

HEALTH INTELLIGENCER

VOLUME 1

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NUMBER 2

E. E. SMITH REMES DEAL WITH ANYONE Congressional Mix-Up Grows More Complicated.

GILBERT OUT FOR SENATE

Chaplain With Record of Two Wars Boomed as Opponent for Chamberlain.

"There's no deal with anyone. I know just two things—I'm going to win, and when I get back to congress I'm going to start something," says Eugene E. Smith.

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candidate for the republican nomination for United States senator. The movement began the night of the Lincoln-day banquet, when Major Gilbert delivered the main speech of the evening.

MORE CANDIDATES FILE

C. L. HAWLEY OF MCCOY IN FOOD COMMISSIONER RACE.

Candidacy at Republican Primary Election in May is Formally Announced.

SALEM, Ore., March 16.—(Special.)—C. L. Hawley of McCoy today filed with the secretary of state here his declaration of candidacy for state dairy and food commissioner at the republican primary election to be held in May.

"Prosperity always follows the dairy cow," said Mr. McCoy in his platform. "If receiving proper protection and care she will make the soil, her owner and the community richer."

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Know Thyself and Why Chiropractic

By Dr. Oscar W. Elliott, President Pacific Chiropractic College.

PRIMITIVE MAN

Seldom succumbed to disease. Like the wild beast his death was usually the result of violence. The wolf or bear devoured, the serpent stung or an unknown plant poisoned. In time of strife the enemy's arrow reached him or when at peace with his fellow man, he either starved in time of famine or died of gluttonous orgies in seasons of plenty.

Civilization with its artificial occupations and environments brought disease, varying conditions required adaptations, changes of location necessitate acclimatization. So we find today these are some of the things which multiply disease, while luxury, refinement, carelessness and self neglect extract their mortality tax. Although the baleful tendencies in these several directions have been pointed out time after time, their devotees will not abandon them.

MAN A MASTER MACHINE.

The most complex, intricate and delicately constructed machine of all Creation. The mechanism is perfect—the supply of material and quality are both good and sufficient. There are antidotes for friction, jars and discords. Once put in motion and properly adjusted the materials pass through marvelous processes in maintenance of active and vigorous life. This machine is made up of the skeleton or frame-work; the cartilages, ligaments and connective tissue which bind and hold it together and surround the articulations and joints; the muscles which operate its movements, the nerves and circulatory systems which carry life and motion to it; the functioning organs of the body, the tissues and fibers which cover it.

Nature has prepared the machinery, equipping it with the power to prepare materials and construct all parts. When in a normal condition the machine will go on and build and run according to specifications. The plans and specifications are exact and precise. This human machine is planned on distinct lines and for a distinct purpose. This places the foundation of life and health on purely a mathematical basis.

Dynamo.

Placed within this mighty machine is a dynamo, "The Human Brain," from which all nerves which are the life wires of this machine have their origin. They converge at its base and form the spinal cord which is the main conduit passing into the vertebral canal in the center of the spinal column and descends down nearly its entire length. It is a trunk line of nerves and blood vessels surrounded by soft tissue, termed meninges. From the spinal cord nerve filaments or branches emerge, leaving the spinal cord pass out on either side of the spinal column through small openings between each pair of vertebrae. These openings are called foramina or to make it plain to you, spinal windows. As the nerves and blood vessels exit through these windows, they pass next through connective tissue or ligaments which surround and line the spinal joints and are articulations binding and strapping them together. They then pass on to the organs and parts of the body, each to their respective organs to supply with life, and they there terminate. We must remember the brain is individualized and transforms the energy and force which controls the vitality of every organ, tissue, cell, fibre and movement of the body. This energy is transmitted throughout the body in the form of nerve impulses passed down the spinal cord out through the nerve channels and over the branches to the area supplied. This done, our machine is ready for operation on a 100 per cent basis of efficiency, or in other words in the beginning it is at peace with itself and in a perfect state of tonicity.

Fact. This being an undisputed fact we can only conclude that at least an

overwhelming majority of the life of the human race are the results of mechanical derangements and lack of co-ordination between the parts of the human mechanism. The obstruction is usually to be found at the point of exit of the nerves and blood vessels from the spinal column where they leave the spinal cord through the spinal windows, the cause of which is the altered conditions and dimensions of the intervertebral cartilages and connective tissues within and surrounding the spinal column.

Nerve Supply.

Whether stimulating, quieting, nutrient, sensory, motor or any other kind comes to the muscles, glands and organs of the body from some depository and it must go to its destined muscle, vein, organ or area through gates and openings in and between bones and through connective tissues.

When the gates are closed and the nerves lose control of the blood to a muscle or a system of muscles and their coverings, we can expect starvation and spasms in these muscles. They become hardened and contracted and in turn act as obstructing agents to the circulation and drainage channels of the body.

Shut off the nerve supply to an organ of the body and we get an impoverished condition, weakened functioning. A failure on the part of the organ to do its work partially or entirely—this is disease. If through impingement or irritation the nerve supply to an organ is accelerated beyond normal, we get a run-away condition, which ends in breakdown.

Excessive, Perverted and Diminished Function.

There are two conditions in any form of disease: excess of function and diminished function. Excess of function may take the form of pains, marked growths, etc., stimulating, function, irritation, fever, rush of blood, etc. Diminished function,

weakness, worry, all-in feeling, which is constantly bearing downward or may be a total paralysis of function of organ or limb. Loss of appetite, retarded digestion, resulting in flatulence or intestinal indigestion, constipation, etc., which are partially paralyzed functions. The nerves control the circulation, producing congestion on one man and anemia on the other. Perverted function may be demonstrated by pressure upon a rubber hose through which water is being forced. Slight pressure alters and diminishes the flow of the water. Complete pressure cuts it off. In other words the flow of energy over any nerve to any organ is governed entirely by the pressure upon the nerve or set of nerves supplying same.

What Is Health?

When a normal volume of mental impulses is transmitted with normal rapidity of delivery every function will be performed. That is health. When the flow of mental impulses is interfered with so that too much or too little in volume and rapidly arrives at this terminus the result is disease—the degree being entirely dependent upon the extent of the interference.

The Cause.

In the course of a day's activity the adult human body will settle downward to the average of one-half inch. In other words you will be one-half inch shorter on retiring at night than when you arise in the morning. This is due from walking in an upright position, constantly bearing the weight of the head and body downward upon the spine, which alone must support it and hold it erect and in cities where we are forced to walk upon stone or cement sidewalks, on wooden floors or any factories with unyielding concrete floors or other hard surface roadways, riding in street cars, jitneys, automobiles or other methods of conveyance, which has a constant tendency to rock and jar, settling the body down from the time we arise in the morning until we retire at night. Then there is the active and constant force of gravitation, drawing all bodies downward toward the earth, which is at work constantly upon the mechanism of man from the time he comes forth in the morning until he retires at night. The weight of the head and the entire trunk of the body comprises a load

ward upon the slender structures of the spine. All of these are constantly compressing the intervertebral cartilages.

The Nature of Cartilage.

The cartilage is unlike any other substance of the body; it has no nerves, nor blood vessels or lymphatics. It grows and gets its nourishment by absorption. Food for its nourishment, rebuilding and repair must be sucked in by a vacuum cup-like process created around the joints and articulations of the spinal column, as a result of normal movements of the body. As soon as the vertebrae become the least misplaced or out of position, this food immediately falls to, be supplied to the cartilage, then they begin to starve, lose their elasticity. The joints of the spine affected become stiffened, movement unpleasant, sometimes painful and following the line of least resistance, as is our custom, we discontinue it.

This is a symptom of old age, which should not yet come to us, but should be considered as a pathological condition rather than a natural one and so treated as disease. We never entirely recover the daily loss of the settling of these cartilages between the vertebrae. The result may be microscopic, but nevertheless it is present and in the course of a natural life these losses will average upwards of two to three inches and of course the further along in life we go, the more rapid is the decline. In the human spine one-fourth of its length or from 7 to 9 inches is made up of these cartilage pads. These 7 to 9 inches of cartilage will in a life of 60 years shrink from three to five inches or lose one-fourth its total substance. And even in youth, the way youth lives today and under unnatural influences in modern civilization, we find many conditions similar to those existing in old age. In fact it has been said and is true that there is not a single perfect human spine.

This fact has been declared by the most eminent authorities after examining several hundred of them. Children and young people have been found to have spines in all respects to people of 60—absolutely lacking in buoyancy, resiliency, knotted, twisted and almost unyielding to a degree that made movement almost impossible. Sometimes of course these conditions are present only in a limited area of the spine and may be the result of injuries received in the earlier or later childhood, but that is to have immediate attention which would prove a lasting benefit to the possessor.

There are 23 of these rubber-like elastic disks or pads whose purpose is to form cushions or shock absorbers of the body between each vertebrae to keep the bony surface of the adjacent vertebrae from grating one upon the other and these make movement impossible and to prevent the irritation of the nerves by the impingement of the foramina or spinal windows, they act as shock absorbers to protect the delicate mechanism of the brain and spinal cord from jars, jolts and constant concussion, which the slightest movement of the body would produce, were it not for them. The spine is not a straight column as supposed by some, but it is a column of curves and contours, concavities and convexities, which if in a healthy state give it a graceful outline to scientifically distribute the weight.

Another Important Function. Another most important function is that of the intervertebral cartilage. Their duties are maintaining the normal dimensions of the spinal windows or foramina. These spinal windows are made up by the approximation of a notch in the vertebrae above with a like notch in the vertebrae below, separated by an intervertebral cartilage. The size and shape of each intervertebral cartilage between a pair of vertebrae determines the dimensions of the spinal windows as will be seen by the study of the spine and vertebrae.

And it is mighty important that the spinal windows be kept open to their fullest capacity that the dimensions be not diminished. It is these cartilages which determine whether the nerves and blood vessels, lymphatics and soft tissues issuing from the brain, forming the spinal cord and passing out from the cord through these spinal windows shall be impinged, irritated or inflamed and their conductivity of life current impeded, perverted, diminished or entirely cut off. When these facts are well understood it really becomes apparent the marvelous importance of keeping the entire spine in a flexible, healthy and perfectly adjusted condition, for without this harmonious and perfect association of each and every vertebrae in the spine there can be no such

thing as health elsewhere in the body. And in keeping every vertebrae in the spine adjusted and in perfect relation with the vertebrae with which it is associated, that the spinal windows may be free and open, the cartilage perpetually nourished, constantly renewed and restored, that the spine be resilient in life is absolutely imperative. We will know also the spinal windows will have the proper dimensions, so that the nerves and blood vessels which may pass through them as they leave the spinal cord on their life's mission to the organs and area of the body, will have freedom and will not be pressed upon by the bony rims of the notches which make up these windows. So long as the spine is kept adjusted perfectly, the cartilages between the vertebrae will remain normal.

Therefore there can be no down pressure on the nerves, blood vessels and soft tissues passing through the spinal windows, consequently a perfect state of ease or health would naturally result.

VERY NECESSARY TO HAVE THE SPINE CAREFULLY EXAMINED AND ADJUSTED.

Through the untoward influence previously mentioned these vertebrae become misplaced or subluxated, the cartilages become packed, crushed, thinned and compressed over the entire area or upon one side more than the other, that they become wedge shape. The vertebrae become subluxated or misplaced, therefore the spinal windows will be partially closed, their dimensions diminished, lessening the conductivity of nerve branches resulting in the house in which we live becoming divided against itself, therefore we must fall.

Connections. To regain health or prime of life we have lost there must be a re-establishment of the normal conditions in the spinal columns. All spinal defects must be adjusted that each nerve supplying the different areas of the body with life force must have perfect freedom that the current may pass in and out over the nerves through the spinal windows without interference, then each and every organ in the body would immediately return to a healthy and normal condition and the body as a whole take on a perfect state of tonicity.

CHIROPRACTIC Removes all cause of disease—health is the natural result.

The Cause of DISEASE

Ninety-five per cent of all diseases originate at the points indicated by the arrow heads. The diseases mentioned below are only a few which are caused by subluxations of vertebrae in the spinal column.

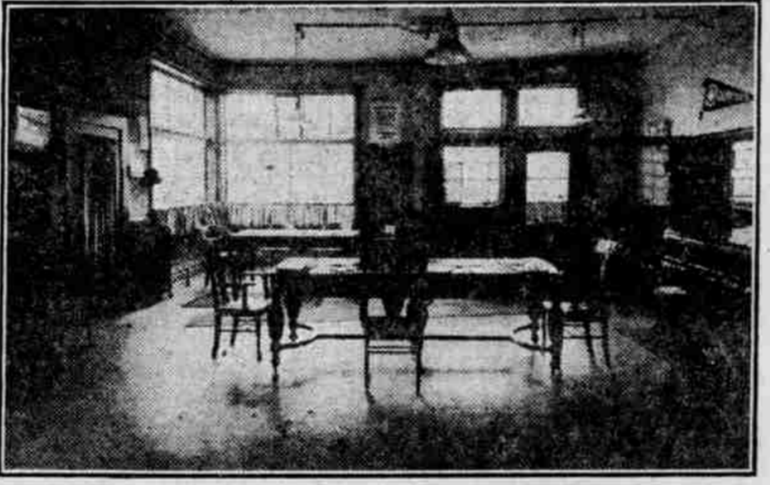


1. Slight subluxations at this point will cause so-called headaches, eye diseases, deafness, epilepsy, vertigo, insomnia, wry neck, facial paralysis, locomotor ataxia, etc.
2. A slight subluxation of a vertebra in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, gout, nervous prostration, la grippe, dizziness, bleeding from nose, disorder of gums, catarrh, etc.
3. The arrow head marked No. 3 locates the part of the spine wherein subluxation will cause so-called bronchitis, jointed pain between the shoulder blades, rheumatism of the arms and shoulders, hay fever, writers' cramp, etc.
4. A vertebral subluxation at this point causes so-called nervousness, heart disease, anthrax, pneumonia, tuberculosis, difficult breathing, other lung troubles, etc.
5. Stomach and liver troubles, enlargement of the spleen, pleurisy and a score of other troubles, so-called, are caused by subluxations in this part of the spine, sometimes as light as to remain unnoticed by others except the trained Chiropractor.
6. Here we find the cause of so-called gallstones, dyspepsia of upper bowels, fevers, shingles, hiccoughs, worms, etc.
7. Bright's disease, diabetes, floating 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, etc., follow Chiropractic adjustments at this point.
9. Why have so-called constipation, rectal troubles, sciatica, etc., when Chiropractic adjustments at this part of the spine will remove the cause?
10. A slight slippage of one or both innominate bones will likewise produce so-called sciatica, together with many "diseases" of pelvis and lower extremities.

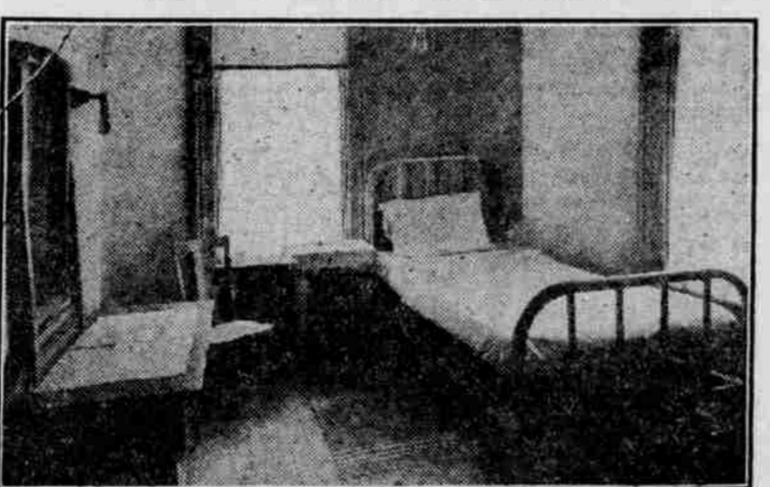
How to Get Well

Free Consultations, Free Examinations, Free Treatments Daily, 9 A.M.-7 P.M. In our clinic department you will find this service free to you without any obligation on your part whatsoever. Thousands of Sufferers Who Have Failed to get relief in any other way are invited to investigate Chiropractic methods, which are permanently curing millions. Seventy-five Per Cent of the People Ailing are being treated for the wrong thing, which accounts for the fact that so many are long suffering, and their condition considered incurable. Avoid Operations—They Are Dangerous Disease is caused by nerve pressure—the tiny wires that carry life force from brain to all parts of the body. When these are normally working, nature has the power to heal.

Chiropractic Adjustments Remove Pressure from Nerves and Health Returns. Let Our Board of Scientific Diagnosticians locate the cause of your trouble, have same removed, and health will naturally result. Our Professional Department Is Prepared to take care of the most obstinate cases where results have not been obtained by other methods. Here you have the advantage of our entire faculty. Hospital in Connection With Our College Modern in every way and will care for you at a most reasonable figure to show what can be done Chiropractically in both acute and chronic cases. Health Intelligencer If you are suffering from any cause—if you want to understand and know to your own satisfaction the condition that exists or have been threatened with operations and want to get well, write or phone for the Health Intelligencer Paper, which will be mailed you free of charge.



Office Pacific Chiropractic College Hospital.



Private Room Pacific Chiropractic College Hospital.



Ward, Pacific Chiropractic College Hospital.

Give Stomach What It Needs

The Alkaline Effect of Stuart's Dyspepsia Tablets Usually Corrects the Stomach Faults That Provoke Attacks of Indigestion or Dyspepsia.

To sit back after a good meal and know there is not going to be sour flinty gas, drowsiness and discomfort is the logical result of using Stuart's Dyspepsia Tablets immediately after eating. Most people believe they can trace each attack of indigestion to the something they ate and can still "taste." And it surprises them, invariably, to note how quickly relief comes after using one or two of these tablets. Whether it is indigestion or dyspepsia, the relief comes just the same. Those who are susceptible to attacks of indigestion or dyspepsia should try Stuart's Dyspepsia Tablets as they supply the stomach with an alkaline effect just as it does naturally when it works in a perfectly healthy condition. Stuart's Dyspepsia Tablets are so widely known and used that you can get them in any drug store in the United States and Canada at 50 cents a box—Adv.

HOW YOU LIKE TO SEE



There being an undisputed fact we can only conclude that at least an

The Pacific Chiropractic College

Park and Yamhill Main 1014 Portland, Oregon

VETERAN CHAPLAIN BOOMED
William S. Gilbert Is Republican
With Record of Two Wars.
Chaplain William S. Gilbert of Astoria is being discussed as a possible