SUFFERING NEEDLESSLY?

Millions are turning to chiropractic because they are recognizing the scientific principles of nature that have made spinal adjustments effective in promoting health where other methods have failed.

SPINAL NERVE INVOLVEMENT CAUSES MANY CONDITIONS

Since the discovery of chiropractic, no one needs to feel that he or she is destined to be sick all their life. Remember, "Where there is life there is hope and he who has hope has everything."

This spinal chart is directed especially to people who have tried to regain their health through methods other than chiropractic, and have failed. That failure should not lead to discouragement, but to greater determination to discover the fundamental cause of all disease.

WHY BE SICK WHEN YOU CAN BE WELL?

WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

THE W. G. KUPCHINSKY CHIROPRACTIC CLINIC
403 W. MARKET STREET, POTTSVILLE—PHONE 622-3358
HOURS BY APPOINTMENT — NEVER ANY CHARGE FOR CONSULTATION

<table>
<thead>
<tr>
<th>Area Supplied by Nerves</th>
<th>Spinal Column - Side View</th>
<th>Out of Nerve</th>
</tr>
</thead>
<tbody>
<tr>
<td>All tissues, glands and organs supplied with life energy by each spinal nerve.</td>
<td>Names of the nerves which branch from the spinal cord and emit through openings between the vertebrae.</td>
<td>Partial list of conditions and symptoms that can result when there is an absence of life in the nerves.</td>
</tr>
<tr>
<td>Blood supply to the head, the pituitary gland, the eye, bones of the face, the brain itself, inner ear and middle ear, the sympathetic nervous system.</td>
<td>Headache, nervousness, increased blood supply to enlarged blood vessels, mental conditions, common headaches, numbness, paralysis, tic-like pains, creeping ulcers, infectious conditions, dressing and undressing, St. Vitus dance.</td>
<td>Some trouble, allergies, crossed eyes, deafness, syncope, eye irritation, muscular twitching, certain cases of blindness.</td>
</tr>
<tr>
<td>or smooth, controlled voice.</td>
<td>Nervous trouble, nose or phlegm, eczema.</td>
<td>Nervous trouble, nose or phlegm, eczema.</td>
</tr>
<tr>
<td>For each gland, each organ.</td>
<td>Heart including veins, and coronary, also coronary arteries.</td>
<td>Heart including veins, and coronary, also coronary arteries.</td>
</tr>
<tr>
<td>Large, brainstem.</td>
<td>Large, brainstem.</td>
<td>Large, brainstem.</td>
</tr>
<tr>
<td>Blood supply to the body.</td>
<td>Blood supply to the body.</td>
<td>Blood supply to the body.</td>
</tr>
<tr>
<td>Containing the nerves.</td>
<td>Blood supply to the body.</td>
<td>Blood supply to the body.</td>
</tr>
<tr>
<td>Appendix.</td>
<td>Appendix.</td>
<td>Appendix.</td>
</tr>
<tr>
<td>Small intestines, Pankreas.</td>
<td>Appendix, cholecyst.</td>
<td>Appendix, cholecyst.</td>
</tr>
<tr>
<td>Large intestines, colon.</td>
<td>Appendix, colon.</td>
<td>Appendix, colon.</td>
</tr>
<tr>
<td>Appendix.</td>
<td>Appendix, colon.</td>
<td>Appendix, colon.</td>
</tr>
<tr>
<td>Skin, muscles.</td>
<td>Skin, muscles.</td>
<td>Skin, muscles.</td>
</tr>
<tr>
<td>Testicles, prostate.</td>
<td>Testicles, prostate.</td>
<td>Testicles, prostate.</td>
</tr>
<tr>
<td>Female reproductive system.</td>
<td>Female reproductive system.</td>
<td>Female reproductive system.</td>
</tr>
<tr>
<td>Heart block, abnormal heart rhythms.</td>
<td>Heart block, abnormal heart rhythms.</td>
<td>Heart block, abnormal heart rhythms.</td>
</tr>
<tr>
<td>Lower back, buttocks, legs, feet, ankles.</td>
<td>Lower back, buttocks, legs, feet, ankles.</td>
<td>Lower back, buttocks, legs, feet, ankles.</td>
</tr>
</tbody>
</table>

DON'T WAIT!
Time is a friend of disease!

HEALTH IS A NATURAL CONDITION
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, 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 glandular system, lymphatic system, and eliminative system, etc.

Take time to study this famous "Health Chart of Chiropractic," and you can understand how important YOUR SPINE is in the maintenance of your normal "natural" good health. A misaligned spinal vertebrae can cause disease in ANY PART OF THE BODY. Notice how the nerves go to and energize every organ, tissue, and living cell of your body — arms, legs, abdomen, head, etc.

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

YOUR LIFELINE CHART

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

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

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

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

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

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

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

8. Chiropractic adjustments here often help such troubles as sciatica, 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 so-called sciatica, leg or knee pains, and many other leg problems.

The W. G. Kupchinsky Chiropractic Clinic
403 W. Market Street, Pottsville — Phone 622-3358
Hours by Appointment — Never any Charge for Consultation
CAN CHIROPRACTIC HELP ME

All statistics used in this chart are based upon studies reported by the Chiropractic Research Foundation of the National Chiropractic Association, the Committee on Research of the International Chiropractors Association, and Parker Chiropractic Research Foundation. These reports represent the results obtained under Chiropractic care for a large variety of chronic conditions. The vast majority of these cases had also been previously diagnosed and treated by practitioners other than Chiropractors.

<table>
<thead>
<tr>
<th>CONDITIONS</th>
<th>Percent Of Cases Accepted For Treatment</th>
<th>Percent Well Or Much Improved</th>
<th>Percent Slightly Improved</th>
<th>Percent Same</th>
<th>Percent Worse</th>
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<td>BACK DISORDERS, GENERAL</td>
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<td>NEURALGIA</td>
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<td>SACRO-ILIAC DISORDERS</td>
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<td>STIFF NECKS</td>
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<td>STOMACH DISORDERS</td>
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<td>ULCERS</td>
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<td>12.3%</td>
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<td>0.5%</td>
</tr>
</tbody>
</table>

* A more complete file of these and other conditions may be seen in our office.

Doctors of Chiropractic do not accept all cases but help nearly all they accept. Phone today for an appointment to ask the questions and learn the facts about chiropractic and what it can do for you.

DR. B. L. SMITH, CHIROPRACTOR

TELEPHONE (717) 367-5777

520 N. HANOVER ST.
ELIZABETHTOWN, PA. 17022
TAKE THE ROAD TO HEALTH!
TAKE THE CHIROPRACTIC BYPASS!

STATE COLLEGE and BELLEFONTE, PA.

SO MANY OF US ARE DIS-EASED AND SICK
AND DON'T KNOW WHERE TO GO
TO FIND THE ANSWER TO GOOD HEALTH.
BUT LET THE NERVE FORCE FLOW!

WITH A CHIROPRACTIC ADJUSTMENT
WHICH PUTS YOUR SPINE IN LINE
THE BODY WILL ITSELF HEAL
AND YOU'LL FEEL JUST FINE!!

ALL CASES ACCEPTED REGARDLESS OF CONDITION OR ABILITY TO PAY.

SKY TOP CHIROPRACTIC LIFE CENTER
DR. GREG L. CALDWELL

PHONE: 238-4407  FREE SPINAL X-RAY  LOCATION: RT. 322
"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?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
*FREE X-RAYS

RICH CHIROPRACTIC CLINIC
CLEARFIELD — PHONE 765-8301
*Except Cases Covered by Insurance
STOP

Treatng 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.

1. Slight "pinching" of nerves on this point will cause so-called headaches, eye diseases, deafness, epilepsy, insomnia, colds, sore throat, sinus trouble, nervousness, etc.

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

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

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

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

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

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

8. Regulations of such troubles as so-called appendicitis, peritonitis, lumberago, constipation, etc., 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 will remove the cause?

10. A slight slippage of both innominate bones, located here, will likewise produce so-called sciatica together with many "diseases" of the back 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 Rich Chiropractic Clinic.

765-8301

WHY BE SICK WHEN YOU CAN BE WELL?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
FREE X-RAYS*

A Modern Clinic for the Restoration and Preservation of Your Health

Rich Chiropractic Clinic

CHAMBERSBURG

127 So. Second St.

NO APPOINTMENT NECESSARY

STIFF

ACHING

MUSCLES

Minor degrees of stiffness and aching of overstretched muscles resulting from un-acclimated use may safely be ignored; it will usually disappear in a few hours with rest.

More severe strains take longer to heal, for in many of these cases muscle cells and adjacent tissue may have been damaged. Bear in mind too, that many apparent muscle strains are more than a simple strain. In particular, stiffness, or aching in the neck and back that doesn't clear up in a day or two should have chiropractic attention because a spinal joint may have been damaged.

In seeking chiropractic help may intensify the pain, and prolong disability. Obviously, a heating pad, liniment, or aspirin will not correct a 'slipped' vertebra in your spine. Spare yourself unnecessary pain and discomfort by consulting your doctor of chiropractic for any strain that doesn't clear up promptly.

CURFMAN

CHIROPRACTIC

CENTER

127 So. Second St.

CHAMBERSBURG

NO APPOINTMENT NECESSARY
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.”

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 it has done in clinical cases—for no one else will tell that story. There are no drug companies to sponsor 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 newspaper.

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.

DR. JOHN Di MOND
CHIROPRACTOR
450 North 9th Street
Indiana, Pa.

BY APPOINTMENT—PHONE 465-6751
"We Accept All Cases Regardless Of Ability To Pay"
GERM THEORY QUESTIONABLE

Germs and other micro-organisms get credit for causing many diseases, but is this the whole story? Apparently not.

Leading Chiropractic Institutions of the United States and Canada have long stated that the true causes of disease cannot be fully explained by the "germ theory" alone. Chiropractic research shows there has to be more than the presence of foreign living bodies in the human system to cause most disease.

Part of the other "something" is the inability of the body to fight off the ill effects of those germs and organisms said to be the number one health enemy.

Nature has made the human body in a way that it can be self-sufficient. A body in good health can easily rid itself through the nation show beyond a doubt that one

Thousands of case histories in the files of various chiropractic clinics show that nature's ability to fight germs and organisms is nerve failure. Nerve blockage in the spinal column cuts the spine's ability to fight germs.

Spinal vertebrae can be slightly twisted out of position. The Doctor of Chiropractic first locates the twisted (subluxated) vertebrae with delicate instruments capable of measuring the slightest inflammation or misalignment. He then makes an adjustment, the vertebrae are put back in normal position, and nerve interference is relieved.

Germs do exist, but their capability to do damage is greatly reduced by restoring healthy nerve contact to all parts of the human system.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 2415 NO. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 125-3221. OFFICE HOURS: MON., TUES., WED., THURS., FRI., 8-12 NOON AND 4-8 P. M.—SAT. 8-12 NOON. AMPLE PARKING.

IATROGENIC ILLNESS

Five hundred doctors convening in Sacramento recently discussed disease that can be caused by their own medical advances, according to a news item in the San Francisco Chronicle February 10, 1966. The doctors called the new disease "iatrogenic illness," from the Greek word "iatro-genic"—meaning physicians. Dr. Perry S. McNeal of the University of Pennsylvania cited many cases of iatrogenic illness.

The writer of the article, David Perlman, said, "iatrogenic illness" is a disease "caused by medicines, surgery, operations, and any other forms of treatment.

The doctors warned that new drugs can cause unsought and damaging side-effects; that surgical miracles can save lives but leave weakened patients exposed to other hazards; and that batteries of valuable scientific tests can overwhelm physicians.

Dr. McNeal is warning doctors to approach all medical procedure, whether drugs or surgery, with extreme caution and profound wisdom, told the story of a patient who had been given penicillin for a simple abscess. He developed a severe allergic reaction from the antibiotic, and was given steroid hormones to fight the reaction. The hormones led to a near-fatal intestinal hemorrhage that demanded surgical removal of a large section of gut, plus massive blood transfusions. The transfusion led to jaundice; the jaundice to cirrhosis of the liver; the cirrhosis to acute malnutrition, coma and death. "The common cold," Dr. McNeal said, "has a death rate in the hands of some physicians."

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 2415 NO. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 125-3221. OFFICE HOURS: MON., TUES., WED., THURS., FRI., 8-12 NOON AND 4-8 P. M.—SAT. 8-12 NOON. AMPLE PARKING.
THE SPINE IS ONLY THE STARTING PLACE

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

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

Why be SICK when you can be well?

Dr. William K. Shaffer
CHIROPRACTOR
132 N. White St. 849-5524
BROOKVILLE, PA.

Hours by Appointment Only
Except Tuesdays and Sundays
-FREE PARKING AVAILABLE-
DO YOU HAVE ANY OF THESE SYMPTOMS?

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. See your chiropractor and regain health.

Dr. E. Roncetti
Chiropractor

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

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

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

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

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

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

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

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

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

10. A slight slipping of both hip joints and bones, located here, will likewise produce so-called ailments together with many "diseases" of the pelvis and lower extremities.
WHY IS IT THAT
CHIROPRACTIC
SUCCEEDS
AFTER OTHER METHODS
HAVE FAILED?

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

WHY BE SICK WHEN YOU CAN BE WELL?

ALL CASES ACCEPTED
REGARDLESS OF ABILITY TO PAY
FREE SPINAL X-RAYS

DR. L. E. WEAVER

1215 E. MARKET ST.
YORK, PA.
PHONE 843-5503

LIFE HEALTH
ALLERGY

There are many types of allergies, and their effects can be
harmful to the body. Some of the most common are:

Heart Trouble
Arthritis
Dial 866-0543 or 253-6596

Dr. George L. Sabo
Chiropractor
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed., Fri.
10 A.M. to 10 P.M.
FOR APPOINTMENT
PHONE 372-0989

DAILY DRUGERY

All persons whose daily occupations put special strain upon the back should take
regular chiropractic treatments. The difference between those who are
suffering from back problems and those who carry
out their duties with ease is often
attributable to regular visits to a chiropractor.

CHIROPRACTIC CENTER
100 N. Franklin St., W-B.
Phone 544-1906—Park Inn Rear

HOURS
11:00 A.M. to 8:00 P.M., Monday, Wednesday and Friday, 11:00 A.M.
phone 544-1906—Park Inn Rear.
Are You Sick of Being Sick?

Why do people continually ail despite consulting "the best doctors" and despite benefits of "modern medical advances"? In many cases, the reason is this "they have not had the framework of their body attended to."

When the framework parts are not right, the person is continually ailing and the body wears out faster. The spinal vertebrae pinch the nerves upon which the various organs depend for their self repair and help. These starved organs cannot then repair or maintain themselves, the person suffers arthritis, heart disease, stomach ailment, blood pressure abnormalities, aches and pains, as well as many other complaints.

Almost every chemical requirement of the body is manufactured inside your body if it is in mechanical order and free from pinched nerves.

CALL TODAY FOR YOUR APPOINTMENT
ALL SPINAL X-RAYS FREE!

Dr. T. M. Houser
Chiropractor
5th and Elm Streets
Watsonstwon

OFFICE HOURS
Mon., Wed., Fri. 9-12, 1-4, 6-9
Tues. 9-12, 1-6
Closed Thursdays

HEADACHES
CONSTIPATION
HIGH BLOOD PRESSURE

Did you know that your NERVES control your blood pressure, stomach action, blood flow, bowels, breathing, etc. In fact, EVERY function and every part of the body is affected by your nerve system. Remember, when a nerve is pinched the tissues and organs of the body suffer. Pain and disease can be the result. Chiropractic Spinal Adjustments is one method of healing that can restore health.

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krapar
Dr. Betty C. Krapar
Dr. Homer L. Bowers

327 West
Pittsburgh St.
Greensburg, Pa.

PHONE 834-1887

Free Spinal X-rays during April unless covered by insurance.
CAN ACCIDENTS PRODUCE DISEASE?

Definitely yes! If your automobile was involved in an accident, you would have a mechanic check over the entire machine and correct any misalignment, broken parts or other damage. You would make sure that it was sound mechanically before driving it again. The same principle applies to your body if it has been involved in an accident.

Your Chiropractor is a trained specialist in detecting interference to transmission of nerve energy caused by misalignments or subluxations in the spine. If there is an interference to the free flow of nerve energy to any part of the body, he will tell you so. He will correct this interference by an adjustment to the spine.

If you have had an accident lately, it will pay you to have a check-up by your family Chiropractor. And don't put it off. The longer you wait, the more damage you will suffer, and the harder it will be to correct the CAUSE of your trouble.

See your Chiropractor today... for a check-up... and avoid herculean consequences later.

FISHER CHIROPRACTIC OFFICES
132 MAIN STREET Phone 538-4702 WATSONTOWN, PA.

FREE X-RAYS (TO THOSE PAID FOR ON THE FAMILY BUDGET)
GOULD CHIROPRACTIC CLINIC
Reynolds Business District Route No. 18 Phone Transfer 646-8821
HOURS MON., WED., FRI., 10 to 9
TUES., 10 to NOON - SAT., 9 to NOON
CLOSED ALL DAY THURSDAY

FREE X-RAYS (TO THOSE PAID FOR ON THE FAMILY BUDGET)
GOULD CHIROPRACTIC CLINIC
Reynolds Business District Route No. 18 Phone Transfer 646-8821
HOURS MON., WED., FRI., 10 to 9
TUES., 10 to NOON - SAT., 9 to NOON
CLOSED ALL DAY THURSDAY
CORRECT THE CAUSE—NO. 2

Lack of Normal Function of The Body’s Central Center (Nervous System) in Area 2 May Be The Cause of:

BURSITIS
THROAT TROUBLE
SHOULDER PAINS
ELBOW PAINS
HAND NUMBNESS—TONSILITIS
NECK PAINS and STIFFNESS.

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

THE SPINE IN YOUTH

Just as the mental discipline and moral training of the child from infancy up to the age of twelve years has tremendous bearing on future character, so the physical care and training of the body from the 12th to 21st years has a vital bearing upon future life. Gymnastic exercise has been made compulsory without considering the condition of the back or spine to take the accompanying strains. The school doctor who decides the fitness of the boy or girl to engage in exercise is usually one who concentrates his attention on the condition of the heart, lungs, kidneys, teeth, eyes or the general nutrition of the body. He rarely or never examines the condition of the spine to know if the subject is physically fit for the effort.

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

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. BONEKETTI CHIROPRACTOR WHOSE OFFICE IS LOCATED AT 245 H. RIVER ST. (BY THE ORBIT HOUSE), WHEELS-MARK CALL 355-361 OFFICE HOURS MON, TUES, WED, THURS. 8-12 NOON AND 4-8 P.M. — SAT. 8-12 NOON. AMELIA FARMING. 
HIGH BLOOD PRESSURE AND HEART PROBLEMS!

Pounding headache, dizzy, shortness of breath, arm pain. Medication checks the symptoms.
Chiropractic looks for the interference to the control centers of the blood and heart.
If these interferences are corrected by adjusting the spine, the body may heal itself.

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown  Rt. 30, Abbottstown, Pa.
PHONE 225-1017

MORE AND MORE NEW DRUGS
NOT THE ANSWER TO HEALTH PROBLEMS
By Dr. Thomas F. Snyder D.C.

Since the time of Hippocrates, man has looked for something to swallow, inject into the body, or cover the skin in an attempt to relieve or cure all ailments. There are a few bacteria, and of course certain poisons which can do harm when the resistance of the body is lowered. Most of our illness is produced from within the body, because of something wrong with its function; therefore, the cure must also come from within the body.

The first objective of the doctor of Chiropractic is to locate and remove the cause of ailment, whether it be due to poor living habits or spinal subluxations. He will advise you as to your hygiene and adjust the subluxations. By so doing, he puts into action the natural inherent repair mechanisms of the body. The usual result of the normal functioning of all parts of the body as a unit is radiant health.

The Pocano Record
the Stroudsburgs
3/27/72
STILL SUFFERING?

Are you so sick to enjoy life? It's not enough to say you've tried everything unless Chiropractic has been included. Find out today how Chiropractic can help you. All cases accepted regardless of condition or financial ability to pay.

Because of the need for lower health costs and the tremendous response to our last Free X-Ray program, we are extending this program to include this week, July 31st to August 5th.

SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS

<table>
<thead>
<tr>
<th>Skin Eruptions</th>
<th>Arthritis</th>
<th>Asthma</th>
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- Skin Eruptions
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- Diabetes
- Chest Pains
- Allergies
- Bed Wetting
- Arm & Shoulder Pain
- High Blood Pressure
- Sleeplessness
- Bursitis
- Rheumatism
- Colitis
- Nervous Break Down
- Constipation
- Ulcers
- Leg Pains

Check the 10 danger signals of nerve pressure

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

FREE SPINAL X-RAY

July 31 thru Aug. 5
2014 MARKET ST.
HARRISBURG, PA.
PH. 234-5671

Hours by Appointment Please

Dr. J. F. Stynchula
Chiropractor
1. RELIEVES PAIN, without dangerous drugs.
2. RESTORES HEALTH, without unnecessary surgery.
3. PROLONGS LIFE, naturally and economically.

DR. JOHN DI MOND 
CHIROPRACTOR
450 North 9th Street
Indiana, Pa.

BY APPOINTMENT—PHONE 466-6751
We Accept All Cases Regardless Of Ability TO Pay
FREE SPINE X-RAYS TO THOSE CASES BEING PAID FROM THE FAMILY BUDGET

Are You Afflicted With Nervous Tension?

At one time or another nearly everyone will suffer the distress of a case of Nervous Tension. Unfortunately, for a great many Americans, children and adults alike, nervousness has become a chronic disease with them. A major and most essential factor in cases of nervousness is the physical function of the Nerve System. Your physical nerve system is constantly at work in an effort to keep you alive, and healthy. For a healthier, more vigorous but relaxed life, adjust your thinking to follow the true principles of your religion; work hard and play hard, but adjust your living to a controlled pace and tempo; and most importantly, consult your Doctor of Chiropractic that he may adjust your spine to synchronize the function of your Nerve System.

DR. DAVID G. WASCHER 
CHIROPRACTOR
400 ARCH STREET MONTOURVILLE, PA.
PHONE 368-2200

[Image of Doctor James E. Wascher]

Dr. George L. Sabo — Chiropractor
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed., and Fri.
10 A.M. to 10 P.M.
FOR APPOINTMENT
PHONE 372-0989

Dr. David L. Shaak, Jr.
Chiropractor
142 W. Market St., Jonestown, Pa.
Phone: 865-2002

OFFICE HOURS
Monday through Friday
9:00 A.M. to 7:00 P.M.
Saturday
9:00 A.M. to 12:00 P.M.

Therapy X-Ray
CHIROPRACTIC, currently celebrating its 76th anniversary, is the largest drugless health profession.

CHIROPRACTORS now serve the health needs of millions of patients throughout the world each week.

A DOCTOR OF CHIROPRACTIC licensed in Pennsylvania, must have pre-professional college studies which includes courses in biology, chemistry and physics and four years professional training at a Chiropractic School approved by the Pennsylvania Board of Chiropractic Examiners.

TO BE LICENSED in Pennsylvania, the Doctor of Chiropractic must be a graduate of an approved Chiropractic School and have successfully negotiated three days of rigid State Board Examinations.

RECOGNITION Doctors of Chiropractic are recognized by over 800 Insurance Companies and Pennsylvania Workman's Compensation. Returning G.I.'s, who qualify to enter Chiropractic Schools, may have their education paid for under the G.I. Bill for higher education. Chiropractic is licensed and/or regulated in 48 states and 15 foreign countries. Sick slips signed by Doctors of Chiropractic are recognized by industrial employers as well as federal and state governments.

A Public Service Message from the

LYCOMING COUNTY CHIROPRACTIC ASSOCIATION

Hughesville
Dr. C. H. Laubach
91 North Main Street

Montoursville
Dr. James H. Haug
512 Montour Street

Williamsport
Dr. Henry P. Broadt
316 Elmira Street

Dr. Karen H. Moyer
1461 Scott Street

Dr. James E. Nierle
59 East Fourth Street

Dr. Richard A. Schreiber
922 Park Avenue

Dr. George R. Williams
1344 Four Mile Drive

What is worth receiving is worth paying for, if it has to be sold by promotion of free services, then it is not worth receiving.
"Your trouble is nerves, just nerves, that's what many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact, every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

- FREE SPINAL X-RAYS -

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, weak or stiff neck, some types of arthritis, cold in bones, gastrointestinal trouble, etc.

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

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

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

5. Stomach and liver trouble, pain 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 of upper bowels, shingles, hiccups, etc.

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

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

9. Nerve pressure at this point can cause bladder frequency, prostate 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.

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

DR. ANDREW GIRAN
2328 Woron Blvd., W. Mifflin
Phone 466-0441
CHILDREN and CHIROPRACTIC

These are my children. They have been under Chiropractor Care since birth, maintaining a healthy, happy body.

CHIROPRACTIC IS NOT A LUXURY, IT IS A NECESSITY!!

The modern human, from infancy, is subject to many strains, jars, tensions, traumas, and emotional disturbances which overload the natural body resistance, thus creating tension and tightness in muscle and ligament structures and tissues which surround each of the 24 individual vertebrae in the spinal column.

When this happens, the spine loses its ability to function properly, denying the vertebrae their normal range of motion. Then the nerves themselves become impinged, retarding their normal function. This means that the organ or organs which depend upon the particular nerve or nerves for “orders” receive no message, and therefore do not function to full capacity.

It’s just as simple as trying to turn on your kitchen lights when the switch is broken—no signal, no lights! Cut off any part of the vital brain message and immediately there is no coordinated action of organs and certainly no radiant good health. When the pressure, irritation or block is corrected, normal function is restored and good health is realized naturally. When the sensory nerve capacity is decreased it cannot respond properly to environmental changes. Consequently, the body’s natural protection is lowered, and disease bacteria then can multiply and become dangerous, causing fever, fatigue, skin eruptions and other discomforts that usually accompany such a condition.

Correction of this structural disorder with periodic spinal adjustments alleviates present discomfort and prevents permanent damage in the body. This, then, is the beginning and the promise of Chiropractic . . . and the best time to start is in the young child!!

April is CHILDREN’S MONTH at the SKYTOP CHIROPRACTIC LIFE CENTER. Ask about our reduced rates.

All cases accepted regardless of condition or ability to pay. Free Spinal X-Rays.

Skytop Chiropractic Life Center

Dr. Greg L. Caldwell

Phone: 238-4407 Location: Sky Top Mountain, Rt. 322
CHIROPRACTIC

1. RELIEVES PAIN,
without dangerous drugs.

2. RESTORES HEALTH,
without unnecessary surgery.

3. PROLONGS LIFE,
naturally and economically.

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CHIROPRACTOR

450 North 9th Street
BY APPOINTMENT—PHONE 465-6751
We Accept All Cases Regardless Of Ability TO Pay
FREE SPINE X-RAYS
TO THOSE CASES BEING PAID FROM
THE FAMILY BUDGET

What About Arthritis?

Every ache and stiffness in a joint is not Arthritis,
but more than half of all adults over age 35 in the
United States suffer from some form of Arthritis,
according to the Department of Health, Education
and Welfare.

WHAT CAUSES ARTHRITIS?
While the cause in all types of Arthritis may be
varied, even puzzling, a poorly functioning nerve
system is a major factor in the development of
Arthritis. Normal control of body functions includ-
ing endocrine balance, body chemistry, nerve and
blood supply to the joints and the elimination of body wastes and
poisons, is maintained by way of the Nerve System in the Spinal Column.
Vertebral Subluxations (misaligned bones of the spine) will therefore,
be directly or indirectly involved in Arthritic disease.

DR. DAVID G. WASCHER
CHIROPRACTOR

400 ARCH STREET
PHOTO 368-2200
TUESDAY, THURSDAY, SATURDAY 10 - 12, 2 - 6
NERVE IRRITATION CREATES ILLNESS

Your spinal column is one of the most delicate parts of the whole human body. A tiny displacement of even a single vertebra in your spine may cause a disturbance in the nerve structures. If this abnormal nerve irritation is continued, the organ which is under control of this nerve cannot function properly. It has, so to speak, a "nervous breakdown" because the abnormal irritation increases or decreases cellular and organic function. Next step—illness. Your doctor of chiropractic understands the basic cause of ill health. He locates disease causing nerve lesions.

Then, by means of scientific spinal adjustments he restores the natural and normal function of nerve impulses and energy to the affected organ. As a result, health can come back to the body as a natural development.

FISHER CHIROPRACTIC OFFICES
132 Main Street Phone 538-4702 Watsontown
Do you have a question about chiropractic? Write or call our office to receive your free booklet. No obligation of course...

YOUR KIDNEY AND YOUR HEALTH...

When your kidneys fail to function properly, waste products are recirculated into your bloodstream, creating a toxic condition, general reduction in health, and eventually disease. Nerves carrying nerve energy, a minute but powerful electric force, furnish the power supply which enables your kidneys to function according to body needs. Any disturbance in this nerve supply will reduce the functional capacity of your kidneys, and chronic disease may eventually be the result. Medical research in Germany disclosed that disturbances to nerves supplying the kidneys could even lead to the formation of kidney stones.

A failure in kidney function calls for prompt chiropractic attention to correct the kidney nerve supply. Delay could mean the difference between health or disease. The wise person maintains good kidney function through periodic chiropractic care and the practice of good health habits.

PRESENTED AS A PUBLIC SERVICE BY

FISHER CHIROPRACTIC OFFICES
132 MAIN STREET Phone 538-4702 WATSONTOWN
I would like to tell you what chiropractic has done for me.

I have a very nervous condition which I have had since a death in my family and a lot of responsibility. I felt that there was nothing to live for and so many things to worry about.

My sister has been sick for years. I also had bad headaches at night and when I got up in the morning.

I would hold everything inside me until I would get real sick. I went to different doctors.

When I read Dr. Simkovich’s ads in the paper I decided I had nothing to lose. So I went to him.

Since I have been going to him my headaches have gone and I feel a lot better. I feel like a new person.

ANNA TRINDER
Charleroi, R.D.

CALL FOR YOUR APPOINTMENT

DR. CHARLES SIMKOVICH
CHIROPRACTOR

311 Fallowfield Ave., Charleroi

Phone 483-6692

HOURS BY APPOINTMENT:

Mon. • Wed. • Fri. • Sat. • Sun.
9-12, 1-5, 7-9
9-12
9-2

NERVES JUST NERVES

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

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

We believe that everyone deserves health no matter what their financial situation. For this reason each patient determines his own fee according to his ability to pay. This is not charity but an honest and humane approach to health. Presented in the Public Interest for Better Health by the:

STRAUSS CHIROPRACTIC CENTER
1405 Frosty Hollow Rd., Levittown, Pa 946-6815

Bucks County Courier Times 3/30/72
Are Pinched Nerves The Cause Of Your Health Problems?

CHECK THE 10 DANGER SIGNALS

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

KRUPAR CHIROPRACTIC LIFE CENTER

DR. ANDREW C. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS
327 W. Pittsburgh St., Greensburg
Phone 834-1887

WE ACCEPT ALL CASES REGARDLESS OF CONDITION OR FINANCIAL ABILITY TO PAY.
FREE SPINAL X-RAYS DURING MARCH UNLESS COVERED BY INSURANCE.

NERVES JUST NERVES

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

CHECK THE 10 DANGER SIGNALS...

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

KRUPAR CHIROPRACTIC LIFE CENTER

Dr. Andrew C. Krupar
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PHONE 834-1887

FREE SPINAL X-RAYS DURING MARCH UNLESS COVERED BY INSURANCE
THE SPINE

Found To Be The Determining Factor In Illness

It has been noted that people who are found to have chronic back trouble frequently are the most susceptible to man infections and other illnesses.

It is the nerve pinching by misplaced vertebrae of the spinal column which lowers your body's resistance and causes illness.

Some conditions which respond well to Chiropractic care are: Headaches, Asthma, Ulcers, Colitis, Female Problems, Bed Wetting, Lower Back Trouble, Constipation, Arthritis, Nerve and Arm Pains.

Spinal X-Rays Free of Charge

PHONE 538-2893
For Your Appointment today

DR. THOMAS HOUSER
Chiropractor

5th and Elm Streets
Watson Town

Phone 538-2893 for Your Appointment

Are Low Back Pains Just Muscle Strains?

Most low back pains are caused by defects in the alignment and the mobility of one or more vertebrae in the lower spine. These vertebrae may be misaligned by a fall, unusual exercise, a strain, or just by gradual posture decay. When the normal alignment is disturbed the nerves which supply energy to lower back muscles and to your legs become irritated resulting in pain and muscle spasms. Chiropractic spinal examination reveals even minor spinal distortions which could cause pain, spasms, and even permanent disabilities. And, experience has shown that structural disorders respond extremely well and with less permanent disability under the specialized care of your chiropractor.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCKETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 34 W. RIVER ST. (BY THE COURT HOUSE). WILKES-BARRE. CALL 328-0321 OFFICE HOURS MON., TUES., WED., THUR., FR., SAT., 9-12 & 1-5 TUES., WED., THUR.

Dr. E. Ronckett
Chiropractor

Times-leader
Wilkes Barre

"FREE" SPINAL X-RAYS
For certain cases paid from the Family Budget
Good Health Has No Price Tag
You Sat Your Own Fee!
P.A.C.A. SAYS:
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.

Published in the public interest by P.A.C.E. (Patients Association for Chiropractic Education) and the

BELLON CHIROPRACTIC CENTER
120 West Second Street
Greensburg, Pa. 15601
YOU SET YOUR OWN FEE AT OUR OFFICE!
NERVOUS TENSION

Nervous tension is often caused by pressure on spinal nerves from displaced spinal vertebra.
Chiropractic adjustments release this spinal pressure and help you relax.

Have your spine checked today.
You'll feel better for it!

Dr. William Baumgardner
Chiropractor
299-0766

NERVOUS TENSION

Nervous tension is often caused by pressure on spinal nerves from displaced spinal vertebra.
Chiropractic adjustments release this spinal pressure and help you relax.

Have your spine checked today.
You'll feel better for it!

Dr. William Baumgardner
Chiropractor
299-0766
When the nerves are pinched or cut or in any way blocked, interference to the communication system results. The normal nerve impulse from the brain can not reach the rest of the body. The organs which are supplied by this pinched nerve do not receive a normal amount of mental impulse and therefore cannot function to full capacity. You can't turn on a light when the power is cut off. When the vital brain power is cut off there can be no radiant Good Health.

Children usually respond to Chiropractic readily than adults. Their little bodies are growing, the tissues are rapidly developing and can be changed from a state of sickness to a state of health quite easily.

The body's mechanics are such that interference occurs most often within the complex structures of the spine. The condition that causes interference, irritation, or so called "pinching" of nerves, is called a subluxation.

Children love Chiropractic adjustment because they are gentle and painless and the doctor does not require them to take harsh tasting remedies. Chronic diseases usually begin in early childhood and develop over a long period of time. The best way to prevent chronic diseased organs and tissues is to remove the underlying basic fundamental cause of nerve interference in early childhood.

Chiropractic has been TRIED, TESTED and FOUND TO BE TRUE. It is the largest drugless healing system in the world and it will last through the ages because it is the TRUE WAY to help NATURE preserve your health. It is to your great advantage to VISIT YOUR DOCTOR OF CHIROPRACTIC ON A REGULAR BASIS.

The Scope of Chiropractic is as Broad as the Nervous System. There is hardly an illness that does not respond to chiropractic care. If you are sick, regardles of the name of your disease, you owe it to yourself to investigate the merits of this Amazing New Science.
"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

NERVES... JUST NERVES!

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste, and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact, every function taking place in your body is under the control of the nervous system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

FREE SPINAL X-RAYS

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, ear problems, incontinence, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, fatigue or stuffy nose, some types of arthritis, colic in babies, glandular trouble, etc.

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuritis, pain in the shoulder and arm, coxitis, nervous protrusion, etc.

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

4. A blocked nerve at this point can cause so-called nervous heart trouble, 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 at upper bowels, shingles, hiccups, etc.

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

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

9. Nerve pressure at this point can cause bladder frequency, prostate 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.

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

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

"Drugs"—Dangerous—Beware!

are of two types—DEPRESSIVES and STIMULANTS.
Both are foreign to man—THEY ARE POISONS.
"MAN HAS LABORATORIES" within him CAPABLE OF CONVERTING FOODS into any SUBSTANCE NEEDED.

To maintain metabolism—"TO MEET ANY EMERGENCY." When function breaks down in man, POISON IS THE COMMODITY ACCUMULATED—MAN IS SICK.
"Chiropractic Specific" restores function—MAN GETS WELL!
"Too late—occurs Too often."

Note: Dr. E. Bellon is in process of removing his office from this area. He requests all his patients contact Dr. McCurry.

W. R. McCurry, D.C.
403 S. Maple—Greensburg, Pa.
App't. call 836-2678 or 836-2151
DENENBERG'S DILEMMA

By Monroe Schneider, D.C.

Regarding Dr. Denenberg's charges against the Chiropractic Profession, allow me to make the following observations:

1. The hearings in Philadelphia on September 27, 1972 concerned themselves particularly with the question of chiropractic inclusion in Blue Shield.

2. Denenberg, who acted as judge, jury, prosecuting attorney, and executioner, started the hearings with a clearly biased presentation against the Chiropractic Profession. His condemnation was worthy of the highest paid lobbyist for the A.M.A., not for a public official.

3. His press releases about the Chiropractic Profession were drawn up before the hearings, although they are dated Sept. 27, 1:00 p.m.

4. The television cameras at his hearing started to roll only when Dr. Stephen Barrett, an Allentown psychiatrist and a lobbyist for the Lehigh Valley Committee Against Health Fraud Incorporator, began to speak. Barrett has admitted feeding his medical propaganda to Denenberg.

5. Denenberg cloaked this discredited material in the veil of scientific proof. The United States Senate, which knows all about these synical reports and how they were produced and by whom, has completely discounted them by voting twice to include the Chiropractic Profession into the Medicare Program since the time these medically produced reports were issued. Chiropractic is now included in Medicaid, Workers' Compensation and all other Health and Accident Insurance coverage.

6. Denenberg claims that he has not read any material about chiropractic which counters this medical propaganda except the Chiropractic White Papers which he said did not impress him. Nothing can impress a biased mind which has already been made up. Truly unbiased data, written mostly by medical researchers, was presented to Denenberg more than a year ago by this writer at Denenberg's request. He failed to mention this material at all and it is doubtful if he has even read it.

This entire matter finds its historical equivalent in Nazi Germany in 1932 when the Nazis presented a "Scientific Study" which "proved" that the Jews were an "inferior and dangerous" people who should be exterminated. Since the Jews did not produce satisfactory evidence to the Nazis to counter the charge, they were exterminated in concentration camps and gas chambers. The Nazis were a very intellectual, cultured, and scientific people too — just like Dr. Denenberg and Dr. Barrett.

The question of the validity of chiropractic was never a question to be decided upon by Dr. Denenberg. This is not a matter for his department and he is certainly not qualified or equipped to make judgement on matters of this nature. He is or should be an Insurance Commissioner and was not appointed to be the chief inquisitor to pass on the validity of a licensed profession of the Healing Arts.

Dr. Denenberg has many good ideas and programs to benefit the consumer. If he had confined himself to the matter of needs and costs, if any, for the inclusion of chiropractic into the Blue Shield Program he would have remained an honorable man and worthy or respect. By mouthing this discredited medical propaganda in the field where he has no qualifications he has lost the respect of fair minded people throughout the Commonwealth and indeed throughout the Nation.

As Insurance Commissioner, he has demonstrated total irresponsibility. Under these circumstances, Dr. Denenberg should make public retraction and apologize to the 13 licensed Doctors of Chiropractic in this Commonwealth and to the million or so consumers who avail themselves of chiropractic services.

Presented As A Public Service

By: DR. LEO S. OAECHUNAS
CHIROPRACTOR
120 Wyoming Ave., Wyoming, Pa.
Hours: Mon., Wed., Thurs. & Fri.
10-12 Noon, l-4 & 6-8 P.M.
Tuesday and Saturday by Appointment Only
For Appointments Call 693-0177
FREE SPINAL X-RAYS
CHEST PAINS

CHEST PAINS can be caused by nerve disturbance at point 4. The pain may vary from dull throbbing to an intense, fearful constricting sensation.

ASTHMA, DIFFICULT BREATHING, FUNCTIONAL HEART DISORDERS are but a few more distresses caused by nerve pressure in this area. Early detection and correction of the cause through Chiropractic is vital in these conditions.

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

FREE SPINE X-RAYS
To those cases being paid from the family budget

DiMOND
CHIROPRACTIC
LIFE CENTER

DR. JOHN DiMOND
450 North 9th St. Indiana, Pa.
PHONE 465-6751
P.A.C.E. SAYS

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.

Published in the public interest to explain Chiropractic and Good Health by P.A.C.E. (Patients Association for Chiropractic Education) and

THE BELLON CHIROPRACTIC CENTER
120 West Second Street
Greensburg, Pa. 15601
PHONE 837-1911

REMEMBER: No Appointment Necessary and YOU SET YOUR OWN FEES
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR
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to be scientifically ac-
curate.

TELEPHONE NOW FOR YOUR APPOINTMENT — NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM REGARD-
LESS OF WHAT YOUR SYMPTOMS MAY BE.

WHY BE SICK WHEN YOU CAN BE WELL?

CHIROPRACTIC ASSOCIATES

DR. J. M. VERBET
505 Cumberland Street, Lebanon
PHONE: 273-3373

DR. D. C. STRICKLER
332 East Oak Street, Palmyra
PHONE: 838-4247

DR. M. A. BUNCH
Quentin Road Across from
The Lebanon Plaza
PHONE: 273-6761

DR. B. E. ROTHERME
320 Cumberland Street, Lebanon
PHONE: 272-2551
NERVES . . . JUST NERVES!

"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY . . .

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

2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goiter, nervous pretension, 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, shoulder, or hands, bursitis, etc.

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

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

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

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

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

9. Nerve pressure at this point can cause bladder frequency, the bladder may cause so-called sciatica, leg or knee pains, and many other leg problems.

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

We Accept All Cases Regardless Of Ability To Pay

DR. G. A. SABARICH
CHIROPRACTOR
803 W. MAHONING ST.
PUNXSUTAWNEY, PA.

BY APPOINTMENT
PHONE 938-4390
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?

DR. JOHN DI MOND
CHIROPRACTOR

450 North 9th Street

BY APPOINTMENT—PHONE 465-6751
We Accept All Cases Regardless Of Ability To Pay

FREE SPINE X-RAYS TO THOSE CASES BEING PAID FROM THE FAMILY BUDGET
Help Nature Get You Well!

FREE SPINAL X-RAYS*
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1967 W. UNION BLVD.
BETHLEHEM
Phone 865-2010
Daily 8:30 to 12 and 3:30 to 8
Closed Saturday and Thursday Nights
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Chiropractic
Strikes At The Fundamental Cause Of Illness...
Rather Than Attempting To Treat Its Effects
Call Us Today For An Appointment
MIDDLETOWN CHIROPTIC HEALTH CENTER
HOURS BY APPOINTMENT ONLY
219 Spring St. — 944-4676
We Accept All Families and Patients Regardless of Financial Ability To Pay

DID YOU KNOW?
Chiropractic research discloses that there are at least four phases in any illness:
1. The production of cause: (Interference with transmission somewhere between the brain and one or more organs in the body.)
2. Resulting malfunction (failure of some organ or organs, depending on which nerves are affected, and the consequent upsetting of the chemical balance of the body.)
3. The appearance of outward symptoms of malfunction.
4. The actual structural (pathological) change in tissue in the organs affected.

THE MEADVILLE CHIROPTICORS' ASSN.
DON'T BE FOOLED TODAY
"FLU" IS STILL WITH US

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.

Ferrance Chiropractic Center
Where Good Health Becomes Reality!

PHILIPSBURG - OSEOLA MILLS HIGHWAY
PHONE
For A Chiropractic Examination Today
  * Free Spinal X-ray if Necessary
Philipsburg 342-0534
  * Does not include insurance or charge cases

LET CHIROPRACTIC HELP YOU SHED YOUR WINTER DRAGS

Many people associate pains in the body joints such as the fingers, wrists, elbows, or knees and feet with arthritis, rheumatism or gout. They often mention how bad weather increases the aching. Weather changes do affect the pain level intensity by aggravating the body's temperature centers. These centers are responsible for adapting the internal body temperature to the outside environment. When such changes occur, it naturally affects all the normal parts of the body which you don't feel, but you do feel the changes in the abnormal parts, (aching joints.) The application of Chiropractic care has been found to be quite effective in aiding recovery of those who suffer with aching joints.

Ferrance Chiropractic Center
WHERE GOOD HEALTH BECOMES REALITY

Philipsburg - Osceola Mills Highway
Phone 342-0534 For a Chiropractic Examination Today
**Germ Theory Questionable**

Germs and other micro-organisms get credit for causing many diseases, but is this the whole story? Apparently not. Leading Chiropractic institutions of the United States and Canada have long stated that the true cause of disease cannot be fully explained by the "germ theory" alone. Chiropractic research shows there has to be more than the presence of foreign living bodies in the human system to cause most disease.

Part of the other "something" is the inability of the body to fight off the ill effects of those germs and organisms said to be the number one health enemy. Nature has made the human body in a way that it can be self sufficient. A body in good health can easily rid itself of a normal intake of germs if its blood supply, vital organs and all other parts are in a trim operating condition.

Thousands of case histories in the files of Chiropractors throughout the nation show beyond a doubt that one of the major reasons why the body loses its ability to fight germs and organisms is nerve failure. Nerve blockage in the spinal column cuts off contact between the brain and some of the body's parts. After this happens, those parts fail to function properly and cannot do their defensive job. Such nerve blockage comes about when one or more of the spinal vertebrae becomes slightly twisted out of position. A tense muscle in the back can bring this on, or a fall or bump even though it seems slight at the time.

As a result, the nerve trunks coming out of the spinal cord are pressed by the twisted vertebrae, and partial paralysis of some part of the body is inevitable. Disease germs can then have a field day with the partly paralyzed part. Be it a kidney, lung, area of the skin, the heart or an entire leg or arm.

The Doctor of Chiropractic first locates the twisted (subluxated) vertebrae with delicate instruments capable of measuring the slightest inflammation or misalignment. He then makes an adjustment, the vertebrae are put back in normal position, and nerve interference is relieved. Germs do exist, but their capability of doing damage is greatly reduced by restoring healthy nerve contact to all parts of the human system.

**Notice**

**Sick People**

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

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Dr. E. Ronketti
Chiropractor

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**Times - Leader**

**The Evening News**

Wilkes-Barre

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**ILLNESS STRIKES IN FOUR PHASES**

Chiropractic research reveals that there are at least four phases in any illness, and that damage may have already been done by the time symptoms occur.

The four phases are:

1. Nerve interference between the brain and one or more parts of the body.
2. Resulting malfunction, or failure of some part of the body, depending on which nerves are affected.
3. Appearance of outward symptoms of malfunction.
4. Actual structural pathological change in tissue in the part of the body affected.

With rare exceptions, a person is not aware of a diseased condition until it reaches the symptom, or third, stage. This may even pass off as nothing alarming. Ignoring symptoms may mean risking health or life itself.

Symptoms may be in the form of a mild headache, upset stomach, or excessive nervousness or tension. Much too frequently the person fails to realize the symptoms are actually danger signals warning him of trouble. Either he ignores the pain or he takes a sedative to get rid of the pain temporarily. This explains how some diseases develop into very serious stages before they are discovered.

Most people with serious health problems who are not aware of the benefits of Chiropractic care, seldom see a Doctor of Chiropractic until the fourth stage of illness has been reached. At this stage, when pathological change in the tissues causes discomfort or inability to conduct regular activities, the patient is driven to check into his problem. He often goes to the Chiropractor, only as a last resort.

Ideally, a person should see his Doctor of Chiropractic as soon as the first phase of illness appears. This is possible through regular checkups. The Chiropractor can tell by examination if nerve interference exists, and through spinal correction may save his patient months of pain and suffering.

It is especially important to see your Doctor of Chiropractic immediately after a car accident or any other mishap. It may bring pressure on spinal nerves, which may save the patient months of pain and suffering.

---

Dr. E. Ronketti
Chiropractor
CORRECT THE CAUSE—NO. 3

Lack of Normal Function of The Body's Control Center (Nervous System) in Area 2 May Be The Cause of:

HAY FEVER, COLDS
SORE THROAT
LARYNGITIS
ADENOIDS
NEURITIS, ECZEMA
THYROID CONDITIONS

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

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Chiropractic
NATURE'S WAY
... NO DRUGS
... NO SURGERY

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CHIROPRACTOR
132 N. White St. 849-5524
HOURS BY APPOINTMENT
Except Tuesdays and Sundays
— FREE PARKING —

Jeffersminite Democrat
Brookville 3/30

The Times-Leader
Wilkes Barre 4/4
HYPERTENSION
By Dr. Thomas F. Snyder
D.C.Q.C.O.

Hypertension is a synonym for high blood pressure. There are many
types of hypertension, but the most commonly seen is
essential hypertension which raises and lowers the blood
pressure with nervousness. In high blood pressure the blood vessels
become narrow or the openings of the vessels become narrowed.
As the blood pressure rises, the heart is overworked. The effect
of high blood pressure on the heart is similar to tightening the
nozzle on a hose connected to a pump. The pump must work harder
to increase the pressure and keep the water spraying from the
nozzle in the same volume. So the heart must work faster to keep
the body supplied with blood. The entire system is coordinated and
controlled by the nervous system, the spinal cord and brain. In many
instances it is the nervous system that is functioning improperly.
Chiropractic care and regular spinal adjustments to keep nerves free
have proven successful to thousands of people with high blood pressure.
Why wait on some new preparation? You can arrange for a chiropractic
examination merely Correcting misaligned vertebrae will equilibrate blood
pressure, reduce disability and prevent or restore impaired function of
circulation.

Dr. George L. Sabo
Chiropractor
516 Chestnut St., Reading, Pa.
Hours: Mon., Wed., Fri.
10 A.M. to 10 P.M.
FOR APPOINTMENT
PHONE: 372-0989

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types of hypertension, but the most commonly seen is essential hypertension which raises and lowers the blood
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circulation.
TESTIMONIALS FOR CHIROPRACTIC

"STROKE"

On Feb. 28, 1965 I had a slight stroke — The next day I had a heavier stroke. I sent for the doctor and he sent me to the hospital immediately. Two weeks later I had another stroke — I wasn’t expected to live. I was in the hospital for 2 months. On Apr 28, 1965 I came home and was under my doctor’s care until Sept. 4, 1965. During this time my husband was undergoing treatment from Dr. Simkovich — He asked me to visit Dr. Simkovich. I had an X-Ray taken of my spine and also took my first treatment. I took treatments 3 times a week — After one month I began to improve... I slowly began to feel like my old self. I continued taking treatments once a month. I felt so good that I could shop and go to church — I didn’t even need a cane. I would like to say that there is nothing like chiropractic treatment for your health.

MRS. EDITH ANDERSON
Belle Vernon

CALL FOR YOUR APPOINTMENT
DR. CHARLES SIMKOVICH
CHIROPRACTOR
311 Fallowfield Ave.
Charleroi
Phone 483-6692

HOURS BY APPOINTMENT:
Mon. • Wed. • Fri. Sat.
9-12, 1-5, 7-9
9-12

TESTIMONIALS FOR CHIROPRACTIC

"NECK PROBLEMS"

In February 1971 I hurt my back & neck. Was in so much pain that I couldn't do anything — I couldn't move my head without pain. I had pain in my back all times. I was like this for 2 weeks. Then a friend suggested I go to a chiropractor. Then I ask him who I could go to. He told me to go to Dr. Charles Simkovich. When I went, he helped me from the first treatment. My pain is almost all gone. I am thankful that I went to Dr. Charles Simkovich.

I take regular chiropractic check-ups to keep me healthy.

LAWRENCE A. MUGRAGE
Fayette City

CALL FOR YOUR APPOINTMENT
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CHIROPRACTOR
311 Fallowfield Ave.
Charleroi
Phone 483-6692

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9-12, 1-5, 7-9
9-12

WHAT IS ARTHRITIS?

An acute pain of surface joints as a result of disturbed caloric (heat) and repair functions of the body could be nature’s initial warning signal of the development of an arthritic condition. Continuous abnormal caloric and repair function results in flaked bone cells being replaced by excessive cells and joints becoming nodular, ankylosed, most painful and resistive to correction.

Chiropractic care normalizes the abnormal bodily functional processes to bring wonderful results in acute arthritic conditions and even in those long-standing stubborn cases the benefits are often most gratifying. DON'T WAIT: Early care forestalls any serious complications ... and assures better results.

Why Be Sick When You Can Be Well?

We accept all cases regardless of ability to pay.

FREE SPINE X-RAY unless covered by insurance.

TUCCI Chiropractic Office
Belle Vernon, Pa.
929-6100
Call TODAY for your Free Spine X-rays.
Are You Tired of Suffering From Migraine Headaches Yet?

The following story was written by one of our patients who found everything hadn’t been tried until chiropractic was included to her health and happiness.

When I was 14 years old I had my first migraine headache. That was 25 years ago. Throughout those years I had one or two of these headaches every week. The pain along with the nausea and vomiting was unbearable at times. I was hospitalized on several occasions and different medications tried with no lasting results. My medical doctors told me it was something I would have to live with.

My husband who is a patient of Dr. Karpowicz told him of my condition and Dr. said he thought he could help me.

After examination and X-Rays, it was found that I had several pinched nerves in my neck. My treatments then started. After several weeks my headaches improved. Now I am completely cured no more migraine headaches. It’s like living in a new world, knowing I can face the day with no thought of pain.

Dr. Karpowicz and his staff are wonderful people. I wish the general public would realize the benefit that can be obtained from Chiropractic Treatments.

Sincerely,
Mrs. B.A.
Dalton, Pa.

(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. McKinley St., Dunmore, Pa. Telephone 344-8767.)

LIFE - HEALTH

WHY BE SICK WHEN YOU CAN BE WELL?

Gastritis

The rottenest type of moonshine, tossed into an empty and unsuspecting stomach, might produce some of the minor symptoms of gastritis, a condition which causes inflammation of the stomach and its mucous membranes.

The pain, a burning which seems to be brought throughout the abdominal cavity, is intense and lasting. Aside from the immediate discomfort, it can progress into more serious and complicated conditions.

Gastritis, apparently, develops as a result of failure of body glands and organs to regulate the flow of acids and alkalis through the stomach. The unregulated buildup and accumulation in the stomach results in gastritis.

A chiropractor, scientifically searching the body’s lifeline — the spinal cord and the nervous system — locates the impinging nerve or subluxation which interferes with the proper function of body parts. Through gentle, competent adjustment he removes the pressure and frees the nerve to perform normally.

Once again receiving the vital nerve energy necessary for normal functioning, the body follows nature’s direction in curing itself. Symptoms disappear as the relief is exercised by nature’s own healing. Another Life and Health Article from the Office of Dr. W. D. Sickman

Chiropractor
443 S. Queen St.
LANCASTER, PA.
PHONE 392-7818
Seal of Approval K.F.P.
Advertising Council
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY
CHEST PAINS

ASTHMA, DIFFICULT BREATHING, FUNCTIONAL HEART DISORDERS, PNEUMONIA, AND TUBERCULOSIS ARE BUT A FEW OF THE SYMPTOMS THAT MAY FOLLOW PROLONGED CHEST PAINS.

CHEST PAINS CAN BE CAUSED BY THE SPINAL NERVES WHICH SUPPLY THE CHEST AREA. EARLY DETECTION AND CORRECTION OF THE CAUSE THROUGH GENTLE CHIROPRACTIC ADJUSTMENTS IS VITAL IN THESE CONDITIONS.

WE ACCEPT ALL CASES REGARDLESS OF CONDITION OR FINANCIAL ABILITY TO PAY!

FREE SPINAL X-RAYS DURING APRIL UNLESS COVERED BY INSURANCE.

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg • Phone 834-1887
Dr. Andrew C. Krupar • Dr. Betty O. Krupar • Dr. Homer L. Bowers

TAIRED OF BEING SICK

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or will the druggist refund your money? Did your MD say try this drug & if it doesn't relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your doctor ever told you it could be NERVE interference between the brain and the organs involved?

If the above paragraph fits you, then it's time you switch to CHIROPRACTIC. We get 75 per cent of our patients after they have seen the medical route. CHIROPRACTIC works—it gets results and that's what counts.

We Accept All Cases, Regardless of Condition or Financial Ability to Pay.

Why Be Sick When You Can Be Well?
DR. ANDREW C. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS
PHONE 834-1887

Krupar Chiropractic Life Center
327 W. Pittsburgh St.
Greensburg, Pa.

Free spinal X-rays during April unless covered by insurance.
**STOP**

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.

1. Slight "pinching" of nerves on this point will 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 is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, goitre, nervous prostration, la grippe, nose bleed, disorder of gums, cataract, etc.

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

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

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

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

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

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

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

10. A slight slippage of both innominate bones located here will likewise produce so-called ailments 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

**DR. JOHN DI MOND**

CHIROPRACTOR

450 North 9th Street

BY APPOINTMENT—PHONE 485-6751

We Accept All Cases Regardless Of Ability To Pay

FREE SPINE X-RAYS

TO THOSE CASES HAVING PAID FROM
DON'T CHANGE TO CHIROPRACTIC!

If you want to hide the signals of sickness, with orange pills, pink, blue, red and white tablets; take shots, suffer from prescribed drug addiction. If you want the organs of the body to die, and be cut out,

STAY WITH MEDICINE

If you would like you and your children normal —

CHANGE TO CHIROPRACTIC!

J. M. SIGAFOOSE

CHIROPRACTIC LIFE CENTER
10 Mi. West of York — Rt. 30
Phone 225-1017 or 225-1214
FREE SPINAL X-RAYS
THE SPINE IS THE STARTING PLACE FOR GOOD HEALTH AND FREEDOM FROM DISEASE.

Some of the conditions which respond well to Chiropractic:

- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Fatigue
- Sciatica
- Shoulder Arm Pains
- Dizziness
- Insomnia
- Whip-lash Injuries
- Allergies
- Chest and Rib Pains
- Menstrual Problems

Presented as a Public Service to Better Educate People to Chiropractic By:

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

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

WHY BE SICK WHEN YOU CAN BE WELL

THE MORMELLO CHIROPRACTIC LIFE CENTER
IN THE COMMUNITY INTEREST ASKS
STILL SICK?

Remember this number 943-5706

If you are chronically ill or plagued by nagging pain, here is your chance to find much needed health. At the Mormello Chiropractic Life Center, you will find the very latest in X-Ray and Chiropractic equipment in a plush, relaxing atmosphere.

Oct. 15 - OPEN HOUSE, you will be able to stop in at 91 Bald Cypress Lane in Levittown for a consultation and learn how you and your whole family can benefit from the most modern and up-to-date Chiropractic technique and equipment. If necessary, you will be given a free Spinal X-Ray Examination. Anyone who is suffering needlessly is welcome, regardless of financial status or condition. So join the millions who today, are finding their way back to sound health - the natural way - without drugs - without surgery - without skyrocketing medical bills.

Dr. Mormello, who will run the center explains "our aim to be within reach of all, yes, all who need our help, without regard to their condition or ability to pay." Come see us! Or call 943-5706 for more information.
NECK INJURIES...

Neck injuries may cause one, or any combination of the following:

Headaches
Pain and stiffness in the neck
Dizziness
Arthritis
Blurred or double vision
Loss of balance
Pain or stiffness in the shoulder, arm, or wrist
Chest pain
Twitching of the eyelid

Numbness and tingling in the fingers
Nausea, vomiting, indigestion
Difficulty in swallowing
Heart arrhythmias
Nervousness
Muscle cramps or twitching
Shortness of breath

FREE SPINE X-RAY unless covered by insurance

TUCCI CHIROPRACTIC OFFICE
BELLE VERNON – PHONE 929-6100

HEADACHES....

Nerve pressure at point 1 may cause severe HEADACHES. Beginning at the base of the skull, radiating to above the eye, the forehead, or the top of the head. NECK PAINS, DIZZINESS, NERVOUSNESS, EMOTIONAL DISORDERS and HIGH BLOOD PRESSURE are but a few more conditions associated with nerve disturbance in this area. Consult a Chiropractor for the exact location and correction of the cause of these conditions.

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

FREE SPINE X-RAY unless covered by insurance

TUCCI CHIROPRACTIC OFFICE
BELLE VERNON — PHONE 929-6100
Did You Know?

Many diseases can be traced to minor accidents and severe blows resulting in misalignments of the spine. Misalignments of the spine produce pressure upon nerve fibers, thus interfering with the normal nerve supply of the various organs and tissues within the body.

If you have had a serious accident, have your spine X-rayed, adjusted by your family Chiropractor to prevent serious complications.

Presented in the Public Interest by:
SENDI CHIROPRACTIC CLINIC
8 MORELAND AVE., MT. HOLLY SPRINGS, PA.
PHONE: 486-7580
ALL PATIENTS ACCEPTED REGARDLESS OF FINANCIAL ABILITY TO PAY.
THIS MAY ANSWER YOUR QUESTION
By Dr. Thomas F. Snyder D.C.

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

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

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

BELL'S PALSY
By Dr. Thomas F. Snyder D.C.

The symptoms indicate a paralysis of the muscles of the face. The face cannot be wrinkled, the eye on the affected side cannot be closed. The lower eyelid droops and tears, flow down the cheek. It is impossible to form the lips to whistle, a paralysis of cheek muscles may permit food to lodge between the cheek and gums. In addition there may be loss of taste in the front part of the tongue.

Oftentimes a virus is said to be the cause. It may be a contributing factor, but the question may be asked, "How does the virus happen to pick out one nerve and leave the other neighboring nerves seemingly unharmed?"

Although the nerve which controls the muscles of the face is a cranial nerve (eminating from the brain) there are nerve elements coming up from the neck region to connect with this cranial nerve and influence circulation in its trunk. Vertebral displacements which interfere with the nerve pathways from the neck, can be causative factors in Bell's Palsy.

Definitely Chiropractic examination is indicated.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

SPECIALIZED CARE...
KNEE, HIP, SHOULDER, ELBOW
By Dr. Thomas F. Snyder D.C.

Only someone who has had a joint disorder truly knows the pain that is involved. Only someone with unrelieved pain knows how difficult it is to find a doctor who understands.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

SPECIALIZED CARE...
BACK PROBLEMS
By Dr. Thomas F. Snyder D.C.

Only someone who has had a low back injury truly knows the pain or disability involved. Only someone with unrelieved joint pain knows how difficult it is to find a doctor who understands.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

SPECIALIZED CARE...
NECK INJURIES
By Dr. Thomas F. Snyder D.C.

Only someone who has had a severe neck injury truly knows the pain or disability involved. Only someone with unrelieved joint pain knows how difficult it is to find a doctor who understands.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

CONSTIPATION
By Dr. Thomas F. Snyder D.C.

Constipation is one of the most common health complaints in the United States and the daily or frequent use of laxatives can lead only to more constipation and possibly to a serious disease. Most laxatives move the bowel only because they first irritate the bowel.

Chiropractic care and recommendations suggested by your doctor of chiropractic can correct most cases of constipation.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.

STOMACH'AILMENTS
By Dr. Thomas F. Snyder D.C.

Stomach Ailments include a wide variety vomiting, headache, burning, dizziness, bloating, constipation, etc. All stomach complaints are controlled by nerve impulses and when stomach ailments exist may be due to nervous influence. The Chiropractor locates the point in the spine where nerve interference exists due to misaligned vertebrae, and through proper adjustment by hand, to restore the misaligned vertebrae to its normal position.

By Thomas F. Snyder, Chiropractic Orthopedist, Brodheadsville, Pa., 18322. Phone 992-4787.
TUNE IN — TURN ON — AND LIVE!
CHIROPRACTIC ADDS LIFE TO YEARS!
AND YEARS TO LIFE!

Chiropractic has proven to be the most sane, safe and natural way to attain and maintain health. It is the most modern of all sciences. Chiropractors put nothing into the body nor do they take anything away from it. They deal with causes not symptoms. They simply locate and correct interferences to normal nerve control in order that the POWER that made the body can heal the body.

100% Life Generated
Chiropractics
Here

100% Life Expressed
Here

Perfect Health

THE HIDDEN CAUSE OF DIS-EASE
Structural distortion and spinal subluxations, interfering with normal nerve function, the flow of Life Force, is the one most common cause of ill health and the least likely to be discovered by the ordinary type of doctor. Only the chiropractor is especially educated and licensed to practice the art and science of locating and correcting the most often Hidden Cause of Dis-ease.

The cause of structural distortion and spinal subluxations is, of course, overwhelming environmental stress - stress in its broadest sense; physical, chemical and emotional. When outside stress and strain is greater than inside resistance, and imbalance in neuromuscular tension or tone results. Muscles move bones and an imbalance in muscle pull causes a loss of structural integrity and as a consequence dis-ease results.

Stress accumulates!

Whether due to over-work, lack of exercise, falls, accidents, not enough rest—indiscretions in eating, toxic poisoning, bacterial invasions, malnutrition, drugs—emotional upset, fear, anger, hatred, worry, resentment, anxiety, or whatever—Stress Accumulates, in time.

Whether due to over-work, lack of exercise, falls, accidents, not enough rest—indiscretions in eating, toxic poisoning, bacterial invasions, malnutrition, drugs—emotional upset, fear, anger, hatred, worry, resentment, anxiety, or whatever—Stress Accumulates, in time.

For Your Free Spinal X-Rays Telephone
KLEIN CHIROPRACTIC CLINIC
Mountaintop — 474-5042

KLEIN CHIROPRACTIC CLINIC
For Your Free Spinal X-Rays Telephone
MOUNTAINTOP—474-5042

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KLEIN CHIROPRACTIC CLINIC
For Your Free Spinal X-Rays Telephone
MOUNTAINTOP—474-5042
WHY IS IT THAT CHIROPRACTIC SUCCEEDS AFTER OTHER METHODS HAVE FAILED?

IF YOU ARE A REGULAR CHIROPRACTIC PATIENT, TELL OTHERS ABOUT CHIROPRACTIC. IF YOU ARE NOT, PLEASE, FOR HEALTH'S SAKE, GET TO A CHIROPRACTOR!

FREE SPINAL X-RAY

SKY TOP CHIROPRACTIC LIFE CENTER
DR. GREG L. CALDWELL
ALL CASES ACCEPTED REGARDLESS OF CONDITION OR ABILITY TO PAY.

PHONE: 238-4407
LOCATION: SKY TOP MOUNTAIN
THE SPINE IS ONLY A STARTING PLACE

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

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

Some of the conditions which respond well to Chiropractic:

- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Shoulder and Arm Pains
- Fatigue
- Sciatica
- Dizziness
- Insomnia
- Chest and Rib Pains
- Menstrual Problems
- Gall Bladder Disturbances
- Whip-lash Injuries
- Allergies

DI MOND CHIROPRACTIC LIFE CENTER

DR. JOHN DI MOND

FREE SPINE X-RAYS

To those cases being paid from the family budget

450 North 9th St. Indiana, Pa.

BY APPOINTMENT
PHONE 465-6751
We Accept All Cases Regardless Of Ability To Pay

FOR THE SAKE OF MAN

In a world concerned with survival, man's health needs are high priority.

Explore chiropractic, the non-polluting natural way to health.

A chiropractic career has so much to offer!

How about you? Become a DOCTOR OF CHIROPRACTIC

For more information please come in or phone...

DI MOND CHIROPRACTIC LIFE CENTER

DR. JOHN DI MOND

450 North 9th St. Indiana, Pa.

BY APPOINTMENT
PHONE 465-6751
We Accept All Cases Regardless Of Ability To Pay

FREE SPINE X-RAYS TO THOSE CASES BEING PAID FROM THE FAMILY BUDGET
Sinus Trouble

Some TV illustrations which are intended to appeal to sinus sufferers indicate that there is congestion of tissues which prevents the sinuses from draining properly and that, once the congestion is corrected, sinuses will drain and ease the pressure and discomfort.

But what about tomorrow and the next day? Will the congestion and discomfort return? Will the process keep repeating itself? If so, the basic cause of the congestion has not been corrected.

Congestion is a disturbance of circulation. Circulation is controlled through nerves some of which are contained within the trunks of spinal nerves. Distortions of the spinal column frequently interfere with spinal nerves in such a way as to disturb circulation to a related structure. Just because you may not have a pain in the neck or other section of the spinal column, if you are a sinus victim, don't accept that as an indication that you have no spinal strain.

You may be one of the millions who have habits which disturb the posture of the cervical spine. A poor sleeping posture may do it. Work habits frequently distort the spinal column.

A fall or collision which shocks the spinal column may "whiplash" the neck so slightly that discomfort may leave in a few days, but leave a cervical displacement that interferes with circulation to the sinus region.

The fact that, down through the years, chiropractic care has been helpful to sinus victims suggests the advisability of a chiropractic examination to find the basic cause of sinusitis.

CURFMAN
CHIROPRACTIC CENTER
127 South Second Street
Chambersburg, Pa.
PHONE 264-4700
NO APPOINTMENT NECESSARY

BY DR. ELTON D. HARPER

B-A-C-K-A-C-H-E spells trouble . . . because backache, no matter how infrequent, seemingly inconsequential or fleeting, is cause for serious consideration. If backache is frequent or of long duration, it is cause for deep concern and immediate action. In every instance, backache means trouble.

It means that you are suffering from one or more of these conditions: muscle pain, pinched spinal nerves, disease in another part of the body or disease of the spine. And regardless of the conditions, there are always associated subluxations (misalignment) in the spinal column.

The Doctor of Chiropractic, Dr. Elton D. Harper, D.C., using x-ray photographs of the spine, clinical laboratory examinations and special Chiropractic spine and nerve tests before deciding what must be done. His object is to adjust the spine so that the body will have the nerve supply to heal itself.

Since your Chiropractor uses no drugs or surgical methods, when the pain is gone you know that the cause of the pain is gone.

The Chiropractor is the only doctor trained to determine precisely which vertebrae are involved in the impingement of nerves . . . but more important . . . the Chiropractor is the only doctor trained and experienced in correcting spinal subluxations.

Next Article — NEXT MONDAY

319 MacDADE BLVD.,
FOLSOM
LE 2-9445
The Painful Shoulder

While shoulder pain may frequently be of local origin, such as a strain or sprain of the shoulder joint, its occurrence from remote sources is quite common.

The most important remote source of shoulder pain is in the cervical spine, or neck. A network of nerves, called the brachial plexus, leaves the spine through openings between the bones of the neck, and distribute into the shoulder then downward through the arm to the fingers. It is this network of nerves that gives the shoulder, arm, and hand, motion and feeling, and most importantly, maintains a normal healthy state in the tissues of the joints, muscles and blood vessels.

When the vertebra of the neck become subluxated, or misaligned, through falls, strains, or other accidents, a mechanical pressure may be exerted on the brachial plexus nerve network. This may set up an immediate irritation of the nerves resulting in neuritis, or neuralgia pain in the shoulder and arm. In some cases it may be accompanied by numbness and tingling radiating to the fingers.

The effects of interference to normal nerve transmission in this area may be slow and insidious in developing. Progressive irritation within the shoulder joint itself may take place, then in time restriction of motion of the joint, bursitis, tendinitis, or arthritis may occur.

In these cases the skill and experience of your doctor of chiropractic should be utilized for the correction of the underlying cause. He readily understands the problems involved in a painful shoulder and will institute necessary corrective measures.

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

NO APPOINTMENT NECESSARY

Results Achieved...

<table>
<thead>
<tr>
<th>Condition</th>
<th>ARTHRITIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>No. of Cases:</td>
<td>477 Male 197 Female</td>
</tr>
<tr>
<td>Average Age:</td>
<td>51 Years</td>
</tr>
<tr>
<td>Youngest:</td>
<td>5 Years</td>
</tr>
<tr>
<td>Oldest:</td>
<td>79 Years</td>
</tr>
<tr>
<td>Duration of Condition: Average: 8.5 Years</td>
<td></td>
</tr>
<tr>
<td>Longest:</td>
<td>27 Years</td>
</tr>
<tr>
<td>Shortest:</td>
<td>21 Days</td>
</tr>
<tr>
<td>Length of Chiropractic Care: Average: 112 Days</td>
<td></td>
</tr>
<tr>
<td>Recovered:</td>
<td>111 (24.8%)</td>
</tr>
<tr>
<td>Much Improvement:</td>
<td>217 (48.5%)</td>
</tr>
<tr>
<td>Some Improvement:</td>
<td>42 (16.8%)</td>
</tr>
<tr>
<td>No Improvement:</td>
<td>44 (9.9%)</td>
</tr>
</tbody>
</table>

Summary: The above data from recent surveys indicates that in arthritis cases, chiropractic gets results in 90.1% of cases treated!

DR. CURFMAN

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

NO APPOINTMENT NECESSARY!
Headache is one of mankind's most common ailments. Often it is insignificant, often it indicates some underlying cause.

For example, many headaches are caused by spinal subluxation (misalignment) of the neck vertebrae due to falls, blows,-whiplash injuries, poor posture and nervous tension.

The chiropractor manages these headache problems by reducing the spinal distortion and specific subluxations.

At the warning symptoms of headaches, see your chiropractor for a spinal examination.

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The Common Cold

A cold may clear up spontaneously, but a combination of factors may result in a serious disease process. Thus, examination of the patient will help determine the cause behind his cold. In most cases, the cause is related to the control of the nervous system. A misaligned vertebrae also known as a subluxation may be pinching a spinal nerve and interfering with normal nerve transmission. A simple chiropractic adjustment will restore that nerve supply. Chiropractic is the science based on the premise that adequate nerve supply is of prime importance in regulating the function of the body. When an abnormal nerve supply interrupts the normal function of the nose and throat lining, the resulting disease is the common cold. So when you feel the symptoms of a cold, visit your chiropractor. He is the most qualified to locate and correct the abnormal function of your nervous system.

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Clarke-Baker Chiropractic Clinic

2201 W. RIDGE PK., JEFFERSONVILLE, PA.

PH. 277-5104

HOURS BY APPOINTMENT

(Across From The Golf Course)
PAIN MAY BE CAUSED BY NERVE PRESSURE.

By Dr. Perry D. Cook
Chiropractor

Pain can be entirely overcome by spinal adjustments. Just a few of the most common conditions which are corrected are: Headaches, neuritis, slipped discs, low back and limb pains.

For example: After 15 years of suffering with pains of rheumatism, neuritis, headaches, as well as the emotional disturbances to which women are subjected, case number 7291 began a prescribed course of adjustments which corrected the cause of her ill health. She now enjoys good health thru chiropractic.

So can you. Call Tues. or Fri. for your appointment. Phone 336-3434.

The Perry D. Cook Chiropractic Clinic
806 Park Ave., Meadville

Nervous Tension

There is safe, effective help available for victims of nervous tension disorders. Chiropractors have found through experience with millions of patients, that there is a direct connection between your nerve system and nervous tension. Misalignments of vertebrae in the spine contribute greatly to nervousness by setting up an irritating tension on the physical nerves. Consult the Cook Chiropractic Clinic. Learn how you can combat nerve tension through the safe correction of your spinal problems. Appointments are made for Tuesday or Friday. Ph. 336-3434.

Dr. Perry D. Cook
CHIROPRACTOR
806 Park Ave., Meadville

ACQUAINT YOURSELF WITH HEALTH

By DR. LEO CERICOLA

Backache can be very painful. What’s more, it can lead to serious disorders not associated with pain itself.

Pain is nature’s way of warning that something is wrong. Frequently pain in any part of the back is caused by a misaligned vertebrae somewhere in the spinal column which causes pressure on nerves. Permanent relief is not possible until the vertebrae is restored to its normal position.

In a recent survey it showed Chiropractic brought health to backache cases almost twice as rapidly as cases under other type health care.

If you are troubled with a nagging backache, do not put it off. Everyday you let the condition persist, without proper attention means it may take that much longer to get well and increase the chances you will suffer a more serious disorder later on.

Dr. Cericola will answer questions relating to disease and chiropractic approach to health by mail or phone, address all letters to...

CERICOLA CHIROPRACTIC CLINIC
Pembroke Rd. & Elm, Bethlehem
Untold thousands throughout the world live a life of misery because "nothing can be done" to relieve the unhealthy conditions which have beset their bodies.

Symptoms prevail, in spite of repeated treatments of one kind or another.

Those sufferers know that good health results when all parts of the body are functioning normally; but they can find nothing which restores that normal function.

They do not know of the science of chiropractic and the principle of adjusting the body's nervous system so the body can yield to nature's healing from within.

In many, many cases, a chiropractic examination followed by gentle, competent chiropractic adjustments can correct nerve pressures which interfere with nature's proper function. By correcting the cause of the disorder, chiropractic makes it possible for nature to heal the affected parts by restoring normal nerve power.

Radiant health can result from one simple, wise move to chiropractic care.

Dr. R. F. Brundage
Chiropractor
Phone 759-0033

Chiropractic Health Hints

X-ray

A frequent question by a new patient who calls this office is, "Will I need an X-ray?" My answer is "Not always."

X-ray when necessary is one of the most important items of diagnostic equipment there is, but not all patients need them. Improper exposure to X-rays by any health practitioner is dangerous. The only time X-ray should be used is after all possible test and physical examinations are exhausted, and a doubt still exists as to the cause of the patient's ailment. The risk of unnecessary X-ray is too great, and many long range effects can emanate from them. Before submitting to an X-ray examination regardless of the type of help you seek, drugless or medical, make sure it is necessary. Do not be afraid to ask questions about your health. Remember your body is yours, protect it.

I cannot condone the use of X-ray as a gimmick of inducement into any office, it is a dangerous practice.

For information about this or any other questions about your health call, write or visit the office of:

Dr. S. Clifford Brown
200 Thomas St., West Mifflin, Pa. 15122
Phone 486-9349

There is no cost or obligation for this service. Your health is my concern.
MR. DONALD MALOY

TO WHOM IT MAY CONCERN:

I am glad to tell my story of how Dr. Weaver has helped me in the hope that someone else can be helped too. One day while working, I injured my back. I was under a doctor’s care for about three weeks. He finally discharged me with the diagnosis of muscle spasms, but the pain was just the same.

I finally got to the point I couldn’t work any longer. My leg and foot became numb. I went to an orthopedic specialist. X-rays and tests were made to determine my problem. I was in traction at home and in the hospital over a period of five weeks. A back brace was made for me which didn’t help. I really thought I would never work again. It seemed there was nothing else that could be done for me.

A friend told me about chiropractic care and recommended Dr. Weaver to me. After two weeks of adjustments, all pain was gone and I was able to return to work.

That was three and one-half years ago. With regular chiropractic care, on a once-a-month basis, I stay in tip-top shape. “Not everything has been done unless Chiropractic Care has been included.”

Why Be Sick When You Can Be Well?
All Cases Accepted Regardless of Financial Ability to Pay.
Free Spinal X-Rays, When Necessary.

Donald “Buck” Maloy
250 Haybrook Drive
York, Pa. 17402

Dr. L. E. Weaver, Chiropractor
1215 E. Market St., York
Phone 843-5503
TO WHOM IT MAY CONCERN:

During the past five years I have been troubled with severe pain in my lower back and legs. The pain would be so great at times that it became unbearable. For four months I was unable to go to bed and had to sleep on a chair.

I went to my Medical Doctor. He referred me to an Orthopedic Specialist. I then proceeded to go through a series of shots in my back. This reduced the pain for a while, but the cause was still there. I went back to my Medical Doctor, telling him the shots were not helping me. He then had me admitted to the hospital and placed me in traction. I was hospitalized for two weeks. When I returned home, I still used traction from two to four hours a day. At this point nothing seemed to help. I had already been off work five months.

I learned about the help my brother received from a Chiropractor, Dr. L. E. Weaver. After everything else proved to be a failure, I decided to consult Dr. Weaver. He took x-rays and diagnosed my case. I began to take Chiropractic adjustments. After three adjustments, I could go to bed again. Two weeks later I was able to return to work.

I really feel like a new person. I have no pain at all. I am so thankful for the help I received from Dr. Weaver. By this letter I hope that others will not have to suffer as I did, but will instead seek the services of a Chiropractor.

Why Be Sick When You Can Be Well?
All Cases Accepted Regardless of Financial Ability to Pay.
Free Spinal X-rays When Necessary

Sincerely
EARL J. GUNDY
R. D. #1
York Haven, Penna.

Dr. L. E. Weaver, Chiropractor
1215 E. Market St., York

Phone 843-5503
The Chiropractic Adjustment
By MONROE SCHNEIDER, D.C.

The chiropractor is a student of the body's vast nervous system. Medical science knows that bodily functions are controlled by nerve energy impulses from the brain through the spinal cord to all parts of the body. The spinal cord runs down thru the spinal column. The spine is composed of 24 movable segments called vertebrae. Between the vertebrae are soft cushions called discs which act as ball bearings and shock absorbers.

When any one or more of the vertebrae of the spine are displaced, nerve pressure results. Nerve fibers are pinched, and vital organs are affected.

The chiropractor uses scientific methods to locate the displaced vertebrae. Once located, he gently manipulates the vertebra — using only his competent hands to return the vertebra to its proper position in relation to the remainder of the spine. Once the vertebra is back in position, pressure is relieved, and the impinged nerve is free to perform its normal function.

The "adjustment" is simple, gentle and painless. Actually, most persons who have undergone chiropractic adjustments have found that already-present pain is greatly relieved, if not completely eliminated, by the first adjustment.

It is simple and quick; and it performs wonders in restoring that healthy, happy feeling.

Call for Appointment
MIDDLETOWN CHIROPRACTIC HEALTH CENTER
210 Spring Street — 944-4676
HOURS BY APPOINTMENT ONLY
We accept all families & patients regardless of financial ability to pay.

Dr. SCHNEIDER

November marks our 21st year of chiropractic work to the people of Middletown and surrounding areas. They have been 21 years filled with many memories — almost all have been good memories. We have many friends since we feel a special closeness to our patients. The chiropractor and his patients engage in a different kind of health care relationship. By locating the interference with the normal expression of Life Force to every part of the body and by adjusting the spine to remove this interference, the chiropractor is really engaged in turning Life back on in sick people.

And there is no age limit. We recently had a 76 year old woman come to see us after her return from a hospital. She was weak, exhausted, and run down. She could not hold food in her stomach and we had to feed her by her side while she watched her turn in our waiting room. Her nerves were a mess.

After the first adjustment she started to respond. She could hold food down and her appetite started to return. Now, 3 weeks later she is able to eat everything, her strength has returned and her nerves are better. She was brought to us by her 73 year old sister who is also a good patient of ours. It makes no difference about the age or condition. As long as there is Life in a body, that Life can be helped to be expressed more fully and the body gets well. This is why we feel obligated to keep telling the chiropractic story in every way we can — not for what we can receive from it but for the special and wonderful privilege of turning Life and Power on in people. So on this 21st anniversary we rededicate ourselves to the principle of chiropractic and to the ideal of turning on the Life and Power in as many people as we can in the coming years. Won't you help us?

We accept all families and patients regardless of condition or financial ability to pay.

Call for Appointment
MIDDLETOWN CHIROPRACTIC HEALTH CENTER
210 Spring Street — 944-4676
HOURS BY APPOINTMENT ONLY
FREE SPINAL X-RAYS IF NECESSARY FOR THE ANNIVERSARY MONTH OF NOVEMBER
WHAT'S HAPPENING TO US?

By MONROE SCHNEIER, D.C.

One day last week, one of the chief men in the Federal Government's fight against drug addiction, released the information that something is going to have to be done and fast or this country of ours, which is in deep trouble now, will soon fall apart. The use of heroin, thought to afflict only 200,000 Americans has now been estimated to have over 500,000 victims.

This same investigator related a story of a little three year old girl in nursery school who would not take her nap. She was first coaxed then threatened, but nothing seemed to work. Finally, this 3 y. old child said, "If you give me a barbiturate (she named a brand of drug now used freely) like my mommy gives me, I'll be asleep in no time."

He cited this example of a revolutionary change in the thinking of the people of our country. Where once people shied away from medicines except tonics, they have now been led to believe that "Modern Science" has provided a pill for everything.

This cure has been brought on us by a profit hungry drug industry which has your dollars in mind—not you. The U.S. Food & Drug Administration which should be protecting us has let us down. Last year alone, over 1400 drugs which had been in use for as long as 10 years, were taken off the market and prohibited for prescription because they were unsafe or harmful or potentially dangerous. How many did you take? Do you get hypnotized by the T.V. when they tell you to go out and buy this drug or that one for whatever ails you? Do you let them do your thinking for you?

Contrast this with a mother and father who brought their little girl to us a little over a year ago. They write as follows:

To Whom It May Concern:

This is to certify that we are the parents of S. K. of Highspire, who is 4 years old.

When she was 15 months old we noticed she was having seizures. We took her to the Osteopathic Hospital and her condition was diagnosed as petit mal epilepsy. Then she was on medication with no results. From there we took her to Harrisburg Diagnostic Clinic and still no satisfaction. Her E.E.G.'s (electroencephalograms) were highly abnormal. The medicine was making her dizzy and dozy and she continued her seizures. In August of '71 we wanted her off medicine and took her off because it didn't seem to be doing any good.

Then we took her to the Philadelphia Children's Hospital and was again diagnosed as Petit Mal epilepsy. E.E.G.'s were still highly abnormal.

We took S.K. to the Middletown Chiropractic Health Center in July of '71. She was under Chiropractic care since July without medication and the week of 8/6/72 the seizures stopped, without any since.

S. was tested at the Hershey Medical Center and E.E.G.'s were normal. This was about 6/28/72.

At the Hershey Medical Center and the Philadelphia Children's Hospital office visits were $43.00 which we had to pay out of our pockets. The E.E.G.'s were also $45.00 but our insurance took care of those. At the Middletown Chiropractic Health Center we used an envelope system which was a method of paying what we felt we could afford to pay with no financial difficulty to us.

Only the initials are used because the name is not important. What we wanted to show you is that the body can heal itself when it is free of nerve interference without the use of drugs and medicine. If it did so in a case such as this, can chiropractic help restore you to good health?

And better yet — if you are in relatively good health, why not protect this most precious of your assets with regular checkups of your spine? Good health doesn't cost — it pays.

Call for Appointment

MIDDLETOWN CHIROPRACTIC HEALTH CENTER

219 Spring Street — 944-4676

HOURS BY APPOINTMENT ONLY

We accept all families & patients regardless of financial ability to pay.
HEADACHES

While headache may be one of the most distressing of human discomforts, it is not a disease, but a sign that something is wrong. Nearly every adult will at some time or another, suffer simple headaches from body abuse, such as lack of sleep, sudden anxiety, or too many cocktails, but more than 20 million Americans experience the painful, chronic, recurring headache, a serious health problem. In only a small percentage of cases, about 3 in 100, is the cause some serious organic disease. Ninety per cent of headache cases are medically grouped into two categories: (1) vascular headaches, including migraines and (2) muscle contraction or tension headache.

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

Research has shown that about 80 per cent of chronic headaches are caused by mechanical irritation of the nerve roots in the neck, usually dating back to some previous trauma. This nerve root irritation may be caused by minor neck injuries not even recognized as trauma by the patient. Injury to the neck produces a mechanical derangement of the bony structures which causes the irritation of the nerve roots. The many nerves and blood vessels in the neck, exert their function on the painful areas of the scalp, face, and brain, and when the body is placed under stress, the headache develops.

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

PEPTIC ULCERS

Emotional tension and psychological conflicts are sharing the blame as the cause of ulcers, and while emotions do play a part, other factors are definitely involved in the development of peptic ulcers.

Dr. A. P. Karpowicz

Spinal nerve irritation plays an extensive role in the mechanism of ulcer formation. Subluxation, or misalignment, of certain vertebrae in the spine may cause tense, overactive nerves that have a direct bearing on the nerve and blood supply to the stomach and intestine. If the vertebrae and impinged nerves are left uncorrected, normal function of the digestive tract is lost — excessive acid secretion, spasms, and ulcer formation may be the end result. This explains the effectiveness of modern chiropractic care in ulcer conditions. For the correction of this common cause of ulcers, and a minimizing of associated emotional tensions, a doctor of chiropractic should be consulted in these cases.
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For the correction of this common cause of ulcers, and a minimizing of associated emotional tensions, a doctor of chiropractic should be consulted in these cases.

(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakesly St., Dunmore, Pa. Phone 342-0767.)

CHILDREN'S HEADACHES AND NECK INJURIES RELATED

A very high percentage of chronic recurring headaches in children are a result of minor injuries to the neck. Children's necks are subject to hazards unknown to adults. Children wrestle, tumble, play football, or other games, and their necks get twisted. They frequently fall from bicycles, sleds, and other toys, on the neck or spine. Children fall down stairs, out of chairs. They get hit on the neck with baseball bats, hockey sticks, and other objects.

Pain and stiffness in the neck usually disappears in a day or two and the injury is forgotten. But that slight injury may have displaced the vertebrae and pinched nerves in the neck. Unless corrected this can lead to permanent damage and cause periodic headaches which may be carried into adulthood.

Dr. Murray Braas, orthopedic surgeon, New York's Stuyvesant Hospital and Dr. Samuel Rosener, Director of Neurology and Neurosurgery at the same hospital, in a report quoted in the Toronto Daily Star said, "The neck must be considered a prime suspect in every headache case of unknown origin in children as well as adults."

In these cases your doctor of chiropractic should be consulted promptly for the correction, through gentle spinal adjustments, of pain and disease causing nerve conditions in the neck.

(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakesly St., Dunmore, Pa. Phone 342-0767.)

What Diseases Do Chiropractors Treat?

CHIROPRACTORS DO NOT TREAT DISEASES. DISEASE IS NOT A SOMETHING THAT ATTACKS THE BODY. IT IS A BREAK-DOWN OF THE BODY'S DEFENSES, OR A MALFUNCTION OF SOME PART OF THE BODY, CAUSED BY INJURY OR STRESS. DISEASE IS NOT SOMETHING TO BE TREATED. IT'S A CONDITION THAT NEEDS TO BE CORRECTED, REPAIRED OR HEALED.

INTERFERENCE WITH THE FUNCTION OF THE NERVOUS SYSTEM IS A CAUSATIVE FACTOR IN THE DEVELOPMENT OF EVERY DISEASE PROCESS. REMOVAL OF THE NERVE INTERFERENCE THROUGH GENTLE SPECIFIC CHIROPRACTIC ADJUSTMENTS CAN MEAN THE DIFFERENCE BETWEEN GOOD HEALTH AND DISEASE.

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg
Phone 834-1897

Dr. Andrew C. Krupar
Dr. Betty E. Krupar
Dr. Howard E. Bower

We accept all cases regardless of condition or financial ability to pay.
Q. Last year before we moved here, my college-age daughter took lessons in judo to learn how to protect herself. I thought it was silly but didn't mind. I did mind, however, when the instructor told her class that they can "crack their own necks and backs" to stop headaches and other pain. Isn't this dangerous?

A. It certainly is dangerous. Tell your daughter that she should never attempt to do such a thing.

The Doctor of Chiropractic spends over 4,000 hours learning how to adjust the spinal column before he is qualified to practice. Your daughter's judo instructor is right as far as knowing that spinal manipulation is vital in the control of headache and back trouble, and all of science is now aware that nerve pressure can cause disease as well.

But it could be tragic to attempt to cure a headache or disease at the hands of an unqualified practitioner. The theory of chiropractic is based on the belief that nerve pressure can cause disease and seems simple, but achieving it requires hands that are trained and very sensitive so that there is no danger - only assurance - of giving the patient excitation and wrong treatment.

Tell your daughter her judo instructor should stick to his field before he ventures into others.

DIAL 875-1919

DR. W. B. KENESKY
Chiropractic Physician

601 CENTRE STREET, ASHLAND

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TROUBLE SLEEPING?

You often hear about people having trouble getting to sleep at night. If you are one of those unfortunate who toss and turn for what seems like hours before getting to sleep, you can't always blame that cup of coffee. And you have probably learned that counting sheep doesn't help much. It may be that the trouble stems from the fact that you haven't learned to relax. But you can learn to do this.

Don't work at relaxing. If after lying down, you are unable to relax, try to find out in what spot your body muscles are still tensed. Then begin to contract these muscles and relax them, and do the same to the feet, legs, arms, stomach muscles, etc. This way relaxing and sleep may come more quickly than you think.

On the other hand you are still nervous and jittery and tense and you are not able to relax then a Chiropractic examination and spinal adjustment may be indicated.

X-RAY SERVICE

Dr. W. B. Kenesky
Chiropractic Physician
601 CENTRE STREET, ASHLAND
PHONE 875-1919

Daily 8:00 A.M. to 5:00 P.M.
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Evening Herald
of Shenandoah
Q. When do I need a Chiropractic check-up?
A. It is certainly time for a Chiropractic check-up when symptoms have persisted despite usual medical treatment. For how long a patient gives medical methods a chance to achieve results before turning to Chiropractic, is usually a matter of individual psychology and the amount of accurate information he has about Chiropractic. Usually when a chiropractor gets results, the obvious conclusion is: "Why did I wait so long?"

Given half a chance, a Chiropractic check-up can stop many disease processes before they get started. Many people are bothered vaguely by physical conditions, but don't feel there is anything definite they can put their finger on. The experience of most people, or of their friends, leads them to believe it would be a waste of time to visit a doctor for such symptoms.

In looking at the body the chiropractor is guided not by a desire to attack symptoms but to find out how far away the body is from normal functioning and to restore it to that normal state. Thus his approach is perfectly calculated to stop developments which might lead to more serious conditions.

The doctor of Chiropractic is trained to look for basic causes. He knows that an intact and soundly functioning nerve system is an essential condition of good health. He wants above all to restore natural harmony between the structures of the body and to bring the nerve system back to proper operation.

Q. From a chiropractic standpoint, this pain would most likely be a complication arising out of the Brachial Plexus. As you might know, the body's nervous energy is transmitted from the brain to the rest of the body via the spinal cord. The impulses must then travel via nerve roots which pass through openings formed by the vertebrae.

Now, the Brachial Plexus provides nerves to the upper extremities, and is formed primarily by the 5th thru 8th cervical nerves and the 1st thoracic. This is the approximate area of the lower neck and upper back. If one or more of these 5 or 6 nerve roots forming the Brachial Plexus becomes impinged upon due to a subluxated or misaligned vertebrae, then quite possibly a person will experience arm pain, or even a numbness down into the fingers. Unfortunately, people tend to overlook the acute stage as a passing pain that will go away in a couple days. Sometimes it does, only to return in later years as a chronic condition, which can become quite bothersome.

Chiropractic treatment will restore the vertebrae to its normal position and allow the nerve to pass through these openings un-impinged, thus relieving the arm pain.

HINT: The longer your body is ailing, the longer your body takes to get well.

RANDALL KURTZ, D.C.
116 North St.
St. Marys, Pa.
15857
Many Are Medically Treated
Who Should Be Chiropractically Corrected.

PHONE 538-2893
Dr. Thomas Houser
Chiropractor
5th and Elm Street
Watsonville

Health is Our Only Side Effect!
Try Chiropractic.

Phone 538-2893
DR. THOMAS HOUSER
CHIROPRACTOR
5th and Elm Street
Watsonville

What a Surprise to Find Out
Chiropractic Does Not Hurt!

Dr. Thomas Houser
CHIROPRACTOR
Phone 538-2893
5th and Elm Street, Watsonville

Only a Chiropractor Can Tell
if You’re a Chiropractic Case. Try Chiropractic.

PHONE 538-2893
Dr. Thomas Houser
Chiropractor
5th and Elm Street
Watsonville
ATHLETIC INJURIES

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

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

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

FISHER CHIROPRACTIC OFFICES
132 Main Street Phone 538-4702 Watontown
Do you have a question about chiropractic? Write or call our office to receive your free booklet. No obligation of course...
PREGNANCY AND PRENATAL CARE

Chiropractic has an enviable record in prenatal care. Morning sickness, loss of appetite, low back pain with complications and leg pains, abnormal kidney function, many nervous and anxiety symptoms, and in many cases the long hours of excruciating pain known as labor, can be avoided by regular chiropractic care thru the prenatal months.

Every expectant mother owes it to herself and her unborn child to have regular chiropractic care thru her pregnancy to insure that her body remains free of nerve pressure, thereby increasing her ability to make adaptations and changes called for in normal pregnancy. This care has a two-fold benefit: (1) it protects the mother's health, reduces the adverse effects of pregnancy, and helps to insure faster recovery after delivery, (2) it helps to insure a healthy, strong baby and helps to give the infant a better start in life by reducing the chances of a complicated delivery.

Every expectant mother should include modern scientific chiropractic in her health program as the need thru pregnancy is increased. Through chiropractic adjustments this phase of life will be completely happy, inspiring, and exciting as it is desired to be.

Presented for the public interest by
Dr. Louise A. Froehlich, Chiropractor
Richboro, Pa. 355-1133

Coughing

Coughing is unnatural. It is evidence of some disorder affecting the respiratory tract. This cough and the disorder accompanying it don't just happen. Each of this trouble is a cause to be corrected.

Coughs are produced by an inflamed, irritated condition of the membrane lining the throat, bronchial tubes and lungs. This turn is due to a failure of the nerve currents governing this membrane, hence the abnormal condition.

The nerves feeding and regulating this membrane, like all other nerves, have their origin in the spine. They branch off from the spinal cord and emit between two of the movable bones of the spine. There is where the interference occurs; and there is where chiropractic adjustments are made to remove the cause.

Presented for the public interest by Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133

Ben Gay contains only three ingredients: Menthol, Lanolin and Methyl Salicylate.

March's Index says that in average doses Menthol causes Blood Druses (morbid state) and irritation. Overdoses will cause Gastro Intestinal Distress, Convulsions, Anoxia, Supraventricular Death.

Lanolin (least harmful) only causes Allergic Dermatitis.

Methyl Salicylate, ingested in small amounts, may cause poisoning and death. Symptoms of poisoning include: Nausea, Vomiting, Acidity, Pulmonary Edema, Pneumonia, Convulsions.

Ben Gay or any other liniment cannot relieve arthritis or rheumatism or muscle aches. Correct the cause of these ailments with Chiropractic adjustments of the natural way to health.

Presented for the public interest by
Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133

YOUR WONDERFUL HEART

Your heart is a most magnificent structure. Under normal conditions it beats 100,000 times daily as it ejects 4,300 gallons of blood to keep every body cell supplied with nutrition and oxygen. It pumps blood through 4,000 miles of blood vessels and can, in an emergency, increase its output 100%.

The heart is dependent upon the ability of the nervous system to supply it with normal nerve energy from the brain.

The chiropractic maintains that spinal subluxations interfering with nerve impulses between the brain and heart may result in heart and blood vessel disorders.

So, for a healthier and more active life without medicines or drugs visit your chiropractor regularly. Why be sick when you can be well. See your Chiropractor today.

Presented for the public interest by Dr. Louise A. Froehlich, Chiropractor, Richboro, Pa. 355-1133
Chiropractic
NATURE’S WAY
... NO DRUGS
... NO SURGERY
ZELLER
Chiropractic Office
Rt. 30, East Bedford
Phone 623-8712

Tried Everything?
NOT UNLESS YOU’VE TRIED CHIROPRACTIC

ZELLER
Chiropractic Office
Rt. 30, East Bedford
Phone 623-8712

Cheiropractic
Strikes At The Fundamental
Cause Of Illness...
Rather Than Attempting
To Treat Its Effects

ZELLER
CHIROPRACTIC OFFICE
Rt. 30, East Bedford
Phone 623-8712

CHEST PAINS can be caused by nerve disturbance at point 4.
ASTHMA, DIFFICULT BREATHEING, FUNCTIONAL HEART
DISORDERS, are put more distresses caused by nerve
pressure in this area. Early detection and correction of the cause
WAY BE SICK WHEN YOU CAN BE WELL!
CHEST PAINS
CHEST PAINS can be caused by nerve disturbance at point 4. The pain may vary from dull throbbing to an intense, fearful constricting sensation.

ASTHMA, DIFFICULT BREATHING, FUNCTIONAL HEART DISORDERS are but a few more distresses caused by nerve pressure in this area. Early detection and correction of the cause through Chiropractic is vital in these conditions.

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

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

Free Spinal X-rays When Necessary!

Approximate representation of Spinal nerve areas.

DR. THOMAS YINGST
CHIROPRACTOR
REGARDLESS OF WHAT YOUR AILMENT IS CALLED ... NO 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 — DON'T PUT OFF ANY LONGER.

CALL FOR APPOINTMENT TODAY 326-9762

X-RAYS IF NECESSARY, ARE INCLUDED IN INITIAL OFFICE VISIT
PINCHED NERVES

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

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

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

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

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

Dr. R. F. Brundage
Chiropractor
Phone 759-0033

ASTHMA

When the supply of nerve energy to the inter-related parts of the breathing apparatus is impeded, the resulting condition is known as “asthma”.

Asthma sufferers know of the discomforts — the wheezing, coughing and difficulty in breathing — which accompany attacks.

Breathing is induced by a continuous series of involuntary muscular contractions and relaxations directed by nerve energy impulses from the brain through the spinal column to the breathing organs. Any pressure of impingement which interferes with the proper flow of energy affects the breathing process.

The chiropractor locates the source of interference and uses chiropractic adjustments to remove the pressures and restore normal function of the nerves and the breathing apparatus.

The chiropractor, by adjustments, realigns the nervous system and allows nature to work from within to bring about a complete cure and lasting correction.

Dr. R. F. Brundage
Chiropractor
Ph. 759-0033
HEADACHES

The toll taken in time, comfort and money by the "Simple headache" is immeasurable.

It has been estimated that there are over two hundred different causes of headaches, and industry has found that about one-third of all employee absences is caused by headaches. It is easy to understand why the "simple headache" isn't so simple and why it is such a drain on humanity.

Explained simply, headaches are the result of pressures which continue to mount. The mounting pressures cause tension which builds up in the glands and muscles, finally resulting in the headache pains.

Chiropractic adjustments, administered by the competent hands of a chiropractor, releases the pressures caused by pinched nerves, eases the tensions and relieves pain fast.

The chiropractor, an expert in matters relating to the spinal column and the body's nervous system, locates the source of pressure and effectively removes it by adjustments.

DR. R. F. BRUNDAE
Chiropractor
Ph. 759-0033

THE CHIROPRACTIC ADJUSTMENT

The chiropractor is a student of the body's vast nervous system. Medical science knows that bodily functions are controlled by nerve energy impulses from the brain through the spinal cord to all parts of the body.

When one or more of the vertebrae of the spine are displaced, nerve pressure results. Nerve fibers are impinged, and vital organs are affected.

The chiropractor locates the displaced vertebrae. Once located, he gently adjusts the vertebrae — using only his competent hands — to return the vertebrae to its proper position in relation to the remainder of the spine. Once the vertebrae is back in position, pressure is relieved, and the impinged nerve is free to perform its normal function.

The "adjustment" is simple, gentle and painless. Actually, most persons who have undergone chiropractic adjustments have found that already-present pain is greatly relieved, if not completely eliminated, by the first adjustment.

It is simple and quick; and it performs wonders in restoring that healthy, happy feeling.

Dr. R.F. Brundage
Chiropractor
Phone 759-0033
NECK PAINS

A "pain in the neck" may be something more personal and painful than "that disgusting fellow sitting over there."
And, "pain in the neck" may be more serious than a sudden, temporary pain. Pains in the area of the neck may be signal from tortured nerves that some part of the body needs prompt attention.

The chiropractor has been prepared by study and training to spot the cause of neck pains, and is skilled in removing the cause of the pain.

Whatever the cause of the neck pain, some part of the nervous system is involved. The chiropractor, with modern scientific methods and equipment locates the cause and takes steps to correct the difficulty. Through gentle adjustments at the hands of a competent chiropractor, the spinal column is aligned and the nervous system is attuned, enabling the body to cure itself from within and bring lasting relief from the aggravating pain.

Don't take a chance with a neck pain. Let a competent chiropractor remedy the trouble ... before it can become serious. Another Life and Health Article from the office of

DR. GARY B. SUTTON
CHIROPRACTOR

OFFICE HOURS:
MON-WED.-FRI.
9:00 A.M. to 2:00 P.M.
5:00 P.M. to 9:00 P.M.
TUES. 9:00 A.M. to 1:00 P.M.
SAT. 9:00 A.M. to 11:00 A.M.

We accept all cases regardless of condition or financial ability to pay.
20 W. Church St.
Fairchance, Pa.
FOR APPOINTMENT
PHONE 564-9729

STOMACH DISORDERS

Nothing can knock the smile from a face and take the joy out of living faster or more completely than stomach distress.

Poor digestion probably causes more human discomfort and actual suffering than any other single aliment.

But, the stomach, like the rest of the human body depends on a proper flow of nerve energy from the brain to keep it functioning properly. When anything interferes with the pipeline from the brain to stomach, upset can result. If neglected too long, serious stomach disorders can develop.

The chiropractor, with his knowledge of the nervous system and the spinal column, which is the trunk-line for the flow of nerve energy throughout the body, locates and corrects misalignments of the spine and frees vital nerve energy to do its proper task.

When the spinal column is properly aligned and the nervous system is functioning properly, through competent, gentle chiropractor adjustments, the vital nerve energy—nature's own healing force—maintains normal activity in the digestive system. Another Health and Life Article from the office of

DR. GARY B. SUTTON
CHIROPRACTOR

OFFICE HOURS:
MON-WED.-FRI.
9:00 A.M. to 2:00 P.M.
3:00 P.M. to 7:00 P.M.
TUES. 9:00 A.M. to 1:00 P.M.
SAT. 9:00 A.M. to 11:00 A.M.

FOR APPOINTMENT
PHONE 564-9729

Free Spinal X-Rays To All Cases Being Paid By The Family Budget
20 W. Church St.
Fairchance, Pa.
LIFE HEALTH

THE COMMON COLD

Colds probably cause the greatest drain on the manpower and the wealth of the nation than all other diseases of man.

It is estimated that 100,000,000 colds occur each year. Financially, the elimination of the common cold would enrich the nation by billions every year. It might even be enough to make a down payment on the national debt.

Chiropractic has not found a ‘sure cure’ for a bad cold, but it makes it unnecessary for the human race to suffer the aches and pains and discomforts of the cold.

Colds attack when the human body is operating below peak efficiency. Excretory organs do not function properly, and poisons accumulate in the system. Resistance is lowered and congestion occurs in nose, throat or bronchial tubes. A ‘bad cold’ is the result.

Chiropractors, through regular check-ups and gentle spinal adjustments keep the body ‘in tune’ and the nervous system operating smoothly to supply vital nerve energy to all organs of the body. The results—the body has the strength to fight off the unsolved mystery of the cold.

Another Life and Health Article from the office of:

DR. GARY B. SUTTON
CHIROPRACTOR

OFFICE HOURS:
MON-WED-FRI, 9:00 A.M. to 2:00 P.M.
5:00 P.M. to 8:00 P.M.
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SAT. 9:00 A.M. to 11:00 A.M.

We accept all cases regardless of condition or financial ability to pay.
20 W. Church St., Fairchance, Pa.

PHONE 564-9729
The Spine

Why it's called the "backbone" is pretty hard to explain, maybe it's because no one ever stopped to consider that a solid bone doesn't often get around to bending in all sorts of directions like the human spine.

Actually, there are 24 movable segments, or vertebrae, in the "backbone" or spine. Between each segment is a soft cushion called a disc. The disc serves as a ball bearing and shock absorber for the vertebrae.

Inside the spine is a tube which contains the spinal cord, the lifeline of the nervous system. The spinal cord runs from the brain through the spinal column. Between the vertebrae are pairs of nerve trunks leading from the spinal cord and carrying millions of nerve fibres to the various parts of the body.

Displacement of any of the vertebrae or the discs of the spine impinges delicate nerve fibres, and vital organs served by the nerves can be affected. Disease is the result.

The spinal column, the spinal cord and the nervous system are the areas in which the chiropractor is scientifically trained. He locates the impingements and, by gentle adjustments, removes the offending pressures and restores the vital flow of nerve energy to the affected areas. Nature's healing power restrains the feeling of health and well-being. Another Health and Life Article from the Office of:

DR. GARY B. SUTTON
CHIROPRACTOR
OFFICE HOURS:
MON-WED.-FRI.
9:00 A.M. to 2:00 P.M.
5:00 P.M. to 8:00 P.M.
TUES. 9:00 A.M. to 2:00 P.M.
SAT. 9:00 A.M. to 1:00 A.M.
PHONE 564-9729
TIERED MINDS
NERVOUS
DISORDERS
A 51 year old businessman suffered for three years with almost constant fatigue. His physical energy steadily grew less and less until he became exhausted. "It was as if I would black out." He also suffered with painful backaches. "I could not sleep. I could not rest - my back would hurt so much it would wake me up. Finally I decided I needed a Chiropractor."

Examination and x-rays revealed the cause of his trouble to be in the spine and nervous system. After regular adjustments to correct his trouble he now says "I'm in better health now than I've been in years."

If you are tired and run down investigate Chiropractic.

Make your appointment on Tuesday or Friday at the Cook Clinic in Beaver Falls, Pa. Phone 846-5830

THE COOK
CHIROPRACTIC
CLINIC
Peoples Building and Loan Bldg.
Beaver Falls, Pa.

Tired Feeling
Causes Business Failure
Consider this case as a good example of what can happen to this body machine of ours.

A successful business man, age 55, came to the Chiropractic Clinic complaining of waking up tired in the morning and severe dizziness when he stood up. He related that he was extremely nervous, constantly "keyed up" and easily upset and irritated. His colleagues felt the office too. He had "noises" in his ears, suffered a constant sinus drainage, often suffered from sick stomach, low blood pressure, difficult urination and underweight. Examination and X-rays revealed misaligned vertebrae causing nerve interference. Corrective adjustments, after a period of time, removed the nerve pressure and he was amazed as his symptoms cleared and he felt better. He now enjoys good health.

Phone 846-5830 for your appointment on Tuesday or Friday.

THE COOK
CHIROPRACTIC
CLINIC
Peoples Building and Loan Bldg.
Beaver Falls, Pa.

HEADACHE.
Pain.
Tension.
If you suffer from pain, headaches or tension, we have good news for you. All are benefited and may be corrected by your Doctor of Chiropractic. The cause is usually attributed to nerve pressures which are removed by careful chiropractic treatment. For appointment phone 326-3434.

Dr. Perry D. Cook
CHIROPRACTOR
500 Park Ave.

NO MORE "DRA'PING THROUGH THE DAY" FOR THIS MAN
A thirty-four year old engineer suffered all year with daily headaches and constant tension pains in his neck, extending down between his shoulders. He had a past history of indigestion, gas, bloating, burning acid and chronic constipation. All this was further complicated by sinusitis, frequent headaches and hay fever. He had no energy, had to "drag through the day." He was so tired and exhausted he couldn't relax enough to sleep.

A spinal examination and X-rays disclosed long standing spinal injuries interfering with several nerve lines which were responsible for his multiple aches and pains. His last report was that he was sleeping all night, no headaches for several weeks, no indigestion, no heartburn, bowels regular, his energy greatly improved and nerves much calmer.

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THE COOK
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CLINIC
Peoples Building and Loan Bldg.
Beaver Falls, Pa.
• FREE SPINAL X-RAYS •

WHY IS IT THAT

CHIROPRACTIC

SUCCEEDS

AFTER OTHER METHODS

HAVE FAILED?

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

WE ACCEPT ALL CASES REGARDLESS OF
CONDITION OR ABILITY TO PAY.

FEES BEGIN AT $6.00 AND MAY BE REDUCED
ACCORDING TO YOUR ABILITY TO PAY!

DR. DANIEL MILLER
214 Ninth Ave., McKeesport, Pa.
Phone 078-2319

DR. ANDREW GIRAN
2328 Walnut St., W. Mifflin
Phone 485-0141

DR. MILLER
Dr. Giran M, Nov., Wed.
Fri. 12 to 8 P. M., Sat. 9 till Noon

GIRAN
DR. MILLER
WHAT'S BETTER THAN CHIROPRACTIC CARE?

Headaches ... nothing better than chiropractic care
Lower back pain ... nothing better than chiropractic care
Tingling in the hands ... nothing better than chiropractic care
Neck pain ... nothing better than chiropractic care

DR. PETER J. BERNOSKY
CHIROPRACTOR
840 West Chester Pike, West Chester
696-4813

WHAT ARE YOUR CHANCES
for recovery under Chiropractic Care?

The following statistics, based upon studies reported by the Chiropractic Research Foundation, National Chiropractic Association, and by the Committee on Research, International Chiropractors Association, indicate results obtained under chiropractic care for a large variety of chronic conditions. The majority of these cases had already received prolonged treatment without success.

<table>
<thead>
<tr>
<th>CONDITIONS</th>
<th>NUMBER OF CASES STUDIED</th>
<th>PERCENT WELL OR MUCH IMPROVED</th>
<th>PERCENT SLIGHTLY IMPROVED</th>
<th>PERCENT SAME</th>
<th>PERCENT WORSE</th>
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<tr>
<td>Allergies</td>
<td>39</td>
<td>87.2</td>
<td>10.3</td>
<td>2.5</td>
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<tr>
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<td>9.2</td>
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<td>1.8</td>
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<td>Arthritis</td>
<td>447</td>
<td>73.9</td>
<td>16.8</td>
<td>9.4</td>
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<tr>
<td>Asthma</td>
<td>336</td>
<td>80.5</td>
<td>12.1</td>
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<td>Back Disorders</td>
<td>1989</td>
<td>81.75</td>
<td>17.3</td>
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<td>General</td>
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<td>94.2</td>
<td>4.6</td>
<td>.2</td>
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<td>Bronchitis</td>
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<td>9.9</td>
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<td>Bursitis</td>
<td>28</td>
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<td>Constipation</td>
<td>759</td>
<td>79.2</td>
<td>13.3</td>
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<tr>
<td>Dizziness</td>
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<td>86.3</td>
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<td>Emotional Disorders</td>
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<td>Gall Bladder Disorders</td>
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<td>General Tension</td>
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<td>Goiter</td>
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<td>Hay Fever</td>
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<td>13.4</td>
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<td>Herniated Disks</td>
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<td>73.0</td>
<td>9.3</td>
<td>6.4</td>
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<td>Indigestion</td>
<td>133</td>
<td>89.4</td>
<td>4.5</td>
<td>5.3</td>
<td>8</td>
</tr>
</tbody>
</table>

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

DON'T WAIT!
Time is a friend of disease

Dr. Peter J. Bernosky
840 West Chester Pike
West Chester
696-4813
NERVOUSNESS?
Chiropractic Can HELP YOU!

Nervous indigestion, nervous heart, or nervous stomach are conditions resulting from an interrupted flow of vital life energy through the medium of the nervous system. Chiropractic adjustments restore normal nerve flow. More and more are turning to Chiropractic for these ailments as they realize how important normal nerve function is to health.

An Invitation to Health...
If you are one of the many who have failed to obtain a correction of your health problem through any other means, Tucci CHIROPRACTIC CARE invites your serious consideration.

Call 929-6100 Today For Appointment
We accept all cases regardless of ability to pay

FREE SPINE X-RAY unless covered by insurance

Tucci Chiropractic Office
BELLE VERNON, PA. PHONE 929-6100
POOR POSTURE AFFECTS HEALTH

How does poor posture interfere with health? A flat chest may affect heart or lung action or interfere with circulation to the bronchial tubes. A sagging abdomen may interfere with digestion or bowel action. But, the outstanding way in which poor posture affects health is accompanied by distortions of the spinal column causing: Headaches, sinus trouble, sore throats. These are caused by poor posture of the neck region of the spinal column because such distortions interfere with spinal nerves that distribute to the head, its sinuses and throat.

Posture distortions develop from habits, such as sleeping on the abdomen with your head turned to one side every night. Work habits, too, may require a bending of the head and neck in such a manner as to distort the cervical spine (neck).

Postural distortion of the spine at a point where nerves which go to the head and even shoulder and arms may be affected.

CHIROPRACTIC CENTER
198 N. Franklin St., Wilkes-Barre
Phone 824-1906 — Park In Rear

— HOURS —
1:00 p.m. to 8:00 p.m.
Monday, Wednesday and Friday
11:00 a.m. to 3:00 p.m.
Tuesday and Thursday

CHEST PAINS

CHEST PAINS can be caused by nerve disturbance at point 4. The pain may vary from dull throbbing to an intense, fearful constricting sensation.

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Phone — 843-5503

The Times-Leader
Wilkes-Barre
3/97

The Pottstown Mercury
4/3

DR. THOMAS YINGST
CHIROPRACTOR
132S HIGH ST.
POTTS TOWN, PA.

X-RAYS IF NECESSARY, ARE INCLUDED IN INITIAL OFFICE VISIT

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The Derrick
Oil City
4/4

Dr. Nyle Ziegler
CHIROPRACTOR
at
MARIANNE
(Just North of 322 on Rt. 66)
Open Daily By Appointment
326-9842
Tues. & Thurs. without App.
Nerve Exhaustion

Dr. F. F. Tucci
Chiropractor

Lower vitality or deplete your nerve supply and soon you will be suffering from nerve exhaustion. If you are as tired on arising as when you went to bed, consult us for complete chiropractic examination. Proper spinal adjustments will assure a constant flow of vital nerve energy to all parts of your body and consequent health.

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

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FREE SPINE X-RAY except cases covered by insurance

TUCCI
CHIROPRACTIC OFFICE
BELLE VERNON, PA. PHONE 929-6100
If No Answer PHONE 684-5711

Promising future in chiropractic field

Editor, Courier Times:

In response to the ad opposing chiropractic care for Medicare:

We have just enrolled our daughter in Palmer College of Chiropractic in Davenport, Iowa. She will be trained as a chiropractic assistant. They offer an excellent business course, plus X-ray, physics, X-ray technology, anatomy and physiology, clinical lab, terminology used in chiropractic care and office first aid.

As chiropractic is not drug oriented, she should have a healthy and happy college life. If we didn’t feel this field had a promising future, we wouldn’t spend a considerable amount of money to send her to this college where young people come to from all over the world.

Parents of a
Future C.A.
Trevose, Pa.

The Valley Independent
Monessen 3/27
YOUR HEALTH!!

Most of us are born with bodies that possess normal organs, which, so long as they function properly, give us no concern. It is only when normal function is disturbed that we become sick. In order for our body to be healthy it must be supplied with three essentials; it must first have life force flowing to all parts through free nerves; it must secondly have proper nutrients from which the body can build good tissue; it must thirdly receive the best oxygenated air (which includes environment) that it is possible to obtain. The practice of Chiropractic embraces the first and foremost essential, that of life flowing through free nerves to all organs and cells of the body. This is the foremost essential because even poorer nutrition will be converted to body use if there be vital nerve force in proper quantity and quality reaching the organs through the nervous system, and even in places where the air is poorest there are many who are well because proper distribution of nerve force enables them to cope with an otherwise unsatisfactory environment.

Chiropractic has proved the accuracy of its principles and practice by equal results secured in restoring the sick to health, and it has been the means of bringing health to millions of individuals. Why not consult a competent Chiropractor and determine for yourself the value of Chiropractic as a health service?

FISHER CHIROPRACTIC OFFICES
132 MAIN ST. Phone $38-4702 WATERFORD, PA.
INSURANCE PAYS FOR CHIROPRACTIC CARE!

On August 3, 1971, the Legislature in Harrisburg passed House Bill No. 872, which eliminates discrimination in insurance policies. As of August 3, 1971, any insurance policy issued or renewed must pay for Chiropractic services. This includes sickness and accident insurance for not only treatment and services, but also reimbursement of sickness and bodily injury claims. The only company not included is Blue Cross Shield of Pa. The Chiropractic profession is working for its inclusion, also, as should its policyholders, so they will not be denied complete health coverage.

Office Hours by Appointment
MON., TUES., WED., FRI. 8:30 - 12 Noon 3:30 - 5:00 P.M.
SAT. 8:30 A.M. to 11:00 A.M.

(One of a series of articles published in the public interest to explain and illustrate chiropractic, published by Dr. A. P. Karpowicz, chiropractor, whose office is located at 701 S. Blakely St., Dunmore, Pa. Telephone 343-0767.)

ONLY UNHEALTHY SINUS TISSUES BECOME DISEASED

The sinuses are hollow cavities in the bones in the nasal region of the head. From the mucous membrane which lines the sinuses come quantities of the moistening mucous fluid. Healthy sinuses drain the fluid through small ducts into the nasal passages. The main feature of sinus infection is failure for a variety of reasons, of drainage through those openings resulting in the accumulation of very toxic fluid and causing the effect, pain. Sinus trouble does not occur in healthy tissues. The cause of sinus trouble lies within the body. The inability of the body to adapt itself to the changes and conditions of the surrounding environment is the cause, and is known as lowered resistance.

Chiropractic adjustment puts into action the defense forces within the body and allows the body to bring the sinus tissues back to their normal state of health.

Dr. E. Rannichetti Chiropractor

What others say . . .

TV'S NORMA ZIMMER WAS HELPED BY CHIROPRACTIC

The beautiful Norma Zimmer is famous to millions, by her lovely voice. She has appeared on the ABC-TV "Lawrence Welk Show" as his champagne lady for seven years.

Norma Zimmer, Lawrence Welk's champagne lady, received chiropractic care when she was quite young. "I was converted to chiropractic at a very early age," Norma said. "I had earaches of the sinuses when I was 10. It helped me so much I've been a believer ever since.

"Most great truths are simple. Chiropractic has proved itself to us. Once a month we have a checkup and an adjustment if necessary. It's good preventative health care. It's certainly better than waiting until you're sick."

Presented in the Public Interest

Schatzberg Chiropractic Center
625 Chester Pike, Prospect Park, Pa.
LE 2-0657
HOURS BY APPOINTMENT - CLOSED WEDNESDAY

CHIROPRACTIC CAN HELP YOU ENJOY THE NICE WEATHER AHEAD WITHOUT INDIGESTION

I suffered with indigestion, arm pains and restless sleep. I had heard about Chiropractic care and decided to find out for myself if it really would help. Now that I'm under Chiropractic care, I know that it helps. My indigestion is gone, the pain in my right arm is gone and I can now sleep well. I am very grateful for what Chiropractic has done for me. (name withheld)

Ferrance Chiropractic Center
Where Good Health Becomes Reality
PHILIPSBURG - OSCEOLA MILLS HIGHWAY PHONE For A Chiropractic Examination Today *Free Spinal X-ray If Necessary PHILIPSBURG 342-0534 * Does Not Include Insurance or Charge Cases
CHIROPRACTIC MUST NOT BE INCLUDED IN MEDICARE

RECENTLY CHIROPRACTORS HAVE BEEN USING CRITICISM OF THE AMA BY SENATOR EDWARD M. KENNEDY TO ESTABLISH CREDIBILITY FOR THE CULT OF THE CHIROPRACTIC. WE BELIEVE THE PEOPLE OF BUCKS COUNTY SHOULD BE PROPERLY INFORMED ABOUT THE TRUE FEELINGS OF MANY MAJOR ORGANIZATIONS AND GOVERNMENTAL BODIES ABOUT CHIROPRACTIC.

IN 1967 THE NATIONAL ADVISORY COMMISSION ON HEALTH MANPOWER SAID THAT "ALTHOUGH CHIROPRACTIC IS NOT THE ONLY EXISTING CULT, IT IS THE ONLY ONE WHICH STILL CONSTITUTES A SIGNIFICANT HAZARD TO THE PUBLIC."

"IDEALLY . . . THE STATUTES SHOULD BE REPEALED TO REMOVE THE CULT'S SHIELD OF LEGITIMACY."

IN 1968 FORMER NEW SECRETARY, WILBUR J. COHEN REPORTED "CHIROPRACTIC THEORY AND PRACTICE ARE NOT BASED UPON THE BODY OF BASIC KNOWLEDGE RELATED TO HEALTH, DISEASE AND HEALTH CARE THAT HAS BEEN WIDELY ACCEPTED BY THE SCIENTIFIC COMMUNITY. MOREOVER, IRRESPECTIVE OF ITS THEORY, THE SCOPE AND QUALITY OF CHIROPRACTIC EDUCATION DO NOT PREPARE THE PRACTITIONER TO MAKE AN ADEQUATE DIAGNOSIS AND PROVIDE APPROPRIATE TREATMENT."

Within the scientific community, the fallacies of chiropractic have been widely recognized. Following are some policy statements of major organizations:

American Public Health Assn.: "It appears that the practice of chiropractic and naturopathy constitutes a hazard to the health and safety of our citizens."

American Cancer Society: "Chiropractic is not based on a sound scientific medical approach to cancer and has no place in the diagnosis or treatment of cancer. Because early diagnosis and proper treatment of cancer are vital in the saving of lives and the diminution of suffering from cancer, the use of chiropractic in the diagnosis or treatment of persons afflicted with cancer represents a health hazard."

American College of Sports Medicine: "The American College of Sports Medicine does not recognize practitioners of chiropractic, naturopathy, and naturopathy as appropriate for membership in the College because the College considers the principles underlying their alleged healing practices are not founded on scientific grounds."

Labor and consumer groups are in agreement. Among significant policy statements:

AFL-CIO: "Care of patients should only be entrusted to those who have a sound scientific knowledge of disease and whose experience and competence render them capable of diagnosing and treating patients by utilizing all the resources of modern medicine. Since neither chiropractic theory nor the quality of chiropractic education equip chiropractors to do this, the AFL-CIO opposes coverage of chiropractic services in the Medicare program."

Consumer Federation of America: "CFA is greatly concerned that Medicare, coverage of chiropractic services would needlessly expose beneficiaries to potential health hazards — particularly the harm which would result when beneficiaries treated by such practitioners delay or avoid seeking proper medical care."

National Council of Senior Citizens: "Chiropractic treatment, designed to eliminate causes that do not exist while denying the existence of the real causes, is at best worthless — and at worst mortally dangerous."

THIS ADVERTISEMENT SPONSORED BY
BUCKS COUNTY MEDICAL SOCIETY
1235 West Broad Street
Quakertown, Penna.
A reply

CHIROPRACTIC INCLUSION IN MEDICARE
PARTIAL LIST OF SUPPORTERS

- Bucks County Council of Senior Citizens.
- Pennsylvania AFL-CIO.
- Pennsylvania League for Consumer Protection
- National Health Federation
- Chiropractic Patients Association of Pennsylvania
- Over 100 U.S. Congressmen and Senators by their co-sponsorship for inclusion.

We realize the Bucks County Medical Society does not support our position, but for once in your collective lives, we urge you to put aside your political extremism — consider the patient, not your pocketbook.

We also agree with the necessity for quality medical care. However, many patients have yet to realize same. We submit:

"Only 40% of all human ailments are found and labeled by medical doctors, and 60% are missed. Of those that are ostensibly found, 50% are diagnosed in error..."

(Barkley S. Sanders, Ph. D. — Former research consultant for the U.S. Public Health Service)

This is quality medical care? We suggest that the Bucks County Medical Society's academic and clinical slip is showing... and your credibility as a "science" is SUSPECT.

We feel the public is entitled to know the medical facts of life, and we are prepared to bring them to light — no matter how hard we hit the AMA's pocketbook. We urge all citizens to write to Congressman Edward Biester, Jr. in Doylestown requesting his support for chiropractic inclusion in medicare.

Bucks County Chiropractic Society
Ferrance Chiropractic Center

Where Good Health Becomes Reality
PHILIPSBURG - OSCEOLA MILLS HIGHWAY

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*Free Spinal & Ray if Necessary
Philipsburg 342-0534

Free Not Include Insurance or Charge Cases

The Progress
Clear 1/12

Let Chiropractic Help You Welcome Spring
Without That Headache

For years I suffered with bad headaches. The pain was so bad that almost every day I would have to lie down for a while. Nothing seemed to help, but since taking Chiropractic adjustments my headaches are gone. Now I tell everyone about Chiropractic. (Name withheld)

Dr. Ferrance

Ferrance Chiropractic Center

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Philipsburg 342-0534

Free Not Include Insurance or Charge Cases

Chiropractic Can Help You Enjoy The Nice Weather Ahead Without Indigestion

I suffered with indigestion, arm pains and restless sleep. I had heard about Chiropractic care and decided to find out for myself if it really would help. Now that I'm under Chiropractic care, I know that it helps. My indigestion is gone, the pain in my right arm is gone and I can now sleep well. I am very grateful for what Chiropractic has done for me. (Name withheld)

Dr. Ferrance

Ferrance Chiropractic Center

Where Good Health Becomes Reality
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Philipsburg 342-0534

Free Not Include Insurance or Charge Cases
"PINCHED NERVES"

We hear a lot about pinched nerves these days, but the average person seldom recognizes a case of pinched nerves, nor the fact that: (1) this condition can happen at any time, and (2) it can affect all parts of the body. Actual pinched nerves is a term commonly used to express the cause of a condition, or group of symptoms, that has resulted from pressure, irritation, or inflammation on any part of the body. Falls, sprains, auto accidents, faulty posture, improper lifting, or reaching may cause a pinched nerve. These slipped vertebrae, technically called vertebral subluxations, cause direct pressure or irritation on the nerve roots and interfere with normal nerve function. Painful symptoms and disorders may then develop.

Some of the most common complaints that may develop from pinched nerves are: headache, dizziness, pain in the neck, hands, shoulders, wrists, arms, numbness or tingling in the arms, fingers or legs, blurred vision, loss of balance, edema, muscle spasm, difficulty in swallowing, muscle weakness and, joint pain.

Chiropractic authorities point out that the spine is the center of all life activity, and if the spine is out of alignment, then the body is out of balance. Chiropractic care in these cases can usually relieve the patient of months or years of unnecessary suffering.

Presented in the Public Interest

Schatzburg Chiropractic Center
LE 2-0687
625 Chester Pike, Prospect Park, Pa.
HOURS DAILY BY APPOINTMENT - CLOSED WEDNESDAY

J. M. SIGAFOOSE
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Phone 225-1017
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?
WE ACCEPT ALL CASES REGARDLESS OF ABILITY TO PAY

*FREE X-RAYS

A Modern Clinic For the Restoration and Preservation of Your Health

RICH CHIROPRACTIC CLINIC
CLEARFIELD — PHONE 765-8301

*Except Cases Covered by Insurance
What Causes "TRACTOR BACK"?

Years ago, farm work was done by horse power. Today, it is done by tractor power. In the day of the horse, the driver could relax, look straight ahead and let the horse do the work. But today mechanized farming requires the farmer to give full concentration to his work. He strains himself physically and mentally.

Instead of working 10 hours, nowadays a farmer works 17 to 18 hours, for the tractor is tireless. Not recognizing his own limitation, the farmer often goes beyond human endurance.

His muscular system becomes fatigued from the bouncing and jolting, and the straining body position required to manipulate farm machinery. High speed, long hours and taut nerves aggravate.

A Public Service Message from the
LYCOMING COUNTY
CHIROPRACTIC ASSOCIATION
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The Cause of:

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Dr. M. S. Fener

Open Mondays, Tuesdays and Fridays

CHIROPRACTOR

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by appointment only

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30 Western Ave.

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May I

The Cause

of:

STOMACH DISORDERS

Fever, Colds

LARYNGITIS

ADENOIDS

The Cause No. 3

1. HAY FEVER

2. SORE THROAT

3. Sore Throat

THYROID

EXPERIENCES

7640 WASHINGTON STREET

PHONE 567-4357

Plymouth

Area

THE SPINAL COLUMN

by

Dr. Gerald Newman

for Further Information Call:

NEWMAN CHIROPRACTIC CENTER

7640 Washington Street

Swinsville, PA

27-0000
Sometimes Farm & Garden Work Can Become A...

PAIN IN THE BACK!

Enjoy your spring and summer free from aches and pains. Chiropractic care can help you enjoy more happy, healthy outdoor life. Call today for an appointment to have your spine checked. You’ll feel better for it!

Dr. William Baumgardner
Chiropractor
219-0766
...now opening our office is now open to serve you.

HAY YOU TRIED CHIROPRACTIC CARE FOR BETTER HEALTH!
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2006 Freeport Rd., Norristown, PA.
Phone: 224-5600

Dr. M. F. Fenner
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N. End Rd., Newport
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EASTON CHIROPRACTIC CLINIC
825 Old Philadelphia Rd., Easton, Dial 292-1651
Dr. Raymond Roscio—Hours by Appointment

BACK PAIN

If you are one of the 3 out of 10 people who suffer with back pain, your problem is probably caused by pinched nerves in the lower back. Nerve pain is the most common reason for back disability. When a vertebra is not in its normal position, it may cause nerve ganglia or block the vertebrae, which in turn causes the nerve to be pinched.

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

That is why the Chiropractic profession has always stated that to maintain good health and freedom from disease, all spinal misalignments should be promptly corrected.

Some of the conditions which respond well to Chiropractic

- Nervous Tension
- Asthma
- Leg Pain
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headache
- Bronchitis
- Shoulder and Arm Pains
- Fatigue
- Sciatica
- Dizziness
- Anemia
- Chest and Rib Pains
- Menstrual Problems
- Gas and Bowel Disturbances
- Headaches
- Whiplash Injuries
- Alcoholism
"Nervous tension" is a common complaint in our fast-moving world. Hurry, bustle, worry and just plain jitters take their toll in the form of numerous types of physical incoordination.

Good health results from recognition of a basic principle: proper regulation of body functions lies in the nervous system. If an organ is not receiving the normal, natural quantity of nerve energy, it cannot function normally. Nerve energy flows from the brain over nerve pathways to every cell in the body. When a nerve is impinged by a spinal misalignment (subluxation), an interference to normal flow of this vital nerve energy is created. As a consequence, one or more organs of the body will not receive the correct amount of this energy, the particular organ affected depending on which nerves are impinged.

Your Chiropractor is scientifically trained to locate and adjust vertebral misalignments.
The spine is the key to the nerve system and many times Chiropractic is the answer to a more healthful life.

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 6
Closed Saturday and Thursday Nights
*This partner is causing pain out of the family budget.

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

1. Slight pressure on nerves at this point may cause headaches, muscular pain in the neck, nervousness, dizziness or emotional disorders.
2. A slight slipping of a vertebrae, causing pressure on nerves in this part of the spine, may be the cause of heart trouble, difficulty in breathing, pain in the shoulders and arms. This area between the neck and the shoulders is the part of the spine where pressure on nerves could cause pain between the shoulder blades, muscular ache in the arms and shoulders, arm pain, elbow pain, and backache.
3. Nerve pressure at this point may cause chest pain, asthma and difficulty in breathing.
4. Stomach and liver trouble, discomfort in the stomach, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
5. Many gall bladder problems, and some heart diseases are sometimes the result of nerve pressure at the spinal openings here.
6. Both trouble as long as, low back ache, sometimes got, slipped disc, relieved by chiropractic adjustment at this point.
7. Kidney troubles can sometimes be relieved by chiropractic adjustments at this point.
8. Both trouble as long as, low back ache, sometimes got, slipped disc, relieved by chiropractic adjustments at this point.
9. Kidney troubles, heart trouble, diabetes may be controlled by chiropractic adjustments at this point.
10. A slight slipping of one or both pelvic bones can produce sciatica, cramps in legs, and backache.

Regardless of what your ailment is called...no 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.

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

McALLEN CHIROPRACTIC CENTER
154 SPRING ROAD
CARLISLE, PA
PHONE 243-2500

Dr. L. F. McAllen
DO YOU HAVE...

1. Headaches?
2. Loss of Sleep?
3. Neck Stiffness?
4. Pain Between the Shoulders?
5. Stiffness or Pain in Lower Back?
6. Numbness or Pain in the Legs?
7. Numbness in the Hands or Arms?
8. Painful Joints?

The symptoms listed above are some of the more common ones that I have seen in my many years of practice. They are all caused by nerve pressure along the spine and can be readily remedied by removing the nerve pressure.

Possibly the most prevalent of these listed symptoms is headaches. Keep in mind that it matters not what you give a headache, it can be migraine, sinus, or tension and the cause is still the same; nerve pressure at the base of the skull.

The Chiropractic approach to this problem is to find the nerve pressure, get rid of it and to let you lead a normal, painfree life.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. L. ROCKETT CHIROPRACTOR. HIS OFFICE IS LOCATED AT 26 NO. RIVER ST. (BY THE COURT HOUSE) WILKES-BARRE CALL 562-8221 OFFICE HOURS: MON., TUES., WED., THUR., FRI., 8-12 NOON AND 1-4 P.M., SAT. 8-12 NOON. AMPLE PARKING.

LIFE HEALTH ASTHMA

Of all the disorders of the respiratory system, none is so susceptible to various influences, especially Asthma. Asthma is a disorder of the lungs and the bronchi of the air passages which make it very difficult for the victim to breathe. Into the lungs of风等 it makes only a few openings, making it necessary to make very little effort to allow air in. Many factors are responsible for asthma. Allergy, emotional tension, nervous disorders, colds, and family background. Allergy, of course, is the dominant agent to most victims whose specific sensitivity to such allergens as pollen, dust, mold, etc. provokes an acute attack. Almost all victims are allergic to house dust, but as the dust is expelled, the敏 to house dust, dust and pollen is the primary cause of severe asthma. This contributing cause is necessary. The brain produces the powerful nerve energy by the body's energy and organs of the body's energy and organs of the body's energy and organs of the body's energy to the spinal column. If more or less of these spinal vertebrae becomes displaced, delicate nerve fibers become strained and the first of the body's vital nerve energy is restored. Muscular movement is restored, resistance to foreign substances is restored and the breast or column of the body's vital nerve energy is restored. Thus the body becomes sensitive to allergic materials which in turn affect normal breathing.

If you are one of the millions of asthma victims in America, let your chiropractor help in reestablishing your body to resist foreign substances, releasing the vital nerve energy of your body. Chiropractic care has helped thousands of people suffering with asthma to overcome the disability in breathing by gentle spinal adjustments, bringing them immediate relief and gradually correcting the cause of their condition.

Dr. George L. Sabo
Chiropractor
516 Chestnut St., Reading, Penna.
Hours: Mon., Wed., and Fri. 10 A.M. to 5 P.M.
Phone 372-9389

SEND!
CHIROPRACTIC CLINIC
S. Mooreland Ave., Mt. Holly Springs
Phone 665-5680

Evening Sentinel
Carlisle 3/7

Times Leader Evening News
Wilkes-Barre 3/7
THE POWER THAT MADE YOUR BODY HEALS YOUR BODY
And Chiropractic Spinal Adjustments
Release That Power

This intelligent power is centered in the brain and controls your body by sending its vital messages to and from the body over the nervous system.

Accidents, bad posture, and occupational hazards cause the vertebrae to go out of their normal position which applies pressure on the nerves. This pressure interferes with the vital life-controlling force of your body. This will result in lowered resistance and disease processes. This could be the cause of almost any disease depending on which nerves are affected.

Your Chiropractor x-rays your spine to determine what is causing your health problem.

INVESTIGATE NOW!
Nerve Pressure May Be the Exact Cause of Your Health Problem

WHY BE SICK WHEN YOU CAN BE WELL?
We Accept All Cases Regardless of Ability to Pay.
FREE X-RAYS

A Modern Clinic for the Restoration and Preservation of Your Health

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* Except cases covered by insurance
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Chiropractic Can
HELP YOU!
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Why Be Sick When You Can Be Well
We accept all cases regardless of ability to pay.

FREE SPINE X-RAY unless covered by health plan
PHONE 929-6100
TUCCI Chiropractic Office Belle Vernon, Pa.

MELVIN BELLI, FAMED ATTY AFFIRMS, “30 YEARS OF HEADACHES GONE AFTER CHIROPRACTIC CARE!”

He says, “I know how disabling and devastating headaches can be. My constant headaches over the years have made me bellicose, sarcastic and just plain disgusted with life! My headaches destroyed friendships, marriage, and caused me to ‘take off’ at judges, lawyers, and anyone who happened to be within range of my headaches!”

Since finding relief through chiropractic, however, Belli is dedicated to spreading the word. He says chiropractic, having stopped his headaches, has given him a reprieve for a better, pain-free life.

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625 Chester Pike, Prospect Park, Pa.
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Philipsburg 342-0534
*Does Not include Insurance or Charge Cards
ARE YOU REALLY CONCERNED ABOUT YOUR HEALTH?

Drugs NEVER remove the cause of any disease; they attempt to alleviate the pain or symptoms associated with the condition. Drugs NEVER cure anything. If they did, we would all be well, there would be no sickness.

The cause of ill health develops by stages...each with its own warning. In sickness, it may be chest pains, nervousness or back and neck aches. The result, however, is in the making and will, unless corrected, take its toll...in time. That is how it is...and no pill or shot can ever change the real underlying deteriorating cause.

Pinched NERVES can cause allergies, asthma, arthritis, back trouble, bursts, chest pain, constipation, ear trouble, headaches, shoulder pains, sinus conditions, stomach disorders.

Let a CHIROPRACTOR find the CAUSE of your trouble, correct it, and let it heal...Is there any other sensible way to do it?

FREE SPINAL X-RAYS DURING THE MONTH OF APRIL UNLESS COVERED BY INSURANCE.

KRUPAR CHIROPRACTIC LIFE CENTER
Dr. Andrew C. Krupar
Dr. Betty C. Krupar
Dr. Homer L. Bowers
327 W. Pittsburgh St., Greensburg Phone 834-1887

Dr. Ronald Rogers
Chiropractor

X-RAY DANGERS

To the Editor:

The recent news release by the Food and Drug Administration correctly reminds us that the largest single source of man-made radiation exposure comes from diagnostic X-rays. Excessive doses can cause cancer and birth defects in future generations.

Readers should be aware that X-rays of the lower spine involve large amounts of radiation which hits the sexual organs. Such X-rays should therefore not be taken without good reason.

The chiropractic full spinal X-ray (offered "free" in local advertising) is an extreme offender in this regard. First, it has little or no diagnostic value. Second, it delivers a very high radiation dose to sexual organs. For these reasons, the New York state legislature recently restricted their use in adults and outlawed altogether their use in children under 18. Other states have such legislation pending.

Readers who want additional information on this subject are welcome to send a stamp and a self-addressed envelope to us at P.O. Box 1902, Allentown, PA 18105.

Robert H. Moore
Lehigh Valley Committee Against Health Fraud, Inc.

POOR POSTURE AFFECTS HEALTH

If physical appearance were the only reason, posture for good health, posture should be conformed to by the tailoring of a coat or dress. However, such hiding will not improve health.

How does poor posture interfere with health? A flat chest may affect heart or lung action or interfere with circulation to the bronchial tubes. A sagging abdomen may interfere with digestion or bowel action.

But, the outstanding way in which poor posture affects health is accompanied by distortions of the spinal column causing headaches, sinus trouble, sore throat. These are caused by poor posture of cervical (neck) region of the spinal column because such distortion interferes with spinal nerves that distribute to the head, its sinuses and the throat.

Postural distortions develop from habit. Have them corrected now. Presented for the public interest by Dr. Louise A. Friedlich, Chiropractor, Richboro, Pa. 18953

CORRECT THE CAUSE—NO. 4

Lack of Normal Function of the Body's Control Center (Nervous System) in Area 4 May Be The Cause of:

CHEST PAINS
SHOULDER PAINS
DIFFICULT BREATHING

Dr. Ronald Rogers
Chiropractor

LEBESSEMA
ASTHMA
BRONCHITIS—PNEUMONIA
LUNG CONGESTION—PLEURISY

Regardless of what your ailment is called...no matter how long you have suffered...chiropractic care may be the answer to your health problem. Chiropractic corrects the cause of why sick people get sick and it is not concerned with the restoration and maintenance of health.

FREE SPINAL X-RAYS
EXETER AREA—PLYMOUTH AREA
659-3127 — 776-3144
Why Be Sick When You Can Be Well!

DR. THOMAS YINGST
CHIROPRACTOR
125 HIGH ST.
POTTS TOWN, PA.

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HEADACHES? NECK PAIN?
Modern Chiropractic Methods of Treatment
Offer Remarkable Relief
for These Painful Conditions

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

THE 9 DANGER SIGNALS

1. Persistent pain and muscle
tension in back of the neck.
2. Recurring headaches.
3. Numbness in arm or hand.
4. Grating and popping noises
when turning the head.
5. Painful joints, shoulders,
elbows.
6. Frequent pain between the
shoulders.
7. Loss of sleep.
8. Dizziness.

The trend in the treatment of
Headaches and Neck Pains is to
chiropractic. All patients are
examined thoroughly before
treatments are given.

McALLEN CHIROPRACTIC CENTER
154 SPRING ROAD, CARLISLE, PA.
PHONE 263-2200

Health is for every-body not for a selected
few... BUT you must
want it and seek it.
Call today for your...

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Phone 865-2010
Daily 8:30 to 12 and 1:30 to 5
Closed Saturday and Thursday Nights

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

Dr. H. F. McKIM
CHIROPRACTOR

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

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

Dr. H. F. McKIM
CHIROPRACTOR
FREE SPINAL X-RAYS
WHY IS IT THAT
CHIROPRACTIC
SUCCEEDS
AFTER OTHER METHODS
HAVE FAILED?

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

WHY BE SICK WHEN YOU CAN BE WELL?

DR. DANIEL MILLER
211 Ninth Ave., McKeesport, Pa.
Phone 676-8219

DR. ANDREW GIRAN
2338 Woron Blvd., W. Mifflin
Phone 464-0441

Dr. Miller Office Hours: Mon., Tues., Wed., Fri. 9 to 4 P.M., Sat. 9 til Noon

McKeesport 192
EVERYTHING: SECONDARY TO GOOD HEALTH

With health, everything is a source of pleasure. Without it, nothing else, no matter what it may be, is enjoyable. Even the other personal blessings — a great mind, a happy temperament — are degraded and dwarfed for want of it. It follows, from all this, that the greatest of all follies is to sacrifice health for any other kind of happiness, whether it be for gain, achievement, learning or fame. Everything should be made secondary to health.

— SCHOPENHAUER

The Chiropractic premise is that the cause of disease is due to the subluxation of vertebrae, which produces pressure upon the nerve trunks and thus interferes with the normal transmission of vital nerve force to the various organs and tissue cells. The trained and experienced Chiropractor is able to determine the exact point of nerve interference in your spine. Consult a Chiropractor with confidence.

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(to those paid for on the family budget)

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

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Daily 8:30 to 12 and 3:30 to 8
Closed Saturday and Thursday Nights
*This pertains to the family budget

DR. H. F. McKIM
CHIROPRACTOR

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

FREE SPINAL X-RAY*
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CHIROPRACTOR

ALLERGY - "The All American Dilemma"
Are you one of "these SUFFERERS?" Have you ever been told, "not to eat this, not to eat that?" Not Eat? Does it make sense to you when others in the family eat but you cannot? "Chiropractic Science" can answer that simply. "Cause is there." Effects you know of. "SEEK out the cause and have it removed." effects Leave-Allergy Gone! Unbelievable?? Truth hurts not only unreality.

W. R. McCurry, D. C.
403 S. MAPLE ST., GREENSBURG
APPT CALL 836-2678 or 836-2151

Did You Know?

"... That chiropractic science is the second largest healing profession in the United States."

"... That there are more than 1,000 insurance companies that pay claims for chiropractors' services."

"... That some of the large labor unions are demanding chiropractic inclusion in their health insurance programs citing the need for freedom of choice."

The Meadville Chiropractors Assn.
IT IS UP TO YOU!!!

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

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

We Accept All Cases, Regardless of Condition or Financial Ability to Pay.

Why Be Sick When You Can Be Well?

DR. ANDREW O. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS
PHONE 834-1697

Krupar Chiropractic
LIFE CENTER
327 W. Pittsburgh St., Greensburg, Pa.
Free spinal X-rays during April, unless covered by insurance.

HEADACHES
Chiropractic Can HELP YOU!

- Call 929-6100 Today For Appointment -
Why Be Sick When You Can Be Well
We accept all cases regardless of ability to pay.

FREE SPINE X-RAY unless covered by health plan

TUCCI Chiropractic Office Belle Vernon, Pa.
HEADACHES? NECK PAINS?
Modern Chiropractic Methods ofTreatment Offer Remarkable Relief for These Painful Conditions.

THE 9 DANGER SIGNALS
1. Persistent pain and muscle tension in the neck of the neck.
2. Recurring headaches.
3. Numbness, pain or tingling in the arms or hands.
4. Groaning or popping noises when turning the head.

The trend in the treatment of Headaches and Neck Pains is to chiropractic. All patients are examined thoroughly before treatments are given.

Clarke-Baker Chiropractic Clinic
2201 W. RIDGE PK.
JEFFERSONVILLE, PA.
(Across From The Golf Course)
PH. 277-5104

Dr. Anthony A. Baker
Dr. James M. Clarke

HEALTH PROBLEMS?
Arthritis? Nerves?
Call 929-6100 for an Appointment
Dr. F. F. Tucci
Chiropractor
Belle Vernon, Pa.

We accept all cases regardless of ability to pay.

THE SPINAL COLUMN
by Dr. Gerald Newman

ACCIDENTS
The spine is a mighty shock absorber within the body; and it is the structure which protects the spinal cord, the lifeline of the body's nervous system. Sudden impacts of falls, collisions or "whiplash" which are too heavy for the spine to withstand, can result in painful and often crippling injuries. The spine is composed of 24 vertebrae separated by discs. The spinal column contains the spinal cord, consisting of millions of nerves which carry vital nerve energy to all parts of the body. A 'slipped disc' or a displaced vertebra in any part of the spine can cause nerve impingement, or pinched nerves. Such obstruction can slow down the powerful nerve energy to one or more organs, causing malfunction and distress to that particular part of the body. Scientific adjustment at the hands of a competent, skillful chiropractor can correct the slipped disc or the displacement, bring prompt relief and eliminate the possibility of future distressing effects. After any fall or accident, the best thing to do is see a chiropractor for a scientific spinal examination.

For Further Information Call:
NEWMAN CHIROPRACTIC CENTER
DR. GERALD NEWMAN
7424 WASHINGTON STREET
SWISSVALE, PA.
271-0880

Gerald Newman, Chiropractor
Richboro, Pa.

By Dr. Louis A. Frischl, Chiropractor

NUMB HANDS
A common complaint afflicting many in adult life is numbness of the hands which occurs most frequently at night. Numbness of the hands can be caused by changes in the spine, subluxated, or misaligned vertebrae, carpal tunnel, and occasionally advanced arthritis in the bones of the spine which cause a slight pressure on a nerve or nerves. During the day when the neck is in movement the numbness usually isn't noticeable. At night when the bones of the spine assume a different position, the pressure on the nerves is increased and the numbness appears.

Nerves supplying the hands run from the neck through the shoulders and arms, and a chiropractic examination of the spine should determine the cause and indicated measures of correction.

Why be sick when you can be well?
Presented for the public interest by Dr. Louis A. Frischl, Chiropractor, Richboro, Pa.
Many people are disturbed at the idea that the chiropractor is opposed to surgery. This is not strictly the case. He is only opposed to unnecessary surgery which in most cases of doubt and many others as well, is performed for the sake of the fee.

The chiropractor simply wants a chance to help you first, and if he cannot; it is time to remove part of your precious anatomy or poison it with drugs. Good surgeons are a blessing and the chiropractor knows it. But the wholesale removal of swollen tonsils, or the still more profitable and less useful appendicitis operations, as well as countless others for everything under the sun are among the many unnecessary steps that surgery makes one pay for in money, suffering, disfigurement and future illness.

Nature has given you all your organs for a purpose—even the appendix has been found to give useful secretions—and if you are careless enough to allow them to become lost through an unnecessary surgical operation, some other part of your body will have to carry on the function of the organ that has been removed, in addition to doing its own job.

Surgery has made wonderful strides since it was in the hands of barbers; the surgeon today is a highly respected member of society. Yet mistakes in diagnosis are not uncommon, and surgery itself is a very radical step to take. We are not like crabs which can grow new claws when they lose old ones. While surgery may save a life, it makes semi-invalids by the thousands. The removal of important organs and glands with the knife is a shock to the body which nature can never repair, aside from the loss of their organs and their valuable secretions so essential to normal health. Surgery has its place but should not be resorted to until all other means fail.

Published in the public interest to explain Chiropractic and Good Health by P.A.C.E. (Patients Association for Chiropractic Education) and Dr. Edward Bellon, 128 W. 2nd St., Greensburg. Phone 897-1911

P.A.C.E. ASKS . . .
REMEMBER—YOU SET YOUR OWN FEE!
NO APPOINTMENT NECESSARY

ATTENTION VETERANS!
According to the G. I. Bill, it is your privilege to have a Chiropractic education preparing you for a future as a Doctor of Chiropractic.

FOR INFORMATION CONTACT:
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PHONE 765-0301
**SCIATICA**

A PAINFUL IRRITATION OF THE SCIATIC NERVE

supplying the thigh, lower leg, and foot. This is usually caused by pinching of spinal nerves between misplaced vertebrae of the lower back.

Ignoring a mild low back pain or discomfort only invites further problems such as Sciatica.

Your Chiropractor locates and corrects misaligned spinal vertebrae to relieve the cause of your health problem.

SEE YOUR CHIROPRACTOR TODAY!

**DR. TOM Houser**

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Tues. — 9-12, 1-6 — Closed Thurs.

ALL SPINAL X-RAYS FREE!

**DOCTOR NATURE**

Some people have a peculiar opinion as to what Chiropractic is, as well as to what extent and to what limits it can be applied to them. A common question is, "What can you chiropractors do for a broken leg or an open wound?" The answer would be nothing so far as giving an adjustment. We would send them to a surgeon to set the break or stitch and dress the wound. The dressings are clean nature does the healing. Then the question would arise, "What is nature?" The Chiropractic contention is that nature is the force or energy which emanates from the brain. The nervous system transmits this energy to all parts of the body, controlling and regulating all bodily processes. The lack of energy in any part of the body would result in loss of function or disease.

Locating and releasing any interference with the flow of the force of nature is the Chiropractic object, so that healing and recovery will come from within the body.

(One of a series of articles published in the public interest to explain and illustrate chiropractic published by Dr. A. P. Karpoowicz, chiropractor, whose office is located off 701 S. Maltby St., Dunmore, Pa. Telephone 342-0757.)
NERVOUS EXHAUSTION

Many people complain of being as tired after a full night's sleep as they were before going to bed. This is a symptom of nervous exhaustion. In many instances nervous exhaustion is caused by the inability of the patient to relax, due to irritation of the spinal nerves. Chiropractors dedicate their lives to the removal of such conditions.

Clarke-Baker Chiropractic Clinic
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(Across from the Golf Course)
PH. 277-5104
HOURS BY APPOINTMENT

Dr. Anthony A. Baker
Dr. James M. Clarke

BACK PAIN

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

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

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

Some of the conditions which respond well to Chiropractic:

Nervous Tension  Headaches  Inflammation
Asthma  Bronchitis  Chest and Rib Pains
Leg Pains  Shoulder and Arm Pains  Menstrual Problems
Poor Circulation  Fatigue  Gait Bladder Disturbances
Sinusitis  Scoliosis  Hip-Instep Injuries
Digestive Disorders  Dizziness  Allergies

EASTON CHIROPRACTIC CLINIC
825 Old Philadelphia Rd., Easton, Dial 253-1651
Dr. Raymond Roselli—Hours by Appointment
SLIPPED DISC

Statistics show that more than 80 per cent of all injured disc cases can be corrected through specific application of chiropractic spinal adjustments. In contrast, while spinal surgery as indicated in a small percentage of cases, surveys show that only 20 per cent of patients undergoing surgery for back injuries experience results listed as 'very good'.

Spinal discs are cartilage pads separating and cushioning the 33 vertebrae of the spine. They make up one-fourth of the total length of the spinal column. The discs not only help shape the normal curves of the spine, they make flexibility of the spine possible and act as important shock absorbers.

Slipped discs usually occur simultaneously with subluxation or displacement of the spinal vertebrae, and the most common cause of this type injury is a sudden, forceful movement of the spine, such as a fall, auto accident, lifting, or a blow on the neck or back.

NUMB HANDS

A common complaint afflicting many in adult life is numbness of the hands which occurs most frequently at night.

Numbness of the hands can be caused from changes in the spine, subluxated or misaligned vertebrae, curvatures, and occasionally advanced arthritis in the bones of the spine which cause a slight pressure on a nerve or nerves. During the day when the neck is in movement the numbness usually isn't noticeable. At night when the bones of the spine assume a different position, the pressure on the nerves is increased and the numbness appears.

Nerves supplying the hands run from the neck through the shoulders and arms, and a chiropractic examination of the spine should determine the cause and indicated measures of correction.

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127 South Second St., Chambersburg, Pa.
NO APPOINTMENT NECESSARY
CHIROPRACTIC GETS RESULTS!
(And that's what counts)

Millions of sick people are now enjoying better health with chiropractic. With a healthy mind in a healthy body, you can radiate happiness, warmth and harmony ... and enjoy a renewed zest for living. You can know true peace of mind.

How long has it been since you really have felt good? Don't you think it's worth the time to have a Nerve Test made to determine if Chiropractic can benefit you?

Nerves Been Tested?
A chiropractic Nerve and Spine test will reveal if chiropractic may be of benefit to you. Enjoy that healthy, happy feeling.

Pick up your phone now and call the FARINA OFFICE
838-7814

TESTIMONIALS FOR CHIROPRACTIC

"BREATHING PROBLEMS"
I came to see Dr. Simkovich for the following problems — I fractured my nose and had breathing problems. I also had headaches, neck aches and my shoulders were bothering me plus my blood pressure was high. After receiving regular care from March 1971 to June 1971, all my symptoms were corrected and my blood pressure was also improved. I now receive monthly adjustments to stay healthy.

THERESA SIMSIC
R.D. #2, Monongahela

CALL FOR YOUR APPOINTMENT

CR. CHARLES SIMKOVICH
CHIROPRACTOR
311 Fellowfield Ave., Charleroi
Phone 483-6692

HOURS BY APPOINTMENT:
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STOP Suffering the Agonies of Painful and Bothersome Conditions That May Be Due To Nerve Pressure.


START with Removing the cause of these Conditions thru Chiropractic Spinal Adjustments and Removing Nerve Pressure.

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327 W. Pgh. St., Greensburg Phone 834-1887
Dr. Andrew C. Krupar | Dr. Betty O. Krupar | Dr. Homer L. Bowers

What Diseases Do Chiropractors Treat?

CHIROPRACTORS DO NOT TREAT DISEASES. DISEASE IS NOT SOMETHING THAT ATTACKS THE BODY. IT'S A BREAK-DOWN OF THE BODY'S DEFENSES, OR A MALFUNCTION OF SOME PART OF THE BODY, CAUSED BY INJURY OR STRESS. DISEASE IS NOT SOMETHING TO BE TREATED. IT'S A CONDITION THAT NEEDS TO BE CORRECTED, REPAIRED OR HEALED.

INTERFERENCE WITH THE FUNCTION OF THE NERVOUS SYSTEM IS A CAUSATIVE FACTOR IN THE DEVELOPMENT OF EVERY DISEASE PROCESS. REMOVAL OF THE NERVE INTERFERENCE THROUGH GENTLE SPECIFIC CHIROPRACTIC ADJUSTMENTS CAN MEAN THE DIFFERENCE BETWEEN GOOD HEALTH AND DISEASE.

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg Phone 834-1887
Dr. Andrew C. Krupar - Dr. Betty O. Krupar - Dr. Homer L. Bowers

We accept all cases regardless of condition or financial ability to pay.
MONTHLY CRAMPS

Many women have discomfort each month with their monthly menstruation cycle. Some have cramps, others are nauseated, some are weak. Don't think for one minute that monthly discomfort is every woman's fate. If a woman is functioning properly there should be no cramps—no nausea. There could be NERVE interference to this vital area. CHIROPRACTIC adjustments remove the nerve interference allowing the NERVES to function normally again.

WHY BE SICK WHEN YOU CAN BE WELL?

We Accept All Cases Regardless of Condition or Financial Ability to Pay

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg, Phone 834-1887
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Monthly Cramps

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KRUPAR CHIROPRACTIC LIFE CENTER
DR. ANDREW C. KRUPAR DR. BETTY O. KRUPAR DR. HOMER L. BOWERS
327 West Pittsburgh St., Greensburg, Penna. PHONE 834-1887
WHAT IS CHIROPRACTIC AND WHY IS IT DIFFERENT?

By MONROE SCHNEIDER, D.C.

Ask 10 different people, "What is chiropractic?" and chances are that you'll get 10 different answers ranging from "I don't know," to "Correcting your bones" to "Adjusting your spine to take pressure off nerves." What do you know about chiropractic?

The chiropractic premise is simple and different than any other health approach.

In every other approach to health and sickness, someone is trying to put some thing in you (shots and pills) or take something out of you (surgery) or do something to you (rubbing with lotions, physiotherapy, etc.) to change the way you feel — to change the laboratory findings — to change your symptoms.

Chiropractic does not try to change your symptoms. Chiropractic doctors are not doctors of symptoms. Chiropractors do not treat diseases. What then do they do?

The chiropractic premise is:

1. That there is a Universal Intelligence which expresses through the entire material universe — in everything and in everyone.

2. That the expression of that Universal Intelligence in man is called Innate Intelligence and that this inborn wisdom functions 100% to try to keep you 100% healthy.

3. That the Innate Intelligence receives messages from every cell of the body and directs and coordinates the function of every cell and tissue and organ of the body over the entire nervous system to adapt the body to its environment.

4. Whenever this message-carrying nervous system is interfered with in any way, this Innate Intelligence cannot receive or deliver proper messages and this results in disharmony, disfunction and is the cause of disease which we call dis-ease.

Chiropractors try to remove dis-ease (not disease) by restoring the proper functioning of the nervous system through chiropractic adjustment and on the body has a better chance to heal itself. It alone knows how to heal — not change symptoms.

5. The body's ability to heal itself also depends on other things such as tissue destruction, diet, rest, mental outlook, previous surgeries, inherited qualities, etc.

6. There cannot be "good health" unless there is no disease — regardless of your symptoms or lack of them — regardless of all the laboratory findings.

7. Since dis-ease precedes all disease and since dis-ease is produced by distortion from normal nerve function and since this distortion from normal nerve function usually occurs at the spine, chiropractors say that everyone should be checked and adjusted, if need be, periodically not only to remain healthy but to maintain health to prevent sickness.

Did you know that?

1. There is currently a legislative Bill H.B. 7472 which would deny you the right to learn about chiropractic and which would deny you the right to put this article in the newspaper.

2. Whether or not you agree with the chiropractic premise is unimportant. All Americans who love the constitution and the liberty of freedom of speech must be appalled at this legislative effort.

Please write to your legislator today and tell him how you feel about this kind of legislation. They're due to vote on it July 8th. So please write today. Your life — the lives of loved ones — may one day depend upon what you know or don't know about your health. You have the right to be informed.

MIDDLETOWN CHIROPRACTIC HEALTH CENTER
219 Spring Street — 944-4676
HOURS BY APPOINTMENT ONLY
We Accept All Families and Patients Regardless of Conditions or Financial Ability To Pay.
YOUR SPINE, NERVES AND HEALTH

Your spine and your health are related. Most people are familiar with the fact that... A spinal segment in the lower back may slip and lock and irritate the nerves that supply the legs. This has sometimes been referred to as Sciatic Neuritis.

Just as the nerves which supply the legs exit the spine through openings between each pair of spinal segments in the lower back... Nerves which supply the vital organs pass through openings higher in the back and neck.

Therefore if a spinal segment higher in the back and neck should slip or lock or irritate a nerve; one may logically expect pain and or loss of function in the tissue or organ supplied by the irritated nerve.

Allow your Chiropractic to locate and correct the spinal defects and thereby decrease your susceptibility to disease and disability originating from spinal defects. The Chiropractic profession offers you and your family a regular professionally directed spinal hygiene program.

McALLEN CHIROPRACTIC CENTER
154 SPRING ROAD, CARLISLE, PA.
PHONE 243-2200

WHAT CAUSES "PETUNIA BED BACK"?

Suburban living has given us front and backyards, an interest in beautiful lawns, flower beds and shrubs... and the weekend gardener.

If you trace the routine of the average home gardener, you will find that he works a full week of his regular occupation, and spends his weekends and spare time "taking care of things around the house".

But caring for a lawn or garden is no easy matter, it takes a busy schedule of seeding, planting, fertilizing, weeding, watering, pruning and numerous other tasks. It involves long hours of bending over and getting into awkward positions. It also involves depending on muscles not ordinarily used in one's regular activities.

The result in many cases is back problems.

A Public Service Message from the
LYCOMING COUNTY CHIROPRACTIC ASSOCIATION
Trouble Lies In Structural Shifts

FREE SPINAL X-RAYS
Sponsored by McKIM
CHIROPRACTIC CENTER
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BETHLEHEM
Phone 865-2010
Daily 8:30 to 12 and 3:30 to 8
Closed Saturday and Thursday Nights
This pertains to cases being paid out of the family budget.

DR. H. F. McKIM
CHIROPRACTOR

Headaches? Neck Pain?
Modern Chiropractic Methods of Treatment Offer Remarkable Relief for These Individual Conditions
Research has shown that spinal problems in the neck can cause various disorders in the head, neck, shoulders, arms and hands. Conditions such as bursitis, migraine and neuralgia frequently result. Extensive clinical studies show that it may take many months or even years for the effects of forgotten falls, whiplash injuries or minor accidents to develop into painful symptoms.

THE 9 DANGER SIGNALS . . .
1. Persistent pain and muscle tension in back of the neck.
2. Recurring headaches.
3. Numbness, pain or tingling in the arms or hands.
4. Grating and popping noises when turning the head.
5. Painful joints, shoulders, elbows.
6. Frequent pain between the shoulders.
7. Loss of sleep.
8. Dizziness.
9. Blurred vision

The trend in the treatment of Headaches and Neck pain is to chiropractic. All patients are examined thoroughly before treatments are given.

FISHER CHIROPRACTIC OFFICES
132 MAIN ST
DID YOU KNOW?

"Every healthy person should experience a feeling of contentment and well-being all day through, and be able to fall into a deep sleep as soon as he gets into bed at night. Is this the way you feel? If it isn't, then you are not enjoying the health that nature intended you to have when you were born. An X-ray of your spine, at times, will reveal whether nerve pressure is the cause — if so, chiropractic science can help nature put your body back in tune." This message is brought to you by...

The Meadville Chiropractors Assn.

It is not true to say —
"We Are Doing Everything Possible"

Unless CHIROPRACTIC Is Included

Call Us Today For An Appointment

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HOURS BY APPOINTMENT ONLY
219 Spring St. — 944-4776
We Accept All Families And Patients
Regardless Of Financial Ability To Pay
ACQUAINT YOURSELF WITH HEALTH
By DR. LEO CERICA

For more than 85 years Chiropractic has been accomplishing wonderful things, that it has endured for that length of time is proof of its worth and merit. It has saved thousands of individuals from a premature grave and it has put millions of men, women and children on the road to health and enabled them to become useful members of society.

The practice of Chiropractic is based on the principle of correcting the cause of disease in the body. It does not believe in the use of drugs or medicines as remedial agencies. Disease is an effect and every effect must have a cause. Chiropractic contends that the cause of disease in the body is the vertebral subluxation which creates pressure on the nerves and interferes with the normal transmission of vital nerve energy. Chiropractors locate the place in the spine where nerve pressure exists, due to a vertebral subluxation and by proper adjustment to restore the subluxated vertebrae to its normal position. This correction releases the pressure on nerves, allowing the removal of the real cause for disease.

The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas A. Edison

Dr. Cericola will answer questions relating to disease and chiropractic approach to health by mail or phone; address all letters to . . .

CERICOLA CHIROPRACTIC CLINIC
Pembroke Rd. & Elm, Bethlehem 866-0543.

THE COMMON COLD

A cold may clear up spontaneously, but a combination of factors may result in a serious disease process. Thus, an examination of the patient will help determine the cause behind his cold. In most cases the cause is related to the control of the nervous system. A misaligned vertebrae also known as a subluxation may be pinching a spinal nerve and interfering with normal nerve transmission. A simple chiropractic adjustment will restore that nerve supply. Chiropractic is the science based on the premise that adequate nerve supply is of prime importance in regulating the function of the body. When an abnormal nerve supply interrupts the normal function of the nose and throat lining, the resulting disease is the common cold. So when you feel the symptoms of a cold, visit your chiropractor. He is the most qualified to locate and correct any abnormal function of your nervous system.

Clarke-Baker Chiropractic Clinic

2201 W. RIDGE PK.
JEFFERSONVILLE, PA.
(Across From The Golf Course)
PH. 277-5104

HOURS BY APPOINTMENT
"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

"FREE" SPINAL X-RAYS
For certain cases paid from the Family Budget

Good Health Has No Price Tag
You Set Your Own Fee!

LaBARRE
CHIROPRACTIC CLINIC
Man., Tues., Wed., Fri., 9:30 'til Noon & 4 to 9 P.M.
Closed Thursday
1616 Eaton Ave. Phone 691-8737

Sometimes Farm and
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.

The Principle Of Chiropractic Explains Why You Are Healthy And Deals With An Important Cause Of Many Illnesses.

Call Us Today For An Appointment

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We Accept All Families And Patients Regardless Of Financial Ability To Pay
A GOOD SPINE MAKES A HEALTHY CHILD

Conversely, the title states, a crooked and subluxated spine means a sick child, or one that is predisposed to illness. A casual glance at your child might not be very revealing, but take his clothing off and stand him directly in front of you, then notice the hips and shoulders; is one higher than the other? Now, turn him around, look directly at the spine; does it deviate to left or right? Are his shoulders level, does one protrude backward? Is the spine way back?

If you see one of these variations from normal, there is something very wrong with his back. When we unwrap an apparently normal appearing child through the eyes of X-ray, some very severe notations and curvatures are found. So many of the conditions we find respond so very rapidly to chiropractic adjustments. The younger the child, the more readily the response. When you can see a post X-ray of a corrected spine, you can feel secure that your child is going to grow up straight, strong and healthy.

CHIROPRACTIC FACT: The present educational requirement to practice Chiropractic in New Jersey is six years of college.

Dr. E. Roncketti, Chiropractor is located at 245 North River Street (by the courthouse) Wilkes-Barre, Call 825-8301
HEADACHES

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

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

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

Dr. E. Roncketti
Chiropractor

IATROGENIC ILLNESS

Five hundred doctors convening in Sacramento discussed disease that can be caused by their own medical advances, according to a news item in the San Francisco Chronicle February 18, 1966. The doctors called the new disease "iatrogenic illness," from the Greek work "iatros"—meaning physician. Dr. Perry S. McNeal of the University of Pennsylvania cited many cases of iatrogenic illness.

The writer of the article, David Perlman, Science Correspondent, quoted the doctors as stating that new drugs can cause unsought and damaging side-effects; that surgical miracles can save lives but leave weakened patients exposed to other hazards; and that batteries of valuable scientific tests can overwhelm physicians to the point where they forget the human equation in every patient.

Dr. McNeal is warning doctors to approach all medical procedure, whether drugs or surgery, with extreme caution and profound wisdom, told the story of a patient who had been given penicillin for a simple runny nose. He developed a severe allergic reaction from the antibiotic, and was given steroid to fight the reaction. The hormones led to a near-fatal intestinal hemorrhage that demanded surgical removal of a large section of gut, plus massive blood transfusions. The transfusion led to jaundice; the jaundice to cirrhosis of the liver; the cirrhosis to acute malnutrition, coma and death. "The common cold," Dr. McNeal said, "death rate in the hands of some physicians."

Dr. E. Roncketti
Chiropractor

GOOD ELIMINATION IMPORTANT THIS TIME OF YEAR

The two most necessary acts of daily life consist of consumption of those things necessary to sustain life and the elimination of all waste products. The waste eliminated through the bowels is the substance which the body cannot use, and therefore discards.

This waste decays and literally poisons the system, resulting in all manner of ills.

For elimination through the bowels to be perfect the muscles of the intestine must be animated by a 100 per cent flow of vitality over the nerves feeding them. Spinal pressure upon intestinal nerves slows up the bowels. Chiropractic spinal adjustments are the best known methods of releasing this pressure and restoring normal energy to bowel.

Dr. E. Roncketti
Chiropractor
British Medical Doctors Prove That Spinal Manipulation Can Eliminate Painful Bulging Disc Problems

British medical doctors proved that spinal manipulation can eliminate painful bulging disc problems.

Doctors J. A. Mathews and A. H. Yates of St. Thomas Hospital, London, conducted a series of tests with patients having painful bulging back disc problems. X-ray injections of a dye in the spine showed a reduction of the prolapse, bulging disc after spinal adjustment (manipulation) was administered. The patient's back condition improved rapidly. None of these patients received drugs of any kind and consequently they were saved from surgery.

From — British Medical Journal Vol. 3, No. 5672

Oh, My Nagging Back!

Few ailments can be as aggravating, not to mention painful, as a constant, nagging backache.

Backache may result from a fall, a sudden movement, an accident, a cold, or some completely unnoticed happening.

Whatever the contributing factor, the direct cause of the ache and pain is easily traced to a pinched or impinged nerve. Once the pressure or "pinch" is removed, the pain departs and that normal, healthy glow returns.

Home remedies, sedatives and similar treatments may bring temporary relief, but it remains for the chiropractor to tract — through scientific procedures — the cause of the persistent pain and — through gentle adjustments — remove the cause and bring quick, long-lasting, effective relief.

The chiropractor, through training and experience, is thoroughly familiar with the spinal column and the nerves which carry vital nerve energy to all parts of the body. With skillful hands, the chiropractor aligns the spine, removes the irritating pressures and replaces exasperating pain with glowing health and well-being.

One of a Series of Articles to Explain and Illustrate the Practice of Chiropractic by Dr. E. Roncetti, Chiropractor.

Do You Have Neck Pains?

Did you ever wake up with a pain in your neck? More than likely that means you have a subluxation (displacement) of a vertebra in the neck. Other symptoms will also surely follow because the spinal cord is involved and all the nerves in the body are a part of this spinal cord in this area, some of which are undoubtedly impinged.

A subluxation (displacement) at the base of the skull causes not only headaches and neckaches, but indigestion, constipation, and disorders because the nerves supplying all organs are a part of the spinal cord.

Adjustment of the subluxation is the only logical way to correct the cause of the disease.

One of a Series of Articles to Explain and Illustrate the Practice of Chiropractic by Dr. E. Roncetti, Chiropractor.

Insurance Coverage Does Include Chiropractic Care

Over six hundred of the nation's private insurance companies provide full coverage for Chiropractic care in their health and accident policies.

A basic need of any injured or sick person is the assurance that he will receive the kind of care which will restore his health and get him back on his feet as quickly as possible.

Policy premiums have to be increased when the cost of claims go up. Sometimes benefits must be cut, and then insurance becomes harder to sell. The more effective the doctor, the less the company must pay.

Insurance is the world's biggest business and insurance companies are the world's best statisticians. Long ago insurance industry research found out that chiropractic often is just what the patient needs. And that is the main reason that so many insurance policies now provide for Chiropractic care.

In accidental back injury cases the insurance company's interest becomes very keen. Chiropractors are specialists of the spine and nerves, highly qualified by years of education and experience to accurately pinpoint the site of a back injury and to correct the condition without surgery.

Recognizing this, insurance companies are turning to Chiropractic in increasing numbers. And more people are thinking of asking their insurance agents, "Does this policy cover Chiropractic care?" If you are in doubt about your present insurance policy, a telephone call to your agent or a letter to the insurance company's home office will quickly give you the answer.

Any policy which does not provide for Chiropractic care should be changed immediately to include it. A new policy should never be purchased until the buyer is certain that Chiropractic care is included.
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 productivity 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 worker 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.

CHILDREN LOVE CHIROPRACTIC

Children do not like to be sick, because they have no time for illness.

Children hate illness, because it means long needles, bitter medicines and absence from play and association with their playmates at school and in the neighborhood — unless, that is, their parents are among the enlightened who have discovered the wisdom of chiropractic.

The chiropractor works with the power of life and health flowing from the brain through the spinal cord and through the body's vast nervous system.

Blockages in the spine disrupt the normal flow of nerve energy and bring disharmony and disease. The chiropractor uses scientific methods to locate the blockage and correct it so nature can restore health as normal nerve function returns.

Children love the gentle manipulations, called adjustments, which maintain and restore health. Chiropractors love children because the children respond so quickly to their adjustments. This is true in the case of minor conditions like colds, constipation, mumps, measles and rashes as well as the more complicated heart disease, arthritis, polio, asthma and allergies.

Modern parents assure their children's health through chiropractic adjustments.

Man Who Once "Doubted" Now Enjoys Real Health

Every day I hear one of my patients, exclaim, "I would never have believed it. I had not had it happen to me personally. I never would have known what a wonderful thing Chiropractic is, but I have been made well, and I know it!" It's not hard to understand their point-of-view, especially if they had spent years and thousands of dollars in an effort to regain lost health. It is almost unbelievable to see the hundreds of patients enter our Chiropractic Clinic each year as "doubting Thomases" and leave us as happy, healthy people.

Why not join our Family of satisfied patients? Call today. You will be glad you did.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. R. KONCKETTI, CHIROPRACTOR, WOICE OFFICE IS LOCATED AT 245 N. RIVER ST. (BY THE COURT HOUSE). WILKES-BARRE: CALL 826-3321. OFFICE HOURS MON., TUES., WED., THU., FRI. 8-12 NOON AND 1-4 P.M. — SAT. 8-12 NOON. AMPLE PARKING.

Times Leader
Wilkes-Barre
8 danger signs...often symptoms of serious disease

The highways and streets we drive along have many warning signs that we recognize immediately. They tell us well in advance that potential danger lies ahead.

A similar set of signals is found within the human body. These “signals” or symptoms are very often forerunners of more serious diseases—diseases that can be averted if the eight danger signs are heeded in time.

These are the 8 danger signs to look for:

1. Headaches
2. Painful Joints
3. Numbness in Arms or Hands
4. Numbness or Pain in Legs
5. Loss of Sleep
6. Stiffness of Neck
7. Pain Between Shoulders
8. Stiffness or Pain in Lower Back

Consult Your Family Chiropractor

There are certain stresses and strains created by any occupation, and they create spinal pressure and tension on delicate, sensitive nerves. This is true of office workers, heavy construction laborers, housewives, musicians or children at play.

Pressure or tension on a vital nerve “short-circuits” the nervous system and adversely affects normal nerve energy flow. The vital organs are then robbed of their proper controlling force. Chiropractic care releases this latent force, and normal function of these organs may be resumed.

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

Chiropractic Succeeds Many Times After All Other Methods of Healing Have Failed

For Further Information or Appointment Call.

FREE SPINAL X-RAYS

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

DR. ANDREW GIRAN
2338 Worton Blvd., W. Mifflin
Phone 466-0441

DR. MILLER
Dr. Giran Office Hours: Mon., Wed., Fri.
10 to 2 P.M.; Sat., 9 to 11 Noon

DR. GIRAN
NERVES... JUST NERVES!

"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact, every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

• FREE SPINAL X-RAYS •

STUDY THIS CHART CAREFULLY...

1. A slight "pinching" of nerve at this point can cause headache, some eye disorders, ear problems, insomnia, abnormally low blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.

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

3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, asthma, difficult breathing, bronchial congestion, etc.

4. A blocked nerve at this point can cause so-called nervous heart or flat 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, ulcers, bloating, etc.

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

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

9. Nerve pressure at this point can cause bladder frequency, prostate para.

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

We Accept All Cases Regardless of Condition or Ability to Pay

FEES: BEGIN AT $6.00 AND MAY BE REDUCED ACCORDING TO YOUR ABILITY TO PAY!

DR. DANIEL MILLER
214 Ninth Ave., McKeesport, Pa.
Phone 578-2919

DR. ANDREW GIRAN
2338 Worton Blvd., W. Mifflin
Phone 466-0441

Dr. Giran Office Hours:
Mon., Wed., Fri., 9 to 5 P. M.
Tues. and Sat. 9 till Noon

DR. MILLER

DR. GIRAN
STOP...
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 vi-
tal nerve energy from the brain to the organs of the body.

1. Slight "pinching" of nerves on this point will cause so-called headaches, eye di-
venes, deafness, epilepsy, hernia, wry or stiff neck, facial palsy, disfigure,
pell, arthritis, abnormal blood pressure, anemia, solids, high fever, sinus trouble, nerv-
ousness, etc.

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

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

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

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

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

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

8. Regulations of such troubles as so-called appendicitis, pyorrhea, lumbago, constipa-
tion, etc., Chiropractic adjustments of this point.

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

10. A slight slippage of both innominate bones located here, will likewise produce so-
called ailments 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

MORMELLO CHIROPRACTIC LIFE CENTER
91 BALD CYPRESS LANE, LEVITTOWN, PA.

PHONE:
943-5706

ALL CASES ACCEPTED REGARDLESS OF
CONDITION OR FINANCIAL ABILITY TO PAY
Your Headache May Be Just A
"PAIN IN THE NECK"

This was a title of an article in Colliers of September 3, 1954. The article was based on results of the treatment of stretching the neck by a harness arrangement for the relief of migraine headaches. The objective is to relieve the pressure on nerves, according to Dr. Braaf of Lebanon Hospital of New York who was doing the work.

This method is not new. It was used at the turn of the century by the early Chiropractors, but has long since been discarded for far more exacting and scientific procedures.

Removing pressure on nerves allowing normal transmission of mental impulse supply quantity of flow through the nerves is the basic fundamental of the Science of Chiropractic.

Millions are being benefited now by using Chiropractic as their basic health care. A really inexpensive insurance for the prevention of disease as well as a help for many everyday ailments.

OFFICE HOURS:
TUES. and THURS. 10 A.M. to 7 P.M.
SAT. 10 A.M. to 12 Noon

DR. WILLIAM P. MITLO
CHIROPRACTOR
708 S. Scotland Lane
NEW CASTLE, PA.
Phone 658-7942 for Appointment
THE POWER THAT MADE YOUR BODY HEALS YOUR BODY

And Chiropractic Spinal Adjustments

Release That Power

This intelligent power is centered in the brain and controls your body by sending its vital messages to and from the body over the nervous system.

Accidents, bad posture, and occupational hazards cause the vertebrae to go out of their normal position which applies pressure on the nerves. This pressure interferes with the vital Life-controlling force of your body ... This will result in lowered resistance and disease processes ... This could be the cause of almost any disease depending on which nerves are affected.

Your Chiropractor x-rays your spine to determine what is causing your health problem.

INVESTIGATE NOW!

Nerve Pressure May Be the Exact Cause of Your Health Problem

WHY BE SICK WHEN YOU CAN BE WELL?
We Accept All Cases Regardless of Ability to Pay.

FREE X-RAYS*

A Modern Clinic for the Restoration and Preservation of Your Health

Rich Chiropractic Clinic

CLEARFIELD - PHONE 765-8301

* Cases paid from family funds
CHIROPRACTIC WORKS
TRY IT! YOU’LL LIKE IT!
Age No Problem In Getting Results From Chiropractic

To confirm the claims made by chiropractors; I give this testimony that others may find help too.

Having taught Sunday School for the past thirty three years I would hesitate to make any statement about anything unless I knew it to be true.

I would like to say that Chiropractic has certainly helped me. I am thoroughly convinced that there is healing in chiropractic that medicine does not have. I had suffered with nervousness, heavy and fast breathing and poor circulation for a long period of time without help. Finally in desperation I decided to try chiropractic and to my amazement I started getting relief after my first few adjustments. I have felt so much better that I worked the two hottest days in June laying concrete block. I am 67 years of age.

I say thank you to Drs. Wesley and Gary Trout for their wonderful care and also to their fine receptionist Mrs. McNichol. Also I say if you're sick and not getting help, go to the Trout Clinic, I’ll bet they can help you.

Floyd F. Walter
Middletown, Pa.

Phone 473-3585
TROUT
CHIROPRACTIC
CLINIC
R.D. 1, Danville Hwy.
Northumberland, Pa.

Free Spinal X-Rays Through October
NERVE PRESSURE
MAY BE THE EXACT CAUSE OF YOUR HEALTH PROBLEM

Illustrating the results 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.

TUCCI Chiropractic Office
BELLE VERNON, PA. PHONE 929-6100

FREE SPINE X-RAY unless covered by insurance

NECK PAINS...
CAN BE CORRECTED...
THE 9 DANGER SIGNALS

1. Persistent pain and muscle tension in back of the neck.
2. Recurring headaches.
3. Numbness pain or tingling in the arms or hands.
4. Grating and popping noises when turning the head.
5. Painful joints, shoulders, elbows.
6. Frequent pain between the shoulders.
7. Loss of sleep.
8. Dizziness.

We accept all cases regardless of ability to pay.

Why Be Sick When You Can Be Well?

TUCCI CHIROPRACTIC OFFICE
BELLE VERNON - PHONE 929-6100

FREE X-RAYS unless covered by insurance
Spinal Nerve Pressure Can Cause Many Ailments

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

1. Slight pressure on nerves at this point may cause headaches, insomnia, pains in the neck, nervousness, stiffness or emotional disorders.
2. A slight slipping of a vertebra, causing pressure on nerves in this part of the spine, may be the cause of back trouble, burning, pain in the shoulders and arms.
3. This arrowhead locates the part of the spine wherein pressure on nerves could cause, pain between the shoulder blades, muscular ache in the arm and shoulders, hay fever allergies, and bronchitis.
4. Nerve pressure at this point may cause chest pains, asthma and difficult breathing.
5. Stomach and liver troubles, enlargement of the spleen, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
6. Many gall bladder problems, and shingles, may be caused by pressure at this point.
7. Skin diseases are sometimes the result of nerve pressure at the spinal openings here.
8. Such trouble as lumbago, low back-ache, sciatica, slipped disc, are relieved by chiropractic adjustment at this point.
9. Constipation, rectal troubles, colitis may be corrected by chiropractic adjustments of this point of the spine.
10. A slight slipping of one or more of the vertebrae is a cramp in legs, sciatica.

STUDY THIS CHART CAREFULLY

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

Regardless of what your ailment is called... no matter how long you have suffered... chiropractic care may be the answer to your health problem. Find out NOW if yours is a case for chiropractic... Call for appointment.

ARE YOU TOO SICK TO ENJOY LIFE? FIND OUT HOW CHIROPRACTIC CAN HELP YOU TODAY!

FREE SPINAL X-RAY

IF NECESSARY & NOT HARMFUL TO YOUR HEALTH
SEPT. 25 THRU SEPT. 30

DR. J. F. STYNCHULA, CHIROPRACTOR

2014 Market St., Hbg., Pa. Phone 234-5671

Hours By Appointment Please
IT IS UP TO YOU!!!

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

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

DRUGS ARE DUMB
WHETHER PRESCRIBED OR PUSHED

KRUPAR CHIROPRACTIC
LIFE CENTER
327 W. Pgh. St. 834-1887 Greensburg

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or will your druggist will refund your money? Did your MD say try this drug & if it doesn't relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your doctor ever told you it could be NERVE interference between the brain and the organ or organs involved?

If the above paragraph fits you, then it's time you switched to CHIROPRACTIC. We get 75% of our patients after they have been the medical route; CHIROPRACTIC works - it gets results and that's what counts.

KRUPAR CHIROPRACTIC
LIFE CENTER
Dr. Andrew C. Krupar
Dr. Betty O. Krupar
Dr. Homer L. Bowers
HOMER L. BOWERS, D.C.
CHIROPRACTOR
227 W. Pittsburgh St., Greensburg
Phone 834-1887

We accept all cases regardless of condition or financial ability to pay. Why be sick when you can be well.
TRADING YOUR HEALTH AWAY

You may not realize it, but you could be trading away your health for a moment's relief. Say for example, that you have recurring headaches. For relief you take some nationally advertised pain-relieving drug. Later, as a result of the drug, you begin to have digestive problems—indigestion, burning in the stomach, constipation, even ulcers. Now you take more drugs to relieve the stomach symptoms and constipation. Your nerves get edgy, you become irritable, even depressed, so you add a tranquilizer to your drug list. As time goes on your drug regime begins to damage other parts of your body, so you take more drugs to relieve these new symptoms, and on and on in a vicious cycle.

In the beginning, had you consulted a doctor of chiropractic for the correction of the cause of your headaches, none of this would have happened.

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg Phone 834-1887

We accept all cases regardless of condition or financial ability to pay.
Dr. Andrew C. Krupar - Dr. Betty O. Krupar - Dr. Homer L. Bowers

THE MORNING AFTER BLAHS

Muscle weakness and incoordination, drowsiness, fatigue, dizziness, nausea, low blood pressure, skin rash, fainting, dry mouth, blurred vision, depression, headaches, palpitation of the heart, increased irritability, anxiety, insomnia, nasal stuffiness, diarrhea or constipation, vivid dreams, frequency of urination, tremors, swelling in hands and feet, flushing.

A mysterious new disease? No! These are common side-effects of tranquilizers. Consult a doctor of chiropractic for your health problems. Health is the only side effect of chiropractic!

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St., Greensburg Phone 834-1887

Dr. Andrew C. Krupar - Dr. Betty O. Krupar
Dr. Homer L. Bowers
NERVES . . .
JUST NERVES
Many have been told "Your trouble is nerves, just nerves, that's all." Nerves are too important to the body to be dismissed so easily.

Your nerves make possible all movements, nerves transmit all sensations to the brain. Nerves make possible sight, smell, taste, and breathing. Nerves maintain balance and keep the body temperature at 98.6 degrees. Nerves control blood pressure, stomach action, blood flow, speech and hearing. Nerves make it possible to swallow. In fact, all functions taking place in the body are under the control of the nervous system.

The spine acts as a protective passage for nerves. The chiropractor works with the spine and nerves. His objective is to locate and correct nerve interference that may be causing abnormal function or disorders in the body.

Any pinching of these nerves as they leave the spine can cause trouble in the organ supplied by that nerve. The spine is the "switchboard" controlling health. Chiropractic releases the power within.

BARRY L. SMITH
CHIROPRACTOR
520 N. HANOVER ST.
ELIZABETHTOWN, PA.

THE SPINE IS ONLY THE STARTING PLACE

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

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

Some of the conditions which respond well to Chiropractic:

Nervous Tension
Asthma
Leg Pains
Poor Circulation
Sinusitis
Digestive Disorders
Headaches
Bronchitis
Shoulder and Arm Pains
Fatigue
Sciatica
Dizziness
Insomnia
Chest and Rib Pains
Menstrual Problems
Gall Bladder Disturbances
Whip-lash Injuries
Allergies

A Public Service Article to Explain HEALTH Through CHIROPRACTIC CARE

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Philipsburg 342-0534
Children Love Chiropractic

Children do not like to be sick, because they have no time for illness.

Children love illness, because it means long needled tooth medicine and absence from play and association with their playmates at school and in the neighborhood — unless, that is, their parents are among the enlightened who have discovered the wonders of chiropractic.

The chiropractor works with the power of life and health flowing from the brain through the spinal cord and through the body’s vast nervous system.

Blockages in the spine disrupt the normal flow of nerve energy and bring discomfort and disease. The chiropractor uses scientific methods to locate the blockage and correct it, so nature can restore health as normal nerve function returns.

Chiropractors love children because the children respond so quickly to their adjustments. This is true in the case of minor conditions like colds, constipation, mumps, measles and varicella as well as the more complicated heart disease, arthritis, polio, asthma and allergies.

Modern parents assure their children’s health through chiropractic adjustments. Another Life Health Article from the Office of Dr. William K. Shaffer.

---

FLU

Flu in any of its many forms, is a miserable disease which still strikes terror and misery to untold millions as the weather begins to cool each fall.

It’s fine to say “rest, soothe the body, cool the fever, warm the chill and help the body build strength.” However, it’s not very pleasant or satisfying to try to “throw off” the flu once it has taken possession of the body.

Better than all of the cures for the disease is the prevention of the flu in the first place.

Masses of scientific evidence attest to the fact that a healthy body is the best weapon against all infection.

The rosy glow of health comes from within, from the properly attuned body in which the nervous system transmits its miraculous nerve energy power to all parts of the body, assuring their proper function.

The chiropractor, using a scientifically proven system of gentle adjustments, restores full nerve power to the body to make the body its own best defense against the onslaughts of disease and infection. Another Life and Health Article from the Office of Dr. William K. Shaffer.
Walk in the Glow of Health

Learn how to protect your back

Eat, rest and exercise regularly, but don't overdo. Avoid lifting heavy loads wrong. Maintain good posture. Walk... it's good for you. Consider preventive health care, through Chiropractic. Have a spinal check-up soon.

To Your Well-Being

Ferrance Chiropractic Center
WHERE GOOD HEALTH BECOME A REALITY
Philipsburg-Osceola Mills Highway
PHONE —
For A Chiropractic Examination Today
PHILIPSBURG 342-0534

NERVOUS HEADACHES

Many people believe that headaches are a sign of the times. That the hustle and hurry of our modern fast pacing society, creates anxiety and tension, that bring about headaches. This assumption is true only to the extent that it can aggravate underlying existing conditions, in one's body, contributing to the symptoms of a headache. But the primary cause that enables you to have headaches in the majority of cases, is an underlying structural problem within the neck area of the spine. Yes, headaches can be symptoms of other underlying diseases within one's body, but in the majority of cases it is due primarily to nerve root pressure, within the spinal column. Chiropractic adjustments restore the functional integrity of the spinal column, and release nerve root pressure enabling you to recover from the symptoms of headaches.

Ferrance Chiropractic Center
Where Good Health Becomes A Reality
PHILIPSBURG - OSCEOLA MILLS HIGHWAY
PHONE
For A Chiropractic Examination
Philipsburg 342-0534
If you have ever tried to go to sleep when your legs won’t turn loose and relax, then you know what is meant by “the restless leg.” The restless leg syndrome is characterized by a creeping, crawling, tense, jerky sensation in the legs occurring at rest.

This annoying condition is due, in most cases, to neurovascular changes resulting in a decrease of blood in the legs, or overly tense muscles that fail to relax. A most frequent cause is disturbances in nerve centers in the spine that supply and control nerve function and blood circulation in the legs. Modern chiropractic care will usually bring good results to persons afflicted with “the restless leg.”
YOUR CHANCES for Recovery Under Chiropractic

All statistics used in this chart are based upon studies reported by the National Chiropractic Association, the Committee on Research of the International Chiropractors Association, and the Parker Chiropractic Research Foundation. These reports represent the results obtained under chiropractic care for a large variety of chronic conditions. The vast majority of these cases had also been previously diagnosed and treated by practitioners other than Chiropractors.

<table>
<thead>
<tr>
<th>CONDITION</th>
<th>Accepted</th>
<th>Improved</th>
<th>Same</th>
<th>Disimpr.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>89.2%</td>
<td>73.3%</td>
<td>16.8%</td>
<td>1.4%</td>
</tr>
<tr>
<td>Asthma</td>
<td>92.3%</td>
<td>80.5%</td>
<td>12.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Biscoids, General</td>
<td>98.2%</td>
<td>81.7%</td>
<td>17.3%</td>
<td>.95%</td>
</tr>
<tr>
<td>Bursitis</td>
<td>96.1%</td>
<td>89.3%</td>
<td>7.1%</td>
<td>3.6%</td>
</tr>
<tr>
<td>Gall Bladder Dis.</td>
<td>90.3%</td>
<td>80.9%</td>
<td>14.3%</td>
<td>4.8%</td>
</tr>
<tr>
<td>Fever</td>
<td>92.3%</td>
<td>81.6%</td>
<td>13.4%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Headaches, Neural</td>
<td>98.7%</td>
<td>83.2%</td>
<td>11.1%</td>
<td>5.1%</td>
</tr>
<tr>
<td>High Blood Pressure</td>
<td>88.6%</td>
<td>73.0%</td>
<td>9.3%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Nervousness</td>
<td>95.6%</td>
<td>96.6%</td>
<td>12.8%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Neuralgia</td>
<td>97.2%</td>
<td>80.1%</td>
<td>14.2%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Neuritis</td>
<td>98.2%</td>
<td>86.4%</td>
<td>6.4%</td>
<td>7.2%</td>
</tr>
<tr>
<td>T.rius, sacro-liac</td>
<td>98.4%</td>
<td>81.8%</td>
<td>17.2%</td>
<td>1.8%</td>
</tr>
<tr>
<td>Sciatic Nerve</td>
<td>97.2%</td>
<td>85.0%</td>
<td>9.4%</td>
<td>5.1%</td>
</tr>
<tr>
<td>Sinusitis</td>
<td>93.1%</td>
<td>83.2%</td>
<td>11.8%</td>
<td>2.7%</td>
</tr>
<tr>
<td>Slipped Discs</td>
<td>94.2%</td>
<td>88.7%</td>
<td>17.6%</td>
<td>0%</td>
</tr>
<tr>
<td>Spinal Curvatures</td>
<td>97.1%</td>
<td>82.9%</td>
<td>9.4%</td>
<td>7.6%</td>
</tr>
<tr>
<td>Stiff Necks</td>
<td>92.6%</td>
<td>93.2%</td>
<td>1.1%</td>
<td>2.4%</td>
</tr>
<tr>
<td>Stomach Ulcers</td>
<td>93.1%</td>
<td>83.2%</td>
<td>11.8%</td>
<td>2.7%</td>
</tr>
</tbody>
</table>

We accept all cases regardless of ability to pay.

WHY BE SICK WHEN YOU CAN BE WELL?

FREE SPINE X-RAY unless covered by insurance.

Tucci Chiropractic Office
BELLE VERNON, PA. PHONE 929-6100

HAPPINESS IS ••• HEALTH THROUGH CHIROPRACTIC!

When Your BACK HURTS...
Your Chiropractic Physician is available.

When Your HEADACHE RETURNS...
Your Chiropractic Physician is available.

OUR SKILLS WILL HELP YOU.
Call for an Appointment.

DR. E. Z. MARTIN
Chiropractic Health Center
NEW HOLLAND 666-2491
LANCASTER, Pa. 393-6796

What others say ... • • •

When I went to Dr. Martin, I was very skeptical. I thought that chiropractic care was only for people with back problems. However, I was impressed by his approach and the results he achieved. After just a few visits, I could see a significant improvement in my overall health. I feel much better, my sleep is better, and I have more energy throughout the day. I highly recommend Dr. Martin to anyone looking for a natural and effective way to improve their health.
NERVOUSNESS

Can't sleep, jittery, irritable, cry, can't work.

Tranquilizers and drugs slow you down, but then it only lasts for a while.

A short circuit in the nervous system, comes from nerve interference. Drugs deaden the system.

Chiropractic corrects the short. Lets the nerves return to normal. Life is great again!

Our fee is what you can HONESTLY afford to pay! Free Examination!

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown
Rt. 30—Thomasville, Pa.
Phone 225-1017

HIGH BLOOD PRESSURE and HEART PROBLEMS

Pounding headache, dizzy, shortness of breath, arm pain. Medication checks the symptoms.
Chiropractic looks for the interference to the control centers of the blood and heart.
If these interferences are corrected by adjusting the spine, the body may heal itself.

Our fee is what you can HONESTLY afford to pay! Free Examination!

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CHIROPRACTIC LIFE CENTER
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Rt. 30—Abbottstown, Pa.
PHONE 225-1017
J. M. Sigafoose
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown
On Route 30
Thomasville, Pa.

ASTHMA
Breathing arrested, difficulty in moving without
gasping for breath. Sprays, shots and pills aid
during the emergency, but the emergencies keep
coming.
Chiropractic seeks
to correct the inter-
fERENCE which
causes the lung to
malfunction. By
locating the inter-
fERENCE and ad-
justing the area to relive the nerve; the body
may heal itself.

Our fee is what you can HONESTLY
afford to pay! Free X-Rays!

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown  Rt. 30, Thomasville, Pa.
PHONE 225-1017
Ready to Make the Change?

If you are still taking pink pills, blue pills, green pills, white pills, plain pills, tranquilizers, aspirin, sedatives, harsh laxatives, B-12 shots, home remedies... IT MAY BE TIME TO MAKE A CHANGE.

If you are still suffering from headaches, stomach aches, shoulder or leg aches... If you are told, "you'll have to live with it"... if your heart skips a beat, if your arthritis is forcing you to take a couple more aspirins daily from a year ago, if your kidney infection never really clears up... IT MAY BE TIME TO MAKE A CHANGE.

If you're still told "it's all in your mind," if you still have those dizzy spells, if you are still depressed, tired or fatigued... if sleeping continues as one big nightmare, if you are still susceptible to colds... YOU'D BETTER START THINKING ABOUT A CHANGE.

If you still have pains in your head, shoulder, neck and back, if your ulcers are still as active as ever, if your blood pressure is still too high, if your menstrual pains still persist, if you are still very nervous, if daily living makes living unbearable... IT PROBABLY IS TIME TO MAKE THE CHANGE.

If you are still trying to convince yourself that there's nothing wrong, if your chest pains are still noticeable, if the pain pills don't kill the pain anymore, YOU'D BETTER MAKE THE CHANGE TO

CHIROPRACTIC...

Dr. Barry L. Smith, Chiropractor

520 N. HANOVER ST., ELIZABETHTOWN, PA.
TELEPHONE 367-5777
IT IS UP TO YOU!!!

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

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

DRUGS ARE DUMB WHETHER PRESCRIBED OR PUSHED

KRUPAR CHIROPRACTIC LIFE CENTER
327 W. Pgh. St. 834-1887 Greensburg

TIERED OF BEING SICK

Are you sick and tired of being sick? Do your symptoms remain the same with a few newly added side effects? Is your prescription guaranteed to work or your druggist will refund your money? Did your MD say try this drug & if it doesn't relieve your symptoms, come back and we will try something else? How much longer are you going to be a human guinea pig? Has your Doctor ever told you it could be NERVE interference between the brain and the organ or organs involved?

If the above paragraph fits you, then it's time you switched to CHIROPRACTIC. We get 75% of our patients after they have been the medical route. CHIROPRACTIC works - it gets results and that's what counts.

KRUPAR CHIROPRACTIC LIFE CENTER
Dr. Andrew C. Krupar Dr. Betty O. Krupar Dr. Homer L. Bowers
HOMER L. BOWERS, D.C. 327 W. Pittsburgh St., Greensburg Phone 834-1887

We accept all cases regardless of condition or financial ability to pay. Why be sick when you can be well.

* You Want A Return of Good Health
* You Want To Maintain Good Health
... then turn to and stay with principle CHIROPRACTIC

DR. ANTHONY C. FIORE
22 So. 2nd St., Easton 253-6631

Our fifteenth year of dedicated service to the health needs of area families. Is your family as healthy as it could be and should be?
Acute Head Pains

Acute head pains that would begin at the base of her head, and eventually extend to the sides, top and front of her head, they would last for days and she even would wake up with them. Previous tests revealed no brain lesions and sedatives only slightly dulled the pains. Finally she arranged an appointment at our office. We made a complete Chiropractic examination and spinal X-rays and found the spinal bones at the base of her neck were twisted out of place squeezing the nerves, making them irritated and hot. Within a week her pains were gone and a short time later good correction of the spinal bones was achieved and she has not experienced a return of these headaches, since. If you suffer with headaches, pills will help the pain, but Chiropractic may end the problem by locating and removing the basic cause, and add life to your years and years to your life in the process.

Ferrance Chiropractic Center
WHERE GOOD HEALTH BECOMES A REALITY
PHILIPSBURG - OSCEOLA MILLS HIGHWAY
PHONE
For A Chiropractic Examination Today
* Free Spinal X-ray If Necessary
Philipsburg 342-0534
* Does Not Include Insurance or Charge Cases

For Your Child's Good Health...

Check-ups can mean so much

As a child grows, his spine changes. Frequent spinal check-ups can help you prevent back and other health problems. To help your child’s back grow strong and straight, consider chiropractic care.

To Your Well-Being

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PHILIPSBURG 342-0534
Walk in the Glow of Health

Learn how to protect your back

Eat, rest and exercise regularly, but don't overdo. Avoid lifting heavy loads wrong. Maintain good posture. Walk ... it's good for you. Consider preventive health care, through Chiropractic. Have a spinal check-up soon.

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Philipsburg-Oceola Mills Highway
— PHONE —
For A Chiropractic Examination Today
PHILIPSBURG 342-0534

Walk in the Glow of Health

Take these steps now

Eat, rest and exercise ... sensibly.
Watch your posture. And have a Chiropractic spinal check-up, regularly. Prevent health problems before they happen.

at the

Ferrance Chiropractic Center
WHERE GOOD HEALTH BECOME A REALITY
Philipsburg - Oseola Mills Highway
— PHONE —
For A Chiropractic Examination Today
PHILIPSBURG 342-0534
NERVOUSNESS

Dr. Ferrance

This is a state of affairs that robs your body very fast of its vitality and energy. You become easily irritated, shaky and even dizzy, tense and tight inside sapping your joy for living. The symptoms of nervousness are numerous, and there is no definite medical cause or cure. However, Chiropractic authorities have found that almost every case of nerves is accompanied and directly related to irritated nerve fibers within the nervous system, caused by an existing state of nerve interference within the nervous system. The reason why Chiropractic care is so effective is because our examination is designed to locate existing nerve irritation and interference along the course of the spinal cord and nerves. Once the cause has been found the Chiropractic spinal adjustments will remove the nerve interference, the symptoms will abate as the nervous system functions normally again, and good health is once more restored to the individual along with a zest for life.

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- PHONE -
For A Chiropractic Examination Today
PHILIPSBURG 342-0534

NECK AND ARM PAINS

Dr. Ferrance

This man said he woke up one morning and noticed a funny tingling sensation in the fingers, later it turned painful and spread up the arm into the neck. Even coughing would make his neck, arm and fingers burn with pain. He had to go under traction for two weeks and heat therapy which relieved the pain some but the condition was still present. He had been reading our articles so he made an appointment to see what we could do for him. We were successful with this problem in no time at all, because we found his fourth cervical vertebra was twisted out of place applying pressure to the nerves of his arm. The pulling of traction did not take out the twist, but stretched it further apart. But spinal adjustments reset the vertebra in its normal position and relieved the pressure from the nerves so he recovered. Check with your Doctor of Chiropractic first, save your health, time, and money.

Ferrance Chiropractic Center
WHERE GOOD HEALTH BECOMES A REALITY
Phillysburg - Osceola Mills Highway
- PHONE -
For A Chiropractic Examination
PHILIPSBURG 342-0534
PINCHED NERVES...

IN THE FOLLOWING SPINAL AREAS...  MAY CAUSE

1. Headaches, Nervousness, Dizziness, and Tension.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.

6. Shingles, and disturbances of the upper bowels.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.

ARE YOU TOO SICK TO ENJOY LIFE? FIND OUT HOW CHIROPRACTIC CAN HELP YOU TODAY!

CHECK THE 10 DANGER SIGNALS OF NERVE PRESSURE

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

NOV. 6 TO NOV. 11

*NO CHARGE FOR SPINAL X-RAY EXAM.

2014 Market St., Hbg., Pa.  Phone 234-5671

*If Necessary

Dr. Z. F. Stynchula

Practitioner

ND necessary

Please
THE SPINE IS ONLY THE STARTING PLACE

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

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

Some of the conditions which respond well to Chiropractic:

- Nervous Tension
- Asthma
- Leg Pains
- Poor Circulation
- Sinusitis
- Digestive Disorders
- Headaches
- Bronchitis
- Shoulder and Arm Pains
- Fatigue
- Scoliosis
- Dizziness
- Insomnia
- Chest and Rib Pains
- Menstrual Problems
- Gall Bladder Disturbances
- Whiplash Injuries
- Allergies

KRUPAR CHIROPRACTIC CENTER

ANDREW C. KRUPAR, DC
BETTY D. KRUPAR, DC

327 W. Pittsburgh St. 834-1887
Pain in the head, visual disturbance, nausea, neck stiffness are known as headache. Tons of aspirin per day is used to escape. A variety of prescriptions and shots are used to get rid of the symptoms, only to have them return again.

Chiropractic looks for the nerve interference, and corrects it by hand only. Not through the use of machines, traction, or pills. But through knowledge of where the problem is, and letting the body heal.

Our fee is what you can HONESTLY afford to pay! Free Examination!

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown
Rt. 30—Thomasville, Pa.
Phone 225-1017

MORNING HEADACHES-PLUS

Headaches occur with most organic disorders. The eyes and eye strain are often blamed and as often found innocent.

Migraine is rare, though frequently mislabeled because of the nausea. Almost any violent headache can, if the pain is severe enough, cause that sickish feeling about the stomach that is so common in migraine cases.

Nervous headaches caused by female disturbances, tension and the inability to relax is perhaps the most common. If you neglect these or stop them with a pain killer or tranquillizer, you are inviting trouble and future female surgery. Consider the following case from our files as a fair example.

Violent pains in her right eye and over the entire right side of her face and in back of her head and neck that lessened during the day but invariably greeted her upon awakening nearly every morning for as long as she could remember, finally brought this pretty, twenty-nine-year-old mother of three from Edgewood to the Newman Chiropractic Center asking for any relief we could give her. She was another previously diagnosed “migraine” case that had resisted all types of pain killers and turned to chiropractic when all other doctors’ efforts were fruitless.

We found that she had chronic constipation, a very tender gall bladder, frequent nausea, extreme nervousness, no appetite, and such a serious and painful ovarian disorder that former doctors had recommended an operation as her only hope. Our spinal analysis and spinal x-ray located what others had overlooked—several vertebrae misalignments interfering with nerve-energy flow. This course, was responsible for her organic trouble which proved to be the underlying cause of her sick headaches. In due time our spinal adjustments corrected the offending nerve disturbances and her ailments gradually but naturally disappeared. Her appetite returned, her headaches are gone, and she now has a healthy, left ovary and pleasant periods.

If other doctors have made you well, you don’t need us— but if other efforts have been fruitless, such as in this case, why not investigate as she did. We made her well again, possibly we can do the same for you. Besides, what have you got to lose except your headaches.

For Further Information Call

NEWMAN CHIROPRACTIC CENTER
7424 WASHINGTON ST., SWISSVALE, PA.
271-0880
WHAT IS CHIROPRACTIC

It is finding the spinal bone that interferes with the flow of life from the brain to the body—correction of that bone, until all is normal again.

It is not one or two adjustments, to get rid of pain. Medical men can stop pain pronto by shots, pills and lotions. Stopping the pain does not stop the problem—interference. If you are tired of red, pink, blue and white pills, shots, lotions, change of notions—it’s time to change. Not to another colored pill, but to chiropractic.

THE ONLY PATIENTS THAT DON’T RESPOND ARE THE ONES THAT HAVEN’T FOLLOWED THE REQUIREMENTS THAT ARE NECESSARY TO REGAIN TOTAL HEALTH THE NATURAL WAY. NO ONE CAN SAY THEY CAN’T AFFORD CARE, BECAUSE YOU SET YOUR OWN FEE.

FREE SPINAL X-RAYS THIS WEEK

J. M. SIGAFOOSE
CHIROPRACTOR

HEADACHES

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Our fee is what you can HONESTLY afford to pay!—Free X-Rays

J. M. SIGAFOOSE
CHIROPRACTIC LIFE CENTER
3 Miles East of Abbottstown
Rt. 30—Thomasville, Pa.
Phone 225-1017
ARE YOU SICK OF BEING SICK?

CHANGE TO CHIROPRACTIC!

THE NATURAL, SAFE, SANE WAY TO HEALTH.

FREE SPINAL X-RAYS THROUGH OCTOBER AT

TROUT CHIROPRACTIC CLINIC

RD 1 NORTHUMBERLAND, PA.
PHONE 473-3585 FOR APPOINTMENT
WHY IS IT THAT

CHIROPRACTIC

SUCCEEDS

AFTER OTHER METHODS

HAVE FAILED?

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

WHY BE SICK WHEN YOU CAN BE WELL?

ALL SPINAL X-RAYS FREE!!

DR. THOMAS HOUSER

Chiropractor

7th and Elm Streets

Phone 538-2893 for your appointment
Spinal Problems Affect Your Total Health

- You can have a spinal problem and not know it
- Bumps, jars and work posture can cause spinal problems
- Improper lifting can cause spinal distortion
- Many illnesses are caused by spinal problems
- Everyone needs a periodic spinal examination

A Public Service Message from the LYCOMING COUNTY CHIROPRACTIC ASSOCIATION