustment should be the first lumbar.

HEMORRHAGE.

DEFINITION.—Hemorrhage is a flowing of blood from a wound or ruptured blood-vessel, or from the capillary oozing of blood from an organ or part of the body.

ETIOLOGY.—This may be caused by rupture or damage done to the blood-vessels or to a congested condition and rupture of the capillaries, producing capillary oozing. It may be due to a traumatic condition of the vessel walls, and to lack of tone of the vessel walls, which is the result of imperfect nerve supply.

PROGNOSIS.—Adjustment for hemorrhage quickly produces

contraction in the blood-vessels by restoring nerve tone, especially in the smaller vessels and capillaries, and stops the hemorrhage. Larger blood-vessels must be tied in case of rupture of them.

TREATMENT.—**Spinal Adjustment.** Always adjust to restore normal nerve supply to the local zone from which the hemorrhage is coming.

For cerebral hemorrhage, adjust the atlas.

For nasal hemorrhage, fourth cervical vertebra.

For bronchial hemorrhage, second thoracic vertebra.

For gastric hemorrhage, fifth thoracic vertebra.

For intestinal hemorrhage, eighth and tenth thoracic and second lumbar vertebræ.

For renal hemorrhage, tenth thoracic vertebra.

For hemorrhage from the bladder, first lumbar vertebra.

For uterine hemorrhage, fourth lumbar vertebra.

For rectal hemorrhage, adjust the fifth lumbar vertebra.

Spinal Concussion is a much more potent measure of treatment for hemorrhage, than is Spinal Adjustment, since by Concussion we can excite a much greater nerve impulse and produce more vaso-constriction than by Spinal Adjustment.

For hemorrhage of the lungs, treat by concussion over the spinous or transverse processes of the fourth and fifth cervical and seventh cervical vertebræ.

For renal hemorrhage, treat by concussion over the spinous process of the twelfth thoracic vertebra and the seventh cervical vertebra.

For intestinal and for uterine hemorrhage, treat by concussion over the three upper lumbar vertebral spinous processes.

For rectal hemorrhage, treat by spinal concussion over the spinous processes of the fourth and fifth lumbar vertebræ.

HAEMOPTYSIS (HEMORRHAGE OF THE LUNGS).

This unfortunate ailment may grow quite serious in some cases. We should be able to check the hemorrhage promptly so as to prevent the serious consequences that may ensue.

The following table of symptoms will make differential diagnosis between bleeding from the lungs and bleeding from the stomach comparatively easy. The characteristic symptoms of bleeding from the lungs may be enumerated as follows:

1. Frothy blood.
2. Difficult breathing.
3. Absence of Clots.
4. Blood of bright red color.
5. Pain or heat in the chest.
6. Blood mingled with phlegm.
7. Blood coughed up in mouthfuls.

The following symptoms relate to and indicate bleeding of stomach:

1. Nausea.
2. Blood not frothy.
3. Blood dark color.
4. Blood vomited freely.
5. Clots always present.
6. Blood mixed with food.
7. Tenderness in the pit of the stomach.

In bleeding from the lungs the symptoms relate to the chest, while in bleeding from the stomach, the symptoms relate to the stomach.

It will be easy to differentiate, in most cases, by spinal examination. If the trouble is caused by ulceration of the stomach,

then we will detect tenderness of the fifth pair of thoracic nerves, especially the one from the left side of the spine.

In case of hemorrhage from the lungs, then there will be tenderness of the third pair of thoracic nerves. If the lesion is of the right lung, then the tenderness will be manifested in the third nerve on the right side. If the ulcer of the lung is on the left side or in the left lung, then the tenderness will be detected in the left third thoracic nerve.

Hemorrhage from the lungs occurs most frequently in persons suffering with pulmonary consumption and it may occur in either the incipient or in the advanced stages. Bleeding from the lungs is not a positive evidence of the existence of tubercular invasion. Often cases of hæmoptysis is observed and subsequently no other symptom of tubercular disease is evident, and the patient may enjoy perfect health for many years.

Hemorrhage of the lungs when occurring in persons of a scrofulous or tuberculous tendency, who are apparently in perfect health, may be regarded as a very ominous-indication.

ETIOLOGY.—Tubercular ulceration is a common cause of pulmonary hemorrhage. The bleeding usually occurs from a dilation and a rupture of the capillary vessels of the mucus membrane of the bronchial tubes, and less often from rupture in the deeper tissues of the lungs.

Hemorrhage from the lungs is rarely immediately fatal. Persons who suffer with hemorrhage of the lungs, when they are afflicted with tuberculosis, succumb less rapidly than those in which there is an anemic condition of the lungs. This is due to the fact that a lung, with a sufficient blood supply, is more resistant to tubercular infection than is the anemic lung.

TREATMENT.—In most cases of hemorrhage from the lungs, we may quickly control the same by exciting the vasoconstrictor center of the spinal cord which controls the vascularity of the lung tissues. This may be done by adjustment of the second or third thoracic or by adjustment of the middle cervical in the majority of cases. In the case of profuse hemorrhage, which

is due to the rupture of larger vessels, we find it necessary to produce a greater stimulation of the spinal center supplying vaso-constrictor influences to the blood vessels of the lung tissues.-

Concussion of the middle cervical region, of the fourth and fifth cervical vertebræ, will usually control, decidedly and quickly, most all cases of pulmonary hemorrhage. It is necessary in many cases to use palliative measures such as rest in bed with the head and chest elevated.

The cough should be restrained as much as possible as it will increase the hemorrhage.

Cold applications, both internal and external, may be used to excite vaso-constrictor influences of the nerve mechanism of the pulmonary organs.

Ice water, bits of ice, and cold compresses may be applied to the chest. Good means of applying continuous cold is by means of the syphone syringe. The cold may be rendered more intense by the addition of two or three pounds of salt to the ice water.

The use of spinal adjustment and spinal concussion jointly will give a more decided beneficial result in the treatment of hemorrhage in almost every case.

HEPATITIS.

SYMPTOMS.—Tenderness over the liver and high fever, of the typhoid form. On palpation, the liver is found to be enlarged. The patient feels a sense of fullness in the right hypogastric region and pressure elicits pain; also to cough or take a deep inspiration will cause a sense of pain. The patient cannot lie on his right side with convenience. The breath is short, and there is cough and vomit. The white of the eyes turns yellow, and often pain is referred to the shoulder. Sometimes abscesses will form, which will increase the pain and tenderness, and also diarrhœa may follow.

The spinal symptoms are very clear. There is always tenderness of the thoracic nerves upon the right side, especially of the sixth, seventh and eighth thoracic pair of nerves. The more intense the inflammatory condition the more decided is the tenderness of the spinal nerves at their spinal exit.

PROGNOSIS.—Favorable under spinal adjustment. The inflammation and fever subside at once. The peritoneum takes care of a great deal of suppuration when in a normal healthful condition, hence much pus may be consumed. Even in the advanced stages of the abscess formation the adjustment is effective in bringing about a speedy relief, as they tone up the peritoneum and make it healthful and effective in case of pus in the abdominal cavity from rupture of abscess.

TREATMENT.—Adjust the sixth, seventh and eighth thoracic vertebræ so as to relieve the sixth to eighth pairs of thoracic nerves, making their exit from the right side of the spine.

Apply locally over the region of the liver, hot compresses saturated with a solution of carbolized magnesia.

HERNIA.

DEFINITION.—This is a rupture of the abdominal wall and protrusion of the bowels. Hernia may be a result of straining, especially in awkward positions, but in these cases there is always a lack of the proper nerve tone and lack of muscular tonicity. The coverings of the intestines and greater and lesser omentum and mesentery, from lack of tone, may fail to hold the intestines in proper position. In all cases of prolapsus of the bowels and uterus, or the kidney, or any of the abdominal viscera, there is lack of tone in the ligaments and mesentery that holds these organs in place, as well as lack of tonicity to the muscular walls of the abdominal cavity, in all cases of hernia.

PROGNOSIS.—Favorable under adjustment. The author has had cases of hernia of years' standing under his care which have recovered by adjustment very promptly.

ADJUSTMENT.—For inguinal hernia, adjust second lumbar,

to give tone to muscles of the abdominal wall, especially the inguinal ring. In addition, the tenth and twelfth thoracic vertebræ should also be adjusted, as this increases the tone of the ligaments and tissues holding the abdominal viscera in position. For umbilical hernia and hernia of the diaphragm, adjust the sixth and eighth thoracic vertebra.

HICCOUGH.

DEFINITION.—Hiccough is a symptom and is produced by a spasmodic condition of the diaphragm. It may be caused by eating too much, indigestion, or by irritation of the stomach, or by drinking water and other trivial causes, which may sometimes bring on hiccough. Hiccough sometimes occurs in connection with the last stages of wasting diseases, and is considered a very grave symptom.

ADJUSTMENT.—Hiccough is relieved instantly by adjustment of the fifth thoracic vertebra; if it is of diaphragmatic origin, adjust the eighth thoracic vertebra also. When occurring in connection with disease in advanced stages, nothing can be done if the disease has passed the stage, when the patient can be saved.

HIP JOINT, PAIN AND STIFFNESS IN, AND SUBLUXATIONS OF.

TREATMENT.—Adjust lumbar region, from second to fifth lumbar vertebræ; this will be effective, except in cases with too great pathological derangement of tissues.

Use Magnesia sulphate compresses to relieve the stiffness of the joints.

HIVES, URTICARIA (NETTLE RASH).

DEFINITION.—This is a peculiar eruption, having the appearance of wheels caused by nettle stings; the wheels are usually umbilicated, having a white spot in the center of a red patch; it is especially characterized by its sudden appearance. There

is itching of the skin and there is also a very sudden disappearance. Errors in diet are apt to bring this trouble on, or it may be the result of indigestion.

TREATMENT.—Adjust the fifth and tenth thoracic vertebræ and use the magnesia baths to skin.

HOARSENESS.

DEFINITION.—This is due to an interference with the vocal cords; usually an inflammatory condition and hyperplasia. The larynx may also cause more or less hoarseness, when there is catarrhal inflammation.

PROGNOSIS.—Adjustment to allay the irritation of the inflammatory condition produced by colds will quickly cause a return of the normal condition and the hoarseness will disappear.

TREATMENT.—Adjust the fourth cervical and seventh cervical vertebræ, and fifth thoracic vertebra to the right.

Use magnesia sulphate compress around the throat at night. If hoarseness is augmented by bronchial inflammation, then the second thoracic vertebra should be adjusted.

Rest of the throat may be necessary in some cases and is helpful in all in which an early and a perfect recovery is desired.

HYDROCEPHALUS.

DEFINITION.—Water on the brain.

SYMPTOMS.—As this disease sometimes develops before birth, the size of the head may interfere with delivery; other cases that develop after the birth of the child may not be observed till the child is several months old; in these cases the head assumes a round, globe-like appearance; the fontanelles remain open; the eyes protrude and project downward on the sub-orbital plate; the veins are distended; the hair and the face do not increase in size as does the cavity of the brain; the neck is often unable to support the head; intelligence is generally impaired; the reflexes are exaggerated; in some cases the child is precocious.

ETIOLOGY.—We have both congenital and acquired hydrocephalus; the congenital form usually begins before birth or develops in a few weeks after birth; acquired hydrocephalus may develop at any period of life; it may result from meningitis; tumor, pressure, or may be a complication of general dropsy.

PATHOLOGY.—The head is round and the bones translucent, the sutures and fontanellas are enlarged; numerous wormian bones form; convolutions of the brain and the sulci are more or less obliterated.

PROGNOSIS.—Unfavorable under all former methods of treatment. Spinal adjustment may prevent cases of acquired hydrocephalus and may relieve the same, after it is started before becoming too far advanced. The congenital form can hardly be helped in any way whatever.

TREATMENT.—Adjust the atlas, fourth cervical and fifth and tenth thoracic vertebræ.

HYPERÆSTHESIA.

DEFINITION.—This affection is a supersensitive condition or an increased sensibility to external impressions; it is commonly observed in hysteria, especially in connection with the joints, breasts, genitalia, and the spine; it is also present in the beginning of inflammation, and is a common symptom of cerebro-spinal meningitis.

TREATMENT.—The adjustment depends upon the part affected. If the affection is of a joint, adjust the nerve supplying the local zone. The same is true of the breast and other parts. For general hyperæsthesia, adjust the sixth thoracic vertebra.

Applications of carbolized magnesia is helpful in the treatment of hyperæsthetic nerves and organs.

HYPERPYREXIA.

DEFINITION.—An excessively high temperature. This affection is due to a decided derangement of the relation of heat-production and heat-loss, in which the heat-production is extremely excessive, which is due to the action of great quantities

of toxic substances, acting upon the thermo-genetic centers of the nervous system.

TREATMENT.—The general rule for adjustment, in all cases of fever—moderate, excessive, or otherwise—is to adjust the spinal “hot-segment,” also the sixth and tenth thoracic vertebræ.

The magnesia sulphate sponge bath applied continuous for fifteen or twenty minutes, will open the pores of the skin and eliminate the toxic elements and thus remove the cause of the fever.

HYPERSECRETION.

DEFINITION.—This is an excessive action of the secretory glands and mucous membranes.

SYMPTOMS.—A watery catarrhal discharge in unusual amounts, causing excessive expectoration, nasal discharge, and discharges from other mucous membranes; also, this affection interferes with the stomach, causing an undue and unnecessary amount of gastric fluids.

ETIOLOGY.—Derangement of the nerve supply; especially affecting the secretory impulse to the mucous cells and excessive toxic elements in the blood.

Hypersecretion is usually due to a catarrhal diathesis and the best treatment is a low fruit and vegetable diet, especially avoiding the rich diet that will over-nourish and quickly decompose in the blood stream. The fact that a fast will entirely overcome a tendency to hypersecretion, proves conclusively the relation of diet and that an excess of nutrition is directly responsible for hypersecretion in many, if not in most cases.

ADJUSTMENT.—Relieving and restoring a perfect nerve supply to the local zone will lessen the excessive expectoration. For hypersecretion of the pharynx and post-nasal regions, adjust the fourth cervical and the fifth thoracic vertebræ to the right, for general hypersecretion, adjust the sixth and tenth thoracic vertebræ; for the stomach, if it is effected particularly, adjust the fifth and tenth thoracic vertebræ.

HYPERTROPHY.

DEFINITION.—This is an over-growth and a hyperplasia of the cellular tissues of any organ or part, in all cases, this is due directly to abnormal nerve impulse, affecting especially the trophic action of the parts; it is a rather common affection of the heart. Cardiac hypertrophy may be a compensatory measure on the part of Nature, which may be due to an excessive activity. It is a condition that is present in all cases of elephantiasis. We have hypertrophy or hyperaccumulation of the adipose tissue covering the abdominal cavity of a great many persons that have reached middle life.

ADJUSTMENT.—If the ailment is local, adjust to relieve the nerve supply to the zone affected in connection with the tenth thoracic vertebra; for cardiac hypertrophy, adjust the fourth and tenth thoracic vertebræ; in elephantiasis of the upper or lower extremities, adjust the first thoracic vertebra or the fifth lumbar, in connection with the tenth thoracic vertebra.

For fatty accumulations over the abdominal region, stimulate the origin of the splanchnic nerves by spinal concussion, applied to the second and on below to the eighth thoracic vertebræ inclusive.

HYSTERIA.

DEFINITION.—A functional disease of the nervous system, due in some cases apparently to an auto-excitation.

SYMPTOMS.—The patient may cry or laugh excessively without cause; may have hallucinations, and is extremely sensitive to light or sound, and all the senses are perverted. Hyperesthesia of the breast, ovaries; wandering pains in the chest and abdomen, joints and spinal column, especially between the shoulders. Sometimes the patient will lose the voice. There is excessive muscular contraction, and spasms. The digestion becomes disordered, and the temper changeable. There is an excessive quantity of pale urine passed in many cases, and the patient may become delirious.

ETIOLOGY.—This affection is most common with females,

but it may develop in males. It is most common in adult life. It seems to be hereditary and to be transmitted from hysterical, epileptical, or insane parentage. Early education, undue and prolonged excitement, anxiety, grief, or lowered vitality, may tend to excite paroxysms in susceptible individuals. Probably one cause of hysteria is sexual excesses; novel-reading and perverted habits of thought may be an exciting cause. It is most common among young ladies who are reared in luxury, having had every fancy gratified. Hysteria is never known among the uncivilized nations. Before the Civil War this disease was unknown among the negro women in the South, but it has occurred occasionally among them since emancipation.

PROGNOSIS.—Favorable; in fact, good in all cases under proper rational therapy.

TREATMENT.—Adjust the atlas, the sixth thoracic vertebra, and the lumbar region.

Rectal dilation will stimulate the nervous system and prove an excellent auxiliary method of treatment.

ICTERUS (YELLOW JAUNDICE).

DEFINITION.—Jaundice, from catarrh of the bile-duct, or from the irritation of calculi.

SYMPTOMS.—Yellowness of the white of the eyes and of the skin of the entire body; dark color of the urine, and the stools are of light clay color on account of the deficiency of the proper amount of bile; itching of the skin; the patient is more or less drowsy or giddy; and there is mental depression, lassitude, irritable temper, and symptoms of dyspepsia, such as coated tongue, bad taste in the mouth, and the heart's action slowed.

There is usually evidence of interference with the sixth, seventh and eighth pair of thoracic nerves, especially those emerging from the right side of the spine.

ETIOLOGY.—The most common cause is catarrhal inflammation extending from the duodenal tract; there may be primary inflammation of the gall-duct from exposure to cold. We may

have irritation from gall-stones, or we may have complications affecting the gall-bladder, as in malaria and other diseases.

PROGNOSIS.—Favorable. It rarely becomes chronic.

TREATMENT.—Adjust the seventh thoracic region and use the magnesia sulphate compress over the liver at night, and the magnesia baths.

INFLAMMATION OF THE BRAIN.

DEFINITION.—An inflammation is a derangement of the trophic, thermic, and secretory action of an organ, which is due to pressure or irritation of the nerves supplying the affected zone.

Inflammation of the brain is due to derangement or interference with the nerve supply, which is responsible for the integrity of the brain's condition.

SYMPTOMS.—Four characteristic symptoms mark all inflammatory processes—viz., heat, pain, redness, and swelling. Inflammation is the result of irritation and consequent excitation and derangement of the nerve supply in the brain, the causes, symptoms and conditions are analogous. There will also be tenderness of the cervical nerves in all cases of brain tenderness or inflammation.

PATHOLOGY.—Hyperplasia of the cellular tissues, hyperemia of the infected area, paralytic condition of the capillaries of the blood-vessels, an increased congregation of the white cells with diapedesis into the perivascular spaces, and increase of fibrin, ferment, and coagulation in the brain substance.

TREATMENT.—Adjust the atlas which may interfere with the nerves supplying the zone of inflammation. Adjust the cervical region generally. Use rectal dilation and magnesia sulphate baths, and magnesia applications over the head in the form of compresses is an excellent palliative treatment.

INFLUENZA.

(See La Grippe.)

INSANITY.

DEFINITION.—A derangement of the mental faculties without the loss of volition and consciousness. Mental derangement has been considered one of the most terrible calamities that could befall an individual. There have been many erroneous views held concerning the nature and cause of this malady. Modern investigation has dispelled much of the darkness surrounding this subject. It is now known that the mind is simply the result of the activity of the brain. The perfect mental activity and mental productions depend upon the perfect health of the brain. Perfect nutrient supply to the brain and a healthful and normal organic condition of the cellular structure of the brain will produce normal mental activity. Any derangement of the organic structure, or any derangement of the nutrient supply, will produce a varied and abnormal condition of the activity of the brain. It is sometimes difficult to determine whether a man is suffering with complete mental derangement or simply suffering with eccentricities. There is no sharp dividing line between these two conditions.

SYMPTOMS.—Some of the principal symptoms of insanity are: illusions, delusions, hallucinations, incoherence, and delirium.

An illusion is a false, perverted, or exaggerated perception of an object by the mind. A person may suffer from illusions of sight, touch, taste, or smell.

Hallucinations are false perceptions, originating within the brain, and are not the result of any external object or impression and are wholly imaginary.

Delusions are deceptions. A deluded person thinks the hallucinations or delusions are realities.

An individual is incoherent when he put words together, that do not bear any relation to each other; they change from one subject to another in an abrupt manner.

Delirium is a complication of the above ailments, together with restlessness and inability to sleep.

We have many different forms of insanity, as mania, a form in which nearly all the mental faculties are affected.

Melancholy is characterized by a state of depression.

In dementia there is a general loss of intelligence or failure of the mental powers. We may have general paralysis of the insane.

In cases of insanity we often detect evidences of interference with the cervical and upper thoracic nerves, and may find involvement of the lumbar nerves.

ETIOLOGY.—It has been thought that this is a disease of the mind or soul, but in reality it is a disease of the brain or brain substance which produces the mind. Probably the most common cause is derangement of the nutrient supply of the brain. For a treatise on this subject, see *Spinal Treatment* (Gregory).

PROGNOSIS.—Where there is a normal amount of brain substance and no physical obstruction to recovery, all causes of insanity should respond to adjustment to relieve the nerve supply to the brain substance and the membranes surrounding it and to the blood-vessels which furnish the nutrient supply and drainage of the brain. (See cases narrated in *spinal treatment science and technique*.)

TREATMENT.—Adjust the atlas and the fourth cervical vertebræ and we often find lesions from the second to the sixth thoracic vertebræ. Insanity is helped by a low vegetable diet and by an eliminative series of baths.

INSOMNIA.

DEFINITION.—Inability to sleep.

SYMPTOMS.—This is a symptom of a disease of the nervous system, and rather a grave symptom. If a person does not sleep, the system will rapidly become impaired. Really, insomnia is a precursor of insanity in many cases; and it is also a symptom of insanity. If a person finds he is not able to sleep at night,

but lies awake for several hours at a time, he should give this matter immediate attention.

There is usually some contraction of the spinal musculature of the middle thoracic vertebræ, especially interfering with the integrity of the sixth pair of thoracic nerves.

ETIOLOGY.—The patient may be kept awake by headache, neuralgia, or painful affections; he may fail to rest and sleep because of a nervous condition; also an excitable and active mental condition may keep a person from sleep; tea, coffee, alcoholic liquors, and other stimulants may be an exciting cause of sleeplessness.

Insomnia or Sleeplessness is detrimental. Only those who suffer from this trouble realize how greatly the nervous system becomes racked, the vitality lowered and the general health undermined, by the continual loss of the benefits of nature's recuperating process. In sleep the sympathetic nervous system is predominant over the cerebro-spinal system. In sleep an increased blood current is drawn to all the abdominal viscera, leaving the brain in a state of rest, supplying in the interval new material and restoring the vital forces for another period of activity.

If the brain is not relieved of this congestion the general condition of the patient is weakened and frequently a general breakdown follows. When sleep fails the general system cannot be recuperated to withstand the wear and tear of study, labor and excitement.

Overwork, worry, too much study, anything which will impede a normal circulation or cause congestion will hinder sleep. Opiates, hypnotics and sedatives, so generally used, are worse than useless for permanent results, and are frequently the cause of baneful drug habits.

TREATMENT.—In order to secure natural sleep it is necessary to have a normal circulation. To remove circulatory obstructions and obtain this is the object sought. In such cases there is nothing that will accomplish this end as readily and bring about

such happy results as rectal dilation. It is a great promotor of natural, refreshing slumber, a condition very different from that produced by the use of drugs. Dilation equalizes the circulation of the blood, relieving the congestion of blood in the head, which was the cause of undue mental activity. The dilator should be used when retiring, the largest size that can be inserted without discomfort, and it should be retained about half an hour. No harm can follow if one falls to sleep and retains the dilator all night, but the best results follow if it be retained for half an hour or an hour.

ADJUSTMENT.—For sleeplessness from pain or uneasiness, adjust to relieve the same; if from nervousness, adjust the atlas and the sixth thoracic vertebra.

Magnesia sulphate baths will often cause sound sleep. It is the personal and observant experience of the author that the magnesia sulphate baths are very efficient in causing natural sleep.

INTESTINAL OBSTRUCTION.

SYMPTOMS.—Sudden and extreme pain; at first it is paroxysmal, but later it becomes continuous; there is constipation and vomiting; the vomiting is persistent and becomes fecal; the bowels become distended with gas; there is mental depression and great prostration, or collapse, which is indicated by pinched features, cold extremities, and feeble pulse. A tumor may be palpated through the abdominal wall.

There will be tenderness of spinal nerves at the point of their spinal exit, and this will be detected at the point of the spinal origin of the nerve supply to the zone of the obstruction in the bowel.

ETIOLOGY.—Acute obstruction, occlusion, intussusception, strangulation, and twisting contraction is produced by stricture of the intestines, which may be caused by chronic catarrh, dysentery, chronic ulcer, or cancer of the intestine, and also by accumulation of fecal masses, tumors, etc. The twisting or invagination is less common than obstruction from the other causes.

We may have intestinal obstruction from strangulation, which occurs from hernia; we may have congenital obstruction, in which case it is usually due to imperforate anus; the stricture may be the result of syphilitic ulceration or dysenteric ulcers. The most common seat of stricture is the rectum. Tumors are most commonly situated in the sigmoid flexure. Rupture or hernia is another cause of intestinal obstruction.

ADJUSTMENT.—The principal adjustment in these cases is the second lumbar region; however, we may find indications for adjustment in the lower thoracic region in case of invagination or twisting of the small intestines. The spasm, contraction, and all the pains, are quickly overcome by adjustment. Under the influence of the relaxed condition produced by adjustment, Nature may quickly right herself and bring about normal conditions, which will occur in most cases. For stricture, it may be necessary to operate or, to dilate if it is low in the rectum. Obstruction of the rectum may be caused by the contraction of cathartics and intestinal scar tissue from cathartics, which contracts and narrows the passage.

Concussion of the eleventh thoracic vertebra will relax the bowels and may overcome the spasm, which may cause the obstruction.

INTESTINAL HEMORRHAGE.

(See Hemorrhage, Intestinal.)

TREATMENT.—Adjust the second lumbar region, and use concussion over the upper three lumbar vertebræ.

Rectal dilation will stop intestinal hemorrhage.

Concussion of the upper three lumbar will constrict the bowels.

INVOLUTION OF THE WOMB, FAILURE OF.

DEFINITION.—“Involution” means a retrogressive change of the uterus back to its normal condition, which occurs following child-birth. Any failure of the processes of involution is due to lack of the nerve supply. Involution may be induced by adjusting for the restoration of the normal nerve impulse and consequent normal vital energy.

TREATMENT.—Adjust the second to the fourth lumbar vertebræ.

Rectal dilation will stimulate uterine contraction.

Concussion over the upper three lumbar vertebræ will excite the reflex of contraction of the uterus and thus greatly hasten the process of involution.

IMPOTENCY.

DEFINITION.—Impotency is a lack of sexual power, especially of males; it is the loss of the power of procreation.

ETIOLOGY.—One of the chief causes of impotency is that of sexual excesses, particularly self-abuse; it may be due to the excessive use of liquor, opium, and especially the use of tobacco. The tobacco habit is now recognized by many physicians as one of the prominent causes. At a late meeting of a British medical association several eminent physicians reported a number of cases of impotency in which the disease was undoubtedly the result of tobacco use. The primary effect of drugs used for aphrodisiac purposes is to excite the sexual powers to overaction; the ultimate result of this abnormal stimulation is to cause a partial or entire loss of sexual power. The result of stimulation of liquors, tobacco, or aphrodisiac medication, or sexual excesses, is to cause contraction of the ligaments and muscles along the lumbar region of the spine, which is due to the excitation of the sensory nerves which reflexly produce contraction; these contractions along the lumbar vertebræ interfere with the nerve supply to the genital organs, and are directly responsible for the continued lack of tonicity and power.

Gonorrhœa, in youth or in early manhood, will cause contraction of the spinal musculature and thus compress the nerve sheath of the nerve or nerves, which supply the genital organs. Subsequently, the nerve supply being interfered with, the patient will suffer with lack of manhood. The legitimate and rational treatment for this trouble is the adjustment of the lumbar vertebræ to loosen and strengthen the contracted muscles and ligaments and to restore freedom of the nerve supply to the genital

organs, as well as to re-establish the nutrient channels of the circulation to the genital centers of the spinal cord. These treatments will positively restore lost manhood, impotency, loss of sexual power, and restore the procreative power to either males or females who have not passed the menopause.

TREATMENT.—Adjust the fourth lumbar region; for stimulation of the power of the erectile tissues, adjust the second lumbar vertebra; for stimulation of the genital centers, adjust the fourth lumbar vertebra.

Rectal dilation is an efficient auxiliary method of treatment for impotency.

ITCH.

DEFINITION.—This is an infectious skin disease; not so common in this country as in some other countries. In Glasgow, Scotland, itch is said to constitute about one-fourth of the skin diseases. This disease is due to the presence and action of animal parasites, known as the *Acarus scabiei*. These little insects are almost visible to the naked eye; they burrow in the skin, making a somewhat crooked channel in which they deposit their eggs, which quickly hatch and develop into fullgrown acari. The female is claimed to be the sole cause of all the mischief.

TREATMENT.—This germ may be destroyed in a number of ways: by smothering, by crowning, or by poisoning. If the skin is thickly smeared with mutton tallow, or some oily substance of considerable consistency, a cure may be effected, provided the agent is applied to the skin for a while. By prolonged immersion in water you can also destroy the itch. Soaking the body in warm water, or in a soap bath, is effectual in removing this parasite. The use of sulphur ointments is an old and well-known remedy. Carbolized magnesia sulphate compresses and applications are an excellent method of treatment for itch.

ITCHING GENITALS (PRURITUS).

DEFINITION.—This is a very annoying affection, rendering the life of the patient almost intolerable; it is most commonly

caused by irritative discharges from the uterus or vagina, or it may be due to the extension of a skin disease; it is quite likely to occur in women suffering with diabetes; it occurs in connection with cancer of the uterus, and is the result of the acrid discharge of this disease; as it most frequently occurs at the time of the menopause, or change of life.

TREATMENT.—Adjust the lumbar region, especially the fourth lumbar vertebra, also use the carbolized magnesia sulphate applications.

IRITIS.

DEFINITION.—Inflammation of the iris of the eye or eyes.

This affection is so painful in some cases as to prevent sleep. The pain extends over the eye and the eyebrows and temples, in which case it may be mistaken for neuralgia. The eye is congested about the cornea; the lids are likely to be swollen and puffed. There may be a burning and itching of the eye, but it is soon superseded by a severe pain, that is sharp and cutting. The pain is usually worse at night and diminishes toward morning. The contraction of the pupil is a common symptom of the disease. If it is not properly treated, there may be permanent contraction of the pupil of the eyes as a result of the irritation, producing a permanently contracted condition.

TREATMENT.—Adjust the fourth cervical and the fifth thoracic vertebræ to the right. Use magnesia sulphate compresses over the eyes at night.

JAUNDICE.

(See Yellow Jaundice.)

TREATMENT.—Adjust the sixth, seventh, eighth, and tenth thoracic vertebræ.

KELOIDS.

DEFINITION.—This is a term applied to over-growth of scar tissue; it also applies to a fibrous outgrowth of skin resembling

scar tissue, and appears to be of spontaneous origin. It affects especially the colored or negro race, seldom affecting the whites.

ETIOLOGY.—Increased trophic supply, due to increased nerve impulse or excitement of the anabolic action or processes of metabolism.

TREATMENT.—Adjust for the relief of the nerves which supply the local zone, which is the seat of the keloid growth. We do not believe that spinal adjustment will accomplish any good when used alone in the treatment of keloids.

KIDNEY DISEASES.

DEFINITION.—Amyloid kidneys, congestion of the kidneys, cyst of the kidneys, tumors of the kidneys, pain or abscess, hydatids of the kidneys, syphilitic affections, colic and stone of the kidneys, are all due to the condition of the nerve supply of the kidneys, and are all amenable to rational methods.

ADJUSTMENT.—The tenth thoracic region. Concussion and surgery may be necessary procedures.

KIDNEY, FLOATING.

(See Floating Kidney.)

KNEE, HOUSEMAID'S.

DEFINITION.—This is an abscess of the bursæ; most common in the bursæ pertelæ; probably due to contusions or bruises.

ADJUSTMENT.—The fourth and fifth lumbar vertebræ and use compresses and bandages.

KNEE JOINT, DISEASES OF.

TREATMENT.—Adjust from the second to fifth lumbar vertebræ.

The magnesia sulphate compresses applied each night, continuously for two to four weeks, will prove an excellent method of treatment in cases of ankylosis and in the tubercular infections of the hip joints.

LACHRYMATION.

DEFINITION.—This is an overflow of tears, due to obstruction of the lachrymal canals, which may be the result of an inflammatory condition, attended with proliferation of the epithelial lining of these canals or ducts, causing them to become narrow or occluded.

ADJUSTMENT.—The upper cervical vertebræ including the fourth.

LA GRIPPE (CATARRHAL FEVER).

DEFINITION.—This is an acute infectious epidemic, characterized by prostration, fever, pain in the head and back, catarrh of the respiratory organs and of the gastro-intestinal tract.

SYMPTOMS.—The disease usually comes on with chilliness, malaise, more or less pain in the back and head, high fever, and prostration that is out of proportion to the fever; generally lasts two or three days and then the temperature falls; sometimes the case becomes more or less chronic, and sequelæ may ensue.

ETIOLOGY.—This disease occurs in epidemics; starting usually in Russia, then spreading with wonderful rapidity over the continents and across the seas. The exciting cause is a small bacillus, discovered by Pfeiffer. People of either sex and of all ages are subject to this disease, and one attack does not confer immunity against a second attack. Complications—catarrhal or croupous pneumonia, pleurisy, nephritis, neuritis, meningitis, and insanity—may follow unless proper and effective treatment is administered.

TREATMENT.—Adjust the fourth cervical and the fifth or sixth and tenth thoracic vertebræ.

Concussion over the seventh cervical vertebra, in the initial stage, may abort the attack.

The magnesia sulphate baths are an efficient auxiliary method of treatment and may assist materially in aborting an attack if used in the initial stage.

LARYNGITIS, ACUTE CATARRHAL.

DEFINITION.—Catarrhal inflammation of the larynx.

SYMPTOMS.—Hoarseness and loss of voice; pain, especially when talking, coughing, or swallowing. There is a discharge soon after the onset, which becomes more purulent as the disease progresses. There may be fever and slight constitutional symptoms and depression. In children, and sometimes in cases of nervous people, there may be croupy symptoms from spasm of the vocal cords.

ETIOLOGY.—Improper and excessive use of the voice; irritation from inhaling dust, vapors, or fumes, and sometimes foreign bodies. This trouble may be associated with some infectious or contagious disease, such as whooping cough, measles, diphtheria, influenza, etc.

PROGNOSIS.—In simple catarrhal laryngitis the prognosis is favorable in all cases. If there is much edema of the larynx it is indicated by dyspnoea, and the prognosis is less favorable.

TREATMENT.—Adjust the fourth cervical, and the fifth thoracic vertebræ to the right. Tubercular laryngitis yields much more slowly and much more time is required to effect a cure. The adjustment for this specific locality (the larynx) is the same as previously given, but in tubercular laryngitis other adjustment may be indicated for the relief of conditions of the lungs and other parts.

The magnesia sulphate baths or rather the compress around the throat is a helpful measure of treatment and hastens recovery very greatly.

LARYNX, DISEASES OF.

For all pathological conditions of the larynx, it is necessary to relieve the nerves supplying this organ, for when the nerve supply is perfect, health of the larynx in all cases will be perfect.

ADJUSTMENT.—The fourth cervical region and the fifth thoracic vertebra, also adjust the second thoracic vertebra.

LEAD POISON.

SYMPTOMS.—The patient at first has colicky pains; these increase in intensity after a few days; the pains may be dull and cutting and at other times sharp and lancinating; they are often accompanied by severe vomiting and pains around the umbilicus; there is constipation, anorexia, great thirst, dull headache; occasionally, delirium and convulsions; and coated tongue. A marked symptom of lead poison is the wrist-drop; it sometimes causes a person to become cross-eyed; the most marked and characteristic symptom is a blue line on the edge of the gums, which is usually found in cases of lead poisoning.

TREATMENT.—Adjust the fifth and tenth thoracic vertebrae and the third lumbar region, this may relieve some, but we need a solvent for the metallic accumulation in the system, and the iodides are recommended for this purpose.

LEANNESS.

This condition seems to be natural and hereditary with some families, and in many cases it is quite extreme.

To overcome the condition of leanness or thinness seems quite difficult. Much more so than to overcome corpulency.

It seems, in such cases, that the digestive and assimilative organs do not appropriate and use the nutrition that is taken into the stomach, but that the digestive organs after appropriating what the system needs or can get along with, separates the remainder and throws it off.

It makes but little difference what the nature of the diet is or about the quantity eaten, yet some will not put on any adipose tissue.

Some of those who are thin, eat continually more than others, who remain in good flesh.

TREATMENT.—This is very difficult and we cannot promise much to our patients, unless the thinness is due to some disease that will yield to rational therapy.

I am satisfied that an occasional brief fast of two or three days duration, and a milk diet largely at the intervals between the fasts will prove beneficial.

Magnesia sulphate baths will assist in cleansing the system and are consequently an auxiliary method of value in the treatment of leanness.

Rectal dilation has, in some cases, by the excitation of the nervous system and the stimulation of the circulation of the blood, produced a decided increase in the assimilation and consequently in the patients weight.

Concussion of the tenth thoracic spinous or transverse processes will, according to Abrams, increase the number of red blood corpuscles and may influence the nutrition of the body.

Any treatment that will restore health to a patient will cause an increase in the weight.

LEUCORRHEA (WHITES).

DEFINITION.—This is a symptom of disease, rather than a disease itself; it indicates quite a variety of diseases, and varies considerably in character. The natural discharge of whitish mucus occurs normally a short time before and after menstruation. When the discharge becomes continuous and does not disappear in the interval between the menstrual periods, it becomes a symptom of disease. A viscid mucous discharge is generally of the womb; a curdy cucous discharge is usually the result of catarrh of the vagina; a clear and slightly turbid watery discharge, especially when offensive, is generally the result of tumors or cancer of the womb; a discharge containing pus indicates ulceration; in cases of malignant conditions in which there is necrosis of tissues, there is generally more or less blood mixed with the discharge. We may have leucorrhœa from simple congestion of the blood-vessels or simple catarrhal condition of the vagina; it may be occasioned by taking cold, or by sexual excesses, or by lack of tonicities from a weakened nerve supply.

TREATMENT.—Adjust the second and fourth lumbar vertebræ. Use diet of fruits and vegetables and magnesia baths to raise the nerve power.

LIDS, GRANULATED.

DEFINITION.—An affection that is due to derangement of nerve supply and associated with stomach and kidney diseases.

TREATMENT.—Adjust the fourth cervical and the fifth and tenth thoracic vertebræ.

LIVER, DISEASES OF.

(See Diseases of Liver.)

TREATMENT.—Adjust the seventh thoracic vertebra and the sixth and eighth thoracic. Magnesia sulphate baths and applications help.

LOCKJAW.

ETIOLOGY.—Subluxation of the jaw.

TREATMENT.—Wrap the thumb with a handkerchief, place the thumb well back in the mouth and press upon the molar teeth of the lower jaw; at the same time raise the chin and thus throw the articular ends of the mandibula into their proper location. (Also see Tetanus for lockjaw produced by infectious disease.)

LOCOMOTOR ATAXIA.

(See Ataxia, Locomotor.)

TREATMENT.—Adjust the atlas, the sixth thoracic vertebra, and the fourth lumbar region. Use vibrato-traction, rectal dilation and spinal concussion over the eleventh thoracic vertebra.

LOSS OF MEMORY.

DEFINITION.—This is due to lack of activity of the functions of the brain, which may be due to derangement of the nutrient supply or drainage.

TREATMENT.—Adjust the atlas and use the eliminative baths repeatedly. Regulate the diet.

LUMBAGO.

DEFINITION.—Pain in the lumbar region.

SYMPTOMS.—Dull, heavy, cutting, or sharp lancinating pains in the small of the back, elicited by movements, bending or straightening of the back.

On palpation, we will find tenderness of the lumbar nerves at or near their point of exit from the neural canal.

ETIOLOGY.—Contraction of the muscles and ligaments of the lumbar region, producing narrowing of the foramina sufficient to impinge or compress the nerves where they make their exit from the spinal column.

PROGNOSIS.—Good. Immediate relief after adjustment to relieve contraction of the ligaments affecting the intervertebral foramina.

TREATMENT.—Adjust the lumbar region and use heat or hot applications to the spine. The magnesia copresses are best. The heat and moisture will greatly assist the expansion of the intervertebral cartilages.

LUNGS. DISEASES OF.

(See Tuberculosis.)

TREATMENT.—Adjust the upper thoracic region. Elimination by means of magnesia sulphate baths will increase nerve tone and remove urate and toxic elements from the dermal and sub-dermal tissues. Fruit and vegetable diet should be adhered to exclusively.

LUNG FEVER.

(See Croupous Pneumonia.)

MALARIA.

DEFINITION.—An infectious but non-contagious disease, characterized by paroxysms of chills and fever.

SYMPTOMS.—Chills and fever, which may be intermittent, remittent, or typhoid, in character, and also the æstivo-autumnal variety. The latter variety is irregular in character.

In the chilly stages the patient will yawn considerably; his limbs will ache. There are severe headaches, nausea and vomiting. The surface of the body presents a goose-flesh appearance. There is great thirst, and also shivering, shaking, backache, and pains in the extremities.

Notwithstanding the chilly sensations, the patient has fever from the beginning of the chilly stage, and it is the fever that causes the chilliness; but the fever is internal at first. As the fever increases and as the skin becomes warm, the chilliness disappears; the headache does not cease, but increases and continues during the fever.

ETIOLOGY.—The cause of malaria has been discovered in the last few years, after considerable research. It has been demonstrated that this disease is caused by the action of special germs which invade the blood and destroy the red corpuscles. There has been considerable speculation as to how malaria is lodged in the system. It was formerly thought that malaria came from bad air, and hence it was called "malaria"; again, it was thought to come from contaminated water; but these theories have been exploded by the discovery of the hæmatozoön, by Laveran, which is carried and thrown by a mosquito into the blood of those who are affected with malaria. Numerous tests have been made to determine if this is really the source of malarial infection. Mosquitoes have been carried to hospitals where malarial was unknown, and after the exposure of patients to the mosquitoes they became victims of malaria. There are some who do not become infected very readily with this malady, but they are few. Very few have the vital resistance or auto-protection sufficient to go free of malaria, and the system seems weak in throwing this infection off when it has become inoculated.

The hæmatozoön of Laveran varies in its characteristics and effects upon the system. We have what we call the "tertian," "quartan," and "æstivo-autumnal" varieties of malaria;

they cause different forms of fever: the intermittent, remittent, and an irregular form of malarial fever—according to which form or variety of malarial infection is affecting the subject.

The tertian variety of malarial infection causes chills and fever on alternate days.

The quartan variety of malarial infection causes paroxysms of chills and fever every third day.

The æstivo-autumnal variety of malarial infection causes the irregular and typhoid forms of fevers.

PATHOLOGY.—Destruction of the red blood-corpuscles; engorgement and enlargement of the spleen; and also affection of the liver, kidneys, and heart.

TREATMENT.—Quinine is a specific for malaria and it is one of the very few specifics of our materia medica. There are other remedies that are anti-malarial in their effects, but they do not act so quickly nor so positively as quinine.

Quinine has some unfavorable effects, and one is of importance to consider in giving this drug for malaria: it has a decided paralytic effect upon the white blood-corpuscles, which effect lasts for some forty-eight hours; this is of material importance, because it is the white blood-corpuscles that act as phagocytes and destroy the toxins of the malarial germs that cause the fever, and for this reason quinine, while it destroys the malarial germ, will not check the fever, but will prevent the white cells from removing the cause of the fever. For malaria, quinine should be given every third day and not continuously, because it will, when given continuously, prevent phagocytosis. Quinine is an anti-periodic and should be given periodically in all cases, especially of malaria. In administering quinine in this way, we do not often have to cinchonize our patients the second time to stop malaria, and never have to do so the third time.

Quinine has a direct action on the malarial germs and will destroy them; but the effects of this disease upon the spleen, heart, and kidneys will remain to some extent in almost all cases.

But we are glad to find, by our clinical experience, that spinal adjustment will remove all interference with the nerve supply to these organs, and in this way restore perfect health and remove all the effects of former attacks of malaria.

Adjust the sixth, eighth, and tenth thoracic vertebræ and fifth cervical vertebra.

Concuss the upper three lumbar to excite a contraction of the spleen. The combined use of spinal adjustment and quinine is a very potent remedy.

The combined use of spinal concussion and sulphate of quinine is also an effective and successful method of treatment.

The combined use of spinal adjustment, spinal concussion, and the internal administration of quinine is the most successful method of treatment of malaria.

The quinine used need not be given in as large dose as it is usually, and thus the danger of its use may be lessened.

Hot magnesia sulphate baths are an excellent auxiliary method of treatment.

MAMMARY GLANDS, DISEASES OF.

The mammary glands are subject to diseases which may come from an infection or from being bruised; they are sometimes affected with tumors and with cancers.

SPINAL ADJUSTMENT.—For all diseases of the mammary glands, adjust to relieve the nerves that supply them—the third to the fifth thoracic vertebræ.

MEASLES.

DEFINITION.—This is an infectious and contagious disease that almost universally affects the human race, which is undoubtedly due to the virulency of the specific infection causing its spread.

SYMPTOMS.—Measles, at the beginning of the invasion, resemble catarrhal fever; they affect the air-passages of the respiratory organs. There is coryza; the eyes water; and the patient

has chilly sensations; there is also a cough following the incubation stage. The fever ranges from 102 to 104 degrees about the fourth day; after this an eruption appears, and the fever falls by crisis.

There is a general catarrhal affection of the conjunctiva; sneezing, hoarseness, coughing, and expectoration; eruption fades away after two or three days and is followed by a branny desquamation; small bluish white specks appear on the mucous membrane of the cheek and lips two or three days before the eruption appears.

ETIOLOGY.—Measles is a highly contagious disease; the contagion is apparently in the nasal and bronchial secretions. While it starts and spreads by contagion usually, sporadic cases may and do occur.

PROGNOSIS.—Good. If the adjustments are given when the whitish specks are first noticeable in the mucous lining of the lips and cheek, the disease may be aborted.

If the eruption has begun to appear before the disease is diagnosed or treated, the adjustments will reduce the fever, and the child will play in the yard during the continuation of the disease until the eruption and desquamation are completed.

The adjustments will not only abort the disease, but if too late to abort the case, it will cause it to disappear quickly, and there will be no sequelæ, such as cough, catarrh, and consumption following the measles, as all contractions of the spine have been adjusted for the relief of the same.

TREATMENT.—Adjust the fourth cervical and the third and tenth thoracic vertebræ.

The use of the double sulphides internally will combat the invasion of measles or most any other invasion.

MENINGITIS.

DEFINITION.—An inflammation of the membranes of the brain or of the spinal cord; it may be an inflammation of either the membranes of the brain or of the spinal cord, or of both together. (See Cerebro-Spinal Meningitis.)

MENOPAUSE.

DEFINITION.—The change of life, or the cessation of the menstrual periods. This is a most important period in the life of every woman living to reach that age. It is a most critical point of life, and much depends upon the way in which this period is passed through. There is a very intimate relation between the ovaries and the general system, which is due to the close relation of the nerve supply affecting the ovaries and other vital organs of the body and the internal secretions of the ovaries.

During the prime of life, women are affected much at the time of menstrual epochs; they are nervous, and digestive derangements appear from month to month, as well as general discomfort. It is a well-known fact that the ovaries are closely related to the digestive system. Pressing upon the ovaries will make a woman sick and cause vomiting because of the nausea produced.

Very few women pass through the menopause without disturbances—in fact, it could not be expected that so great a change could take place as the loss of the functional activity of the ovaries without engendering constitutional disturbances.

The fashionable dress of the society woman is a prominent cause of much of the discomfort and ailments of women during the change of life. The ordinary length of time is more than two years.

SYMPTOMS.—Either an excessive or deficient menstrual flow or an irregularity of the periods is indicative of the change of life. In connection with the menopause, there is usually a decline in the general health of the patient.

The appetite becomes capricious; there are disturbances of the stomach, heart, lungs, kidneys, bowels, and bladder; there may be nausea and vomiting; there may be more or less nervous symptoms: nervous neuralgia, nervous headache; and peculiar flushes of the neck and face and shoulders, due to the derangement of the nerve supply; there is more or less menstrual excitement.

Spinal adjustment is marvelously effective in the removal of the cause of all pathological conditions associated with the change of life. The patient will not only be made comfortable, but will pass through that period of life without complications or sequelæ, and live a healthful life during her old age, if the nervous system is kept in normal condition by the removal of all interference with the nerves.

ADJUSTMENT.—Adjust according to indications and lesions, determined by palpation. The magnesia baths are a very helpful treatment to cleanse the system and to increase the nerve tone.

MENSTRUATION—PAINFUL, DEFICIENT, PROFUSE, OR SUPPRESSED.

SYMPTOMS.—The symptoms are gripping, pain, discomfort, and heaviness at the menstrual epoch.

ETIOLOGY.—Catarrhal inflammation of the endometrium. Suppression of menstruation, which may be due to colds or exposure, as getting the feet wet. Deficient menstruation may be due to lack of tonicity, and also profuse menstruation may be due to the same cause.

TREATMENT.—Adjust the second, third and fourth lumbar vertebræ.

MENTAL DEPRESSION.

DEFINITION.—This is due to an inactive condition of the brain; due to a congested condition produced by an interference with the vertebral arteries which drain the brain.

TREATMENT.—Adjust the atlas; for general dullness with malaise, the atlas and the second and eighth thoracic vertebræ; for indigestion, adjust the fifth thoracic vertebra to the left. The use of the magnesia sulphate eliminative baths will assist materially in the treatment of mental depression.

MILK, LACK OF EXCESS OF.

It may be due to lack of nutrition of the mother; but if due to the lack of the nerve tone of the mammary glands, adjust the third to the fifth thoracic region.

MORNING SICKNESS.

DEFINITION.—This is one of the prominent early symptoms of pregnancy, in which case there is vomiting in the morning soon after getting up, during the early stages and also during the latter stages of pregnancy.

It is well for patients to eat some food before getting up in the morning, and when they get up, to go immediately into the open air; small bits of ice taken into the stomach, or hot fomentations over the stomach, may be palliative remedies.

PROGNOSIS.—Good under spinal adjustment.

TREATMENT.—Adjust the fifth thoracic vertebra to the left, and the lumbar region. The former is to relieve the stomach condition while the lumbar adjustment is to relieve the cause of the stomach disturbance.

MORPHINE HABIT.

Morphine is a drug that is very powerful, being a concentrated extract of opium; it is an agent relied on as one of the chief drugs for the relief of pain and suffering. While it may be permissible in some cases that are moribund, and in others in which there is temporary spasmodic contraction, it is the belief of the author that it would be much better for the human race were there no such drug in existence, provided doctors knew how to relieve pain without it.

Pain is a symptom of an irritated or impinged nerve; to give morphine to deaden that pain is like killing a boy who comes and tells you your house is on fire. Is it not better to relieve that nerve by spinal adjustment and thus relieve the cause of the pain? If the irritation is continuous, it may be advisable to use morphine sometimes for its relaxing effects and thus prevent the continuous spinal contraction.

The use of morphine has made many victims to its habitual use. It is quite difficult for habitués ever to escape from the slavery of the habit. Spinal adjustment is very helpful in

overcoming the abnormal cravings for this drug and in strengthening the nervous system, that has been weakened by its use.

TREATMENT.—Adjust the fifth thoracic vertebra to the left, and the atlas. We have been able to slowly decrease its use without the slightest discomfort while the patient was under adjustment.

When the morphine is taken away from the patient the millions of crystals of urates in the capillary circulation and lodged in the peripheral tissues will lacerate the delicate end organs of the sensory nerves and will thus cause intense misery and pain.

The pain of a person from which the morphine has been taken, after they have formed the habit, is not, as some people suppose, imaginary, but it is real because of the injury to the delicate sensitive afferent nerve endings. The rule of the dope fiend is to relieve this pain by the use of another dose of the drug.

We may easily relieve this condition of pain and suffering of the patient by the use of the magnesia sulphate eliminative baths or by the repeated use of the magnesia sulphate sponge baths.

When the patient, from which the drug has been taken, begins to suffer with pain, the nurse should at once, administer the sponge bath or put the patient into the full bath. In fifteen to thirty minutes' time, the patient will be resting perfectly easy, for the reason that the solution of magnesia sulphate has dissolved the uric acid crystals and has opened the pores of the skin and thus caused their elimination.

When the patient is relieved let them sleep or rest until they again begin to suffer with pain when they can be again relieved by extracting another crop or crystals of urates by giving another magnesia sponge bath or tub bath.

Repeat the treatment every time the patient is uneasy, keep on in this way for three days, by that time you will have gained the victory. The patient will be thoroughly cleansed and free

from the toxic elements and urates and other crystals which may throw them into misery. There can be no more engorgement of the capillary circulation and consequently no more pain after the system has been thus thoroughly cleansed.

The patient's nerves will be toned up and their weakened condition will be entirely overcome, by the constant use of the magnesia baths.

We had an experience with a physician, about fifty years of age, who had fallen into the drug habit. He was taking, at the time he came under our care, about six grains of morphine and six grains of cocaine daily.

The magnesia baths would entirely relieve his distress after the drug was taken from him. We administered several baths daily and the physician would often remark about his surprise, that those baths would give him such absolute relief. In a short time he was entirely relieved of the weakness of his nervous system and from his distress, from leaving off the drugs, and from his desire for its use.

The absolute fast is a most excellent means of ridding one of an abnormal taste and will restore the normal taste in every case if the fast is continued to or through the cleansing stage.

MOUTH DISEASES.

There are many different forms of affections of the buccal cavity. The adjustment to restore the normal nerve supply to this region will affect an early recovery in practically all forms of oral troubles. Tubercular troubles yield quite slowly and syphilitic cases yield slowly also.

ADJUSTMENT.—The fourth cervical, and the fifth thoracic vertebra to the left; if there is any tendency to suppuration, also adjust the tenth thoracic vertebra.

MUMPS.

DEFINITION.—This is an infectious, contagious disease that affects the parotid and other salivary glands. This disease occurs sporadically, but usually occurs as an epidemic. Males are

more susceptible than females. The disease is highly contagious, and the infection is probably contained in the saliva, but has not been isolated.

SYMPTOMS.—The disease begins with chilliness and fever, often by swelling of the parotid glands, one or both; the swelling is observed in front of the ear, is pear-shaped, and has a doughy feeling; there is an edematous condition of the surrounding tissues and swelling of the sub-maxillary glands; the features are distorted beyond recognition; movements of the jaw are restricted and painful; sometimes in the course of the disease the inflammation may be transferred from the parotid glands to the testicles of the males, or to the ovaries or mammary glands of the females.

PATHOLOGY.—The parotid glands are the seat of an inflammatory infiltration, but there is no suppuration.

PROGNOSIS.—Favorable. It may be aborted if adjustment is given at the beginning of invasion: this will abort the mumps, but if the mumps are stopped by adjustment, the patient may be subsequently exposed, and again become infected and have the mumps. The author had one case of mumps that he stopped on two different occasions—about four weeks apart; subsequently, the same patient was not adjusted, and the disease developed fully, showing that when the mumps are aborted by adjustment, immunity is not produced.

TREATMENT.—Adjust the fifth thoracic vertebra to the right.

The administration of the double sulphides internally is recommended by Dr. W. H. Burgess to combat the invasion causing the mumps.

NASAL CATARRH.

DEFINITION.—The meaning of “nasal catarrh” is a mucous discharge from the nasal cavities. In all catarrhal conditions there is necessarily present an inflammatory condition, which causes both a proliferation of the cellular tissues and excessive secretion due to the derangement of the nerve supply

from the irritation of the sensory nerves by the exciting cause of catarrh. This catarrhal condition may be of a hypertrophic variety, in which there is a discharge of a thick mucous substance from the nose; this mucus often produces an obstruction of one or both nasal cavities that causes the patient to breathe through the mouth and to possess a nasal intonation of the voice.

Catarrh is often accompanied with frontal headaches and impairment of the sense of smell. The throat may be dry from inflammation of the pharynx. We may get deafness from catarrh of the middle ear. The eyes will water because of occlusion of the lachrymal canals. In some cases there is an atrophic condition and there are symptoms as of a sense of dryness of the nose and throat, with a thick purulent discharge, or of discolored crusts. Often there is an offensive putrid odor. The sense of smell is often destroyed. The patient is thin and anemic, and general health is impaired.

PROGNOSIS.—Favorable. It may be absolutely cured in all cases by spinal adjustment. Many cases yield quickly, while some of the chronic forms require time for complete recovery. Under adjustment, the nasal discharge will increase in quantity during the early part of the treatment; the discharge will change from a yellowish to a whitish color and from a whitish to a clear watery appearance, when it will disappear entirely. The sense of smell is restored, the health of the nasal cavity becomes perfect, and the patient will have no more catarrh, save acute attacks from colds, which attacks recover very rapidly.

TREATMENT.—Adjust the fourth cervical, and the fifth thoracic vertebra to the left, and use the sugar cure.

NASAL POLYPI.

DEFINITION.—Smooth and pedunculated growths over the mucous surfaces of the nasal cavity, due to a hypertrophic condition of the peripheral nerve endings.

TREATMENT.—Adjust the fourth cervical, and the fifth

thoracic vertebra to the left, which will restore a normal condition of the nerve supply and promote absorption of all abnormal tissues.

NEPHRITIS.

DEFINITION.—Inflammation of the kidneys. Nephritis may be an acute or catarrhal condition of the kidneys, or there may be parenchymatous or interstitial lesions.

SYMPTOMS.—In acute nephritis there is fever, dull, heavy lumbar pains, nausea, and vomiting; in the chronic forms, there is a progressive loss of flesh and strength, with gastro-intestinal disorders, and decided anemia; there is usually dropsicalness, connection with all forms of kidney diseases.

The tenth and possibly the eleventh and twelfth, and especially the twelfth thoracic pairs of nerves will be found quite tender upon palpation of them at or near their point of exit from the spinal column.

ETIOLOGY.—Exposure to cold and wet, and some forms of fever, especially scarlet fever, also medicines eliminated by the kidney, as cantharides and turpentine. Nephritis may be associated with pregnancy; it may be caused by alcoholism, or syphilis, especially the chronic forms.

PROGNOSIS.—For all cases of catarrhal nephritis, acute or chronic, the prognosis is favorable. For the parenchymatous and interstitial forms of nephritis produced by syphilis or alcoholism, the prognosis depends upon the advancement of the disease, or, rather, upon the pathological lesions that have been caused by the progress of the infection or disease.

The most powerful and the only effective remedy for nephritis is the restoration of normal nerve supply, which corrects the inflammation, the temperature, and functional activity of these organs where the pathological conditions are not great.

TREATMENT.—Adjust the kidney region from the ninth to the twelfth thoracic vertebra, or according to the lesions detected.

by palpation. Use the magnesia eliminative baths, to cause an active elimination through the skin, and thus lighten the work of the kidneys.

NERVE COLLAPSE OR EXHAUSTION.

DEFINITION.—This is a condition of lack of excitability of nerves, which may be due to the want of proper nourishment to the brain or spinal cord.

TREATMENT.—Adjust the atlas and the fourth cervical and sixth thoracic vertebræ.

The magnesia sulphate eliminative baths are excellent for the nervous system and hence an effective remedial measure.

The fruit and vegetable diet will improve the nervous system because they will give the system the organic carbon in the most available form and furnish less of the non-usable food elements for decomposition and to clog the system and thus interfere with the nerve tone.

Rectal dilation is especially helpful in the treatment of nervous diseases, especially those due to involvement of the coccygeal plexus of the sympathetic nervous system. Rectal dilation has a most potent stimulating effect upon the sympathetic nervous system.

NERVOUSNESS.

DEFINITION.—This is rather a debilitated condition, characterized by an undue excitability of the nervous system, caused by defective nutrition in many cases.

TREATMENT.—Adjust the atlas and the fourth cervical and sixth thoracic vertebræ.

The treatments outlined above for nerve collapse are very potent remedies to use in the treatment of nervousness usually met with.

It is claimed by good authority that sixty per cent. of the

cases of nervousness or neurasthenia is due to an anterior condition of the coccyx or to contraction of the sphincters of the rectum involving the integrity of the coccygeal ganglion of the sympathetic nervous system. Rectal dilation is a very important treatment in neurasthenia.

NIPPLES, CHAPPED OR SORE.

TREATMENT.—Adjust the third to the fifth thoracic vertebrae and use the carbolized magnesia sulphate wash for them instead of soap.

NEURALGIA.

DEFINITION.—Pain of a rheumatic nature.

It is often difficult to distinguish between what is known to the medical profession as “rheumatism” and neuralgia—in fact, most cases of rheumatism are nothing but neuralgic conditions, attended with trophic derangement of the tissues; neuralgia is due to nerve-pressure or irritation, in all cases.

PROGNOSIS.—It is relieved almost instantly by adjustment, provided the adjustment relieves the sheath of the nerve that is impinged. The neuralgia is referred to a point near the termination of the nerve that is involved. It is produced by compression of the intervertebral foramen, where the nerve makes its exit from the spine, but this pain, in reality, exists in the brain, where the interpretation of the irritation is made, and depends wholly upon the transmission of impulse from the point of irritation of the brain.

ADJUSTMENT.—Adjust to relieve the nerve supply to the zone of the pain. When the nerve is relieved of pressure or impingement, the neuralgia is at once relieved.

NEURITIS.

DEFINITION.—Neuritis is an inflammation of a nerve or nerve sheath which is caused by irritation or pressure. Adjustment to relieve the nerve of impingement that is inflamed and to restore nutrition will cause the neuritis to quickly subside.

Magnesia sulphate carbolized is a very efficient treatment for neuritis.

NEURASTHENIA.

DEFINITION.—This is an irritable condition of the nerve energy.

SYMPTOMS.—Mental disorders, visual disturbances, and other head symptoms.

There is almost always in cases of neurasthenia, some contracture of the musculature of the articulation between the sixth and seventh thoracic vertebræ, which interferes with the integrity of the sixth pair of thoracic nerves.

TREATMENT.—Adjust the atlas and the fourth and sixth thoracic vertebræ, and follow the line of treatment recommended above for nerve exhaustion.

NON-UNION OF BONE.

DEFINITION.—It is due to the lack of trophic function and to the consequent lack of proper exostosis and formation of osteogenetic cells, or may be due to mobility of the parts that should be held stationary in perfect apposition.

ADJUSTMENT.—Make the fractured parts stationary, and adjust for the relief of the nerves supplying the zone of fracture. Bones that have refused to unite have united after relieving the nerve supply to the region of the fracture by adjustment.

Magnesia sulphate compresses will augment the union of bones.

NOSEBLEED.

DEFINITION.—It is due to the lack of tone of the capillary supply of the mucous membranes of the nose, which is due to the want of nerve impulse.

ADJUSTMENT.—The fourth cervical vertebra.

OBESITY.

DEFINITION.—Corpulency; polysarcous; an excessive accumulation of fat, locally or throughout the entire body.

SYMPTOMS.—Excessive fat-accumulation; increased sebaceous and perspiratory secretions; the patient suffers with shortness of breath and palpitation of the heart when walking up stairs or making any slight exertion.

ETIOLOGY.—This abnormality may be congenital; it may come on at any period of life, but is more apt to come on about middle life; it sometimes comes on very excessively, especially so upon the abdominal cavity. The excessive abdominal fat of old ladies seems to be due mostly to derangement of the kidney action. It is both an uncomely and uncomfortable condition.

TREATMENT.—At first, adjust the diet by abstaining from carbohydrates, including sugar; use more of the fruit and vegetable foods. The principal adjustment for the reduction of corpulency is the tenth thoracic vertebra in connection with the sixth thoracic. In the case of abdominal fat of old ladies, it will be very rapidly reduced by the adjustment of the tenth thoracic in connection with the fourth and sixth thoracic vertebrae. To be effective in reducing fat, it is advisable to make two adjustments per day regularly. If the obesity is local in the way of a fatty tumor or otherwise, adjust for the nerve supply to the local zone in connection with the tenth thoracic vertebra.

The principal symptoms are abnormal accumulations of fatness, weakness, and dyspnea from exertion.

Burgess recommends the internal use of one grain dose of the double sulphide four to six times daily and the Epsom sponge bath in the morning. He claims this simple treatment has cured cases that have resisted all other forms of treatment.

The weak pulse in this disease indicates that it originates in the sympathetic system and that it is in reality an enervation and it is to this deviation, that we direct our treatment, and we give this record which is so far without any failures.

The magnesia full baths daily at bed time are an excellent auxiliary method, because they both eliminate and increase the nerve tonicity.

The candy cure helps some, and if used twice or three times daily and regular, this will help very much, as it will wash and cleanse the blood.

The magnesia compresses applied over the abdominal cavity, covering a foot square or more, for the night, will prove a valuable assistance in the treatment of obesity.

A strict adherence to the fruit and vegetable diet will assist very materially in the treatment of obesity. The organic carbon, the energy producing element in our food, is most available in fruits and vegetables and there is less waste or unusable matter to be separated and thrown off, hence less accumulation to result in the tissues if it is not eliminated by the normal action of the emunctories.

Small fifteen to twenty grain doses of magnesia sulphate, three times per day before meals is a very helpful auxiliary remedy.

OBSTRUCTION OF THE INTESTINES.

(See Intestinal Obstruction.)

OCULAR VERTIGO.

(See Vertigo.)

EDEMA.

DEFINITION.—It means “to swell”; especially a swelling due to the effusion of serous fluid into the areolar tissues.

ADJUSTMENT.—Adjust the nerve supply to the zone affected in connection with the tenth thoracic vertebra.

The magnesia sulphate eliminative baths will reduce edema very rapidly.

OPIUM POISON.

(See Morphine Poisoning.)

OVARIAN DISEASES.

Ovaritis.

DEFINITION.—An inflammation of the ovary or ovaries.

SYMPTOMS.—Pain in one or both iliac regions, sometimes extending down the legs to the feet; pain in the breast; tenderness on palpation in the ovarian region; and pain when the bowels move; more or less fever in acute inflammation; and sometimes nausea.

You may elicit tenderness of the third pair of lumbar nerves, in case of ovaritis or of one of them if but one ovary is tender.

ETIOLOGY.—Probably most frequently due to taking cold during the menstrual period; it may be the result of injury, or of an affection as of gonorrhœa.

Ovaries, Congestion of.

SYMPTOMS.—There is a tenderness and fullness in the iliac region; pain when the patient stands or walks; the pain is continuous and increases at the menstrual period; there may be a dull sensation, and fever resembling ovarian inflammation; there is really a condition of chronic inflammation, and it is produced by lack of nerve supply, which permits a blood stasis in the ovaries and region. Ovarian irritation and inflammation will cause reflexes of the nervous system, such as nervous dyspepsia, painful headaches, and mental derangement, sometimes so severe as to cause insanity.

PROGNOSIS.—Favorable under adjustment. Even tumors and cancers of the ovaries will yield to a perfect nerve supply. Ovarian diseases usually come from the lumbar region, and may come from the second to the fourth lumbar nerve.

ADJUSTMENT.—The adjustment usually is to throw the third lumbar vertebra anterior. Very quick beneficial results ensue; often one adjustment giving permanent relief in recent cases.

You may overcome ovarian congestion by concussion to excite the reflex of contraction of the pelvic organs. Concuss the upper three lumbar vertebræ.

OXALURIA.

DEFINITION.—The presence of oxalic acid crystals in the urinary sediment, which may be detected by the use of a microscope.

ETIOLOGY.—It occurs in the urine of hypochondriacal patients and patients suffering from great depression; it is sometimes present in the urine of gouty patients. Excessive venery and masturbation will produce it, also ingestion of certain foods, as rhubarb, may cause the presence of calcium oxalate.

TREATMENT.—Remove the interference with the nerve supply and correct the diet; adjust the tenth thoracic region and the fifth and eighth thoracic vertebræ. Use the special eliminative baths as a cleansing measure and remove the cause if it is known.

PAIN.

DEFINITION.—Pain is the cry of an irritated nerve; or, to speak more literally, pain is an interpretation by and within the brain of the excitation produced by irritation of the sensory nerves or the endings thereof.

For a treatise upon pain, its cause, location, and the removal thereof, the reader is referred to spinal treatment by the writer. In this connection, we give a few additional thoughts as to the different kinds, degrees, and character of pain. Pain is a symptom, and almost a purely subjective symptom that notifies us of an abnormal condition existing somewhere within the body, in all cases effecting, or, rather, existing, as a result of impressions upon the nervous system or some part thereof. While pain is a subjective symptom, there are some manifest expressions of the face and also different movements of the body or some part thereof that will acquaint the observer with the

existence thereof. These symptoms of pain are probably more expressive of the truth of the severity of pain than the word of the complaining person, since the degree thereof may be vividly exaggerated by the party who is suffering with the pain. There is also some effect on the rate of the heart-beat, and the pulse becomes more tense under the existence of severe pain.

Lancinating, sharp, and acute pains will generally cause a slight acceleration of respiration. In case of acute pain of pleurisy or of the diaphragm, the respiration may be retarded instead of accelerated.

We can generally detect dilatation of the pupil of the eye, and the patient may suffer with slight faintness.

The excessive action, and the clear and limpid products of the kidney, is another symptom of disease, and there may be a slight perspiration, especially of the forehead.

Kinds of Pain.

LANCINATING PAIN.—The patient may suffer with a tearing or stabbing pain; this class may be called “lancinating pain,” and is caused by a single sharp pain, or by repeated paroxysms. The patient may describe this as a “tearing” or “rending” pain. This tearing or stabbing pain is caused, no doubt, in all cases, by nerve-pressure or impingement.

TROBBING PAIN.—We may also have what we call a “throbbing” or “pulsating” pain, the sensations of which are changing synchronously with the heart-beat; such pains seem to be of different nature from the lancinating pains and to be caused by an inflamed and tender condition of the sheath of the nerve.

DULL, ACHING PAIN.—We also have dull, aching pains; these are generally associated with a bruise, or they are located in parts of the body where the sensory nerves are either not excitable or prepared to receive impressions, and therefore the sensation of the irritation of the nerve is slight and the pain caused thereby is dull.

ANESTHESIA.—If there is a total inexcitability of the sensory nerves, or any interference with the transmission to the brain of the impulse excited by the irritation, then there is no pain, but a condition known as “anesthesia.”

TREATMENT.—For the treatment of pain, the patient is referred to general rules laid down in spinal treatment, for almost all specific pains that go under the head of Headache, Neuralgia, Lumbago, Sciatica, etc. The treatment is given under these different subjects; but the experience of the author in practically all acute pains and in the majority of chronic pains is, that the relief is immediate after relaxing the ligaments of the spine at the point of exit of the nerve that ramifies the zone to which the pain is referred.

Magnesia sulphate eliminative baths are excellent for pain general in character, but the carbolized magnesia sulphate applications as compresses are best for local pain.

PAINFUL MENSTRUATION.

(See Menstruation, Painful.)

ADJUSTMENT.—Adjust the second to the fourth lumbar vertebræ.

PALLOR OF THE SKIN.

DEFINITION.—Paleness; whitish or anemic color of the skin.

ETIOLOGY.—It may be due to chlorosis or anemia, or it may be due to fright.

TREATMENT.—Be governed by the etiology in each case.

Rectal dilation will stimulate the circulation and increase the capillary blood supply and thus overcome the abnormal pallor.

Concussion of the tenth thoracic spinous process, will increase the red blood corpuscles and thus overcome undue pallor of the skin.

PALPITATION OF THE HEART.

DEFINITION.—A strong action of the heart, associated with rapidity of movement that is perceptible to the patient.

SYMPTOMS.—The symptom is a full, strong, bounding, rapid beat of the heart.

ETIOLOGY.—It may be due to reflex irritation, as acidity of the stomach, or the presence of gas within the stomach; palpitation of the heart may be produced by mental or physical excitement; this abnormality of the heart's action is also present and associated with exophthalmic goiter; often beginners in excessive exercise may suffer from palpitation of the heart; it is present in anemia, hysteria, and certain neurotic conditions.

TREATMENT.—The adjustment should be determined by a study of the etiology. If it is caused from stomach disorders, the adjustment would be the fifth thoracic vertebra; if due to mental excitement, adjust the atlas; if from exophthalmic goiter, adjust the fifth thoracic vertebra to the right, and the fifth cervical; for over-exertion, adjust the fourth and sixth thoracic vertebræ; if from anemia, adjust the fifth and eighth thoracic vertebræ.

Palpitation of the heart may be controlled best by adjustment of the fourth thoracic vertebræ, to relieve all interference with the fourth thoracic nerves, which influence an inhibitory control on the heart's action.

Concussion over the first and second thoracic spinous processes will stimulate the origin of the fourth thoracic pair of nerves and increase their inhibitory control over the heart's action.

PALSY.

DEFINITION.—Paralysis. There are many different forms of this ailment, which we will treat under one general head.

SYMPTOMS.—The symptoms of palsy are loss of the normal excitability of nerves. Bell's palsy seems to affect the facial nerve. We have also bulbar palsy, hysterical and shaking palsy.

SPINAL SYMPTOMS.—The spinal lesions, which we may detect in practically any case of paralysis, which is due to an interference with the spinal nerves, are very characteristic. The palsy may be due to either a primary or a secondary impingement of a spinal nerve, but in all cases the palsied condition does not ensue until the nerves have lost their excitability, and until they cease to produce the normal function. One of the functions of nerve action is thermogenesis, and when palsy exists there is a lack of this function. Paralyzed portions of the body are not maintained at the normal temperature. At that point of the spine, where we find the origin of the nerves, which supply the palsied zone, there is a lack of the normal temperature. Palpating along the spinal column, we will discover a certain segment or segments with the temperature lower than normal. The location of the subnormal temperature in the spinal column will correspond to the spinal origin of the nerves which supply the palsied zone.

ETIOLOGY.—Palsy is due either to a lesion of the nerve-centers, or a mechanical interference with the nerve trunks or fibers.

PROGNOSIS.—This depends upon the nature of the lesions of the nerves or nerve-centers. If the lesions are not of too great magnitude or extent, so that the nerve may be rejuvenated when the pressure or interference is relieved, the prognosis is good; but if fatty degeneration, sclerosis, or any pathological lesions of the nerves, either centers or fibers, are too far advanced, the nerves will not be rejuvenated, and the prognosis is unfavorable. Many cases of palsy recover rapidly from spinal adjustment.

TREATMENT.—Adjust for the relief of impinged nerves and for the restoration of the nutrient supply of the nerve-centers from which the nerve fibers originate.

STRETCHING.—Spinal stretching is a helpful method of treatment, as it relaxes the spinal musculature and permits an expansion of the intervertebral discs. The vibrato-traction is most effective in the treatment of patients suffering with paralysis.

This fact is due no doubt, to the further fact that under vibration the musculature of the spine will relax better, and there is more stimulation of the spinal cord and of the circulation thereof.

Rectal dilation is an efficient auxiliary method in the treatment of palsy owing to its decided effect upon the circulation and especially that portion of the circulation which supplies the spinal cord and restores the normal tonicity and the normal condition of excitability and generative powers of the centers of the spinal cord.

The magnesia sulphate baths, used as eliminative measures are also a very efficient remedy in cases of paralysis.

In all cases of paralysis, there is a retention on account of the failure of the eliminative processes, due to the failure of nerve tone.

Now if we help to eliminate from the tissues by means of a solvent bath, then the nerves as they are rejuvenated can perform their function and produce more functional activity in the cells which they supply, and do their work much more readily than if the elimination has not been produced by the magnesia baths.

CONCUSSION.—Concussion over the eleventh thoracic vertebra is an effective auxiliary method in most forms of paralysis for the reason that by concussion in this region we excite vaso dilator centers, which causes a dilation of the blood vessels and also increases circulation in the spinal cord, and this materially helps to rejuvenate and to restore the normal histological structure and functional activity of the spinal centers.

The candy cure will assist in elimination and in cleansing the blood, and this will improve its nutritive quality and thus assist in nerve rejuvenation.

The fruit and vegetable diet should be strictly adhered to prevent the further formation of urates and toxic elements from decomposition of the richer diets, which decompose not readily in the blood stream.

PANCREAS, DISEASES OF.

Under this head we speak of the different ailments of the pancreas, as follows: pancreatic hemorrhage, pancreatitis acute, pancreatitis chronic, pancreas, cancer of.

We will try and consider briefly pancreatitis acute. There are different varieties of this infection.

One is known as the hemorrhagic.

Another as gangrenous pancreatitis.

A third as suppurative pancreatitis.

ETIOLOGY.—Acute pancreatitis may be the result of a laceration of the cellular tissues of this organ by the crystals of urates, as in this way capillary blood vessels are sometimes lacerated, and we have what is known as pancreatic hemorrhage, which is followed by an inflammatory condition or inflammation, and then follows a catarrhal condition.

This condition and result is owing to the effect of the formation of toxic and crystalline matter from the decomposing food elements, in the blood stream and this is the direct cause of pancreatitis.

PATHOLOGY.—A post mortem examination shows that, in the hemorrhagic form, the organ is irregularly enlarged owing to the extravasation of the blood from the seat of the hemorrhage. White spots and opaque ones are frequently found in the interlobular tissues, and in the surrounding parts are areas of fatty matter. These conditions progress into the suppurative and gangrenous pancreatitis, which appear usually secondarily to a hemorrhagic condition. Sclerosis of the portal and phrenic veins is frequently found to exist in these cases.

SYMPTOMATOLOGY.—The principal symptom of hepatitis is similar in the different forms of this disease, and the symptoms briefly are deep seated pains in the epigastric region. There is also vomiting and abdominal distension, constipation, which is presently followed by fever and more or less physical collapse.

SPINAL SYMPTOMS.—The eighth pair of thoracic nerves supply the pancreas, and for this reason we expect to find spinal lesions which interfere with this pair of nerves, more especially the one upon the left side. In cases of inflammation of the pancreas there will be tenderness of the nerve on the left side and the temperature of that segment of the spine will be slightly increased above that of the other segments which are normal.

Suppurative pancreatitis runs a more contracted course often extending over several weeks. This is also characterized by the epigastric pain, vomiting, hepatitis, and an irregular hectic fever which is due to the absorption of the pus into the circulation.

DIAGNOSIS.—The most positive diagnostic point is the intestinal obstruction followed by fecal vomiting, pain and distension, which is chiefly limited to the epigastrium. The history of previous attacks and the onsets of the present attacks will sometimes help to differentiate pancreatitis from biliary colic and suppurating gastric ulcers.

As a further confirmation of our diagnosis we may palpate carefully the eighth thoracic nerve upon the right side of the spine, which will be found tender in all cases of inflammatory conditions of the pancreas.

PROGNOSIS.—The prognosis is unfavorable under ordinary treatment, and we believe that both acute and chronic pancreatitis, if taken in time, will succumb to the use of rational methods of treatment.

Pancreatitis Chronic.

ETIOLOGY.—It may be a sequela of the acute form. It is claimed that the most frequent cause is chronic inflammation of the pancreatic duct and this is a secondary result of gastrointestinal catarrh. Obstruction of the duct, by calculi, may induce chronic pancreatitis and also a sequela following an obstruction of the pancreatic duct.

PATHOLOGY.—The principal lesion is an increase in the development of the fibrous tissue, accompanied by an atrophy and degeneration of the cellular elements.

SYMPTOMS.—Dyspepsia, diarrhoea, paroxysms of severe epigastric pain. The patient suffers with great anxiety and complains of faintness. As the disease progresses, from the destruction of the glands, we have extreme glycosuria which may be with or without the diabetic symptoms.

SPINAL SYMPTOMS.—In both acute and chronic pancreatitis we may detect tenderness of the eighth thoracic pair of nerves, especially the one upon the left side of the spinal column, at or near its spinal exit.

PANCREAS, CANCER OF.

ETIOLOGY.—This ailment is most common in persons above forty years of age.

PATHOLOGY.—Cancer of the pancreas is usually primary, and it generally begins in the head of the pancreatic glands, and is most commonly the scirrhus variety.

SYMPTOMS.—The principal symptoms of pancreatic cancer, is derangement of digestion accompanied by loss of flesh and strength, especially the latter. There is also a condition of anemia.

SPINAL SYMPTOMS.—As in a case of inflammation of the pancreas we will find a tender nerve in a case of cancer of the pancreas. By spinal symptoms alone we may not be able to detect whether there is catarrh, inflammation or cancer of the pancreas, by other symptoms we may be able to differentiate as to the nature of the ailment, and by spinal symptoms we may be able to determine if the ailment affects the pancreas.

PROGNOSIS.—Doubtful and especially so under the regular medical treatment, but more favorable under rational methods of treatment.

DIAGNOSIS.—One point of differential diagnosis is that the tumor is movable, and is also associated with more or less gastric symptoms and dilatation of the stomach. Jaundice is rarely present.

TREATMENT.—The double sulphides internally, and otherwise the same as for inflammation and other diseases of the pancreas and for cancer of the liver.

PANCREAS, CYST OF.

ETIOLOGY.—Pancreatic cyst may result from acute or chronic catarrh, but is more commonly caused by stricture of the duct of Wirsung. It may be from tumor pressure or a calculus.

PATHOLOGY.—Pancreatic cyst may be single or multiple. They may contain from a few ounces to several gallons of grayish or brownish sanguinous fluid.

SYMPTOMS.—The most common symptom is the digestive disturbances as vomiting, constipation or diarrhoea, and loss of strength and loss of flesh, and occasionally jaundice.

PROGNOSIS.—Prognosis is favorable under rational therapy.

TREATMENT.—The large pancreatic cyst should be removed by surgical operation. Strict attention should be given to the diet. Adjust for the relief of the nerve supply to the pancreas.

PANCREATIC CALCULI.

ETIOLOGY.—This is probably due to the retention of secretions of crystals of urates, caused from a toxic condition from decomposition of the nutritive elements in the blood stream.

SYMPTOMS.—The symptoms of pancreatic calculi resemble biliary colic, but the pain is more apt to radiate to the left side and there is always an absence of any jaundice.

SPINAL SYMPTOMS.—Tenderness of the eighth thoracic nerve on the left side will be detected in cases of pancreatic calculi. This is especially true if the calculi is causing inflammation or pain. We will not be able to detect the difference between the different forms of inflammatory diseases of the pancreas, as the nerve will be found tender in all varieties of inflammation of the pancreas, and will always be found to be tender in case of an inflammatory condition of the pancreas notwithstanding the cause and nature of the inflammation.

DIAGNOSIS.—The diagnosis is made mostly from the pain and digestive disturbances.

TREATMENT.—The magnesia sulphate treatment, both the magnesia sulphate baths externally, and the magnesia oil internally.

Should we use constantly, until the dermal and subdermal tissues are cleansed. Owing to the tendency of the blood stream to carry the toxic elements and crystal substances to the surface of the body, the cleansing of the dermal tissue will ultimately cleanse the entire system.

Adjust for the nerve supply to the pancreas, especially the seventh and eighth thoracic vertebræ for the relief of interference with the seventh and eighth thoracic nerves.

PARALYSIS AGITANS.

DEFINITION.—Chronic nerve disease, characterized by tremor and weakness.

ETIOLOGY.—It is a disease of advanced life, and the patient is always of a nervous tendency, and usually suffering from mental strain; it sometimes develops after mental emotion or excitement.

TREATMENT.—Adjust the sixth and tenth thoracic vertebræ, for the relief and stimulation of the nerve supply to the local zone that is affected.

The magnesia eliminative baths, both the sponge bath and the tub bath, should be used regularly and constantly.

Rectal dilation is another effective remedy, and should be used as an auxiliary method in all cases of paralysis of all different forms, as rectal dilation will stimulate the circulation and the increase of the nutrition of the spinal cord.

Spinal stretching, or better still vibrato-traction, in connection with specific thrusts, is a very effective method of treatment in cases of paralysis agitans. Cases that will not yield to spinal adjustment and other methods alone, will recover when vibrato-traction is used if the case is not beyond hope of recovery.

PARALYSIS, FACIAL.

(See Facial Paralysis.)

TREATMENT.—Adjust the axis, the fourth cervical region, and the sixth thoracic vertebra.

Rectal dilation is an effective treatment in all cases of paralysis because of the decided stimulation of the nervous system.

Stretching, especially of the cervical region, which may be done by the patient swinging with their head in a halter, will prove an efficient auxiliary method in the treatment of facial paralysis.

PARALYSIS, MONOPLÉGIA, HÆMOPLÉGIA.

DEFINITION.—Monoplegia is the result of impingement of a certain nerve or a few nerves, while hæmoplegia is ordinarily due to impingement or lesion of one side of the brain.

TREATMENT.—Adjust the atlas and the sixth thoracic vertebra.

Rectal dilation should be used to stimulate the nervous system in all cases of paralysis.

PAROTID GLANDS, DISEASES OF.

TREATMENT.—Adjust the fifth thoracic vertebra to the right.

PELLAGRA.

PELLAGRA.—This is a new and novel disease, or ailment that has recently come to the attention of the profession.

ETIOLOGY.—There has been considerable speculation as to the cause of pellagra. One of the first explanations was, that it was caused by maize, but, this theory does not stand the test.

Pellagra has been considered the result of semi-drying oils as olive oil, cotton seed oil, and animal fats taken in connection with a surplus of carbo-hydrates. There is no doubt but what there is some truth in this because any mistake in diet that leads to an over supply of nutritive elements will interfere with the

vital resistance on the part of the tissues and permit the invasion of the permitting cause of pellagra.

No doubt the direct exciting cause or the responsible etiological factor of pellagra is an invasion of a specific vegetative infection, affecting the dermal tissues principally.

SYMPTOMS.—A close examination of the discolored spots on a patients arm will show that the germ has spread in all directions, and that they spread as much against the source of the circulation as with it, thus showing conclusively, that the germs are vegetable in nature.

If a solution of magnesia sulphate is applied, by means of a compress, to the erythematous patches on the hands, they will disappear in a single night.

The Spinal symptoms are no doubt most marked at the tenth thoracic vertebra for the reason that that is central place for skin action and any disease involving the integument of the entire body would undoubtedly produce an involvement of the tenth thoracic nerves reflexly. We would also expect to find some contraction or evidence of interference with the integrity of the fifth and sixth thoracic nerves as they are at, or near central place.

DIAGNOSIS.—The diagnosis is made principally from the stomatitis, from the nervous symptoms and from the dermatomycosis.

TREATMENT.—The diet should be regulated, the fruit and vegetable diet, exclusively is the best.

SPINAL ADJUSTMENT.—Adjust those portions of the spine that show by palpation to be excessively warm or contracted, principally the sixth thoracic or central place and the tenth thoracic vertebra.

The magnesia sulphate bath applied two or three times daily or the sponge bath applied three or four times daily should also be used as this will destroy the obstructed condition of the dermal tissues and also destroy the toxines produced by the infection

and by cleansing the skin we restore the freedom of the nerve endings which will re-establish normal vital resistance.

There is no doubt in the mind of the author, that the proper regulation of the diet, proper adjustment of the spinal lesions and the proper application of the magnesia solution will affect a cure in every case and will do so rapidly.

PERICARDITIS.

DEFINITION.—An inflammation of the covering around the heart, or the sac which contains the heart. Sometimes in pericarditis we have sero-fibrinous or purulent exudates as a result of chronic inflammation.

SYMPTOMS.—More or less fever, according to severity; pain over the heart referred to spine, where the heart nerves make their exit, also to point back of shoulder and down the arm; there is shortness of breath, weak, irregular pulse, and palpitation; the patient cannot lie on the left side; there is debility, nosebleed, cough, noises in the ears, suffocation, faintness, anxiety, delirium, restlessness, compressible heartbeat, and friction of the pericardium rubbing over the heart.

SPINAL SYMPTOMS.—By palpation in the upper thoracic region, we will be able to detect spinal lesions, interfering with the integrity of the upper thoracic nerves, the fourth thoracic nerves will more than likely be found to be involved in cases of pericarditis. There may be spinal lesions, involving the integrity of the second pair of thoracic nerves or of the third pair, in cases of pericarditis. The evidences of spinal lesions, involving the integrity of the nerves which supply the heart, may be either approximations between the spinal processes, contracted musculature on either side of the spine, or tenderness of the spinal nerves at or near their origin.

ETIOLOGY.—This is usually a secondary disease, following pleurisy, pneumonia, rheumatism, and other infectious or contagious diseases.

ADJUSTMENT.—The second, fourth, and sixth thoracic vertebræ; rest in bed; and light diet.

Use the magnesia sulphate solution by means of a compress over the epigastric region.

PERITONITIS.

DEFINITION.—An inflammation of the peritoneum.

SYMPTOMS.—If the peritonitis is acute, there will be fever, accompanied with a chill; rapid, wiry pulse; abdominal pain; and body movements are inhibited or painful; the patient will lie with the thigh flexed, and resting continuously upon the back; there is peristaltic regurgitation and vomiting, and usually constipation; hiccough is very common.

SPINAL SYMPTOMS.—In all cases of peritonitis you will find spinal symptoms, such as tender nerves and hot segments, at the point of exit of those nerves supplying the zone of inflammation of the peritoneum. The spinal symptoms will be found in the lower thoracic usually, but may be found in the upper lumbar region. Examine the eighth to twelfth thoracic and the first and second lumbar spinal segments.

ETIOLOGY.—It is sometimes idiopathic and it may come from colds, moisture, exposure, or traumatism, or from perforation of the intestines, or from rupture and ulceration, as in typhoid fever and in dysentery; it may be the result of inflammation spreading from adjacent viscera.

PROGNOSIS.—If the focus of infection that excites the inflammation is removed, the prognosis is good, for the reason that the peritoneum will take care of excessive amounts of toxic matter, provided the nerve impulse maintains perfect tonicity and activity for perfect phagocytosis.

TREATMENT.—Adjust the eighth, tenth, and twelfth thoracic vertebræ, and second lumbar region.

Rectal dilation is an excellent auxiliary method. Also use the magnesia sulphate compress over abdominal cavity.

PERTUSSIS (WHOOPIING COUGH).

(See Whooping Cough.)

PHTHISIS.

(See Tuberculosis.)

PILES (HEMORRHOIDS).

DEFINITION.—These are small tumors, which are formed just within or just external to the anus, or just below the anal sphincter. If the tumors are within the rectum, they are known as “internal hemorrhoids”; when they are upon the verge of the anus, they are known as “external hemorrhoids.”

The pile masses are variable as to size and consistency; they are due to an undue contraction of the sphincter muscles of the lower rectum, which prevent the return flow of the venous blood. This congested condition leads to the formation of pile masses, and seems to have all to do with the tumor growths or hemorrhoids. Artificial and mechanical dilatation of the sphincter muscles of the lower rectum will often permit the free return flow of the venous blood, and under this condition the pile masses will be absorbed. Probably nine-tenths of the surgical operations performed for hemorrhoids are not only unnecessary, but are actually an injury, whereby the patient is made ill for life.

Since all muscular contraction is due to nerve impulse, and since all abnormal contracted conditions of muscles are due to irritation of the nerve supply, by relieving the nerves supplying the parts we relieve the pathological condition; this is done by relieving the contracted condition of the muscles and toning up the circulation of the parts, promoting normal conditions of the absorption of the hypertrophic formations.

SPINAL SYMPTOMS.—By palpation we may detect lesions of the lower lumbar vertebræ involving the integrity of the fourth and fifth lumbar nerves.

ADJUSTMENT.—The fourth and fifth lumbar vertebræ.

TREATMENT.—By spinal adjustment we remove all interference with the fourth and fifth pairs of lumbar nerves, as the

normal nerve supply is a wonderful auxiliary method of treatment to use in stimulating the healing process of any portion of the body.

Rectal dilation is an effective method in the cure of piles. If the rectum is dilated so as to overcome the contraction of the sphincters of the rectum, so as to remove all interference with the circulation, the pile masses will gradually disappear.

Sometimes it is necessary to use the rectal dilation for one or two months, to effect a permanent cure in piles of long standing.

Take epsom salts, one pound, sanguinaria, one ounce, grind them together to a powder. Dust a small amount of this on the little tumors, or sprinkle the powder on a toilet paper and apply it. Almost immediately the tumors begin to weep. They will weep themselves almost out of existence, proving that epsom salts, opens the pores of the skin.

We believe, however, that the relief of the nerve supply and the overcoming of the contracted condition of the sphincters of the rectum are essential methods of treatment, and should not be left unattended to. These measures of treatment will overcome all the different forms of piles and rectal troubles if persistently used.

PLEURA, DISEASES OF.

SYMPTOMS.—In case of disease of the pleuræ there will be sharp pain felt during inspiration and expiration. The spinal symptoms show involvement and interference with the integrity of the third pair of thoracic nerves, which supply the pleuræ. The tender nerve will always be found upon the same side as the diseased pleuræ.

ADJUSTMENT.—For all diseases of the pleura of whatever nature, adjust to relieve the nerve supply to the pleura, and the principal nerve supply is from the third thoracic pair of nerves. Magnesia sulphate solution 1 to 16, use by means of a compress over this portion of the thoracic region.

PLEURISY.

DEFINITION.—An inflammation of the pleura.

SYMPTOMS.—Chilliness and fever in the acute form and a sharp pain or stitch in the side, generally below the nipple and in front or in the axillary region. The pain is increased from coughing, or when the patient is lying on the affected side; the face is flushed, and there is quick pulse, and the patient breathes short on account of the pain; there is nervousness and scanty high-colored urine. Auscultation will elicit a grating sound from the affected part.

SPINAL SYMPTOMS.—The principal spinal symptom is tenderness of one or both of the third thoracic pair of nerves depending upon whether or not one or both pleuræ are involved.

ETIOLOGY.—We may have pleurisy from injury of the pleuritic membrane; diseases of the lungs, pneumonia, consumption, cancer, and excitation will cause pleurisy; pleurisy may be the result of rheumatism, blood-poison, etc.; sometimes the cause is obscure.

ADJUSTMENT.—The third thoracic region.

PNEUMONIA.

SYMPTOMS.—Fever, beginning with chill and getting higher in a very short time; there is a painful, hacking, hoarse cough; usually the respiration is short on account of pleurisy in connection, and is very rapid—from thirty to fifty times per minute; there is severe, piercing pain at the seat of the disease; expectoration becomes of a rusty or prune-juice color; the pulse-beat is from 90 to 140 per minute; red cheek on the affected side; auscultation discovers crackling and crepitant rales.

SPINAL SYMPTOMS.—Tenderness of the spinal nerves, which supply the lungs, may always be detected by palpation. Usually there is tenderness of the third thoracic pair of nerves upon either the left or the right side or both sides, depending upon whether or not the left or right lung is involved, or if a double pneumonia exists.

ETIOLOGY.—The exciting cause of pneumonia is the pneumococcus; this usually results only where there is a weakness following some debilitating disease. Pneumonia may be the result of lying in the bed too long following an operation, or because of organic troubles.

PROGNOSIS.—This disease can be aborted usually by adjustment applied in a proper location; resolution will be promoted even in the stage of exudation; after the stage of solidification, adjustment will relieve the pain and cause a rapid liquefaction and absorption of the exudates from the bronchial tubes and air-cells.

ADJUSTMENT.—The third thoracic vertebra; in the stage of liquefaction adjust the tenth thoracic vertebra also.

Palpate carefully for nerve tenderness and thermic changes and adjust to relieve the same. Usually the third thoracic vertebra, and possibly, also the fourth and sixth thoracic should be adjusted and also kidney place.

W. H. Burgess says, that the blood is laden with crystals of urates, and that the magnesia baths will relieve the patient entirely in fifteen minutes time, and in a short time will affect a cure.

The full tub bath or the sponge bath; using about one to sixteen parts of magnesia, and a compress over the lungs about a foot square wrung from the magnesia water. A hot fomentation over the lungs; especially when the cloth is wrung from the magnesia solution is a very effective way to overcome the condition of pneumonia.

The author has relieved attacks of pneumonia in the initial stage by the use of hot applications alone. We are confident that the additional use of the magnesia solution, because of its effects in the dissolution of the urates, will make the hot fomentations a much more effective treatment, in nearly any case of pneumonia, especially when used in connection with the correct spinal adjustment.

POISON.

Poisons may affect a person locally or they may affect the stomach when taken internally as medicine or food; it may be the result of eating ptomaines in connection with canned goods or other articles of diet.

ADJUSTMENT.—If the poison is local and external, adjust for the relief of the nerves to the zone affected by the toxins or poisons; if there is poison internal from food or medicines, the principal adjustments are the fifth thoracic in connection with the tenth thoracic vertebra.

In strychnine poisoning the contraction of the muscles and ligaments along the spine, and especially of the interspinalis muscles and ligaments, is so great that you cannot adjust. In many cases of food-poisoning the adjustments will relieve very quickly; and, if the amount of poison to be taken care of by the stomach is not too great, there will be a very rapid recovery. Vomiting is often induced by the adjustment in cases of poison in the stomach.

The basic element of all poisonous compounds is organic carbon. Magnesia sulphate has a dynamic affinity for carbon. The magnesia internally and the magnesia externally both, in case of poisoning is a very effective remedy by virtue of the fact that it renders the poison inert by extracting of the organic carbon and forming carbonate of magnesia.

POLYPI OF THE EAR.

DEFINITION.—Small tumor growths within the aural canal.

ETIOLOGY.—This is due to an exaggeration of the trophic function of the nerve supply to the mucous surfaces of this canal.

Adjust the atlas and the axis.

PREGNANCY, DISEASES OF.

As most of the unfavorable symptoms and unpleasant conditions of pregnancy are due to reflex action from pelvic and

abdominal cavities, they may be relieved by adjustment that will restore normal tonicity and health to the female organs of regeneration. The adjustments are effective in preventing spontaneous miscarriages and abortions. Normal nerve supply to the uterus will cause proper development and give proper tone and strength for expulsion of its contents at full term. Special complications of pregnancy may be removed through relief of the nerves supplying the parts affected.

SPINAL ADJUSTMENT.—For disorders of pregnancy, vomiting and morning sickness, adjust the fifth thoracic vertebra; for kidney complications, adjust the tenth thoracic vertebra. Lack of tonicity in the bladder may be helped by adjustment of the first lumbar vertebra. For conditions of the uterus, appendix, and the vagina, adjust the second and fourth lumbar vertebrae. Normal development of the genitalia for expulsion of the fetus is produced and maintained through the normal nerve supply, which is best induced by adjustments to free the nerves and restore to the nerve-centers proper nourishment.

PROLAPSUS OF THE WOMB.

SYMPTOMS.—Dragging pain in the lower part of the back, extending around the body and following the track of the lumbar nerves back to the spine, where they make their exit to the lesions of the womb. There is a sensation of fullness and weight in the vagina, and the bladder is irritated, especially if there is anteflexion or anteversion; discomfort, increased by walking or exertion; and the menstruation is usually profuse and painful; in bad cases of prolapsus, the cervix of the uterus will sometimes protrude.

SPINAL SYMPTOMS.—By palpation, we will always detect the presence of spinal lesions, involving the integrity of the middle lumbar nerves, more especially the fourth and possibly up to and including the second pair of lumbar nerves may be interfered with and tender.

ETIOLOGY.—While primarily the pelvic organs of the female

may be pressed below their normal position from the conventional dress, which will force the abdominal contents against the pelvic organs, we may have, secondarily, a stretching and lengthening of the ligaments and muscles which hold the pelvic organs to their normal position; from this irritation we get reflexly an interference with the nerve supply and the normal tone to the ligaments of these organs. In order to successfully remove retroflexion or retroversion, it is necessary to remove the mechanical interference with these organs, that they may assume their normal position and natural function. If the contents of the abdominal cavity have been long prolapsed below their normal position, it will be necessary to adjust for the restoration of the normal nerve supply to the ligaments and mesentery which hold the abdominal organs to their normal position; in the same connection we can adjust for the restoration of normal impulse and tonicity to the ligaments and restore the pelvic organs and the uterus to their original positions.

PROGNOSIS.—The prognosis is good, notwithstanding the fact that the prolapsus may be of long standing. In our clinical work we have taken cases of prolapsus of the kidney of twenty years standing, and by adjustment and restoration of the normal nerve supply we have caused these organs to assume and retain their normal positions.

We have also, by adjustment, overcome the prolapsus of the intestines, and in many cases overcome hernia, which is the result of prolapsus of the bowels, combined with an atonic and relaxed condition of the abdominal walls. We have restored prolapsed uterus of long standing, even so great a prolapsus as to cause the cervix uteri to protrude from the vagina. The symptoms of painful and profuse menstruation disappear quickly under adjustment for the restoration of normal nerve supply, normal tone, function, and position of the organs of the female pelvic cavity.

SPINAL ADJUSTMENT.—For prolapsus, retroflexion, retroversion, anteflexion, or anteversion, or any malposition of the uterus, ovaries, or Fallopian tubes, adjust the second and fourth

lumbar vertebræ. For prolapsus of the intestines interfering with the return of the pelvic viscera to their normal situation, adjust in connection with the above, from the fifth to the eighth thoracic vertebræ and the second lumbar vertebra.

Spinal concussion to increase splanchnic tone, use concussion over the second to the eighth thoracic spinous processes and over the upper three lumbar vertebræ.

PROSTATE GLAND, DISEASES OF.

This organ, in old men, is often hypertrophied, and it may suffer from inflammation, often from gonorrhæal infection.

SYMPTOMS.—Pain and feverish condition in the fork of the thighs; tenderness on pressure; urination is painful, as is also the moving of the bowels; there is a bearing-down, heavy feeling of both the bladder and the rectum; by palpation you may determine the pressure of a swelling in the fork of the thighs or within the rectum. In the case of hypertrophy, there is a hard lump felt in the fork of the thigh, or in the rectum at the base of the bladder, and there is a slow and painful urination, and in some cases the contents of the bladder must be drawn with a catheter.

SPINAL SYMPTOMS.—We may detect spinal lesions in the lower thoracic region, especially causing interference with the twelfth pair of thoracic nerves, but more frequently we find spinal lesions in the lower lumbar region causing an interference with the fourth and fifth, more especially the fifth lumbar, pair of nerves.

ETIOLOGY.—It may result from cold, from sexual excesses, and from diseases of the rectum; it is sometimes produced by irritation from dietetics; probably the most common cause is the result of gonorrhæal infection.

PROGNOSIS.—This affection recovers very rapidly under spinal adjustment.

TREATMENT.—Adjust the fifth lumbar vertebra.

For prostatic enlargement, use concussion over the twelfth thoracic vertebra, to constrict and reduce this gland in size. Compresses wrung from magnesia sulphate solution, applied over the area of the prostate glands, will slowly but surely reduce the hypertrophy.

Rectal dilation is also an efficient auxiliary method of treatment to use in cases of troubles arising from sexual diseases and infection of the genital organs and for prostatic hypertrophy.

PSORIASIS.

DEFINITION.—A skin disease.

SPINAL ADJUSTMENT.—Adjust for the relief of the nerve supply to the zone affected, in connection with the tenth thoracic vertebra. A local disinfectant will be helpful.

Sponging freely, with a one to sixteen solution, of magnesia sulphate is an effective auxiliary method of treatment, in all the different varieties of skin diseases.

PUBERTY, DELAYED.

DEFINITION.—Due to lack of proper development or to anemia; it may be due to excessive mental exercise, as study, or any condition retarding natural development. As a rule, puberty comes earlier among children of the South than children of the North. Where puberty is delayed beyond a reasonable age, or when the menstrual epoch does not appear, it may be brought about by adjustment.

SPINAL ADJUSTMENT.—If there is lack of constitutional development, adjust the fifth, eighth, and tenth thoracic vertebrae in connection with the fourth lumbar vertebra; the latter adjustment especially stimulates the genital centers.

PUPIL OF THE EYE—DILATED, CONTRACTED, OR LACK OF RESPONSE TO LIGHT.

DEFINITION.—This affection is due to lack of nerve supply, nerve impulse, and proper tone of ciliary muscles, due to interference with the spinal nerve supply to the optic nerve and ciliary muscles.

TREATMENT.—Adjust the fourth cervical vertebra for the removal of interference with the middle cervical pairs of nerves, especially the fourth pair.

QUINSY (TONSILLITIS).

(See Tonsillitis.)

RACHITIS.

SYMPTOMS.—There is usually profuse sweating, especially of the extremities and the head. The patient suffers with polyuria, which contains heavy deposits; there is a feverish condition, which is more marked at night, causing the patient to kick off the clothing; the surface of the body is so affected with tenderness that the child fears to be touched; the expression of the face is unnatural; the eyes are brilliant; and the child looks old and tired; the head begins to enlarge; and the long bones, especially of the lower extremities, begin to curve and the joints to enlarge, especially of the wrists and ankles; there is a curvature of the spine, delayed dentition, and swelling of the feet; bowel discharges, and the abdomen is enlarged; the head is peculiarly shaped, being flattened on top; the appetite is unnatural; there is swelling of the bowels on account of fermentation and improper digestion; the child may have decided hydrocephalus, convulsions, diarrhoea, and may be subject to spasmodic croup.

ETIOLOGY.—The chief cause is bad hygiene, improper food, and impure air. The food of a mother before birth may affect the child, as its nourishment is impaired when nursing. If taken in time, the child may be benefitted by preventing improper hygienic surroundings and by supplying the necessary food elements.

TREATMENT.—Adjust the fifth, eighth, and tenth thoracic vertebræ and according to other spinal lesions which may be indicated or evident.

RASH.

DEFINITION.—Any skin disease or eruption. The kidneys being the principal organs of elimination, they are always more or less at fault in skin diseases.

SPINAL ADJUSTMENT.—For rashes that are local, adjust the nerve supply to the local zone, affected by the rash or eruption. If the rash is general, adjust the sixth thoracic vertebra, and always adjust the tenth thoracic vertebra in connection with the special adjustment for the local zone of the eruptive skin diseases.

Sponging the surface with the magnesia sulphate solution is also an efficient method to relieve rashes of the skin. Most all forms of rashes and eczematous conditions may be removed by spinal adjustment, magnesia sulphate applications and rectal dilation and the consequent stimulation of the sympathetic.

RECTAL FISTULA.

DEFINITION.—Fistula is a false or unnatural passage into or through the flesh. It commonly starts as a rectal ulcer due to proctitis, as previously explained, or as an internal pile that became injured and ulcerates down to the rectal wall, causing an abrasion of it, which eating deeper forms a raw pocket in the flesh into which fecal matter collects and the irritation provokes an abscess that eats through the tissues to an external opening forming a false passage from the gut to some spot in the vicinity of the anus.

ETIOLOGY.—It may, however, first start as an abscess, due to irritation or congestion and inflammation of the deeper tissues about the lower bowel, caused by an over-tight sphincter, interfering with the circulation; which abscess may break either into the bowel (making an internal fistula), or outside (forming an external fistula), or both outside and into the bowel (resulting in a complete fistula.) Sometimes it burrows in various directions, forming a number of sinuses or passages, with only one or with several outlets, making a most baffling and difficult form of fistula to cure. A fistula tract is commonly torturous, and there are frequently blind sinuses leading from it into surrounding tissues. Sometimes it passes nearly around the bowel and opens on the opposite side forming what is known as a "horse-shoe fistula." Fistula is difficult to cure, for its own discharges, or fecal matter and gases which find their way into it, keep up a continual irritation.

THE CURE OF FISTULA.—It is easier to prevent fistula than to cure it. If one would relieve any tightness of the sphincter muscles or overcome any irritation, by using the dilators if necessary, they would avoid all the congestions, ulcerations, and blood-stasis, from which a fistula results. If, however, you already have fistula, there is no treatment for it more important than the faithful and persevering use of the dilator, as it is absolutely necessary to relieve the congestion and re-establish the circulation in conjunction with proper antiseptic treatment.

RECTAL PROLAPSUS.

Rectal prolapsus is where the walls of the rectum fall down or project outside of the external sphincter ani muscle—the circular muscle that surrounds the outlet of the alimentary tract and acts as a puckering string to keep it closed except when it is necessary or desirable to empty the bowel, or, as is sometimes the case, to introduce something into it. Rectal prolapsus is due to a lack of tone in the parts, as ordinarily no reasonable amount of straining should be sufficient to force the walls of the rectum outside of the body. Rectal prolapsus is not easily cured and at best requires time, persistence and patience. There is no method of treatment as important or that will accomplish as much toward this end as rectal dilation. Many bad cases have been cured by this means and it is of the utmost importance of all. Dilation will establish regular and natural bowel habit, which is necessary to relieve the straining and remove the cause of the trouble. It strengthens the rectal muscles, enabling them to regain lost control and to assume their proper position.

ADJUSTMENT.—Spinal adjustment of the lower lumbar vertebræ, for the relief of interference with the nerve supply to the rectal muscles will restore the tone of them and this is a very effectual method in overcoming the atonic condition which permits the prolapsus. The fifth lumbar nerves are mostly responsible for the integrity of the rectal muscles.

For improved and effective methods of adjusting the lower lumbar see *Spinal Treatment, Science and Technique.*

RECTAL ULCERS.

DEFINITION.—An ulcer of the rectum is a shallow sore on its surface; when it becomes a deep sore, it may extend through and become another disease much more serious in character.

SPINAL SYMPTOMS.—By palpation we will find lesions affecting the articulations between the fifth lumbar vertebræ and the sacrum, which will cause an interference with the integrity of the fifth pair of lumbar nerves. This condition will be found to exist in all cases of rectal diseases. By the local temperature we may determine whether the condition is acute and active or of long standing and chronic.

ETIOLOGY.—Ulcers may come from a scratch or abrasion of the membranes of the rectum from some hard substance in the fecal matter passing through it, but in the vast majority of cases it is due to a congestion and catarrhal condition caused by irritation and impaired circulation of the parts by the pinching of an overtight or spasmodic sphincter muscle.

TREATMENT.—It is simple and easy to comprehend how relieving the spasmodic or continual constriction of the sphincter by dilation will free the circulation, reduce the congestion and inflammation of the parts and permit the rectal ulcer to heal.

ADJUSTMENT.—Adjust especially for the removal of interference with the nerve supply from the fifth lumbar pair of nerves to the rectal tissues.

RELAPSING FEVER.

DEFINITION.—This is an infectious and contagious disease that is characterized by rapid recovery and relapse after an interval.

SYMPTOMS.—Relapsing fever begins with a chill, which is followed by high fever. The constitutional symptoms are marked: the patient suffers with weakness, headache, dizziness, ringing in the ears, and pains in the back and limbs. The tongue is coated, the pulse is rapid, and the fever often runs very high and there is a disturbance of the bowels—either constipation or diarrhoea. The liver and spleen are usually greatly enlarged,

and the liver is inactive. The amount of urine passed is very small. The fever lasts from one to two weeks, and ends by crisis, to return again with all of its characteristic symptoms in about a week. Three or four relapses may occur before convalescence or permanent recovery.

SPINAL SYMPTOMS.—The symptoms that may be determined in a case of relapsing fever, are analogous to those which may be determined to exist in connection with other fevers, however the location will vary in the different varieties of fevers. The temperature of the spinal column will be increased in proportion to the general increase of temperature of the entire body. A careful palpation along the spinal column will determine that some certain segment or two thereof will manifest a slightly more increased temperature than the remainder of the spinal column. The localized segment, in which the temperature is increased most, will be determined in connection with relapsing fever usually about the sixth and tenth thoracic segments. The spinal thrust should be given at the point of the hot segment as the localized increased temperature is always at the point of exit of the spinal nerve which supplies the pathological zone.

The spinal nerve, which supplies the diseased zone, will be found to be tender by palpation, and the tenderness of the nerve is one of our prominent and positive signs as to the location of the spinal lesion, which is occasioned by and associated with the existence of the invasion which is causing the fever.

ETIOLOGY.—This disease is due to a specific infection of a peculiar micro-organism, which is found in the blood of the afflicted patients; it is a delicate spiral bacteria, about 1-125 of an inch in length, and is called a "spirochete." They move freely, and one patient may become infected from another, making this a decidedly contagious disease. It is probably transmitted from one patient to another through drinking water, unsanitary food, and other conditions, as crowding too many people together. Various epidemics of this disease have occurred in the Oriental countries. An epidemic of relapsing fever in Ireland lasted four years, and it was imported from Ireland to this country.

PROGNOSIS.—Fortunately, this disease is not very fatal. It is also true that medicine has no effect upon the course of the disease, but the disease runs its course and is self-limited, and is treated expectantly.

PATHOLOGY.—There are no characteristic lesions of this disease, but the liver and spleen are enlarged, and in the spleen there is often found one or more infarctions; also catarrhal inflammation of the stomach and bile-ducts may exist.

SPINAL ADJUSTMENT.—Adjust the sixth, eighth, and tenth thoracic vertebræ.

RENAL CALCULUS.

(See Calculus, Renal.)

TREATMENT.—Adjust the tenth thoracic vertebra for removal of interference with the tenth thoracic pair of nerves.

RENAL COLIC.

(See Colic, Renal.)

TREATMENT.—Adjust the tenth thoracic vertebra to remove any interference with the thoracic nerves which supply the kidneys.

RENAL CONGESTION.

DEFINITION.—Congestion of the kidneys.

SYMPTOMS.—Polyuria, or anuria, either pale or high-colored; it is scanty, contains albumen and often blood. The microscope always shows the presence of casts, which indicate catarrh of the kidneys.

SPINAL SYMPTOMS.—When a patient is suffering with congestion of the kidneys, we will be able to determine the existence of spinal lesions, which cause an interference with the tenth and possibly with the twelfth thoracic pairs of nerves. The tender nerve, the contracted musculature, or alteration of the temperature may be on one or both sides, depending upon whether or not one or both of the kidneys are affected.

ETIOLOGY.—Due to the lack of tone of the circulation, which is due to interference with the nerve impulse; may be excited

by the free use of tea, coffee, tobacco, or alcohol; it may also be caused by diuretic remedies that are irritating to the kidneys, through which they are eliminated; strong mineral waters and kidney cures are a frequent cause.

PROGNOSIS.—Good under spinal adjustment.

TREATMENT.—Adjust the tenth thoracic region.

CONCUSSION.—Spinal concussion may be applied, over the upper three lumbar vertebræ, in order to excite the reflex of contraction of the kidneys, to relieve the congested condition thereof. Concussion applied over the sixth and seventh thoracic vertebræ will excite the reflex of constriction of the parenchyma of the renal organs.

The use of the magnesia sulphate eliminative baths will be found to be an excellent auxiliary method of treatment in case of renal congestion, for the reason that they stimulate the action of the skin and especially the eliminative function thereof.

Use the magnesia sulphate eliminative baths daily until convalescence.

RENAL TUBERCULOSIS.

(See Tuberculosis.)

TREATMENT.—Adjust the tenth thoracic region.

Use magnesia sulphate eliminative baths and compresses across the back over the kidney region.

RETINITIS.

DEFINITION.—Inflammation of the retina of one or both eyes.

TREATMENT.—Adjust the fifth thoracic vertebra to the right and also the fourth cervical vertebra.

RETROFLEXION OF THE WOMB.

(See Prolapsus.)

TREATMENT.—Adjust the second and fourth lumbar vertebræ.

RHEUMATISM (RHEUMATIC FEVER).

DEFINITION.—Rheumatism is a disease of the organs of

locomotion and the extremities which is characterized by severe neuralgic and shifting, lancinating pains in the joints and muscles. There is fever and an inflammatory swelling of the affected parts. Rheumatism may be either acute or chronic. Acute rheumatism is self-limited, lasting from two to six weeks under former treatment.

SYMPTOMS.—Chilliness for two or three days and high fever. There is pain in one or more of the joints, as in the knee, ankle, shoulder, or wrist; this pain soon becomes very severe, and there is great tenderness of the affected joints. The joints are enlarged and more painful when the limbs are in motion; the pulse is rapid, and respiration frequent; there is excessive thirst. The saliva and the perspiration are sour and acid; urine is high-colored and scanty, with a reddish sediment. There is pain, redness, swelling, and often effusion in and around the joint or joints.

ETIOLOGY.—There are different causes that are supposed to predispose to rheumatism, as exposure to cold and dampness, also the free use of meat diet, a sedentary life, fever, and the production of an acid condition, which is present in rheumatic cases.

Dr. Murchinson holds that inactivity of the liver is a predisposing cause of rheumatism. Rheumatism is closely allied to gout on the one hand and resembles neuralgia on the other hand, and in some cases cannot be distinguished. Rheumatism is doubtless due to infection in some cases. Some regard rheumatism as a neurosis, while others believe it to be infectious; still others maintain that it is due to derangement of the processes of metabolism. Accordingly they maintain that nitrogenous products are not converted into urea, but instead are transformed into lactic acid and uric acid, or other by-products.

PATHOLOGY.—There is a congested, swollen condition of the ligaments and synovial membranes of the joints that are affected; there is an effusion of torpid fluid in the synovial sac; there may be ulceration of the cartilages; there is rarely a suppuration, for usually the process ends by resolution, but it may cause the

infiltration of lymph, and leave more or less permanent ankylosis and enlargement.

PROGNOSIS.—Favorable. If the disease is treated in time, by the proper adjustment, recovery will be hastened, and other complications and sequelæ will not occur. Cases of chronic rheumatism falling under the care of a spinal adjuster will slowly but surely recover—except organic derangement of too long standing, which may be very slow in recovering. Internal medicines are failures in these cases, and even the temporary relief obtained by the anodynes is really detrimental in the end.

TREATMENT.—Adjust the fifth and tenth thoracic vertebræ, and to relieve the nerve supplying the zone affected; also, eliminative baths are excellent.

An efficient remedy for rheumatic fever, is the magnesia sulphate baths, and also the internal use of the magnesia oil.

The magnesia bath, of one-half hour continuation, will absolutely relieve and cure a case of acute muscular rheumatism. Some of the chronic forms of rheumatism may be practically cured in a single day by the constant use of the epsom applications, and the most painful points should have the most constant bathing.

RHEUMATISM, CHRONIC.

SYMPTOMS.—Pain in the joint, also swelling, redness, and tenderness on pressure; there may or may not be some fever; and it may affect one joint only, or more; and is worse during bad spells of weather, and more painful at night.

ETIOLOGY.—This trouble may be insidious, coming on gradually, or it may be a continuation of an acute attack. This trouble may last for several years, or during life, and it seems to be general in its effects on every organ or function of the body.

PROGNOSIS.—Favorable; but it requires time and patience, together with persistency and judicious treatment, to perfect a cure.

TREATMENT.—Adjust the sixth and tenth thoracic vertebræ;

and bathing, to increase elimination, using the magnesia sulphate is excellent.

MUSCULAR RHEUMATISM (MYALGIA, MYODYNIA).

DEFINITION.—This is an affection of the nerve supply to the voluntary muscles, characterized by pain, tenderness, and rigidity. The different types of this disease are named according to the group of muscles affected, or, rather, to the muscles supplied by the nerve or nerves affected.

SPINAL SYMPTOMS.—Tender nerves will be found by palpation along the side of the spinal column where the nerves, which supply the diseased zone, make their exit. The location of the tender nerve will depend upon the location of the rheumatic zone.

ETIOLOGY.—An interference with the nerve supply; it may be caused by external irritation, more especially by exposure to cold and wet, and also excessive muscular action or muscular strain may excite this trouble.

An important etiological factor in rheumatism, is the formation of uratic crystals, caused by the decomposition of food elements, which is caused either by the use of those food elements, which decompose quickly in the blood stream, or by the use of excessive amounts of food. It is the presence of these crystals of urates in the fine capillary blood vessels piercing the end organs of the sensory nerves, that causes the rheumatic pain.

We should relieve interference with the nerve supply to the affected parts, and restrict the diet to fruits and vegetables. Administer the hot magnesia tub baths and also do sponging of the surface of the body with the magnesia solution, until the parts are relieved, as described above. Use the carbolized magnesia applications and compresses about painful joints and over painful zones.

TREATMENT.—Adjust to relieve the nerve supply to the affected zone.

RHEUMATISM, INFLAMMATORY.

This disease is characterized with sharp lancing and intense pains in the part affected. Under former methods of treatment,

inflammatory rheumatism will continue its course usually, from four to six weeks or longer. Often, as a result of it, we have heart complications. This is due, no doubt, to the presence of the crystals of urates and other by-products and toxic elements in the blood from over eating, or from eating foods that decompose quickly in the blood stream, which accumulate in the heart muscles and blood vessel walls.

SPINAL SYMPTOMS.—Tender nerves will be found by palpating along the side of the spinal column where the nerves, which supply the diseased zone, make their exit. The location of the tender nerve will depend upon the location of the pathological zone.

TREATMENT.—Magnesia sulphate sponge baths, persistently used for fifteen to thirty minutes will absolutely cure a case, in a single treatment, in the majority of cases, repeat the baths until all symptoms are entirely gone. *A la Burgess.*

Magnesia sulphate solution is the king of all remedies to neutralize all the toxic matters in the blood by dissolving the crystals, lodged in the arteries and capillaries, and in the peripheral circulation, which will relieve the nervous irritation and all the most distressing symptoms of the invasion or enervation associated with inflammatory rheumatism.

Give internally the double sulphides, repeat, from one-half to one grain, every hour, for the first eight or ten hours; then four or five times daily, until absolute recovery has been accomplished.

Try rectal dilation should you not succeed satisfactorily in your treatment by the methods mentioned above.

ROTHELN (GERMAN MEASLES).

DEFINITION.—An acute, infectious, contagious disease, somewhat similar to scarlet fever and measles, but it is much less severe and lighter in its course, and the patient seldom suffers from sequelæ.

SYMPTOMS.—At the beginning there is drowsiness, some

fever, and sore throat. The eruption appears on the first or second day and is not uniform in character. The first eruption appears on the face and spreads rapidly over the body, and it is transient in effect. The upper part of the body may be clear of the eruption by the time the rash appears upon the lower extremities. There may or may not be some desquamation. There are some catarrhal symptoms. The symptoms are most severe in the cervical glands, which are swollen much more in this disease than in the ordinary measles. Duration, usually from two to five days when they run their course.

PROGNOSIS.—Good, especially under spinal adjustment.

TREATMENT.—Adjust the fourth cervical and the fifth and tenth thoracic vertebræ. Use the magnesia eliminative baths.

SALIVATION (PTYALISM, OR MERCURIAL STOMATITIS).

DEFINITION.—This is a disease common to artisans who work in mercury, and also a condition following the administration of large doses of calomel and other mercurials as medicine.

SYMPTOMS.—Tenderness of the gums, with redness around the teeth; a metallic taste in the mouth, and an increase in the flow of saliva; later there is a very profuse flow of the saliva; there is fetor of the breath; redness, swelling, and tenderness of the gums; the tongue is frequently affected and protrudes from the mouth; in severe cases there is ulceration in the mucous membranes of the mouth; the teeth become loosened and come out; and sometimes necrosis of the jawbones results.

SPINAL ADJUSTMENT.—For relief of the parts affected, adjust the fifth thoracic in connection with the fourth cervical vertebræ.

SCALP TENDERNESS.

DEFINITION.—This is an inflammatory condition of the scalp, due to an over-excitability condition of the sensory nerves of the same.

TREATMENT.—Adjust the atlas and the second and third cervical vertebræ.

The application of an ointment of yellow vasaline one ounce, and sulphur one dram will also be a beneficial auxiliary application.

SCARLATINA (SCARLET FEVER).

SYMPTOMS.—Fever; headache; pains in the back; flushed face; strawberry tongue and often nausea and vomiting and convulsions in children. A bright, scarlet-red eruption appears upon the skin. These eruptive dots soon run together and cover the entire body. At the end of about the seventh day the fever subsides, and desquamation of the skin takes place.

SPINAL SYMPTOMS.—Palpation of the middle thoracic region will in all cases show a decided tenderness of the fifth thoracic nerve on the right side, and also in case of kidney complication there will be marked tenderness of the tenth pair of thoracic nerves.

The fifth thoracic nerve, on the right side of the spinal column, will be found to be decidedly tender, upon palpation, very soon after the onset of the disease. This is due to the fact that the toxic productions of the infection excite the sensory afferent nerve endings in the zone of the pathological development, and this excitation of the sensory nerves causes a reflex spinal contraction, and hence the early appearance of the spinal lesions and tender nerves.

ETIOLOGY.—This is an infectious and contagious disease, and is due to infection by specific germs. The incubation stage is from four to seven days. The strawberry appearance of the tongue is a decidedly marked characteristic. The specific germ has never been isolated. The disease is carried in the food and clothes and it may be transmitted by direct inoculation. The germs have extreme vitality, and may live within clothing and cause sporadic cases years after, from the subsequent use of unused clothing which contain the infection. Lack of vital resistance, which is due to lack of nerve impulse, renders children

especially liable to attacks of scarlet fever. One attack usually gives immunity against a second attack, but yet a second attack is not uncommon.

PATHOLOGY.—The throat is inflamed and sometimes ulcerated. The strawberry tongue is quite characteristic. The spleen is enlarged and engorged. The muscles undergo granular degeneration. There is hyperemia and cell-proliferation throughout the intestinal tract, and in the kidneys as well as in the throat.

VARIETIES: Simple, angenoid, and malignant.

(a) **THE SIMPLE FORMS** are often not recognized, not being severe in form, and they run a mild course, and are seldom fatal.

(b) **THE ANGENOID** scarlet fever is characterized by severe and grave throat symptoms. The tonsils are swollen and usually covered with a false membrane. The fever is high, and the prostration is very marked. Ulceration of the throat frequently occurs. Death may result from exhaustion under ordinary treatment.

(c) **THE MALIGNANT FORM** of scarlet fever is characterized by its abrupt onset with a chill, vomiting, or convulsions, and the fever is from 106 to 107 degrees; the pulse is weak and rapid; the delirium sets in early, and coma soon ensues. The child may die before the appearance of the rash. The most common complication of this trouble is nephritis. As a sequelæ of this disease, we often see chronic renal diseases. Eye and ear complications are also common.

PROGNOSIS.—Under spinal adjustment, relief is quick and cases of scarlatina can usually be aborted, if taken in time, so that the child may recover almost without the appearance of any rash; furthermore, under adjustment, no complications nor sequelæ will ensue. We have had no experience with the malignant variety since beginning to use spinal treatment.

The author has personally known of cases in the same family and at the same time in which one was treated by the

ordinary methods and the other by adjustment. The result was that under spinal adjustment, two days was sufficient time for recovery, while the other child in the same family had a hard siege of two weeks, and the disease left complications of the ear, kidney and heart trouble. We have never seen a failure of early and complete relief from spinal adjustment of any acute disease yet of the nature of scarlet fever or diphtheria.

TREATMENT.—Adjust the fourth cervical and the fifth and tenth thoracic vertebræ, and other adjustments according to the indications discovered by careful palpation.

Besides the spinal adjustment, use the warm epsom sponge bath. Epsom salts, one ounce; water, one pint or one quart. Sponge for ten or fifteen minutes, given as the patient lies in the bed under the cover, if the weather is cool. Continue the sponge bath fifteen to twenty minutes and repeat this every two or three hours. Give the improved double sulphides to combat the invasion. *A la Burgess.*

SCIATICA.

DEFINITION.—Pain, referred to the sciatic nerve; it may be referred to any portion of the nerve from its point of impingement where it leaves the spinal column to the end of the toes.

SYMPTOMS.—An annoying, dull, heavy pain, usually worse at night. The symptoms of this disease may begin abruptly and be characterized by sharp, shooting pains running down the thigh; any movement of the limb excites or increases the intensity of the pain; there are usually sore points along the track of the nerve; and there is usually a tingling and numbness present. The attacks usually grow worse both at night and at the approach of stormy weather.

SPINAL SYMPTOMS.—In sciatic neuritis we will always find evidence of spinal lesions in the lower portion of the lumbar region by palpation. The lower lumbar nerves, at or near their spinal exit, will be decidedly tender upon the same side as the affliction of the sciatic neuritis, or the lower spinal nerves will

be tender on both sides if the sciatic nerves on both sides are involved.

ETIOLOGY.—Exposure to wet and cold; wrenching of the spine by lifting in cramped positions; jars, falls, or anything that will sublaxate the lumbar vertebræ, either directly or through injury to the ligaments; usually from the second to the fifth pair of lumbar nerves are involved in sciatic trouble. If the pain is local in the lumbar portion of the spine, it is known as “lumbago.”

PROGNOSIS.—Under ordinary treatment, the case lasts from one or two or several weeks to many years; under adjustment by a competent adjuster, the patient will recover with one adjustment or from one to four weeks' adjustment—depending on the length of time of the standing of the case.

TREATMENT.—Adjust usually from the second to the fifth lumbar vertebræ. See the new methods of the author as described in spinal treatment, which are much more effective than the former methods of the Bohemians, as used by chiropractors in the past.

SCURVY.

DEFINITION.—This is a disease that seems to be due to improper articles of diet.

SYMPTOMS.—Constitutional and mental depression; the eyes are sunken, and the face and lips are pale. Usually there is more or less bleeding of the gums and sore mouth; there is pain in the joints and limbs. The hemorrhagic tendency of the disease causes blood-spots in the skin. There is also hemorrhage from the lungs and bowels.

ETIOLOGY.—It seems to be due almost exclusively to the diet, especially to a meat diet without the use of vegetables. Prolonged exposure to heat and cold or dampness, combined with lack of proper diet, are common causes of this disease. It is quite common in the northern countries of Europe, particularly in Russia. It seems that scurvy may be produced by persistent neglect of almost any law of hygiene.

PATHOLOGY.—This disease is characterized by a spongy condition of the gums and a tendency to extravasation of blood, indurated patches of skin, hemorrhages of the membranes, fetid condition of the breath, and painful contractions in the muscles.

PROGNOSIS.—Good, under proper treatment or rational therapy methods.

TREATMENT.—Vegetable diet and vegetable acids in connection with the proper diet seem to have a beneficial effect; lemon juice, oranges, and other fruits are also helpful.

TREATMENT.—Adjust the fifth thoracic vertebra to the right and the fourth cervical vertebra.

Use the magnesia baths to cleanse and dissolve the urates, both from the dermal and subdermal zones and from the teeth and gums.

SEBORRHEA.

DEFINITION.—This is a disorder of the secretory organs of the skin, causing an alteration and increase of the sebaceous secretions, and is supposed to also affect the sweat glands as well as the sebaceous glands.

SYMPTOMS.—The main symptom is that of an exudate of oleaginous material that accumulates where it exudes from the follicles, and it may dry into scales and form dandruff.

ETIOLOGY.—It seems to be due to lack of proper secretion of the kidneys and a consequent abnormal secretion of the skin, which causes a pathological condition of the secretory cells of the skin.

TREATMENT.—Hygienic diet, bathing and using epsom solutions either in sponge or in the full bath.

ADJUSTMENT.—The sixth and tenth thoracic vertebræ, if the disease is general over the body; if local, adjust the nerve supply to the local zone, in connection with the tenth thoracic vertebra.

SEMINAL EMISSIONS (NOCTURNAL EMISSIONS, OR SEMINAL LOSSES).

SYMPTOMS.—The disease is often accompanied by a long train of symptoms, which are connected with a local affection and which are an outgrowth or result of the debility rising from a constitutional drain.

SPINAL SYMPTOMS.—Contractions and approximations will usually be found to exist in the region of the second and third lumbar vertebrae. A slightly increased temperature of this segment will also be found to exist.

ETIOLOGY.—This disease is usually the result of self-abuse, and it may result from sexual excesses; it may be due to mental unchastity. In some cases the local debility and weakness are so great that emissions are produced by various slight excitements.

PROGNOSIS.—If the disease is not of too long standing, the patient will probably recover without much trouble or treatment; but the cure depends in all cases in a strengthening up of the general system, especially of the sexual organs, and diverting the mind into pure channels.

TREATMENT.—Adjust the tenth thoracic, the second lumbar, and usually the sixth thoracic vertebrae.

Adjust the first and second lumbar vertebra forward and to the right, and adjust the third lumbar vertebra forward and to the left. This is claimed to be a specific method of adjustment for this trouble by some who have given this matter special attention. Rectal dilation will strengthen the sexual powers. Circumcision may be helpful as a prevention of the most common cause.

SEXUAL DESIRE, LOSS OF OR LACK OF (IMPOTENCY).

This weakness is also due to a number of different causes, the chief of which is self-abuse and sexual excesses. The use of opium and tobacco (especially the latter) has a decided weakening influence upon the sexual organs. It is now recognized by

the medical profession, that many cases of impotency are the result of the excessive use of tobacco. This drug first excites the sexual powers, but as a result of this—like all other exciting stimuli—there is an ultimate weakening and loss of power.

Gonorrhœa, treated by ordinary methods becomes a predisposing cause of impotency. The intense pain irritation and excitation of the sensory nerve end organs of the parts will cause reflex contraction of the spinal musculature at and around that portion of the spine, from which originate or pass the nerves which supply the parts that are affected. Under the ordinary methods of treatment the spinal contraction is not overcome consequently there is less room for the passage of the nerve sheath and a consequent interference with the nutrition of the genital centers of the spinal column.

If however spinal adjustment is used in connection with other rational methods of treatment the spinal lesions will be overcome and the disease will not permanently impair the nourishment to the genital centers or the nerve supply to the genital organs, consequently impotency does not result or become a sequale after infection which has been healed by the use of rational therapy methods.

Sexual desire, in some cases, has never been excited. This is more especially true in the case of females. Anatomical conditions sometimes prevent any excitation of some parts of the sensitive sexual organs, as the clitoris.

SPINAL SYMPTOMS.—All cases of impotency, in which the condition has been caused by interference with the nerve supply to the parts will be very manifest upon palpation.

There will be decided contraction of the musculature of the lumbar region approximating the second and third lumbar vertebræ or the spinous processes thereof, and in case of a chronic condition there will be a lack of the normal temperature or thermic condition of these segments of the spinal column.

PROGNOSIS.—It is surprisingly good, in all cases, under spinal adjustment. There are cases in which a removal of a small portion of the mucous membrane to expose the clitoris will relieve

the lack of sexual excitement in cases of females; in cases of males, as high as eighty years of age and over, we have been able to restore sexual desire and power. Practically the only cases that we fail to reach are those where there is ankylosis of the lumbar vertebræ, which will prevent adjustment for the relief of the nerve supply to the sexual organs.

ADJUSTMENT.—The second lumbar region principally but the third and fourth should also be adjusted.

Rectal dilation is an effective treatment, also the magnesia sulphate baths are helpful.

SEXUAL DEVELOPMENT, IMPERFECT.

This is due to lack of trophic function to the pelvic organs and it may be due to self-abuse and consequent weakening and depletion of the nerve and nutrient supply.

SPINAL ADJUSTMENT.—The adjustment to make in this trouble is the adjustment of the second and fourth lumbar vertebræ.

SEXUAL WEAKNESS.

DEFINITION.—Due to deficiency of the nerve supply to the sexual organs, or lesions of the nerve centers, or nerves that come from the fourth segment of the lumbar portion of the spinal cord.

SPINAL SYMPTOMS.—We find by palpation that there is an approximation, due to contraction existing between the second and third lumbar vertebræ, interfering with the integrity of the second lumbar nerves. By careful palpation we will also detect that there is a lifeless sensation of the integument in this region,

ADJUSTMENT.—The proper adjustment for such weakness is the fourth lumbar in connection with the second lumbar region. (See treatment for Impotency.)

SKIN DISEASES.

TREATMENT.—The general rule for the adjustment for the numerous skin diseases and eruptions, especially if due to lack

of kidney action and to lack of nerve supply to the parts affected, is as follows: For skin diseases that are general, adjust the sixth with the tenth thoracic vertebra. For skin diseases that are local, adjust to relieve the nerve supply to the zone affected, in connection with the tenth thoracic vertebra.

If there is bacterial or parasitic infection in the skin, apply local disinfectants. Adjustment should be made in connection with the disinfectants.

Sulphate of magnesia sponge and full baths are helpful in many varieties of skin disease.

SLEEPLESSNESS.

(See Insomnia.)

SMALL-POX (VARIOLA).

DEFINITION.—An acute, infectious, contagious disease.

SYMPTOMS.—A chill (sometimes repeated paroxysms of chilliness), which continues till the fever reaches 103 and 104 degrees. This high fever continues till the eruption, which appears on the fourth day. There is severe headache and pain in the back and extremities; anorexia, coated tongue, and emesis. Sometimes a primary scarlet rash appears upon the abdomen, which disappears by the time of the appearance of the characteristic rash of the small-pox. The eruption is thickest upon the face and parts of the skin that are exposed, but extends from the trunk to the lower extremities. The burning and itching are very aggravating, and the eruption affects the mucous membranes of the mouth and throat as well as the skin. All the unfavorable symptoms disappear when the eruption appears. The eruption is vesicular at first; it has a sharp, shot-like feeling as it appears under the skin. There is a secondary fever, occurring about eight days after the appearance of the eruption and at this stage the vesicular rash becomes pustular. The fever is due to the absorption of the contents of the pustules into the general circulation.

SPINAL SYMPTOMS.—In our limited experience in the examination of small pox cases, we have been able by palpation to

determine the presence of tender nerves in the middle thoracic region, especially of the fifth and sixth thoracic vertebræ. The hot segment has also been found to correspond with the location of the tender nerve or nerves.

ETIOLOGY.—Small-pox is the result of an infection by a specific germ, the origin of which is, like many other germs, producing other diseases, wrapped in mystery. All ages are subject to this disease. One attack, however, usually produces immunity from the second attack. It is not as contagious as measles or many other contagious diseases; hence a person may often be exposed and yet escape the disease. It is also a fact that a person cannot possibly have this disease without being exposed to this specific infection. Owing to the fact that one attack produces immunity against another, and to the similarity of cow-pox and small-pox, we find that vaccination with cow-pox, protects against small-pox; hence the use of vaccination as practiced today. Persons who have had cow-pox usually have varioloid, a mild form of small-pox, when they are exposed to the infection of variola.

Discrete.

We have different forms of small-pox; the first known is the discrete, and the characteristic symptom of this is that the eruptions are entirely separated from each other.

Confluent.

In the confluent form of small-pox the pustules are more numerous and coalesce; also the symptoms are more grave, and the prognosis less favorable.

Malignant.

The malignant form of small-pox is very severe, death occurring before the rash appears. At other times the malignant form of the disease advances like ordinary small-pox, but in the pustular stage the pustules become effused with blood.

PROGNOSIS.—Under ordinary treatment, the discrete form is seldom fatal. In the confluent form, the prognosis is unfavorable. In the malignant form, the prognosis is most unfavorable.

Small-pox, under ordinary treatment, is apt to be accompanied by complications and followed by sequelæ.

Under spinal adjustment, the prognosis is much more favorable; the proper adjustment given during the incubation stage will entirely abort the disease. If the adjustment is given after the beginning of the stage of invasion, the disease is cut short, so that scarcely any eruption appears. The symptoms are mild, and the disease does not run its course. From the experience had so far with spinal adjustment for small-pox, the prognosis is favorable in all cases, provided the case is reached in time. Like all other infectious and contagious diseases, it may be aborted in mild or severe cases if taken in the early stages or at the beginning of the stage of invasion.

TREATMENT.—Adjust the fifth cervical and the sixth and tenth thoracic vertebræ. Sometimes, instead of the sixth thoracic vertebra, the adjustment may be indicated at the fifth thoracic vertebra. The adjustment of the fifth cervical vertebra is claimed to be a specific by some.

The double sulphides internally is an effective treatment as in all cases of invasions.

The magnesia applications changed every two to six hours, and the eliminative baths are very efficient auxiliary methods of treatment.

SMELL, LACK OF (ANOSMIA).

DEFINITION.—Due to lack of sensibility of the nerve supply of the special organs of the sense of smell.

SPINAL ADJUSTMENT.—Adjust to relieve the nerve supply, responsible for the special sensation of smell. The adjustment needed is usually at the third cervical or the upper and middle cervical.

SNEEZING.

ETIOLOGY.—Excitability or a supersensitive and irritable condition in connection with the nerve-endings of the upper air-passages.

ADJUSTMENT.—The fourth cervical region and concussion over the seventh cervical spinous process will quickly stop sneezing.

CONCUSSION.—When a patient sneezes from taking cold we may readily stimulate the circulation and stop the sneezing by concussion applied to the spinous process of the third thoracic vertebra.

SOFTENING OF THE BRAIN.

SYMPTOMS.—Dizziness; weakened intellectuality; drowsiness; despondency; interference with or loss of speech; sight and hearing are impaired; there is prickling and twitching of the muscles and integument of the limbs; the appetite remains good, and the patient accumulates flesh. Sometimes partial paralysis ensues in advanced stages.

ETIOLOGY.—Softening of the brain is unusual. Many cases supposed to be softening of the brain are nothing more than congestion of the brain, and are produced by contraction and narrowing of the foramen for the passage of the sub-occipital nerves and the vertebral arteries and veins; this articulation is usually altered because of approximation caused by contraction of ligaments. The health of the brain is due to a normal occipito-atlantal articulation and consequent normal nutrition and drainage of the brain.

PROGNOSIS.—Unfavorable; especially in advanced cases.

ADJUSTMENT.—The atlas and fourth cervical region and the sixth thoracic. Use magnesia sulphate applications and baths which are an excellent treatment.

SOMNAMBULISM (WALKING IN THE SLEEP).

DEFINITION.—This is rather a condition of half-sleep, a condition in which there is a partial sensibility; it is due to the same causes as insomnia, except in degree.

ADJUSTMENT.—The adjustments are the same as for insomnia: the atlas and sixth thoracic vertebra.

SORDES

DEFINITION.—Sordes means "to be foul." Sordes dentæ is

a collection of matter found upon the teeth in some diseases. Cerumen in the ears is sometimes known as "sordes aurium". Dandruff of the scalp is sometimes termed "sordes capitis".

TREATMENT.—Adjust for sordes aurium, the atlas; for sordes capitis, the atlas and the fifth thoracic vertebra; for sordes dentæ, the fourth cervical vertebra.

SORE THROAT (CLERGYMAN'S).

(See Clergyman's Sore Throat.)

ADJUSTMENT.—The fifth thoracic vertebra to the right.

Magnesia sulphate solution applied by compresses around the throat at night.

SPECIAL SENSES—TASTING, SMELLING, HEARING, SEEING, AND FEELING.

SPINAL ADJUSTMENT.—For abnormalities of the taste, adjust the fifth thoracic and upper cervical vertebræ; for abnormalities of the sense of smell, adjust the fifth thoracic region and the upper cervical region; for hearing, adjust the atlas, axis, and fifth thoracic vertebra; for weakness of sight or any abnormality, adjust the fourth cervical vertebra; for loss of feeling, adjust to relieve the nerve supply to the zone affected.

SPEECH, DEFECTIVE.

TREATMENT.—Adjust the atlas and the fifth cervical and fifth thoracic vertebræ. Try rectal dilation, it is an excellent and successful treatment in some cases.

SPASM.

DEFINITION.—An inco-ordinated contraction of muscles, due to excitement or abnormal reflex of nerve impulse.

(For spasm of the face, see Facial Spasm.)

TREATMENT.—Adjust the fourth cervical region; for spasm of the larynx, the fifth thoracic vertebra; for spasm of the esophagus, the fifth thoracic and fifth cervical vertebræ; for general spasm, adjust the sixth thoracic vertebra; and for spasm and cramp in other parts of the body, adjust to restore normal nerve supply to the part affected.

Rectal dilation is an effective method of treatment in all cases of spasms or convulsion, and will effect a cure in many cases.

SPLEEN, ENLARGEMENT OF (AGUE CAKE).

SYMPTOMS.—Those of chronic malaria; there is paleness, dyspepsia, physical exhaustion, and tendency to hemorrhage; there are local symptoms, as weight and heaviness in the left side. The spleen may be palpated and felt below the border of the ribs. Enlargement of the spleen is of common occurrence in malarial infection; it is a marked symptom of typhus and typhoid fever and other infectious diseases.

It has been thought by some that the spleen is a retainer of disease germs and other morbid elements which are often found circulating in the vital fluids. Enlargement is observed in connection with the tissues of the heart, lungs, liver, and kidneys—or, in other words, in connection with all the glandular organs in malarial cases.

SPINAL SYMPTOMS.—We find by palpation spinal lesions in the region of the middle thoracic vertebræ affecting the integrity of the left nerve of the sixth pair of thoracic nerves. If there is any inflammatory condition of the spleen, there will be an increase of the temperature of the sixth thoracic segment. If there is any pain the sixth thoracic nerve on the left side will be found to be tender.

PROGNOSIS.—Favorable, if the cases are treated in time. If the enlargement is of malarial origin, quinine or some other anti-malarial remedy should be administered; and the adjustment will be the same as for malaria—always remembering the sixth thoracic adjustment.

TREATMENT.—For an enlargement of the spleen in connection with other diseases, the adjustment will be the sixth thoracic vertebra, and special adjustment for the complication of or for that disease that causes or complicates an enlargement of the spleen.

CONCUSSION.—Spinal concussion over the seventh cervical

and third thoracic and also concussion over the upper three lumbar vertebræ will excite a contraction of an enlarged spleen.

SPOTTED FEVER (SPINAL MENINGITIS).

(See Cerebro-Spinal Meningitis.)

SPUTUM, EXCESSIVE.

DEFINITION.—Due to excessive secretions of the mucous linings of the mouth and nasal cavity and the upper part of the throat, which in turn is due to an over-excitability of the secretory function of the nerves supplying this region.

TREATMENT.—Adjust the fourth cervical and the fifth thoracic vertebræ to the right. Eat low diet of fruits and vegetables.

SQUINTING OF THE EYELIDS.

DEFINITION.—This is due to a spasmodic contraction of the circular muscles of the eye which close the lids, or may consist of convulsions or twitchings of the eyelids, which may be either slight or severe; this may be due to irritation of the eye or the eyelids and to a neurosis that is associated more or less with kidney lesions.

TREATMENT.—Adjust the tenth thoracic vertebra and sometimes the fourth cervical vertebra in connection with the second and third cervical vertebræ.

If the case is stubborn try rectal dilation because of its great stimulating effect upon the entire nervous system.

If the case is stubborn try rectal dilation.

STOMACH DISEASES.

SYMPTOMS.—Indigestion; uncomfortable after eating; heaviness at the pit of the stomach after meals; the tongue becomes coated and fissured and there may be dizziness; a bad taste in your mouth or a bad smelling breath; flashes before your eyes and a congested feeling over them as if the head would burst; sick headache, heartburn and vomiting of acrid and sour smelling matter. Some or most of the above symptoms may be

present, and any of the above symptoms is evidence of stomach trouble.

SPINAL SYMPTOMS.—The fifth usually but sometimes the sixth thoracic nerves, making their exit from the left side of the spinal column, supply the stomach, and in case of stomach trouble, we will always find evidence of spinal lesions, causing an interference with these nerves either one or both.

In case of catarrh, inflammation, ulcer, or cancer of the stomach, there will be a slight increase of the temperature of the fifth or sixth spinal segments, and also a decided tenderness of the nerve making its exit from the left side of the spine from between the fifth and sixth thoracic vertebræ, or of the nerve from between the sixth and seventh thoracic vertebræ.

Cause of Stomach Trouble.

Diseases of the digestive tract are many and they are also quite common. One prominent cause of indigestion is rapid eating or bolting the food as is practiced by so many business and busy people today. This one fault in our manner of eating is making the American people a nation of dyspeptics. One should always take time to chew their food as their stomach has no teeth.

Overloading the stomach is another common cause of stomach trouble. This not only overworks the stomach but causes dilatation thereof and conduces to disease of many kinds.

Improper diet has also played an important part in causing stomach trouble. Many people have no mercy on their stomachs and are fast digging their graves with their teeth, and many ignorant people believe that there is but little difference about what one eats.

We often obtain some excellent results in connection with our adjustment by making a change in the diet of our patients and by showing how to combine foods to either increase or decrease corpulency.

Eating too frequently or eating at irregular hours is another common cause of disease of the digestive tract.

Fermentation and any kind of irritation produced by decomposition of food within the stomach or alimentary tract not only produces temporary but often lasting or chronic trouble.

The trouble is produced because of the irritation of the sensory fibers which reflexly affect the motor nerves and thus affect the ligaments and muscles of the spine. A continued irritation will cause a contracted condition of the spine.

In all diseases of the stomach, in which there is any inflammatory condition, we find the nerve which principally supplies the stomach tender to the touch, showing that the nerve is interfered with where it passes from the spine.

Often a catarrhal condition of the stomach is produced by drinking freely of iced drinks and other confectionery products in the hot season. The introduction of poisonous substances taken in the form of medicines, as alkalies, acids, antimony, arsenic, etc., tend to produce a catarrhal condition of the stomach. Alcoholic drinks also injure the lining of the stomach.

Below we give you statements from some, whom we have treated for indigestion, mal-assimilation, loss of appetite, anemic condition, etc., by spinal adjustment, that you may judge of the merits of spinal adjustment in such cases.

I have suffered for fifteen years with chronic indigestion, also liver and kidney trouble. Spinal adjustment did more for me in three weeks than medicine had done for me in fifteen years. My weight has increased from 110 to 138 pounds and I am strong and vigorous.

R. P. P.

Chronic Gastritis and Dyspepsia.

I had been suffering with a severe case of stomach trouble and continued gastritis and indigestion for the last fourteen months. During this time I had tried medicine persistently but received no permanent benefit. I was continually under the care of doctors of good repute in the city of Chicago, one of them being a specialist on stomach trouble and internal diseases, but they could not restore to me my power of digestion. I became satisfied after a fair test that medicine would not cure me. I

was in Oklahoma City and met with a doctor of *rational therapy* and after two weeks' spinal adjustment I am certainly surprised at the results, for now I can eat anything I like and relish, without any inconvenience. I can now say frankly that spinal adjustment is an efficient remedy for stomach troubles and you will be surprised if you test them.

I. D.

I had been a sufferer for more than fifteen years. Had been examined and treated by many of the best physicians I could find, and was told by them that nothing in medical science would do me any good. I had tried electrical treatment for months; found no permanent relief. I had almost given up all hopes. At Pawnee, Okla., I met a doctor, who was giving spinal adjustment at that time. My husband insisted that I try his treatment and I was willing to try spinal adjustment after the method was explained to me. I had stomach trouble and had wasted away because of poor assimilation. My liver was torpid. My heart was not normal. In fact it seemed that almost every organ and function of my body was more or less deranged.

After taking a few weeks' adjustment I was surprised at how nicely I was getting along. I hardly knew myself. For the fifteen previous years my weight had been 84 pounds. After this course of treatment I weighed 125 pounds. I am certainly pleased and owe my health and strength to spinal treatment.

MRS. C.

A Chronic Case.

I am sixty years of age. Have suffered intensely for years with a weak stomach and indigestion. Could not drink even water at times except to throw it up in a few minutes, hot and soured. I also suffered with other troubles but my stomach trouble with my other troubles were entirely relieved after three or four weeks' adjustment and I now feel from fifteen to twenty years younger and can work as I did in my former days.

MRS. M. A.

Last summer while the editor was visiting in Youngstown, Ohio, he met with a couple of young ladies at dinner, who were being strictly dieted because of the distress they would have

from eating of ordinary diet. For this reason they begged to excuse themselves from taking dinner with the remainder of the company. The editor suggested if they would eat some of the beef, cabbage, potatoes, fruit, cake, ice cream, and pie, and other good things prepared for us, that he would give them an adjustment and they would never know or feel any distress from eating dinner. After some persuasion they ate a hearty dinner, after which we treated them by giving them a special adjustment to help their digestion. They felt no distress, and no inconvenience whatever from the hearty meal they had eaten although they remained during the afternoon and enjoyed the time in conversation and music. They stated that they were going to tell their doctor about it, which they did and soon we received an order for a copy of spinal adjustment, a book we had prepared explaining to the medical profession, our method of treatment.

Denver, Colorado. Distressing indigestion and throat trouble. After the second adjustment he was able to eat breakfast for the first time in over a year and "ate pork sausage, at that."

Miss G. E. Always had stomach trouble and bowel trouble. After the third adjustment bowels moved naturally for the first time in over a year. Stomach in good condition, nervousness and sleeplessness all gone.

Mr. W. B. N., Denver, Colo., age 52. Could eat nothing solid. Had been forced to subsist on buttermilk for a long time. After the third adjustment he began to eat solid food and steadily improved and in three weeks' time was restored to health.

Miss M., Denver, Colo., aged 35. Intestinal indigestion and chronic constipation. After the second adjustment her bowels moved freely and naturally; cough from congestion of the liver was removed also varicose veins reduced and in four weeks she said: "I feel like a new woman and that I have a new lease on life."

Boy, G. W., 7 years old; catarrh, stomach and kidney trouble. He was entirely relieved in one month.

We find that relieving any interference with the nerve supply to the stomach and by prescribing a proper diet, that the worst cases of stomach trouble are not only relieved but permanently cured. If you don't believe, just try spinal adjustment and our rational methods.

We might quote a number of other statements from the many, many cases of stomach trouble that we have relieved by adjustment.

In concluding this short treatise on the subject of stomach diseases, we add for your convenience a differential diagnostic table for doctors which was prepared and published by the Perdue Frederick Co. of New York. We believe you will find this table to be very convenient to you as a handy reference table.

HANDY DIAGNOSTIC TABLES
DISEASES OF THE STOMACH.

	APPETITE	PAIN	TENDERNESS	VOMITING	ACIDITY	EFFECT OF FOOD	REMARKS
HYPERCHLORHYDRIA	Increased	Periodic	Slight	Absent	Excessive	Variable	Heartburn
NERVOUS DYSPEPSIA	Fickel	Variable	Diffuse	Occasional	Usually Decreased	Discomfort	Nutrition Good Neurotic History
GASTRALGIA	Good	Colicky	Slight	Usual	Increased	Relief	Sudden in Onset
ACUTE GASTRITIS	Decreased	Severe	Marked	Severe	Decreased	Distress	Slight Fever
CHRONIC GASTRITIS	Increased	Dull	Diffuse	Mucous	Increased	Discomfort	Heartburn and Acid Eructations
DILATATION	Increased	Occasional	Slight	Long After Eating	Decreased	Relief	Stomach Enlargement Marked
ULCER OF THE STOMACH	Increased	Periodic	Circumscribed	Blood	Increased	Acute Pain	Hematemesis Pathognomonic
CARCINOMA	Decreased	Variable	Slight	Coffee Ground	Absent	Dull Pain	Age of Patient Cachexia and characteristic Vomit

In examining this Table the notable fact is that while many of the symptoms are the same for the various diseases, no two are alike throughout. In each disease there is some distinctive condition which differentiates it from the other affections for which it might be mistaken. In other words, in "adding up" the symptoms, each disease will have a different total.

STOMATITIS.

DEFINITION.—Inflammation of the mouth.

VARIETIES.—(1) Aphthous, (2) Parasitic, (3) Catarrhal, (4) Mercurial, (5) Ulcerative, (6) Gangrenous.

ETIOLOGY.—The cause of stomatitis may be mechanical, chemical, thermal or parasitic. We also have stomatitis from mercurial poisoning and from cachetic conditions, as in cancer, diabetes and consumption.

Stomatitis is most commonly met with in children, and is associated with gastro-intestinal diseases, which are often brought about by artificial feeding, especially during warm weather and is more common in children, with bad hygienic surroundings.

SYMPTOMS.—The principal symptoms of inflammation of the mouth is pain and fever locally. There is an increased flow of saliva and bad smelling breath. The child is restless, languid and not inclined to nurse and there is general fever present in cases of infectious stomatitis.

SPINAL SYMPTOMS.—In all cases of stomatitis, there may be detected a decided tenderness of the right nerve of the fifth thoracic pair. This tenderness is determined by a careful palpation along the spinal column on the right side about even with the tip of the spinous process of the third thoracic vertebra.

There will be some induration of the superficial muscles on the right side and often a muscle band extending from the spine on the right side which shows the muscle is indurated.

Increased temperature of the fifth thoracic segment will also be a prominent symptom if the pathological process is active.

APHTHOUS STOMATITIS.

This is a follicular form, or a vesicular stomatitis.

SYMPTOMS.—The symptoms of this form, are the general symptoms of inflammation of the mouth, and in addition, we find, on inspection, numerous small, round vesicles on the lips, cheeks and tongue. These vesicles soon break down, and leave little, shallow ulcers with the red areola borders.

PROGNOSIS.—Good under *rational therapy* treatment.

TREATMENT.—Adjust the fifth thoracic vertebra and cleanse the mouth with warm water or better by the addition of a little boric acid to the water or a solution of magnesia sulphate.

PARASITIC STOMATITIS.

ETIOLOGY.—This ailment is known as thrush and is caused by an infection known as *saccharomyces albicans*.

SYMPTOMS.—These are the general symptoms of inflammation of the mouth, and besides, we find on inspection, numerous whitish or milky looking elevations which, on removal leave a raw surface. This disease may extend to the pharynx, larynx and esophagus. Microscopic examination reveals the presence of fungus.

PROGNOSIS.—Good under *rational therapy*.

TREATMENT.—Always correct the hygiene. Adjust any gastric disturbance by the fifth thoracic adjustment.

CATARRHAL STOMATITIS.

SYMPTOMS.—Same as the general symptoms of stomatitis, and in addition, we find on examination, a diffused red swelling of the mucous membrane.

TREATMENT.—Correct the hygiene, use a cleansing mouth wash, such as a weak solution of boric acid and adjust the fifth thoracic vertebra.

MERCURIAL STOMATITIS.

DEFINITION.—Ptyalism produced by mercury.

ETIOLOGY.—This form is seen in artisans, who work in mercury. It is one of the results following the administration of mercurial preparations internally.

SYMPTOMS.—The first symptoms are tenderness of the gums, which may be noticed when bringing the teeth forcibly together. There is a marked redness of the gums near the

insertion of the teeth. The patient will notice a metallic taste in the mouth, and there is an increased flow of saliva.

CHRONIC SYMPTOMS.—There is a profuse flow of saliva and stinch or fetor of the breath.

There is redness, swelling and tenderness of the gums. In severe cases the tongue may be similarly affected and may protrude from the mouth. In severe cases, we also have deep ulceration of the mucous membrane, loss of the teeth and necrosis of the bone.

TREATMENT.—Idodide of potassium has been used in small doses to combine with and eliminate the mercury. Astringent and antiseptic mouth washes are also used. The principal adjustment in such cases would be the fifth thoracic and middle cervical region.

ULCERATIVE STOMATITIS.

ETIOLOGY.—This is no doubt due to infection, because it often occurs in epidemics. It attacks both children and adults, when they are congregated, and exposed to the same infections, and subjected alike to bad hygienic surroundings or conditions.

SYMPTOMS.—The symptoms are those of stomatitis in general, and in addition, by inspection, we find the gums of usually the lower jaw, red, spongy and swollen. Ulcers of a grayish color and with sloughing bases soon form, which may extend to the cheek. The glands of the lower jaw become swollen in severe cases, the teeth become loose and necrosis of the lower jaw bone may follow.

PROGNOSIS.—Good under *rational-therapy*.

TREATMENT.—Adjust the fifth thoracic vertebra and use a mouth wash consisting of a weak solution of carbolic acid and epsom salts made by adding ten drops of carbolic acid and one ounce of epsom salts to a pint of water.

Painful ulcers in the mouth are immediately relieved and soon cured up if you touch them with nitri acid. To do this use a toothpick and a little cotton and after dipping same into

the acid, touch the ulcer. Borolyptol, used in the same way is an excellent remedy for ulcers of the mouth.

GANGRENOUS STOMATITIS.

DEFINITION.—Cancrumoris.

ETIOLOGY.—This form of stomatitis usually affects debilitated children between the ages of two and six years.

Cancrumoris usually follows, as a sequela of a contagious disease, such as measles and whooping cough.

SYMPTOMS.—The general symptoms of stomatitis are exaggerated and we find on examination that it is the cheek that is principally affected. The cheek is red, hard, swollen and glazed. Internally, we find by inspection, an irregular, sloughing ulcer. Many conditions arise and sequelæ follow, such as perforation, sloughing, septicæmia, pneumonia and diarrhœa from swallowing of the fetid material.

PROGNOSIS.—Grave under ordinary treatment. Death is liable to ensue from exhaustion and complications. Recovery is often followed by deformity. Prognosis under rational therapy is good.

TREATMENT.—Adjustment of the fifth thoracic and middle cervical vertebræ for the relief of the principal nerve supply to the pathological zone. A mouth wash of peroxide of hydrogen is very helpful and local antiseptic astringents.

STONE IN THE BLADDER.

(See Gravel.)

Gravel probably originate in the kidneys and find their way to the bladder through the ureters, where they become gradually enlarged. If the stone in the bladder is too large, the operation of lithotomy is advisable. The best method seems to be that of crushing the stones in the bladder by means of a special instrument made and used for this purpose.

SYMPTOMS.—The symptoms of gravel is pain in the kidneys, which is usually very pronounced.

SPINAL SYMPTOMS.—By palpation of the spine in the region of the tenth thoracic segment we find decided tenderness of the nerves, at or near their spinal origin which supply the kidneys. The tenderness may be of the tenth, eleventh or twelfth pair of thoracic nerves. There may be a slight elevation of the temperature of that segment of the spine from which is given off the nerve supply to the kidneys. This is especially true if there is any inflammatory condition of the renal organs.

DIAGNOSIS.—Concussion, if rapidly applied over the sixth and seventh thoracic spinous processes, will excite the reflex of contraction and constrict the kidneys, and in the case of the presence of gravel, intense pain will be excited. Concussion over the upper three lumbar vertebræ will also excite the reflex of contraction of the renal organs and will excite pain. Slow concussion over the eleventh thoracic vertebra will excite the reflex of dilation of the renal organs and will relieve the pain which may be induced by exciting the reflex of contraction.

The symptoms we have given above refer especially to gravel in the kidneys. After these concretions, which form in the kidneys, pass in to the bladder and there they segregate into a stone in the bladder, their spinal symptoms will be different to those mentioned above.

The stone in the bladder, when it is irritating and causing inflammation will excite reflexly, a contraction of the spinal musculature of the upper segments of the lumbar region. This contraction will be most intense and will cause interference mostly with the spinal exit of the first pair of lumbar nerves.

The first lumbar nerves are found to make their exit from the neural canal about even with the spinous process of the first lumbar vertebræ, and these nerves will be found tender upon palpation and the other symptoms of spinal lesions will be found to exist.

SPINAL ADJUSTMENT.—In such cases, adjustment of the tenth thoracic region will prevent a further formation; adjust also the first lumbar vertebra to allay irritation and inflammation of the bladder.

STOPPAGE OF MENSTRUAL FLOW.

ETIOLOGY.—Usually due to exposure, getting cold or damp, or getting the feet wet.

TREATMENT.—Adjust the sixth thoracic vertebra and the second and fourth lumbar regions.

STRABISMUS.

(See Cross-Eyes.)

Adjust the fifth thoracic vertebral spinous process to the right, and the tenth thoracic vertebra and fourth cervical region.

ST. VITUS' DANCE (CHOREA).

(See Chorea.)

TREATMENT.—Adjust the sixth and tenth thoracic vertebræ and systematic regular rectal dilation for two to four weeks.

SUMMER COMPLAINT.

DEFINITION.—Diarrhœa, due to dietetic errors and consequent derangement of the nerve supply of the intestinal tract, especially of the lower portions of the alimentary tract, or the large intestines. This disease is an affection of children, and is most common while the child is teething.

ADJUSTMENT.—Remove the exciting cause and adjust the second lumbar region and the tenth thoracic vertebra, which adjustments will give quick results. One treatment is usually sufficient to stop an acute attack, which is not of long standing.

Rectal dilation is an effective and almost an unailing method and gives immediate relief.

Concussion over the upper three lumbar vertebræ will check diarrhœa.

SWEAT.—The amount, color, and odor, are controlled largely by the kidney action.

SPINAL ADJUSTMENT.—For the relief of any abnormality of the sebaceous glands or the secretions of the same, adjust the tenth thoracic region and the central place for skin action,

The special eliminative baths are excellent for the skin.

SYPHILIS.

For a treatise on this subject, the reader is referred to textbooks on venereal diseases.

While spinal adjustment will help this disease, the author does not believe that adjustment is the most successful treatment for this malady. The bath treatment, in connection with proper internal medication, seems to get the quickest results. We are anxious to test this matter further. We have relieved many of the complications of this disease, but each case was taking syphilitic remedies at the time of taking adjustment.

We would refer the reader who is licensed to use medicine to the treatment recommended by W. H. Burgess, M.D., and we believe this to be the best treatment known.

TAPEWORM (TCENIA).

DEFINITION.—A tapeworm is a large parasite and ribbon-like in shape, and it is made up of segments. It sometimes inhabits the alimentary tract of the human race.

VARIETIES: *Toenia mediocanellata*, *Toenia solium*, *Bothriocephalus latus*, and *Toenia echinococcus*.

SYMPTOMS.—They are some times very marked. Usually, colicky pains, especially in the lower portion of the abdomen, which are more marked when the patient has fasted for a time, but they usually subside soon after a meal. There is more or less loss of flesh, and a capricious appetite. There is itching in the nose and about the anus. There may be vomiting, headache, vertigo and palpitation of the heart. Children have convulsions, and a marked symptom is the passage of segments of the parasite with the stools.

SPINAL SYMPTOMS.—The spinal symptoms are not sufficiently definite to enable us to diagnose the presence of animal parasites, or of tape worms in the alimentary tract.

ETIOLOGY.—People obtain the tapeworm by eating flesh diet that is not thoroughly cooked. The cysticercus, encysted larva,

or scolex, exists in the meats, that we eat, as a result of the ingestion of the ovum of eggs of the tapeworm by the animals. They are hatched in the stomach of the animal, and migrate to the different muscular portions of the body, where they become encysted, forming the cysticercus; this cysticercus, when taken into the human stomach, develop into fullfledged tapeworms of the varieties above mentioned.

Toenia solium is the pork tapeworm and is derived from eating pork that is not thoroughly cooked. At maturity they are from six to nine feet in length; the head is small, about the size of a pin, and the neck is narrow and thread-like; they have four suckers, surrounded by double rows of hooklets.

Toenia mediocanellata is the beef tapeworm; it attains a length of about twenty feet; the head is larger in this form; it also has four large suckers, but has no hooklets; this variety gets to be from eighteen to twenty feet in length.

Toenia bothriocephalus is the fish tapeworm; it has no hooklets, and two lateral grooves instead of suckers, and this worm becomes very large, sometimes from thirty to forty feet in length.

There are other varieties of tapeworm originating in different forms of animal life, but the ones mentioned are the ones we have to deal with in this country.

PROGNOSIS.—Good, under competent treatment. The tapeworm has furnished a wonderful field for the traveling quack. Many innocent men are influenced by unscrupulous doctors, who claim that their patients are suffering with tapeworm. The tapeworm can be removed by proper medication; but it must be shown that the head is obtained in connection with the remainder of the worm; otherwise other segments are continuously formed, and the patient is soon troubled with the presence of another full-grown worm, as the segments continue to grow from the head.

The ordinary method of destroying a tapeworm is to have the patient fast, and then to proceed by the administration of

a tæniacide that is followed with a hydrogogue cathartic in a few hours after the vermifuge is administered. Pumpkin seed, two to three ounces; oleoresin of male fern, one to two drams; the alkaloid of pomegranate, five grains; may be used as the vermifuges or tæniacides.

It is claimed by spinal adjusters who have had experience in the removal of tapeworms that the adjustment will cause a disappearance of them as soon as the alimentary tract becomes perfectly healthful. The explanation of this removal by adjustment is claimed to be that the tapeworms and all other animal parasites are simply scavengers, eating the food that the stomach does not digest and which is not properly assimilated from the alimentary tract. The writer believes that this is an erroneous philosophy concerning this matter.

The true explanation of the fact that abdominal parasites will not live under proper adjustment is undoubtedly the fact that the proper nerve supply and tone restored to the alimentary tract by adjustment produce healthful and strong digestive fluids, and it is the inability of the intestinal parasites to withstand the action of the digestive fluids in the alimentary tract that causes their disappearance.

SPINAL ADJUSTMENT.—The proper adjustment for the tapeworm is the fifth and eighth thoracic vertebræ for the strengthening of the digestive fluids; and of the pancreatic fluids. The tenth and twelfth thoracic vertebræ, and the second lumbar region might be adjusted to promote a healthful condition in the lower intestines, especially the large intestines. The author has had no experience in the treatment of intestinal parasites by spinal adjustment; but, from information received, he believes that in the thoroughly healthy alimentary tract no foreign animal parasitic life can exist and if we can restore healthful digestive fluids then we can overcome the presence of intestinal parasites.

TASTE, LOSS OF.

DEFINITION.—Due to lack of excitability of the gustatory nerve supply. It is claimed that the condition of the stomach

is due to the nerves from the right side of the fifth thoracic vertebra, which have much to do with the function of taste.

SPINAL ADJUSTMENT.—The proper adjustment would be the fifth thoracic vertebra to the right and the upper cervical vertebræ.

TEARS, OVERFLOW OF.

(See Lachrymation.)

TREATMENT.—Adjust the fourth cervical vertebra and use the magnesia applications.

TEETH, DISEASES OF.

DEFINITION.—If the teeth are hard and brittle, soft or fragile, or suffer from any abnormal condition of any of the histological structures, abnormality or derangement of the nutrition, the nerve supply is the responsible factor. Both the teeth and the gums, together with the alveolar cavities, are maintained in a healthful condition by a normal nerve supply to them.

SPINAL ADJUSTMENT.—The adjustment for the teeth, as well as the gums, is the fourth cervical vertebra, which joins the maxillary nerves.

SPINAL SYMPTOMS.—The teeth are supplied directly by the tri-facial pair of nerves or the fourth pair of cervical nerves joining the tri-facial nerves and it is an involvement of these nerves that interferes with the integrity of the teeth. Therefore, we will detect tenderness of the fourth cervical nerves by palpation and contraction of the musculature and approximation of the middle cervical vertebræ interfering especially with the fourth pair of cervical nerves.

In many cases we will find that the muscular contraction is uni-lateral and in such cases, the spinous process of the third or of the fourth cervical vertebræ will be found to be slightly lateral, either to one side or the other, as well as approximated.

TEETHING.

DEFINITION.—Slow or deficient processes of teething in children may be stimulated and corrected by adjustment.

TREATMENT.—Adjust the fourth cervical vertebra and use exclusively a fruit and vegetable diet.

TEMPERATURE, SUB-NORMAL.

ETIOLOGY.—This disease is due to lack of activity of the metabolic processes and to deficient liberation of potential energy from food. It is due to the lack of nerve function, or may be due to excessive heat-loss from exposure to cold. If due to deficiency of nerve-excitability, the spinal adjustment quickly overcomes the conditions of sub-normal temperature by restoring the proper processes of metabolism in any and all portions of the entire body.

(For a further treatise upon this subject, see Spinal Treatment.)

ADJUSTMENT.—For sub-normal temperature, the atlas and the sixth to tenth thoracic vertebræ.

Concussion over the seventh cervical vertebra will increase the temperature of the entire body.

Rectal dilation will increase the circulation of the blood and increase the heat production.

THROAT, DISEASES OF.

(See Diseases of Throat.)

TREATMENT.—Adjust the fifth thoracic vertebra to the left. Epsom compress around throat at night.

THYROID GLAND, DISEASES OF.

(See Goiter.)

TREATMENT.—Adjust the fifth thoracic vertebra to the left and use the magnesia sulphate compresses about the throat at night.

TIC DOULOUREUX.

DEFINITION.—This disease is neuralgia of the tri-facial nerves, involving one or more branches; or, at least, this

trouble has been supposed to be an affection of the tri-facial nerves.

SYMPTOMS.—The symptoms are those of sharp, shooting, lancinating, neuralgic pains, which have proved to be due to impingement of the cervical nerves which join the tri-facial.

SPINAL SYMPTOMS.—Tic douloureux is supposed to be due to neuralgia of the fifth pair of cranial nerves, and we would not expect to find any spinal symptoms present owing to the fact that the tri-facial nerves do not pass from the spinal column but they pass directly from the brain to the gasserian ganglia and through these they supply the sides of the face.

The cervical nerves, we have learned by experience, affect the integrity of the tri-facial nerves. In fact, we have learned, by the use of spinal adjustment, that the cervical nerves, which join the tri-facial nerves, are responsible for the integrity and also the neuralgic condition of the tri-facial nerves.

When the third and fourth cervical nerves are found tender in an ailment of this nature, we find that by relieving the contraction of the musculature of the middle cervical region and by relieving the impingement of the third and fourth pairs of cervical nerves, we quickly relieve the neuralgic condition of the tri-facial nerves.

The spinal symptoms then of tic-douloureux are as follows: tenderness of the third and fourth cervical nerves, contraction of the musculature of the middle cervical region, approximation and lateral deviation of the spinous process of the second, third, fourth and fifth cervical vertebræ.

PROGNOSIS.—This ailment has given rise to a great deal of suffering and has baffled the skill of the best physicians. Surgeons, by dissecting and amputating the nerves, have not been able in many cases to relieve the patient of pain and suffering; but, notwithstanding these facts, we give the prognosis as good, for by spinal adjustment all forms of facial neuralgia—neuralgia of the teeth, the eye, and all portions and parts of the face—are readily and almost instantly relieved, by correctly adjusting to relieve the nerves of the cervical region.

TREATMENT.—Adjust the middle cervical vertebræ to remove all interference with the middle cervical nerves.

Application of carbolized magnesia solution will relieve the pain. It is claimed to be excellent, but adjustment is much the better method of relief.

TINNITUS AURIUM.

DEFINITION.—Ringing in the ears.

ETIOLOGY.—It is supposed to be due either to anemia or hyperemia of the cerebrum and to different diseases of the ear; it is also induced by the administration of drugs, as quinine and salicylic acid. It is largely due to a hypersensitive condition of the auditory nerves.

TREATMENT.—Adjust the atlas and upper cervical vertebræ and relief is immediate in most cases.

TONSILLITIS.

DEFINITION.—Inflammation of the tonsils.

SYMPTOMS.—Sensation of lumps in the throat that may interfere with swallowing; the articulation of the voice is partially interfered with; and there may be considerable exudate; sometimes fever, and general discomfort.

SPINAL SYMPTOMS.—The spinal symptoms of Tonsillitis are found in the middle thoracic region. They will be manifest at the point of spinal origin of the right nerve of the fifth thoracic pair. There may be a slight increase of the temperature of the fifth segment of the thoracic portion of the spinal cord. There will be contraction of the musculature approximating the fifth and sixth thoracic vertebræ, especially impinging the nerve upon the right side.

The fifth thoracic spinous process will be approximated to the sixth, and in some cases approximated of the fourth thoracic spinous process, and the fifth spinous process will also be found to be slightly lateral and to the left side, which is owing to the contraction of the muscles upon the right side.

ETIOLOGY.—The disease may be the result of acute inflammation of the tonsils. In all cases of tonsillitis, as in all other

troubles that produce irritation of the sensory nerves, the stimulation reflexly interferes with the nerve supply to the part affected. The nerves affecting the tonsils are particularly those of the fifth thoracic and also the seventh cervical region.

TREATMENT.—Adjust the fifth thoracic vertebra to the right, and the seventh cervical region.

TORTICOLLIS (WRYNECK).

Torticollis causes the head to be turned and inclined to one side, and to turn it causes intense pain, due to impingement of the cervical nerves.

TREATMENT.—Adjust the cervical region; and massage thoroughly. It may be well to use the hot fomentations first as a preparatory measure.

TRICHINA—TRICHINOSIS.

DEFINITION.—This is a parasite that has not attracted much attention of the general public because of their apathy, lack of knowledge, or disbelief in the existence of such a parasite. There are some cases of fatal poisoning that have come from this source; therefore we think it proper to mention these parasites, especially in this connection. These parasites, as they exist in the sacs or capsules imbedded within the muscles, are invisible to the naked eye, being thread-like, about 1-30 of an inch in length and about 1-600 of an inch in diameter. This is an embryonic, undeveloped form of the parasite. The trichina is most frequently found in pork, but it may be found infesting the flesh of other animals. Observation and examination have shown in some cases that one in every twelve hogs was infested with this parasite. In other parts of the country a smaller percentage and in some parts a greater percentage than this are infected with the trichina parasite.

The presence of this parasite has been noticed in the dissecting-room. Professor Janeway, a former demonstrator of anatomy in Bellevue Hospital, New York, after extended observation for a number of years, stated that about one in twenty of the bodies used in the dissecting-room was infected. The

frequency of the existence of this parasite in man and in the meat, an article of diet, gives considerable importance to this subject.

Trichina exists only in the lean flesh of animals, and is found buried and encysted among the muscular fibers. When the flesh is eaten that contains trichinæ, the sacs of the capsules are dissolved from around the parasites and they are liberated from this capsular prison and after a few days reach complete development, increasing very much in size, so that they become visible; they then burrow themselves into the mucous lining of the stomach and intestines.

When development is complete, they produce an immense number of young; it is estimated that one parasite will produce a thousand or more young. These newly developed parasites penetrate the tissues and are probably carried by the circulation to different muscles of the body; they burrow into those muscles and this causes annoying symptoms, as of neuralgia, rheumatism, and sometimes a paralytic condition of the muscles affected.

The symptoms simulate cerebro-spinal meningitis, typhoid fever, etc. This disease is on the increase.

The American hog is so generally infected that foreign countries have prohibited the importation of the American product.

We believe that if the American people would discard the use of meat altogether, or even cook it thoroughly, they would realize great benefit by such a course. The people, we believe, could find food that would be far superior in quality to raw or partially cooked meats.

There is practically no treatment or cure known for the treatment of the infection of trichinosis.

TUBERCULOSIS (CONSUMPTION).

SYMPTOMS.—The symptoms of this disease are numerous and depend somewhat upon the stage of its advancement. One of the earliest symptoms of tuberculosis, especially of the apex

of the lungs or the upper air-passages, is a catarrhal condition, accompanied with a more or less persistent cough and expectoration of a frothy, rusty, mucous sputum. The sputum may be streaked with yellow and there is general emaciation, and usually loss of appetite. The breathing is more frequent and more shallow, and this is noticed after slight exertion. Indefinite pains occur in the chest, especially beneath the sternum.

The patient is inclined to have fever from day to day, in the more advanced stages, and it is highest in the afternoon. It may be light in the forenoon and accompanied with chill or chilliness. As the disease advances the patient begins to suffer with night-sweats. The nose becomes pointed, and the soft parts of the nostrils move slightly at each breath.

The chest is usually narrow, being shortened in its postero-anterior diameter. By inspection, you will notice a sunken condition above or beneath the collar-bone, showing always on the side affected.

By percussion and auscultation we discover dullness over the congested area of the diseased portion of the lung. Hemorrhage from the lungs may occur more or less frequently as the disease advances. Tubercular germs are discovered in the sputum by means of a process of straining and examination with the microscope. The presence of the germ in abundant quantities is a positive sign while the absence of the germ is not a positive sign of a non-tubercular condition.

SPINAL SYMPTOMS.—The spinal symptoms in tuberculosis are usually most marked in the region of the third thoracic segment of the spinal column. In case of active inflammatory processes in the lungs, there will be an increase of the temperature of the third and fourth thoracic segments of the spinal cord. There will be also a contracted condition of the musculature, causing an approximation to exist between the third and fourth thoracic vertebræ, and a consequent interference with the third thoracic pair of nerves.

The third thoracic nerves will also be found to be tender and very sensitive to a slight touch.

DIFFERENTIAL DIAGNOSIS.—If only one lung is involved, it is easy to determine whether or not it is the lung in the left or in the right side of the thoracic cavity, that is involved. If the inflammation is of the apex of the right lung, then the third thoracic nerve on the right side will be found to be tender. On palpation the thermic alteration will be found to be more marked on the right side than on the left. Also the musculature contracted and an enlargement or hardness of the muscle will be more manifest upon the right, more so than upon the left side.

If it is the left lung that is involved with the pathological processes of tuberculosis, then the spinal symptoms will be detected upon the left side instead of upon the right. A careful palpation will readily determine whether or not both lungs are involved and, if only one is involved we may readily determine whether or not it is the right or the left lung by the spinal symptoms which are determined by careful palpation.

ETIOLOGY.—This is a very formidable disease, because of its fatality and its prevalency. Tubercular troubles are now known to be responsible for one-fifth of the deaths occurring from all diseases combined.

The two sexes are about equally subject to tubercular infection. This disease occurs most frequently during the first seven years of life, or from twenty to thirty years of age.

There are three principal divisions or varieties of this disease, distinguishable by the following characteristics:

One class of patients have an attack of pneumonia, probably of the ordinary croupous form or the catarrhal variety, from which they do not recover. Instead of regaining their health, as usually occurs, they fail to recover fully, and suffer with a cough, shortness of breath, emaciation, and other symptoms of tubercular infection. Gradually the cough and other symptoms increase in severity. The affected lung begins to break down, which is indicated by the matter expectorated. When cavities in the lungs are formed the patient will cough up grayish masses of spherical forms and hemorrhages begin to occur.

Another class of patients have severe colds in the fall, from which they do not recover before spring. The following fall they take cold again, generally more severe, which lasts well into the summer. The third winter they contract a worse cold, accompanied with a catarrh, which affects the bronchial tubes.

From these affections they do not entirely recover during the summer; the trouble is aggravated by more colds the following fall, and the simple catarrh becomes chronic catarrh of the bronchial tubes, and, owing to the infection that will gain an easy entrance, the disease becomes really consumption.

The cough continues; the fever rises daily; and the expectoration is more abundant, more purulent, and offensive. Anorexia and emaciation ensue. Hemorrhages become more frequent; and the patient rapidly declines in health and strength.

Another patient has no cough nor expectoration at the start, but simply suffers from malaise, weakness, and a good-for-nothing feeling. He loses both strength and flesh; and perhaps the patient is first awakened to his condition by a hemorrhage of the lungs, and grows worse rapidly, and sooner or later fills a tubercular grave.

This disease is sometimes divided into three stages, but it is impossible to determine accurately the beginning and ending of the different stages. It is usually divided into the first, second, and third stages.

In the primary or first stage there is consolidation of the lung tissues and deposition of tubercles and a catarrhal condition of the small bronchial tubes.

In the second stage the expectoration will continue, and fibers of lung tissue will often be determined by a microscopical examination.

In the more advanced or third stage of consumption we have much fever, hemorrhage, expectoration, and the more positive characteristic symptoms of tuberculosis are abundant.

In studying the causes of consumption, we are led to one

positive conclusion, and that is, that the beginning of this disease depends upon two factors: first, the predisposing cause or condition, due to lack of auto-protection; second, it depends upon the specific infection of the tubercular bacillus, which is the exciting cause.

IMPURE AIR will act as a predisposing cause of tuberculosis; the health of the lungs—in fact, of the nervous system—is dependent upon pure air. The emaciation produced from lack of oxygenation deprives nerves of their normal excitability and consequent proper trophic functions; besides, the atmosphere may be impregnated with germs that cause infection by the bacteria being carried into the air-cells of the lungs.

IMPROPER DIET, especially the diet of food that lacks proper amount of nutritive elements, or an insufficient supply of food that produces an emaciated condition of the nerves and of the entire system that favors the infection and development of consumption within the system. It has been said by some medical authorities that the development of consumption in the human race has been largely due to bad hygiene. Patients have been known to recover from tuberculosis by changing to an exclusive vegetarian diet.

TAKING COLD is another common cause of the beginning of a tubercular career. The catarrhal affection of the upper air-passages caused by the cold renders this part more liable to infection. The cold is generally thought to be a very trivial matter, and one that does not require attention, but really a bad cold will lay the bars down for a very formidable disease, and it should receive prompt attention in all cases. A cold should never be neglected.

TIGHT LACING has been noticed as a cause of consumption. Under the present fashionable methods of lacing, portions of the lungs are so compressed as to be inactive during respiration; portions of the lungs thus affected are naturally liable to become affected because of their sub-normal vitality.

VARIOUS DISEASES.—By a careful study of the clinical history of tubercular patients, a person soon becomes satisfied that

consumption is seldom a primary disease; it is more often a sequela of some other disease, which has rendered the system more liable to inoculation because of the emaciated condition induced by the primary diseases.

DYSPEPSIA is a very common cause of consumption. As a result of the impairment of digestion, the blood lacks the proper nutrient elements, and while the patients are losing flesh and strength they are also losing the power of vital resistance. As a result of the impairment of the resisting powers, they are more prone to any disease, as well as more prone to tubercular infection. Often chronic diabetic patients die with consumption. In syphilitic patients consumption is a very common termination of misspent and wretched lives. Pneumonia, typhoid fever, measles, chlorosis, malignant affections, and other diseases are debilitating to the system, and may leave the patient a victim of tuberculosis.

ALCOHOLIC DRINKS.—Dr. Richardson has shown that the use of alcohol produced susceptibility of individuals to consumption; it also makes them liable to a peculiar form of this disease, which is a direct result of alcoholic poison.

TOBACCO.—It is well known that the use of tobacco produces a catarrhal condition of the nose and throat; it is also known that catarrh of the throat frequently extends, by slow degrees, into the bronchial tubes, furnishing a suitable soil to become inoculated by tubercular bacilli.

EXCITING CAUSES.—The exciting cause of consumption is the tubercular bacillus. It has been clearly demonstrated that consumption can be communicated from one person to another and from one animal to another; it can also be communicated from mankind to the lower animals, and *vice versa*. The infection may be induced by eating tubercular animal flesh, and also by the use of milk containing tubercular bacilli; tuberculosis can also be communicated by means of respiration, the danger being most imminent when the party is closely confined with the person suffering with the disease. Many kind and attentive

relatives and also faithful nurses have followed after a friend to a consumptive grave.

Infection may be obtained from the breathing of air contaminated with dust containing tubercular bacilli. One of the great dangers of the transmission of germs of tuberculosis is through the medium of milk; this is due to the fact that the tubercular germs thrive in milk and will retain their vitality for many weeks in butter and cheese. Tubercular bacilli are more frequently found in milk than are other pathogenic germs. Hirschberger, an eminent German author, found that ten per cent of the cows in the vicinity of large cities are affected with tuberculosis. Investigation of this subject made in Copenhagen a few years ago showed tubercular bacilli in one-seventh of all the specimens of milk that were examined. Owing to the fact that the milk is mixed, and further to the fact that tubercular bacilli will develop in milk, probably more of the milk that is furnished is contaminated by the presence of tubercular bacilli. It is also a conceded fact that tuberculosis may be communicated through the medium of milk coming from tubercular animals, at least under the condition of the existence of the predisposing causes of consumption.

A case was reported in the medical journals in which four infants were cared for by a tubercular nurse who fed the little ones with a spoon, and was in the habit of tasting the milk herself to test the temperature before each feeding. All four of these children suffered and died from enteric consumption.

Professor Law has called attention to the fact that even though the milk of tuberculous animals may be free from tubercular bacilli, or the infected milk may have been sterilized so that it no longer contains living bacilli, yet these animal products are capable of producing potent mischief through the toxic products of the bacilli which they contain.

Another fact is that the infection of human beings may be caused by infected tubercular animals by use of their flesh or milk as food. Tuberculosis is usually contracted by the respiration of germs into the air-passages. The reception of

tubercular bacilli in the form of dust during the respiration is unquestionably the most common form of contagion.

Sawisky has investigated the reports that the virulence of tubercular bacilli in dried sputum was retained for two and one-half months. The sputum of tuberculous cattle and the apartments occupied by such cattle are dangerous sources of infection, and are said to be more so than the sputum of human beings or the apartments occupied by men.

A case was reported in which a flock of chickens became almost wholly tuberculous from eating the expectorated matter of a consumptive young man, who had charge of the chickens and fed them and spent considerable time with them in the yard.

HEREDITARY.—It is very rare that the disease itself is inherited. The apparent inheritance may be the result of infection of the child from its parents during the early years of life, and also to the transmission of a peculiar susceptibility to the disease, which seems to be the cause of many tubercular cases.

CLIMATE.—Much has been said and great confidence has been placed in the climatic cure of consumption. It seems to be a habit of the practitioner to send the patient to another climate because he wishes to get the case off his hands when he feels that he cannot do anything for him.

Climate will help some cases, especially where the tonic effect of the change will enhance the stamina and vital resistance to the inroads of the disease under the change of water, diet, and atmospheric surroundings; the patient may recover in some cases. Possibly the rest and the care taken of the patient that is seeking climatic cure are responsible for some of the improvement that is witnessed.

The author believes that the climatic cure is worth but very little in most cases. Many cases are only benefitted temporarily; many cases that have been benefitted by climatic changes have relapsed, have taken worse, and died after returning to their former homes. A person who has recovered because of climatic changes should never return to his former home where he has engendered the disease.

PROGNOSIS.—The outcome of tubercular infection should never, in any case, be predicted bad in the beginning. In post-mortem dissections there are often found tubercular cavities that have wholly, of their own accord, healed perfectly; and thus it is demonstrated that the human system has power to resist this disease in many cases.

It is stated by an eminent author, that the revelations of the post-mortem rooms connected with the metropolitan hospitals of this and other countries, have shown that sixty per cent. of hospital patients who die, have suffered at some time in their lives from infection by the bacilli of tuberculosis, as is evidenced by the characteristic lesions which have been left behind. It is known to be a fact that a majority of cases of infection of tuberculosis have recovered of their own accord.

If nature, unaided, has been able to eradicate this disease in the majority of cases, is it not reasonable that there is a way or a plan by which nature may be assisted to overcome the inroads of this disease in practically all cases? We know that vital resistance, trophic energy, and all the functions of life, depend upon the nerve supply. If we could only renew the nerve supply, and especially that trophic function of the nerves supplying the lungs, and if we could check the destruction of the tissues, causing the diseased portions to separate from the healthy tissues, we should consider that we had the problem solved. Can we do it? We must answer, "Yes," in view of our remarkable success in the treatment of tuberculosis.

The author has treated a number of cases by relieving the nerve supply to the lungs and other organs of the cavity of the trunk in the adjacent sections, as well as relieving other diseases that may act as a predisposing cause, and he has had the most remarkable and uniform success in the treatment of tubercular cases.

The reader is referred to the statement of cases given in this connection. We have taken cases that were practically in the grave, and slowly but surely have caused them to regain their health, their lungs to heal, and all symptoms of tubercular infection to disappear.

If we are only enabled to relieve consumption in the primary and secondary stages, the science of spinal adjustment is certainly a wonderful boon in this age of the world, when it is estimated that one out of every five die as a result of tubercular infection.

Where a person becomes a victim of tuberculosis we should certainly pay particular attention to hygiene in general. Proper, wholesome, nutritious food, an abundance of fresh air, with exercise moderated according to the strength of the patient, but never leading to exhaustion. This should be the study of both the student and the patient. The surroundings and other matters will affect the recovery, both by retarding and healing the same.

SPINAL ADJUSTMENT.—This should be determined by a careful examination and they should be given with special reference to all complicating diseases.

For the apex of the lungs, we adjust the third thoracic vertebra; for catarrh of the bronchial tubes, the second thoracic vertebra, the seventh cervical vertebra, and the first thoracic vertebra; for the lower regions of the lungs, we sometimes adjust as low as the fifth thoracic vertebra. Special attention should be directed to the adjustment of vertebræ to relieve the nerves to the spleen, liver, kidneys, and intestinal tract, because of the frequent complications of these organs.

RECTAL DILATION.—Owing to the decided effects of the stimulation of the ganglion of impar, upon the nervous system, upon the spinal cord, and upon the circulation in general, this treatment is a very effective measure in all forms of tubercular troubles.

The constant use of the rectal dilator will, in a great majority of cases, effect a cure in a reasonable length of time. Remember tuberculosis is a slow form of disease in its development and slow to recover from treatment.

The magnesia sulphate applications, sponge baths and full baths, are also a very effective remedy in the treatment of tuberculosis, for the reason that tuberculosis is a disease characterized

by a condition of enervation and by a presence of urates in the dermal and in the lung tissues.

After the patient is apparently beyond redemption, when they have reached the last stages of this disease, when the local physician has given up the case and the friends have despaired of life, and wish to shift the responsibility on to some one else, then by a persistent use of the sponge bath under the cover, for some two or three days, maybe as high as thirty to fifty baths per day will entirely overcome the morabound condition and will start the patient on the road to recovery.

In tubercular involvement, the diet should receive prompt attention, the fruit and vegetable diet exclusively should be adopted by all means. The patient should eat no meats, eggs and nothing that will decompose quickly in the blood stream and add toxic elements and crystalline substances to the system, that will interfere with the activity of the terminal nerve endings and lower the vital resistance against invasion and consequent disease.

We are confident that with the combined use of spinal adjustment, rectal dilation, and the magnesia sulphate baths and application, and the dietetic reform, that the great majority of patients will recover and recover even from the advanced stages.

A tubercular patient should carefully avoid closing themselves up in rooms and shutting out the free atmosphere from the outside. They should avoid dressing too warm, and they should keep the windows open.

Sometimes a fast will effect a cure in cases of tuberculosis. We have heard of cases in which a fast of two or three weeks has enabled the system to cleanse itself, and the nervous system to become free from any toxic elements or any hindrance, and this measure has restored the vital resistance on the part of the tissues which has restored the patient back to health again. By the use of the fruit and vegetables, much of the good effect of the fast may be obtained, without an absolute fast.

Fats of any kind, sweets, eggs, meats, will begin to decompose in the blood in twenty-four hours after being eaten. Cod

liver oil, eggs and beef broth will hasten a consumptive into a premature grave.

We copy below from an article by Dr. Joel P. Giles, who has had an excellent opportunity to make observation in this matter.

It is the custom in treating a consumptive, first to make him live out of doors as much as possible, eat as good nutritive food as is obtainable, drink plenty of good, pure water, and take plenty of exercise.

These, I believe, are absolutely necessary, but there is one thing that I actually believe is doing more to hasten the death of the consumptive today than anything else, and that is this:

The patient is advised to live out of doors as much as possible; of course, it is necessary to get as much oxygen as we possibly can, but I verily believe that the absurdity of making the patient live out of doors in almost all kinds of weather is very harmful and is doing more to undermine his constitution than the good it is supposed to do. Take for instance the patient, who, in a weakened condition is very susceptible to "colds," is made to live in a tent or a sleeping porch and the like, he is not able to withstand such extreme temperature and is liable to and does contract "colds" which is very detrimental to his physical welfare.

I remember at one time a young lady suffering from tuberculosis came to me and wanted to know what I could do for her. I made an examination and found a very bad subluxation of the third dorsal vertebra. I told her I thought I could help her, but could not tell whether or not I could cure her, but she decided to take the adjustments and see if I could benefit her, as she had tried various other methods, and as a last resort had changed climates, which apparently did her no good. She coughed almost constantly and told me she could get very little sleep at night. By questioning her I found that she slept on a sleeping porch and I attributed her cough to that one thing. I advised her to get a room indoors and not sleep in a draught, but have plenty of fresh air in her room. She tried this and

began to improve almost immediately, and in the course of one month she got the better of her cough; she did not suffer with any more "colds" and continued to grow stronger every day. And at this day you would never know she ever suffered from tuberculosis.

I firmly believe that if this young lady had continued to sleep out of doors she would not have been alive today. The constant cough she had came from exposure. The sleeping out of doors in the cool air caused an irritation of the afferent nerves of her chest and throat and consequently caused contractures of muscles approximating the vertebræ constricting the nerves which supply the bronchial tubes and lungs, and in this way aggravated her trouble to such an extent that in a short time death would have ensued.

Therefore I believe it is an unjust thing to advise your patient to sleep out of doors just because it is "always customary," but by all means have plenty of good, fresh air in his room; this can be done by lowering the windows of the room, but be sure and have his bed away from any draught, for this draught will surely send him to an untimely grave.

A gentleman in St. Louis fell a victim to consumption and for two years he struggled against this disease, but finally became unable to do any work. On the advice of his physician, he went to Colorado, hoping to be benefitted by the climatic change. For two weeks the climate seemed to stimulate him, but after this he relapsed, and was confined to his room for over three months.

He heard of the new method of treatment after he had been confined to his bed two weeks from weakness. Drs. Jones and Cooley, of Denver, were called to see the case, and they found there was practically no air going into one lung; they therefore hesitated to take the case, because of the extreme condition.

The mother over-persuaded the doctor to try to relieve her son; the doctor gave a treatment, and, to his surprise and the surprise of others present, his fever dropped between 3 and 4

degrees in twenty minutes' time; and, then a still further surprise to the patient and his friends, he was able to sit up the next day for a short time; on the following day he dressed himself and sat on the veranda; on the third day he had strength sufficient to walk.

These results were indeed astonishing. He continued his treatment, and continued to walk more and more each day; by the tenth day he walked to the doctor's office, which is seven blocks away. After six weeks' adjustment, his health was restored to such an extent that he felt safe to return to St. Louis, where he resumed his work for the support of his wife and children. This case is truly wonderful.

We would refer to one other case: This was a gentleman forty years of age, whose wife had died with consumption. Soon after, he was kicked by a vicious horse over the lower lobe of the left lung, which caused a hemorrhage at the time; following this he took colds frequently, which would settle in the injured lung, and he continued to have occasional hemorrhages.

On the 2nd of November, 1907, he suffered a heavy hemorrhage, half filling a large china wash-bowl; a week later he had a second very heavy hemorrhage; in January, 1908, he suffered a hemorrhage lasting from 10 a. m. on Tuesday to 3 p. m. on the Saturday following. As a last resort, the chest was tightly bandaged, after which the hemorrhage ceased.

This gentleman was a man of means and traveled, hoping that climatic changes might benefit him, but he received no permanent benefit thereby. He had despaired of life, and his friends expected to bury him before many weeks, or, as they expressed it, they "didn't believe he would live two weeks."

He came to the author in this condition for treatment, and at that time he was so weak that he staggered and walked like a man ninety years old. The author believed it impossible to help a case so far advanced, and only accepted the case when he promised to continue the treatment for six months.

He began to see improvement after the third treatment.

His stomach began to improve, and a general improvement continued from week to week. After four or five months, he regained his health and his former weight, having increased some twenty-five pounds; he weighed but little over a hundred pounds when he came for treatment, but he weighs more than one hundred and thirty-seven pounds at present and has never weighed over one hundred and thirty-six pounds in his life before.

For further information concerning this case, write to Miles H. Hunt, Paul's Valley, Oklahoma.

We might enumerate other cases, but the ones narrated are extreme cases, and are sufficient to show the merits of spinal adjustment as the greatest auxiliary treatment; and besides we have treated but few cases that were so far advanced as the ones mentioned above. From our experience, we fully believe that any case with any constitutional resources will recover from the tubercular infection under competent spinal adjustment and with proper hygienic surroundings.

As a rule, tubercular lesions heal more slowly than other forms of disease. It will take some patients longer to recover, especially if the disease is well advanced before it falls under the care of the doctor. Tubercular trouble may be local, as of the brain, in which case adjust the atlas; if it is of the throat, adjust the fifth thoracic vertebra.

We are pleased to call the attention of the reader to some cases of consumption treated by spinal adjustment, together with results thereof.

In calling attention to a few cases, we show the result of treatment in those cases, but we are not building our faith on isolated cases. The author, during the past three years, has treated a number of cases and has always been successful in the treatment of tuberculosis, with the exception of one case that was moribund when he first saw it. This case, however, was adjusted two or three times for temporary effects. We have treated cases that were very far advanced and apparently hope-

less, with astonishing success. The following cases are of that nature:

A young lady from Illinois came to us for treatment in November, 1908. She was very much emaciated, anemic, and weighing only eighty-one pounds. She was suffering from pulmonary tuberculosis and was in the last stage. Menstruation had been absent for several months. We treated this case seven weeks regularly and for three months more gave from five to eight treatments per month. She gained but little (a pound or so the first month), but gained forty-one pounds by the end of five months.

TUBERCULAR CONSUMPTION

FROM LITTLE AILMENTS.—W. H. BURGESS.

The bacillus tuberculosis is a vegetable germ, and never invades healthy tissue. It absorbs carbon and lowers the toxicity of its pabulum, while animal microbes absorb oxygen and give off carbon, and so increase the toxins around them. The bacillus seems to liquify the sputum and make it easier to cough up; those patients having the greatest numbers of bacilli make the most rapid recovery under congenial treatment.

The bacillus is not an invader, but a vegetable scavenger, as are all vegetables. If he were a true invader then we would all have the disease, because we breathe into the lungs hundreds of these vegetable germs every windy day that comes.

Some black-haired man with a receded chin and forehead has scared the world into fits over the contagiousness of consumption. It takes a phantom to make a scare, and that is what he is. There is nothing contagious about it. It results from a low nerve power, and retention of toxins within the blood, resulting from too rich a diet.

In looking for the cause of consumption we would naturally seek for a deviation of some sort within the body. It must be an adequate cause, or several causes taken together, adequate to produce the symptoms. Why should we search the sputum, if

there is any, or if none, wait till there is? The sputum is outside the body, and if full of various microbes, there is no positive evidence that a single one remains in the lungs or that a single one has penetrated the tissues from the lungs into the body. There has never been a living, functioning bacillus tuberculosis found in the blood, from which a pure culture could be made.

The sputum is outside the body proper before it can be coughed up, and if thrown out on the ground, flies, ants and other insects are attracted to it. That the bacillus was attracted to it soon after it passed through the mucous glands into the tubes of the lungs does not prove that he is the cause of its existence in the blood or of its being secreted out by the glands, any more than it proves that the fly and ant, etc., are causes of the same, which if ridiculous in the latter case, is also ridiculous in the former.

The bacillus is not an adequate cause, because the disease existed before the bacillus made his appearance in the sputum, and before there was any sputum. The eye was made as a light to the soul, it give us knowledge impossible to gain otherwise; our reasoning powers were given to direct us in this knowledge in a natural way. When the reasoning powers become deranged, we term the condition craziness. The person so affected will have curious ways and now and then he will greatly surprise us by doing something contrary to reason, from which serious consequences may follow. But in all the history of maniacs no consequences has ever been noted half so serious as this microbic caprice of our pseudo-scientific maniacs. He does not know whether he is looking inside the body or outside. Ask him: what is a urate? and he wants you to confine your questions to the bacillus and the disease under consideration.

We will do that most strictly and never come to the bacillus, nor putting our patients outside with the brutes. We will look inside of the patient and see with our own eyes what may be wrong. Then we will consider the wrongs, whether they are an adequate cause or not. We will consider the cause; when found, we will search out its origin and devise means of correcting the deviation at the bottom of all.

If we examine a drop of a consumptives blood, the first thing we see is large crystals of uric acids and various uratic crystals and concretions. Some of the largest crystals have fibers of tissues adhering to them, showing that they have been imbedded in the capillaries and were torn loose by the pressure used in obtaining the blood. Some crystals have blood corpuscles adhering to them, or magnetically gathered around them. We notice that these corpuscles are smaller than common, and have rigid sides, which do not yield as they press against each other. The corpuscular envelope is sclerosed, and hardened.

We notice that these corpuscles are the color of the urate to which they adhere. We cannot discern the least sign of life about these poisoned corpuscles, and we reflect that there must be billions of corpuscles in the blood in this condition, and that it is possible for all the blood corpuscles to become poisoned with uric acid, and so become incapable of carrying oxygen to the cells, and the patient smothers to death. Then there rushes on the mind more than a dozen cases that died in this way, confirming the truth as we find it.

We will next find the pulse. We find it in exactly the condition we supposed, the circulation obstructed, and, by moving our fingers backward and forward, rolling the artery under our fingers, we find it cord-like and full between beats; that the pulsations do not move the blood forward in a natural way, like a choked person swallows very often, failing to remove the obstruction in the esophagus. We find from the pulse arterial pressure, capillary obstruction, a "water-logged heart" and a weak nerve power. We found in the blood the obstructions in adequate amount to produce the effects on the pulse. We also found in the blood great sections of dead capillaries with the obstructions lodged in them, and often a section with the obstruction bursting out.

Next we examine the sweat, by pressing a slide on the moist skin, and find that more than half the pores of the skin are inactive and clogged up completely, and many urates on the slide, giving more than a hint as to what it is that clogs the pores of the skin.

Next we examine a drop of urine and find it full of urates and dead renal ducts and tubes, cut and lacerated in many ways, and often the urates strangulated within the dead tubes. We also find mucous casts in the places where tubes have been.

All the glandular secretions show about the same condition, even the sputum is full of urates and often not a bacillus to be seen, but the one thing of which the pulse complains is continuous throughout and the same in every case.

The condition in consumption then is:

1. Toxic and impure blood.
2. The formation of crystals and concretions in the blood.
3. Mechanical obstructions of the capillaries, arterioles and even the arterial walls, which obstructions may finally extend to the heart valves and other cardiac tissues.
4. Obstruction of the dermal and subdermal portions of the skin.
5. Glandular derangement and often enlargement.
6. A weak pulse, showing the central nerve power is also weak and unable to perform its natural functions.

Natural tracings show that the central nerve power is of the utmost importance in nutrition. The deductions from the facts are that the central power renders the cells positive, so that they may attract the negative cell salts in the blood and appropriate the same, and that when this enabling influence is weak, nutrition is imperfect, and but little nourishment is taken by the cells from the blood, and a great amount remains untaken to decomposes in the blood, giving rise to the free elements which form acid and all the urates and other obstructions. These deductions are reasonable, and have been tested hundreds of times inside the body and outside, and are found to be correct, and our success proves that we have the essential facts and that our deductions are true.

The low nerve power is the beginning of the disease, and the weak pulse is the only symptom for several months perhaps.

Raising the nerve power during this period cures the disease completely. Wild cherry bark teas, colombo or any bitter tonics will cure the disease at this stage provided the diet is from the low class. But suppose we do not understand the condition and allow our patient a rich diet, and even stuff him with meats, eggs and animal extracts, keeping the blood continually loaded with excessive nutriment the cells are not able to take in a natural way, for the lack of this central electric enabling power—the more he eats the weaker he becomes—then at this time he takes cold, and the skin closes down on all the toxic products of decomposition.

Nerve irritation from toxins in the blood, from too rich a diet, is the principal cause of prolonged closure of the pores of the skin. Then these toxic matters—principally uric acid and urates, crystallize in the blood and are carried by the force of the arterial current into the capillaries and lodged in their formative stage, while they are small, and as the blood behind distends the capillary to its utmost, the crystal continues to form, until it may be twenty times the size of the capillary. During the relaxations of the capillary the blood is forced around the crystal, leaving fine threads of blood fibrin deposited in all directions throughout the structure of the crystal.

During the nervous contraction of the capillaries, the crystals cut through, or pierce the capillary walls and nerves, and give rise to the symptoms of the second stage of consumption. This stage may be cured by the tonics as above, and by dissolving the urates out of the circulation with enough warm sponge baths, containing our imported solvent, Epsom Salts.

But suppose we did not understand it. Again we give the tonics all right enough, but increase the diet and the urates result. We quiet the patient with anodynes, and death is the sure consequence, not so much of the disease as of our treatment and incapacity to read the true language of nature.

But the condition is full of hope, even the mental condition of the patient partaking in this bright spot in the future, when

will men listen to natures pleadings and see a reason in everything, and trace out the unknown in a scientific way. Consumption is a slow disease, and there is no excuse for not reading the symptoms backward to their true cause, in a natural way, and natures demands are so very simple, there is no excuse for not meeting them.

The appetite is often capricious on account of the demands from overworked organs, as the heart, arteries and brain. When the blood is already loaded with decomposition of animal foods, no matter how clean and wholesome the diet may be, in a moment after it reaches the blood and mixes with it, it is anything but pure and wholesome.

We must neutralize the toxins of decomposition and dissolve the urates out of the body before dieting will do any good. Part of the reason why the cells cannot take nutriment from the blood is this vitiated condition of the blood, hence they sicken and die, starve to death in the presence of food, which would nourish them if the conditions were rendered clean and aseptic. The odor from the breath is from gas that was a moment before in the blood. It is not from the cavities in the lungs or from decomposition in the tubes, as generally supposed, because the ejections from these have but little odor, and if it was from the tubes, it would not prevent the cells of the general system from taking nourishment from pure blood. We must render the blood pure, or normally pure, the first step we take in the treatment. This is done by the warm solvent sponge bath. Epsom salts, 2 oz.; water, 2 quarts.

Fifty baths per day are not too much, but five to ten baths are generally sufficient. The application of warm solvent water compresses over the lungs and neck relieves a cough more than any medicine can do; it relieves cough by lessening the amount of bronchial secretions and lessening the toxicity of what is secreted. We sponge a patient just as he lays in bed until he goes to sleep; generally one-fourth to one-half hour's bathing will dissolve the urates in the dermal and subdermal tissues and put him to sleep. Then fold the towel, the sponging was done

with, and lay it over his breast and neck and tuck it under his arms and around his neck and shoulders; cover him up warm and let him sleep as long as he can, while you rest.

He will sleep until the blood forces more urates into the capillaries to begin the torture anew. Soon as he wakes begin the bath again and continue until he sleeps; apply the cloth over the lungs as before and let him sleep, and you rest, and so on all day and all night. A day's work bathing a patient with epsom water saves his life and establishes the truth of what the disease is and what will cure it, and all other troubles that result from uric acid poisoning.

After all hope has fled, after the physician has given up, then is our golden opportunity. Nature cuts off the appetite about this time and food becomes loathsome to the patient, so that no more obstructions can form in the blood from that source, which is the principal one. We have nothing to do but dissolve the urates and other obstructions now in the tissues and hear our patients words of praise many times daily. It is bathe, bathe, bathe with warm epsom water all the time the patient is awake, all day and all night.

There are many drugs of more or less advantage in the treatment of consumption. Sanguinaria in $\frac{1}{2}$ gr. doses stops smothering sensations almost instantly. We keep the tablets under the patients pillow, where he can get them without disturbing the nurse. Chloroform sparingly applied to the palms of the hands and bottom of the feet for chilly sensations, which are often complained of. Sanguinaria for a stimulant in very low conditions. Strychnine, wild cherry bark, colombo, calcium phos., sodium phosphate, etc., for congenial tonics, silicia, copper phos., echinacea, bull nettle, etc., for alternatives when indicated. Copper phos. in minute doses, should always be given when there is pus in any part of the body, and especially in the lungs. As antiseptic, double sulphide or sulphurated cell salts cannot be surpassed. Veratrum, bichomate of potash, etc., are very beneficial and in line with the solvent epsom salts baths for relaxing nerve tension and chilliness.

TUBERCULOSIS, ACUTE MILIARY (GALLOPING CONSUMPTION).

DEFINITION.—Tubercular infection in various parts of the body.

SYMPTOMS.—There are frequent chills and fever, and weak, frequent pulse; there are heavy sweating stages and stupor; often delirium; there is cough, shortness of breath, and great prostration; during the last stage there is edema of the lungs.

ETIOLOGY.—The exciting cause is the same as of ordinary tuberculosis of the lungs or of any other portion of the body—*i. e.*, the tubercular germ discovered by Koch in 1882.

PATHOLOGY.—There are minute tubercles in great numbers in all parts of the body.

PROGNOSIS.—Unfavorable under all known treatment; under adjustment, the author has not had any experience and can have but little to say as to the prognosis under adjustment, but he does not believe that any good can be accomplished thereby. Epsom salt sponge and full baths will cure this trouble according to Dr. Burgess and others. Spinal adjustment and the epsom sponge baths are together the best treatment known.

TUMORS.

DEFINITION.—First, any enlargement or swelling of any part of the body; second, a new growth that is not the result of inflammation.

ETIOLOGY.—Derangement of the trophic supply, due to irritation, excitation, and consequent over-action of the nerve, which causes hyperplasia or proliferation of the cellular tissues, producing an abnormal or tumor growth.

Tumors may be malignant or benign; many tumors that are not malignant are treated as malignant growths. The people, not being informed, are made victims of unscrupulous and mercenary physicians.

PROGNOSIS.—All forms of tumors usually disappear under

rational therapy, but there are cases in which a cystic tumor will increase in size from adjustment; but other forms of tumors, whether benign or malignant, readily disappear under the influence of normal nerve supply, which is supplied to the affected part after proper adjustment and the internal use of the double sulphides is helpful in the malignant varieties.

TREATMENT.—Local application of magnesia sulphate solution over the tumor is an efficient auxiliary method of treatment.

SPINAL ADJUSTMENT.—Adjust to relieve the nerve supplying the zone affected.

TYPHOID FEVER (ENTERIC FEVER).

DEFINITION.—This is an infectious and contagious general febrile disease, associated with local lesions of Peyer's patches and of the other glands of the small intestines and the spleen.

SYMPTOMS.—Lassitude is a premonitory symptom as well as a symptom of the early stages of this disease. There is chilliness connected with the fever, which is sometimes followed by perspiration. There is a loss of appetite, and sometimes nausea and vomiting, and there is pain in the back and limbs, and looseness of the bowels. There is usually tenderness low down on the right side, and sometimes a more or less tympanitic condition, and gurgling on pressure.

The nervous symptoms are quite marked. There is usually headache, confusion of mind, often delirium, and irritability of the disposition. The patient talks in his sleep and picks at the bed clothing and there are jerking movements of the tendons at the wrist.

The tongue is coated whitish, yellowish, or brownish; and there may be a brownish accumulation on the teeth and lips. The fever is lower in the forenoon, always increasing in the afternoon and each successive day of the disease, the fever runs higher until the stage of fastidium is reached.

PRODROMAL SYMPTOMS are malaise, gradual weakness, headache, vague pains, nosebleed, derangement of the bowels,

and sometimes diarrhœa. The fever reaches its full development in from one to three weeks' time, and the temperature reached is from 103 to 105 degrees in the average cases of typhoid fever.

In some cases of young people the temperature rises rapidly from the start. The author was called to see one case that became delirious in the first twenty-four hours.

SPINAL SYMPTOMS.—It would seem strange to the casual observer of diagnostic methods, that anyone that could be able to determine the diagnosis of typhoid fever by spinal palpation, but this we have done and we feel that the symptoms are comparatively plain and pathognomonic. There will be a decided tenderness of the twelfth pair of thoracic nerves, but especially the one upon the right side, in practically every case of typhoid fever. This is due to the effect of the inflammatory and pathological condition of the lower portion of the ilium, which receives its nerve supply from the eighth segment of the spinal cord. But the nerves make their exit between the twelfth thoracic and the first lumbar vertebræ.

The irritation and inflammation in Peyer's patches will cause a reflex contraction, which will involve the twelfth pair of thoracic nerves, especially the right one, where it makes its spinal exit. There will be contracture and shortening of the musculature of the right side of the twelfth thoracic segment. There will be increase of the temperature of this segment and a decided tenderness of the right twelfth thoracic nerve.

The spleen is involved decidedly in typhoid fever and for this reason, we will find tenderness of the nerve, contracture of the musculature and an increase of the temperature, at the sixth segment of the thoracic vertebræ and the symptoms will be most marked or entirely confined to the left side of the spinal column in this region.

The presence of fever associated with tenderness of the sixth thoracic nerve on the left side and the twelfth thoracic nerve on the right side, together with the other symptoms of spinal lesions at these segments is pathognomonic of typhoid fever.

ETIOLOGY.—Typhoid fever affects patients, in which there is lack of tonicity and consequent lack of auto-protection in the alimentary tract, and consequent inability to resist the invasion of pathogenic germs. The exciting cause is the *Bacillus typhosus*. This germ gains entrance to the body almost, if not wholly, through the alimentary tract.

One of the most common sources of infection, by the typhoid bacillus, is through drinking of contaminated water. Sometimes an entire neighborhood or city is affected with this disease as the result of the contamination of the drinking-water. There are well-authenticated cases reported in which a whole town becomes affected with typhoid fever as the result of contamination of water through the discharges of the typhoid patient that have been thrown or washed into a stream from which the water supply was obtained.

Milk is another source of infection that may incite attacks of typhoid fever. If a jar is washed with water that is contaminated, then used for milk, the typhoid bacillus will multiply and develop in the milk as a culture medium. This fact accounts for the occurrence of typhoid fever along the route supplied with milk by a dairy that has become infected.

Typhoid may be carried into the alimentary tract by means of vegetables, especially vegetables that are eaten raw, as radishes and lettuce, but this can only occur where the ground has been contaminated by deposits of the discharges from typhoid patients.

Nurses may obtain typhoid fever by getting their hands contaminated in this way by transferring the infection to the mouth and alimentary tract.

PATHOLOGY.—The lesions are of the lymphatic glands, particularly in Peyer's patches, the solitary glands, and mesenteric glands of the intestines and the spleen. The marked lesions of Peyer's patches are in the lower portion of the ilium.

At first, in Peyer's patches, there is an inflammatory condition and cell-proliferation that causes compressure and consequent cutting off of the blood supply to the newly formed cells,

causing the glands to become white and prominent. If the disease progresses, running a regular course, necrosis sets in about the second week. Exfoliation occurs in the diseased portion of the glands, and there is left a deep ulceration with swollen and undermined edges and with a smooth base, usually formed either by the sub-mucous coat, the muscular coat, or the peritoneum.

In the fourth week cicatrization begins and scar tissue forms, healing the lesion produced by the ulcerative process. Sometimes the ulceration is shallow, affecting only the mucous lining, or it may penetrate the sub-mucous coat, and sometimes penetrates even the muscular coats of the intestines and the peritoneal covering, resulting in perforation of the bowels.

The spleen is universally swollen and sometimes ruptures, also other glandular organs, as the liver and kidneys, and the heart muscles undergo degenerative changes. There is commonly a catarrhal condition of the respiratory tract. The bacteria are found in the sweat, in the sputum, and in all the excretions of the body, and are found throughout the entire system. The incubation period is from two to three weeks.

WALKING TYPHOID.

SYMPTOMS.—Mild, and often the patient continues at his work, refusing to go to bed. Grave symptoms may develop suddenly from perforation, and death is not uncommon.

SPINAL SYMPTOMS.—The spinal symptoms of walking typhoid fever are practically the same as the symptoms of the ordinary variety of typhoid. A careful palpation of the spine may lead to an early diagnosis in a case of walking typhoid fever and may prevent the unfavorable outcome in some cases.

PROGNOSIS.—This disease, under ordinary treatment, has baffled all efforts to check it. Many complications arise, and sequelæ ensue, and many succumb to the disease, or they are left maimed for life.

We have had a limited experience with typhoid during the last three years, and have treated some well-marked cases, in

which the prognosis was clear after the fever was well established. The results so far have simply been wonderful, and acted like magic. It is wonderful how the relief of the nerves to the spleen and to the kidneys and to that portion of the intestines, that is infected by the typhoid bacillus, will produce marked positive and quick results.

We have never been longer than forty-eight hours stopping or decidedly checking the fever in any case of typhoid that we have treated. We consider our results remarkable—almost miraculous and incredible—it being almost impossible to make the people believe that spinal adjustment will stop typhoid fever as it will.

During the early stages the recovery is prompt, and the patient resumes his ordinary work in perfect health in a few days' time. After ulceration of the bowels has taken place, we have succeeded in stopping fever promptly, but find it necessary to have the patient remain in bed or quiet for three or four days to a week to give the intestinal tract time to heal perfectly.

If spinal adjustment could do nothing more than stop the plague of typhoid fever, or stop that disease after the person has become infected, it is certainly one of the greatest blessings that has ever been discovered.

SPINAL ADJUSTMENT.—For typhoid, adjust the sixth and twelfth thoracic vertebræ, also adjust the eighth and tenth thoracic vertebræ, and the second lumbar region, as indicated; for the nervous symptoms, adjust also the atlas; and the fifth cervical region for the stimulation of the nerve supply to the thyroid glands. This will increase their internal secretions, which will combat the action of infectious bacteria by stimulating auto-protection.

The pores of the skin may be open, the elimination of the toxic elements from the infection may be dissolved, neutralized, and eliminated through the skin by means of the magnesia sulphate bath.

There is no doubt but what the fever and the uncomfortable

conditions and all the pain may be entirely relieved and the patient be caused to sleep regular under spinal adjustment, and the magnesia baths.

The double sulphides internally half grain or grain every hour for the first nine or ten hours, and then four to six daily for the succeeding few days, while convalescence ensues, is an excellent remedy in typhoid as well as in all other forms of invasions.

Cases that have not responded properly to the magnesia baths alone have responded to the use of the magnesia baths in connection with the use of double sulphides internally.

A combination of spinal adjustment, which has been so effectual in the removal of those spinal lesions, which impinge the nerves, and thus interfere with the normal vital resistance, and which has been so successful in restoring the patient to health, when combined with the magnesia baths and the double sulphates internally, will make a very efficient and certain remedy for almost any case of typhoid fever. Stopping and aborting this disease, which would run its course under irrational medical treatment.

RECTAL DILATION.—This is also a very effective auxiliary method to use in the treatment of typhoid fever, for the reason, that stimulation of the coccygeal ganglion so stimulates the sympathetic which controls the vital energy and vital resistance of the alimentary canal and excites that auto-protection necessary to resist the further development of the invading bacillus typhosis.

Rectal dilation is also a very effective and important auxiliary method in treatment of typhoid fever for the reason that stimulation of the myelin nerves, which have such a direct influence upon the alimentary tract and the accessory glands thereto, will stimulate vital resistance.

For this reason rectal dilation will produce a decided stimulation of the bowels, a decided reaction against infection, a decided enhancement of the vital resistance and the auto-protective power and enable the patient to throw off the invasion.

Clinical cases which follow were not treated by the magnesia sulphate nor by the internal use of the double sulphide or by rectal dilation but, by the adjustment only. We feel that a combination of these rational methods with the adjustment would make the treatment more palliative, more effective and more successful, and also will appeal more to the common sense of the people.

The following clinical case is noticed in this connection to show the effect of spinal adjustment, if properly given, in the treatment of typhoid fever:

A boy, in his twelfth year, took to his bed with typhoid fever, July 1, 1908. The family physician, one of the leading doctors of Oklahoma City, attended this case constantly for three weeks. On July 21st hemorrhages from the bowels began, and the doctor almost despaired of the child's recovery. The mother decided to try spinal adjustment for the relief of the child. The author was called, and found the fever registering 105 degrees, and the records of the case showing that the fever was running from 102 to 105 degrees and had been doing so for more than a week. An adjustment was given for the removal of interference with the nerve supply to the spleen and bowels. The principal adjustments given in this case were of the sixth and twelfth thoracic vertebrae. The fever in a few minutes' time began to decline; on the morning of the third day the temperature was normal. There was no further hemorrhage after the first adjustment; the fever was slight after the first adjustment, and remained at the highest point from 102 to 103 degrees for only about one hour. Convalescence was complete within one week's time.

We will call the attention of the reader to another case which had typhoid fever, but a day or two before the author was called. This was of a girl, fourteen years of age; she was taken sick rather suddenly, and within twenty-four hours the nervous symptoms were so great that she became delirious; the pulse was rapid, and the bowel affection was very severe; so much so that they moved involuntarily. On examination, we found the spleen enlarged; there was a decided tenderness

in the right iliac region; the tongue was coated with a coating of brownish color. This was one of the worst cases in the early stages of typhoid that the author has ever examined. Deciding that this was a clear case of typhoid fever and of a very severe form, we at once began treatment. The atlas was adjusted for the benefit of the circulation of the brain; the cervical vertebræ were also adjusted for the relief of the nervous condition of the head and for the nerve supply to the thyroid glands; the sixth thoracic vertebra was adjusted for the spleen; the tenth and twelfth thoracic vertebræ were adjusted for the bowels, and also the second lumbar region, on account of the paralytic condition of the large intestines. The fever was broken in thirty-six hours, and there was no return of any fever after sixty hours. The patient was up after three days. For further information and verification, write W. A. Goodman, Tulsa, Okla.

THYMUS GLAND, DISEASES OF.

For all diseases of the thymus gland, of whatever nature, we adjust to relieve the nerve supply to that gland, which restores its health.

TREATMENT.—Adjust the fifth thoracic vertebra to the right, and also the first and second thoracic vertebræ.

ULCER.

DEFINITION.—This is a destructive loss of the cellular tissues of the skin and of the sub-cutaneous tissues. Ulcers are variable, both as to size and shape; usually, irregular, reniform, or serpiginous; they may be deep or shallow or hollow with steep sloping sides, with smooth or irregular bases; the edges may be sharp or rounded, everted or undermined; they are covered with pus generally, or may be covered with serum.

Ulcers may be simple, malignant, or venereal.

SPINAL SYMPTOMS.—In the case of an ulcer and especially when the inflammatory process is active, you will find by palpation, tenderness of the spinal nerve, which supplies the zone of the ulcer, at its point of exit from the neural canal. If the ulcer is upon the right side of the back or body, the tenderness

of the nerve will be detected upon the same side but if the ulcer is upon the left side, then the tenderness of the nerve will be upon the left side.

For the treatment of venereal ulcers, see Syphilis or Venereal Diseases.

For treatment of malignant ulcers, see Cancer, Carcinoma, or Epithelioma.

ADJUSTMENT.—For simple ulcers, adjust to relieve the nerve supplying the part affected; for duodenal ulcers, adjust the sixth, eighth, and tenth thoracic vertebræ; for gastric ulcers, adjust the fifth thoracic vertebra, to the left, and the tenth thoracic; for ulcers of the head and face, adjust the atlas and tenth thoracic vertebra; for ulcers of the legs, adjust the fourth and fifth lumbar vertebræ, also the tenth thoracic vertebra; always observing the rule to adjust—for the removal of interference with the nerve supply, according to the location of the ulcer.

The magnesia sulphate bath is an excellent remedy, in all forms of ulcers, for the reason that often ulcers are produced by the accumulation of uric acid crystals in some portion of the body. The constant use of the magnesia bath, the magnesia applications by means of compresses, over the area of the abscess, is a very effective method, of overcoming the presence and the effect of the crystals of urates that are found lodged there.

UREMIC CONVULSIONS.

DEFINITION.—This is a spasmodic contraction of the muscles of the entire body, which is caused by the retention of toxic materials in the blood which should have been eliminated by the kidneys and other emunctories.

SYMPTOMS.—They may develop slowly or may come on abruptly, being followed by rapid and most marked symptoms. There is headache and vertigo, with delirium; convulsions and coma, blindness and temporary paralysis from congestion of the brain; difficult breathing, hiccough, vomiting and purging,

and the skin is dry; the breath has the odor of urine; the pulse is slow and dull; temperature, sub-normal; but the pulse may increase in rate and become feeble during the convulsions.

PROGNOSIS.—These are very grave symptoms, yet recovery is possible after severe manifestations. Under *rational therapy* fatality is much less and recovery much more sure and rapid. If the case is reached in time, recovery will be more prompt in all cases we can successfully treat.

TREATMENT.—Adjust the atlas, axis, sixth and tenth thoracic vertebræ, and the second lumbar region; the latter adjustment is necessary if there is constipation.

The basic treatment and the most effective treatment for the condition of uremia, which is due to the presence of toxins in the blood, is the magnesia baths, the magnesia applications which if persistently applied, will cleanse the blood and remove most of the toxic elements which cause the convulsive paroxysms.

URINE, FREQUENT AND ABUNDANT.

DEFINITION.—This is caused principally by too free action of the kidneys.

ADJUSTMENT.—The tenth thoracic vertebra, and if there is any complicating trouble as hysteria, adjust to relieve the same.

URINE SUPPRESSION THEREOF.

ETIOLOGY.—An acute suppression of the urine may result from an inflammatory condition of the kidneys.

TREATMENT.—Suppression of the urine may be relieved in ten minutes' time by the application of the magnesia sulphate fomentations or the magnesia sulphate baths.

SPINAL ADJUSTMENT.—Adjust the tenth thoracic for the relief of interference with the integrity of the principal nerve supply to the kidneys. Examine and adjust if necessary the eleventh and twelfth thoracic vertebræ also.

URINATION, FREQUENT, SCANTY.

DEFINITION.—This trouble comes from an irritable or contracted condition of the bladder.

TREATMENT.—Adjust the first lumbar region; if the irritability is produced by acrid secretions of the kidneys, adjust the first lumbar region in connection with the tenth thoracic vertebra.

URINE, CLOUDY.

DEFINITION.—Due, in most cases, to a catarrhal condition of the bladder walls and an exfoliation of the mucous epithelium.

TREATMENT.—Adjust the first lumbar vertebra as this is a specific adjustment for bladder disease.

UTERINE CONTRACTIONS.

SPINAL ADJUSTMENT.—When uterine contractions are excessive and abnormally so, or where they are deficient because of atonicity, as in delayed labor pains in child-birth, the ordinary or normal function or activity may be restored in either case by adjustment to restore the normal nerve supply to the uterus.

SPECIFIC ADJUSTMENT.—The fourth lumbar vertebra will affect mostly the integrity of the uterus and its function.

UTERUS, DISEASES OF.

Any atonic condition, any inflammatory condition of the mucous lining or the muscular walls of the uterus will be relieved by restoring normal nerve supply to that organ.

TREATMENT.—Adjust the fourth lumbar vertebra to remove interference with the fourth pair of lumbar nerves which are responsible for the health of the uterus.

UTERINE HEMORRHAGE.

ETIOLOGY.—This is due to an atonic condition of the capillaries of the mucous lining of the uterus. For hemorrhage from inflammation, as endometritis, or from an atonic condition following child-birth, which is known as "post-partum hemorrhage," adjustments are very effective in most cases.

TREATMENT.—Adjust the fourth lumbar for the relief of the principal nerve supply to the uterine muscular walls.

Concussion over the first and second lumbar to stimulate the reflex of contraction of the uterine plexus to constrict the uterine walls will overcome uterine hemorrhage.

UTERINE TUMORS.

Due to trophic over-activity from irritation of some nerve fibers supplying the uterus. Relieve the nerves and relieve the cause, and Nature will absorb and take away the unnecessary and abnormal tissues, except in case of hard, fibrous tumors, which absorb very slowly, if at all.

TREATMENT.—Adjust the fourth lumbar vertebra and apply epsom salt solution by means of compresses over the zone of the uterine tumor.

Concussion over the upper three lumbar will excite contraction and prove helpful in case absorption is depended upon.

UVULA.

DEFINITION.—A conical membranous appendix hanging from the free border of the soft palate. This organ sometimes suffers from hypertrophy, increasing in size and length, so as to need measures of relief.

TREATMENT.—Adjust the fifth thoracic vertebra to the right and use concussion over the seventh cervical spinous or transverse processes.

VACCINATION.

DEFINITION.—An inoculation and infection with the virus of cow-pox.

Vaccination is a means or a method of protection against small-pox. It was first introduced and made known by Edward Jenner in 1779. Vaccination really causes almost absolute immunity from variola. Small-pox after vaccination is very rarely fatal. Vaccination is induced by inoculation of a person with a fresh scab obtained from a calf suffering from cow-pox, or it may be obtained from a vesicle on the arm of a patient who has been vaccinated. The former method, however, is preferable,

because of its freedom from other poisons, as syphilis and different pyogenic bacteria.

SYMPTOMS.—The symptoms following vaccination are mild usually and cause but little constitutional trouble, but there are complications due to other infections that may sometimes prove injurious and sometimes fatal. Erysipelas and sometimes a deep abscess follows, and various cutaneous eruptions. Syphilis has been transmitted through the humanized virus. There is no doubt that the practice of vaccination has been a great protection against epidemics of small-pox; on the other hand, it is a fact that children have died from carelessness because of infection with other disease germs which have set up fatal diseases. The process of vaccination has been strongly opposed by many persons who are familiar with the wonderful results of spinal adjustment. There is one thing that has been demonstrated with the adjustment, and that is, that there is protection against small-pox both in aborting the disease before the invasion and after the infection; second, in controlling the disease after invasion, cutting it short, stopping it, or causing it to run a very light course, producing very mild results or effects. There is no doubt in the mind of the author that spinal adjustment for the relief of or protection against variola is far superior to the protection by vaccination, both because it is more effective and because no harm can come from this practice.

ADJUSTMENT.—For vaccination should be the same as for varioloid, and also adjust to relieve those nerves of the brachial plexus which supply the thyroid glands and those which supply the inoculated zone.

VAGINAL HEMORRHAGE.

(See Hemorrhage of the Vagina.)

TREATMENT.—Adjust the fourth lumbar vertebra and apply concussion over the upper three lumbar spinous or transverse processes.

VAGINAL CATARRH.

(See Catarrh of the Vagina.)

TREATMENT.—Adjust the fourth lumbar vertebra and use astringent and antiseptic douches.

VALVULAR DISEASES OF THE HEART.

DEFINITION.—An anatomical or functional derangement of the valves of the heart. Heart lesions are associated with many other diseases. The general symptoms in connection would then be modified by the complications. The heart may be weak as a direct result of a neurosis from an interference with or excitation of the nerve supply. We may have functional heart lesions as a result of reflex neurosis.

Pain in any part of the body, or a wound of the extremities of any part of the trunk; fright, excitation of any kind, or overaction from excessive exercise, may cause functional or anatomical derangement of the muscular walls of the heart.

We often have hypertrophy as a result of excessive exercise; the straining of the heart valves during excessive exercise may cause a derangement of function.

We may have rapid pulse, weak pulse, irregular pulse, wiry pulse, and irregularity or pulsations which are indicative of functional lesions.

A roaring sound in connection with the closing of the heart valves is indicative of insufficiency of them permitting regurgitation of the blood.

SPINAL SYMPTOMS.—The spinal symptoms are manifest at the fourth segment of the spinal column. There may also be symptoms of inflammation or interference with the second pair of thoracic nerves. The symptoms may be that of tenderness of the nerves, contracture of the musculature, or approximation or lateral deviation of the spinous processes, usually involving the second or fourth pair of thoracic nerves which supply and are responsible for the integrity of the heart's action.

PROGNOSIS.—For the relief of heart troubles we must restore the normal nerve supply to that organ; the normal nerve supply will make a normal condition—both normal function and

normal anatomical condition—provided the histological derangement is not too excessive. We reach the main nerve supply to the heart through the fourth thoracic nerves; nerves also affect the heart directly from the second thoracic nerve, while reflexly the heart is affected by interference with nerves anywhere from the cervical to the lumbar region.

SPINAL ADJUSTMENT.—For valvular lesions, the second and fourth thoracic vertebræ should be adjusted.

The magnesia baths are an excellent remedy for the reason that they dissolve the crystals of urates and uric acid out of the blood stream, that accumulate in the heart walls and which accounts for the valves giving away.

The magnesia full bath, used before going to bed and the magnesia compress, a good pack over the region of the heart would be an excellent auxiliary method which should not be omitted.

CONCUSSION.—Spinal concussion, to excite the reflex of constriction and contraction of the heart, is also an efficient remedy, concussion over the seventh cervical vertebra is resorted to in all cases of valvular lesions and in all cases of a weakened condition of the valves of the heart and in all cases of dilatation of the heart.

RECTAL DILATION and fasting are both potent measures in stubborn cases of heart trouble and these auxiliary methods may be used in connection with spinal adjustment in difficult cases and in those which spinal adjustment will not reach.

VARICELLA (CHICKEN-POX).

(See Chicken-Pox.)

VARIOLA (SMALL-POX).

(See Small-Pox.)

VARICOSE VEINS.

ETIOLOGY.—First a uric acid diathesis, consisting of crystals of urates in the blood vessel walls, causing them to be weak,

lack of nerve tone to the blood vessel walls caused by the constant accumulation of the uric acid and urates.

SYMPTOMS.—Enlargement, dark color and ulcerations resulting in varicose ulcers, very chronic in form.

PROGNOSIS.—Very favorable under rational therapy methods.

SPINAL ADJUSTMENT.—By its use alone we have had cases, of several years standing, recover in a month's time.

Under the combined use of our rational remedies we have had a single treatment to affect a cure of varicose veins of several years standing. One case of varicose veins of five years standing was restored to normal by a single treatment consisting of spinal adjustment and spinal concussion over the upper three lumbar vertebral spinous processes.

TREATMENT.—Adjust to relieve all interference with the integrity of the nerve supply coming from the lumbar region which enter into the formation of the sciatic nerves, and the crural nerves which supply the upper and front portion of the lower extremities.

ELIMINATION.—Dissolve and eliminate all the accumulations of the urates in the blood vessel walls by dissolving the carbon, the basic elements of them, by the use of the magnesia sulphate baths.

Magnesia applications alone to the leg all night and the use of the tub bath has caused absolute recovery of the condition of varicose veins. There is no doubt but what healing and recovery will take place more rapidly when a thorough elimination has taken place than with the adjustment treatment alone.

Spinal concussion is also used. We give concussion, over the seventh cervical spinous process, for the excitation of the reflex of constriction of the vascular system generally, throughout the entire body. Concussion over the first and second lumbar is also effective, because of the stimulation of the spinal centers containing the origin of the nerves, which contribute to the formation of the sciatic nerves.

Spinal concussion alone has been very effective in overcoming varicose veins.

The combined use of the eliminative process, to clear the dermal tissues of any obstruction and of any crystals of any kind will cause resolution or return to the normal, much more quickly than without elimination.

Spinal adjustment is indispensably necessary to remove interference with the integrity of the nerve supply. Without this it would be almost impossible to get an absolute cure in many cases.

Spinal concussion is also a very efficient auxiliary method and should be used as it hastens the work of restoration on the part of the nerve by doubling and stimulating the nerve impulses which are transmitted to the veins.

The worst cases of varicose veins and of varicose ulcers, under our rational methods of treatment, yield in a very short time. We have had the remarkable result, of having a case of varicose veins of five years standing, absolutely restored, by one single treatment, as stated above.

The combined use of spinal adjustment, spinal concussion and the magnesia eliminative baths, will produce rapid results, in a short time, in all cases of varicose veins or ulcers.

VARIOLOID.

DEFINITION.—This is an infectious disease, a modified variola, caused by vaccination with the virus of cow-pox.

SYMPTOMS.—The symptoms are similar to small-pox, except they are less severe.

PROGNOSIS.—Good, with the exception of cases in which there is blood-poison in connection with the cow-pox virus and the infection may be abated by the epsom solution applications.

ADJUSTMENT.—Adjust for the nerve supply to the zone of vaccination. Spinal adjustment given in time will prevent the virus from taking effect.

If you give internally the double sulphides you will prevent the virus from successful invasion.

VERSION OF THE WOMB.

The symptoms and etiology are very similar to those of prolapsus of the womb, which subject see.

TREATMENT.—Adjust the second and fourth lumbar vertebræ and for all lesions of the lumbar, and use concussion over the spinous or transverse processes of the upper three thoracic vertebræ.

VERTIGO.

DEFINITION.—A condition of lack of equilibrium, the surroundings of the patient appearing to be in a state of rapid oscillation or rotation. Vertigo is a symptom of other troubles; it may be due to cerebral anemia. There is dizziness, producing a fainting fit, which is an illustration of this condition.

Vertigo is often a pronounced symptom of cerebral congestion which is one of the most common causes. Vertigo may be the result of reflex irritation, which is often the result of gastric disturbances. Epilepsy may precede or follow vertigo. Sometimes the cause of vertigo is not clear.

PROGNOSIS.—Good. Remove the cause and the trouble will disappear.

SPINAL ADJUSTMENT.—Most cases of vertigo may be affected by adjustment of the atlas in connection with the fifth thoracic vertebra. The magnesia sulphate baths are excellent and are an efficient method of treatment.

VOCAL CORDS, DISEASES OF.

We may have an inflammatory or sarthral condition of the vocal cords; they may be thickened because of continued strain or from excessive exercise; sometimes tubercular infection may destroy their functional activity.

PROGNOSIS.—Good in all cases. In tubercular cases the restoration may be slow, but it is positive and certain. In cases of over-straining from excessive exercise, though it may be necessary to use moderation for a time in vocal exercise; however,

we have restored the voice to public speakers while they continued to speak, and we have restored a clear, strong voice to singers while they continued to sing.

TREATMENT.—Adjust the second and fifth thoracic vertebræ to the right. Apply magnesia sulphate compresses around the throat at night.

VOICE, LOSS OF.

DEFINITION.—Due usually to functional or anatomical derangement or to lesions of the vocal cords; it may be due to brain lesions.

PROGNOSIS.—Good, under proper spinal adjustment.

TREATMENT.—Adjust the second and fifth thoracic vertebræ to the right, also the atlas, especially if there is any brain lesion.

VOMITING OF PREGNANCY.

(See *Emesis.*)

TREATMENT.—Adjust the fifth thoracic vertebra and the second and fourth lumbar vertebræ.

WHITE SPOTS IN THE THROAT.

Associated with diphtheria, scarlet fever, membranous croup, and other diseases.

TREATMENT.—Adjust the fifth thoracic vertebra to the right and it is claimed that hot air applied to the false membrane will destroy the infection and that this is an effective method of treatment in case of diphtheria.

WOMB, DISEASES OF, ACUTE OR CHRONIC.

(See *Diseases of the Uterus.*)

TREATMENT.—Adjust the fourth lumbar vertebra and use astringent and antiseptic douches.

WHOOPING COUGH.

DEFINITION.—An infectious and contagious disease, characterized by catarrhal condition and a peculiar characteristic cough.

SYMPTOMS.—There are three stages: first, a catarrhal stage; second, a paroxysmal stage; third, the stage of defervescence.

SYMPTOMS.—Bronchial catarrh, coryza, (running from the nose), sneezing, dry cough, slight fever, lasting for a week or more. This disease passes into the paroxysmal stage, and the cough becomes spasmodic and violent. The face of the patient becomes cyanosed, the eyes red and injected, and the veins distended. The cough frequently induces vomiting and often nose-bleed. These paroxysms may occur more or less frequently for three or four weeks.

During the stage of defervescence the paroxysms become lighter and less frequent. There are a great many complications and sequelæ that accompany this affection. The disease, when beginning in the fall, may continue through the winter.

In the above we have briefly submitted the symptoms of this disease when it runs an uninterrupted course. Medicines do little good, and do not control or stop the disease and but partially palliate its symptoms.

PROGNOSIS.—Under rational therapy, the disease runs quite a different course; in fact, proper treatment at the beginning of this trouble will not only check, but absolutely abort this disease. In the case of children in the catarrhal stages the catarrh may be relieved in one day's time and so completely that the second stage of the disease will not ensue. No complications and no sequelæ will accompany or follow whooping cough if proper rational therapy methods are used in the treatment.

TREATMENT.—Adjustment of the fifth thoracic vertebral process to the right is the principal adjustment—the proper and the only adjustment to be given unless there are other special indications; the fourth or fifth cervical vertebra might be adjusted to advantage for the relief of the catarrhal symptoms.

Spinal adjustment, we have noticed, has not been effective in breaking up whooping cough in a great many cases, for this reason we are in need of auxiliary methods to treat successfully whooping cough in children.

Rectal dilation has served us as an excellent auxiliary means of treatment in whooping cough.

In cases in which the cough is stubborn and in which the patient will not recover but continue to have paroxysms of coughing for a number of days in spite of the adjustment, we can by retal dilation readily relieve this distressing symptom.

ELIMINATION.—Apply the epsom sponge baths daily, also apply the epsom salts compress to the throat or use the carbolyzed epsom when there is pain.

Give internally the double sulphide because of their influence against invasion, *a la Burgess*.

These combined measures of rational therapy, we believe, will make us successful in handling any case of whooping cough without any inconvenience, to the patient and with absolute success and satisfaction to all concerned.

WORMS.

(See Animal Parasites.)

TREATMENT.—Adjust the fifth, eighth, and tenth thoracic vertebræ.

WRITER'S CRAMP (GRAPHO-SPASM, SCRIVENER'S PALSY).

SYMPTOMS.—At first, the characteristic symptom of writer's cramp is a sense of fatigue or weight or pain in the affected muscles; soon the muscles of the fingers are affected with tonic or clonic spasm whenever the pen is grasped; again, the patient may be writing when the hand drops useless, which condition disappears when the pen is laid down; in other cases, there is decided tremor of that extremity.

PROGNOSIS.—Good in every case under rational therapy. Some cases recover of themselves from prolonged rest.

TREATMENT.—Adjust the upper thoracic region, the first, second and third thoracic and the lower cervical vertebræ, for the relief of the integrity of those nerves which enter into the

formation of the brachial plexus. This will, in a great many cases, overcome the difficulty entirely. With some cases however we cannot succeed so readily by the adjustment, especially in advanced life, therefore we must resort to other measures.

Concussion of the seventh cervical vertebra no doubt will be effective, in many cases, as an auxilliary method of treatment.

The magnesia sulphate tub baths in the evening will also be an effective remedy in overcoming any condition in which toxic elements affect the nervous system.

Rectal dilation is also an effective auxiliary method and will help you to successfully treat stubborn cases of writer's cramp. The combined use of the elimination, spinal adjustment spinal concussion and rectal dilation will prove effective in stubborn cases that will not yield to the spinal adjustment alone.

WOUNDS.

Traumatic wounds, of any kind, will heal under an application of magnesia sulphate solution or compress without the formation of scar tissue.

Cut wounds will heal by first intention and will do so in a very short period of time, if they are dressed with a magnesia solution, and kept under a magnesia compress, and carefully dressed so that the elements formed for repair are strictly retained in tact and constructed into firm cellular structures.

WRINKLES.

Wrinkles of the skin is that condition that comes on with age or is the result of an accumulation of crystals of urates in the dermal and subdermal tissues of the skin.

ETIOLOGY.—Uric acid diathesis, urate crystals, etc., accumulating in the tissues of the face.

TREATMENT.—Magnesia baths or applications, applied to the face five or ten minutes daily, will remove the wrinkles in a short time. Apply the magnesia sulphate baths to the face every morning and take the magnesia full baths daily at bed time or about ten o'clock in the morning.

WRYNECK (TORTICOLLIS).

DEFINITION.—A condition of more or less contortion of the neck.

ETIOLOGY.—An involuntary contraction of the muscles of the neck and the ligaments of the cervical vertebræ and the consequent impingement of nerves. The disease may be due to any irritation of the nerves, causing contraction of the muscles of the neck.

PROGNOSIS.—Good under *rational therapy* methods.

ADJUSTMENT.—The cervical region, according to the part affected, and apply magnesia sulphate compresses around the neck at night to relax the musculature.

YELLOW ATROPHY OF THE LIVER (ACUTE PARENCHYMATOUS HEPATITIS, MALIGNANT JAUNDICE).

SYMPTOMS.—One of the first symptoms is that of catarrhal jaundice with fever, coated tongue, nausea, vomiting, along with malaise, headache, sometimes delirium and convulsions, and coma; the urine is scanty and contains albumen, also blood casts; hemorrhages are common, and the spleen is enlarged while the liver itself is contracted.

SPINAL SYMPTOMS.—In all cases, in which the liver is involved, there will be symptoms of spinal lesions affecting the sixth to eighth pair of thoracic nerves upon the right side of the spinal column. An increase of the temperature of these segments, contraction of the musculature of the right side and tenderness of the nerves upon the same side will usually be found to exist in all cases of hepatitis.

ETIOLOGY.—Most common in females in early life and following pregnancy, and it may be due to alcoholic excesses, syphilis, or undue emotional excitement.

PROGNOSIS.—Good under spinal adjustment, and, if given in the early stages of this disease, recovery is prompt and positive.

TREATMENT.—Adjust the sixth to eighth thoracic vertebræ to the right and forward to remove all interference with the sixth to eighth thoracic nerves on the right side.

YELLOW FEVER.

DEFINITION.—This is an acute infectious disease, characterized by jaundice and intestinal symptoms. It begins with fever accompanied by a chill, followed by pain in the head and back and extremities. Temperature rises rapidly, to 103 and 105 degrees, while the pulse often remains about normal with a slight increase in rate. There is jaundice, and the conjunctiva becomes injected, and pupils are small. The tongue is coated. Tenderness over the epigastrium; vomiting; bowels constipated, and the urine is scanty. This stage lasts from one to several days, and it is followed by a marked decrease of temperature and general improvement of symptoms. If the patient does not recover, there is a second stage, in which the fever rises again. This is jaundice, persistent vomiting, and the vomit contains blood, known as "black vomit."

The hemorrhage may occur from other mucous membranes. The pulse is more rapid, but not in proportion to the fever; the urine contains albumen and is scanty in quantity, containing casts. The mind remains clear, death ensueing from exhaustion, but recovery may take place after the existence of very severe symptoms.

ETIOLOGY.—Due to a specific infection that lives and survives during the hot seasons of the year in hot climates. The bacillus acting as the exciting cause is probably the *Bacillus icteroidis*, recently described by Sanarelli.

PROGNOSIS.—Good. Under ordinary treatment, the mortality runs from twenty-five to seventy per cent. We believe that under *rational therapy* recovery will ensue in most every case. The author has had no practical experience in this disease, and bases his judgment on what he has accomplished in other troubles and on the general principles underlying and the effectiveness of *rational therapy* methods.

TREATMENT.—Adjust the fifth, seventh, and tenth thoracic vertebræ, and the second lumbar region.

ELIMINATION.—Apply the magnesia sulphate compress over the abdominal cavity, the application should be about one foot square or larger and renewed from hour to hour.

The magnesia sponge bath is also an effective remedy and should be resorted to and used with vigor, as it will remove the toxins from the dermal tissues and thus overcome the exciting cause of the fever.

The strict fruit and vegetable diet is good, or in fact no diet at all, during the active form of the disease is by far the best, but in convalescence, adhere strictly to the fruit and vegetable diet, but do not allow nourishment to be given until the patient regains his appetite.

RECTAL DILATION.—Is another auxiliary method, that is very efficient and helpful in this trouble, and we believe that the use of this method alone will stimulate and overcome that condition of the bowels by exciting the vital resistance, and the auto-protective power necessary to stop the development and the action of the infection.

The combined use of spinal adjustment, the magnesia applications and the rectal dilation, we believe will readily, successfully and surely restore all cases of yellow fever to health and will do so very promptly, we confidently believe.

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