

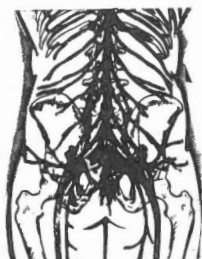
SCIATICA



WHAT IT IS

Sciatic neuritis, most commonly called sciatica, is a symptom rather than a disease. Sciatica is a common disorder, comprising about 40 per cent of all cases of neuritis. While this affliction strikes both sexes, seventy-two percent of the patients are men.

The pain of sciatica is variable in onset and character — it may be described as a gnawing, shooting, sharp, or dull pain, and some patients may experience numbness in the leg or foot. Pain usually begins in the low back or buttocks, and may extend down the back of the thigh and leg to the foot on the affected side.



The sciatic nerve is the largest and longest nerve in the body. It passes out of the lower back and descends along the back of the thigh branching downward to the foot. This nerve supplies the skin of the leg, the muscles of the back of the thigh, and those of the leg and foot. It gives the leg motion and feeling, and most authorities agree that the sciatic nerve is more exposed to injury and inflammation than any other nerve.

THE CAUSE

Inflammation of the sciatic nerve does not occur without a cause, and while sciatica may be secondary to a variety of causes including toxic infectious conditions such as syphilis or diabetes, needle injections, a ruptured disc, and rarely a tumor, it is now known that more than ninety per cent of sciatic cases develop as result of vertebral subluxations, or misalignments, and structural distortions of the spine.



When the pain of sciatica is most intense in the lower leg, for example, the cause may appear to be in the immediate area of pain. Yet, the cause of pain is not at this area at all, but in the spine. Spinal injuries occurring as result of accidents, falls, sprains, and occupational strains may cause a prolonged pressure on the sciatic nerve. Irritation, inflammation, and pain along the course of the nerve will then develop. The actual pain of sciatica may be days, weeks, even months making its appearance after an injury, and when severe, it can indeed be a most painful, crippling disorder.

THE CORRECTION

Sciatica is a condition which should be corrected without delay. It is a progressive condition that will, unless the cause has been corrected, become increasingly worse with time. The use of potentially dangerous pain-killing drugs to dull the pain, while ignoring the cause of pain, is very unwise. This imprudent procedure can lead only to further damage to the nerve and prolong the period of pain and disability.

Advances in modern chiropractic care brightens the outlook for sciatic victims toward a complete recovery in a remarkable percentage of cases. Your doctor of chiropractic has been thoroughly trained to locate and correct the cause of sciatic cases due to vertebral subluxations and spinal distortion. Chiropractic science makes a direct approach to correcting the cause of this painful problem. By "freeing" the nerve and restoring normal nerve function complete freedom from pain and total recovery is then possible.

Early chiropractic care and total cooperation with your doctor of chiropractic offers you the best chance for recovery through correction of the underlying cause.

DR. CHARLES K. GLOMB
CHIROPRACTOR

~~MON., TUES, WED, FRI 10-8 SAT 10-2~~

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WHY
ORGANIZED MEDICINE

OPPOSES ANY

NEW

HEALTH PRINCIPLE

Every American citizen wants the best health care available, but he is not going to get it as long as organized medicine dictates the health of every citizen in this country.

More than 35 million Americans have availed themselves of chiropractic care and experienced better health as result. Yet, medicine's monopolistic power actually denies better health to millions of Americans by (1) denying chiropractic services to patients in public tax supported hospitals, mental hospitals, VA facilities, the elderly on Medicare, and Public Welfare health programs, (2) holding the purse string on all monies allocated for research and health facilities; and (3) its arrogant attacks upon chiropractic in its attempt to destroy the chiropractic profession, and to discourage the public from seeking the services of a doctor of chiropractic.

As chiropractic, with an entirely different principle of disease causation and correction, has grown in public acceptance it has become a serious threat to medicine's total control over the nation's health.

Throughout the ages medicine has followed a pattern in opposing any new ideas, principles, and methods of health restoration that differed from their entrenched medical theories. William James, M. D., father of American psychology, has aptly described the three stages encountered by any new health principle:

1. Orthodox medicine calls it quackery and nonexistent.
2. Then it is admitted to exist but is written off as unimportant or useless.
3. Finally, its foes exultantly claim "We helped discover it!"

In 1895 D. D. Palmer advanced the chiropractic principle that spinal vertebrae became subluxated, impinged nerve structures, impaired nerve function, and subsequently caused disease. Then and for many years to come, orthodox medicine denied that vertebrae "got out of place," and even if a vertebra was misaligned it couldn't pinch a nerve. Chiropractic was branded quackery.

Then medicine began to admit that vertebrae became subluxated and *might* pinch nerves, but denied that this was a cause of disease. Chiropractic was still branded *cultism*.

Finally, certain medical scientists suddenly *discovered* that spinal vertebrae did become subluxated, did impinge nerves, and *could* cause disease. These same medical scientists are so elated in finding this important *new* cause of disease that they are attempting crude spinal manipulation. Yet, medical men who have suddenly *discovered* the chiropractic principle and methods plan the destruction of the chiropractic profession and the formation of Manipulative Physical Medicine.

Chiropractic has a remarkable 73 year history in the detection and correction of neuro-spinal related disorders and diseases, and it is in the public interest that chiropractic remain a separate and distinct science — not a subservient branch of monopolistic medicine.

Chiropractic renders a valuable health service. Today's doctor of chiropractic is a well-trained, well qualified doctor of health devoting his life to public service.

Millions of intelligent patients and supporters sustain the chiropractic profession. Yet, to insure every American's constitutional right to the doctor of his choice, and the health care of his choice, millions of private citizens and legislators are needed in the chiropractic crusade to bring better health at less cost to every citizen.

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PLAN NOW



LIVE A HEALTHIER LIFE

100 MILLION AMERICANS DISEASED

No matter what propagandists say about the exemplary good health of Americans, the fact remains that more than half of the population is afflicted with chronic disease, major diseases are increasing, and life span is decreasing. Even our children are victims of poor health – millions are afflicted with cancer, heart, liver, kidney, and neuromuscular diseases, allergies, diabetes, asthma, and mental illness.

LIFE OF NEGLECT

Most people are anxious to live a long, healthy life, but they fail to follow a plan for good health. Adults and children alike violate the laws of natural health – failing to take advantage of modern advances made by chiropractic science to prevent early disease and disability. The majority live a life of 'neglect', or, a life of 'a pill for this and a shot for that', and eventually when health breaks down, they hope for a quick, magic cure that may never come.

IT CAN HAPPEN TO YOU

The average person fails to visit his doctor of chiropractic as often as he should perhaps thinking 'it won't happen to me'. But it can happen, if you fail to take necessary steps to insure a healthier body. In our busy lives it is easy to put things off, to ignore the little warning signals. Little troubles today can become big troubles tomorrow. Periodic chiropractic check-ups and indicated care from childhood through adulthood can prevent much of the disease, disability, and suffering so prevalent today in the United States.

A MAJOR CAUSE OF DISEASE

The stress and strain of everyday living takes its toll on our spinal and nerve systems. Displaced or slipped vertebrae irritates or blocks 'vital nerve energy' – nerve power that is necessary for normal body function and good health. Without this 'vital nerve energy' normal body function and resistance is lost, cells break down, and disease develops.

HEED THE WARNINGS

Many people do not know when they need a chiropractic correctional adjustment. Others may feel the need, but put it off hoping they will wear off the effect. Only your doctor of chiropractic knows when you need correctional care, and you would be wise to follow his advice.

Headaches, abnormal fatigue, nervousness, sleeplessness, indigestion, colds, stiff neck, joint pains, muscular aches and pains are only a few of the early warning signals that a chiropractic adjustment is indicated.

Set up a schedule with your doctor of chiropractic to follow a good health plan. At the first sign of any illness, after falls, strains, or other accidents, consult him immediately.

Plan now to take necessary steps for a healthier life for yourself and your family. Your doctor of chiropractic will be happy to discuss with you a plan for better health.

FORMULA FOR A LONGER, HEALTHIER LIFE

Regular chiropractic care

• **Good nutrition**

Emotional control

Regular exercise

**Avoid alcohol, tobacco, medicines
and drugs as much as possible.**

**MORE WILL LIVE A HEALTHIER LIFE
THROUGH CHIROPRACTIC!**

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DISEASED and DYING AMERICANS

THE SHOCKING FACTS!

"Is This The Progress Of Scientific Medicine?"

The propaganda machines of political medicine and the multi-billion dollar drug companies have been working overtime to promote the image of 'scientific medicine', and to convince the public that 'all is well'. That medicine has made progress in diagnosis, the treatment of certain diseases, and particularly in the field of surgery, is readily acknowledged. The public, however, has been led to believe that medicine has a cure all for all man's ills, or will have in the very near future with more money and more hospitals. While publicly ignoring their many failures, and the sad state of health care in America, medicine, through their vicious propaganda methods, denounces all other systems of health care as being unscientific and quackery.

BUT WHAT ARE THE FACTS?

330,000 Americans die yearly from cancer. Since 1900 cancer has increased 300 per cent per 100,000 population. Cancer victims spend more than \$1 billion annually on cancer treatment. Cancer fatalities have increased 25% in the past twenty years.

Except for 'cure' through easily accessible surgical removal of certain skin, uterus, breast, prostate, and rectal cancer, medicine is little closer to a cancer cure than it was 30 years ago. In spite of billions of dollars spent on research, and the testing of 170,000 anti-cancer drugs, a cancer cure is still considered remote.

63,000 new breast cancer cases develop each year resulting in 27,000 deaths. Mortality rates from breast cancer have remained generally unchanged for the past three decades.

Many commonly used drugs, vaccines, and chemicals are known to cause cancer, blood disease, liver, brain, and kidney damage.

Many 'supposed cancer cures' including anti-cancer drugs, x-ray, radium, and cobalt treatments are known to cause and spread cancer.

Cancer in children increased 30 per cent in a recent 10 year period. Cancer now causes more deaths among school children than any other disease.

25 million Americans have known heart disease. 3,650,000 are coronary heart disease victims. 50 to 80 per cent of all middle-aged men have moderate to severe hardening of the arteries.

17 million Americans have high blood pressure, and another 16 million are suspected of having it.

1,002,111 Americans die yearly of heart and circulatory disease, and the number increases yearly.

1.2 million Americans are killed or crippled by strokes each year.

19 million Americans suffer mental illness. 100 million Americans use some form of mind-altering drugs.

More than half of all adults over age 35 suffer from some form of arthritis.

20 million adults suffer chronic headaches spending more than \$460 million annually on headache remedies.

25 per cent of U.S. population over age 40 have abnormal lung function. 17 million have some degree of chronic obstructive pulmonary disease. Deaths from emphysema and chronic bronchitis have increased 900 per cent within the past 20 years.

4 million are victims of diabetes. Diabetes has increased 100 per cent in the last 15 years.

4 million Americans are epileptics, and 50 per cent continue to have seizures under medication.

Millions of Americans suffer chronic kidney, liver, and gastro-intestinal diseases.

28 million suffer severe back pain requiring treatment.

1,500,000 Americans have Parkinson's Disease (Palsy).

Americans suffer 1 billion common colds each year.

126,000 mentally retarded babies are born each year in the U.S.

20 to 40 per cent of all American children suffer from some form of chronic disease.

76 per cent of all U.S. school children have some degree of spinal distortion.

1,375,000 American children under age six are birth defect victims. 250,000 babies are born defective each year, and 25,000 of these will not survive infancy. Drugs and doctor-hospital carelessness are responsible for an alarming number of these.

500,000 children are afflicted with orthopedic or spastic disorders. 2 million American children have neglected bone and muscle deficiencies. 5 million have speech and hearing handicaps. 2.5 million children are mentally retarded and more than 4.5 million are emotionally disturbed.

11,000,000 American children have visual defects.

225,000 children in the U.S. are victims of Cerebral Palsy.

5 million children are asthmatics. 25 per cent of all American children are afflicted with allergies.

Infant death rates have increased, as the U.S. infant mortality rate has slipped to 14th place among major countries.

16 million Americans suffer from asthma and hay fever. 33 million are victims of allergies. 33 million in the U.S. are physically handicapped.

15 per cent of all adults have chronic gall bladder disease with stones.

One out of every six suffer low blood sugar.

10 million American women are anemic.

Millions of Americans suffer from a variety of neuro-muscular disorders.

75,000 patients develop hepatitis and 10,000 die each year as result of blood transfusions.

6,600 Americans die each year as result of anesthesia mishaps during surgery.

90 million Americans have visual problems. 1,350,000 have glaucoma. 18,000,000 suffer hearing loss.

One out of every three surgical operations are considered medically unnecessary. U.S. doctors perform twice as many operations as do their European colleagues.

50% of surgery in the U.S. is performed by doctors unqualified in surgery.

More than 300 Americans die each year as result of tonsillectomies while medical experts claim most tonsil operations unnecessary.

Polio vaccines cannot be credited with elimination of polio. Only one out of every nine have received Sabin vaccine. Investigation has shown that much of the polio in the '40s' and '50s' was hysteria or false polio, neuro-muscular disorders, mild meningitis, and other disorders falsely diagnosed.

Since 1948 300 Americans died as result of smallpox vaccination while none died from smallpox. Smallpox vaccine has been implicated as a possible cause of cancer, multiple sclerosis, and other diseases.

1,500,000 Americans are admitted to hospitals each year due to adverse reactions from prescription drugs. 30 per cent of all hospitalized patients suffer drug reactions while hospitalized.

Aplastic anemia, hepatitis, and nephritis are common complications of drug therapy.

Death rates from pneumonia, influenza, and other respiratory diseases such as emphysema have increased with up to 70,000 yearly deaths from pneumonia alone.

M.D.s are paid by drug companies to use experimental drugs on patients and some falsify drug reaction reports.

Medical check-ups in the best hospitals are less than 50 per cent accurate in detecting disease that can kill...cancer, heart disease, etc.

The U.S. has the highest degenerative disease rate of any major civilized country in the world.

All told, more than 90 million Americans are afflicted with some chronic disease.

Sanitation and improved living conditions have eliminated more disease than medical therapy.

The total health care expenditure has now reached 70 billion dollars annually in the U.S....a near 50 per cent increase within the past 10 years.

The statistics presented here are factual proof that more money and more medicine are not buying better health in the U.S., and that the health care system in this country is inefficient and ineffective.

Through high-powered programs of advertising and propaganda, Americans believe that there is a drug or shot for every ache, pain, disease, distress, or anxiety.

Victimized by propaganda America has become a drug-oriented society, and today, America's children are turning to drugs creating a horrible drug abuse problem. As result, the future health of Americans looks even more bleak.

IT IS TIME TO FACE FACTS

It is time to take a new look into the fields of natural health care, and the environmental factors relative to health.

Chiropractic science is an honored, unexcelled and distinct profession in the field of healing based on the principle of maintaining the basic functional integrity of the body in a state of health through the free expression and function of the nerve system without the use of drugs.

While chiropractic does not offer a 'cure-all' for all man's ill, millions of Americans could regain health through chiropractic methods. Chiropractic health care, from infancy through adulthood, could greatly reduce disease statistics.

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Athletic Injuries

*The
Need For
Chiropractic
Care*



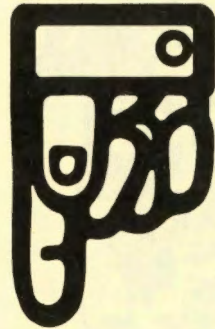
While athletic games such as football, basketball, baseball, golf, tennis, wrestling, and other sports, are properly considered healthy physical activity, a risk of injury is involved.

Clinical observation clearly establishes the fact that a large percentage of athletic casualties result in injury to the spine. Spinal subluxations, or vertebral misalignments, incurred as a result of athletic activity demands prompt chiropractic correction to minimize suffering, disability, and the inherent danger to future health.



Today, professional athletes generally recognize the spinal hazard involved in sports and consult doctors of chiropractic for indicated correction. Many professional ball clubs retain the full-time service of a doctor of chiropractic. Yet, the amateur athlete, particularly in junior and senior high schools, is all too often negligent in seeking chiropractic correctional care for major and minor spinal injuries. Uncorrected spinal injuries at this stage of physical development can have a serious effect on growth, nerve function, emotional and physical health.

Physical activities and sports can be beneficial to general health, but all athletes, male or female, amateur or professional, should periodically consult their doctor of chiropractic for the detection and correction of potentially disabling spinal conditions.



SAFE, EFFECTIVE CORRECTION OF CAUSE

Rather than prescribing 'pain dulling' drugs, your doctor of chiropractic works toward the elimination of the primary cause of symptoms.

Chiropractic methods are safe, effective, and scientifically formulated to correct the underlying cause while at the same time giving you relief from pain.

All body functions are ultimately regulated by the unrestricted coordination of the nerve system. Chiropractic science is concerned with maintaining the basic functional integrity of the body in a state of health by the free expression and function of nerve impulses from the brain to tissue cells throughout the body.

Chiropractic is an officially recognized health profession in forty-eight states and the District of Columbia.

Claims for chiropractic care are paid by workmen's compensation in forty-eight states and the District of Columbia.

Many hundreds of insurance companies include chiropractic care in their health and accident policies. A growing number of states now have Insurance Equality Laws assuring policyholders of the right to chiropractic health care.

Many states provide chiropractic care under the Medicaid and Public Welfare health programs.

Health and Welfare programs of many labor unions include chiropractic health care.

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**THINK
CHIROPRACTIC
FIRST**



When sickness, or disorders of pain strike you or members of your family, seriously consider consulting your doctor of chiropractic first. A high percentage of pain and disability resulting from illness and injury could be avoided if only the public would accept this sound advice.



Take the case of a male patient who suffered agonizing headaches for a year with little or no relief, yet when he consulted a doctor of chiropractic, he found immediate relief and eventual recovery; or the young boy who suffered severe asthma for six years with frequent hospitalization, then found the answer to the asthmatic problem through chiropractic; the female patient who was ill for a period of seven weeks with sinusitis and bronchitis while taking antibiotics consulted a doctor of chiropractic and made a complete recovery within one week; or the male patient who made no improvement while hospitalized three weeks with low back and sciatic neuritis pain then experienced a quick and total recovery under chiropractic care.

Millions of similar cases could be cited, but these cases illustrate the point that people so very often suffer needlessly when early chiropractic care could save months or years of pain and discomfort.

And please accept another bit of sound advice. Once you begin chiropractic care, follow instructions, and give your doctor of chiropractic a fair and equal opportunity to correct the cause of your health problem. The reward of improved health will then be yours!



Why A Chiropractic Spinal Examination?

Neuro-spinal problems can be the cause of disorders and disabilities of health.

You can have neuro-spinal problems and not be aware of it.

Early correction of these problems can save you suffering, disability and complications.

Chiropractic science offers total health care.

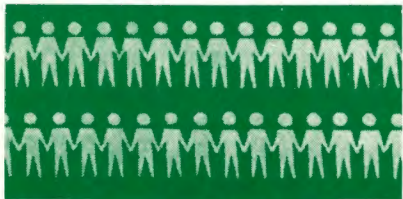
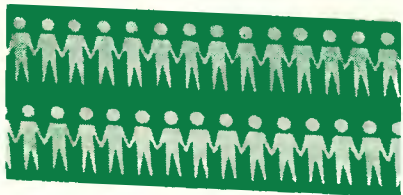
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TONSILLECTOMIES



At a cost in excess of \$375 million an estimated 1,600,000 children this year will be admitted to hospitals in the U. S. for controversial major surgery – the popular tonsillectomy.

150 to 600 children will die directly as result of tonsil surgery. 20 percent, or 320,000, will experience postsurgical complications.

While space does not permit review of all available literature condemning tonsillectomies, sufficient reliable sources are quoted to expose the "hidden truth" to provide parents with constructive answers to the "tonsil dilemma".

Dr. Wm. B. Bean, State Univ. of Iowa College of Medicine, said tonsillectomy may benefit the physician's purse and the parents insecurity, but is a dangerous procedure for tonsillitis.

Recent research has turned up evidence that the tonsils apparently play a part in the body's immunity system, and some studies have linked the tonsillectomy to illnesses such as Hodgkin's disease.

"Ninety-five to ninety-nine percent of the 'T and A's being done are unnecessary," asserts Dr. A. Frederick North Jr., visiting professor of pediatrics at the University of Pittsburgh

School of Medicine. Some 300 children die each year from complications arising out of the surgery, Dr. North says, and he adds, "The benefits are small and uncertain, while the costs are real and substantial."

Dr. W. J. E. McKee in England reported on a study of 413 children with recurring respiratory and throat infections. Half of the children had their tonsils and adenoids removed while the other half acted as "controls". A two year study revealed that tonsil and adenoid surgery did not reduce the incidence of colds, flu, bronchitis, or other respiratory disease.

Tonsillectomy is not only unnecessary but may also constitute a "serious national health problem", says Dr. C. H. Rammelkamp, professor of medicine at Cleveland Western Reserve University. He emphasized that there was no indication for a tonsillectomy and claimed there is a three-fold greater risk in contracting rheumatic fever after tonsillectomy.

Tonsil and adenoid operations in childhood may set the stage for multiple sclerosis in later life according to Dr. David C. Poskanzer, Harvard Medical School professor.

After age 40 the incidence of illness among persons with tonsils removed was higher than for persons with tonsils present, says Dr. Jane Coulter Mertz reporting on a study.

Rather than potential troublemakers, the tonsils probably play important roles in health, according to specialists Dr. G. M. Ardran and Dr. F. H. Kemp. Specifically, they suggested, after interpreting studies which lasted nearly a quarter of a century, tonsils and adenoids may be important barriers to invading germs in the upper respiratory tract, and aid swallowing and speaking functions.

Pearay L. Ogra, M.D., Director of the Division of Virology at Buffalo Children's Hospital in New York, says there are but two valid indications for tonsil operations, namely chronic pulmonary obstruction attributed to very large tonsils and adenoids, and certain ear infections that involve the tonsils. He pointed out that both conditions are relatively rare. Dr. Ogra cautioned, 'I would be very careful about doing tonsillectomies in children under eight years of age.' He said the operation reduces resistance to certain viral infections including polio, even in children who have been immunized.

Years ago, according to Health Insurance News, it was considered routine medical care to snip young children's tonsils. Not only may the practice be unnecessary and even dangerous to the health of these children when they grow older, in a large number of cases removal of tonsils never accomplished its purpose of preventing repeated infections.

Tonsils help block infection from reaching lungs, kidneys, liver, and brain, Dr. Gisela Kocsard-Vare reported in the Australian Medical Journal.

Although the Hodgkin's disease debate is just beginning, a clear link between tonsillectomy and subsequent development of bulbar poliomyelitis has been observed for many years.

TONSILS HAVE A PURPOSE

Tonsils are part of the lymphatic system — one of the great defensive systems of the body — guarding the openings into the digestive and respiratory tubes. When functioning properly tonsils absorb and help destroy toxic and infective agents.

Enlargement is, in most cases, not an indication of "bad" tonsils. Essentially, enlargement occurs as a natural

defensive adjustment to afford greater protection. It indicates the child's resistance is below normal. Improving resistance and general health should be the objective rather than removing the tonsils.

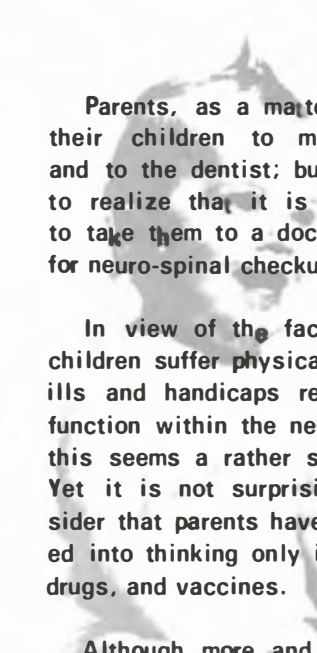
Frequent sore throats and tonsillitis, as was pointed out, is seldom an indication for tonsillectomy. Here again we are dealing with a case of below normal health, not because of the tonsillitis, but because the body is in some manner not functioning properly. Tonsil tissue becomes weak temporarily losing its ability to do its job. Congestion and inflammation of the tonsils may then result. Removing the tonsils is removing the effect, not the cause.

Tonsil tissue, like all healthy tissue, must receive a normal nerve energy supply to insure adequate circulation, tissue nutrition, and elimination of wastes. Chiropractic science is concerned with, and works with all systems of the body, thus a healthier body can be the result.

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**HOW
PARENTS
IGNORE
CHILDREN'S
SPINE**



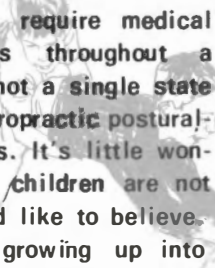
Parents, as a matter of course, take their children to medical physicians and to the dentist; but they don't seem to realize that it is just as important to take them to a doctor of chiropractic for neuro-spinal checkups.

In view of the fact that millions of children suffer physical and neurological ills and handicaps resulting from malfunction within the neuro-spinal system, this seems a rather shocking situation. Yet it is not surprising when we consider that parents have been indoctrinated into thinking only in terms of germs, drugs, and vaccines.

Although more and more parents are consulting doctors of chiropractic, many parents still cling to the illusion it is not necessary to examine a child's spine unless he develops a backache, and—perhaps most dangerous of all—vertebrae in a child's spine do not 'get out of place' or cause illness. This type of reasoning is based on misconception.

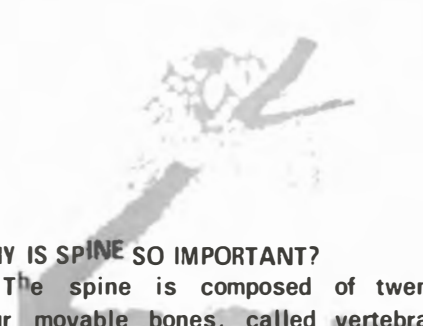


As a result, a very large percentage of parents don't have their children's spine examined at all by an expert in this field...the doctor of chiropractic. Surveys reveal that up to seventy-six percent of all school children have some spinal and/or neurological related problem. Authorities point out that up to forty percent of all children are afflicted with some form of chronic physical disease or emotional illness.



While most states require medical physical examinations throughout a child's school years, not a single state makes provision for chiropractic postural-spinal testing programs. It's little wonder then that today's children are not so healthy as we would like to believe, or that children are growing up into rather unhealthy adults.

WHY IS SPINE SO IMPORTANT?



The spine is composed of twenty-four movable bones, called vertebrae. The marvelous spinal cord, second only to the brain in complexity and importance, is housed within the spinal column. This spinal cord is an intricate network of nerves connecting brain cells with body cells through transmission of nerve impulses and nerve energy. From between the vertebrae of the spine, thirty-one pairs of nerves extend from the spinal cord and branch out to the various parts of the body. These nerve trunks carry messages to and from the brain controlling motion, breathing, circulation, digestion, elimination, and glandular function—the very life-giving force—and are therefore, vitally important in maintaining a normal, healthy state within the body. Subluxations of spinal vertebrae may directly impair these nerve structures causing a breakdown in body function and resistance.

Further, misalignments of the vertebrae and postural distortion may cause the head or shoulders to tilt; change the appearance and form of the rib cage, placing stress upon the heart and lungs; and exert damaging stress upon abdominal and pelvic organs resulting in pain, organic dysfunction, and disease.

HOW SUBLUXATIONS IN CHILDREN OCCUR

We know that subluxations (misalignments) of the vertebrae in a child's spine take place with much greater frequency than suspected. Even new-born babies are not immune as subluxations may occur during delivery when the baby's body is twisted. Seldom does an infant reach the age of two years without a fall from a chair, bed, or sofa onto his head and neck. As the child grows older and becomes more active, his spine is subjected to a greater degree of minor injury and stress resulting from rough playing, falls, toys, bicycles, and sports. The physical force suffered by the spine in these 'little accidents' frequently cause subluxation, or displacement of the vertebrae.

Inasmuch as your child's body is incapable of restoring the subluxated vertebra to its normal position, varying degrees of impairment in nerve function and expression of vital nerve energy exists within his body at all times. This in turn inhibits normal body function, lowers resistance, and makes your child more susceptible to illness. The detection and correction of subluxations of spinal vertebrae requires the knowledge and skill of a doctor of chiropractic. With gentle hands he will safely restore the displaced vertebrae to normal position.

Periodic chiropractic examination of your child's spine and nerve system should be a major part of regular health routine. It could be a real tragedy to your child's present and future health to ignore chiropractic neuro-spinal examinations and indicated correction of abnormal findings. Make an appointment with your doctor of chiropractic today to have your children examined.

Industrial Injuries



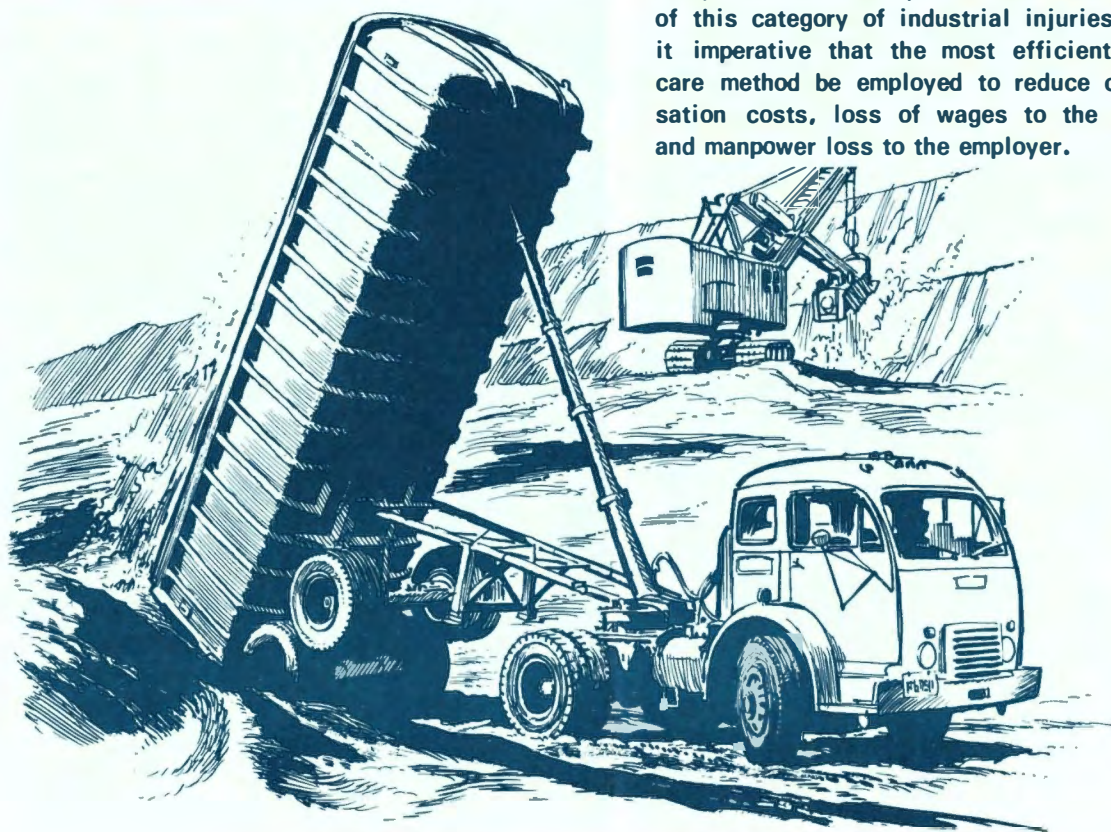
Today with highly specialized modern equipment and machines in industry and on the farm one skilled worker's production output may be more than that accomplished by ten men a few years ago.

While sophisticated machines may have reduced the manual or physical exertion quotient, physical stress to the operator's musculo-skeletal system can still be a common problem, and 'tension' stress may be highly intensified. This stress can result in nervous irritability; sleeplessness; headaches; pain or stiffness in the neck, back, shoulders, or hips; aching or numbness in the arms and legs; or digestive problems. Chiropractic authorities emphasize the need for periodic chiropractic care in these cases to minimize symptoms associated with physical and tension stress.

Ironworkers, carpenters, farmers, and other tradesmen, whose job demands stooping, bending, twisting and lifting, subject their musculo-skeletal system to a great degree of physical stress. In this category of workers strain and sprain of the spine; 'slipped' vertebrae; and disc injuries are more common.

7 MILLION INJURIES

Each year in the United States more than 7 million occupational injuries occur, and a high percentage of these injuries are to the spine. An estimated \$500 million in treatment and income benefits are paid out annually in this country. The economic impact of this category of industrial injuries makes it imperative that the most efficient health care method be employed to reduce compensation costs, loss of wages to the worker, and manpower loss to the employer.



WORKMEN'S COMPENSATION

If you are injured during the course of your employment, you may be entitled to treatment under the provisions of Workmen's Compensation. Workmen's Compensation laws in most states, and a growing number of union welfare contracts, make provision for chiropractic care for industrial injuries. This means you have the right to consult a doctor of chiropractic for your injury.

CHIROPRACTIC CUTS COSTS

Superiority of chiropractic management of industrial injuries continues to be dramatically demonstrated by surveys and analysis of Industrial Commissions (Workmen's Compensation) records.

Recent analysis of Workmen's Compensation records in Iowa showed that chiropractic care reduced the average compensation and treatment cost per case by more than 140 per cent as compared to medical treatment. Examination of records in the state of Oregon revealed that chiropractic costs per case were more than 200 per cent less.

As a worker disability and loss of time due to an occupational injury can be a great emotional, physical, and financial burden. For this reason, you should consult your doctor of chiropractic when you have suffered injury to the musculo-skeletal and nerve systems.

To you early chiropractic care can mean getting back on the job faster, less suffering, and a great financial saving. If your union contract does not provide for chiropractic care, it should. It costs no more to have the right type of care for your case.

FOR BETTER HEALTH AND IMPROVED
WORKING EFFICIENCY MAKE REGULAR VISITS
TO YOUR DOCTOR OF CHIROPRACTIC.

Landmark

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HEADACHES



What do you do when you have a severe headache? If you are like a great many Americans today, you will reach for a bottle of the latest pain-killing drug advertised on TV. And, when the headache reoccurs you take more drugs, then wonder why your stomach burns, why you're constipated, or why you 'just feel bad.'

It is now a well known fact that headache remedies can cause bleeding in the stomach, ulcers, anemia, damage your kidneys, and many other health problems.

While headache is one of the most distressing of human discomforts, it is not a disease in itself. Pain is a warning signal that something is wrong somewhere in your body, and the repeated use of pain-dulling drugs for persistent, or recurring headaches could be very unwise.

Nearly every adult will at some time or another suffer simple headaches from body abuse, such as lack of sleep, over-eating, air pollution, sudden anxiety, or too many cocktails.



Yet, more than 20 million Americans experience the painful chronic, recurring headache...a most serious national health problem. In only a small percentage of cases, about three in one thousand, is the cause 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 ninety per cent group that the public has generally been misled into believing that both vascular and tension headaches are primarily caused by psychological... personality or emotional conflicts. As result, Americans spends to the tune of \$450,000,000 a year on headache remedies, including tranquilizers, and millions more on medical physician fees and hospital visits.

THE PRIMARY CAUSE

There is a close relationship to the condition of your neck and the development of headaches.

In truth, chiropractic and medical research has shown that about ninety per cent of chronic headaches are caused by mechanical irritation of the nerve roots in the neck, usually dating back to some previous trauma. In fact, this nerve root irritation may have been caused by neck injuries so minor that they were not even recognized as trauma by the patient.

Due to the extreme range of motion of the neck there is constant danger of mechanical derangement of the bony structures, or displacement of the vertebrae in this area of the spine. If left uncorrected, muscle contraction, or inflammation, and irritation of the nerve roots will eventually take place. When this happens you are 'ripe' for the development of recurring vascular or tension headaches, because the many nerves and blood vessels in the neck exert their function on the painful areas of the scalp, face, and brain.

WHAT ABOUT STRESS?

Your body is conditioned to meet the ordinary stress of today's living providing your nerve system is working normally. When subluxations, or misalignments, of the spinal vertebrae are present, the neck muscles are abnormally contracted and tense, the nerve structures may be irritated and your nervous system in a state of 'over-excitability'. Your nervous system already over-burdened will over-react to stress and a tension headache may then develop.

SINUS HEADACHES

Irritation, congestion, and inflammation of the sinus cavities may develop following a cold, changing weather, breathing dust, smoke, or other environmental irritants giving rise to severe headaches. Since your doctor of chiropractic can work directly with the nerves controlling circulation and drainage of the sinus cavities, chiropractic proves to be most effective in this type headache.

When you continue to suffer frequent, or recurring headaches, don't cover up this important symptom with pain-dulling drugs. Take time to consult your doctor of chiropractic to find the underlying cause of your problem. If his examination isolates the cause of your headaches in the nerves of your spine, he will through skilled chiropractic adjustments correct the offending vertebrae. When the vertebrae have been restored to their proper position, the neck muscles will relax, the irritation and swelling in the nerves and blood vessels will diminish, and the healing power of your body will be released to restore you to health.

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.

DR. CHARLES K. GLOMB
CHIROPRACTOR

MON., TUES., WED., FRI. 10-8 SAT. 10-2

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CHEST

pain

CHEST

pain

Chest pain is a most common and frequently alarming symptom, and rare is the adult who hasn't at some time or another suffered distress in the chest. While most people know that such vital organs as the heart and lungs are located in the chest, and that pain in this region could be a warning of heart trouble, chest pain is frequently misinterpreted, often misunderstood, and misdiagnosed causing undue concern.

Chest pains arise from many different sources with the symptoms ranging from minor discomfort to distressing disability. While it is important to recognize the warning signs of heart disease or heart attack, you can be reassured by the fact that experts point out that nine out of ten people who experience pain in the chest do not have heart disease.

Angina heart disease usually follows a pattern of aching squeezing pain, sometimes of severe intensity beneath the breast bone during periods of exertion or excitement where the damaged heart is overtaxed. Often the pain radiates to the left side of the neck, the left shoulder and down the arm.



The radicular syndrome, or radiculitis, more commonly called "pinched nerve," is by far the most frequent cause of chest pain. Basically, the chest, or thorax, is formed by the ribs, the breast bone in front, the spinal column in back, and is protected by layers of muscles. Nerves from the neck and upper back supply the organs, muscles and other structures of the chest. Under normal circumstances this complex nerve network initiates muscular and organic function.

Subluxation, or displacement of the spinal vertebrae may pinch and irritate one or more of the nerve trunks leading into the chest. And while the underlying cause is in the spine, the pain may be located in the chest, the ribs, or the shoulder and arm. Radicular, or "pinched nerve" syndrome may simulate angina heart pain and is sometimes referred to as "pseudo or false" angina.

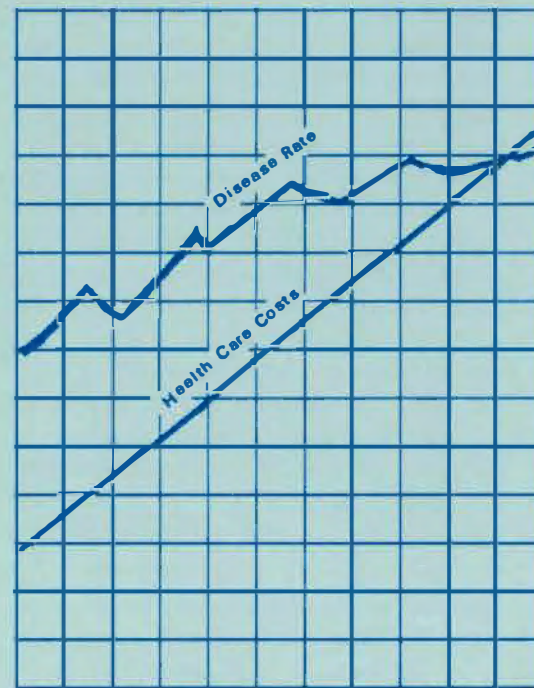
Strain of the chest muscles and ribs is usually manifested by soreness, stiffness, with some aching, and is often related to some strain-type activity or movement. Respiratory infection may cause chest discomfort, but is usually associated with cough and/or fever and the patient feels generally ill.

Where the underlying cause of chest pain, discomfort or disorder is related to spinal nerve conditions, a doctor of chiropractic should be consulted. His training and experience places him in a highly qualified position to find the cause of your trouble and initiate correction, thus shortening the course of your discomfort, and avoiding complications. Thousands upon thousands of people needlessly suffer chest pain that could be promptly corrected through chiropractic care. If you suffer unexplained persistent or recurring chest pain check with your doctor of chiropractic.

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Blame For Nation's Poor Health Record Misdirected



There is a clear and significant health crises in America today. The debate in the Administration, Congress and in the nation is not necessarily directed toward the cause, but toward further expansion of the present medical system.

If the U.S. consumer, the federal and state governments, now spend 75 billion dollars annually on medical care – an increase from 36.8 billion dollars in 1964 – by what kind of statistical standards can we blame the nation's poor health record upon a critical shortage of medical physicians, medical personnel and hospital beds?

Dr. Mortimer Levine, author of many important works on chiropractic, and chairman of the Education Committee of the New York State Chiropractic Association, made this critical observation: "What has gone wrong in the health field? In other disciplines when bridges do not stand, when aircraft do not fly, when machines do not work, one begins to question the basic assumptions, principles and theories that guide one's efforts. When treatments do not cure, healers do not heal and people are becoming sick in ever increasing numbers, one must also question the basic theories and practices in the health field. A fresh look at the healing arts and its whole panorama of of treatments must begin with a revelation of what health really is and what the basic factors are that promote it.

"The strangling monopoly of the drug doctors in the health field is preventing this re-evaluation and is in a large part responsible for the present catastrophic health crisis....Our hospitals are bulging with people from all walks of life suffering with disease processes of every description, despite the fact that we spend more money in the search for good health than all the rest of the world combined."

Today there are more medical doctors and allied personnel in this country than ever before. We have more hospital beds, spend more on research and drugs, have more surgery, more private and group health insurance, Medicare, Medicaid, and more free medical programs than at any time in our history, yet we see an increase in all the major diseases, and Americans are less healthy today than they were twenty years ago.

Although we have been spending more and more billions for drugs, doctors, and hospitals, our comparative health record has been getting worse instead of better. – Harry Wilensky, National Correspondent, St. Louis Post Dispatch.

Although the United States is considered to be the wealthiest nation in the world, spending more money on the welfare of its people than any other nation, it is not the healthiest nation in the world. With all of its efforts to produce for the needs of the public, the actual health standards have remained more or less static. – Dr. William M. Coggins, president, Logan College of Chiropractic.

Sweden has 83 MDs per 100,000 population but it has one half the death rate among middle-aged men as the U.S., with 140 doctors per 100,000. Furthermore, Americans run to their MDs twice as often as the Swedes do. – Dr. Nathan Glazer, prominent Sociologist.

Medical manpower shortage in the slums and rural areas is one of the most frequent reasons cited in explaining away the nation's poor health record. While it is true that many of these areas are receiving substandard health care, in spite of free medical programs, records show that the more affluent in

alarming numbers, receiving the best medicine has to offer, are being stricken with cancer; heart disease; arthritis; diseases of the blood vessels; diabetes; blood, kidney and digestive diseases; prescription drug addiction, plus a long list of other health problems.

There is good reason to believe that the citizens of our country are suffering a significant and insidious deterioration of their physical and mental health. The extraordinary epidemic of heart attacks in comparatively young men and the massive indulgence in euphoric drugs represent a range of ills so wide that we should examine with great care the life we lead today. –Miles H. Robinson, M.D.

In spite of what is described as the best medical care in the world, man's life span in the U.S. has stopped increasing since 1960. The American male stands in 18th place in world life expectancy....women in 11th. Infant death rates have increased, not decreased by comparison to other major countries, as the U.S. infant mortality rate has slipped from 6th place in 1950 to 14th place today. – Prevention.

As thousands of American lives and billion of American dollars have not brought peace to Southeast Asia, an in-depth study vividly demonstrates that more doctors, drugs, and money have not brought health to America. On the contrary, our disease rate is one of the highest among the major nations in the world. From several directions individuals and groups have cited the need for a national health care plan, but these plans call for an expanded continuation of the present unsuccessful trend in disease care – more doctors, hospitals, drugs, and money.

Dr. John H. Knowles, former director of Massachusetts General Hospital, says 30 or 40 per cent of the nation's medical physicians are 'making a killing' in overcharging patients, performing unnecessary surgery and in other gouging practices.

While medical science has made technological advances with sophisticated, oft-times dramatic procedures in first aid, surgery, and alleviation of symptoms in certain diseases, it has failed to bring good health to the American people.

Medicine is such an inexact science that the percentage of failure is inevitably high, yet practitioners are conditioned to believe that 'the doctor knows best'. This ongoing conflicts makes it hard for physicians to admit defeat and encourages them to blame other people and other forces. — Henry A. Davidson, M.D.

Our health care system needs a new direction with new guidance. We must find ways to stop polluting the environment which has detrimental effects upon health. The pollution of the human body through the casual use of drugs, preservatives, and chemicals, must be sharply reduced.

We are the pill-taking champs of the world. Somehow, through the high-powered programs of advertising, or through stupidity, or both, we have come to believe that there is a drug or pill for every ache, pain, distress, and anxiety. This is one of the modern fallacies that is destroying us. — Evangelist Billy Graham.

The case for drugs has collapsed and degenerated into a national nightmare. The alarming multiplication of iatrogenic disease (drug-caused) processes has exploded the myths about pills and potions. The most erudite minds of medicine are disavowing drugs and searching for alternate measures and methods to treat the sick....it can be unequivocally stated that the science of chiropractic contains the safest and soundest prophylactic and therapeutic tenets known today. — Mortimer Levine, D.C., Chiropractic Institute of New York.

Probably the greatest cause of today's health crisis can be related to the fact for decades one system — the medical system — has been given monopolistic control in health care including hospitals, health programs, health departments and research funds.

While medicine has largely occupied itself with disease, chiropractic science has stressed health — the cause and prevention of disease.

To approach the solution to our critical health problem the public must turn to chiropractic science for general health care; take immediate steps to sharply reduce drug use and environmental poisons; and, utilize medical methods only when absolute necessity dictates the need. Doctors of chiropractic must be placed in responsible positions in research, health care plans, and health departments to direct our sights toward natural health care. Then and only then will the American people begin to experience the greatness of good health!