WHY YOUR CHIROPRACTOR ADVERTISES...

When a person becomes ill, he seeks help. And contrasted with other professional services, there is a choice. People in legal difficulty can only consult a lawyer. Those with toothaches must see a dentist.

But a person who is ill has several choices. He may consult:
- a Medical doctor
- a Chiropractic doctor
- or an Osteopathic physician.

The patient chooses the profession he believes can help him the most. This choice depends upon what he was taught as a child and the information and impressions he is exposed to in the world about him.

Newspapers and magazines are filled with reading matter about medicine—either in articles or advertisements by drug companies. Radio and television provide constant exposure to medical themes or medical advertisements. Indeed, one of the most popular programs on TV is the "practice" of "Dr. Marcus Welby M.D."

Yet the Chiropractic profession—a licensed profession—has a distinct service to offer. It is a drugless service.

The media is strangely silent about Chiropractic. Yet the Chiropractic profession—a licensed profession—has a distinct service to offer. It is a drugless service.

Many patients who have suffered needlessly after months and years of medical therapy, have all too frequently discovered that their symptoms disappear after Chiropractic care has been provided. Chiropractors have heard too many patients ask, "Why didn't I know about this sooner?"

The Chiropractic Doctor has a moral obligation to tell people about Chiropractic—what its theory is and what it has done in clinical cases—for no one else will tell that story. There are no drug companies to sponsor the Chiropractic message. There are no highly paid public relations firms to produce the copy which passes as scientific news—and which gets free space in newspapers.

If a man passes a dangerous deep pit in the road which cannot be easily noticed and which might cause someone to injure himself, he has a moral obligation to issue a warning and to place a barricade about the pit lest an unsuspecting neighbor injure himself. He cannot remain silent and be a moral person.

Since a Chiropractor knows precisely what Chiropractors can do to help many sick and suffering people, he must tell the public about it himself. To remain silent is to be immoral. To allow people to suffer needlessly, or to die because of their lack of knowledge about his science, is unthinkable.

Chiropractors are morally obligated to tell people the truth about Chiropractic—and to describe the contrasts between Chiropractic and Medicine.

The enormous amount of medical propaganda which is daily unleashed upon the American public can be counteracted only in this way.

Yet when a Chiropractor pays to deliver his healing message, Political Medicine, through its well-paid propagandists, immediately cries "foul," "quack," "unethical practitioner," "fraud!"

The Medical Lobby wants no competition. It wants no one to question its methods, decisions and products. It wants total dominance and dictatorship in the health field.

Without bothering to scientifically prove or disprove the effectiveness of Chiropractic science—which M.D.s in Western Germany and other nations have proved to their own satisfaction—the American Medical lobby censures Chiropractic merely because it is a different approach.

The Chiropractor is proud to be different. He will continue to be different, and he will continue to tell people about Chiropractic. He has nothing to hide—nothing to be ashamed of.

Chiropractic works. It is backed up by millions of satisfied and grateful Chiropractic patients—most of whom had previously consulted other types of therapists and physicians.

If telling the true story in this way is fraudulent and unethical—then so be it.

The Chiropractor will continue in his sincere and conscientious effort to bring an important health message to the public.

One of a series of articles sponsored by . . . .

Dr. H. F. McKIM
Chiropractor
1967 W. Union Boulevard
Bethlehem, Penna.
Phone No. 865-2010
Hours daily 9 to 12 a.m. and 4 to 8 p.m.
Thursday 9 to 12 a.m. - Saturday 8 to 11 a.m.
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 nerves at this point can cause headache, some eye diseases, ear problems, lassitude, abnormal blood pressure, colds, hay fever, nervousness, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuritis, pain in the shoulder and arms, pains, nervousness, etc.

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

4. A blocked nerve at this point can cause so-called nerves in 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 bowel, 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 of this point.

8. Chiropractic adjustments have often helped such troubles as so-called hernias, constipation, colitis, etc.

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

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

WHY BE SICK WHEN YOU CAN BE WELL?
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Keep That Happy, Healthy Feeling
TEN REASONS FOR RECEIVING
A SPINAL EXAMINATION BY
YOUR CHIROPRACTOR

1. Illness causing loss of time from work or school.
2. Headaches.
4. Tired or distressed feeling along the back of the neck.
5. Pain, numbness or tingling sensations in the shoulders, arms and fingers.
6. Pain between the shoulders, shortness of breath, or a smothered feeling.
7. Upset stomach.
9. Recent involvement in an accident.
10. Pain and distress along the lower spine and legs.

By clinical observation, Chiropractors have learned that slight displacement of a vertebra can cause pressure on nerves and can interfere with vital nerve energy, resulting in disharmony of functions in the body.

Painless Chiropractic adjustments release nerve impingements and allow nature to work in a normal manner.

For every effect there is a cause, and Chiropractic is the only healing art that deals with the cause and not the effect.

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Dr. H.F. McKim
CHIROPRACTOR

Keep That Happy, Healthy Feeling
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM

YOUR CHIROPRACTOR, thru spinal adjustments, corrects the misalignments which removes impingement and restores the normal flow of nerve energy to the affected nerve.

Once the interference has been removed and the normal flow of energy has been restored, nature goes to work and promotes healing from within. Spinal misalignments are determined by X-raying the spine.

Illustrating the result of a displacement of one of the vertebrae causing obstruction of the normal flow of intelligent vital impulses through the nerve. This drawing is, of course, greatly exaggerated to make plainly visible what may actually be a very slight displacement. It is not intended to be scientifically accurate.

TELEPHONE NOW FOR YOUR APPOINTMENT—NERVE PRESSURE MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARDLESS OF WHAT YOUR SYMPTOMS MAY BE. WHY BE SICK WHEN YOU CAN BE WELL?

FREE SPINAL X-RAYS*

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YOUR VISIT TO A DOCTOR OF
CHIROPRACTIC

What happens when you walk into a chiropractor's office for the first time? You're nervous, perhaps a little worried. You've agreed to try chiropractic because a friend has recommended it, and perhaps orthodox medical methods have failed to help you. Now what will this new treatment be like?

First will come your case history. He will want to know about your symptoms, your previous treatment and other details. He will probably want to have a spinal x-ray.

When he examines you, your chiropractor is not looking for a germ to "blame" your trouble on, or even for a name with which to characterize your condition. He is seeking, instead, the clue to the structural malformation that has made your body a prey to the diseased condition.

Once he has determined the area that requires attention the chiropractor will initiate you into the "adjustment." He does this by moving a vertebra in the direction necessary to re-align it perfectly as nature intended it to be.

The immediate reaction to your "adjustment" may be none or several. You may feel exhilarated, or you may experience a sensation of warmth. It may take one adjustment or many adjustments to correct your problem. This depends on your body.

CHIROPRACTIC CANNOT DO EVERYTHING; BUT WHAT IT CAN DO, IT DOES WELL.

Below is a partial list of so-called conditions which may be caused by pinched nerves.

- stomach conditions
- headaches
- menstrual cramps
- arm and leg pains
- constipation
- sinus trouble

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Keep That Happy, Healthy Feeling
95% of the nerves in your body that control your muscles, organs, and your body functions, originate in your spine. When the bones of the spine slip out of alignment, the spinal nerves are pinched, thus reducing the flow of nerve energy to some part of the body. If this "pinching" is not corrected, the organs or muscles suffer and may become diseased or painful.

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

Some of the so-called conditions which respond well to Chiropractic:

- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Sciatica
- Dizziness
- Insomnia
- Menstrual Problems
- Whip-lash Injuries

**WHY BE SICK WHEN YOU CAN BE WELL?**

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**Keep That Happy, Healthy Feeling**
Continually deadening the Nervous System by the use of pills, medicine, or drugs or adjusting the cause to restore normal life back into the Nervous System.

YOUR LIFELINE CHART

1. A slight "pinching" of nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, etc.
2. A nerve difficulty in this part of the spine can be the cause of a sore throat, earaches, pain in the shoulder and arm, gout, nervous conditions, etc.
3. In this part of the spine, a "pinched" nerve can cause the cause of a sore throat, earaches, pain in the shoulder and arm, gout, nervous conditions, etc.
4. A blocked nerve at this point can cause sore throat, earaches, pain in the shoulder and arm, gout, nervous conditions, etc.
5. Stomach and liver trouble, pleurisy and a sore 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 in the upper bowels, shingles, etc.
7. Certain kidney problems or diseases, uracil and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.
8. Chiropractic adjustments here often help with such troubles as backache, constipation, 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.

ENJOY BETTER HEALTH THROUGH CHIROPRACTIC

1. Relieves Pain without dangerous drugs.
2. Restores Health without unnecessary surgery.
3. Prolongs Life naturally and economically.

Why be sick when you can be well?

Free Spinal X-Rays

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Keep That Happy, Healthy Feeling
Treating Symptoms with Artificial Methods.
Chiropractic Removes the cause of DIS-EASE
Your Trouble May Well Be Explained in the Chart Below...

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.

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 EXACT CAUSE OF YOUR PARTICULAR CONDITION!

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

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

3. The arrow head marked No. 3 locates the part of the spine wherein ‘pinches’ nerves may cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms and shoulders, etc.

4. A blocked nerve at this point can cause 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, caused by pressure in this part of the spine, so light as to remain unnoticed by others except the trained Chiropractor.

6. Here we may find the cause of so-called gall stones, dyspepsia of upper bowels, fevers, shingles, hiccoughs, diabetes, etc.

7. Bright’s disease, floating kidney, skin disease, boil, eruptions and other diseases so-called can be 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., are often helped by Chiropractic adjustments of 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 can remove the cause?

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

DO THESE QUESTIONS BOTHER YOU? ...

Can Chiropractic Cure Me? How Long Will It Take? How Much Will It Cost? You can find the answers at The McKim Chiropractic Center!

WHY BE SICK WHEN YOU CAN BE WELL?
FREE SPINAL X-RAYS

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SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS

These symptoms are frequently caused by spinal problems. They are usually the forerunners of more serious conditions. Over 30 million people have benefitted from chiropractic care.

1. Headaches
2. Loss of sleep
3. Stiffness in neck
4. Numbness in arms or hands
5. Pain between the shoulders
6. Stiffness or pain in the lower back
7. Painful joints
8. Numbness or pain in the legs

Regardless of what your ailment is called... or matter how long you have suffered... chiropractic care may be the answer to your health problem. Find out NOW if yours is a case for chiropractic... Call for appointment.

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FREE Spinal X-Rays

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Chiropractic strikes at the fundamental cause of illness... rather than attempting to treat its effects.

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Dr. H.F. McKim
CHIROPRACTOR

SEAL OF APPROVAL
Physical Fitness Begins With Good Posture

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Not everyone can be 100% healthy... Could you be feeling better?

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Natural Healing Forces Are Powerful

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The proper function of the nervous system is necessary to proper operation of the body.

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ARE YOU SICK AND TIRED OF BEING SICK?

Chiropractic For Health's Sake

Because the Doctor of Chiropractic is known as a spine specialist, many people have the idea that Chiropractic is of value only in cases of back problems. Nothing is less true. Practically EVERY DISEASE of the human body is the result of an INABILITY OF THE NERVES to properly carry a VITAL NERVE FORCE from the brain to the tissues of the organs involved.

Displacements of the vertebrae, or the fixations that cause abnormal movements, can easily result in damaging nerve interference which means that one or more organs in the body are NOT receiving the necessary nerve flow in order to function properly.

Every occupation creates its own stresses and strains, creating spinal pressure and tension on delicate, sensitive nerves. This is as true of office workers as it is of heavy construction laborers, of housewives as it is of children at play. These nervous system "short circuits" adversely effect normal nerve flow, robbing the vital organs of their proper controlling force.

Here are just a few of the so-called conditions that may be caused by nerve interference, and that have been helped successfully by chiropractic:

- Headaches
- Numbness
- Nervousness
- High Blood Pressure
- Chronic Tiredness
- Sinus Trouble
- Eye Trouble
- Earaches
- Neuritis
- Hay Fever
- Throat Condition
- Stiff Neck
- Bursitis
- Asthma
- Difficult Breathing

How does Chiropractic correct these abnormal conditions?

The Doctor of Chiropractic is highly trained in locating the area in the spine where nerve interference exists. Painless chiropractic adjustments by hand, release nerve pressure and allows nature to work in a normal manner, thus permitting the RESTORATION OF HEALTH.

Chiropractic strikes at the fundamental cause of illness rather than attempting to treat its effects. It is for this reason that the chiropractic healing art appeals to increasing numbers of people throughout the world because of the soundness of its basic principle.

WHY BE SICK WHEN YOU CAN BE WELL?

* FREE SPINAL X-RAYS

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Keep That Happy, Healthy Feeling
In Health As In Music... All Parts Of The Body Must Blend Together To Produce Harmonious Results.

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Chiropractic Keeps Well People Well

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The Body Builds Natural Immunities

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Help Nature Get You Well!

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DR. H. F. McKIM CHIROPRACTOR
Lancaster Evening Chronicle

Are you a Chiropractic case? Perhaps you may not be... But—then again—you may be.

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Don't Learn To Live With It See Your Chiropractor

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Doctors Of Chiropractic Use A Drugless Healing Procedure

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We only accept those people which we feel chiropractic may help... can chiropractic help you?

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The Spinal Column Is The Body's Chief Shock Absorber

Can You Be Helped By Chiropractic Find Out Today!

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DR. H. F. McKIM
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The spine is the strength and support of the body as well as the distributing center of the entire nerve system.

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**Chiropractic Can Get Sick People Well**

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**Health Is The Normal Expression Of Life’s Power In Your Body**

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**Chiropractors don’t claim to cure; they simply keep the channel clear for your own vital life force to do so.**

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*DR. H. F. McKIM  
CHIROPRACTOR*
FEVER AND FLU CASES
RECOVER QUICKLY

Dr. H. F. McKim

Each year your body has to adapt itself to seasonal changes. This is no problem if your body is healthy. When your body loses its natural, inherent ability to adapt itself, sickness results.

The human body's ability to cope with its environment, such as weather changes and other threatening irritations, is known as "resistance." Actually, resistance is simply normal function — the healthier the body, the greater the resistance.

To maintain high level resistance, the body must maintain perfect timing and mechanical co-ordination. This means the body's control system, the nerve network, must be free of spinal pressures and other disturbing interferences. Our researchers discovered long ago that in highly inflamed conditions of the head, throat and chest, such as found in fevers, flu, etc., the nerves of the spine are acutely irritated.

These feverish conditions usually start with a simple congested area caused by a hot, inflamed nerve end plate, caused by a hot, caused by an irritation back up the nerve line at its exit from the spine, caused by a fall, jerk or bump. Here is a case history from our files to illustrate this point.

About a month ago a little 10-year-old girl was hit in the head with a soccer ball during her noon hour at school. By 2:00 p.m. the nurse sent her home with 101° temperature, restless, irritated.

Examining her, the doctor told me she was very ill with displaced vertebrae causing the nerve disturbances. By this evening, still worried, she asked me to examine her head with a soccer ball during her noon hour at school. By the time I examined her head, He said it was possibly some bizarre childhood accident, but with an ability to function abnormally — cause local elevation of temperature, the formation of gall stones, or predispose to infection. Chiropractic has saved many gall bladders simply by removing nerve pressures and cooling off the nerves that cause inflammation.

If chiropractic adjustments can restore normal function of the controlling nerves, under ordinary circumstances, the gall bladder will properly expel its contents into the intestine and return to normal function.

The following case from our files is a good example:

Back in 1969, a 26-year-old young woman became acute-yellow ill with sharp abdominal pains. Her father summoned their family doctor who placed her in a local hospital. After two days of examination, her condition was diagnosed as an inflamed gall bladder. She was sent home but remained under observation for two weeks. Her condition grew worse and she was scheduled for surgery.

Frightened and worried, her father brought her to the McKim Chiropractic Center where a nerve analysis and X-rays disclosed the nerve pressures causing her suffering. Corrective adjustments removed the offending nerve disturbances and she had a good cry when her condition improved beyond the point of operation one week later. Within ninety days she was dismissed in good health. That was 2 years ago. She was back in last week for her periodical check-up all smiles and still feeling tip top. She told me, "My friends tell me I look better and younger than I did five years ago," which explains why so many of her sick friends have since come to us. No. 48D.

If you are still suffering from head congestion, fever or flu, investigate the McKim Chiropractic Center. What can you lose except your miserable aches.

Dr. H. F. McKim
CHIROPRACTOR

Gall Bladder Saved From Surgery!
Dr. H. F. McKim

Your gall bladder is very essential to normal digestion. Don't have it removed — until you have investigated ALL the methods recognized and licensed in the healing arts.

Bile is manufactured continuously by the liver and is emptied into the gall bladder which acts as a reservoir. During digestion, as food leaves the stomach, the bile is forced into the small intestine where it aids in the digestion of fats, has a bactericidal action and lubricates the intestine. The gall bladder merely stores bile until used.

The gall bladder has a nervous control under the central nervous system. Interference with the nerves can cause it to function abnormally — cause local elevation of temperature, the formation of gall stones, or predispose to infection. Chiropractic has saved many gall bladders simply by removing nerve pressures and cooling off the nerves that cause inflammation.

If chiropractic adjustments can restore normal function of the controlling nerves, under ordinary circumstances, the gall bladder will properly expel its contents into the intestine and return to normal function.

The following case from our files is a good example:

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If others have made you well you don't need us. If you are still suffering, investigate for yourself. What can you lose except your ill health?

Dr. H. F. McKim
CHIROPRACTOR

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem — 1 block east of Albert, Phone 655-3919 — Hours Daily 9 to 12 A.M. and 4 to 8 P.M. — Thurs. 9 to 12 A.M., Sat. 8 to 11 A.M.
Chiropractic Treats Asthma Effectively

Dr. H. F. McKim

THERE is nothing so distressing as watching a helpless asthmatic gasping and fighting for breath. It almost makes us wheeze to see him suffering so much. Fear radiates from his eyes ... fear of the possible consequences of the attack. From this anxiety comes a prayer for a normal breath of oxygen. Many asthmatics have been helped through Chiropractic but there are so many more who continue to suffer needlessly. You cannot say everything has been done for asthma unless modern Chiropractic was included.

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem-1 block east of Almert, Phone 865-3019-Hours Daily 9 to 12 A.M. and 4 to 8 P.M.-Thursday 9 to 12 Noon; Saturday 8 to 11 A.M.

FREEDOM OF CHOICE IN HEALTH CARE

Americans should have the constitutional and the alienable right to the free exercise of choice in health care. There is in America no freedom of choice in health care today, because to attempt to exercise that freedom is to subject oneself to public ridicule and the threat of criminal action.

—From National Health Federation Bulletin

McKIM CHIROPRACTIC CLINIC
1967 W. Union Boulevard 865-2010
Daily 8:30 'til 12 and 3:30 'til 8
Closed Thursday Nights and Saturdays
Nerves go to all parts of the body. Keep them clear and keep them free from impingement and better living will be yours.

FREE SPINAL X-RAYS*
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This pertains to cases being paid out of the family budget.

Advertisement

SPINAL ADJUSTMENTS TO RESTORE YOUR HEALTH - STOP ACHES AND PAINS

Pinched nerves can be the cause of many painful conditions. When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn causes the nerve to be pinched. When this happens the organs and tissues normally served by these nerves cannot function properly and pain will result. To maintain GOOD HEALTH and freedom from disease, spinal misalignments should be promptly checked. Make a call today to the McKim Chiropractic Center!

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem - 1 block east of Almart. Phone 865-2010 — Hours Daily 9 to 12 A.M. and 4 to 8 P.M. — Thursday 9 to 12 A.M.; Saturday 8 to 11 A.M.

LIFE-HEALTH

TIME

Every man, woman and child is entitled to health and happiness.

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

Faith is the power that heals, and time for nature to perform her wonders are basic to healthy, happy living.

The spine is the lifeline of the nervous system which supplies the vital nerve energy that permits nature to perform her healing from within. The spinal cord takes nerve energy from the brain and transmits it to the millions of delicate nerve fibers which transmit energy to all parts of the body.

Any displacement in the spine creates pressures which obstruct the proper flow of nerve energy. Dis-harmony and disease are the result.

Then, time and nature go to work to bring healing from within, using the powerful forces of the nervous system.

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DR. H. F. McKIM CHIROPRACTOR
IT'S FALL AGAIN
AND THAT
FLU "BUG"
WILL BE BUSY
ONCE MORE

Some people are susceptible to illness because their resistance is low.

They should endeavor to raise their resistance and thus lower their susceptibility to illness.

Chiropractic teaches that sub-normal resistance is due to a lack of functional impulses sent out over nerves because a vertebra is out of alignment and pressing on nerves.

These impulses emanate from the brain, are transmitted down the main cable, called the spinal cord, and branch out to all parts of the body.

When these vertebrae get out of alignment they interfere with nerves and impair function.

Chiropractors help the body to increase the resistance and reduce susceptibility by adjusting the misaligned vertebra, thereby releasing the imprisoned life impulse.

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Have you ever noticed that when your stomach feels like a roller coaster, or a cement mixer, or a belching volcano about to erupt, there is usually a tension between your shoulder blades and a tenderness along both sides of your neck and spine?

Is there any connection? Absolutely! Why? Because the nerves connecting the digestive organs and the brain enter and leave the spinal cord through narrow openings between the vertebrae. Therefore, if the muscles tighten and contract through nervous tension and emotional stress, common in today's fast pace of living, the spinal bones may be pulled out of alignment and pinch the delicate nerves controlling your digestive system.

Such a situation may produce every known type of digestive upset: burning, nausea, pain, gas belching, heartburn, ulcers, chest pain, headache... and many other symptoms. Yes, all of these may be caused by that terrible tension in the upper back.

Of course, your stomach problem may be just from eating too much or too fast, or eating the wrong combination of ingredients; but if your stomach is easily upset, or frequently upset, or your digestion or elimination is chronically upset, you could have a problem with the nerves controlling your digestive system.

WHY BE SICK WHEN YOU CAN BE WELL?

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Keep That Happy, Healthy Feeling

The shoulder is a joint in which several bones, ligaments, and many muscles are involved. This joint has the greatest range of motion of any joint in the body and for that reason is subject to injury more often. If the shoulder joint should become painful and sore, you might as well quit work for any further action will surely make it worse.

The shoulder joint may, like any other joint in the body, become infected or injured in various ways. A person slipping and trying to regain his balance may throw his arm so high he strains or tears a tendon in the shoulder. These casualties result in displaced vertebrae of the spinal column interfering with the vital nerve power affecting the muscles. This weakens the muscles and makes them easily subject to effects of strain or exposure.

The networks of nerves which coordinate movements of the shoulder and arms are called the Brachial Plexus. These nerves extend from the upper part of the spinal column at the neck and shoulders, supplying vital nerve energy from the brain to the shoulder muscles.

Without the normal supply of this vital nerve energy, no sprain, infection, or torn muscle can heal. The answer is to restore this life-giving nerve energy to the affected parts, allowing the healing process of nature to proceed unhindered.

Scientific Chiropractic spinal adjustments get to the basic trouble rather than merely treating the effect.

Chiropractic "relieves" pressure on nerve channels by correcting displaced vertebrae and restoring normal nerve function. Inflammation is reduced from the beginning, nature's healing process begins, and pain in the shoulder is gradually brought to an end.

Don't wait in the hope that the pain will vanish of itself. Consult your Chiropractor. He is trained to find and correct nerve interference by gentle spinal adjustments, allowing all muscles and organs to regain their full supply of vital nerve energy correcting the cause of shoulder pain.

WHY BE SICK WHEN YOU CAN BE WELL?

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Keep That Happy, Healthy Feeling
LIFE HEALTH

On-The-Job-Injuries

A terrific toll in suffering, pain and anxiety is exacted by on-the-job injuries.

Loss of income to the worker and loss of production to the employer are other tolls exacted by such injuries.

Because of the staggering losses attributed to job-associated injuries, continuing campaigns are waged by worker organizations, industry and the government.

Care and treatment which will return the workman to his job with the least possible loss of time and income are most desirable.

Back injuries account for one-tenth of the total time loss injuries in American Industry. It is in this field that chiropractic is rendering the greatest service to labor and management.

The chiropractor provides the most effective, least expensive methods for getting the injured person back on the job. Chiropractic adjustments employing modern scientific skills, reduce suffering, time loss, and the possibility of permanent injury. Progressive employers, labor organizations and state agencies realize the value of and depend on competent chiropractic care in cases involving on-the-job back injuries.

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Dr. H. F. McKim
CHIROPRACTOR

Nerve Impulses

When we mention nerve impulses, confusion abounds. Simply because no one has seen them. Thus, a realistic picture is not available to our minds.

Electrical current is often pictured to be like impulses because this current operates so many different appliances, just like nerve impulses operate all body functions and parts. However, we know that nerve impulses are not electrical, but rather the intelligent internal life currents of the body. They are responsible for all constructive processes connected in body health and life.

In fact, strictly from a scientific standpoint, upon death, all the organs and even the blood is still present, but we can no longer detect the nerve impulse. This has led our profession into the specialized technology of detecting life currents in the live body, and their interruption, and helping the sick to recover and prolong life.

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Keep That Happy, Healthy Feeling
**Chiropractic Will**

The normal state of life is health.
Sickness and disease are not normal.
They cannot exist when there is health.
Lack of health does not come from outside the body.
Therefore the cure cannot come from outside the body.

**Dr. H. F. McKim**
CHIROPRACTOR

Nerve interference disturbs the normal healthy state of the body.
Sickness and disease then occur.
Chiropractic removes nerve interference.
The normal state then returns.
The normal state of life is health.

**WHY BE SICK WHEN YOU CAN BE WELL?**

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Keep That Happy, Healthy Feeling
Could your posture be better?

Wouldn't you feel better if it were?

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Chiropractic isn't always the answer, but it may well be the answer to your health problem

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DR. H. F. McKIM
CHIROPRACTOR
Painful condition. See your Chiropractor today...
Be on the road to GOOD HEALTH tomorrow!

Pain in the head, visual disturbance, nausea, neck stiffness — known as headaches — 50 tons of aspirin are used in the U.S.A. daily. Also a variety of prescriptions and shots are used to get rid of the symptoms, only to have them return.

Chiropractic looks for the nerve interference (caused by a vertebral subluxation) and corrects it by hand only, and not through the use of drugs, shots, medicine, or pills (red, white, pink, or blue ones); but through looking for the cause and correcting it and allowing the body to heal.

"THE DOCTOR OF THE FUTURE WILL GIVE NO MEDICINE. BUT WILL INTEREST HIS PATIENTS IN THE CARE OF THE HUMAN FRAME, IN DIET, AND THE CAUSE AND PREVENTION OF DISEASE"
Thomas A. Edison

WHY BE SICK WHEN YOU CAN BE WELL?

McKIM CHIROPRACTIC CENTER
A Modern Clinic for the Restoration and Preservation of Your Health
Bethlehem Phone 865-2010
Health is a natural thing that, like success or failure, comes from within. When you are in tune with the laws of health or success you win, otherwise you fail.

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The spine is the key to the nerve system and many times Chiropractic is the answer to a more healthful life.

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Be sure your nerve system is working properly and chances are that your whole body will be too!

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Chiropractic doesn't claim to be a cure-all... but perhaps it may help your health problem...

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MIGRAINES
Who Needs Them!

Headaches that persist or reoccur frequently are danger signals that something is amiss. Masking the pain may seem an easy way for relief, however if the trouble is not corrected, related symptoms begin to appear. Usually the headaches that used to present themselves in different areas begin to localize in one area or one side of the head, and the patient's illness is diagnosed as migraine. After extensive examinations for tumors, past fractures and what have you, the patient begins to believe that they just have to live with it. Don't believe it! Don't ever forget that for every effect there must be a cause. Remove the cause and you have no headaches.

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If a spinal bone (Vertebra) moves out of its proper position and interferes with the nerves supplying the neck and arm, symptoms such as neck and shoulder pain, or numbness and tingling in the hands and fingers may occur.

PILLS CAN'T MOVE VERTEBRA,
CHIROPRACTIC CAN AND DOES.

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DR. H. F. McKIM
CHIROPRACTOR

Allentown Evening 2/9/72 Chronicle
Slipped Disc? Leg Pain?
Modern, Chiropractic Care
Offers Remarkable Effective Relief

Chiropractic research indicates that most low back and associated leg pains are caused by mechanical defects in the lower spine.

When a spinal segment is not in its normal position, it partly closes nerve openings between the vertebrae, which in turn cause the nerve to be pinched... the result is nerve pain which extends down the leg.

THE 7 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
6. Back or leg discomfort while sitting or standing still
7. Leg cramps

Why be sick when you can be well? There are only two well-known kinds of doctors that make your health their concern. We're one of them. If you're not completely satisfied with the results you're now getting, for health's sake... SWITCH.

The trend in the treatment of slipped discs and leg pains is to Chiropractic

TRY CHIROPRACTIC
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MY STORY

One spring morning about 2 years ago, I slipped and fell while washing the family automobile. I got up and shook off the event. After that I noticed difficulty in falling asleep.

About 1½ years later while galloping along the edge of a field on horseback, the horse stumbled and fell first on me, and threw me clear and sent me through the air. I fell on my head and right shoulder. Again I nursed myself back to what I felt was normal. Later while I was cutting the lawn, the power mower I was operating fell over backward on me. Several days later I began to get headaches and severe neck pains and constant pain when turning my head to look up or down.

I saw Doctor McKim's ad in the local newspaper and decided to try Chiropractic. I called for an appointment and was pleasantly greeted by the doctor's receptionist. She arranged an appointment that day for x-rays and analysis. The following day he gave me the good and bad news. The good news was the fact that he could help me, and the bad news was that I had 13 areas of pinched nerves. After the first adjustment, there was a great improvement that I could feel myself. That was in December, 1971, and since then the pain has disappeared and sleep comes more easily. It is a truly great feeling to be able to live without annoying pain.

Thanks to God and the creating forces within the human body, and the skill and knowledge that Doctor McKim possesses. For these blessings I am truly and deeply grateful. Thank You.

William R. Almgren

Sponsored by:
H. F. McKim, D.C.
1967 W. Union Blvd.
Bethlehem, Pa. 18018
Telephone 865-2010
HAY FEVER

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 symptoms 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 that basic cause. Act Promptly!

CALL FOR AN APPOINTMENT
McKim Chiropractic Center
1967 W. Union Blvd., Bethlehem
Daily 8:30 to 12 and 3:30 'til 8
Closed Saturday & Thursday Nite
Phone 865-2010
FREE Spinal X-Rays

THE SPINAL COLUMN
A SPECIAL MESSAGE TO WOMEN ABOUT ARTHRITIS

If You're A Busy Housewife, Watch Out For Arthritis. Why Does The Most Severe Form Of Arthritis Strike THREE Women For Every Man? The Physical And Mental Strains Of Running A Home And Caring For A Family Allow Little Time For Complete Relaxation.

That's Why You Should See Your Chiropractor Promptly When You Notice Persistent Pain In And About Your Joints.

Call Your Chiropractor Today And Have Him Check Your Arthritic Condition. You Will Be Glad You Did!

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DR. H. F. McKIM
CHIROPRACTOR
FOOTBALL IS GOOD BODY BUILDER BUT CAN BE DANGEROUS

All young Americans should play football if they have the opportunity. The purpose of this article is not to discourage the game but to caution the participants and the coaches to beware of some of the seemingly minor injuries.

Fractures are usually readily discernible and seldom go untreated. The more important injuries and those more often overlooked are the twists and strains which leave bony segments, especially those of the spine, out of place and cause nerve irritations. If left untreated, organic disturbances, rheumatic conditions, and paralysis can appear long after the original injury.

Before this season is over many young men will have sustained injuries which they will carry through life. Chiropractic care can prevent such needless suffering, as the Chiropractic physician is especially trained to locate and correct such conditions.

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CHIROPRACTOR

See your family Chiropractor!

Nervous tension can result when a nerve is impinged by a spinal misalignment (subluxation). Your Chiropractor is trained in detecting interference to transmission of nerve energy caused by misalignments in the spine. YOUR CHANCES OF GETTING WELL AND STAYING WELL WILL BE GREATLY ENHANCED BY VISITING YOUR FAMILY CHIROPRACTOR REGULARLY.

NO CHARGE FOR CONSULTATION OR X-RAYS
FREE SPINAL X-RAYS*

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MY STORY

Thanks to Chiropractic and Dr. McKim, I can do my work again. I could only work one or two days a week. No doctor could help me. I then experienced kidney trouble. On top of that I experienced neuritis so bad, that I could not use my arm very well. I could not close my right hand and I could hardly walk, due to the intense pain. The pain was so bad at times I cried. However, in just 5 adjustments I could close my right hand and use my arm. Now at the present time with the adjustments I have received I feel 30 years younger. The neuritis is almost gone and I do not have kidney trouble. My back is just about as good as it was before I hurt it. I am so grateful to Dr. McKim and to my friend Bill Thompson. I now have very little pain.

Sponsored by:

H. F. McKim, D.C.
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Bethlehem, Pa. 18018
Telephone 865-2010

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 affect 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 the basic cause of disease. When the interference with the flow of energy is removed, nature responds and heals from within the body.

To restore proper function of the nervous system, the chiropractor employs gentle, scientific manipulations (called adjustments) to help the body 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.

FREE SPINAL X-RAYS*

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2/18/71

Allentown Evening Chronicle
2/17/72
If...

all those expensive and dangerous Pills, Shots, Potions and Lotions you take to get well really work, then why, my friend, are you still sick?

Chiropractic seeks to find the cause of your problem, not treat the symptoms on a daily basis.

Why not investigate Chiropractic?
All you have to lose is your health problem.

WHY BE SICK WHEN YOU CAN BE WELL?
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Health is for everybody, not for a selected few
BUT
You must want it and seek it!

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DR. H. F. McKIM
CHIROPRACTOR


**CAUSE OF HEADACHES**
**USUALLY NOT IN HEAD**

*Dr. H. F. McKim*

In an issue of Today's Health, a publication of the AMA, Dr. Adrian M. Ostfeld of the University of Illinois College of Medicine says about 95% of headaches do not originate in the head, but result from conditions elsewhere in the body.

"The headache is probably the result of a release of 'pain substance' from nerve ends in the scalp, at the same time that arteries in the head have become dilated due to one 'cause' or another," he said. This sounds much like excerpts from a chiropractic textbook. For over sixty-four years chiropractic has taught that headaches nearly always result from nerve interference and related cerebrospinal pressures—and that's the "cause" referred to above.

Dr. Ostfeld pointed out that, "Unpleasant as they are, headaches serve as an important warning signal of both mental and physical problems." He further explained, "Oddly enough, acetylsalicylate, aspirin, is an old standby, but we are still not exactly sure what it does."

Chiropractors know what to do for most headaches. Statistics from the Swartz Research Report of the National Chiropractors Association show that out of 1641 non-migraine headaches studied under chiropractic care, 83.2% recovered or greatly improved; 11.1% slightly improved; 5.1% same; .6% worse. Of 210 migraine cases studied, 86.6% recovered or greatly improved; 8.1% slightly improved; 2.9% same; 2.4% worse. The following case from our files is now among the fortunate 80% that got well.

This attractive 44-year-old businesswoman suffered with violent headaches and severe tension pains in back of head, down into her neck and between her shoulders. For two long, miserable years she made all the rounds and took "pounds" of pain killers and tranquilizers, etc. Steadily, she grew worse until it interfered with her business. "I had so much congestion in my head and eyes, it blurred my vision," she said. Her blood pressure was 160/98. One of her employes, a former patient, brought her to the McKim Chiropractic Center. Our spinal analysis located areas of severe nerve interference at both the top and bottom of her spine. X-rays enabled us to realign the offending vertebral displacements and her violent headaches and tension pains gradually, but naturally, vanished. Her blood pressure returned to normal and her worry lines returned to smile wrinkles. No. 39A.

Nerves connect to every organ and are responsible for many malfunctions, including headaches. If you are still suffering in spite of your efforts, investigate! It only takes a few minutes to see what nerve disturbances are causing your headaches. What can you lose except your miserable pains?

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**FREE SPINAL X-RAYS**
*Sponsored by*

**McKIM CHIROPRACTIC CENTER**

1967 W. UNION BLVD.
BETHLEHEM

Phone 865-2010

Daily 8:30 to 12 and 3:30 to 8
Closed Saturday and Thursday Nights

*Except in cases covered by insurance.*

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**SINUSITIS**

*Often Thought To Be a Common Cold*

Doesn't Need To Be So "Common"

Sinusitis, or infection of the sinuses of the head, is not a head cold, nor is it an involvement of the nasal passages, but rather it involves the small cavities located in the bones of the head. The symptoms are headaches, nasal discharge, watering of the eyes, pain and tenderness over the affected areas, swelling of the jaw, and protrusion of the eyeballs. From a Chiropractic viewpoint sinusitis is caused by a depletion of nerve force which flows from the brain to the delicate mucous membranes lining the sinuses, for when this nerve involvement is properly corrected, all the symptoms should leave, and gone are the worries about climatic conditions, colds and other phobias of the sinus sufferer.
Female Trouble

Causes

Nervousness

Dr. H. F. McKim

The female reproductive system is still the marvel of God's Universe.

Man has tried for years to find cures for many female disorders only to find that as one organ is patched up or cut out, other trouble starts.

This we do know. These intricate female organs are so connected, co-ordinated and destined functionally to operate intelligently and systematically according to Divine plan. If any one of these delicate organs or glands fails in any degree to function properly, the entire system is thrown out of order and so-called "female trouble" results.

These painful reactions usually upset the entire nervous system and often produce moody spells and the erratic behavior that women know so well. Frequently, these emotional disturbances become so involved that the patient becomes mentally unbalanced.

To explain why any of these organs or glands suddenly quits functioning or alters its perfect performance, we must consider what made it work perfectly in the first place. Naturally, we look to the nerve system itself which is the source of all physical energy and the intelligent control system for all organic function.

We find most all female disorders result from nerve disturbances in the spine, usually incident to some spinal injury or vertebral displacement interfering with the flow of life-giving nerve energy.

We chiropractors specialize in removing nerve interferences by properly adjusting the spine back into alignment. Clearing nerve pathways of pressures and other disturbances restores normal function and health naturally. Results are here is such a case.

Many miserable years of painful, irregular periods and drawing cramps, with intense aches and pains between her shoulders and up into her neck, constant throbbing headaches, dizziness, sinking spells and erratic dreams were enough to cause despondency, emotional strain and worry that had this southside mother of two, forty-five years of age, thinking she was on a one-way trip to the State Hospital.

After locating nerve disturbances in her spine, X-rays enabled us to make corrective adjustments and within three short months this young lady was well and happy. She gratefully goes on telling everyone how chiropractic helped. No. 77C.

Have your present or past treatments made you well? If not, investigate the McKim Chiropractic Center today! What can you lose except your ill health?

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem — 1 block east of Almalt. Phone 665-5010 — Hours Daily 9 to 12 A.M. and 4 to 8 P.M. — Thursday 7 to 12 A.M.; Saturday 8 to 11 A.M.
ON-THE-JOB INJURIES

A terrific toll in suffering, pain and anxiety is exacted by on-the-job injuries.

Loss of income to the worker and loss of production to the employer are other tolls exacted by such injuries.

Because of the staggering losses attributed to job-associated injuries, continuing campaigns are waged by worker organizations, industry and the government.

Care and treatment which will return the workman to his job with the least possible loss of time and income are most desirable.

Back injuries account for one-tenth of the total time loss injuries in American Industry. It is in this field that chiropractic is rendering the greatest service to labor and management.

The chiropractor provides effective, inexpensive methods for getting the injured person back on the job. Chiropractic adjustments employing modern scientific skills, reduce suffering, time loss, and the possibility of permanent injury. Progressive employers, labor organizations and state agencies realize the value of and depend on competent chiropractic care in cases involving on-the-job back injuries.

WHY BE SICK WHEN YOU CAN BE WELL?

FREE SPINAL-X-RAYS*

*This pertains to cases being paid out of the family budget.

To Whom It May Concern:

I had suffered excruciating pain for 9½ years from Tic Douloureux. Medications would relieve pain for a short period when a new medication would be prescribed from time to time. I underwent minor surgery which took pain away for 8 months, and then severe pain returned to make life almost unbearable. I was arranging for major surgery which would have resulted in a numbness of the right side of the face and also meant great expense.

However a friend told me to see Dr. H. F. McKim, the Chiropractor who had helped him for severe pain. At first I laughed stating, "What can a Chiropractor do for severe face pain as he only adjusts the spinal column?" My friend prevailed upon me to go and see him! At this point I had everything to gain and nothing to lose if this were successful.

After two weeks of three adjustments each, I was able to reduce the medication one third; and after another week, reduced the medication another third. After six weeks no medication necessary, even through bitter cold windy weather of winter, which always aggravated the condition heretofore.

Thank God for relief through Chiropractic adjustments, which prior to this time was never thought of like many others who do not understand this possible way to have health return.

The adjustments to my spinal column have been reduced to one every other week at this point and my general health is better without any medicine.

Rev. G. B. E.
'SHOULDER PAIN'
Readily responds to Chiropractic care

Dr. H. F. McKim

Hardly a week passes without someone coming into the office complaining of pain in the shoulder and upper arm that may or may not extend into the hands or fingers. Most of them have already been diagnosed as having bursitis. Various things have been tried for relief, from heat on the shoulder, to various drug injections. When nothing has succeeded and the pain is still unbearable, many of them go to a chiropractor as a last resort. Thank heavens, in most instances, their efforts are not in vain.

There are various types of shoulder and arm conditions but more often one primary cause, a spinal misplacement that is pinching, pressing, or irritating upon one of the nerves that leads into the affected area, is found to be present.

The disorder often begins as acute neuralgia and if not corrected, becomes chronic neuritis or arthritis and will as a result be much more difficult to correct. If a chiropractor is consulted when any such condition exists, many days of suffering for the patient can be eliminated and the cost of getting well will be reduced to a minimum. If your arm and shoulder pains persist in spite of your efforts, you should consult a chiropractor. What can you lose except that nagging pain?

Ankylosis-Arthritis Of the Spine

Dr. H. F. McKim

An article by Dr. Walter Alvares of Mayo Clinic stated that, “There is a disease which in the course of a few months causes the spine to become ankylosed. That is all the vertebrae become stuck together solidly so the spine comes to be like one bone.”

No profession has X-rayed and treated the spine more than Chiropractic, and yet our thousands of spinal X-rays indicate that in most cases ankylosis is a very slow process coming on over a 20 to 30 year period.

There is only one cause for ankylosis and it is structural strain to the joint surfaces of the spine.

This may come from local injury, spinal arthritis, or local pathology, but most consistently is due to curvature and misalignment of the spine.

There is one prevention for ankylosis and that is corrective Chiropractic care in the early and mid years of life.

If you have backache or spinal strain see your Chiropractor and prevent crippling ankylosis.

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YOUR HEALTH

SINUS TROUBLE

Dr. H. F. McKim

The symptoms of sinus trouble are clear cut. Besides the localized area of pain, we find a swelling of the part affected with redness and heat present. There may be running of pus and mucus from the nose. The jaw swells and the eye-balls may protrude. Watering of the eyes is very common. There is Dr. H. F. McKim, CHIROPRACTOR.

The Science of Chiropractic is able to affect remarkable results because it is based upon finding a specific CAUSE of sinus trouble. The nerve force beginning in the brain travels over pathways of nerve tissue by way of the spinal cord and various nerves to the sinuses. If this controlling force does not ALL reach the sinuses, due to a pinching or squeezing of the connecting nerves, the sinuses will no longer function properly. They become sick and stay sick until such a time that the pinching or squeezing is stopped, and the 100 per cent nerve force is restored to the sinuses. Then and only then, will the sinuses be restored to its normal activity.

Case 776 had all of the symptoms mentioned above. She could get some relief by pressing the forehead tightly between the hands. She had surgical drainage, and always with only temporary relief.

In May, 1968, she entered the McKim Chiropractic Center. After a spinal nerve analysis had been made and nerve blockage discovered, X-Ray Spinographs were made to find what was causing the blockage. The X-Ray Spinographs revealed severely misaligned vertebrae causing the pinching of the nerves feeding the sinuses. We made the necessary adjustment of the spine and within a few months of Chiropractic care, all of the symptoms of sinus trouble disappeared and have yet to return.

Is your suffering caused from nerves being squeezed or pinched? Find out now! Consult the McKim Chiropractic Center.

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 100 W. Union Blvd., Bethlehem — Hours Daily — Hours Daily 9 to 12 A.M. and 4 to 8 P.M.—Thurs. 9-12 A.M.; Sat. 8-11 A.M.

WHAT DOES 1970 HOLD FOR YOU?

Dr. H. F. McKim

The dawn of every New Year brings hope—hope in our upward progression of life! Hope is the motive power of all effort. Hope makes stepping stones out of stumbling blocks. Hope gives us confidence. Hope gives us security in our pursuit of happiness.

To have hope, to give hope, these are two of the greatest privileges of being a doctor, of being a chiropractor!

What hope do you have for the future? Will you set a new goal for yourself? How big will you think? Will your goal be possible — will it be practical? Whether you progress in '70 will depend on how well you chart your course.

But what of your HEALTH? Are you physically capable of progressing? How alert is your mind? How steady are your nerves? How sturdy is your back? How strong is your heart?

How will you prepare for your future health? Do you know that many times chiropractic adds healthy years to life simply by restoring normal function?

Chiropractic doesn’t claim to CURE anything—nor does any other healing art CURE. Nature does that job. Chiropractic have techniques to adjust, re-align and balance the distorted spine, freeing nerve pressures interfering with the outflow of life energy so Nature can heal. That’s how people are CURED. Your doctor sets a broken leg—and then leaves it to a GREATER POWER to heal it or cure it. The tissues knit anyway, but the limb would probably grow crooked without the help of skilled hands to properly align the fracture.

Nature—the INBORN INTELLIGENCE that created and fashioned the human body—is the only Power or Force that has any CURATIVE ABILITY—and this requires a steady, uninterrupted flow of God-given nerve energy impulses for repair to take place.

Keep this principle in mind when you face problems of sickness this year. You might find as thirty-five million other Americans have, that by keeping nerve pressures removed, it is possible to go through the year with much less illness and much more energy.

Why not resolve to get well now? Don’t carry unnecessary suffering into 1970.

You know, many people cannot find health because they cannot find enough HOPE and FAITH to get well.

Investigate the McKim Chiropractic Center where hundreds have found HOPE through chiropractic and regained their health. What have you got to lose except your ill health?

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If You Are Sick
Chiropractic May
Be What You Need

Dr. H. F. McKim

Many people have asked whether Chiropractic is good for appendicitis, ulcers of the stomach, local infections, eye trouble, heart trouble, colitis, tonsilitis, or some one of the hundreds of abnormalities which affect the human body. The answer is yes.

Nerves carrying life force supply all parts of the body including the appendix, stomach, eyes, heart, colon and tonsils. Nerve pressure prevents normal functioning of any one or any group of these organs. Removing the pressure from such a nerve will restore to normal the structure which it supplies or the function which it governs.

There may be minor outside factors which influence the degree to which Chiropractic will have effects, but the basic principle is never altered.

That Kink
in Your Back

Dr. H. F. McKim

"A chain is no stronger than its weakest link," is a true household phrase. In speaking of the body we might paraphrase this by saying that "the spine is no stronger than its weakest kink." Often you see big, husky looking people and remark about their apparent vigor and strength, yet some of these people are always complaining. This may seem odd, but if you saw X-ray pictures of their spine the cause would be very apparent for X-rays show clearly the kink that is pinching spinal nerves.

This spine gives strength to the body and protection to the spinal cord which conveys and distributes all the life force in the body. In our daily life we are subject to many falls and strains that wrench the spine. Sometimes this slightly displaces a vertebra so that nerves are pinched, causing disease in the organs or tissues supplied by the injured nerves.

Since a kink in the spine is the primary cause of nearly all disease the proper adjustment of the cause, by your Chiropractor will correct most trouble.

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"FROZEN SHOULDER"
PAINFUL RESULT OF
BRACHIAL NEURITIS

Dr. H. F. McKim

Arm ache is a very common symptom and few give it much attention when it first occurs.

However, the underlying cause is a serious situation in the Brachial plexus of nerves and usually is in the form of an inflammation of the nerves themselves. As the neuritis progresses there is numbness, tingling and outright pain experienced in the neck, shoulder, and arm even extending to the fingers at times. The outcome, unless treated properly may be painful "frozen shoulder" where it becomes all but impossible to raise the arm, and the more distant prognosis indicates that arthritis may follow.

Chiropractic has been correcting the cause of Brachial neuritis for some time, by removing the offending nerve pressures in the spine. If you have suffered with this condition it would be well to consult your Chiropractor, he has been placed in your community to serve you.

What Can You Lose Except Your Ill Health?

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ONE OF A SERIES OF ARTICLES PUBLISHED IN THE PUBLIC INTEREST TO EXPLAIN AND ILLUSTRATE SCIENTIFIC CHIROPRACTIC WRITTEN BY DR. H. F. McKIM, 957 W. UNION BLVD., BETHLEHEM — 1 BLOCK EAST OF ALMART. PHONE 865-5910 — HOURS DAILY 9 TO 12 A.M. AND 4 TO 6 P.M.—THURSDAY 9 TO 12 A.M.; SATURDAY 8 TO 11 A.M.
Chiropractic, in brief, is legally defined as the science and art of adjusting bony articulations that have become misaligned (subluxated), more especially those of the spine, for the purpose of giving freedom of action to nerves that may cause pain or abnormal function (disease).

The trend of all healing sciences is toward Chiropractic. Records of the past few years show that medical research workers have ascribed interference to nerve flow as the fundamental cause of 700 definite diseases. More will be added to this number until such time that all healing sciences will agree that basically disease is caused by nerve interference. You will note as time goes on that health articles in newspapers and magazines will deal more with the brain and nerves and their relationship to health.

Those who are now adopting and enjoying the benefits of Chiropractic in their health program are utilizing the health service of the future.

Dr. H. F. McKim
CHIROPRACTIC CENTER
1 block east of Almart
Phone 865-1010
Hours: Daily 9 to 12 A.M. and 4 to 8 P.M.
Sunday 9 to 12 A.M.

CHIROPRACTIC AS A CAREER

Dr. H. F. McKim

QUESTION: Doctor, I'm considering Chiropractic as a career. What training is necessary?

ANSWER: A high school education is necessary and many states, including Pennsylvania, require certain preprofessional credits from a liberal arts college.

Next step is matriculation in one of the 8 accredited Chiropractic colleges located in the United States and Canada. Here the chiropractic student undergoes an intensive four year, 4000 hour course of professional training. Included in the curriculum of a typical chiropractic college are: anatomy, embryology, histology, chemistry, physics, pathology, bacteriology, physiology, pediatrics, psychology, and public health. Specific chiropractic subjects include: palpation, spinal analysis, X-ray interpretation and Chiropractic principles and techniques.

Finally, the graduate chiropractic doctor must pass the comprehensive examinations of the Pennsylvania Board of Chiropractic Examiners which are given in Harrisburg twice a year.

For specific information contact your local Doctor of Chiropractic. Questions and inquiries may be sent to Dr. McKim.

Dr. H. F. McKim
CHIROPRACTOR

YOU MAY BE MISSING SOMETHING

Dr. H. F. McKim

It is important at this time to explain why Chiropractic stands out from all others as a separate, distinct healing science and what constitutes its practice and its legal definition.

How many men do you know who are too proud to admit illness? How many men do you know who are failing or have failed to make a good living simply because they are not well?

Proud men often stand with clenched teeth and foolishly brush off the mention of illness because they mistakenly associate illness with weakness. Usually, these are men who have always been healthy and masculine. They can't understand how anyone can be sick. They often poke fun at puny people and therefore refuse to complain or seek help when they eventually become sick.

Some men are afraid to consult a doctor. They are the ones who know that they have "waited too long" and therefore feel they have something "terrible" and are afraid to find out just how bad they really are.

When sick, business and other interests lose their importance! Worry and fear are negative and frequently create an "I don't care" attitude. This kills any hope of success and often drives an otherwise ambitious man to drink, instead of searching for the cause and correction of his trouble.

I recall a thirty-nine year old Allentown businessman who suffered two years with "minor" abdominal pains such as sour stomach, heartburn, indigestion, bloating and gas pains. Instead of seeking professional care, he continued to take digestive acids, etc., until his "minor" disturbances developed into serious daily nauseating spells, and acute stomach cramps that cut his breath off and left him feeling faint, extremely nervous, "keyed-up", constantly tired and exhausted.

Unable to endure his pains any longer, he came to the McKim Chiropractic Center telling us he had been reading our articles and wanted to see if we could help him.

We found several pinched nerves in his spine creating the chaos in his abdomen. Nerve pressures will invariably disrupt organic function and, naturally, painful symptoms will result.

Our spinal X-rays enabled us to adjust the offending displaced vertebrae back into normal alignment and he was amazed as symptom after symptom disappeared. Free of pain, worry and negativity, his business also prospered.

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem - 1 block east of Almart. Phone 865-3010 - Hours: Daily 9 to 12 noon and 4 to 8 P.M. - Thursday 9 to 10; Saturday 9 to 11 A.M.

Many Men Will Not Yield To Sickness

Dr. H. F. McKim

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Sour Stomach-Gas-Constipation Respond To Chiropractic!

Dr. H. F. McKim

After reading our articles week after week, a 55 year old aircraft worker became convinced that we could help him.

Men are too proud to admit illness. They mistakenly associate illness with weakness. Perhaps this is why this patient waited almost too long for his body to repair itself. For several years he suffered with stomach trouble and intestinal disorders. When he finally decided to do something about it, his miserable pains stubbornly resisted his best efforts. He "toughed it out" for several more years until even temporary relief became difficult. Then he decided to try the McKim Chiropractic Center as a final hope.

He described his stomach distress as "a heavy knotted feeling - acute indigestion regardless of what I eat." He suffered constant nausea, sharp intestinal gas pains with alternating diarrhea and constipation, excessive nervousness, shortness of breath, choking sensations, always tired, frequent headaches, and hayfever.

His condition had been previously diagnosed as "chronic nervous indigestion."

"Nervous indigestion" or "Nervous stomach" are names applied to diseases produced by nerve irritation when an involvement of the nervous system is obvious - weakened, inflamed, irritated and partially blocked nerves. "Obviously," it stands to reason that the nerve irritation must be removed before the inflamed stomach can heal.

Our instruments pinpointed nerve disturbances in his spine and X-rays enabled us to remove the interfering nerve pressures. His symptoms soon began to vanish as normal function returned. When last seen, his grateful smile beamed with his newly found health. No. 01.

"Seek and Ye shall find." Our articles convinced this patient that he regained his health. Results speak louder than words. Chiropractic points to its results- not to theories. It points to the human spine that houses Nature's lifeline of health, and says, "there is the cause of disease." Let us prove it to you- not with words- but with actual results in your own case.

If you have the slightest reason to believe that your body chemistry is not working properly, investigate before it is too late.

Indigestion, for example, is a warning symptom. Headaches, dizzy spells and nausea are tell-tale signs of an upset body chemistry. We invite you to call for an appointment, but don't put it off. Hospitals and graveyards are filled with people who waited too long.

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim. 1137 W. Union Blvd., Bethlehem - 1 block east of Almart. Phone 862-2330 - Hours Daily 9 to 12 A.M. and 4 to 8 P.M. - Thurs. 9 to 12 A.M., Sat. 9 to 11 A.M.
WHAT REALLY CURED PRESIDENT KENNEDY'S BACK ALIMENT?

Dr. H. F. McKim

A few years ago newspapers carried the story about the appointment of Dr. Janet G. Travell to be President Kennedy's personal physician. The article pointed out, "Dr. Travell is credited with curing Kennedy of a back ailment that troubled him for years. She reported discovering that his left leg was slightly shorter than his right and that this contributed to his back pains. She prescribed a quarter-inch lift in his left shoe, and this wrought the cure."

Chiropractors have been using this method for sixty-five years. The McKim Chiropractic Center has restored health to thousands of people and the chiropractic profession has healed millions through leveling the pelvis and balancing the human spine. Just for the record, this principle was discovered and professed by the founder of the science of chiropractic, Dr. Daniel David Palmer, back in 1895.

A short leg is usually due to a pelvic injury. The hip bone drops on the short leg side. This means an unbalanced pelvis. The entire spinal column rests on the pelvis. When this pelvic base is uneven, the spine naturally develops a curvature — adaptable to the degree of pelvic unbalance. The displaced vertebrae, misaligned by the adapted spinal curvature, compress or "pinch" the nerve trunks that exit between the vertebrae. The organs and tissues supplied by these choked nerves are deprived of nerve energy. Vital function is impaired. Thus, symptoms of pain and illness develop.

Re-balancing the pelvis whether by correcting the pelvic-spinal injury, or by placing a lift under the short leg, will remove the stress-strain and pain from the back. Likewise, leveling the pelvis tends to straighten out the spinal curvature. Once the nerve pressures are removed, Nature restores normal organic function and the patient regains his health — chiropractic proves it every day!

Probably ninety percent of chiropractic patients had a short leg before chiropractic restored their health. However, the heel lift is only one of the many techniques used by chiropractors. Yet, the fact that it was finally tried in President Kennedy's instance, apparently it was used as an experiment after he underwent serious surgery and untold suffering.

There are no doubt thousands of people reading this article that have similar or related conditions that the shoe lift would not correct, but other chiropractic techniques would.

Like John F. Kennedy, if you have a short leg, chances are this is the underlying cause of your backaches and/or illness. Your neighborhood chiropractor will be happy to measure your legs and check your spine for nerve pressure. Investigate today!

What have you got to lose except your ill health?

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem — 1 block east of Allentown. Phone 865-2310 — Hours Daily 9 to 12 A.M. and 4 to 8 P.M. — Thursday 9-12 A.M.; Saturday 9-11 A.M.
Kidney Infection Cleared!
Irregular Heart Corrected!
High Blood Pressure Lowered!

Dr. H. F. McKim

An acute kidney-bladder infection cleared up, high blood pressure of 240 and irregular heart palpitations were reduced and regulated to a rhythmic 160 without drugs (or other artificial depressants) within a two month period by the McKim Chiropractic Center.

Not long ago a 71-year-old southside grandmother came to us holding one of our press articles in her hand. Her eyes were red and inflamed. Filled with emotion and tears, she said, "I've been awfully sick for over a year now taking 'shots' for my kidneys, digitalis for my heart, and medicine for my nerves. This article says you have helped other patients like me and I've decided to try chiropractic, if you think you can help me."

She also suffered with dizzy spells, stiff joints, leg cramps, head colds, frequent painful urination, constipation, and, "I have terrible smothering spells for my nerves, digitalis for my heart, and medicine for my nerves. This article says you have helped other patients like me and I've decided to try chiropractic, if you think you can help me."

Our nerve instrument registered several violent nerve pressures in her spine and X-rays disclosed areas of severely displaced vertebrae causing these nerve interferences responsible for her ill health.

She was amazed when her miserable symptoms began to vanish as corrective spinal adjustments restored normal nerve function. She had a happy cry two months later when she told us, "I didn't think I could live a week longer when I first came to you. I'm so happy that I can sleep good all night, and my kidneys don't bother me anymore. My nerves have settled down and I can do my housework without my heart acting up. I feel like a different person."

She keeps well with regular periodic check-ups and her blood pressure, after eight months, is still holding a border line level. No. 285.

All branches of healing get some people well and fail on others. If you are still suffering in spite of all your efforts, chiropractic may succeed. Investigate! You have nothing to lose except your ill health. Why not lose it?

One of a series of articles published in the public interest to explain and illustrate scientific chiropractic written by Dr. H. F. McKim, 1967 W. Union Blvd., Bethlehem — 1 block east of Almart. Phone 865-2010 — Hours Daily 9 to 12 A.M. and 4 to 8 P.M. — Thurs. 9 to 12 A.M. — Sat. 9 to 11 A.M.

Chiropractic For Rheumatism

Dr. H. F. McKim

You may be one of 7,000,000 people in the United States suffering with rheumatism.

According to statistics this so called disease is responsible for more lost work days than any other chronic disability except nervous and mental disorders.

Rheumatism includes such conditions as lumbago, stiff neck, shoulder pains, bursitis and many other muscular aches and pains of the body.

We find that rheumatism results from misaligned vertebrae in the spine causing pressure on the delicate nerve fibers of the spinal cord. This interferes with the vital nerve energy from the brain which powers every organ and cell in the entire body. When compressed nerves choke off life-energy to our purification system, our kidneys, liver and skin cells cannot dispose of waste products properly. This waste collects in the muscles and joints of the body causing a toxic condition which is very irritating to muscle-fibers. This slows down muscular activity. Tension builds up, muscles become inactive and begin to ache, restricting movement—causing great pain if forced to move.

By correcting misalignments in the spine and setting free Nature's life-energy, which is the only healing force of the body, muscles will become active again and pain will disappear, such as the following case will illustrate.

For several years a 34-year-old dairy farmer suffered what had been previously diagnosed as "sciatc rheumatism" and lumbago. Unable to work, a neighboring farmer who had regained his own health at the McKim Chiropractic Clinic, brought him to us. He complained of being tired and sluggish all the time, he had been a victim of asthma since age 12 and also suffered constipation, frequent indigestion, gas, bloating and pains under his heart.

Our spinal analysis and X-rays disclosed an old spinal injury causing nerve interferences responsible for his many miserable aches and pains. Corrective adjustments properly balanced his spine removing the disturbing nerve pressures and Nature went to work. Within a month or so he was free of all pains and his Natural pep and energy returned as normal health was restored. This was two years ago. While working on his place last week, he drove up on his tractor and with a healthy bronzed smile, stated he was "still feeling like a young bull." No. 160.

Why be sick? Why stay sick? Visit our busy reception room and chat with our grateful patients who know about the benefits of chiropractic. Investigate for yourself. You have nothing to lose except your ill health—why not lose it?

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Backache Around the World

Dr. H. F. McKim

Madame Chiang Kai-shek, first lady of Free-China, used to fly eight hundred miles to Hong Kong to take treatments from an American Chiropractor. She had been injured in a car wreck and this was the nearest Chiropractor, according to an article in Colliers Weekly some time ago. Think of this the next time you must travel a few blocks to visit your chiropractor.

Many car wreck victims are limping about half sick from organic complaints wondering why their health has been so poor lately. They can’t connect ill health with accidents. Yet, we find in consultation they often seem to recall that it all began gradually sometime following an accident. Frequently the patient explains, “Sure! Why didn’t I think of it before?”

It certainly follows that if you jar something out of place and create an interference in the vital line of communication from the brain to organs then that organ will begin to act up because it obeys the nervous impulses whether they are correct or faulty. Here is an illustration:

Three weeks ago a bank executive’s auto was struck from behind. She came to us immediately. X-rays revealed a whip-lash injury of the neck and related low-back pains. Her spine was corrected before serious damage developed. She lost no valuable time from work and is now free of all pain. No. 422. If only the following case had made the same wise decision . . .

A 37-year-old housewife came to the McKim Chiropractic Center a few months ago complaining of severe low backaches with hot searing pains shooting down into her right hip and leg. Terrific headaches would start between her shoulders and run up her neck into the back of her head. She had suffered with these backaches and related organic disturbances for 21 years, since she was 16 years old when she was in an auto accident. Other complaints were frequent head and chest colds, difficult breathing, heart palpitations, stomach and intestinal cramps, indigestion, gas, bloating, etc., stiff and painfully swollen joints, especially her ankles.

Such multiple illnesses drained her energy. Exhaustion and fatigued resulted in a nervous breakdown. She was extremely unhappy, depressed and despondent.

Our nerve instruments and spinal X-Rays located areas of nerve interference and several vertebral displacements causing her miserable symptoms. Corrective spinal adjustments restored the flow of normal nerve impulses and Nature rapidly began to correlate and integrate the various functions and her symptoms vanished. She still comes in for check-ups and this month she was still feeling well and happy. No. 165.

This case is a person just like you? She suffered for 21 years — now she is well. Amazing? Find out for yourself, investigate as she did. What can you lose except your ill health?

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KIDNEY DISORDERS

When kidneys fail to function properly, the body is unable to eliminate some of the waste products, and a toxic condition is created.

The continuing build-up of the toxins results in possible loss of appetite, headache, loss of weight and general disease.

The kidney’s function in response to brain energy impulses channeled from the brain through the spinal column to numerous muscles, tissues, and cells, which constitute the kidney. When the supply of nerve energy fails, the kidneys are not able to function properly.

The chiropractor, through his knowledge of the body’s nervous system, uses scientific methods to determine the location and cause of spinal impingements and pressures which interfere with the operation of the kidneys. Through gentle, soothing adjustments, the chiropractor can bring immeasurable relief, and his adjustments eliminate the cause of the condition, allowing nature to cure from within.

LIFE-HEALTH
THIRTY MILLION AMERICANS CAN'T ALL BE WRONG

CHIROPRACTIC DOES NOT CLAIM TO CURE ALL OF MAN'S ILLS ... BUT, IT IS ABLE IN MANY STATES OF ILL HEALTH, TO OFFER HELP.

Over 30 Million Americans Receive Regular Care From Doctors of Chiropractic — and this number is increased by over 2 million new patients each year.

SO ...
IF YOU'RE SICK AND TIRED,
OF BEING SICK AND TIRED ...

Don't
Give
Up
Hope ....

TRY CHIROPRACTIC

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ARE YOU A CHIROPRACTIC CASE?

Charles Kettering, former president, of General Motors Corporation, once made a statement that might be used to sum up the story of Chiropractic's 77 years of existence. "First they tell you you're wrong and they can prove it. Then they tell you you're right but it's not important. Then they tell you it's important, but they've known it all these years."

The principles of Chiropractic have withstood many years of bitter struggle from those opposed to "something new." The millions of successful cases on record should leave no doubt how important is the role of the nerves in health and disease, and the Chiropractor's part in freeing pinched nerves. You owe it to yourself and your family to find out if you are a Chiropractic case.

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DR. H. F. McKIM
CHIROPRACTOR
MISALIGNMENT BONES
PREDISPOSE YOU
TO ARTHRITIS
Dr. H. F. McKim

The correction of faulty body mechanics is important in the cure of arthritis, confirms J. G. Kuhns, M.D., writing in a recent issue of the Physiotherapy Review. His views show acceptance of the Chiropractic principle:

“Chronic arthritis occurs less frequently in joints where normal function is not disturbed. Normal function in a joint is dependent mechanically upon proper anatomical alignment of the bones. In faulty body mechanics, often all these may be wrong. This is seen particularly well in the spine and lower extremities. When the body is badly poised, weight is often not well balanced over supporting structures. Muscular pull and tension are altered from the changed alignment of the body.”

A Chiropractor is needed to correct faulty body mechanics.

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Chiropractors might call medics “copy cat”

Dr. H. F. McKim

This was the title of an article appearing in a prominent weekly news magazine. Along with the article was a picture showing an orthopedic procedure used in the care of headache, neuritis or pains through the neck and arms. The picture depicted a person suspended by his neck with a harness arrangement. The procedure is known as traction. Its purpose is to relieve nerve pressure caused by the cervical vertebrae being out of place.

The Chiropractic profession might call “copy cat” as the objective of this form of treatment is entirely in the realm of the Science of Chiropractic. Although the traction method was used many years ago by some Chiropractors, it has been discarded for less dangerous and more specific procedures such as the use of x-rays to determine the exact position of the vertebrae involved and specific adjustments to restore normal mental impulse quantity flow.

WHAT CAN YOU LOSE EXCEPT YOUR ILL HEALTH?

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Eight Years of Asthma Corrected!

Dr. H. F. McKim

Most every case any doctor accepts is a challenge to his intelligence, his ability and to his reputation. If he succeeds — if the patient gets well — his faith, confidence and belief in himself becomes a little greater.

Conscientiously, a doctor should accept only those cases he sincerely believes he can help. But, what of those he feels are beyond help? Should he try?

The most difficult thing a chiropractor can do is tell a patient, “I can’t help you.” Why — because usually they have turned to chiropractic after all other efforts have failed!

Many times we tell such a patient we will try — but chances are slim. Yet, we frequently find the Power greater than we are lending a hand and the patient recovers. Here is such a case!

Last September a sixty-eight year old worker from Allentown, Pa., was carried into the McKim Chiropractic Center by his wife and sister. He was fighting for every breath. He was pale, physically exhausted with a frightened look in his eyes. He couldn’t talk. Every thought, every effort was to get his breath!

His sister held one of our articles in her hand. She told us, “His cousin in Northampton takes the Call-Chronicle. She cut it out and sent it to him. He wanted to come to see you. This attack has lasted two weeks without let-up. Is there anything you can do?”

We worked tirelessly with him for nearly two hours and finally he was breathing easy enough to X-ray and examine him. Our nerve instruments pinpointed acute nerve impingements. Spinal X-rays revealed chronic areas of vertebral displacements which humped his back and smothered him all these years. This was perhaps the worst case of asthma we had ever examined.

After the second visit he was breathing easy enough to talk. He told me “I’ve had asthma for eight years. I took a bushel of pills. Been in the hospital 3-4 times under oxygen. I took allergy ‘shots’ but only got temporary relief. I have constant head colds and several ‘spells’ of flu every year.”

After the fourth visit he was sleeping all night, driving his own car and breathing without labor. “I’m sure proud,” he said. In two short months he was able to resume his regular duties around work.

Yesterday he told me, “I’ve really fooled a lot of people. I was so run down when I came to you folks thought I was a ‘goner.’ My wife thought I’d never get on my feet again. I’ve been doing my chores since November. For the past month I’ve been chopping wood and it hasn’t bothered me. And I haven’t had a cold or flu yet! I don’t have to tell folks how I feel, they can tell it. But, I’ve been telling everybody about chiropractic! I’ve got more energy and pep now than I’ve had in the last four or five years.”

No. 078.

Need I say more? If you are suffering from asthma, investigate today! What can you lose except your asthma?

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An Anniversary Which Will Be Remembered

Dr. H. F. McKim

On Sept. 18, 1895, just 75 years ago, Daniel David Palmer discovered Chiropractic. A man had fallen and injured his back which in some way had impaired his hearing. He came to Dr. Palmer who at the time was practicing healing. Dr. Palmer saw a bump on the upper part of the spine and reasoned that if this bump were not there before the fall, by adjusting it back to its original position his hearing should be restored. He adjusted this vertebra which appeared as an unusual bump, and the man soon regained his hearing. This was the somewhat accidental discovery of an entirely new principle of healing which has shown constant development since its discovery.

The most recent research in the activity of brain waves completely substantiates the principles of Chiropractic which were laid down in those early days.

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ARE YOUR NERVES PINCHED?

Dr. H. F. McKim

Some people are bothered by numbness in the outer portion of an arm or leg, others by a lame feeling in the arm or leg. These symptoms weaken the body considerably. The cause of the condition in the arm may be traced to a pinched nerve in the neck while the condition in the leg is usually due to a pinched nerve in the lower back. Why keep making the rounds and spending money uselessly? Allow a Chiropractor to locate the cause of your arm or leg condition and correct it by removing the nerve pressure. What can you lose except your ill health?

---

THESE PEOPLE GOT WELL

CONSTIPATION

A young woman, 65 years old, came to the McKim Chiropractic Center complaining of alternate spells of constipation and diarrhea, headaches with nausea, dizziness, aching in back of neck, head and shoulders; was very nervous, blood pressure was low and she had nervous dermatitis.

X-rays and spinal analysis revealed the cause in the spine. Corrective adjustments restored the spine to normal and when patient was discharged, she had no complaints. No. 74B.

MENOPAUSE

A lady of forty-eight had been having severe menopause symptoms, hot and cold, profuse perspiration, hemorrhages, neck and back pains, weak, nervous spells, etc., and nothing seemed to help her.

The McKim Chiropractic center made a spinal nerve analysis and spinal X-rays and located a subluxation. Corrective adjustments brought rapid change. She is now normal and comfortable and doing all of her own work. No. 96H.

Investigate for yourself! You have nothing to lose except your bad health. Why not try?

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HEADACHES CAN BE CORRECTED

Headaches come in such a variety of types that it's difficult to write about them. Some indicate a liver-gall bladder ailment, some a bad stomach, or kidney disease while others result from nervous and emotional tensions. Persistent headaches should be investigated — but the average sufferer will usually reach for a sedative and forget the cause. Forget it, that is until one day the body breaks down with serious illness. Then you come to realize that all the pills and potions only temporarily deaden the headache — they don't correct it!

The underlying cause of most headaches is usually overlooked. We find the basic key to the headache problem is within the central nervous system which controls and regulates bodily functions. Your nerves are your life lines of communication. They adjust and adapt the body to its environment. Therefore, if nerve impulses are in any way altered or disturbed, bodily function will likewise become altered or disturbed and abnormal effects, or symptoms such as headaches will result. We search for these nerve disturbances and usually they can be corrected with amazing results such as in this amazing case from our clinic files:

A forty-year-old ex-GI came to us upon the insistence of his sister and mother, both former patients who regained their health at the McKim Chiropractic Center. This fellow was in pitiful shape. He was extremely nervous, couldn't relax, felt tight, tired and jittery all the time. He complained of low-back pains, frequent indigestion, heartburn, constipation and weak, dizzy spells. But this was only part of his bag of woes — this sergeant had suffered his entire service career of fifteen years with severe, sick headaches. He was hospitalized in Japan and while in Germany for alternate periods. His condition was diagnosed as "migraine headaches." He said the Army medics literally saturated his body with drugs, potions and pills — but he continued to have these hot, searing pains of fire and nearly tears my head off.

Our nerve instruments and spinal X-rays disclosed the offending misplaced vertebrae that produced the nerve disturbances causing his miserable symptoms which rapidly responded to our corrective spinal adjustments. At the end of our prescribed services, he reported his headaches gone, normal elimination, no indigestion, no backaches, "thanks to mom, sis, and Dr. McKim." This was seven months ago. He still comes in periodically for a check-up, all smiles and has gratefully sent us many patients who now owe their regained health to him. No. 178.

All branches of healing get some people well and fail on others. If your past efforts have failed, our method may succeed. It only takes a few minutes to find out. Investigate! What can you lose except your ill health?

CHILDREN LOVE CHIROPRACTIC

Ask any doctor of chiropractic and he will tell you that children are among his favorite patients, and that there are good reasons for this. First of all the children are delighted when they discover that adjustments do not hurt and there are no long needles or bitter medicines to take. Usually after their first visit they are eager to jump up on the table for their "justment". Secondly the children's response to chiropractic is often amazing. It is commonplace in a chiropractor's office to see a child feeling and acting much better, minutes after his first adjustment, usually to the amazement of his happy parents. In fact, chiropractic doctors themselves are often very surprised when seeing a child feeling and acting much better, so fast. This is true with minor illnesses such as colds, flu, constipation, mumps, measles, rashes as well as the more serious conditions such as arthritis, polio, asthma, heart disease, allergies, etc.

Children love chiropractic and chiropractors love children patients. The chiropractor works with the power of life and health that is in each of us. This life power flows over the nerves much as electricity flows over wires. When the power of life is blocked off in the spine there is a lack of life in some part of the body. This causes disharmony and the result is disease. The chiropractor's sole job is to find the blocked nerves in the spine and correct the blockage so that this life power can restore health.

Quite often several adjustments are needed in adults before the life power can do enough work to give the patient results. Children on the other hand, are so full of life, their bodies young and simple, their minds free from depressing worries and fears that they usually respond much more quickly and easily to chiropractic care.

Very often chiropractors see chronic illness and disease in adults that originated as some minor complaint in childhood. Many such conditions could be prevented if the parents would take advantage of early chiropractic care. Join the many modern mothers and fathers who are insuring their child's future health through chiropractic. The youngsters love chiropractic. The future of the world lies in the heads, hands, hearts, and health of today's children.

WHY BE SICK WHEN YOU CAN BE WELL?

*FREE SPINAL X-RAYS

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ARE YOU A CHIROPRACTIC CASE?

Only a Chiropractor Can Tell

... FIND OUT TODAY!

CALL FOR AN APPOINTMENT

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YOUR HEALTH...

"SINUSITIS"

Dr. H. F. McKim

Sinusitis, or infection of the sinuses of the head, is not a head cold, nor is it an involvement of the nasal discharge, watering of the eyes, pain and tenderness over the affected areas, swelling of the jaw, and protrusion of the eyeballs.

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

So if you are suffering needlessly with sinus headaches, running nose, and watering eyes, now is the time to investigate! What have you got to lose but your ill health???

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KEEP THAT HAPPY HEALTHY FEELING THROUGH CHIROPRACTIC

Good Health allows LIFE to be a wonderful experience — Through spinal adjustments Chiropractic releases the power that made your body to heal your body. Join the ranks of millions who are healthy and happy through Chiropractic.

WHY BE SICK WHEN YOU CAN BE WELL?

McKIM CHIROPRACTIC CENTER
A Modern Center for the Restoration and Preservation of Your Health
Bethlehem Phone 865-2010

YOU CANNOT CATCH GOOD HEALTH

You cannot catch health from the outside of the body any more than you can expect to regain health by putting something into the body from the outside. Health is the result of normal function of the body from within.

When the body is worn down from any cause, whether it be exhausting work or disease, it will be found to be self-recovering. In exhaustion, due to work, sleep and rest are the only necessary recuperating forces.

When the body is exhausted by disease, it becomes self-recovering when the cause of the disease is removed. Life impulses travel the nerve lines and when the Chiropractor, by his adjustments, frees the nerves for transmission of nerve impulses, nature seldom needs any other aid.

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HEALTH THE MOST DESIRED POSSESSION

Health the wealthy cannot buy but the poor can possess. Health is the most desired possession of all. Familiar headings flood most of our daily newspapers suggesting the purchase of a bottle of this or that for relief of distressing symptoms. Many who are not feeling just right try them all and get temporary relief but not health.

Health comes from within and can not be purchased in bottles. There is a method of regaining health that is natural and that method is Chiropractic. It is not true to say “We have tried everything without results” unless Chiropractic was included. Chiropractic goes directly to the cause of the condition.

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DR. H. F. McKIM
CHIROPRACTOR

CHIROPRACTIC MAKES STEADY PROGRESS

Chiropractic is an advanced healing science, and is progressing steadily. Drugless methods are being used now more than ever before. There is only one reason why Chiropractic is advancing rapidly and that is it can help the sick get well.

If only the symptoms of an ailment are treated and the cause left untouched, the ailment continually progresses. A Chiropractic examination may reveal the true cause.

Questions pertaining to Chiropractic should be referred to persons who have regained their health through Chiropractic or to the chiropractor himself. That is the only way to get reliable, unbiased information.

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DR. H. F. McKIM
CHIROPRACTOR
"CHILDREN"

Dr. H. F. McKim

So many associate Chiropractic with back conditions only, but upon investigation find that nerve flow disturbance is the cause of so many other ailments. This is especially true with children. Children have their teeth examined twice a year, physical examinations every so often yet the life line itself, the spinal column is very seldom investigated. If your child is one that doesn't eat right, sleep well, is nervous or suffers from any one of the many chronic disorders, a consultation with a Doctor of Specific Chiropractic will usually reveal the hidden cause and result in a normal, healthy child. Instead of treating symptoms, don't you think it would be wiser to remove the cause for good.

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Periodic Care

Just as your automobile needs servicing, and your garden needs periodic weeding and fertilizing, your body needs periodic care. Do not wait until you get a headache, digestive problem, kidney problem or some other disorder before seeing your doctor. One of the times to see him is when you're feeling well. Periodically your chiropractor should see if there is any existing, relieve these, for it is only thru a properly functioning spine that you can expect 100% functioning of the nervous system. When the nervous system is functioning 100% you can expect the body to function 100%.

WHY BE SICK WHEN YOU CAN BE WELL?
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Keep That Happy, Healthy Feeling

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.

Individuals who have experienced the discomfort and nervous tension of joint pains owe it to themselves and their families to solve this health problem through Chiropractic!

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.

"Prompt attention prevents long sieges of disability."

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INSURANCE CLAIMS CUT 30% BY CHIROPRACTIC

Dr. H. F. McKim

Atlas Mutual Life Insurance Co. says it has cut its claims on disabilities at least 30% by recommending that policy holders use chiropractors.

Lloyd Sanders, Atlas president, wrote Dr. John M. Carswell, Davenport, Iowa, that Atlas Mutual has always suggested that chiropractors be consulted for strains, sprains, dislocations, lumbago, arthritis, neuritis, nervousness, blood pressures, intervertebral disc problems and female trouble.

Mr. Sanders' letter pointed out two recent policy holders who were scheduled for disc operations until his adjusters suggested conservative treatment first, and in both cases, he stated, the policy holders were corrected after a few chiropractic adjustments. He added that too many cases were crippled for life after disc surgery.

This case from our center files will further endorse Mr. Sanders' statements.

A twenty-eight-year-old factory worker lifted a heavy bundle of shingles and fell with sharp, hot, searing pains between his shoulders, into his right shoulder and arm, and extending down his back to his hips. For two days all efforts failed to relieve his agonizing pains. Finally, he was brought to the McKim Chiropractic Center where a nerve analysis and spinal X-rays enabled us to remove the nerve pressure causing all his misery. He walked out of the center free of pain which returned eight hours later, but not nearly so severe. The following morning, our corrective adjustments again relieved him and he went back to work. Within a week he was feeling "as good as new" and his worry lines had returned to smile wrinkles. He didn't miss a day's pay and his Workman's Compensation Insurance Co. gratefully forwarded us a check for our services.

No. 46D.

If you are still suffering in spite of your efforts — whether you have insurance or not — it will pay you to investigate. It only takes a few minutes to see what nerve pressures are causing your troubles. Besides, what can you lose except your ill health?

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Sixty minutes of pleasure every hour
Twenty-four hours of good cheer every day

And Three Hundred Sixty-Five Days
of Contentment and Prosperity
With a Renewal Clause
for your next Birthday

Signed 21st day of June 1921

By

General Agent for the Good Cheer Company