FOR HEALING... WHICH MAKES THE MOST SENSE?
Continually deadening the Nervous System by the use of pills, medicine or drugs or adjusting the cause to restore normal life back into the

Nervous System.

STUDY THIS CHART CAREFULLY —
See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION!

NO CHARGE TO NEW PATIENTS FOR CONSULTATION OR ANY SPINAL X-RAY!

J. M. SIGAFOOS
Chiropractor
NEW FREEDOM, PA.
Ph. 235-1612

AN OPEN LETTER TO THE PUBLIC

ASTHMA
A boy, aged 9, has asthma, and can't run or play, he can't eat certain foods and is taking medication, and shots—but still suffers from attacks. After 3 weeks, his attacks stopped, and two years later, still is free from symptoms.

EPILEPSY
A girl from Parkton, aged 12, diagnosed as petit mal epilepsy, by the medical Drs. After one year she has not had a seizure.

EMOTIONAL DISORDERS
Boy from Glen Rock, aged 12—severe emotional disorder, he was scheduled to go to York psychiatric clinic. After 3-4 weeks he was quite normal, and has been so for 2 years.

HEADACHES
Woman aged 74, New Freedom, had high blood pressure, and migraine headaches. After a few months of treatment her pressure was normal, and stayed so, and she was free from headaches from the second treatment.

These are but a sample of what Chiropractic can do for those of you who are sick, and not responding to present treatment. The people above—all had been treated thru medicine, with no results. People are hypnotised into the pill habit, thru slow steady direct suggestion by the advertisements sponsored by the large drug houses. Chiropractic should not advertise according to some, yet Medicine, and pharmaceutical houses do constantly) people are more dependent upon pills, and less dependent on their own body for healing.

We have pills for menopause, headaches, nervousness, high blood pressure, low blood pressure, to lose weight, to gain weight, pills to counter the pills you're taking, and the social standard of today, the big dollar maker—the tranquillizer. None of these drugs help the cause of your problem, they add to it, by hiding your symptoms, while the cause worsens. So now you are hospitalized, operated on, released, and start the cycle over again—and this is a great conversation piece. Scare campaigns are used to induce you to have check ups for cancer, TB, diabetes, and so on. Fear is a great motivator, this technique accounts for a great percentage of unnecessary surgery.

Chiropractic gives you nothing, and takes nothing from you. It calls upon the life force within you to heal you, by releasing nerve energy. I do believe the power that made the stomach, or heart, liver, gall bladder, knows how to heal it, when given the chance. The Chiropractor then, releases the power within, which is God power, or universal power thru specific adjustment of the spine, which houses the nerve centers from the brain, to heal the body. There is no pill or shot, or surgical technique that can thru, intelligence, effect a cure—only the body can heal itself.

J. M. SIGAFOOSE D.C.
The Common Cold
By
Dr. Thomas F. Snyder D. C.

If two people are exposed to the same conditions, one may get a cold and the other may not. Why? One did not have the necessary body resistance to meet the demand of his environment.

Because of nerve interference to normal body functions, some people have a low resistance, therefore the invasive force of adverse environment demand more of the body than it can perform and a cold develops.

Chiropractic can often find the point of nerve interference that is depriving the body of its nerve energy and permits it to regain normal resistance.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractor, Brodheadsville, Pa. 18322, Phone: 992-4787.)

BRONCHITIS
By Dr. Thomas F. Snyder

Bronchitis when unattended may become chronic. A dry or wet cough, slight fever, and chest pains may result.

Bronchial tubes depend on nerve control from the brain to keep them working properly. It takes only the slightest misalignment of spinal bones to pinch off some of the nerve supply.

The Bronchial tissue loses its resistance and improper diet and exposure to bad weather can contribute to an increase in symptoms.

A Bronchitis attack is good reason to suspect trouble in the nervous system and the spine should be the first thing to be checked.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractor, Brodheadsville, Pa. 18322, Phone: 992-4787.)

CHIROPRACTIC FOR NEURITIS
By Dr. Thomas F. Snyder

There seem to be four main areas of Neuritis in the body: the arm, leg, neck and ribs.

Neuritis refers to the nerve inflammation in the area; and most frequently the seeds of distress in Neuritis, when the irritated nerve is traced, come from the spinal column, and in the overwhelming majority of cases, is due to displaced vertebrae that are irritating those nerves.

Go to your doctor of Chiropractic for Neuritis, he is the specialist in locating spinal displacement to remove the nerve pressure.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractor, Brodheadsville, Pa.,)

HIGH BLOOD PRESSURE
By
Dr. Thomas F. Snyder D. C.

Nerves which carry nerve impulses to blood vessels, which contract or relax, pass through openings between the vertebrae of the spine. We know that these vertebrae can become displaced, causing pressure on the nerves which supply the blood vessels with nervous energy. If pressure is produced on the nerves, the nerve impulses become irregular and cause the blood vessels to function improperly, causing blood pressure to raise or lower.

Chiropractic has been successful in reducing high blood pressure and raising low blood pressure, and can effect much help to you provided there is no vascular pathology.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, Chiropractor, Brodheadsville, Pa., Phone: 992-4787.)
SEE WHY YOUR SPINE PLAYS SUCH AN IMPORTANT PART IN GOOD HEALTH MAINTENANCE

Find Out NOW if Yours Is a Case for Chiropractic!

The diseases mentioned below are only a few which are caused by vertebrae in the spinal column slipping slightly and causing nerve pressure. Study this "Health Chart" of chiropractic, and you will understand why more and more people are turning to chiropractic care.

1. Slight pressure on nerves at this point may cause headaches, epilepsy, insomnia, pain in the neck, nervousness, dizziness, or emotional disorders.

2. A slight slipping of a vertebra causing pressure on nerves in this part of the spine can be the cause of throat trouble, bursitis, pain in the shoulders and arms, and thyroid disturbances.

3. The arrowhead marked No. 3 locates the part of the spine wherein pressure on nerves will often cause pain between the shoulder blades, muscular ache of the arms and shoulders, hay fever, allergic conditions, and bronchitis.

4. Nerve pressure at this point causes chest pains, functional heart disease, asthma, difficult breathing, and other similar troubles.

5. Stomach and liver troubles, enlargement of the spleen, and a score of other troubles frequently are caused by vertebrae slipping and causing nerve pressure in this part of the spine, sometimes so light as to remain unnoticed by anyone other than a trained chiropractor.

6. Here we find the cause of many gall bladder problems, disturbances of upper bowels, and shingles.

7. Kidney problems, skin disease, and arthritis are often caused by nerve pressure in the spinal openings at this point.

8. Correction of such troubles as lumbago, low back ache, sacro-iliac slip, slipped disc, follow chiropractic adjustments at this point.

9. Why have constipation, rectal troubles, sciatica, when chiropractic adjustments at this part of the spine may remove the cause?

10. A slight slippage of one or both pelvic bones will likewise produce sciatica together with many disturbances of the bladder and reproductive organs and cramps in legs.

SICK?

THIS CHART CLEARLY SHOWS WHY YOU MAY BE SUFFERING!

Regardless of what your ailment is called... no matter how long you have suffered... chiropractic care may be the exact answer to your specific health problem. Chiropractic succeeds many times after all other methods have failed.

W. G. KUPCHINSKY

Chiropractic Clinic

463 West Market St. Pottsville 623-3358
Stomach Ulcers

Ulcers are nothing more than open sores on the lining of the stomach or the upper part of the small intestine. Pain is, by far, the most common sign of ulcers. This pain may vary from a solid discomfort to a sharp, severe, and sometimes penetrating pain. It generally is of the same type, and recurs in the same location. It tends to maintain a rhythm of recurrence and has a tendency of regular periods of remission and later becomes chronic.

Other symptoms of ulcers include constipation, heartburn, swelling, nausea, vomiting and weight loss.

The science of chiropractic, in most cases of ulcers, provides the safest, newest, and most effective pathway to relief. Skilled chiropractors can locate and correct the cause of the nerve interference which results in lowered resistance in some part of the body.

The competent hands of the chiropractor can make gentle adjustments to correct vertebral misalignments which result in pressures on the spinal cord and spinal nerves and provide one of the primary factors in the development of peptic ulcers. Another Health and Life Article from the Office of:

The W. G. Kupchinsky
Chiropractic Clinic
403 West Market St.
POTTsville, PA.
Hours By Appointment, Phone 622-3358

Rheumatism

Constantly increasing pain, tenderness, swelling of the joints, fever, rapid pulse, and general aching and heavy sweating all are a part of the agony suffered by the person afflicted with rheumatism.

Only one who has endured the suffering knows how rheumatism can drain the physical and mental strength of the victim. The sufferer cannot help but suffer the agony. Once the cause is removed, nature can act to restore the affected parts to normal use.

Dulling the symptoms is not enough; the condition which causes the disorder must be corrected.

The chiropractor, through study and training, is scientifically equipped to trace rheumatic pains to their source. He locates the nerve pressure of subluxation which is responsible for the disorder and, with competent, gentle adjustments eliminates the cause. Vital nerve energy flows to the affected area, and the body promotes its own healing. The achy, palsied, and accompanying discomforts disappear. Another Health and Life Article from the Office of:

The W. G. Kupchinsky
Chiropractic Clinic
403 West Market St.
POTTsville, PA.
Hours By Appointment, Phone 622-3358

Tired, Run-Down Condition

The pace of today's world, with its constant stresses and demands, is producing a generation of "tired people." Whether individuals are able to maintain the pace depends on the condition of the nervous system.

Vital nerve energy, flowing from the brain through the spinal column, maintains the peak efficiency of the human machine.

That tired, run-down feeling can develop when anything happens to interfere with the flow of vital nerve energy to the organs, glands and muscles. Anything which interferes with the alignment of the spine or creates pressure on the nerves can interrupt or retard the flow of vital nerve energy. The result: fatigue.

The chiropractor, using scientific instruments, locates the areas of nerve pressure. With gentle, skillful hands he makes skillful adjustments which realign the spine, relieves tensions and pressures, and allows nature to restore the body to health.

With the nervous system properly tuned, the tired, run-down feeling disappears and pep, energy, and ambition return. Another Health and Life Article from the Office of:

The W. G. Kupchinsky
Chiropractic Clinic
403 West Market St.
POTTsville, PA.
Hours By Appointment, Phone 622-3358
"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important, to your body, to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensation to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees.

Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY!

The practice of CHIROPRACTIC is as broad as the nerve system often called "THE MASTER SYSTEM OF THE HUMAN BODY." This MASTER SYSTEM regulates and controls all other systems of the body including the circulatory system, the digestive system, the respiratory system, the muscular system, the reproductive system, the glandular system, lymphatic system and eliminative system, etc.

Take time to study this famous "Health Chart". In the nerve chart it is clearly shown how the nerves to all parts of the body start in the brain, pass down inside the spine, exit through narrow openings between the vertebrae, and extend outward to the various organs and limbs.

Any pinching of these nerves as they leave the spine can cause trouble in the organs or limbs serviced by these nerves.

KEY TO NERVE HEALTH
The Doctor of Chiropractic works with the spine and nerves. He has spend many years maintenance of your normal "natural" good health. A misaligned spinal vertebra can cause disease in ANY PART OF THE BODY. Notice how the nerves go to and energize every organ, tissue and living cell of your body—arm, legs, abdomen, head, etc.

Every health problem has a cause and the cause must be found and corrected before you can get well. Pick up the telephone now and make an appointment with your Doctor of Chiropractic and make an appointment for a chiropractic spine and nerve test.

NERVES BEEN TESTED.
A simple, painless and inexpensive spine and nerve test can quickly reveal if you are a chiropractic case. You owe it to yourself and your family to have your nerve system tested and find out for sure. Every health problem has a cause and the cause must be found and corrected before you can get well.

Pick up the telephone now and call your Doctor of Chiropractic and make an appointment for a chiropractic spine and nerve test.
If you are one of the 7 out of 10 people who suffer with back pain, your problem is probably caused by pinched nerves in the spine. Nerve pain is the most common reason for back disability. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched.

Even more important than the back pain is the overlooked fact that the nerves controlling every organ of the body also originate in the spine... therefore, the misalignment that is causing the pinched nerves in the back can result in a reduction of the flow of nerve energy to some part of the body, which in turn can lead to another disease or painful condition.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

Some of the conditions which respond well to Chiropractic

<table>
<thead>
<tr>
<th>Nervous Tension</th>
<th>Headaches</th>
<th>Insomnia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>Bronchitis</td>
<td>Chest and Rib Pains</td>
</tr>
<tr>
<td>Leg Pains</td>
<td>Shoulder and Arm Pains</td>
<td>Menstrual Problems</td>
</tr>
<tr>
<td>Poor Circulation</td>
<td>Fatigue</td>
<td>Gall Bladder Disturbances</td>
</tr>
<tr>
<td>Sinusitis</td>
<td>Sciatica</td>
<td>Whiplash Injuries</td>
</tr>
<tr>
<td>Digestive Disorders</td>
<td>Dizziness</td>
<td>Allergies</td>
</tr>
</tbody>
</table>

**EVENTUALLY Chiropractic Care For Health**

**Why Not Chiropractic Care FIRST?**

**Ferrance Chiropractic Center**

12 W. Pine Street     PHILIPSBURG
FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE 342-0534
"Sinusitis"

Sinusitis, or infection of the sinuses of the head, is not a head cold, nor is it an involvement of the nasal passages, but rather it involves the small cavities located in the bones of the head. The symptoms vary but often are headache, nasal discharge, watering of the eyes, pain, and tenderness over the affected areas, swelling of the jaw, and protrusion of the eyeballs (if the case is severe).

From a Chiropractic viewpoint, sinusitis is caused by a depletion of nerve force which flows from the brain to the delicate mucous membranes lining the sinuses, for when this nerve involvement is properly corrected, all the symptoms leave and gone are the worries about climatic conditions, colds, and other phobias of the sinus sufferer.

319 MacDade Blvd.
Folsom
LEhigh 2-9445

Delaware County Daily Times
May 27, 1968

STRANGE SENSATIONS—CALLED PARESTHESIAS

By Dr. Elton D. Harper, D.C.

There may be misalignment of vertebrae in the spine causing pressure on nerves, yet the patient experiences no pain in the back. Instead, a variety of sensations may be felt in other parts of the body. These include tingling, tightness, hot spots, cold spots, crawling sensations, electric shock sensations, stinging, burning and others.

A Chiropractor can examine the spine and nerves and trace these sensations to the misaligned vertebrae before more serious trouble develops.

Here are nine critical symptoms involving back pain of strange sensations which are usually the forerunners of more serious conditions.

- Parasthesias
- Headaches
- Painful joints
- Numbness in the arms or hands
- Loss of sleep
- Stiffness in the neck
- Pain between the shoulders
- Stiffness or pain in lower back
- Numbness or pain in the legs

These symptoms indicate that your body is being robbed of normal nerve function. Until this function is restored, you will be in some degree be incapacitated. The longer you wait to seek help, the worse the condition will become. Don't wait.

Should you experience any of these danger signals, see your Doctor of Chiropractic at once. Next Article — NEXT MONDAY

319 MacDade Blvd.
Folsom
LE 2-9445

Delaware County Daily Times
June 3, 1968

WHAT IS A WHIPLASH NECK INJURY?

By Dr. Elton D. Harper, D.C.

A whiplash neck injury is the involuntary thrust of the head and neck in any direction, and the resulting elastic recoil of the head and neck in the opposite direction, with injury to the surrounding and supporting tissues.

Common causes are automobile collision, a sudden jerk of one or both arms, a violent blow to the head or chin, a reflex jarring of the head due to fright or sudden noise, and any kind of fall that causes sudden forcible movement of the head and neck.

The forces causing the whiplash may result in concussion, contusion or laceration of the soft tissues and may produce strains, sprains, subluxations and dislocations. Joint injuries and fractures to the bones are common.

Whiplash injuries may involve the nerves, arteries, spinal discs, spinal cord, ligaments, muscles, tendons, cartilages, sympathetic nerves, parasympathetic nerves, nerve ganglia, nerve plexus, and the brain.

If you are the victim of a whiplash injury consult your chiropractor as quickly as possible. He is a specialist in structural and spinal disorders. He will advise you frankly, sincerely, and honestly. Follow his directions to obtain maximum results at the lowest cost.

Should your case require additional medical care or examination, your chiropractor will tell you and cooperate fully with your physician on your case.

Next Article — NEXT MONDAY

319 MacDade Blvd.
Folsom
LE 2-9445
I DON'T BELIEVE IT

Dr. Ferrance

I don't believe it is the cry of the past rooted in the shadows of doubt. Today in this fast world, study and application of certain discovered fundamental principles, which bring about proven clinical evidence of results, dispels doubt and ushers in understanding and knowledge. The cry of the past that echoed people couldn't fly, or voices couldn't be transmitted over phones, or radios or pictures over TV — they just didn't believe it. Today there are many people who have experienced the wonderful results of Chiropractic care, they do not need the belief or doubts of the past, because they have knowledge proven results through personal experience. Ask a Chiropractic patient, if Chiropractic helped them. We will be surprised if we do not help you when we accept your case.

EVENTUALLY Chiropractic Care For Health

Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center

12 W. Pine Street

PHILIPSBURG

FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE 342-0534
The nerve supply to the stomach is responsible for the normal function of the stomach and intestinal glands which control the passage of them and the various juices manufactured for digestion. The stomach and intestines are controlled by nerves coming directly from the spinal cord, which passes between segments of the bones of the spinal column. Research authorities in our field relate a surprisingly large number of stomach affictions to the basic cause, of pressure on the stomach nerves. Chiropractic cares for many stomach conditions effectively. Why not see if your condition will clear up with Chiropractic care? You have nothing to lose but your poor health.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center
12 W. Pine Street  PHILIPSBURG
FREE Chiropractic Examination By Appointment
Free Spinal X-ray if Necessary
PHONE 342-0534
NOTICE
SICK PEOPLE

Dr. Ferrance

Have you ever noticed how sick people are so easily irritated, upset, and often nervous and tense? It doesn't have to be sick nerves, or emotional problems alone that create these reactions, and in many cases it isn't that at all. You see, when the body is sick or in pain one can be overcome with a feeling of the unknown and fear, bringing about extreme nervousness and anxiety. However for every sickness there must be an internal cause. A Chiropractic examination and spinal X-rays if necessary can be very thorough so as not to miss the basic underlying cause of either the sickness or the nervousness. That's why Chiropractic care has proven to be so effective in caring for the emotionally upset, nervous and mental problems. If nerve interference is creating sickness in the body, we have found it also to be responsible for creating nervousness. Chiropractic is the safest, most conservative care that should be applied in the majority of these problems first.

EVENTUALLY Chiropractic Care For Health

Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center

12 W. Pine Street PHILIPSBURG

FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE 342-0534
If you are one of the 7 out of 10 people who suffer with back pain, your problem is probably caused by pinched nerves in the spine. Nerve pain is the most common reason for back disability. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched.

Even more important than the back pain is the overlooked fact that the nerves controlling every organ of the body also originate in the spine. Therefore, the misalignment that is causing the pinched nerves in the back can result in a reduction of the flow of nerve energy to some part of the body, which in turn can lead to another disease or painful condition.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

Some of the conditions which respond well to Chiropractic
- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Shoulder and Arm Pains
- Fatigue
- Sciatica
- Dizziness
- Insomnia
- Chest and Rib Pains
- Menstrual Problems
- Gall Bladder Disturbances
- Whiplash Injuries
- Allergies

EASTON CHIROPRACTIC CLINIC
825 Old Phila. Rd., (So. Side) Easton
Hours and by Appointment 253-1651

NERVES JUST NERVES
PINCHED SPINAL NERVES in the neck are often the reason for PAINS in the SHOULDERS, RIBS, ARMS, and HANDS. Frequent STIFF NECKS or HEADACHES can be early signs of spinal misalignments.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

EASTON CHIROPRACTIC CLINIC
825 Old Phila. Rd., (So. Side) Easton
Hours and by Appointment 253-1651
Dr. Ferrance

Foods taken into the body are converted into useful substances by digestive juices of the various glands in the intestines. This mechanism is directly under the control of the nervous system. Nerve irritation either mechanical or chemical can interfere with function of the digestive glands. This is why Chiropractic is so effective for those who suffer with nervous indigestion. Because of the close relationship between digestion and the nervous system it is advisable not to eat when over-tired, tense or under an emotional strain. It would be better to simply relax and rest a bit before eating. However if stomach distress follows you the mechanical blocks creating nerve pressure may be the real basic cause, which would upset the chemistry of digestion. An examination by a Doctor of Chiropractic would then be advisable.

EVENTUALLY Chiropractic Care For Health

Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center

12 W. Pine Street

FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE: 342-0534
An auto collision that doesn't damage your car may still cause serious damage to your spine. Your body cushioned against the back of the seat moves forward with the impact; but your head jerks back; and the violent strain may be great enough to cause one or more spinal bones in the neck to slip out of position. This results in interference with vital nerve energy, by impinging a nerve or compressing the spinal cord. Bringing about conditions of muscle spasm, neuralgia, severe headaches especially at the base of the head and arm and shoulder condition. The insidious thing about occurrences like this is that they may not give rise to immediate symptoms right after the accident — but weeks later the trouble usually begins. It is a wise procedure to consult your doctor of Chiropractic after every accident.

EVENTUALLY Chiropractic Care For Health

Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center

12 W. Pine Street PHILIPSBURG

FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE 342-0534
A Spinal Curvature Can Sap Your Health

Dr. Ferrance

Scientific Chiropractic has gained much knowledge regarding the causes and correction of spinal curvatures. Curvatures of the spine can be so gross that one can see the person is twisted even through his clothes, others are very slight, but many curvatures are responsible for sickly children and poor health in adults. A curvature of the spine slows the adult person down and saps away his energy and strength and even resistance, making him always feel tired and fatigued and robbing him of much good health and the long life he should enjoy. Chiropractic research has brought out the technical skills necessary to correct the majority of these spine curvatures. As a rule, children no longer need to go through life with a crooked back and adults too, can have the structural stability of their spines restored. Correction of these conditions helps to bring forth a surge of new pep and vitality, energy and strength which go to make up the ingredients of good health.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center
12 W. Pine Street PHILIPSBURG
FREE Chiropractic Examination By Appointment
Free Spinal X-ray if Necessary
PHONE 342-0534
Delaware County Daily Times
May 27, 1968

Dr. W. J. DeFries
CHIROPRACTOR
101 West 23rd Street
Chester
SPECIAL ATTENTION GIVEN TO
  □ Low Back Pain
  □ Slipped Disc
  □ Chronic Ailments
  □ Nervousness
MODERN OFFICE
CONVENIENT PARKING
AT THE DOOR
HOURS:
  Morning, Afternoon, Evening
CALL TR 6-1129
To assure no lengthy waiting
Dr. Perry D. Cook, Chiropractor, says:

If you remain sick, has your Doctor recommended that you consult with a Doctor of Chiropractic and have examination so the Chiropractor can find the cause of your trouble?

Phone Oil City 645-8291 for Appointment

Dr. Perry D. Cook, Chiropractor, says:

Chiropractic clinical research reveals that the vast majority of migraine headaches are caused by neurovascular disturbances. Subluxated (misaligned) vertebrae and structural tension in the neck trigger episodes of nerve and blood vessel congestion which result in a migraine headache attack. Scientific chiropractic correction of the underlying cause in the neck can bring about miraculous results in a great percentage of cases. For a more painfree, healthier life, migraine sufferers should be encouraged to seek prompt chiropractic attention.

Phone Oil City, 645-8291
THIS MAY ANSWER YOUR QUESTION
By Dr. Thomas F. Snyder D.C.

Someone remarked the other day that he didn't know Chiropractors could do anything for headaches. Similar remarks are made concerning heart trouble, stomach trouble, hay fever, colitis, rheumatism, and a host of other conditions. Even patients upon recovery from one ailment through Chiropractic are sometimes unaware that adjustments can correct the cause of many other ailments. The point is that Chiropractic is not limited to correcting backache but is an all-around health service.

Chiropractors realize fully that there are conditions necessitating certain medication or surgery, and will not hesitate to recommend these services when they deem it necessary. Bear in mind however, that most cases that come to the Chiropractor have tried everything and have turned to Chiropractic as a last resort.

One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas Franklin Snyder, Chiropractic Orthopedist, Brodheadsville, Pa. Phone 992-4787.

LOW BACK PAINS GONE

Schatzberg Chiropractic Clinic
625 CHESTER PIKE
PROSPECT PARK, PA.
PHONE Lehigh 2-0657

In July Mrs. Wilma Stevens, a housewife, came to this office suffering from headaches and pains "that were at times very painful and sore and made me very irritable. Life was uncomfortable and I was very cross and easy to lose my temper and cry a lot."

Improvement was felt after two months of regular Chiropractic care. "Headaches and pain are gone. I am not cross and cry very little, am not nervous."

In addition to the complete relief and correction of her symptoms, Mrs. Stevens also enjoys the loss of nightmares. "I rest so much easier and sleep very good, no nightmares. The pain and headaches are gone. I am not nervous or irritable and enjoy life so much more and see a better life before me because of no more pain."

Schatzberg Chiropractic Clinic
625 CHESTER PIKE
PROSPECT PARK, PA.
PHONE Lehigh 2-0657
The nerves in your body that control every function, every organ and every muscle originate in your spine. When the bones of the spine slip out of alignment, the spinal nerves are pinched thus reducing the flow of nerve energy to some part of the body. If this "pinching" is not corrected, that organ or muscle suffers and may become diseased or painful.

That is why we say "The Spine is Only the Starting Place for GOOD HEALTH and FREEDOM from DISEASE!"

Some of the conditions which respond well to Chiropractic:
- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Shoulder & Arm Pains
- Fatigue
- Sciatica
- Dizziness
- Insomnia
- Chest & Rib Pains
- Menstrual Problems
- Gall Bladder Disturbances
- Whip-Lash Injuries
- Allergies.

DR. NATHAN SHMUKLER
CHIROPRACTOR
35 S. High Street  West Chester, Pa.
696-2274 Hours by Appointment
PINCHED SPINAL NERVES in the neck are often the reason for PAINS in the SHOULDERS, RIBS, ARMS, and HANDS. Frequent STIFF NECKS or HEADACHES can be early signs of spinal misalignments.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

DR. NATHAN SHMUKLER
CHIROPRACTOR
35 South High Street
West Chester, Pa.
696-2274—Hours by Appointment
DOES YOUR BACKACHE?

If you are one of the 7 out of 10 people who suffer with back pain, your problem is probably caused by pinched nerves in the spine. Nerve pain is the most common reason for back disability. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched.

Even more important than the back pain is the overlooked fact that the nerves controlling every organ of the body also originate in the spine. Therefore, the misalignment that is causing the pinched nerves in the back can result in a reduction of the flow of nerve energy to some part of the body, which in turn can lead to another disease or painful condition.

That is why the Chiropractic profession has always stated that to maintain GOOD HEALTH and FREEDOM from DISEASE, all spinal misalignments should be promptly checked and corrected.

Some of the conditions which respond well to Chiropractic

Nervous Tension Headaches Chest & Rib Pains
Asthma Bronchitis Menstrual Problems
Leg Pains Shoulder & Arm Pains Whip-lash Injuries
Sinusitis Sciatica Allergies

DR. NATHAN SHMUKLER
CHIROPRACTOR
35 South High Street West Chester, Pa.
696-2274—Hours by Appointment
SICK OF BEING SICK?

This article concerns your most valuable possession . . . your health. If you have been sick, if you have tried various methods, if you have given them all a fair chance to help you and you are still suffering, then your condition must be due to the one causative factor that has been overlooked . . . pressure upon vital nerves.

The chiropractor is a specialist in this field. He is trained to locate and correct existing nerve pressures utilizing the most modern developments in diagnostic and therapeutic equipment. Once nerve pressures are released the body is again able to function normally.

May we suggest that you contact the one specialist you may have overlooked . . . a chiropractor for your health problem. The chiropractic examination is entirely different, designed especially to locate nerve pressures causing disease, and is specifically designed also to determine those who may not respond to chiropractic care.

SOME OF THE CONDITIONS WHICH RESPOND WELL TO CHIROPRACTIC

- Sinusitis
- Headaches
- Allergies
- Nervous Tension
- Poor Circulation
- Whiplash Injuries
- Shoulder-Arm Pains
- Menstrual Problems
- Chest & Rib Pains

DR. NATHAN SCHMUKLER
CHIROPRACTOR

35 South High Street
West Chester, Pa.

696-2274 — Hours by Appointment
The Spinal Column
by DR. JERRY NEWMAN

NOBODY KNOWS MY AILMENTS!

"Dr. Newman, I've been to many doctors, but none of them seem to know what's wrong with me!"

This has been the patient's opening remark so many, many times in our office.
He, or she, arrives fully convinced that something terrible is wrong, but that all doctors are duds because none have been able to make the correct "diagnosis" or prescribe the right treatment.
In our articles we frequently quote research scientists who agree with us that your head, heart, stomach, or kidneys, etc., could hurt as a result of pinched or irritated nerves.
Regardless of what your condition has been diagnosed, or called, your chiropractor looks for, and usually finds the trouble in the spine -- spinal curvatures, vertebral displacements, etc., which interfere with normal distribution of nerve energy and Nature's intelligent control of all bodily functions. These spinal misalignments must be corrected and nerve lines set free before you can enjoy permanent relief from mysterious pains.
All sickness has a cause. The sickness is merely an effect. To get well the cause must be removed. This case from our files will illustrate our point.
After four years of almost daily headaches and shaky, tired, worn-out crying spells, a forty-one-year-old engineer's wife from Wilkinsburg decided to try the Newman Chiropractic Center after several other doctors' efforts failed. We found her extremely nervous, irritable, and jumpy at the slightest sound. She also complained of nagging low backaches and tension pains in her neck and shoulders that interfered with her sleep. She had difficult periods, hot flashes, frequent urination, indigestion, gas pains, shortness of breath and chest pains.
Our nerve instruments located nerve blockage in several areas of her spine and X-rays enabled us to make proper corrections. As the nerve pressures were removed, Nature restored normal function and her miserable symptoms gradually disappeared.
This amazingly successful case history is not a blanket guarantee for everyone. Yet, such outstanding results are behind the modern trend toward chiropractic. If you are still suffering in spite of your efforts, investigate. It only takes a few minutes to see what nerve interferences are causing your symptoms.

7424 Washington St., Swissvale
271-0880
For Further Information
NEWMAN CHIROPRACTIC CENTER

The Spinal Column
by DR. JERRY NEWMAN

LOW BACK PAINS
OFTEN INDICATE FEMALE TROUBLE

Female disorders without low back pains are rare indeed. Yet, seldom do women connect the two.
After many hundreds of cases we find most all female trouble associated with low backaches. But, this is easily explained.
The nerves that come out of the spinal column at the belt area just above the hips divide into two main branches. They make a "Y" like a super highway. Usually, when these nerve trunks are irritated at their spinal exit, both branches are affected.
The irritated nerve lines forming one leg of the "Y" causes the muscular aches and pains in the low back area and perhaps down in your legs (frequently called "sciatica").
The irritated nerves in the other part of the "Y" (controlling the pelvic organs) often cause cramps, irregular periods, and other more serious disorders of the lower pelvic area.
Any disturbance of the female organs and any abnormal formations such as cysts and tumors, etc., must have a cause. No abnormal function or growth develops without a cause. Cysts don't just happen! Your "control factor" is your central nervous system -- it must function free of interference to be healthy.
Consider this case from our files. The control factor had a disturbance -- a repairable disturbance, if you know what to repair.
A twenty-three year old school teacher from Monroeville became irritable and intolerant with her first grade pupils and all for good reason. She had been irregular, enduring severe cramps, nausea, nervousness and throbbing headaches for over six months in spite of other doctors' efforts.
She suffered also with backaches, constipation, heart palpitations and constant nervous indigestion, until she came to the Newman Chiropractic Center. Our nerve instruments recorded nerve disturbances in her lower back. She recalled a bad fall years previous that had bothered her ever since. X-rays enabled us to correct her spinal injury and relieve the nerve pressures causing her miserable symptoms. When discharged she reported she was regular again and feeling wonderful.

For Further Information Call!
NEWMAN CHIROPRACTIC CENTER
7424 WASHINGTON ST., SWISSVALE, PA.
271-0880
CHIROPRACTIC X-RAY ANALYSIS reveals even minute spinal distortions... EARLY.

DO YOU SUFFER FROM LUMBAGO, SCIATICA, ARTHRITIS, OR SLIPPED DISC? IF YOU ARE ONE OF THE THOUSANDS WHO DO, THEN CHIROPRACTIC ADJUSTMENTS MAY BE THE ANSWER TO A PAIN FREE SPINE ONCE AGAIN.

DR. J.L. STIDARD
CHIROPRACTOR
10th and McKean Avenue, Donora, Pa.
204 Fourth St., Monongahela, Pa.

For Appointments Call
Office Calls Donora Office 379-4154
By Appointment Only Monongahela Office 379-4154
Northumberland Family Enjoys Abundant Health Through Chiropractic

Our daughter Debbie was born with nerve damage which caused frequent high fevers and convulsions causing partial paralysis of the left arm and left leg. Also Debbie was a very nervous child and susceptible to frequent colds. Debbie was under constant medical care and at age 2 was put on five tranquilizers per day and I was told she would have to take them the rest of her life.

Chiropractic Recommended
A good friend recommended Chiropractic and Dr. Wesley Trout of the Trout Clinic of Northumberland. Even though we were skeptical we felt we had nothing to lose. To our amazement, Debbie began to respond immediately to the first few adjustments.

Son Responds
Our son David had been sick all winter with cold and fever. We decided to try Chiropractic and again the adjustments began working and it’s rare that David ever gets the sniffles anymore.

Truck Driving Husband Hurts Back
My husband Paul is a truck driver and on several occasions has injured his back so severely that he was unable to dress himself. Again we called Dr. Trout and after several adjustments he was up and back to work again. Once while away from home he became very ill and was in the hospital for several days. After being home one day, he began getting sick again. No relief was obtained until he had an adjustment. After a week of rest and adjustments Paul was back on the job again.

Suffers Sinus Trouble 8 Years
I had suffered for eight years with sinus trouble before turning to Chiropractic. I was continually taking pills and using many different kinds of sprays and nose drops to be able to breathe. In a period of one and one half months I had three sinus operations. This drained me physically to a point where I was unable to do anything for two months.

We thank God and Dr. Trout for giving us our regular Chiropractic adjustments. Now we are a healthy, happy family and amazingly as it may seem, without shots, pills or surgery, and Debbie is able to keep up with all the other children in school.

We give this testimony in hopes that others will see the value of Chiropractic and that they too may be able to live a happy, healthy, natural life.

MR. & MRS. PAUL SHAMP
665 Prince Street
Northumberland, Pa.

DR. WESLEY E. TROUT

Presented as a public service by Dr. Wesley E. Trout, Trout Chiropractic Clinic, Northumberland, Pa. Phone 473-3585.

Only a Chiropractor can tell if you are a Chiropractic case.

(No charge made for any examination at our Clinic.)

—ADVT.
BACKACHE?
SEE A CHIROPRACTOR
by Dr. Wesley E. Trout

Heat (heating pads, hot water bottles and such) brings temporary relief and helps to soothe the injured nerve, but unless you take steps to remedy the cause, further distress may ensue. The cause, displacement of vertebrae, usually yields quickly to the skilled treatment by your Chiropractor.

Farmers and others who labor with their hands, bending their bodies, are especially prone to suffer back pains. Many an overworked laborer has come "down in the back" with pains that just won't go away. Such an attack strikes an economic blow as well as a painful one, because no one can work when every movement means torture of the worst sort. So this means the "down-in-the-back" worker must seek relief in bed until he wears out the pain.

Back pains may develop as the result of any number of contortions through which humans go. You reach down to pick up a paper, twisting slightly, and "Yeow!" when you try to straighten up, it feels as if somebody had hit you in the spine with a 24 pound maul. You reach up to prune a fruit tree, stretching a little to reach the limbs, and "Whooy!" something rips somewhere... or at least it feels like something rips. And so you hobble around, hunched over against the pain and wincing at every step, until folks want to know what happened to the truck you ran into. Clearly, something went wrong. It sure did. What happened was simple... you pinched a nerve between two misaligned vertebrae and the nerve is screaming for help.

This time-consuming method of fighting back pains is so needless, when one has a Chiropractor within each reach to consult for blessed relief. The Chiropractor, quickly locating the site of the trouble, can give the necessary adjustments to correct the misalignment, and a short period of rest enables nature to complete the cure.

Unless the trouble is corrected, it may return quickly and without warning, for once the vertebrae have misaligned, it is easier for them to do it again.

The Chiropractor's gentle treatment insure against this.

Clearly, something went wrong. It sure did. What happened was simple... you pinched a nerve between two misaligned vertebrae and the nerve is screaming for help.

Dr. Wesley E. Trout
Chiropractor

Why continue to suffer with backaches, chiropractic may help you — Presented as P.S. by Dr. W. Trout of Trout Chiropractic Clinic, R. D. 1, Northumberland, phone 473-3585. — ADVT.
WHAT DO YOU KNOW ABOUT CHIROPRACTIC?

By DR. WESLEY E. TROUT

EDISON KNEW—DO YOU?

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame and in the cause and prevention of disease." — Thomas A. Edison.

This electrical genius obviously understood the mechanism of the human body as well as the end result of a light switch. A good chiropractor could not put it more succinctly. Edison knew that the nervous system of the body—beginning with the brain, running through the spinal cord and out to all parts of the body, was the clear channel station communicating from the brain to the little toe. To block that nervous system is as disastrous as blocking an electrical system, and static—disease—must follow.

Health Within

The chiropractor's entire professional purpose is to keep that nervous system free of impingement. X-rays find the cause of the blockage. Adjustment frees the nervous system. The clear channel station is sound again.

Thomas Edison realized that health comes from within the human body. Doctors can make all systems "Go," but the patient's body will then do the final job of healing.

That's why a chiropractic doctor will tell you, "I cannot claim to cure you. But we can make an adjustment to release the nerve flow so that your body can be in condition to heal itself."

No one has to be a genius to understand that.

Why continue to suffer, Chiropractic may help you.

Presented as a public service by Dr. Wesley E. Trout, Trout Chiropractic Clinic, R. D. 1, Northd., Pa. Phone 473-3588.

—ADV'T.
THE SPINE IS ONLY THE STARTING PLACE

The nerves in your body that control every function, every organ and every muscle originate in your spine. When the bones of the spine slip out of alignment, the spinal nerves are pinched thus reducing the flow of nerve energy to some part of the body. If this “pinching” is not corrected, that organ or muscle suffers and may become diseased or painful.

That is why we say “The Spine is Only a Starting Place” for GOOD HEALTH and FREEDOM from DISEASE!

Some of the conditions which respond well to Chiropractic:
- Nervous Tension
- Asthma
- Leg Pains
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Shoulder and Arm Pains
- Fatigue
- Sciatica
- Dizziness
- Insomnia
- Chest and Rib Pains
- Menstrual Problems
- Whiplash Injuries
- Allergies

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH STREET
PHONE 323-3369
BY APPOINTMENT

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369

NEURITIS?
SCIATICA?
HEADACHES?

HAVE YOU TRIED CHIROPRACTIC?

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369

ARTHRITIS

It is untrue to say that nothing can be done except to drug away the symptoms. Although a definite cure may not be possible, much can be done to relieve the aches and pains in specific joints due to arthritis. CHIROPRACTIC TREATMENT CAN HELP YOU FEEL BETTER WITHOUT THE USE OF DRUGS.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369

HAD AN ACCIDENT?

Even minor accidents may injure the spine and cause musculo-skeletal and nervous disorders for weeks and months. Your Chiropractor is a specialist in locating and correcting blocked or pinched nerves which can result from an accident. Chiropractic works wonders.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369

DANGER SIGNALS:
1. Stiffness: or pain in lower back.
2. Numbness, pain, tingling in legs.
3. Extreme fatigue in back or legs.
4. Frequent pain between shoulders.
5. Persistent pain & muscle tension in back of neck.

Pinched nerves may be the cause of these painful conditions. The spine is the starting place. Chiropractic today means a better tomorrow.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369
CHIROPRACTIC: 
A Better Way

Why Be Sick When You Can Be Well?

Doctors of Chiropractic do not rely upon artificial means—drugs or surgery to fight disease. Our methods encourage the healing power of Nature, so that disease is reversed and health comes from within.

Think! Is disease due to a lack of drugs circulating in the blood? Why then expect drugs to restore health? This is negative thinking! We know they are needed in advanced and emergency cases, but to really restore health you must do more than drug away the symptoms or cut out the offending part. We say, let nature have a chance first. In other words, Chiropractic First, Medicine Second, Surgery Last.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 High St., Pottstown
BY APPOINTMENT
Phone 323-3369

BACK and LEG PAINS

Many people are aware of the EXTREME BACK and LEG PAINS that can result from spinal nerve-interference. There may be merely a dull pain, and at its least, pain of this type is a continual, constant source of annoying discomfort and distress. However, at its worst, pain is of almost unbearable severity and intensity, as all ordinary movements are prevented or made with slow deliberation. Rest seems impossible while coughs and sneezes are fearfully anticipated because of the excruciating increase in pain.

Pain is most often described as radiating from the back of the buttock and along the back or side of the leg, extending into the calf, ankle or foot. Many people have referred to the response in conditions of this type as a "miracle of modern chiropractic healing methods."

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 High St., Pottstown
BY APPOINTMENT
Phone 323-3369

SINUS?
HAY FEVER?
ALLERGY?

Proper function of nerves, organs and glands will restore the natural immunity of the body to fight off these conditions.

You can experience genuine lasting relief through chiropractic treatment.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 High St. BY APPOINTMENT PH. 323-3369

NECK AND BACK PAINS

Mankind's most common ailments are neck ache and back ache caused by spinal misalignments which put undue stress on spinal muscles and ligaments.

Occupational stress, poor posture, accidents, lack of exercise aggravate spinal weakness and produce pain.

For these complaints, consult your doctor of Chiropractic who has specialized in the study of the spine and nervous system.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 High St. BY APPOINTMENT PH. 323-3369
THINK
Who heals cuts and bruises?
Who mends broken arms?
Who repairs damaged organs?
ONLY NATURE CURES
The human body is capable of healing itself provided the normal functions of the body are not interfered with. Proper nerve function is the most important, your chiropractor is a specialist in this field!

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369

Four Signs of Low Back Disorders
ARE THE ELEVATED HIP, LOSS OF MOVEMENT, PAIN, and SWAY BACK. The high incidence of low back pain is not surprising when we combine the facts that most low back pains are due to mechanical defects of the spine and that 75 per cent of all forward bending or stooping motion occurs in the low back.

The structural or mechanical defects of the low back usually develop slowly and without pain over a period of many months.

The first signs of the developing defect might be no more than an occasional "catch," or a slight change in posture, or the vague weakness or tight feeling in the hips or legs. As the defect develops to a critical point, a slight unguarded move or an unusual exercise is sufficient to disable the victim for days, weeks or permanently.

Bears this in mind: your chiropractor is especially trained to locate and correct low back distortions. See him first — at the first symptom.

DR. JOHN J. YUSKO
CHIROPRACTOR
1325 HIGH ST. BY APPOINTMENT PH. 323-3369
I Am Convinced, That If You Can
Get Sick You Can Get Well.

Dr. Robert P. Bengel
Bengel Chiropractic
Clinic
825 Freeport Road
Brackenridge, PA
Ph. 224-2224

To Whom It May Concern:

In 1964 I was in an auto accident and had a whiplash. I had severe headaches continuously. I was treated in two hospitals and was in traction about 11 days. About 5 months after leaving the hospital my headaches started again. In December 1967 I went to a Chiropractor because my headaches were daily and I couldn't stand it any longer. Treatments took time and in March I started feeling like myself again.

I wish to thank Chiropractic for the help it gave me.

Sincerely,
Helen D. Bombyk

Signed, Sworn and Notarized

The Bengel Chiropractic Clinic wants EVERYONE to enjoy good health . . . regardless of the condition or financial ability to pay!

SEE A DOCTOR OF CHIROPRACTIC IN YOUR AREA
Your Chiropractic Health!
Have You Wondered
What Conditions Respond to Chiropractic?

Just about everyone knows that chiropractic is successful in treating conditions of the NECK and BACK. Also, many people realize its effectiveness in NEURITIS AND SCIATICA, but the average person doesn’t realize the far reaching benefits of chiropractic. In just 70 years chiropractic has become the second leading healing art in the world, helping millions of sick people every year. Chiropractic grows only because of results that sick people receive. This is not meant to imply that everyone gets well, a statement like that would be ridiculous, but millions have been helped where all else failed. Chiropractic works directly with the NERVOUS SYSTEM of the body, and it is a physiological fact that all functions of the human body are controlled either directly or indirectly by the NERVOUS SYSTEM. Considering that fact, chiropractic treatment could be the answer in conditions such as ARTHRITIS, ASTHMA, BURSITIS, HYPERTENSION, HEADACHES, INSOMNIA, MENSTRUAL DISORDERS, NERVOUSNESS, ETC.

Time plays an important part in chiropractic treatment so we urge that you not wait until all else has failed. SEE YOUR CHIROPRACTOR NOW. Adv.

Pennsylvania Chiropractic Society District 3
LET YOUR ATTITUDES GUIDE YOU TO BETTER HEALTH

Does your health reflect your attitudes? The axiom says: “Look for trouble and you shall find it.”

And when the trouble-seeker attains his goal, his success is frequently crowned by a physical breakdown. Statistics prove that sickness can be the direct result of emotional disturbance.

To say that all lives can run smoothly all the time would be a distortion of fact. But one of the most vivid signs of maturity is the ability to think constructively and with calm tolerance, come what may.

We have only to look at the modern world of science to discover that the problem without a solution is indeed a rarity.

For a winning combination in the battle for better health, your doctor of chiropractic says: Dismiss those attitudes which are negative, and team up with those which are constructive and exhilarating.

Pennsylvania Chiropractic Society
Your Chiropractic Health!
YOU NEED EXERCISE

Action is a law of our being. Every organ of the body has its appointed work to do, the performance of which strengthens and develops that organ. The normal action of all the organs gives strength and vigor to the body, while the tendency of disuse is toward decay and death. Bind up an arm, even for a few hours, days, or weeks, then free it from its bands, and you will see that it is weaker than the one you have been using normally during the same period of time. Inactivity produces the same effect upon the whole muscular system.

Inactivity is a fruitful cause of disease. Exercise quickens and equalizes the circulation of blood, but in idleness the blood does not circulate freely, and the changes in it, so necessary to life and health, do not take place. The skin, also, becomes inactive. Impurities are not expelled as they should be if the circulation had been quickened by vigorous exercise, the skin kept in healthy condition, and the lungs fed with plenty of pure, fresh air. This state of the system throws a double burden on the excretory organs, and often results in disease. Likewise, other organs are called upon at times to carry a double load. If they are not in a healthy condition, they are not able to do their own work, and certainly cannot take on more duties.

Your chiropractor can help you to keep all the organs of the body in proper working condition.

Consult him at your earliest opportunity.

Pennsylvania Chiropractic Society District 3
WHAT IS HEALTH?

Health may be described as freedom from physical or mental disease, a state of being hale or sound. It is our greatest asset, the most important form of wealth, the source of our livelihood, the physical basis of our ability to enjoy life, and by far our most glorious possession.

Chiropractors are proud to be able to contribute in whatever measure they are given the opportunity, to help nature establish health to those who have lost it, and to maintain health to those who have recovered it, under the ministrations of this great health science.

To many, the only hope for complete achievement and maintenance of health, lies in correcting and keeping corrected, the mechanical causes of disease.

When you combine this with corrective eating and proper living habits, a positive and optimistic mental attitude, you are well on your way to complete and vibrant health.

Pennsylvania Chiropractic Society
The Nation's No. 1 Health Problem

Heart Trouble

How many of us have friends or relatives who are handicapped throughout life from the effects of a heart which fails to function properly?

Heart Action

Because the heart is purely a muscular structure, it is possessed of the power of contraction. When it contracts, it produces pressure on blood contained in its cavity. This blood is then forced out into the great vessels attached to the heart. The blood is circulated throughout the body and is returned to another cavity in the heart and is then sent through the lungs to be purified, back to the heart and redistributed by the heart to the body. Thus the process goes on as a continuous cycle.

If Interference Exists

If the heart is to function normally, there must be no interference to the nerves which transmit energy from the brain to the heart, and thus produce the pumping action.

The spine is the only place along the nerve course where such an interference can exist.

If vertebrae are out of normal position, they will produce an impingement upon the nerve fibers. This interference must be corrected if the heart is to function normally.

A Hint For a Healthy Heart

Eat sensibly, get plenty of real physical exercise, rest the body and mind, and consult your doctor of chiropractic about your future health.

See your local Doctor of Chiropractic for your health's sake
Questions and inquiries may be sent to Box 87 . . . Neffsville

Sponsored by Public Relations Committee

Lancaster County
Chiropractic Society
The Eight Danger Signals

These critical symptoms are usually the forerunners of more serious conditions. Spinal pressure and tension on nerves rob your body of essential nerve energy. Spinal short circuits in your nervous system may produce serious illnesses by nerve energy slow-down.

NIP IT IN THE BUD — WATCH FOR THE SIGNALS

WHENEVER ANYONE OF THESE DANGER SIGNALS APPEAR SEE YOUR DOCTOR OF CHIROPRACTIC IMMEDIATELY FOR A CHECKUP.

NORTHAMPTON COUNTY CHIROPRACTIC SOCIETY

PUBLIC SERVICE MESSAGE
IT IS UNETHICAL TO TELL THE TRUTH!!!

This Article Sponsored by:
Allegheny Kiski Valley Chiropractic Association

It is UNETHICAL for one medical doctor to testify against another who was negligent.

It is UNETHICAL for us to say that the A.M.A. does not care as much about your health as it does your purse. (Its opposition to medicare). It is UNETHICAL for us to say that at least half of the back operations done in this country are uncalled for.

It is UNETHICAL for us to tell you that we are not the healthiest nation in the world but rather way down in twelfth place.

It is UNETHICAL to say that the drug industry made 10 billion $ in 1958 and will make close to 30 billion $ this year AND WE ARE SICKER THAN EVER! It is UNETHICAL for us to say that plain old oil was 'modern medicines' cure for cancer in 1859 and is now 'modern medicines' cure for constipation.

It is TERRIBLY UNETHICAL to say that the A.M.A. and most medical doctors keep people out of chiropractic offices and as a result needless and harmful operations are performed.

It is UNETHICAL for us to tell YOU that 85% of the present patients that are not responding to ancient medical treatment WOULD respond to chiropractic. WE LOVE BEING UNETHICAL, IF IT MEANS HELPING PEOPLE GET WELL.

Dr. Agostino, Dr. Campbell, Dr. Rucki
New Kensington
Dr. Meehan, Oakmont - Dr. Kuth, Vandergrift
Dr. Bengel, Tarentum
URGENT:
YOUR
HELP NEEDED
TO OUR PATIENTS AND ALL
FRIENDS OF CHIROPRACTIC:

Perhaps you have seen the recent newspaper articles and
news reports which relate the attack the Pennsylvania Medical
Society is making on Chiropractic. This is the story:

In 1968, House Bill 1474 passed the Pennsylvania House of
Representatives by an overwhelming vote of 182-2. This Bill
provides that Chiropractors be paid on an EQUAL BASIS with
Medical doctors in Pennsylvania (State Public Welfare Program).
Last week this Bill passed the first two readings on the Senate
floor. The third and final reading and vote was to be taken this
week. In an effort to prevent CERTAIN passage, the Pennsyl-
vania Medical Society demanded a probe of Chiropractic. It was
done ONLY to stop Senate passage of the bill.

THE PROBLEM: DISCRIMINATION IN HEALTH CARE.

YOU, the people of Pennsylvania, do NOT have a freedom of
choice in many insurance plans, in Public Welfare (Pennsycare)
programs, or in Medicare. YOUR money pays for these plans,
but YOU must go only to the M.D. ... YOU do not have the
freedom to choose which doctor or what type
of care you want.

The Medical Society has asked for an investigation as a
stalling action. No investigation is needed for a profession that
has proved itself all been recognized. Chiropractic has been
licensed as a healing art by the State Legislature since 1951,
by the Pennsylvania Workmen's Compensation Board, and by
Attorney General's ruling.

The problem is not the fight between Medicine and Chirop-
pract. We chose to go our separate ways in healing years ago.

THE PROBLEM: DISCRIMINATION AND OBSTRUCTION
OF FREEDOM OF CHOICE IN HEALTH CARE.

It has been said that the inclusion of Chiropractic coverage
in insurance and welfare programs would cost more money. This
is not true. It would only INSURE that when YOU had a health
problem YOU could choose to go either to a Chiropractor or an
M.D. Chiropractic is an ALTERNATE service, not an additional
one, and as such, it would not cost more money at all.

It will be forwarded to the proper legislator who will see
if your letter receives the proper consideration in the
State Legislature.

THANKING YOU MOST SINCERELY,
TRI-COUNTY CHIROPRACTIC
ASSOCIATION

— ADVT.
URGENT: YOUR HELP NEEDED

To My Patients and All friends of Chiropractic:

Perhaps you have seen the recent newspaper articles and news reports which relate the attack the Pennsylvania Medical Society is making on Chiropractic. This is the story:

In January 1968 House Bill 1474 passed the Pennsylvania House of Representatives by the overwhelming vote of 181-2. This Bill provides that Chiropractors be paid on an EQUAL BASIS with Medical doctors in Pennsycare (State Public Welfare Program). Last week this Bill passed the first two readings on the Senate floor. The third and final reading and vote was to be taken this week. In an effort to PREVENT CERTAIN passage, the Pennsylvania Medical Society demanded a probe of Chiropractic. This was not out of concern for the welfare of the people, nor was it out of a desire to recognize Chiropractic. It was done ONLY to stop Senate passage of this Bill.

THE PROBLEM: DISCRIMINATION IN HEALTH CARE

YOU, the people of Pennsylvania, do NOT have a freedom of choice in many insurance plans, in Public Welfare (Pennsycare), or in Medicare. YOUR money pays for these plans, but YOU must go only to the M.D. ... YOU do not have the freedom to choose which doctor or what type of care you want.

The Medical Society has asked for an investigation as a stalling action. No investigation is needed for a profession that has proved itself and been recognized. Chiropractic has been licensed as a healing art by the State Legislature since 1951, by the Pennsylvania Workmen's Compensation Board, and by Attorney General's ruling.

The problem is not the fight between Medicine and Chiropractic. We chose to go our separate ways in healing years ago.

THE PROBLEM: DISCRIMINATION AND OBSTRUCTION OF FREEDOM OF CHOICE IN HEALTH CARE

It has been said that the inclusion of Chiropractic coverage in insurance and welfare programs would cost more money. THIS IS NOT TRUE. It would only INSURE that when YOU had a health problem YOU could choose to go to either a Chiropractor or an M.D. Chiropractic is an ALTERNATE service, not an additional one, and as such it would NOT cost any more money at all.

Our State Senator and Representative friends have requested that to end discrimination against Chiropractic we should ask our patients and friends to WRITE LETTERS WHICH WILL SHOW how many people go to Chiropractors, PROVE the effectiveness of Chiropractic, and EXPRESS what the people think about Chiropractic. The best qualified proof is the testimonial letter from those who know Chiropractic by personal experience.

We don't have a lot of money and power to play politics, but we do have YOUR FRIENDSHIP — and the voice of the people MOVES politics.

WHAT TO WRITE:

1. Date
2. Address it to me, Dr. Wengert
3. Relate YOUR experience with Chiropractic, how it helped you, your family.
4. Express what YOU think about Chiropractic.
5. Request that discrimination in the healing arts be stopped by insuring YOUR freedom of choice for the type of doctor and care YOU want in all welfare and insurance programs (which YOU pay for).
6. Sign your name and address. Mention your type of work or profession.

YOUR LETTER WILL BE YOUR VOTE FOR YOUR FREEDOM OF CHOICE IN HEALTH CARE

The legislators need proof — and YOU, our friends, are the best proof of the FACT that CHIROPRACTORS HELP PEOPLE.

I will forward your letter to me as soon as possible.

DR. NORMAN E. WENGERT, 715 MARKET STREET, SOUTH WILLIAMSPORT, PA.

I will forward it to the proper legislator (the Hon. Anita P. Kelly) who will see to it that your letter receives the proper consideration in the State Legislature.

Thanking you most sincerely,
CHIROPRACTIC FRIENDS
HELP SUPPORT H.B. 1474

Your support for House Bill No. 1474 is particularly important at this time when the bill is before the Senate for voting.

H.B. 1474 proposes to include Chiropractic care in the Public Assistance and Pennsy-Care programs.

Thousands of patients in Pennsylvania use Chiropractic care. All people should have a "freedom of choice" as to how their health needs would best be met, either Medicine or Chiropractic.

IS A CHIROPRACTOR QUALIFIED?
The following is a direct comparison of the minimum curriculum for Chiropractic College with that of an approved "Class A" Medical School:

<table>
<thead>
<tr>
<th>Medical College</th>
<th>Chiropractic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Hours</td>
<td>Number of Hours</td>
</tr>
<tr>
<td>Anatomy (including Histology)</td>
<td>504</td>
</tr>
<tr>
<td>Physiology (How The Body Works)</td>
<td>162</td>
</tr>
<tr>
<td>Biochemistry, Bacteriology &amp; Pathology</td>
<td>486</td>
</tr>
<tr>
<td>Pharmacology (Medicine)</td>
<td>144</td>
</tr>
<tr>
<td>Dermatology (Study Of The Skin)</td>
<td>720</td>
</tr>
<tr>
<td>General Surgery</td>
<td>468</td>
</tr>
<tr>
<td>Chiropractic Symptomatology and Diagnosis</td>
<td>None</td>
</tr>
<tr>
<td>Chiropractic Principles and Practice and X-Ray (Palpation Of Bones With Fingers)</td>
<td>None</td>
</tr>
<tr>
<td>Public Health</td>
<td>108</td>
</tr>
<tr>
<td>Other Subjects</td>
<td>1008</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>3600</strong></td>
</tr>
</tbody>
</table>

Please support House Bill 1474. Send your reply to Sunbury, Box 204. We will see our Senator receives it.

Thanking You Most Sincerely,
TRI-COUNTY CHIROPRACTIC ASSOCIATION.
DIABETES

Dr. Ferrance

Four million people in the United States are victims of Diabetes. The condition has increased 100% in the last 15 years. Medical authorities point out that it seems to be a scourge of Civilization. Insulin and Ormase have really proved to be a blessing to those severely affected. Dr. Mathew Sportelli, in Easton, Penna., who directs the Sportelli Clinical Laboratories, can tell you of the great role that Chiropractic can accomplish for patients with diabetes. Chiropractic adjustments enable many of these people to reduce or quit their insulin or ormase and many can avoid them permanently if cared for in time. Chiropractic is most effective in the early stages but very beneficial for all cases of diabetes.

EVENTUALLY Chiropractic Care For Health

Why Not Chiropractic Care FIRST?

Ferrance Chiropractic Center

12 W. Pine Street  PHILIPSBURG

FREE Chiropractic Examination By Appointment

Free Spinal X-ray if Necessary

PHONE 342-0534
Healthy Digestion

By

Dr. Thomas F. Snyder D.C.

The nervous system is important in digestion. It coordinates various organs of digestion; and, when the nervous system is impaired, the organs cannot act in a normal way.

Foods must be chewed, and the nerves direct the action of the jaw, tongue, muscles, and glands of the mouth and stomach and other additional blood supply; and, when food enters the intestines, controls again the muscles for complete assimilation. In addition, excites the gall bladder and large intestines. Anyone of these functions not working properly can make digestion irregular. This is why Chiropractic care is necessary to allow the nervous system to maintain healthy digestion.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas F. Snyder, D.C., Brodheadsville, Pa., Phone: 902-7787.)
Frequently people trip over rugs or other objects on the floor at home. The tripping could be over an unknown projection on the sidewalk, or over a hammer or piece of lumber left around carelessly on some construction job.

In such falls the arm is extended to "brake the fall." The hand is the first part of the body to hit the floor, or walk. The direction of force from the impact is through the arm and shoulder to that part of the "shock absorber" just adjacent to the shoulder. If the shock is too great to be absorbed, vertebrae in this region can be shocked slightly from the normal position and interfere with spinal nerves. Some possible effects from such strains are: neuritis, chest pain, heart disturbances, bronchial conditions, etc.

Chiropractic correction of position of the vertebrae, thus removing interfering function, is the logical approach to recovery.

CHIROPRACTIC CLINIC
196 N. Franklin St.
Hours 1-5 & 6-8 Mon. thru Sat.
Phone 824-1908—Park in Rear