ATTACK THE CAUSE

ARE YOU TIRED
Of Having Your SYMPTOMS Treated
Only To Have Them Return Again And Again?

CHIROPRACTORS Will Attack The CAUSE Of
Your Disease By Releasing The Nerve
Interference Caused By Misplaced Vertebrae.
This Nerve Interference Deprives Your Body Of
The Power You Need To STAY Healthy.

WE ACCEPT ALL CASES REGARDLESS OF
FINANCIAL ABILITY TO PAY

DR. LEO S. OAKCHUNA
Chiropractor
120 Wyoming Avenue, Wyoming, Pa. 18644

FOR APPOINTMENT CALL 693-0177

HOURS: Mon., Wed., Thurs., Fri. 10-12 Noon, 1-4 P. M., 6-8 P. M.
Tuesday and Saturday By Appointment Only

FREE SPINAL X-RAYS
WHEN NECESSARY

IT IS UP TO YOU!!!

Is your car in better functioning condition than your body?
It is a known fact that most people take better care of their
car than they do of their own bodies. If your car isn’t run-
ing right you take it to the garage and have them find the
cause of the problem before something serious goes wrong.
If something in our body is not functioning properly we
wait for it to go away or else cover it up with some pain
killer. After a period of time the pain killer no longer
works. Result, the surgeon removes the organ or organs in-
volved.

Could there have been nerve interference between the
organs involved and the brain? Wouldn’t it have been
better to remove the nerve interference by specific gentle
scientific CHIROPRACTIC adjustments rather than
removing the stomach or liver or gall bladder!

KRUPAR
CHIRORACTIC
LIFE CENTER

Dr. Andrew C. Krupar
Dr. Betty O. Krupar
Dr. Homer L. Bowers

327 West
Pittsburgh St.,
Greensburg, Pa.

Dr. Andrew C. Krupar
CHIROPRACOR

Dr. Homer L. Bowers
CHIROPRACOR

PHONE 834-1897

Tribune Review 4/18

Times Leader W.B. 4/24
THE SILENT KILLER

VERTEBRAL SUBLUXATION

A killer of millions of people yearly as a basic cause of the "failure diseases" such as:
- failure to control nervous tension
- failure to deliver a baby properly
- muscle function failure
- digestive failure
- failure of any organ to function properly.

VERTEBRAL SUBLUXATION is a condition in which nerve control is lost or blocked between the brain control centers and the organs by a small displacement of the spinal bones, causing organ failure.

ARE YOU A VICTIM OF VERTEBRAL SUBLUXATIONS?

Only a chiropractor is trained to detect and eliminate vertebral subluxations. We call them silent killers because they cause no pain, generally, nor do they produce any obvious sign of their presence. Only a careful chiropractic examination will reveal them. And yet, they silently eat away at your life and well being, until it is too late.

IF YOU ARE SICK AND NOT IMPROVING . . . THE SILENT KILLER MAY BE YOUR PROBLEM. TRY CHIROPRACTIC; IT MAY HELP YOU.

TROUT CHIROPRACTIC CLINIC
PHONE 473-3585
R.D. #1, DANVILLE HWY. NORTHUMBERLAND, PA.

Daily Item - Sunbury 7/1
WHY IS IT THAT
CHIROPRACTIC
SUCCEEDS
AFTER OTHER METHODS
HAVE FAILED?

No matter how long you have been sick, no matter what you are suffering from, no matter what you have been told about your problem, it may be that you are strictly a Chiropractic case and have been treated for something else. You cannot say everything has been done unless you have first tried chiropractic.

WHY BE SICK WHEN YOU CAN BE WELL?

Dr. D. G. Ridenour
412½ Allegheny St.
Hollidaysburg, Pa.
Phone 695-8027

Times leader
Wilkes Barre
7/22
BLOOMSBURG
CHIROPRACTIC
CENTER

YOU ARE LOOKING AT SOME GOOD REASONS . . .
FOR WANTING CHIROPRACTIC CARE

SCIATICA ENDED

Shortly after falling down a stairway and
injuring the lower portion of my spine; I
developed a continuous, dull, throbbing
pain down the hip, thigh, and into the calf
of the right leg.
Traction therapy provided some relief,
which lasted less than a month. As the
condition continued over a period of time,
it became difficult to work.
I began care at the Bloomsburg Chiroprac-
tic Center following a chiropractic and
physical examination, a case history, and
x-rays. I had relief on my first adjustment
and improvement with each following ad-
justment. Now I go once every six weeks
as preventive maintenance care, to keep
me feeling well.
I was referred by a friend, who I’d like to
thank for setting me straight about Chiro-
practic.

Carl Ramsey
Sunbury
Pa.

INJURY DUE TO ACCIDENT

As the result of being involved in an auto-
mobile accident and a fall from a tractor,
I developed an arthritic condition in my
left knee, numbness in right leg and foot,
pain in the groin, hip, and also pain of the
right shoulder. My symptoms became ex-
tremely worse, after neglecting them for
many years.
Conventional methods proved unsuccessful
and I was referred to the Bloomsburg
Chiropractic Center. After a chiropractic
and physical examination, and chiropractic
x-rays; it was pointed out that a problem
existed in the spine from an accumulative
condition.
In a very short time chiropractic gave me
lasting relief, so why not call and make
your appointment soon.

Joe Yoder
Dairy Farmer
Belleville, Pa.

TO MAKE YOUR APPOINTMENT CALL . . .
Chiropractors Glenn and Robert Neiderhiser Today
784-0960
Headaches, Nervousness, Stomach Problems, Heart Condition, Menstrual Cramps, Diabetes and Dizziness

Neglect causes sickness in all persons, including the very young, and the very old.

You are checked to see if something has already happened.

You neglect your nervous system - it runs the body.

You neglect your diet, it builds the body.

You neglect the proper care for years, then wonder why you got sick.

Getting well and staying well is regular care and keeping the nervous system clear of problems.

Chiropractic attempts to clear the nerves, so they may direct the body, so it may function normal.

Why wait until your sick?

Prevent it.

Get well and stay well thru Chiropractic.

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
R.D. 1, Thomasville, Pa. 17364

CALL FOR AN APPOINTMENT 717-225-1071

ALL CASES ACCEPTED REGARDLESS OF ABILITY TO PAY

Bursitis can be corrected

These sharp, aggravating pains seem to come from nowhere. They develop suddenly and they seem destined to last for life, unless blessed relief is obtained. In the case of a mild attack, heating pads or hot water bottles offer temporary relief, but only removal of the cause will give long-term cessation of the pain. The cause is simple - a nerve is being pinched. The removal of the cause likewise is simple - gentle adjustments of the spinal column to end the misalignment of vertebrae pinching the nerve.

For bursitis and similar “screaming” or tortured, pinched nerves consult your Chiropractor for quick and lasting relief.

Dr. W. B. Kenesky
Chiropractic Physician
601 Centre Street Ashland
Phone 875-1919

X-RAY SERVICE
OUR PATIENTS SPEAK . . .

TO WHOM IT MAY CONCERN:

For years I’ve had trouble with my back. Various doctors told me I was high-strung, had arthritis, rheumatism — among other things. I was given pills, shots and physical therapy, but my back problem was always with me.

In April 1972 I had a baby. From then on my back bothered me more and more. Finally, one morning I woke up with paralyzing pain in my left side and down my leg. I tried medicine and shots again with no relief. In fact, they made me feel worse. I felt that no one really cared about helping me. I went nine days without sleeping — two weeks unable to lie down.

As a last resort before entering the hospital for traction or surgery, I thought I’d try chiropractic care with Dr. Weaver. I received regular chiropractic adjustments. Gradually the pain disappeared. Since starting chiropractic care, I not only have been relieved of my back pain, but I have regained my health in many other ways.

Thanks to Dr. Weaver, I feel great!

If you are sick and need help, I know he can help you too. Call Dr. Weaver today. You’ll be glad you did!

Mrs. Norma Heiland
117 Oakleigh Drive
York, Pa. 17402

Why Be Sick When You Can Be Well?
All Cases Accepted Regardless of Financial Ability to Pay.
Free Spinal X-rays When Paid From the Family Budget.

Dr. L. E. Weaver, Chiropractor
Phone 843-5503
1215 E. Market St., York

YOU’RE THROWING YOUR HEALTH AWAY!

Yes, that is exactly what you are doing when...
... you do not consult your doctor of chiropractic on a regular basis. Periodic check-ups and spinal adjustments will locate and correct impending muscle-skeletal problems complex neuro-spinal system in the early stages before disability and illness becomes critical.
... you frequently and habitually use medications and drugs not vitally necessary for disease control.
... you smoke cigarettes; use “instant foods” or other foods high in chemicals and preservatives; or do not make every effort to avoid environmental pollutions.
... you make little effort to control your emotions.
... you do not follow a health plan dictated by the laws of Nature.

CHIROPRACTIC CENTER OF LIFE
1725 Lycoming Creek Road — Phone 326-3891
MONDAY, WEDNESDAY, FRIDAY 9 to 9

DR. NORMAN WIENCKOWSKI
Chiropractor
Specializing In Chronic Head, Neck and Back Ailments, Also Internal Dysfunction. Medicare and Medical Assistance Cards Accepted.
196 N. Franklin St., W.B.
CALL 824-1908
Mon.-Wed.-Fri. 9 to 1
Tues.-Thurs. 11 to 2
THE 8 DANGER SIGNS THAT INDICATE
SPINAL PRESSURES AND TENSIONS ON VITAL NERVES

The highways and streets we drive along have many warning signs we immediately recognize, telling us well in advance that potential danger lies ahead. The human body has a similar set of signals. These critical symptoms are often the forerunners of more serious diseases . . . diseases that can be averted if the eight danger signs are heeded in time.

B. J. DeMartino
Chiropractic Clinic
2740 Nazareth Rd.
Easton, Pa.
(215) 253-8283

● Located Between Palmer Park Mall and 25th St. Shopping Center
● Lecture on chiropractic every Wednesday night at 8:30 pm, plan to attend and bring a friend.

ARThRITIS

Strictly speaking, arthritis is the name given to an inflammation of a joint. There are many joints in the human body: some of them capable of but slight motion; while others, as the knee or ankle or shoulder or elbow, are able to move to an extreme degree. It is this latter group which is generally involved in the disease. Because of the complexity of joint arrangement and the delicacy of their contained tissue we find these regions of the body particularly susceptible to certain

PAIN IS
A WARNING

PAIN HAS A CAUSE AND IS A SYMPTOM OF SOMETHING WRONG. It's foolish to pass off pain or declare, "It's all in the mind." Often pain is caused by strained joints, pinched nerves, or small, contracted muscles, which have thousands of nerve endings. Continual nerve-pressure, joint misalignments, or muscle contractures can cause damage. Often organs supplied by nerves pinched by joints or muscles can undergo lack of function.

The chiropractor with special training in joints, nerves, and muscles can tell if yours is a chiropractic case.

DR. R. D. LYON
CHIROPRACTOR
SUITE 3A, 933 N. CHARLOTTE ST., POTTSTOWN
(Elevator in Rear)

PHONE 326-4510
LIFE LINE

We, as Doctors of Chiropractic, want you to take better care of your brain and spinal cord because you will never get another one. The Central nervous system is one of the primary systems of the body that cannot be repaired or replaced.

Without your spine you would be just a bundle of tissue. Your spine not only houses and protects your "life line" which is your spinal cord but it acts as a shock absorber. The discs between the vertebra reduce and cushion most forces that could harm the internal nerve centers.

If you let your Doctor of Chiropractic assist you, you will not only maintain the health you already have but you will assist your body in building its internal resistance to a higher level thus assuring you of a better and lasting health.

YES—YOUR SPINE IS YOUR LIFE-LINE!!

How's your Power (nerve energy) coming thru? Only your Chiropractor really knows.

DiMond
chiropractic
life center

Office Hours
Mon. thru Sat.
By Appointment
465-6751

The policy of this office is to accept all cases regardless of condition or financial ability to pay.

Indiana Evening Gazette 7/9

PINCHED NERVES

We hear a lot about pinched nerves these days, but the average person seldom recognizes a case of pinched nerves, nor the far reaching effects this condition can have on the human body. Actually, pinched nerves is a term commonly used to express the cause of a condition, or group of symptoms, that has resulted from pressure or irritation of a nerve. This usually takes place in the spine though the pain, or discomfort, may be in another part of the body. Falls, strains, auto accidents, faulty posture, improper lifting or reaching may cause a slipping of the bones of the spine. These slipped vertebrae, technically called vertebral subluxations, cause pressure irritation on the nerve roots and interfere with normal nerve function. Painful symptoms and disorders may then eventually develop.

Common complaints that may develop from pinched nerves are: Headaches, dizziness, pain in the neck, face, back, shoulders or chest, pain or numbness or tingling in the arms, fingers or legs, blurred vision, loss of balance, sciatica, muscle spasms, difficulty in swallowing, muscle weakness and joint pain.

Chiropractic authorities point out that your doctor of Chiropractic is in the best position to locate and correct a condition of pinched nerves. Early Chiropractic care in these cases can usually relieve the patient of months or years of needless suffering.

Correct The Cause, No. 10

Lack Of Normal Function Of The Body's Control Center (Nervous System) In Area No. 10 May Be The Cause Of

Sacroiliac Conditions. Spinal Curvatures. Hemorrhoids. Pain at the END of the SPINE on SITTING

Only a chiropractor, thru spinal and nerve examination, can tell you if you have a chiropractic case. If you are—only a chiropractor will help you!

INVESTIGATE CHIROPRACTIC
1701 Wyoming Ave., Exeter — Ph. 635-3827

Times Leader, W.B. 7/4
HEADACHES?
BACKACHES? NERVOUS?
Suffering with Poor Health?
TRY CHIROPRACTIC HEALTH CARE
* Free-Spinal X-Ray

PHONE 292-6015
FOR APPOINTMENT

PERKINS CHIROPRACTIC LIFE CENTER
L. A. PERKINS, CHIROPRACTOR — 3700 CARLISLE RD., DOVER
We accept all cases regardless of condition or financial ability to pay

Serving: York, Shiloh, Weiglestown,
Dover and Surrounding Areas

Chiropractic
A Better Way
THE HUMAN SPINE
The care of the human, upright, spine is extremely
important in maintaining one's physical well-
being. The ancient physician, Hippocrates, ad-
vised his students to "look well unto the spine for
the cause of disease." Unfortunately modern
scientific thought has drifted from this biomech-
ical concept of human disorders to a concept almost totally
biochemical. Hippocrates' advice, however, remains as
sound today as it was in the "Golden Age of Greece."
All human spines are subject to everyday stresses and,
therefore, should be corrected on a regular basis. Many hu-
man disorders have symptoms directly referable to the spine.
It is profitable to your health therefore, to visit a chiro-
practor on a regular basis since he is an expert in main-
taining and correcting the human spine through a painless
adjustment.

Visit a chiropractor of your choice today.
A Public Service Message by:

Dr. J. D. Sendi, Chiropractor
PINCHED NERVES

IN THE FOLLOWING SPINAL AREAS ... MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

Houser Chiropractic Health Center
408 Main Street, Watsontown
PHONE 538-2893

"Dedicated To The Restoration And Preservation Of Your Health"

IT IS UP TO YOU!!!

Is your car in better functioning condition than your body? It is a known fact that most people take better care of their car than they do of their own bodies. If your car isn't running right you take it to the garage and have them find the cause of the problem before serious damage is done. If something in our body is not functioning properly we wait for it to go away or else cover it up with a pain killer. After a period of time the pain killer no longer works. Result, the surgeon removes the organ or organs involved.

Could there have been nerve interference between the organs involved and the brain? Wouldn't it have been better to remove the nerve interference by specific gentle scientific CHIROPRACTIC adjustments rather than removing the stomach or liver or gall bladder?

CHIROPRACTIC HEALTH CENTER
#9 Entrance Drive --
Westmont Shopping Center
Johnstown, Penna.
Phone 255-1818

DR. HOMER L. BOWERS
DR. ANDREW C. KRUPAR

Dr. Homer L. Bowers
CHIROPRACTOR
MON.-WED.-FRI. 10:00 a.m. to 8:00 p.m.

A CHIROPRACTIC ADJUSTMENT

Sometimes patients are confused by what actually happens when their chiropractor gives them an adjustment. This is understandable because they don't have the knowledge and training in anatomy, physiology, and neurology a chiropractor does.

When the chiropractor, using his hands only, moves or adjusts the vertebra that is out of alignment, it goes into the normal position, but a little at a time. Each subsequent adjustment therefore puts the spine back into normal place a little more, providing the patient has taken care not to abuse the spine, until it is back where it belongs. The spine doesn't go into place and out of place between each adjustment because ligaments and muscles surrounding the spine hold it in the position it's used to, much like a rubber band. Thus it takes time and a number of adjustments to properly correct or straighten a spine in proportion to the time it has been out of place, patient's occupation, degree of misalignment, and the patient's cooperation.

This is why the immediate relief of symptoms often found under chiropractic care can be misleading. While a few adjustments often are enough to relieve some nerve pressure, they couldn't possibly be adequate to correct the patient's spinal condition which is necessary for maximum health and good feeling.

One of a series of articles published in the public interest to explain and illustrate chiropractic. Published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 201 S. Eighth St., Dunmore, Pa. Telephone 342-0965.
THE POWER THAT MADE
THE BODY HEALS THE BODY
OUR PATIENTS SPEAK

To Whom It May Concern:
HIT AND RUN VICTIM

In January of 1973 I was a victim of a hit and run motorist on one of the rural roads in our community. When I was found by the local police I was rushed to the hospital where x-rays were taken. God must have been with me because only my tail bone was broken. The doctors thought I would have to be operated on but later I decided against it.

From the time of the accident my brother Joe had been trying to get me to see his Chiropractor. Frankly I was scared to death and would not go. My brother Joe finally just made an appointment for me and I went. The Chiropractor did not treat the fractured tail bone but did think other bones in my lower spine that were out of place and which were apparently causing my problems because when those bones were corrected I felt better. In fact, now, I have no pain at all. I do go to the Chiropractor regularly as my brother Joe does and we both find many more benefits from the adjustments other than not just having a backache. I feel even better now than I did before the accident in 1973.

If you have problems see a Chiropractor.

Sincerely,
Mr. Ed Rose

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES—REGARDLESS OF ABILITY TO PAY.

BENGEL Chiropractic CLINIC
825 FREEPORT ROAD (Rt. 28) • TARENTUM, PA.
Dr. Bengel & Dr. Webb — 224-2224
Do You Realize...

That a slight misalignment of a
Bone or Bones in the Lower Neck Area could cause Throat trouble, Neuralgia, Pain in Shoulders and Arms, and Nervousness?

Do You Realize...

Chiropractic May Be Able To Help You?
PHONE: 784-3932
Ritter Chiropractic Clinic
DR. EARL RITTER

MIGRAINE HEADACHE

Migraine headache is particularly distressing, and it has been determined that it is sometimes caused by irritation of the brain. When you hear this, call and have your phone book handy. In the front of your phone book, check the last or most recent.

times ma...
LOW METABOLISM FROM DEFECTIVE NERVE ENDINGS CORRECTED

A 21 year old matron had been suffering from sinus pains instead of enjoying her newly married status. Headaches, nervousness, face pains, stuffy nose, hayfever, frequent colds, flu, painful irregularity and low metabolism were her complaints. Various treatments over a two year period only left her in a worse condition. She said her woes were multiplying instead of going away and she felt very depressed about her condition. She had dreamed about married life being such a pleasant venture and was considerably disappointed with her bad health.

The Ferrance Chiropractic Center spinal X-rays and analysis located central system and spinal joint trouble. Looking at her final comparative examination, I see that she reported all symptoms gone and everything back to normal.

EVENTUALLY Chiropractic Care For Health  
Why Not Chiropractic Care FIRST!

FERRANCE CHIROPRACTIC CENTER
WHERE GOOD HEALTH BECOMES A REALITY  
Phone 342-0534 for a Chiropractic Examination  
Philipsburg-Osceola Mills Highway

ASTHMA RELIEVED

Recently medical researchers have found that asthma is a condition of constriction of the bronchial tube. A person suffering from asthma struggles for air. The bronchial tubes and air passages are contracted and relaxed by muscles dependent on NERVE energy conveyed to them through the nervous system. This powerful NERVE energy is transmitted through the spinal cord, housed in the spinal column (vertebrae) by NERVE trunks which extend through openings between each vertebrae. If one or more of these spinal vertebrae becomes displaced, delicate NERVE fibers become impinged and the flow of the body's vital NERVE energy is retarded. Chiropractic care has helped thousands of people suffering with asthma by gentle scientific spinal adjustments.
HAVE YOU BEEN CONSIDERING CHIROPRACTIC FOR YOUR HEALTH PROBLEMS?

If what you are doing now is helping...

Why are you still sick?

Did you know that thousands of people in the Susquehanna Valley are being helped by Chiropractic adjustments?

Here is a partial list of conditions that often times are caused by pinched nerves or nerve interference: Headaches, Migraine Headache, Nervousness, Asthma, Arthritis, Colds, High Blood Pressure, Low Blood Pressure, Dizziness, Sinus Trouble, Allergies, Hay Fever, Throat Problems, Stiff Neck, Bursitis, Chest Pains, Bronchitis, Stomach Trouble, Menstrual Troubles, Bladder and Prostate Trouble, Poor Circulation, Backaches, Leg Pains, Sciatica and many more.

If you are suffering with one of the above named conditions and are not being helped: Why not investigate Chiropractic NOW??! It may be the answer to your health problem!!!

THERE IS NO CHARGE FOR A CONSULTATION

TROUT CHIROPRACTIC CLINIC
PHONE 473-3585
R.D. #1, DANVILLE HIGHWAY
NORTHUMBERLAND, PA.

NOTE:
Chiropractors do not claim to cure...merely that by removing nerve interference the body is better able to heal itself.

BACK PAIN?
LEG PAIN?

CHIROPRACTIC HEALTH CARE OFFERS REMARKABLE CORRECTION

5 Danger Signals...

1. Stiffness or pain in the lower back.
2. Numbness pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Painful hips or knees.
5. Morning stiffness upon arising.

FREE Spine X-rays*
*UNLESS COVERED BY INSURANCE
*When Found Necessary

TUCCI
CHIROPRACTIC OFFICE
BELLE VERNON — PHONE 929-6100
THE TIME TO RISE UP IS NOW!!

Yes, now's the time to shed your old antiquated health habits and get on the swelling tide of health that we call Chiropractic.

Why settle for anything less than the best for you and your family?

The flame of life burns deep and strong in all of us - why not let it continue on, unencumbered for many years to come.

Let's rise to those dizzying heights of health and life. Hopefully this flame of desire will burn inside your chest as it does mine.

Why not then, keep on testifying to the miraculous things your body can do when working naturally, fever healed, diseases that vanish, the flow of life that can heal the world.

Don't be discouraged, when others fail to understand what you know. Rise above the level of mistrust and misunderstanding, and join us on the ship of health that is destined for eternity. THERE ARE NO INCURABLE DISEASE, ONLY INCURABLE PATIENTS.

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
R.D. 1, Thomasville, Pa. 17364

CALL FOR AN APPOINTMENT 717-225-1017

ALL CASES ACCEPTED REGARDLESS OF ABILITY TO PAY

Chiropractic Explained

DO YOU WANT TO BE WELL?

That may seem a strange question but we are asking it in all sincerity. Some people, you know, really don't want to be relieved of the affections. They would be lost without them. They dearly love to hot on their symptoms and parade them before anyone who will listen. Science has a name for these folks.

They are called hypochondriacs. But you aren't a hypochondriac, are you? You are sincere and honest in your desire to be well — really well. You want to enjoy life to the fullest. You want to be able to go about your work with zest and vigor.

Well then, frankly, isn't it about time for you to try personal new experience? If old methods and conventional treatments haven't brought the results you feel you have a right to expect then why not be "off with the old; on with the new?"

Give chiropractic a fair chance to help you.

Of course chiropractic is "new" only in the sense that you may have never tried it. Actually, the modern science or chiropractic has been demonstrating its worth day by day over a period of seventy-eight years. There can no longer be any guess-work or question about it.

Many troubles arise from the single cause of spinal pressure on nerves. Nervitis in the arm is simply an effect produced by pressure on a nerve at the backbone. Irritability is not disposition, but arises from spinal pressure on nerves. Stomach trouble comes when stomach nerves cannot deliver energy to stomach muscles. It is safe to say that 95 percent of human ills can be traced to spinal pressure on nerves.

How much better — how much wiser — it is to come in now for a frank, friendly discussion of your case. If chiropractic can help you, you will be told just how, and under what conditions. There's nothing to risk — and all to gain.
11 DANGER SIGNALS

- Depression
- Headache
- Nerve Tension
- Stiffness of Neck
- Anxiety in the Chest
- Pain Between Shoulders
- Restless Nights
- Stiffness or Pain in Lower Back
- Numbness in Arms and Hands
- Tired Hips and Legs
- Painful Joints

These Symptoms Are The Usual Forerunners Of A Serious Condition. Tension On Spinal Nerves Robs Your Body Of Vital Energy.

DR. WILLIAM K. SHAFFER
Chiropractor
132 White St., 849-6524 Brookville
Free Parking Available
Hours by Appointment
We accept all cases regardless of ability to pay.

PINCHED NERVES

MAY CAUSE . . . .

- Pain in the head, scalp, or face
- Pain in the chest, ribs, neck or back
- Facial twitching or paralysis
- Shingles
- Pain, numbness, or tingling in the shoulder, arm, hand, or leg
- Sciatic neuritis
- Twitching eyelid and visual disorders
- Dizziness or loss of balance
- Disorders of the heart, stomach, bowels, or bladder
- Pain in the abdomen or groin
- Muscle weakness, spasms, or paralysis
- Joint pain

CHIROPRACTIC HEALTH CARE OFFERS REMARKABLE CORRECTION

We accept all cases regardless of ability to pay.

FREE Spine X-ray**
*UNLESS COVERED BY INSURANCE
*When found necessary

TUCCI
CHIROPRACTIC OFFICE
BELLE VERNON — PHONE 929-6100

THE VALLEY INDEPENDENT, Monday, Aug. 19, 1974—3

Bird baby boom . . . . . . . endangered species after only one of the species was born four years ago.

SACRAMENTO, Calif. (UPI) — There's a baby boom among California's brown pelicans, which have been 305 births, the state and ecologists are tickled pink. Fish and Game Department.

The brown pelican became an endangered species after only one of the species was born four years ago.

- This year, however, there have been 305 births, the state and ecologists are tickled pink. Fish and Game Department.

The brown pelican became an endangered species after only one of the species was born four years ago.
NERVES . . . JUST NERVES!

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 sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance.

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of the nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervous, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goitre, nervous prostration, etc.

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuralgia of the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.

8. Chiropractic adjustments here often help such troubles as so-called lambs, constipations, colitis, etc.

9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.

10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

We Accept All Cases Regardless of Condition or Ability to Pay

WHY BE SICK WHEN YOU CAN BE WELL?

For Further Information or Appointment Call

DR. DANIEL MILLER
214 Ninth Ave., McKeesport, Pa.
Phone 678-2919

DR. ANDREW GIRAN
2328 Worton Blvd., W. Mifflin
Phone 466-0441

DR. MILLER

DR. GIRAN

CHIROPRACTIC
Made Me Feel Better

My name is Dorothy Strunk. At Christmas time last year one of my fingers began to stiffen. It just seemed to lock up, so to speak.

I couldn't even close my fist, and it hurt so much! You can't imagine how handicapped I was around the house. I couldn't roll my pie dough or even peel potatoes.

The pain continued to get worse. I couldn't even do simple household chores as I did before.

One day during a telephone conversation with a friend I was told about this chiropractor in Royersford named Dr. Renville. In my condition I quickly took my friends' advice and made an appointment.

I think it was after my second or third treatment that I had almost total relief from pain. And about my seventh treatment I had regained the use of my hand, finger and all. It was nice to have both hands to work with.

At first I saw Dr. Renville three times a week during March then just once a week for a short time, now I only see the doctor once every two weeks for a treatment and check up.

I surely would recommend chiropractic to anyone. My life has certainly become normal again because of Dr. Renville's Chiropractic health services.

Dr. E. L. Renville
Royersford 948-9880

The Mercury
6/11

Daily News 6/4
Is Your Present Health Care ONLY Treating Your Symptoms?

Read the Chart Below and Study What Your Body Can Do For Itself if Allowed!

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 of Chiropractic" and you can understand how important YOUR SPINE is in the maintenance of your normal "natural" good health. A misaligned spinal vertebrae 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—arms, 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 for a Chiropractic spine examination.

YOUR LIFELINE CHART

1. A slight "pinching" of the nerves at this point can cause some eye diseases, ear problems, insomnia, high or low blood pressure, colds, hay fever, sensitive tongue, nerves, etc., or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, heart, nervous prostration, etc.

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuralgia in the arms, shoulder, or hands, bursitis, etc.

4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, hoarseness or congestion, etc.

5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure in this part of the spine.

6. Nerve pressure at this point can cause gall bladder problems, indigestion, gas or organs of the body, shingles, hiccups, etc.

7. Certain kidney problems or diseases, eruptions, and even other skin diseases can be caused by nerves being pinched in the spinal column in this point.

8. Chiropractic adjustments here can often help such troubles as so-called lumbago, constipation, colitis, etc.

HOURS BY APPOINTMENT — NEVER ANY CHARGE FOR CONSULTATION

Pottsville Republican 6/3
WHAT IS CHIROPRACTIC?

Chiropractic, the world's largest drugless health service, is known to many but is understood by few. Chiropractors have achieved their status by results alone.

The chiropractor believes that every effect must have a cause. Thus, any condition or disease must have a cause.

Once the cause is removed, nature takes charge to eliminate the condition or disease from the body.

The chiropractor knows that pressure on vital nerves interferes with the proper flow of nerve energy through the body to vital organs, glands, muscles and tissues.

This pressure and the resulting interference to nerve energy flow is one of the basic causes of disease. When the interference with the flow of nerve energy is removed, nature may respond and healing begins.

To restore proper function of the nervous system, the chiropractor employs gentle, scientific manipulations (called adjustments) to properly align the spinal column and release pressure on affected nerves.

"The power that made the body is the power that heals the body."

Chiropractic adjustments release the vital nerve energy which restricts the healing forces of nature and permits nature to use her own resources to heal the body.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTORS, WHOSE OFFICE IS LOCATED AT 245 N. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 825-3221. OFFICE HOURS MON., TUES., WED., THURS., FRI. 8-12 NOON AND 4-8 P.M. — SAT. 8-12 NOON. AMPLE PARKING.

BURSITIS

The searing pain of bursitis appears to flow through the entire body. There seems to be no time, no position, no situation where the body can enjoy a second of real comfort.

But, the chiropractor, skillfully and using scientific methods, traces the pain to its source—a microscopic section of the body's vast nerve system. A tiny pressure, or impingement, may be affecting the proper function of an important part of the body's nervous system. The area served by the impinged nerve may not be functioning normally and properly.

Through gentle, scientific adjustments, the chiropractor's skilled hands adjust spinal alignment and free the nerve from its restricting pressure. Vital nerve energy begins to flow through the released nerve to the affected area, enabling it to resume its normal function.

Released from the pressure imposed by the obstructed nerve, nature goes to work from within to restore health.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTORS, WHOSE OFFICE IS LOCATED AT 245 N. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 825-3221. OFFICE HOURS MON., TUES., WED., THURS., FRI. 8-12 NOON AND 4-8 P.M. — SAT. 8-12 NOON. AMPLE PARKING.

CHIROPRACTIC

1. RELIEVES PAIN, without dangerous drugs.
2. RESTORES HEALTH, without unnecessary surgery.
3. PROLONGS LIFE, naturally and economically.

DR. DANIEL MILLER
204 Ninth Ave., McKeansport, Pa.
Phone 678-2019

DR. ANDREW GIRAN
Phone 466-0441

Dr. D. L. SAGER
212 E. Market St.
Orwigsburg, Pa. 17961

Nerves Just Nerves

PINCHED SPINAL NERVES in the neck are often the reason for PAINS in the SHOULDER, RIBS, ARMS AND HANDS. Frequent STIFF NECKS or HEADACHES can be early signs of spinal misalignments. CHECK THE 10 DANGER SIGNALS . . . 1. Stiffness or pain in the lower back. 2. Numbness, pain or tingling in the legs. 3. Extreme fatigue in the lower back or legs. 4. Frequent pain between the shoulders. 5. Persistent pain and muscle tension in the back of neck. 6. Grating and popping noises when turning head. 7. Recurring headaches. 8. Numbness, pain or tingling in the arms or hands. 9. Painful joints, shoulders, elbows, hips or knees. 10. Loss of sleep.

Phone 366-2722 For Appointment
"8 DANGER SIGNS -- OFTEN SYMPTOMS OF SERIOUS DISEASE"

The highways and streets we drive along have many warning signs that we recognize immediately. A similar set of signals is found within the human body. These signals or symptoms are very often forerunners of more serious diseases.

**THESE ARE THE EIGHT DANGER SIGNS TO LOOK FOR:**

1. HEADACHES
2. PAINFUL JOINTS
3. NUMBNESS IN ARMS OR HANDS
4. NUMBNESS OR PAIN IN LEGS
5. LOSS OF SLEEP
6. STIFFNESS OF NECK
7. PAIN BETWEEN SHOULDERS
8. STIFFNESS OR PAIN IN LOWER BACK

Should any one of these important danger signs appear in a member of your family, call a "chiropractor" immediately. With quick action on your part, and the training and ability of the chiropractor, it is entirely possible that pain and ill feeling will be replaced by glowing good health.

**CHIROPRACTIC HEALTH CENTER**

Entrance Drive -- Westmont Shopping Center
Johnstown, Penna.
Phone 255-1818

DR. HOMER L. BOWERS
DR. ANDREW C. KRUPAR

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**DISC TROUBLE**

By Dr. Thomas F. Snyder D.C.

Nature has engineered your body with shock absorbers; cushions between the twenty-four vertebrae of your spine are called intervertebral discs which absorb shocks to your body in stepping, jumping, etc.

**WHAT HAPPENS**

When these discs are strained they allow the tissues surrounding the area to become irritated primarily the nerves causing symptoms of tension. Your best spinal mechanic is your chiropractor.

*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.*

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**LIFE HEALTH**

**HAY FEVER**

How often have you heard, "It's love to drive in the country these fine fall days, but it's hell to be out in the outside air. My nose is terrible when I breathe dust, pollen, and dry grass." Perhaps you have made similar comments yourself. If so, you know how miserable a person can be who is subject to hay fever. What is this thing called hay fever that causes so many people to suffer? Asthma is the effect of substances, to which a person is sensitive. A condition of exaggerated or unusual specific susceptibility to a substance which is harmless in similar amounts for the majority of people.

Poisons, goldstone, ragweed, and dust are merely an irritant and not the primary causes of hay fever. If it were the sole cause, everyone who sniffed the air that blows out of wilted grass, hay, and flowers would be a victim. But, since all such poisons do not catch hay fever, the cause must be in the person rather than in the substances he comes in contact with.

If there is insufficient nerve supply to the usual organs of elimination, then the skin may have to carry more than its share of toxins, and rash, hives, and skin blisters will result. If the nasal passage and lungs are susceptible because they lack the controlling amount of nerve energy, then additional toxins in the blood streams may cause asthma or hay fever reactions. The symptoms each person will vary depending on the area or areas of the body affected and the nerves that are involved. However, if there is a proper amount of nerve energy supplied all parts of the body, such symptoms are less likely to cause distressing reactions.

If you are one of those annual sufferers of hay fever, let your chiropractor start your resistance-building program now so that when your usual time for hay fever discomfort arrives, the discomfort, if not entirely abolished, will be lessened to an appreciable degree.

**Dr. George L. Sabo**

CHIROPRACTORS

516 Chestnut St., Pottsville
Hours: Mon., Wed. and Fri. 10 A.M. to 4 P.M.
Appointment Phone 17-9009

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**DELAY IS COSTLY**

You have been suffering with a problem for some time. You thought it would go away, but it hasn't. Maybe you tried other forms of care, but never chiropractic science. However, only a chiropractor knows if you're a chiropractic case.

Your pain or your disturbance is not normal. Covering the pain or "living with it" won't bring health. Your body is telling you it needs help. Meanwhile, tissue, muscles, ligaments, discs, and nerves are being damaged.

Don't delay. Chiropractic seeks the cause and correction of your health problem.

**Dr. Wm. Baumgardner**

CHIROPRACTORS

933 N. Charlotte St., Pottstown (Elevator in Rear)
Phone 326-4510

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PINCHED NERVES... 
IN THE FOLLOWING SPINAL AREAS... MAY CAUSE
1. Headaches, Nervousness, Dizziness, and Tension.
4. Chest pains, functional Heart distress, difficult breathing and asthma.
5. Stomach and liver disorders.
6. Shingles and disturbances of the upper bowels.
8. Slipped disc, lumbar and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacroiliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

Approximate representation of spinal nerve areas.

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES — REGARDLESS OF ABILITY TO PAY

BENGEL CHIROPRACTIC CLINIC
825 Freeport Rd. (Rt. 28)
Tarentum, Pa.

DR. BENGEL
DR. WEBB
224-2224

LIFE HEALTH

SINUSITIS

When the aches and pains of a sinus infection hit, the victim knows without a shadow of a doubt what is wrong.

The difficulty is that, in most cases, the victim does not know what to do to relieve the excruciating pain which accompanies the “attack.”

Sufferers from the sinus infections know the aches and pains result when the tiny passages which connect the sinuses with the nose and throat become obstructed and the membranes lining the sinuses become inflamed.

It is true, as in so many other instances, that the nervous system plays an important part in the proper operation of the sinuses drain.

The chiropractor, through his knowledge and understanding of the nervous system, is in a position to provide fast and lasting relief for stubborn cases of sinusitis. He provides the scientific adjustment which will allow the body to cure itself.

Another Health and Life Article from the Office of:

RITTER CHIROPRACTIC CLINIC
808 OLD BERWICK ROAD
BLOOMSBURG, PHONE 784-3932

INTRODUCING

DR. BAUMGARDNER

Dr. William Baumgardner practiced 4 years in Lancaster.

Graduated from Palmer College, the world’s first and largest chiropractic college.

Served 4 years in physiology in the Air Force.

Mastered the successful Palmer and Gonstead techniques, used by the largest clinic in America.

Chiropractic Science has proven itself effective from HEADACHES, BACK, SHOULDER, ARM, AND LEG PROBLEMS, and INTERNAL DISORDERS CAUSED BY NERVE-INTERFERENCE.

Phone 326-4510

DR. R. D. LYON DR. WM. BAUMGARDNER
CHIROPRACTORS
933 N. Charlotte St., Pottstown (Elevator in Rear)

Chiropractors Are Not Immune to Accidents

Recently I had an accident while painting a back porch of my home. This mishap proved one point: I will never make a good painter.

My mother, with her distinctive accent, had said to me on several occasions that “certain fields should be left to people with experience and knowledge, while you should develop chiropractic to its maximal potential”. Her sage advice I shall follow and will not attempt to do any extracurricular activities no matter how easy they may look.

Thank you for your nice cards and phone calls.

Our office is open and with an added innovation. Looking forward in serving you in the wonderful field of Chiropractic.

Dr. E. Ronchetti Chiropractor's office is located at 245 N. River St. (by the court house) Wilkes-Barre. Call 825-3221. Office Hours Mon., Tues., Wed., Thurs., Fri. 8-12 Noon and 2-5 P.M., Sat. 8-12 Noon. Ample Parking.

Times-Ledger W.B. 6/24
FREE SPINE X-RAYS

When indicated for those attending chiropractic lectures.

Other times our regular fee applies.

Lectures Sundays at 1 P.M.—June 23, July 7 and July 21.

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
R. D. 1—THOMASVILLE, PA.

Phone (717) 225-1017

INTRODUCING

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Phone 326-4510

DR. R. D. LYON DR. Wm. BAUMGARDNER
CHIROPRACTORS
933 N. Charlotte St., Pottstown (Elevator in Rear)

The Mercury 6/15

LEG PAIN And LOW BACK

An estimated half million people will be affected this year by spinal defects which cause low back and leg pain. However, chiropractic research indicates that many low back and leg pains are caused by various misalignments in the lower spine.

A fall, accident, back strain or chronic posture decay may cause a spinal segment to become misaligned. Nerve passing through openings between adjacent segments become pinched and pain occurs. Remember, individuals with low back and leg pain respond extremely well to chiropractic care. Make sure that you visit your chiropractor regularly.

Clarke-Baker
Chiropractic Clinic
2201 W. RIDGE PK., JEFFERSONVILLE, PA.
PH. 277-5104

AUTOMATIC APPOINTMENT (Access From The Mall Cause)

The Mercury 6/20
SEVERE HEADACHES

Severe headaches brought this patient into our office. They had been occurring for several years and nothing seemed to help them. As each day wore on the person became a bundle of nerves and the pain in her head increased. She lost her appetite, weight, sleep, and even her zest for life! After a thorough examination and spinal X-Rays, the cause was found to be a structural problem in her neck creating those terrible headaches. Spinal adjustments were advised to correct the spinal condition and remove the pressure on the nerves. After a short time under our care, her headaches abated. She hasn’t had a headache since and is grateful that Chiropractic care was able to correct her condition. Authorities in our field point out that many such conditions are caused by spinal conditions! If you have a health problem, Chiropractic care can be the answer for you.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST!

FERRANCE CHIROPRACTIC CENTER

WHERE GOOD HEALTH BECOMES A REALITY
Phone 342-0534 for a Chiropractic Examination
Philipsburg-Osceola Mills Highway

American paperbacks of Chinese government lied the same way "Pays Dollo, the mainland to Taiwan in 1949" Communists took over Taipei's largest book publishers. Many textbooks were in fact reproduced in just this way, and still are.

But now we're selling

Correct The
Cause, No. 4
Lack of Normal Function Of The Body's Control Center (Nervous System) In Area No. 4

Dr. Ronald R. Rogers
May Be The Cause Of

Asthma-Cough-Bronchitis
Pain or Numbness in Lower Arm or Hands
Breathing Problems-Pneumonia
Chest Congestion

Only a chiropractor, thru spinal and nerve examination, can tell you if you are a chiropractic case. If you are—only a chiropractor will help you.

INVESTIGATE CHIROPRACTIC
1701 Wyoming Ave., Exeter—Ph, 655-3827
The Spinal Column
BY
DR. JERRY NEWMAN
CHRONIC CHEST PAINS,
PERSISTENT COUGH CORRECTED

Some time ago, we wrote a column about a Braddock housewife regaining her health at the Newman Chiropractic Center. It's a pleasure to write today's Spinal Column on the success we had with her fifty-two year old sister she brought in to us from Plum Boro. This mother of two teenagers had a serious chest condition that had resisted all efforts of "specialists" for several years. Discouraged, she related her sad, fruitless experience.

Her condition had been "diagnosed" as "chronic bronchiectasis". We found she was suffering from a long string of secondary ailments such as hot and cold flashes with profuse sweating especially at night, interfering with her sleep. She got up tired every morning and difficult breathing kept her physically exhausted. "Every little effort just wears me out, sometimes I'm just too tired to eat," she complained. Constant deep coughing didn't help matters and sometimes caused heart palpitations along with dizziness and fainting spells. Indigestion related with gas, bloating, constipation and hemorrhoids was enough to make anyone nervous, depressed and bring on crying spells. "I can't live with anything else, Dr. Newman, please do what you can for my chest," she pleaded.

Our spinal evaluation pointed out many defective nerves in her spine. It was easy to understand why she suffered with so many different ailments. Spinal X-rays enabled us to realign and balance her spine. This removed the pressures and she was utterly amazed to see her symptoms disappear as Nature restored normal function. Our last checkup showed her renewed health reflected in her smiling face.

Because you have tried everything else is no reason to give up hope - chiropractic may be your answer, too. Results speak for themselves. All our case histories, amazing as they may seem, are clinical facts, the way we report them. Only a chiropractor can tell if you will respond to chiropractic care. We do not accept all patients that come in, but we do help almost all patients we accept. We had rather not have you as a patient than to fail to get results.

If your health is less than it should be, consult the Newman Chiropractic Center before winter sets in.

For Further Information Call
NEWMAN CHIROPRACTIC CENTER
7424 WASHINGTON ST., SWISSVALE, PA.
271-0880

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NERVE PAIN

Pain due to spinal nerve irritation is the most common symptom of a structurally defective spine. In fact, only in recent years have such diverse symptoms as neuralgia, bursitis, neuritis, sciatica, lumbago and headaches been traced to structural defects in the spinal system.

These defects occur when a spinal segment is displaced by a minor fall or strain, and the tiny nerve opening adjacent to the vertebra becomes partially closed. The nerve which passes through this opening is irritated at this point and pain is felt in that part of the body supplied by the injured nerve.

Chiropractic is the branch of the healing arts most concerned with the correction of structural spinal disorders which affect the nervous system.

A chiropractor will detect the misalignment and will perform the proper adjustments, thus eliminating spinal defects which could undermine the health of the individual.

One of a series of articles in the public interest to explain and illustrate the practice of Chiropractic by
CURLMAN CHIROPRACTIC CENTER
127 South Second St., Chambersburg
Phone 264-4700

WATCH THAT CHILD!
Public opinion 5/31

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CHILDHOOD ASTHMA

Everyday, minor miracles are being performed for childhood asthma victims in chiropractic centers and clinics across the country. Many thousands of asthmatic children have been restored to a normal healthy life through modern chiropractic care. With more than five million asthmatic children in the United States it is critical that these children be guided to the one healing science that is doing more than giving temporary relief...chiropractic science!

CHIROPRACTIC CENTER OF LIFE
1725 Wyoming Creek Road Phone 326-3991
MONDAY, WEDNESDAY, FRIDAY 9 TO 9

---

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360
PINCHED NERVES

PAIN - headache, backache, shoulder pains, arm and chest pains, a multitude of assorted pains in all parts of the body - develops quickly when the spinal cord or one of its nerves is pinched.

Pains may appear at the point where the nerve is pinched, or it may make its appearance in that part of the body served by the pinched nerve.

A pinched nerve can, and often does, lead to the development of disease conditions in the kidneys, bladder, liver, lungs, heart or other vital organs.

The chiropractor is an expert in one of the most advanced healing arts known to man. Through his soothing, professional spinal adjustments, he restores the normal flow of powerful nerve energy through the spinal cord and the nervous system to all muscles, organs and other vital parts of the body, bringing lasting, effective relief.

With proper nerve energy flow restored, nature heals from within, eliminating discomfort and banishing disease.

Office... 424-5993
Home... 424-5727
Office Hours by Appointment

Pocono Record 5/31
TEN REASONS WHY I TAKE PILLS

1. They taste so very good.
2. I like to see how much poison and acid my blood stream will hold.
3. It helps the economy of the nation.
4. It fools me into thinking that I’m better.
5. I want to shorten my life expectancy.
6. Wondering whether the next one will cause my stomach to hemorrhage is fun.
7. All my friends take them and famous movie stars and athletes say I should.
8. I enjoy the burning sensation in the pit of my stomach and some day hope to have an ulcer.
9. I want to set an example to my children that pill popping is a great way of life.
10. Four out of five doctors surveyed recommend them.

The above reasons may be humorous but to me they make much sense as any other reason to take pills. The Dimond Chiropractic Life Center opposes the indiscriminate use of pills or any other drug, because it treats the symptoms of your condition but it neglects to correct the cause of your problem, not to mention the various side effects. We do not completely oppose the use of drugs, if taken wisely for an occasional ache or pain. We do not give your body a chance to heal itself naturally before you dope yourself. Since the entire body is controlled by the nervous system it makes sense to look there first for the cause of your problem. Chiropractors are trained, not to diagnose but to determine if a nerve pinched in the spine is the cause of your problem. Painless Chiropractic adjustments restores the normal nerve supply to the affected area to promote natural health. Remember, Man can’t create life. Life creates Life! Life heals in man.

Dr. Schneier

A recent news story told the story of the arrest of a couple causing the death of their 21 year old son. This was apparently brought on by total frustration in their inability to toilet train the child. Tragically, this is not an isolated case. There are more cases of child abuse as a result of bed wetting and inability of toilet control than any other reason. It also causes untold grief, anxiety, frustration, guilt, embarrassment, inferiority and other problems to the unfortunate child with this problem.

There is usually a very good reason for bed wetting and failure of rectal control. The bladder is an expandable sac with two muscle entrance ducts and one exit duct. As the bladder fills, it expands. Near the exit, the nerve supply is strongest around the muscle that helps the exit duct close. The expansion triggers a series of nerve impulses to the brain informing it of its capacity. Normally, at a certain capacity, the brain informs the conscious mind of the need to empty this reservoir. At the proper time the conscious mind informs the brain to center control the things are ready, and the brain sends down an impulse to the exit duct muscle to this extent and all is well.

In the growing child, however, the Nervous System coordination is not there. It is only through repetition that this coordination develops. Before this coordination is developed, the bladder fills to a certain level, and because the exit duct muscles are not developed, other, low threshold nerve sensations will stimulate the release mechanism to act to cause the drainage of the bladder.

Since this whole process is highly inter-related with the Nervous System during normal function we will examine what goes wrong in slow or uncontrolled children. Children, as they grow have many falls, tumbles and bumps which will jar and shock the spine. When this happens it will delay, slow or stop the inter-relationship between the brain and the bladder and interfere with the normal control of the bladder. Chiropractic Science has found that by examining the spine and adjusting the vertebrae that have been disturbed or out of position, the interference will be removed and the normal function will be restored, allowing most of the problems of bed wetting to clear up. We all share in the responsibility of protecting innocent little children with this problem by informing all parents of the help that can be had under Chiropractic care. Your family Chiropractor can’t inform the public about the aid, benefit, and protection of bed wetters by himself. He needs your help.

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring Street — 944-4676
Hours by appointment only
We Accept All Families and Patients Regardless of Conditions or Financial Ability to Pay.

Press Journal 75
Twenty Year Hip and Leg Problems
Now Better

For the past 20 years, I have been having trouble
with my hips and legs. Recently I began to get some
numbness. The doctor I was going to didn’t seem to
help so I decided to try Chiropractic. Now I am
walking much better. I would recommend Chiro-
practic to others because of the good results I have
seen.

Hazel Henninger
Nescopeck, Pa.

Dr. R. F. Brundage
Chiropractor
752-3637
MYTHS ABOUT CHIROPRACTIC

Many people who come into our office for the first time, are, to say the least, scared. The poor and suffering public has fallen victim to a world wide campaign to discredit the merits of Chiropractors. But why, if we’re so dangerous to the public, has Chiropractic been so widely accepted by the people? Why have we seen yearly increases in the number of people coming into our offices across the nation? Why are we the largest drugless healing profession in the world?

If you wanted to buy a Ford you sure wouldn’t ask your Chevy dealer what he thought about Fords would you? Of course not. If you want to know about Chiropractice, ask a Chiropractor. Why ask someone with no idea?

We’ll break your back, is one common statement. In 25 years of service we haven’t broken one yet. How many people have died on a Chiropractor’s table? Not too many. I truthfully have never heard of one single case.

If you want the truth, and not some cloudy distorted picture about health and Chiropractic, please call us and we’ll spend our time to set up a free consultation and examination.

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

DiMOND
chiropractic
life center

450 N. 9th St.
Indiana, Pa.
Dr. John DiMond
Dr. John DiMond, Jr.

Office Hours
Mon. thru Sat.
By Appointment
465-6751

The policy of this office is to accept all cases regardless of condition or financial ability to pay.
**The Spinal Column**

**BY DR. JERRY NEWMAN**

**"I'M A NERVOUS WRECK"**

"I'm a complete nervous wreck and I'm just about ready to give up hope! I've had the best care available and yet I've steadily grown worse. It all started after a hysterectomy three years ago. They said I had female trouble. It was bad enough before the operation, now I have black-out spells, crushing chest pains and my heart races like mad. My stomach is always upset, everything I eat gives me indigestion and I bloat so with gas that it cuts my breath off. I've been reading about the wonderful things you have done for other people Dr. Newman, and listening to you on the radio. If you can't help me, I guess there is just no hope."

This was the sad story, told to me a few months ago by a forty year old mother of seven children from Penn Hills. She was depressed, dependent and emotionally unstable. As she talked, she became delirious and cried mercifully. She was miserably and dangerously sick, sick in mind and body!

Her hands and feet were badly swollen as were her tearful eyes. She had no energy, couldn't sleep and got up tired and exhausted with sick headaches in back of her head. In tears again, she explained how her condition was working a hardship on her family. In order to help make ends meet, she had been making good money working as a cocktail waitress on weekends and just simply had to quit.

My heart poured out with sympathy. When things appear hopeless, it's time to ask for spiritual guidance. This we did and we renewed faith, we started to work.

Our nerve instruments located areas of nerve disturbance and spinal $x$-rays disclosed a serious spinal curvature causing the defective nerve function responsible for her miserable symptoms and mental anxiety. After the first spinal adjustment she gratefully reported she had a good night's sleep for the first time in many months. Following adjustments continued to restore normal nerve function and this once despondent mother now has a new lease on life. After her spine was corrected she reported no heart palpitations, no indigestion, no headaches, no nervous tension and her worry lines have turned into smile wrinkles. You can now see what a beautiful girl she really is.

"I'm back to work and was promoted to Hostess! I'm so happy I could cry again — I'm so glad I started reading "The Spinal Column" and listening to your radio show, Dr. Newman. It made all this possible. I didn't even know about chiropractic until then."

Amazing! Such dramatic results are not so amazing once you understand that most all illnesses respond to chiropractic care simply because when muscle tensions and/or abnormal spinal formations compress spinal nerve trunks, it choking off life energy to the organs and parts supplied by that nerve and symptoms of pain, sickness or disease develop. Remove the disturbing nerve interference and normal function and health returns as nature regulates it.

We invite you to visit the Newman Chiropractic Center and see for yourself. What can you lose except your ill health?

---

**Chiropractic Explained**

**HEADACHES**

While headache may be one of the most distressing of human discomforts, it is not a disease, but a sign that something is wrong. Nearly every adult will at some time or another suffer simple headaches from body abuse, such as lack of sleep, sudden anxiety, or too many cocktails, but more than 20 million Americans experience the painful chronic, recurring headache... a serious health problem. In only a small percentage of cases, about 3 in 1000, is the cause of some serious organic disease. Ninety per cent of headache cases are medically grouped into two categories: (1) vascular headaches, including migraine and (2) muscle contraction or tension headache.

It is in this 90 per cent group that the public has been generally misled into believing that both vascular and tension headaches are primarily caused by psychological — personality or emotional conflicts.

Research has shown that about 90 per cent of chronic headaches are caused by mechanical irritation of the nerve roots in the neck, usually dating back to some previous trauma. This nerve root irritation may be caused by minor neck injuries not even recognized as trauma by the patient. Injury to the neck produces a mechanical derangement of the nerve roots. The many nerves and blood vessels in the neck exert their function of the painful areas of the scalp, face and brain, and when the body is placed under stress, the dache develops.

A therapeutic method can generally eliminate the value of chiropractic science in the correction of neck abnormalities that are the cause of a great percentage of headaches. If you suffer headaches, consult your doctor of chiropractic without further delay.

(From Health News & Views)
HEADACHES

By MONROE SCHNEIDER, D.C.

Did you ever stop to think what headache pain means? There is a good reason for pain — just as there is a good reason for the red light and siren on a police emergency vehicle. Headache pain is nature's signal warning you, that something is amiss somewhere in your body. When your head aches, it does so because something is wrong — perhaps something quite serious. It is a signal, also, to do something about it — to remove the cause of the headache before more serious damage occurs.

Although few laymen are capable of diagnosing their own ills, millions will gulp pain relievers to deaden headaches. They will do this day after day, ignoring nature's danger signals. To do this is like disconnecting the warning signal at a railroad crossing, then drive across the tracks in the path of an oncoming train. Disaster could result!

TYPES OF HEADACHES

There are many types of headaches. Some, such as those following overindulgence in food or drink, have simple explanations. But any head pain should send a thinking person to his doctor of chiropractic immediately!

The intermediate causes of headaches may include trouble, digestive, eliminative, kidney or heart troubles, infected tonsils, meningitis, nerve irritation from spinal conditions, and, in rare cases brain trouble itself. In women, disorders of the generative system often are responsible for headaches.

One of the most frequent causes of headaches is misalignment of one or more of the cervical vertebrae. These small spinal bones in the neck region, when displaced by unusual pressure, can affect the function of nerve fibers passing between them from the spinal cord, thereby producing pain in the cranial region.

REFERRED PAIN

The irritation of one set of nerve fibers often is communicated to another which serves an entirely different function in your body. This condition produces "referred pain," and may be localized in one region or organ while the original cause of the trouble is in another part of the body.

Your doctor of chiropractic, by eliminating the basic cause of the headache, also may help your body overcome the associated condition for which the headache may be a warning signal.

Chiropractors explain that the activity of every part of the body is controlled by the brain. The function of every cell, tissue, gland, muscle and organ in your body ultimately depends on the commands of your brain — given automatically and without conscious effort on your part.

These commands, or nerve impulses, are transmitted from the brain through the spinal cord, then along various nerve trunks to a vast multitude of smaller nerves throughout the body.

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We Accept All Families and Patients Regardless of Conditions or Financial Ability To Pay.
HEADACHE AND NECK PAIN

Chiropractic research reveals most recurrent-type headaches are related to neck vertebrae.

There vertebrae gradually or suddenly become misaligned, which causes undue stress on muscles, ligaments and nerves at the base of the skull. Eventually, headaches on top, side or behind the eye develop.

Regardless of everyday tensions and pressures, you were made to live without headaches. Chiropractic science is the most effective in eliminating headache problems.

Dr. Wm. Baumgardner
Dr. R. D. Lyon

CHIROPRACTORS
933 N. Charlotte St., Pottstown (Elevator in Rear)
Phone 326-4510

SPECIALIZED CARE...
KNEE, HIP, SHOULDER, ELBOW

Only someone who has had a joint disorder truly knows the pain or disability involved. Only someone will unrelied joint pain knows how difficult it is to find a doctor who understands how to treat these conditions effectively. Many methods of treatments are often used that do not cure and in numerous make the conditions worse. Obviously, these are not the answer. In most cases surgery should be a last resort.

Knee, hip, shoulder, elbow and many other joint disorders should be examined and treated at the first sign of discomfort. When the proper specialized methods are used, it may be possible to avoid completely further discomfort and injury or surgical procedures. Industry provides a pre-disposition to a wide variety of all joint disorders which in many instances can be easily treated and corrected with little or no time lost from work.

(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, Broheadsville, Pa. Phone 992-4787).

LIFE HEALTH

Whiplash injuries are among the fastest growing health problems in America today. Chiropractor has his greater knowledge of the importance of the spine and its alignment, and of the significance of even minute changes in this alignment, realizes that the victims of whiplash are truly in need of help.

Chiropractic is the science of locating tiny spinal displacements, which, if left uncorrected, can result in disharmony, dysfunction, or disease in the body. The chiropractor of today is specially trained to locate these spinal misalignments and is an expert in delivering the exact, specific adjustment needed to restore proper alignment. His adjustments will release the dangerous nerve pressure and allow normal nerve transmission to all parts of the body.

"Whiplash" injuries are being cared for every day in chiropractic offices all over the country. We sincerely hope that the driving habits of everyone will improve so that the incidence of "whiplash" will diminish, but until this happens remember that after any accident see your chiropractor. "Whiplash" injuries and the resulting nerve pressures can cost you your health. Chiropractic is the science of localizing and correcting the cause of nerve pressure. Your chiropractor stands ready, willing, and most importantly, able to help you enjoy that healthy, happy feeling.

Dr. George L. Sabo
—CHIROPRACTOR—
516 Chestnut St., Reading
Hours: Mon., Wed., and Fri.
10 A.M. to 10 P.M.
Appointment Phone 372-0985

2/3

Pocono Record
2/3

The Times
2/3

Pottstown Mercury 2/24

HC HEALTH

Dr. W. A. Renfelli, Chiropractor

APPENDICITIS

Appendicitis is an inflammation of the vermiform appendix with involvement of the surrounding tissues. An attack usually begins at night, there is pain in the stomach, it spreads to the entire abdomen centering in the lower right, with nausea, vomiting, fever, and constipation.

There is a round muscle-like mechanism at the base of the appendix which tends to close off the open end. If this muscle contracts too severely the appendix obstruction seems to be a much more important factor than does infection or impaction.

If the muscle of the appendix is severely contracted it is caused by an abnormal nerve supply. The role of the nervous system is controlling body function is a scientific principle. Chiropractors are in conjunction with this principle and consequently the correction of disease and the maintenance of health are the direct result of the nerve impulse once functioning normally.

The appendix and other organs of the body need a strong normal nerve supply. In most cases of appendicitis the nervous system is functioning poorly and a patient should seek the services of a chiropractor.

Your chiropractor is most qualified through an examination and spinal analysis, to locate and correct any abnormal function of the nervous system which in the case of appendicitis is most often the causative factor.

Presented by Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 335-1135

Intelligencer
2/24
THIS PERSON GOT WELL FROM DIZZY HEADACHES

This cute little third grade girl suddenly began wanting to be alone, didn’t want to participate in class activities, nor go to Sunday School. She complained of being too tired, of dizziness, headaches, nervousness, stomach ache and nausea.

Her Mother wisely decided that she must have had a fall which disturbed her nervous system, and she was right.

Spinal X-rays and analysis at the Ferrance Chiropractic Center located the cause of the interference, and corrective adjustments restored normal nerve energy flow.

This little girl quickly bounced right back to her normal healthy attitude and all her complaints vanished.

PHONE 342-0534 today for a Chiropractic examination. FERRANCE CHIROPRACTIC CENTER, Philipsburg-Osceola Mills Highway.

EVENTUALLY Chiropractic Care For Health Why Not Chiropractic Care FIRST!

FERRANCE CHIROPRACTIC CENTER

WHERE GOOD HEALTH BECOMES A REALITY
Phone 342-0534 for a Chiropractic Examination
Philipsburg-Osceola Mills Highway

NECK PAINS

Did you ever wake up with a pain in your neck?
More than likely that means you have a subluxation (misalignment) of the vertebrae of the neck.

The head sets on the first bone (Atlas) and they both rotate on the second bone (Axis). This relationship facilitates the various movements of head and neck. As the spinal cord leaves the brain at the base of the skull and enters the spinal column at this area, it is obvious that misalignment of these neck vertebrae not only will bring undue strain and stress on movement but will produce spinal cord pressure in this area.

This cord pressure will inevitably result not only in neckaches and headaches, but indigestion, constipation and other disorders because the nerves supplying all the organs are part of the spinal cord and because the cord serves as a medium whereby functional nerve energy is transmitted from the brain over the spinal nerves to every cell and organ of the body.

Correct the cause of those neck pains NOW before more serious trouble develops. Chiropractic adjustments will correct the cause.

We accept all cases regardless of ability to pay

FREE SPINE X-RAY**

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BELLE VERNON, PA. PHONE 929-6100

* When Found Necessary
*Unless Covered by Insurance

KEEP THAT Healthy-Happy FEELING

The Progress 6/24

Correct The Cause, No. 8
Lack Of Normal Function Of The Body’s Control Center (Nervous System) In Area No. 8 May Be The Cause Of Constipation — Rheumatism Hernia — Appendicitis — Diarrhea Abdomen Pain or Cramps

Only a chiropractor, thru spinal and nerve examination, can tell you if you are a chiropractic case. If you are—only a chiropractor will help you

INVESTIGATE CHIROPRACTIC
1701 Wyoming Ave., Exeter — Ph. 695-3827

the Progress 6/24

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the Progress 6/24
HEADACHES

Headaches are one of mankind's most common ailments. Although they are common, they should not be regarded lightly because they sometimes indicate a serious problem.

For example, many headaches are caused by spinal subluxation (misalignment) due to a fall, whiplash, poor posture or nervous tension.

Your chiropractor often can solve your headache problems by reducing spinal distortion and specific subluxations. At the onset of your next headache, consult your chiropractor.

CHIROPRACTIC CLINIC OFFICE HOURS
Monday-Tuesday-Wednesday-Friday 9 to 12-2 to 4-6 to 8

OFFICE PHONE........... 253-0611
Dr. JOHN I. CAVALLO, CHIROPRACTOR
1000 NORTHAMPTON ST., EASTON

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CHIROPRACTOR
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BLOOMSBURG, PA
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PHONE RES.—784-1203

We x-ray and tell you what you should do. You do what you think is right.

Sickness is abnormal function of the body.

Chiropractic adjustments attempt to help the body function normal again.

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Chiropractor
Specializing in Chronic Head, Neck and Back Ailments, Also Internal Dysfunction. Medicare and Medical Assistance Cards Accepted.
136 N. Franklin St., W.B.
CALL 824-1908
MON.-WED.-THURS. 10-4
FRI. 10-1
A NEW APPROACH IN DIGESTIVE DISORDERS

Some cases of digestive disorders are, of course, due to improper eating and drinking habits, and environmental tension. But, a major cause of these disorders is faulty digestion due to abnormal nerve function. The complex chemistry of digestion is dependent upon the function of the nervous system. Any irregularity in digestion or elimination suggests an interference somewhere along the line of nerve supply from the brain through the spine into the digestive tract. This must be corrected before normal function to the digestive organs can be restored.

Chiropractic specializes in restoring normal nerve function and, therefore, offers a most effective approach to correcting the cause of many digestive disorders. Among the many disorders of digestion that respond to modern chiropractic care are: indigestion, biliousness, colic, gastritis, ulcers, esophageal spasms, nervous stomach, liver and gallbladder dysfunction, irritable or spastic colon, and constipation.

OFFICE HOURS BY APPOINTMENT

Dr. E. Roncketti
Chiropractor

SKIN PROBLEMS

She didn't want to associate with the other girls because her skin wasn't as clear and pretty as some of the others.

He was developing an inferiority complex toward girls and other boys because he felt his pimples degraded him in their sight.

The source of embarrassment, in both cases, is the skin eruptions of acne. Millions of people, especially the young, suffer from this condition.

One cause of eruptions is the accumulation of poisonous matter in the oil secreting glands which cover the surface of the body. So long as these glands are functioning normally, they discharge the poisons from the body. When something occurs to deprive the glands of the vital nervous energy upon which they are dependent, they no longer function properly, and the poisons accumulate.

The chiropractor, through his knowledge of the spinal column and the nervous system and by skillful adjustments, removes the nerve impingement which may interfere with the flow of nerve energy. By removing the cause of the disorder, he enables nature to restore the glands to proper function and to cure the disorder from within, bringing back the clear rosy glow of health.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 245 N. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE, CALL 855-9911 OFFICE HOURS MON. TUES., WED., THURS., FRI. 8-12 NOON AND 4-8 P.M.—SAT. 8-12 NOON. AMPLE PARKING.

Correct The Cause—No. 7

Lack of Normal Function of the Body's Control Center (Nervous System) In Area No.5 May Be the Cause of HIVES—KIDNEY PROBLEMS

Hardening of Arteries Allergies—Gas Pains

Regardless of what your ailment is, no matter how long you have suffered, chiropractic care may be the answer to your health problem. Chiropractic corrects the cause of why sick people get sick and is concerned with restoration and maintenance of total health.

1701 Wyoming Ave., Exeter — Phone 655-3827
WILLIAMSPORT
CHIROPRACTIC
CENTER

DR. A. J. BLASE
DR. R. A. BLASE
DR. J. E. NIERLE

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8:30 to 8:30 Daily

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SINUS TROUBLE

May be caused by pressure on spinal nerves which can be released with Chiropractic adjustments. Why suffer...call today for an appointment!

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Daily 9 to 9 Saturday 9 to 4

DO YOU HAVE A QUESTION ABOUT CHIROPRACTIC?
for information phone 326-4510

Dr. Wm. Baumgardner
(formerly)
Dr. R. D. Lyon
CHIROPRACTIC OFFICE
933 N. Charlotte St.
Pittstown, Pa.
introducing...

Dr. ROBERT J. GARBER
CHIROPRACTOR

Dr. Walter V. Pierce, Chiropractor, would like to announce Dr. Robert J. Garber's association with him in the practice of chiropractic at Pierce Chiropractic Clinic, 209 Richland Avenue, Dravosburg, Pa.

Son of Mr. and Mrs. Melvin James Garber of 1327 Worthington Avenue, Clairton, Dr. Garber, being graduated from Serra High School, McKeesport, Pa. received his pre-professional studies from Palmer Junior College, Davenport, Iowa. He received the degree of Doctor of Chiropractic from Palmer College of Chiropractic, also in Davenport, in 1972, after which he served a one year externship at the Pierce Chiropractic Clinic. Dr. Garber obtained his Pennsylvania State Chiropractic License in February, 1974 and his National Chiropractic Board Certificate in May, 1974. He is also a member of the International Chiropractic Association.

Office hours will be in accordance with the Pierce Chiropractic Clinic, Monday through Friday, 9:00 A.M. to 8:00 P.M.; Saturday, 9:00 A.M. to 2:00 P.M. Office Telephone - 469-2000, 466-0204.

Times Leader, Evening News, Rec.

W.B. 7/2

"Are You Making All That Noise?"

Digestive disorders create sort of half life. In addition to the suffering of the pain of "heartburn," the gnawing ache of ulcers, gastritis and what have you, the patient begins to wear down until all that is left is an irritable replica of what once was a normal individual. Most of such disorders are the end result of reduced function in the hyperirritable stomach. This may be due to lack of proper nerve supply to the organ involved.

Specific Chiropractic is the science specializing in restoring normal nerve function, to its optimal level.

Indigestion, headache, dizzy spells and nausea are telltale signs of an upset body chemistry. If you have the slightest reason to believe that your body chemistry is not working properly, investigate.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONKETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 245 NO RIVER ST. (BY THE COURT HOUSE) WILKES-BARRE CALL 825-3921. OFFICE HOURS: MON. TUES. WED. THURS. FRI. 8-12 NOON AND 4-8 P.M. — SAT. 8-12 NOON. AMPLE PARKING

CANT CHIROPRACTIC HELP ME?

Attend A Free Slide Lecture
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Chiropractic Care May Be The Answer To Your Health Problem.
Learn How and Why Chiropractic Has Restored Health To Patients.

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Dr. Daniel Randazzo
841 No. 5th Street, Reading, Pa.

The Times 7/30

WILLIAMSPORT
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57 East Fourth St. Phone 323-8706
Office hours daily by appointment
Information on campaign contributions may be related to contracts awarded by the General State Authority, Gleason said. The subpoenas for the other 11 counties are related to a probe of flood-related loans in the north central region of the state, according to Gleason.

DO NOT SAY YOU HAVE TRIED EVERYTHING UNTIL YOU HAVE TRIED CHIROPRACTIC

BELOW ARE A FEW OF THE DISORDERS CAUSED BY SLIPPED VERTEBRAE WHICH CREATE NERVE PRESSURE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
7. Kidney disorders, skin disturbances, and mid-back aches.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-ilac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

CALL TODAY FOR APPOINTMENT

DeFRIES CHIROPRACTIC CENTER
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Helped after surgery
For over a year I suffered with pain in my lower back and down both legs. I found that taking darvon and other drugs could not cure my problem, but only give me a few hours of relief.

Blood Pressure Normal
I have gotten splendid results through Chiropractic Care, after trying medical treatments with little success. With drugs I was able to obtain only temporary relief from the constant pain in my back and from high blood pressure.

On my first visit at the Bloomsburg Chiropractic Center, Dr. Glenn Neiderhiser took my case history, chiropractic x-rays, gave me a complete examination, and then began chiropractic adjustments. As I said, the results have been splendid; the pain has been relieved and my blood pressure is now within the normal range.

Because of the faith and knowledge that I have of Chiropractic, and because of what it has done for me, I would recommend it to others.

Henry Lehigh
Catawissa, Pa.

TO MAKE YOUR APPOINTMENT CALL . . .
Chiropractors Glenn and Robert Neiderhiser Today
784-0960
RESULTS ARE WHAT COUNTS

TESTIMONIAL
For about ten years I suffered severe pain in my lower back due to curvature of the spine. I turned to Chiropractic Care because I just didn’t want to spend time in the hospital and I had seen what Chiropractic had done for my neighbor.
I had tried taking medicine, and did not get good results, but since I’ve been faithful to my Chiropractic Series of Adjustments, I have relief from pain and partial correction of the curvature of the spine.
Chiropractic would be good for anyone really, because I feel that it has helped me much more than medicine, and there are no more drug bills, and the office visits are less expensive.

Mrs. Elma Torta
Blairsville, Pa. 15717

It is not true to say,

"We are doing Everything Possible"

Unless CHIROPRACTIC is included.

Dr. Lawrence Bouma
CHIROPRACTOR

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Tuesday 4-8
Sat. 9-noon

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DR. WILLIAM R. FLOOK
309 E. Front St., Berwick, Penna.

Are you one of those persons that have been wondering whether chiropractic could help You? Now is your time to find out.

You are cordially invited to the "CHIROPRACTIC WEEKEND"
September 14 & 15, Saturday 10 A.M.-5 P.M. Sunday 1-5 P.M.
The "Chiropractic Weekend" Will Include the Following as a (Free) Public Service:
1. Private Consultation
2. Chiropractic Examination
3. X-ray studies when necessary
4. Confidential report findings
5. Recommendations in your case
6. Questions and answers
The following chiropractors will be present to help find out why you are sick and explain to you how to get well.

Dr. Ernest Laubach, Muncy, Penna.
Dr. Earl Ritter, Bloomsburg, Penna.
Call 752-2989 for Your "Chiropractic Weekend" Appointment Today
Chiropractically Speaking...

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HOURS: Mon., Tues., Wed., Fri.
9 to 12 & 4 to 7 P.M.
SATURDAY SPECIAL APPT. ONLY
CLOSED THURSDAY

WHY IS CHIROPRACTIC OPPOSED BY SO MANY MEDICAL DOCTORS?

It is history that almost every new principle or concept has met opposition from groups feeling their particular welfare in danger — as Henry Ford and his mass production line, Thomas Edison and his various inventions, Dr. Einstein and his theories of time and space were greeted with ridicule and anger, so were some early practitioners of healing arts scorned and abused. Religious wars grew out of new philosophies; the royalty of old England sought to put down with guns the fresh idea of freedom in the American colonies; the hierarchy of Rome fought bitterly the Reformation that gave rise to Protestantism.

Devotees of other healing arts quickly recognized the threat to their selfish interest when Chiropractic was taken to the hearts of countless people; they fought back because they did not understand Chiropractic and because they saw it as competition.

Turn of the Century Chiropractors found fierce opposition which in some instances has continued through the years... and will continue in lesser degree. Chiropractors recognize the need and value of other healing arts and realize that they too will come to see Chiropractic’s benefit to man, and the tendency to base judgment on prejudice will eventually die out. Competition in business has spurred many fights, including famed examples such as the war against sewing machines and their threat to hand labor.

WAITING FOR MEDICAL ENDORSEMENT OF CHIROPRACTIC IS LIKE WAITING FOR THE COMMUNIST ENDORSEMENT OF FREE ENTERPRISE.

NO MORE MIGRAINE HEADACHES

For about 15 years I’ve had severe migraine headaches. I could not ride in a car for more than 30 minutes without becoming ill. I had tried different medical doctors and any and every kind of prescription and pill you could think of. Finally I tried Chiropractic because nothing else seemed to work.

It is wonderful to go through a day without pain. Since I’ve been going to Dr. Brundage I have complete relief from headaches and less tension. Now I can ride in a car for hours with no fear of becoming ill. I recommend Chiropractic to anyone who suffers from migraine headaches because of the good results I have obtained.

Shirley W. Hess
Berwick, Pa.

Dr. R. F. BRUNDAGE
CHIROPRACTOR
752-3637
SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS

The ailments mentioned below are some which may be caused by vertebrae in the spinal column slipping out of alignment and causing pressure and irritation on nerves. Study the chiropractic chart below and you will understand why over 30 million people have benefited from chiropractic care.

1. Slight pressure on nerves at this point may cause headaches, 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, may be the cause of throat trouble, burrsitis, pain in the shoulders and arms.
3. This arrowhead heats the part of the spine where pressure on nerves could cause pain between the shoulder blades, muscular ache in the arm and shoulders, hay fever allergies, and bronchitis.
4. Nerve pressure at this point may cause chest pain, asthma and difficult breathing.
5. Stomach and liver troubles, enlargement of the spleen, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
6. Many gall bladder problems, and shingles, may be caused by pressure at this point.
7. Skin diseases are sometimes the result of nerve pressure at the spinal openings here.
8. Such trouble as hemorrhage, low backache, sacroiliac slip, slipped disc, are relieved by chiropractic adjustment at this point.
9. Constipation, rectal trouble, sciatica may be corrected by chiropractic adjustments of this part of the spine.
10. A slight slipping at one or both pelvic bones can produce sciatica, cramp in leg, and backache.

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! Regardless of what your ailment is called . . . no matter how long you have suffered . . . chiropractic care may be the answer to your health problem.

Check the 10 danger signals of nerve pressure
1. Stiffness or pain in the lower back
2. Numbness, pain or tingling in the legs
3. Extreme fatigue in the lower back or legs
4. Frequent pain between the shoulders
5. Persistent pain and muscle tension in back of neck
6. Grating and popping noises when turning head
7. Recurring headaches
8. Numbness, pain or tingling in the arms or hands
9. Painful joints, shoulders, elbows, knees
10. Loss of sleep

Chiropractic succeeds many times after all other methods of healing have failed...find out how Chiropractic can help you today.

2014 Market St., Harrisburg, Pa.
FOR YOUR APPOINTMENT CALL 234-5671

The Watson Chiropractic Clinic
Recommends:

FOR SINUS and MIGRAINE HEADACHES

1. Examination and spinal x-rays to determine if pinched nerves are causing the pain and suffering.
2. Gentle-specific pain relieving chiropractic treatments to correct the cause.
3. Periodic attention to guard against possible recurrence.

THE WATSON CHIROPRACTIC CLINIC
Dr. Thomas B. Watson
2220 W. 3rd St.
Erie, Pa.
Ph. 853-5555 Mon. and Thursday
THE CHIROPRACTIC STORY

Dear Dr. Rhodes:
Since I have been coming to you for only two months for Chiropractic adjustments, I feel like a different person already with a new life and hope.

I was a miserable person thinking I would never walk again. Now I know I will walk again because I am already starting. I can walk without my cane in the house.

I know Chiropractic speaks for itself. I will praise a good Chiropractor forever and will tell others of Chiropractic, especially since there are no pills or operations. I have a renewed life and can be happy once more. It is just like a miracle happened to me.

All this began twelve years ago when I had a brain tumor. To think I suffered all those years and then within two months of Chiropractic care I got help.

All praise to my Chiropractor. God bless him for helping people back to health.

Take my advice. Try a Chiropractor. I have received great benefits and so will you.

Sincerely,
Fannie Lewis

PHONE 368-2500
GERALD D. RHODES D.C. AND RONALD E. KNORR D.C.
400 Arch St. Montoursville, Pa.
Serving You Six Days A Week

PINCHED NERVES...
IN THE FOLLOWING SPINAL AREAS, MAY CAUSE

1. Headaches, Nervousness, Dizziness and Tension
3. Muscular aches of upper back, shoulders and arms.
4. Chest pains, functional heart distress, difficult breathing and asthma.
5. Stomach and liver disorders.
6. Shingles and disturbances of the upper bowels.
8. Slipped disc, lumbago and low-back pains.
9. Sciatica, constipation, menstrual problems and sacroiliac pains.
10. Bladder disturbances, leg cramps and colon disorders.

WHY BE SICK WHEN YOU CAN BE WELL?
GOULD CHIROPRACTIC CLINIC
REYNOLDS BUSINESS DISTRICT RT. 18
REYNOLDS, PA.
AREA CODE (412) 646-3000
CALL NOW FOR AN APPOINTMENT.
CLOSED ON THURSDAYS
"Dedicated to the Restoration and Preservation of Your Health"
A QUESTION OF ETHICS

I often hear people make the statement, I just can’t see why a Chiropractor advertises; why it’s not even ethical ... The fact is that it would be unethical if the Chiropractor did not advertise. I’ll explain why. Chiropractic is a new and different approach to health, in that it gets sick people well and helps them to stay healthy without the use of unnecessary drugs and surgery. Most people cannot understand how one can stay healthy without medication. This is exactly one of the main reasons a Chiropractor does advertise, so that you can understand.

The principle of Chiropractic is this, the master system of the body is the nervous system. It governs, controls, co-ordinates and organizes all bodily functions. It is the communications network of the body. It tells the different parts of the body what to do, how to do it, when to do it and when not to do it. This is done through the nervous system via nerve impulses from the brain to the spinal cord across the nerve fibers to the various tissues and organs. Since the nervous system is so important, nature encased the brain in the skull and the spinal cord inside of the vertebral column. From the spinal column exit nerves which supply these various tissues and organs of the body.

If a vertebrae (spinal bone) moves out of place it impinges (pinches) on the nerve fiber and interferes with the normal transmission and expression of these nervous impulses. The organs, muscles and ligaments, etc. at the end of this nerve fiber can hardly be expected to function correctly. The Chiropractor with his hands replaces the spinal bone to its normal position thereby removing the nerve interference so that the organs, muscles, or ligaments at the other end of the nerve fiber may function one-hundred per cent. Many disorders and illnesses are the result of nerve interference.

There isn’t a pill, potion or a shot that can replace the spinal bone back to its normal position. The Chiropractor does and does so with precise accuracy. Please understand that the point we are making is not that medicine and surgery is bad, in fact, quite the opposite; I, myself, would be frightened to be alive knowing that the medical profession was not here to service the people especially in emergency first-aid care—such as car accidents, broken bones or lacerations, etc. However, too many people are being treated for different conditions by using medication and surgery when the very cause of their illness is nerve interference. This is because they do not understand the principle of Chiropractic; in that nerve interference can and does cause illness and therefore continue to treat their symptoms to no avail.

The Chiropractor has a message of health to the public and it is only the Chiropractic profession itself that will give the message to the public. Chiropractic is not a cure all but it is a necessary health service not offered by any other healing arts profession. You have the right to know and understand Chiropractic. Regardless of what your opinion may be, the right to know about Chiropractic is yours. If this is unethical to share this message with the people; then I am glad that I am unethical.

This will be the first in a series of weekly articles sponsored by:

Bob Quarry, Jr.
Chiropractor
Fountain Hill
After three weeks in the hospital in traction and on drugs, I was finally given a painful milogram and told an operation was necessary to remove two discs from my back. I was given an 80 to 20 chance of walking again. I refused the operation and left the hospital — my left leg numb, bent, crippled and in great pain. I spent two weeks at home in bed still taking drugs and still in pain when someone suggested Chiropractic Care. On my first visit — after X-rays — the Chiropractor actually relieved me of my intense pain. After one week the pain was completely gone. I took no more drugs, the numbness disappeared and I started to walk again. After one month of treatments, my back is now straight and I can walk normally again.

I consider it a privilege to recommend Chiropractic Care to anyone and everyone. I am absolutely convinced Chiropractic Care can give to them — as it has to me — a healthier and happier way of living.

Mrs. June D. Kachmar
Nesconset Station, New Jersey

**BACK PAIN?**
**LEG PAIN?**

CHIROPRACTIC HEALTH CARE OFFERS REMARKABLE CORRECTION

5 Danger Signals
1. Stiffness or pain in the lower back.
2. Numbness or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Painful hips or knees.
5. Morning stiffness upon arising.

**FREE Spine X-rays**
*UNLESS COVERED BY INSURANCE

**TUCCI**
When Found Necessary

**CHIROPRACTIC OFFICE**
BELLE VERNON — PHONE 929-6100

Correct The Cause, No. 2

Lack of Normal Function Of The Body's Control Center (Nervous System) In Area No. 2

May Be The Cause Of

Migraine Headaches
Mental Condition—Epilepsy
Head Colds
Amnesia

Only a chiropractor, thru spinal and nerve examination, can tell you if you are a chiropractic case. If you are — only a chiropractor will help you!

**INVESTIGATE CHIROPRACTIC**
1701 Wyoming Ave., Exeter — Ph. 635-3237
STUDY THIS CHART CAREFULLY...
Take time to re-study this famous "Health Chart of Chiropractic," reproduced below, and you will see how simple it is to understand what an important part YOUR SPINE can play in the maintenance of your good "natural" health. Misaligned spinal bones can cause disease in ALL PARTS OF THE BODY. Notice how the nerves go to every organ, tissue and cell of your body — arms, legs, abdomen, head, etc. So provide your body with the fullest protection against disease.

YOUR LIFELINE CHART
The diseases mentioned on this chart are only a few caused by the vertebrae "pinching" nerves as they enter or leave the spinal column, transmitting vital nerve energy from the brain to the organs of the body.

1. Slight "pinching" of nerves at this point will cause so-called headaches, eye diseases, deafness, epilepsy, insomnia, wry or stiff neck, facial paralysis, dizziness, pollen, arthritis, abnormal blood pressure, anemia, colds, hay fever, sinus trouble, nervousness, etc.

2. A slight nerve difficulty in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, gout, nervous prostration, to gripe, nose bleed, disorder of gums, catarrh, etc.

3. The arrow head marked No. 3 locates the part of the spine wherein "pinched" nerves will cause so-called bronchitis, fevers, pain between the shoulder blades, rheumatism and neuritis of the arms and shoulders, etc.

4. A blocked nerve at this point causes so-called heart disease, pneumonia, tuberculosis, asthma, difficult breathing, other lung troubles, etc.

5. Stomach and liver trouble, enlargement of the spleen, pleurisy and a score of other troubles, so-called, are caused by pressure in this part of the spine, so light as to remain unnoticed by others except the trained Chiropractor.

6. Here we find the cause of so-called gall stones, dyspepsia of upper bowels, fever, shingles, blisters, dia- betes, etc.

7. Bright's disease, Coccid kidney, skin disease, boils, eruptions and other diseases, so-called, are caused by nerves being pinched in the spinal openings at this point.

8. Regulations of such troubles as so-called appendicitis, peritonitis, lumbago, constipation, etc., Chiropractic adjustments at this point.

9. Why have so-called kidney stones, rectal troubles, female troubles, many lower abdominal pains, etc., when Chiropractic adjustments at this part of the spine will remove the cause.

10. A slight slippage of both innominate bones, located here, will likewise produce so-called sciatica together with many "diseases" of pelvis and lower extremities.

TODAY, NOT TOMORROW IS THE TIME TO GET WELL

For Further Information or Appointment Call

DR. DANIEL MILLER
214 Ninth Ave., McKeesport, Pa.
Phone 678-2919

DR. ANDREW GIRAN
2328 Weston Blvd., W. Mifflin
Phone 466-0444

DR. MILLER
Dr. Giran Office Hours: Mon., Wed., Fri. 12 to 8 P.M., Sat. and Tues. 9 til Noon

Daily News 8/12
SKIN CONDITIONS RESPOND WELL

Skin conditions are multiple and varied, and result from numerous situations. Such as prolonged drug therapy, fungus and bacterial infections, fevers, autointoxication and symptoms of various groups of illnesses. All skin conditions are related to some degree with the kidneys, in that they are not performing up to par, and eliminating wastes properly. The nerves which supply the kidneys and cause them to function properly emerge from the spinal cord and pass between the spinal bones. These bones can slip out of place and impinge the nerves, blocking some of the current flow to the kidneys, causing them to malfunction. In many cases Chiropractic care restores normal nerve function to the kidneys, and sufferers can get well. Try it, you have nothing to lose but your poor health.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST?

FERRANCE CHIROPRACTIC CENTER

WHERE GOOD HEALTH BECOMES A REALITY
Phone 342-0534 for a Chiropractic Examination
Philipsburg-Osceola Mills Highway

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The Progress Clearfield
8/5

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CONSTITUTION

Constipation is one of the most common health complaints in the United States, and the daily or habitual use of laxatives can only lead to more constipation, and possibly to disease of the intestine, colon or rectum. Drug laxatives “move” the bowel only because they first irritate the bowel and this continued irritation is dangerous to your health.

Chiropractic care and recommendations suggest by your doctor of chiropractic can help most cases of constipation without the use of harsh laxatives.

CHIROPRACTIC CENTER OF LIFE
1725 Lycoming Creek Road — Phone 326-3891
MONDAY, WEDNESDAY, FRIDAY 9 to 9
THE CHIROPRACTIC STORY

The Bible says that our bodies are the temples of God — (1 Cor. 6:19). So if our bodies are a temple then we should take care of that temple. This is my reason for being a firm believer in Chiropractic care.

I have had a bad back for over 15 years. I suffered a lot and when walking down a street, I would often have to stop and rest. Well, one Sunday morning while taking a quart of milk from the refrigerator, my back gave way. I could not move and couldn't contact anyone. Monday morning my wife called Dr. Rhodes and with the aid of my preacher I made it over to his office. I wasn't healed over night, but after several adjustments I began to see a difference.

I knew it would take time, for a person's back and muscles are like a tree. If you plant a tree when it is young and it starts to grow crooked, you can straighten it with ropes, then it will grow straight again. It's the same with a person's back. Take care of the injury when it is young, the sooner the cure.

Yours truly,
Sam H. Edwards
Montoursville, Penna.

PHONE 368-2500
GERALD D. RHODES D.C. AND RONALD E. KNORR D.C.
400 Arch St.
Montoursville, Pa.
Serving You Six Days A Week

DR. D. L. SAGER
212 E. Market St.
Orwigsburg, Pa. 17961
Nerves Just Nerves
PINCHED SPINAL NERVES in the neck are often the reason for PAINS in the SHOULDER, RIBS, ARMS AND HANDS. Frequent STIFF NECKS or HEADACHES can be early signs of spinal misalignments. CHECK THE 10 DANGER SIGNALS . . .
1. Stiffness or pain in the lower back. 2. Numbness, pain or tingling in the legs. 3. Extreme fatigue in the lower back or legs. 4. Frequent pain between the shoulders. 5. Persistent pain and muscle tension in back of neck. 6. Grating and popping noises when turning head. 7. Recurring headaches. 8. Numbness, pain or tingling in the arms or hands. 9. Painful joints, shoulders, elbows, hips or knees. 10. Loss of sleep.
Phone 366-2722 For Appointment

TYPES OF PATIENTS

1. There is the patient who feels better after the first, or second, spinal adjustment then discontinues chiropractic care before recovery has been effected.

2. There is the type who does not respond immediately, so he becomes discouraged and quits before he has a chance to get well.

3. There is the patient that regardless of how quickly or slowly he may improve, continues chiropractic care until the cause has been corrected and all symptoms controlled. This patient regains lost health.

4. And, there is the patient who, once his condition has been corrected, periodically consults his doctor of chiropractic for check-ups and indicated care to maintain the greatest degree of health possible. This is the wise patient.

CHIROPRACTIC CENTER OF LIFE
1725 Lycoming Creek Road — Phone 326-3891
MONDAY, WEDNESDAY, FRIDAY 9 to 9
HAYFEVER

Hay fever occurs in individuals who are sensitive to some substance, usually pollen, which they inhale. It usually is troublesome during the latter part of August and September.

It begins with an itching of the eyes and nose, followed by signs such as headache, violent sneezing and watery discharge from the eyes and nose, together with dry, hard cough.

Your doctor of chiropractic when confronted with a hay fever condition, recognizes that an impairment of nerve function is behind it, and works to correct this.

As he succeeds in correcting the impairment of nerve function, he removes the cause of hay fever and the healing forces of nature are then free to work their way, which means early relief and an eventual end to the trouble.

For hay fever, see your doctor of chiropractic. He knows what causes the trouble and what to do to correct the basic cause. Act Promptly!

ALLENTOWN CHIROPRACTIC CENTER

Dr. Stephen L. Kulik
1850 E. Emmaus Ave., Allentown, Pa.
Just over Gouff's Hill into Salisbury Township
Call 791-1020 for an Appointment
Hours: Mon., Wed., Fri. 10-12, 2-5, 6-8

DR. LUDGER F. POCORUS
407 MAIN ST.
STROUDSBURG, PA. 18360

NECK INJURY
A Multitude of Trouble

Since neck injuries do not always give rise to immediate symptoms, many people do not realize that the cause of their physical discomfort can be traced to a previous, even mild injury. Pain is eventually the most persistent symptom of neck injuries. About 65 per cent develop headaches. Nervous irritability is a frequent complication and pain in the chest occurs in about 25 per cent of cases. Stiffness of the neck or shoulders, degeneration of the spinal disc and arthritis may eventually result. Blurred vision; loss of balance; dizziness; twitching of the eyelid; numbness and tingling of the arms and fingers; shortness of breath; palpitations of the heart; nausea; vomiting; and muscle twitching are common complaints resulting from neck injuries which may have occurred recently, or in years past.

Clinical research proves chiropractic science to be the most effective health care available for most neck injuries and associated symptoms. Your doctor of chiropractic, through training and experience, is best qualified to correct the cause of neck disorders.

THE SPINE IN YOUTH

Just as the mental discipline and moral training of the child from infancy up to the age of twelve years has tremendous bearing on future character, so the physical care and training of the body from the 12th to 21st year has a vital bearing upon future life. Gymnasium exercise has been made compulsory without considering the condition of the back or spine to take the accompanying strains.

Examination of the spine and back by a Chiropractor and guidance which he gives may forestall many of the impending tragedies from accidents and illness for those who are now in the age of youth.
LEG PAIN

RELIEVED THRU CHIROPRACTIC

or 25 years I had pain in my leg and back. Other treatment did no good at all. Then I heard people talk about Chiropractic and how it helped them. I am so thankful I took their advice and became a Chiropractic patient. I have Chiropractic to thank or the relief from pain that I have today.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST!

FERRANCE CHIROPRACTIC CENTER

WHERE GOOD HEALTH BECOMES A REALITY
Phone 342-0534 for a Chiropractic Examination
Philipsburg-Osceola Mills Highway

SUFFER WITH ARTHRITIS?

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated this condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

1. Stiffness or pain in the lower back.
2. Numbness, pain or tingling in the legs.
3. Extreme fatigue in the lower back or legs.
4. Frequent pain between the shoulders.
5. Persistent pain and muscle tension in back of neck.
6. Grating and popping noises when turning head.
7. Recurring headaches.
8. Numbness, pain or tingling in the arms or hands.
9. Painful joints, shoulders, hips or knees.
10. Loss of sleep

"Prompt attention prevents long sieges of disability"

KRUPAR CHIROPRACTIC LIFE CENTER

DR. ANDREW C. KRUPAR 327 W. Pgh. St.
DR. BETTY O. KRUPAR Greensburg, Pa.
DR. HOMER L. BOWERS PH. 834-1887

STATISTICS SHOW LOW BACK STRAIN VERY COMMON

According to official statistics, low back strain rates third among compensable injuries.

The low back joints situated where the base of spine joins the large hip bone, can be and are the seat of much pain felt in the lower part of the back. Whether you call it lumbago, rheumatism or just plain backache, much of the pain in the lower part of the back is the result of sacroiliac or low back strain.

In case of severe sacroiliac strain, home remedies can do little more than give temporary relief. Such cases require the services of a chiropractor skilled in the correction of sacroiliac displacements, for there is usually a partial dislocation between the base of the spine and one of the large bones of the pelvis.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCHETTI, CHIROPRACTIC. HIS OFFICE IS LOCATED AT 245 W. RIVER ST. BY THE COURT HOUSE. WEDNESDAY-SATURDAY 8 A.M. - 5 P.M. - SAT. 9-12 NOON AMPL PARKING

SUFFER WITH ARTHRITIS?

"I THOUGHT IT WOULD GO AWAY"

This is a popular excuse for neglecting oneself. Many patients wait until their pain or symptoms become almost unbearable before they seek help. Others delay coming because their condition subsides for awhile only to recur.

The CAUSE of a pain or symptom must be found and CORRECTED. Often the cause is a tortured, pinched nerve due to poor spinal mechanics. This can cause pain or disturbances in any part of the body.

Delay is a friend of disease. Don’t put off a chiropractic check-up.

Dr. Wm. Baumgardner
CHIROPRACTORS
933 N. Charlotte St., Pottstown (Elevator in Rear)
Phone 326-4510

Dr. R. R. Lyon
Headaches? Neck Pains?

Chiropractic Health Care Offers Remarkable Correction of These Painful Conditions

Research has shown that spinal problems in the neck can cause various disorders in the head, neck, shoulders, arms and hands. Conditions such as bursitis, migraine and neuralgia, frequently result. Extensive clinical studies show that it may take months or even years for the effects of forgotten falls, whip-lash injuries or minor accidents to develop into painful symptoms.

THE 9 DANGER SIGNALS

1. Persistent pain and 5. Painful joints, shoulders, elbows.
2. Recurring headaches. 6. Frequent pain between the shoulders.
3. Numbness pain or tingling in the arms or hands. 7. Loss of sleep.
5. Noises when turning the head. 9. Blurred vision.

We accept all cases regardless of ability to pay.

FREE SPINE X-RAY* unless covered by insurance

TUCCI Chiropractic Office
BELLE VERNON  PHONE 929-6100
*When Found Necessary

Dr. Ronald B. Rogers
1701 Wyoming Ave., Exeter, Pa.
Phone 655-3827

Chiropractic Explained

HEADACHES

While headache may be one of the most distressing of human discomforts, it is not a disease, but a sign that something is wrong. Nearly every adult will at some time or another suffer simple headaches from body abuse, such as lack of sleep, sudden anxiety, or too many cocktails, but more than 20 million Americans experience the painful chronic, recurring headache... a serious health problem. In only a small percentage of cases, about 3 in 1000, is the cause of some serious organic disease. Ninety per cent of headache cases are medically grouped into two categories: (1) vascular headaches, including migraine and (2) muscle contraction or tension headache.

It is in this 90 per cent group that the public has been generally misled into believing that both vascular and tension headaches are primarily caused by psychological — personality or emotional conflicts.

Research has shown that about 90 per cent of chronic headaches are caused by mechanical irritation of the nerve roots in the neck, usually dating back to some previous trauma. This nerve root irritation may be caused by minor neck injuries not even recognized by the patient. Injury to the neck produces a mechanical derangement of the nerve roots. The many nerves and blood vessels in the neck exert their function on the painful areas of the scalp, face, and brain, and when the body is placed under stress, the headache develops.

No therapeutic method even remotely approaches the value of chiropractic science in the correction of neck abnormalities that are the cause of a great percentage of headaches. If you suffer headaches, consult your doctor of chiropractic without further delay.

(From Health News & Views)

BRACKEN

Chiropractic Clinic

Mon., Wed., Fri. 10-12, 1-5, 7-9
Tues., Thurs. 10-12, 1-5

By Appointment Medicare Now Accepted

St. Marys Rd. 776-1854
LOW METABOLISM FROM DEFECTIVE NERVE ENDINGS CORRECTED

A 21 year old matron had been suffering from sinus pains instead of enjoying her newly married status. Headaches, nervousness, face pains, stuffy nose, hayfever, frequent colds, flu; painful irregularity and low metabolism were her complaints. Various treatments over a two year period only left her in a worse condition. She said her woes were multiplying instead of going away and she felt very depressed about her condition. She had dreamed about married life being such a pleasant venture and was considerably disappointed with her bad health.

The Ferrance Chiropractic Center spinal X-rays and analysis located central nervous system and spinal trouble.

Looking at her final comparative examination, I see that she reported all symptoms gone and everything back to normal.

EVENTUALLY Chiropractic Care For Health
Why Not Chiropractic Care FIRST!

FERRANCE CHIROPRACTIC CENTER
WHERE GOOD HEALTH BECOMES A REALITY
Phone 342-0534 for a Chiropractic Examination
Philipsburg-Osceola Mills Highway
Dr. Ferrance

BRACKEN Chiropractic Clinic
Mon., Wed., Fri. 10-12, 1-5, 7-9
Tues., Thurs. 10-12, 1-5
By Appointment Medicare Now Accepted
St. Marys Rd. 776-1854

Now is the time to see the "second best man at your wedding", your Photographer.

Meads STUDIO
151 W. High St., Carlisle — Phone 243-4412
Commercial and Portrait
HEADACHES

There are many types of headaches. The intermediate cause of headaches may include eye trouble, digestive, eliminative, kidney or heart troubles, infected tonsils, meningitis, nerve involvement from spinal conditions, and, in rare cases brain trouble itself. In women, disorders of the generative system often are responsible for headaches.

One of the most frequent causes of headaches is misalignment of one or more of the cervical vertebrae. These small spinal bones in the neck region, when displaced by unusual stress, can affect the function of nerve fibers passing between them from the spinal cord, thereby producing pain in the cranial region.

If you are suffering from persistent headaches contact:

ALTOONA CHIROPRACTIC
LIFE CENTER
DR. H. J. FYE
Phone For Appointment 946-0279
1405 E. Walton Ave. (Greenwood)
WE CONTINUE TO SUPPLY
FREE SPINAL X-RAY
SERVICES FOR OUR PATIENTS

Altoona Mirror 6/24
Spasms-Twitching of Limbs-Numbness

Modern science has proven that loss of motor or sensory nerve function can affect the above systems.

The body framework is supported by a structure called the spinal column. It consists of 24 movable segments called VERTEBRAE.

When any one or more of these segments loses its normal alignment, problems may occur.

A small nerve emits from the opening on the side of each vertebrae.

When twisting or turning of these vertebrae occurs, the nerve may be pinched off resulting in loss of muscle control, which causes twitching or loss of sensory function, resulting in numbness.

Modern methods of correction may save countless hours of discomfort and embarrassment. If you experience any of these symptoms, arrange an appointment with Roncetti Chiropractic Clinic as soon as possible. Call us today for consultation and see if chiropractic is your answer.

One of a series of articles in the public interest to explain and illustrate the practice of Chiropractic by

CURFMAN CHIROPRACTIC CENTER
127 South Second St., Chambersburg
Phone 264-4700

NERVE PAIN

Pain due to spinal nerve irritation is the most common symptom of a structurally defective spine. In fact, only in recent years have such diverse symptoms as neuralgia, bursitis, neuritis, sciatica, lumbago and headaches been traced to structural defects in the spinal system.

These defects occur when a spinal segment is displaced by a minor fall or strain, and the tiny nerve opening adjacent to the vertebra becomes partially closed. The nerve which passes through this opening is irritated at this point and pain is felt in that part of the body supplied by the injured nerve.

Chiropractic is the branch of the healing arts most concerned with the correction of structural spinal disorders which affect the nervous system.

A chiropractor will detect the misalignment and will perform the proper adjustments, thus eliminating spinal defects which could undermine the health of the individual.

DR. D. L. SAGER
212 E. Market St.
Orwigsburg, Pa. 17961

Nerves Just Nerves

PINCHED SPINAL NERVES in the neck are often the reason for PAINS in the SHOULDER, RIBS, ARMS AND HANDS. Frequent STIFF NECKS or HEADACHES can be early signs of spinal misalignments. CHECK THE 10 DANGER SIGNALS . . . 1. Stiffness or pain in the lower back. 2. Numbness, pain or tingling in the legs. 3. Extreme fatigue in the lower back or legs. 4. Frequent pain between the shoulders. 5. Persistent pain and muscle tension in back of neck. 6. Grating and popping noises when turning head. 7. Recurring headaches. 8. Numbness, pain or tingling in the arms or hands. 9. Painful joints, shoulders, elbows, hips or knees. 10. Loss of sleep.

Phone 366-2722 For Appointment