

SMILING

PLEASE
LOOK ME OVER



Chiropractic

FOR

Health



C. R. JOHNSTON
CHIROPRACTOR

Mt. Kisco, N. Y. Office
Lieberman Bldg.

Corner Kisco Avenue and Main Street

Tuesdays, Thursdays and Saturdays

1 to 5 and 6 to 8 p. m.

Telephone 90

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B. J. Palmer, D. C., Ph. C.

THE PALMER SCHOOL OF CHIROPRACTIC

(Chiropractic Fountain Head)

Davenport, Iowa, U. S. A.

Address all correspondence
to firm and not individuals.

August 18, 1922.

TO THOSE WHO WANT TO GET WELL:

I know C. R. Johnston, D. C., and know him to be a graduate of this School and a man whom I am personally proud to consider a friend, a man whom every sick person he comes in contact with will never regret the service he can render, a man whom Chiropractic as a profession is proud of.

He is one of the great many who have seen fit to keep Chiropractic pure and simple. Believe in him and you will have no cause for regret.

It isn't often that I issue a letter of this kind but I feel this is an exception that demands it.

I am

- on Chiropractic.

The study of Chiropractic enables the progressive practitioner to advance rapidly in public confidence. It enables him to do things even though he is a man of moderate ability. In point of actual accomplishment, it often enables such a one to outstrip his more fortunate colleagues, whose position in life may be due quite as much to accident of birth, social position, or pleasing personal ability, as to real merits.

Did you ever stop to think how ungrateful the average person who enjoys good health is? How unconcerned about the sufferings of humanity, absolutely unmindful as to the great fortune they possess in being healthy, never thanking the Almighty for that great blessing bestowed on mankind, good health. You should be thankful every second of your existence and never fail to accept the opportunity to express your appreciation of it and to acquire knowledge to help the unfortunate individual who must depend on the able one to assist him. For this very reason, I ask my readers to investigate the merits of Chiropractic. Acquaint yourself with the facts concerning this science and when the darkness of ill health enters your door be prepared to assist Nature to successfully battle the enemy and restore good health. Perhaps you know someone who is ill and is unacquainted with Chiropractic. Your knowledge of its merits conveyed to them may result in restoring good health to them. True friendship is assistance when in distress and when least expected, your interest in Chiropractic may concern you or yours.

In 1916 I became interested in Chiropractic, my left forearm and hand being practically useless; all medical aid, massage and electricity gave me no relief. After a few Chiropractic adjustments, the nerve supply to my arm was restored and Nature did the rest. Realizing the sense of touch was the big factor in becoming a successful Chiropractor and with this big asset in my favor, I enrolled at the Palmer School, Davenport, Iowa.

At first the Faculty was adverse to my becoming a student, as they had no text books in raised type. My determination to prove my ability to learn Chiropractic as anyone else won favor with Dr. Palmer, and a personal letter from him told me to come. My examinations, 27 in all, 9 of which are A Plusses and the 18 others are A's are framed and hang in my office, bearing the signature of Dr. A. B. Hender, Dean of the School, with the official seal.

With this brief analysis of Chiropractic, I have inserted a few photos and testimonials to prove the wonderful science of Chiropractic, whether it be done by a blind person or another. It is a natural law, and when the cause of your dis-ease is adjusted, health is the result.

In choosing your Chiropractor, let me say, there are good and bad in everything. Be sure you go to a competent Chiropractor. This science cannot be taught or learned by correspondence. The cause of dis-ease can be exaggerated by an incompetent Adjuster as well as eliminated by a good one.

Take your adjustments regularly, when your Chiropractor wants you to; when you feel good, say so and ask that the retracing stage be explained to you.

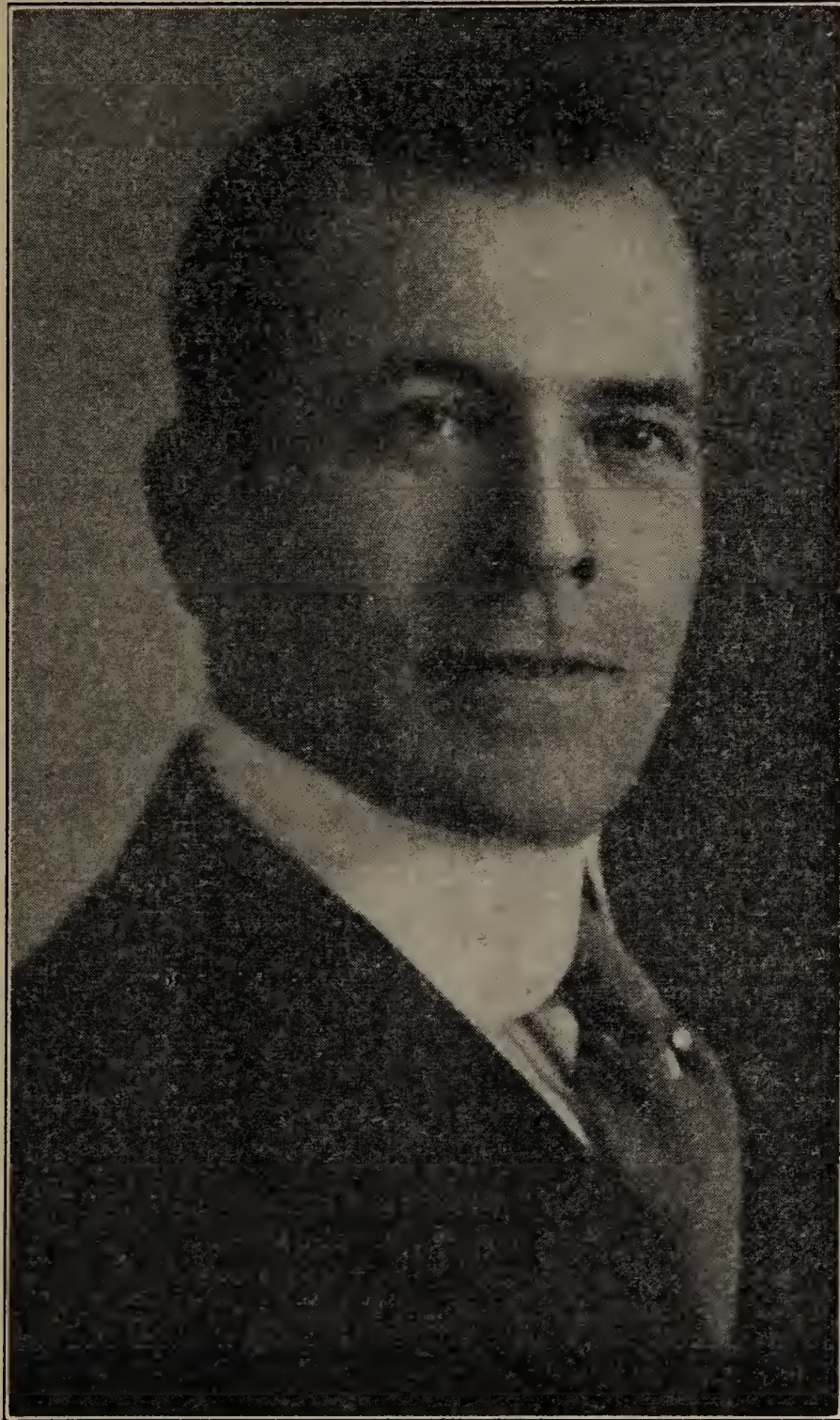
It is my life work to be a benefit to suffering humanity; this I can only do by adjusting their spine.

If others have failed with you, do not give up hope until

Altho I can not see

I am as happy as can be

THE MAN WHO WAKES 'EM UP



C. R. JOHNSTON, D.C.

CHIROPRACTOR

of sleeping sickness fame

The Palmer School, Davenport, Iowa, appropriately styled the "Chiropractic Fountain Head." The school was founded and chartered by D. D. Palmer, discoverer of Chiropractic.

CHIROPRACTIC

(Pronounced KI-RO-PRAK-TIK)

Meaning "Done by Hand," is the philosophy, science and art of things natural, and a system of adjusting the subluxated vertebrae of the spinal column, by hand, for the restoration of health.

Chiropractic was discovered in 1895 by Daniel David Palmer, who founded The Palmer School of Chiropractic. Under his supervision and that of his son, B. J. Palmer, for a number of years, and now under the control of the latter, it has grown by leaps and bounds until today it stands in a class by itself.

No other Chiropractic institution has shown such a rapid growth; no other has brought forth and developed original ideas and principles to the degree which this institution has, and yet held steadfastly to the basic foundation stones upon which our science is builded.

Universally recognized as the hub of all things Chiropractic, The Palmer School has maintained that position through its ability to assume the burden. A diploma from this institution stands primarily for two things: the most thorough training offered in the world today in Chiropractic and as absolute adherence to a fixed standard of grades, and attendance. It is for this reason that the public is coming more and more to demand a Palmer School diploma when entering the office of a Chiropractor.

VISIT THE PALMER SCHOOL

There are over three thousand students in actual daily attendance. A faculty of thirty-seven trained men and women devote all their time to their school work.

Three years' residence course—Absolutely no correspondence course—Only straight Chiropractic taught.

Chiropractic is now legally recognized in thirty-one states and many countries and the demand for trained men and women far exceeds the supply.

Why not study Chiropractic? We need more good Chiropractors.



Miniature reproduction of part of the Palmer School, Davenport, Iowa, Chiropractic Fountain Head.

SCHEDULE OF SUBJECTS AND HOURS AS TAUGHT AT THE PALMER SCHOOL OF CHIROPRACTIC

"Chiropractic Fountain Head"

DAVENPORT, IOWA, U. S. A.

Freshman Class—Anatomy, (Osteology), Palmer, $21\frac{3}{4}$; Anatomy, (Arthrology), Palmer, $21\frac{3}{4}$; Anatomy, (Myology), Palmer, $43\frac{1}{2}$; Histology, Vedder, 87; Symptomatology, Firth, 87; Chiropractic Philosophy, Palmer, 87; Chiropractic Orthopedy, Lectures, 87; Palpation, Palmer, $130\frac{1}{2}$; Drill, Palmer, 87; Chemistry, Burich, 87. Total hours, $739\frac{1}{2}$.

Sophomore Class—Anatomy, (Vascular System), Palmer, $43\frac{1}{2}$; Anatomy, (Splanchnology), Palmer, $43\frac{1}{2}$; Physiology, (Vascular System), Vedder, $35\frac{1}{2}$; Physiology, (Lymphatics, Glands, Lungs), Vedder, $35\frac{1}{2}$; Chiropractic Philosophy, Palmer, 54; Hygiene, Pedersen, 33; Obstetrics, Lectures, 16; Symptomatology, (Febrile Diseases), Firth, $43\frac{1}{2}$; Symptomatology, (Digestive Diseases), Firth, $43\frac{1}{2}$; Drill, Palmer, 87; Palpation and Nerve Tracing, Palmer, $130\frac{1}{2}$; Chiropractic Adjusting, (Clinic), Practical, 156; Chemistry, Burich, 87; Gynecology, Vedder, 87; Coccygeal Clinic, Practical, 18. Total hours, $913\frac{1}{2}$.

Junior Class—Anatomy, (Brain System), Palmer, $21\frac{3}{4}$; Anatomy, (Generative Organs), Palmer, $21\frac{3}{4}$; Anatomy, (Neurology), Palmer, $43\frac{1}{2}$; Physiology, (Digestive and Urinary Systems), Vedder, $43\frac{1}{2}$; Physiology, (Special Senses), Vedder, $43\frac{1}{2}$; Symptomatology, (Respiratory, Circulatory, Urinary, Blood and Gland Diseases), Firth, $43\frac{1}{2}$; Symptomatology, (Constitutional and Nervous System Diseases), Firth, $43\frac{1}{2}$; Analysis, Lectures, 174; Philosophy, Palmer, 87; Drill, Palmer, 87; Palpation and Nerve Tracing, Palmer, $130\frac{1}{2}$; Chiropractic Adjusting, (Clinic), Practical, 208; Coccygeal Clinic, Practical, 34. Total hours, $981\frac{1}{2}$.

Senior Class—Symptomatology, (Diseases of Eye, Ear and Skin), Firth, 130; Philosophy, Palmer, 130; Gynecology, Vedder, 130; Chemistry, Burich, 130; Drill, Palmer, 130; Analysis, Lectures, 260; Palpation and Nerve Tracing, Palmer, 195; Chiropractic Adjusting, (Clinic), Practical, 312; Coccygeal Clinic, Practical, 52. Total hours, 1,469.

Dr. D. D. PALMER, Discoverer of Chiropractic, Gives First Adjustment To Deaf Man

The first Chiropractic adjustment was given in 1895, to a man of impaired hearing. An analysis of his spine disclosed a pronounced subluxation in the upper region of the spinal column. By adjustment Dr. D.D. Palmer restored the misaligned vertebra to its normal relations, and soon the man could hear as before.

Like many other great movements, Chiropractic was accidental in its discovery, for the adjustment followed the chance observation of a circumstance, and it was not premeditated or designed; and the result accomplished was unexpected. The first "adjustment" was crude, although strictly specific.

The discovery of Chiropractic was, then, an accident; its development, however, was very largely the result of the patient and intelligent inquiry of this earnest investigator of truth, until his death.

From this accidental beginning, Dr. D. D. Palmer successfully prosecuted his work with other patients, variously afflicted, and thus laid the foundation of a new science, now grown, on its merit as an efficacious health agent, to a profession of twenty-five thousand members in the United States, Canada, Japan, Mexico, Australia, England, Ireland, France, Hawaiian Islands and other countries.

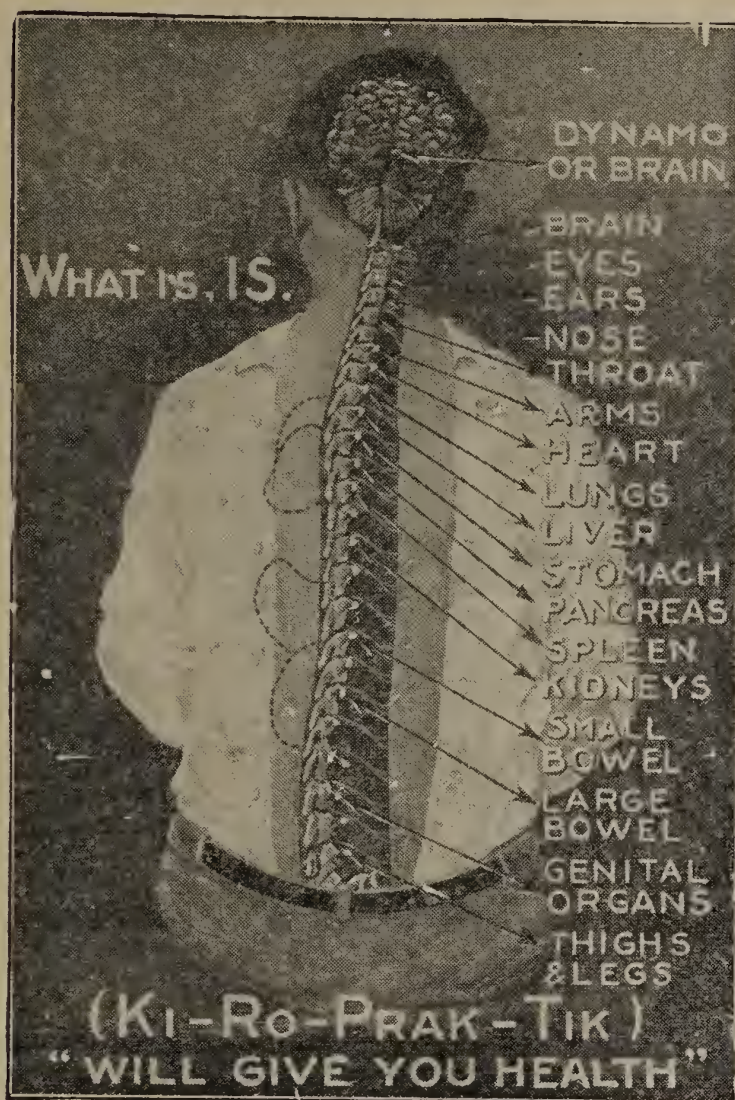
Through twenty-seven years of developmental progress the Chiropractic idea has been better formed into a distinct system: The most of the credit for such development, is universally conceded, belongs to B. J. Palmer, D. C., Ph. C., who, as a fitting tribute to his achievements, is popularly regarded, by the Chiropractic profession, as its leader.

Dr. Palmer was recently awarded the first "Golden Rule" Medal by public vote, winning by a large majority over Woodrow Wilson, the medal being given by Napoleon Hill's Magazine to the man doing the greatest service to mankind.

Much of the success of Dr. Palmer belongs to his loving wife, the ideal type of American womanhood.

Mabel H. Palmer, D. C., Ph. C., author, lecturer and teacher.

IS THE INDEX OF HEALTH



Spinal Adjustments Make You Well and Keep You Well Should Others Fail, Try Chiropractic

Chiropractic is the knowledge—not theory or belief—of philosophy of cause of dis-ease; the science of knowing how and the art or ability to adjust it. The human brain is the dynamo where life currents are concentrated. The spinal cord and nerves are the purveyors of this mental force. If brain absorbs, spinal cord conveys, nerves transmit, and tissues, organs and viscera receive this life current, health is the product. Obstruct the transmission of current and dis-ease is the product. Body plus life equals health. Body minus life equals death. Dis-ease is the abnormal fluctuation between these two quantities caused by varying degrees of pressure upon the nerves, interfering with transmission. A Chiropractor knows why, where and how to adjust to permit life currents to

a certain chemical combination, just as the flame of a candle is the result of a combination of wick and tallow; and just as the flame of the candle disappears when the chemical ingredients are consumed, so the soul of man disappears when the chemicals are exhausted.

Chiropractic teaches just the reverse of this idea. It teaches that, instead of life being the result of a chemical combination, it is the cause, and that the chemistry of changing food into flesh and blood is known only to this life principle which we call Innate Intelligence. It teaches that all physical, mental and spiritual processes are manifestations of this "power within," and that the physical functions are functions—not of the body—but of "Innate Intelligence" through the body.

It teaches that the mechanism through which "Innate Intelligence" superintends all physical processes, is the brain and nerve system, and that whatever interferes with the function of a nerve interferes with the medium through which the work of the body is performed.

It teaches that subluxated vertebrae impair the conductivity of the nerves, thereby producing an abnormal functional expression in the part supplied by the certain nerves that are impinged, and that, in order to eliminate the disease, the subluxated vertebrae must be adjusted to normal position, so as to permit the normal transmission of the command or impulse over the nerves.

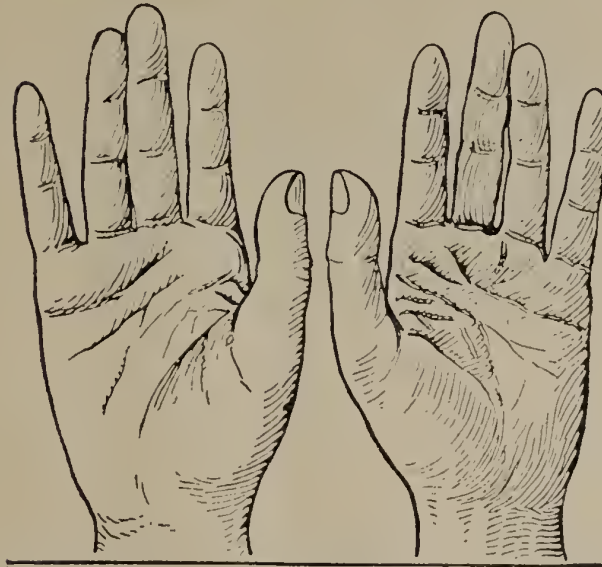
WHY CHIROPRACTIC IS SCIENTIFIC

Science is classified knowledge. It does not depend upon chance, or luck, or guesswork. If a method is scientific it must work out—not sometimes, but all the time. No method of combating disease has ever deserved to be called scientific until Chiropractic was developed. The treating of disease by remedies is an art in which skill in diagnosis, and in predicting the rather dubious reaction of the patient to the remedy, may bring good results.

Chiropractic is a SCIENCE. The Chiropractor is trained to detect spinal abnormalities by hand and verify by X-ray until he knows, with absolute certainty, the position and relation of the spinal bones. His methods of adjusting these are so exact, so specific, that he can be absolutely positive that the adjustment will be followed by just one result—the utmost effort of Nature to cure. The only element of uncertainty left—the only reason why a Chiroprac-

LOOK !

*Chiropractic
Meaning - "Done by Hand"*



Our Only Tools

In the practice of Chiropractic the above are the only tools the master mechanic (Chiropractor) will use in the adjustment of the human machine (the body).

The use of violet rays, vibrators, stretching machines, electricity, etc., is not Chiropractic. A thoroughly competent Chiropractor will not use any adjuncts in his office as he has studied, learned and knows what Chiropractic can do in the adjustment of the Spine to allow the Great Physician (Nature) to work.

CHIROPRACTIC

Pronounced (KI-RO-PRAK-TIK)

Meaning Done by Hand

Chiropractic is a method of palpation, nerve tracing and adjustment of vertebrae for the relief of morbid conditions.

—Stedman's Medical Dictionary (1918).

This meets the condition for a definition very precisely. No other system or method combines the unique and distinctive method of examining the spine with the hands (palpation); the art of searching out and skillfully tracing sensitive or impinged nerves to the organs in which disease is to be found (nerve tracing); and the specific mechanical replacing of the slightly displaced bones which crowd those nerves and shut off the flow of vital energy to the rest of the body (adjustment), EXCEPT CHIROPRACTIC. Every other system is excluded by this description. Even the word "relief" instead of "cure" is correct, because the Chiropractor relies upon Nature herself to do the curing.

Everything that a Chiropractor does and everything that is distinctly Chiropractic is summed up in those two short lines. The system is so simple, so direct, and so scientific that no complex explanations are required.

Alfred Walton, M. D. (Harvard 1879), says: "The spine has more to do than any other factor with the maintenance of health on the one hand or the establishment of disease on the other."

Why Is Chiropractic The Safest Method For The Patient?

Chiropractic is safest because it is scientific. The properly trained Chiropractor knows exactly what he is doing and why he is doing it, and can not injure the patient. The correctness of the principle of Chiropractic safeguards the patient.

Again, there is nothing inherently dangerous in a Chiropractic adjustment.

The news columns are full of accounts of deaths resulting from mistaking the label on a bottle, or from taking an overdose of a dangerous drug.

Chiropractors use no drugs and such a mistake could not occur. Many a man, through a quite pardonable error in diagnosis (no infallible diagnostician ever lived) has had the wrong organ removed by an operation. No Chiropractor ever removed an organ under any circumstances.

Stimulation of an over-stimulated organ is dangerous. The Chiropractor is safeguarded against this by the fact that an adjustment is always followed by NORMAL action of the nerves. Nature never makes a mistake.

Finally, and most important of all, Chiropractic is safest for the patient whose disease is dangerous, because it offers the surest chance of recovery.

To select the wrong method, and waste precious time in finding out the mistake, has sometimes permitted disease to make such inroads on health that the case passed beyond hope of recovery, before the necessary spinal adjustment had been made.



A CHIROPRACTIC FACT

"No routine physical examination is complete without searching for spinal tenderness by pressure upon the vertebrae."—Charles Slade, M. D., Bellevue Hospital Medical College.

At the Palmer School, 586½ hours are spent in this class. The success of a Chiropractor depends upon his ability to determine correctly the abnormal position of the vertebrae.

Your Spine is the index to health. Each vertebra slightly deviating from the normal position is the causative factor of 95% of diseases.

A Chiropractor examines your Spine and thereby forms the analysis of your case and by correct palpation and adjusting, nature will do the rest.

The sense of touch cannot be trained too highly.

In many cases when life hangs in the balance such as Fred Fausel, Eddie Einstein or Alonzo Smith, had the adjustment been given the wrong way, due to unskilled fingers in the palpation, death could have been the result. If relieving pressure upon the nerves restores health it is just as reasonable that increasing pressure upon the nerves, would exaggerate the disease.

Losing my sight, 15 years ago, I became dependent upon my fingers to compensate for my vision. Unconsciously developing my sense of touch for the great work whereby my blindness proved an asset instead of a handicap.

Every cloud has a Silver Lining.

Dr. C. M. Kightlinger Dean and President of the Eastern College Chiropractic, Newark, N. J., writing Oct. 25th, 1921, in part says:

"We were pleased to spinegraph the patient you sent to

God and Man

The supremacy of the Universal Architect over all his works, from the tiniest blade of grass and the smallest known form of animal life to the realms of rolling worlds and the construction and operation of Man—the highest type of perfection of which we are acquainted or have reason to believe exists may be likened to man and the products of his mind and labors.

Man and His Products

The application of the principles of the laws of the Supreme Architect (Nature) as portrayed by the mechanical creations of man have been and always will be the wonderment of each and every age.

Man's genius, as usually spoken shows as a result of delving into the mysteries of Nature's laws and storehouse of energy. Each epoch from the beginning of time, at least as reckoned by man, reveals the persistence man has shown and the results accomplished in studying and applying the principles of Nature's laws, harnessing hitherto unknown forces to the wheels of the world tending to furnish the Architect's ideal. With all changes though we find that man as an adaptation has changed little and even that little as an adaptation to environic conditions. From a structural and functional standpoint he has not been improved upon. Because of this we recognize him to be the most marvelous and efficient machine of all ages.

Man's Organs and Man Made Machines

Think of the power, speed, capacity, efficiency and smooth operation of the human brain. Consider its infinite potentialities; the limitless wealth within its vaults for ambition to unlock and spend with the inspiring knowledge, that, the more we use the more we have.

Is there anything in the world more harmonious in its action, more mechanically perfect in its power, range, service and beauty, than the Human eye?

Can you think of anything that serves with such exquisite delicacy, harmony, co-operation and adaptability as the human ear, when normal?

Does the whirr of the flying machine; the purring of the automobile engine; the even balance and song of the electric motor compare for one moment with the music and action of that pulsing pump—the heart, driving the blood throughout the body for 70 years or more without a break when the normal amount of mental forces reach it.

Means of Operation

These organs are all very vital to the welfare of man

ADJUSTING



The above illustration will give an idea of how a Chiropractic Adjustment is given.

After a Chiropractor has made a digital examination of your Spine and listed the subluxations, which press upon the nerves causing Dis-Ease, the next step toward restoration is the above adjustment. This adjustment is taught at the Palmer School and is known as the Palmer Recoil. Many competent Chiropractors will adjust the vertebrae of the neck of a patient while in a sitting posture or while lying on the back.

Should you enter an office and have a stretching machine, vibrators, or rubber mallets, violet rays, electricity, oil rubs, bath cabinets and other what nots, applied, please remember you are not receiving Chiropractic. If you do not obtain results, after the application of all these adjuncts do not condemn Chiropractic. Investigate the true merits of Chiropractic for your self. Read carefully the following pages which are just a few of the many who have been restored to Health through Chiropractic. This should be convincing proof that it is not necessary for a practitioner to mix a lot of Methods and call it Chiropractic. The originals of every affidavit contained in this book can be seen at my office.

THE SAFE AND SANE WAY TO REGAIN HEALTH

You may have little or no faith in the efficacy of the drugless health science of Chiropractic for the simple reason that you know nothing about it.

Let me give you an illustration which even a child can understand.

Your watch having given you good service for several years, and always kept good time, suddenly "Goes Back" on you and begins to "LOSE TIME." You naturally take it to the watchmaker who, after examining it more or less carefully, says "Oh, yes, I can soon fix this for you. I will take out one of the wheels and then it will go as well as usual." You immediately snatch the watch out of the hands of the "FOOL," for such you mentally call him and try some other machinist. Your next watchmaker is saner. He also examines the watch carefully and says, "Yes, I can soon fix that, it needs a little adjusting and if you will leave it with me for a day or so, I will guarantee to adjust it so that it will keep as good time as it ever did." You leave the watch with him and in due course you get your watch back, keeping perfect time as of yore.

Your precious body is as intricate and delicate a piece of mechanism as any watch that was ever manufactured. Something goes wrong, you are sick, unable to sleep, cannot enjoy your food, your body is wracked with pain, etc. The cause can invariably be traced to subluxated (displaced) vertebrae (small bones of the spine) pinching the nerves and preventing the normal flow of the vital force from the brain through the nerves to the various organs of the body. Why you should allow any surgeon to remove part of your bodily mechanism is more than any sane person can understand. How much more reasonable it would be for you to consult a Human Machinist (Chiropractor) and get him to adjust the cause, which consists in adjusting the subluxated vertebrae back to their normal positions, thus relieving the pressure and getting rid of the cause. Does not this seem reasonable to you?

Think it over carefully, read this article again and the next time you or any of your friends, feel a little "Off Color," consult a Chiropractor.

The Safe, Sane and Satisfactory way to regain your

Paralysis
JULIA KOHLER
North Division Street
NOW WALKING



Peekskill, N. Y., October 25, 1922

State of New York, County of Westchester, ss.:

To Whom It May Concern:

My little daughter, Julia, age five years, on September 25, suffered an attack of Infantile Paralysis, diagnosed as such by local physicians and placed under quarantine.

Julia was unable to sit up alone or move her left limb in any way. For several days she lay in this condition unable to sleep, crying most of the time, from the pains in her leg and back.

Seeing no result under Medical treatment, we sent for Dr. C. R. Johnston, Chiropractor. After his third visit the pains had stopped and Julia was able to move her toes and sit up alone, after the seventh adjustment, Julia, could crawl on her hands and knees. The accompanying photograph shows my little girl after her tenth adjustment.

I am so happy to know my little girl will not be a life long cripple from this dreaded disease and sincerely hope other children will try this new drugless method, Chiropractic.

A healing was performed in Peekskill last Wednesday which was called a miracle by all who saw it. Alonzo Smith, the five-year-old son of a Mahopac Falls farmer, was brought into the office of Dr. C. R. Johnston, Chiropractor, in the Flatiron building, with sleeping sickness, from which the child had suffered for eleven days.

The boy's parents, several friends, and the Rev. F. S. Cook, pastor of the Baptist Church of Mahopac Falls, brought the boy into Dr. Johnston's office. It was their last hope after consulting seven physicians who held a conference in Brewster last Saturday to discuss the case. Within 15 minutes after the boy was carried into the office he was brought out of the coma and was talking with his parents and friends for the first time in nearly two weeks.

Dr. Johnston, a totally blind man, was naturally very much pleased with the relief he gave the boy and the joy he gave the parents. It is the first case of sleeping sickness he has treated and is the first case of that peculiar disease to be brought to Peekskill for help.

The boy was taken sick a week ago Sunday. He woke up as usual for breakfast, but after breakfast he fell into a state of coma from which he could not be awakened. The family doctor was called but he was unable to account for the boy's condition. The boy continued in this condition all that day and he could not be stirred to take food. Food was administered by artificial means and after the second day a specialist was called in who diagnosed the case as sleeping sickness.

Nothing could be done, and last Saturday a consultation was held. Fluid was taken from the boy's spine for examination. Meanwhile the Rev. F. S. Cook, who knew Dr. Johnston and had great faith in his ability as a Chiropractor, suggested that the family try him, and Wednesday, little Alonzo was bundled into an automobile and brought to Peekskill.

Dr. Johnston could not see the little fellow and he listened carefully to the story of the boy's father, John Smith, a farmer. He decided instantly to adjust the vertebra at the top of the spinal column, and as he did so the boy opened his eyes. Mrs. Smith was astonished at this quick result and she made an exclamation, which the doctor heard and he spoke to the little fellow, asking his name.

"Alonzo Smith," came the answer.

Dr. Johnston questioned him further to see if his mind had been affected by the long sickness, but it had not, and he asked the boy to stand up. After lying still for eleven days, the boy was naturally weak but he got to his feet and walked across the room to his parents and climbed into his mother's lap.

Yesterday afternoon he rode to Peekskill and walked up the stairs to the doctor's office, for another adjustment. The doctor predicts his entire recovery and attributes his trouble to a fall the little fellow had several weeks ago.

ALONZO SMITH, MAHOPAC FALLS, N. Y.
AGE SIX YEARS



**Photograph taken Feb. 2nd, 1922, one year from the day he
was awakened from Sleeping Sickness**

(See Pages 28 and 29)

All cases of Sleeping Sickness awakened and restored to health by Chiropractic show no after effects.

Usually cases of this kind under medical treatment develop a condition known as Paralysis Agitans should they not succumb to the disease.

Every trade, profession, or occupation combines the extremes of efficiency and inefficiency. Chiropractic is no exception to this rule, and it is a lamentable fact that there are many who call themselves Chiropractors whose only qualification is a diploma from a correspondence school or a "diploma mill" and to whom the profession means simply an easy method of getting a living. Invariably these incompetents attempt to conceal their lack of skill by filling their offices with catch-penny devices instead of filling their heads with knowledge, and then pose as "broadminded" people who consent to use their superior judgment to pick the good out of every method for the benefit of the dear public. Perhaps their "broadness" consists entirely of a willingness to perpetuate themselves professionally by any method except that of attaining proficiency.

Straight Chiropractic is a term used to distinguish those who understand and practice Chiropractic from those who call themselves Chiropractors and practice anything that promises a dollar.

A straight Chiropractor is one who knows from observation and experience that Chiropractic is right. He feels the impulse of the big idea. When he contemplated studying Chiropractic his first concern was to select the best school, and when in school to work honestly and conscientiously to master his studies and attain proficiency. His diploma to him means long hours of honest, intelligent, painstaking effort, and in his practice he proves that dis-ease is caused by pressure on the nerves at the point where they leave the spine.

He confines his efforts to locating and adjusting, by hand only, the misaligned vertebrae and will not stoop to a method of extracting money. He does not cease studying when he leaves school and his pride and joy is his efficiency in getting the sick well. He is more concerned with health than dollars, and as a result patients seek him.

Always he lives and works with the big discovery and marvels at the wonderful results. To him Chiropractic is a growing necessity.

He radiates enthusiasm and confidence for he knows his business, and in season and out of season he teaches and practices what he knows to be true.

In his office you will find no hot lamps to warm the chilly; no violet rays to counteract the blues; no stretching machines to make the short lengthen; no dietetic fads to find the food a weakened stomach will digest; no salts, sulphur, or electric baths to forcibly eliminate the poisons; no vibrators to stir the sluggish into life. He knows that the Supreme Architect and Builder designed and built the human body and that when the machine does not run properly an adjustment is all that is required. He scorns these catchpenny confessions of incompetency and confines his efforts to learning how to locate and correct the cause of dis-ease. He will not prostitute his science for money and you will find the space in his offices filled with waiting pa-



**Mrs. Robert Reynolds, Mohegan Lake, N. Y., Restored to
Health After Years of Suffering**

July 3, 1922.

State of New York, County of Westchester, ss:

To Whom It May Concern.

The accompanying photograph of myself is given in appreciation to Dr. C. R. Johnston for my restoration of health.

For six years I have been afflicted with epileptic fits in the worst form. Having as many as ten in one day. I was so bad that I could not be left alone, the spells coming so suddenly and very often marking or cutting my face or body against the stove or other objects.

I treated faithfully with seven or more medical doctors, from three months to one year's time with each, but without any relief whatever.

No one can appreciate the torture and suffering a person undergoes, with this dreaded disease only by experience.

I was advised to call on Dr. Johnston, the Chiropractor, of Peekskill, N. Y., which I did in October 1921. Immediately I began to see the results of the adjustments given me, my spells became less violent and coming farther apart, until finally they had ceased entirely, the last one being in January.

I sincerely hope this testimonial may be the means of inducing others, who suffer from epilepsy, to try Chiropractic adjustments, and if given a fair trial with a competent Chiropractor, they will sing the same glad song as myself

Consists Entirely of Relieving Pressure on the Nerves at the Point Where They Leave the Spine

Chiropractic is unique and distinct from every other method. No Simon pure Chiropractor uses a single method or movement taught in any other school. Its principle was discovered by a layman and its science, art and philosophy developed not only without the aid of any other profession but in spite of their utmost effort to prevent. It stands squarely on its own merits, scorning every device or method which would serve to conceal its wonderful efficiency. While its philosophy can be easily understood, the science and the art can only be acquired in a reputable resident school. For this reason it can not be taught by mail. A good baseball fan, one understanding all the rules and regulations of the game, may not be able to catch, toss or bat a ball, and so it is with Chiropractic; there are some very essential facts which can only be learned by experience, while the art of adjusting can only be learned by practice under a most efficient instructor, and then it comes slowly, requiring much intelligent, painstaking effort.

Chiropractic can be distinguished from massage by the sureness with which the exact vertebra is adjusted. While the Masseur rubs, kneads and massages the entire body, the Chiropractor does not rub, knead or massage at all. He gives but a single quick thrust and confines his efforts to the spine.

In the same way Chiropractic can be distinguished from Osteopathy. The Osteopath manipulates the muscles, bones and ligaments of the entire body, while the Chiropractor confines himself to the segments of the spinal column and does not manipulate at all. There is an abundance of documentary evidence in the form of signed statements from leading Osteopaths which clearly proves the variance between the systems, as well as the fact that Chiropractic has been recognized as a separate science by the legislatures of thirty-one States, population 65,200,000.

While Christian Science is purely spiritual, Chiropractic adjustments are purely physical. Any Christian Scientist as well as any Chiropractor will at once disclaim any similarity of method.

It differs from suggestive therapeutics in that no suggestion is given and no attention is paid to the mental attitude of the patient, which may range anywhere from extreme skepticism to absolute optimism.

While medicine has been variously defined, no theory or practice of medicine ever yet included spinal adjustments. In fact you can easily find good medical authority to prove that the segments of the spine can not be moved. A very unsuccessful attempt has been made to so define medicine as to include everything used in the cure, relief or alleviation of human suffering, from Christian Science to Ontome-



Peekskill, N. Y., October 23, 1922

State of New York, County of Westchester, ss.:

To Whom It May Concern:

In grateful appreciation to Dr. C. R. Johnston, the blind Chiropractor, I tender this photograph and testimonial with the hope that some others who have been afflicted with Infantile Paralysis may turn to Chiropractic before undergoing the long seige of Medical treatment.

On August 1st, I suffered with a severe pain in my back and consulted a Medical Doctor. The pain continued growing worse and I returned to the office the next night and obtained more Medicine. The following morning I was paralyzed from my waist down. I was rushed to the Peekskill Hospital, where Dr. Roberts, State Specialist on Infantile Paralysis, was called in consultation. A spinal puncture was made and the case diagnosed as Infantile Paralysis. I was placed in isolation for three weeks. During this period my limbs had wasted to about half their normal size, my former weight being 200 pounds. I was unable to sit up in bed or move my limbs in any way.

I sent for a Chiropractor and after an examination of my spine, an adjustment was given me, and immediately I felt as though electricity was running into my limbs and within 20 minutes I was able to sit up in bed alone; within 48 hours I was able to move one leg. After my seventh adjustment I was able to get onto my hands and knees. I have steadily improved, and am now able to stand on my feet and feel that it is only a question of a few weeks when I will walk, and my limbs have steadily gained in strength and flesh.

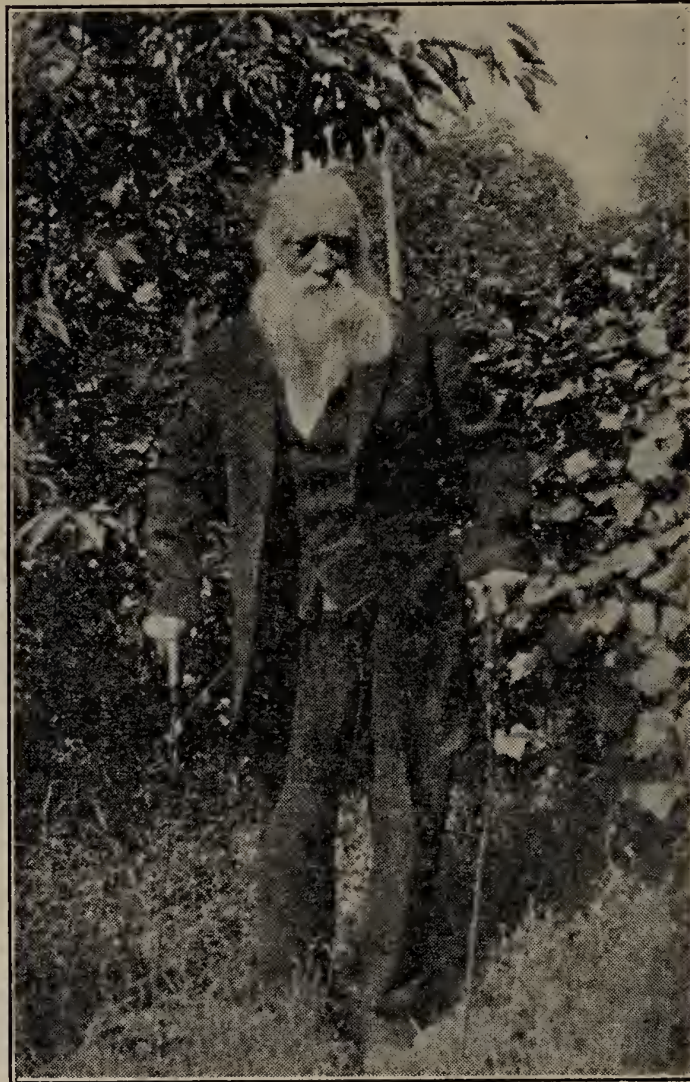
I cannot recommend Chiropractic too highly for this particular disease and advise any one suffering from the same to get in touch with a competent Chiropractor and they will see the results.

Very truly yours,

(Singned)

C. C. BURGE,

as Hopeless, Walks After Three Chiropractic
Adjustments



Peekskill, N. Y., Dec. 17, 1919.

About six months ago my father, Thomas Edwards, 89 years old, who is a Civil War Veteran, living at 1112 Brown Street, Peekskill, N. Y., was suddenly taken ill on a Friday. Upon my return home I found my father unconscious. I immediately called our family doctor, who diagnosed his condition as hopeless, stating it was hardening of the arteries, and on account of the advanced age, the stroke would prove fatal. The doctor told me my father would never be able to walk again and would be bed-ridden unto the end.

The following Wednesday, six days after, I called in C. R. Johnston, the Chiropractor. He made an examination and said he could help my father. After the second adjustment my father walked across the room and wound the clock. After the sixth adjustment my father was up and walked all around the house.

The photographs taken about three months later show my father in better health, and walking better than ten years ago. Only six Chiropractic adjustments given in all.

I cannot praise Chiropractic too highly, or the efforts put forth by Dr. C. R. Johnston.

Very truly,

MRS. JULIA V. HADDEN,



September 11, 1922.

To Whom It May Concern:

The accompanying photograph given to Dr. C. R. Johnston with this testimonial in grateful appreciation for the restoration of my daughter, Marion.

For a number of years Marion suffered with her eyes and feet, being compelled to use a heavy arch. I tried several local Doctors but without results. Marion was taken to New York Specialist, where I paid ten dollars a visit, heavy arches were made and special high shoes ordered which were very expensive and even then Marion would suffer greatly when on her feet any length of time. It looked as though only a question of time Marion would be a cripple.

I was recommended to try Chiropractic adjustments. The results obtained were beyond my expectations. Improvements were noticed at once and her glasses were discarded, the arches taken from her, shoes and oxfords ordered.

Only forty eight adjustments were given and Marion was discharged. I cannot recommend Chiropractic too highly or the efficient work of Dr. C. R. Johnston.

I cheerfully recommend Chiropractic to any sick person.

(Signed)

MRS. EVERETT PURDY,

Address, 1327 Main St., Peekskill, N. Y.

Witness:

WORLD OF EDDIE EINSTEIN

Sleeping sickness has no terrors for Dr. C. R. Johnston, a blind Chiropractor, of Peekskill, N. Y. His latest cure is in the case of eight-year-old Eddie Einstein, son of Izzy Einstein, Prohibition enforcement agent.

The boy had been a victim of the disease for twelve days and had been given up by four doctors. Dr. Johnston, hearing of the case, telephoned Einstein a week ago today, asking if he might try to cure the child.

He called at the house Sunday. Eddie had been sleeping night and day for four days. They would awaken him to administer nourishment, and he would immediately lapse into unconsciousness.

Eddie Asks for Ice Cream

Einstein says that when Dr. Johnston called last Sunday the boy was lying in a profound stupor. He was aroused and the Chiropractor made a minute examination of the boy's neck. After several deft adjustments—the doctor has the highly sensitized fingers of the blind—he asked the youngster how he felt.

Eddie opined he "felt fine," and to prove it asked if he might have a plate of ice cream. He ate the ice cream, stayed awake for several hours and then sank into a quiet sleep. He awoke without having been aroused, at the end of several hours.

Dr. Johnston has visited the child three times since and he is far along the road to recovery. To a World reporter who visited Eddie yesterday at his home, No. 117 Ridge Street, he said he was going to the circus next week.

Has Record of Cures

The winter before last, when numerous cases of sleeping sickness were giving concern to health authorities, Dr. Johnston effected the cure of Fred Fausel of Ridgewood, Queens, and of five-year-old Alonzo Smith of Mahopac Falls. Hope had been abandoned by several physicians in the case of the Smith child. The Rev. F. S. Cook, family pastor, took the child to Dr. Johnston's office. The doctor worked on certain parts of his spinal column for fifteen minutes, when the lad opened his eyes and began to cry. He then got up, walked across the room and in a week's time was on the way to complete recovery.

Relatives of Fausel, who was twenty-three, heard of the cure and sent for Dr. Johnston. He adjusted the patient's spine. He immediately awakened, but was unable to talk. Later he regained his speech and rapidly returned to nor-



STATE OF NEW YORK, }
COUNTY OF NEW YORK, } ss.:

The accompanying photo is a true likeness of my son, Edward, eight years of age, and given in appreciation of the gratitude I wish to express to Dr. C. R. Johnston, D. C., the Blind Chiropractor.

Edward had been suffering with sleeping sickness, diagnosed as such by attending physicians and confirmed by New York City specialist. Dr. Johnston, reading of the child's illness, telephoned and asked if he might call and see Edward. This permission was granted, as we felt we would do anything to have our child awakened.

Within fifteen minutes after Dr. Johnston had adjusted the bones in Edward's neck, he was sitting up and asked for ice cream, which was given him. The next day Edward remained awake several hours and continued each day until the present. Dr. Johnston called eight times. We cannot recommend the efficient work of Dr. Johnston too highly and the Science of Chiropractic when given by a competent chiropractor.

ISIDOR EINSTEIN,

Sworn to before me this 27th day of April, 1922,



**Unable to Stand Alone in 14 Years, Now Walking—Can
You Doubt Such Results?**

Peekskill, N. Y., January 24, 1920.

To Whom It May Concern:

As a token of appreciation and gratitude to Dr. B. J. Palmer, the developer of Chiropractic, and Dr. C. R. Johnston, blind Chiropractor of Peekskill, N. Y., I write this testimonial:

Anna Spock, age 14, had never been able to stand alone or take a step. She was very nervous, in fact she could not stand to hear a drum or music. If I took her out it was always in the baby carriage. She could not talk as other children. Her stomach, kidneys and bowels were very bad, and other troubles that only a mother would understand in a girl of Anna's age. Anna's ankles seemed so weak I wondered if there were any bones in them. I had braces made, but she never could use them. I kept her in rompers, as she would always creep.

Having heard of my afflicted daughter, Dr. Johnston called and asked if he might examine the child, telling me who and what he was.

After examining Anna's spine and showing me how the nerves



Compare the Two Pictures

more clear, and kidney trouble showed a marked improvement. All during the past summer Anna has been walking; she can stand alone now. By taking hold of the railing, she goes up and down stairs, off the porch, and up to the corner. The nervous condition is so much improved that she wants to go where music is, into crowds and entertainments. I don't know what I would have done if it had not been for Chiropractic.

I cannot praise Chiropractic adjustments too highly, or the work done by Dr. Johnston. When my youngest daughter was down with the flu, Chiropractic gave instant relief, and she was up and around in less than a week. If people would only investigate Chiropractic and try it first instead of last, they would realize what health is.

Trusting this testimonial may be the means of helping others back to health by the Palmer Method of Chiropractic Adjustments, I am,

Appreciatively,

MRS. HERBERT SPOCK.

WILLIAM PLANT

National and Metropolitan Champion Walker

Owes his return to the walking game to a Blind Chiropractor. William Plant represented America at the Olympic games in 1920, suffered an injury while in Antwerp and was compelled to retire from his favorite pastime. Receiving no benefits from the big men in the healing art at Antwerp, Brooklyn and New York City, and seeing his titles being taken from him by default, his inability to defend them, he called on Dr. C. R. Johnston, Chiropractor, in the Flatiron Building, Peekskill, N. Y.

A FEW OF PLANT'S RECORDS

CHAMPIONSHIP

- 1 Mile Metropolitan Indoor
- 3 Mile Metropolitan Outdoor
- 3 Mile National Outdoor
- 7 Mile Metropolitan Outdoor
- 7 Mile National Outdoor
- 15 Mile Metropolitan Outdoor
- 15 Mile National Outdoor

Winner of every Metropolitan and National Walking Championship.

RECORDS

- 2 hour record of 14 miles 1,115 yards.
- 15 miles record, 2 hours, 2 minutes, 57 3-5 seconds.
- 10½ mile Coney Island course record, 1 hour, 24 minutes, 22 seconds.
- Fast time prize in Long Island City, 10 mile race, 1 hour, 14 minutes, 2 seconds.
- 7 mile Metropolitan McColrich Field, October 9, 1922, 55 minutes, 43 seconds, lowering his previous record 20 seconds.
- Also a number of regular handicap races.



December 19, 1921.

STATE OF NEW YORK, COUNTY OF KINGS, ss.:

The accompanying photo of myself presented to Dr. C. R. Johnston, the blind Chiropractor, of Peekskill, New York, is given in appreciation of my restoration to the walking game, by his efficient work of chiropractic adjustments.

Being selected to represent America at the Olympic games at Antwerp, in 1920, I was injured and was unable to compete in the final walking races.

Back in America I was unable to resume training, my leg being unable to stand the strain of competitive walking. I visited Dr. C. R. Johnston and received 28 adjustments after which I resumed my training and now walking at my best.

WILLIAM PLANT.



STATE OF NEW YORK, }
COUNTY OF WESTCHESTER, } ss.:

We, the undersigned, firmly believe and know that Alonzo Smith, aged five years, of Mahopac Falls, N. Y., has been restored to health from sleeping sickness, diagnosed as such by family physician and confirmed by several specialists of Connecticut, at a meeting at Brewster, January 29, 1921, by Chiropractic adjustments given by Dr. C. R. Johnston, the blind Chiropractor, of Peekskill, N. Y.

Alonzo had been in the sleep 11 days and nights, and, immediately after the first adjustment, Alonzo awakened and spoke, walked around and climbed in the auto for his return home.

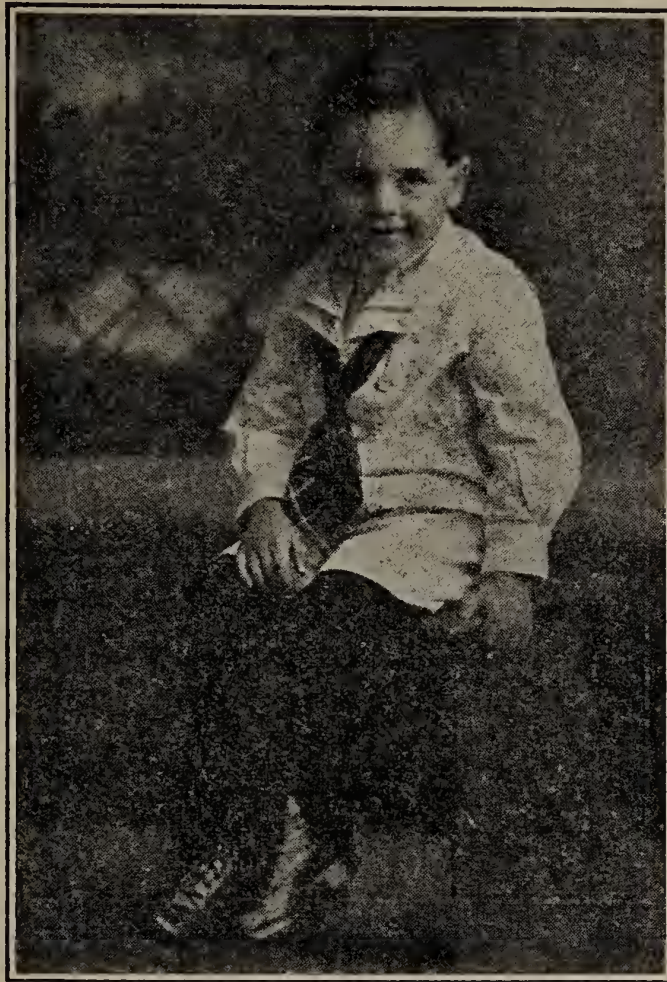
Alonzo had his first adjustment February 2, 1921, then on the 4th, 7th, 9th, 11th, 14th and 16th, and he is now like himself, save for a little weakness in walking.

We never cease thanking the Rev. F. S. Cook, pastor of the First Baptist Church, of Mahopac Falls, for taking us up to Dr. Johnston, as we owe the life of our son to Chiropractic adjustments. Not one drop of medicine was given Alonzo after the first visit to the Chiropractor.

We sincerely hope this will be the means of some other sleeping sickness case to try Chiropractic adjustments.

MRS. BEATRICE SMITH,
JOHN SMITH.

Sworn to before me this 18th day of February, 1921



State of New York, Department of Health
Albany

Hermann M. Biggs, M. D.
Commissioner

Matthias Nicoll, Jr., M. D.
Deputy Commissioner

John A. Smith, M. D.
Secretary

E. R. Richie, M. D.
Sanitary Supervisor,
Brewster, N. Y.

April 16, 1921.

John B. Smith,
Mahopac, N. Y.

Dear Sir:

Your favor of the 11th was duly received. My purpose in visiting Mahopac Falls was to get the history of your boy's illness and results of treatment, and while I talked with him I did not make a careful examination. As far as I could see he appeared to be in good shape. I am very glad that there has been such a favorable outcome of the case.

Very truly yours,

E. R. RICHIE,

Sanitary Supervisor

(Peekskill Evening News, February 9, 1921)

When Emil Fausel, of Brooklyn, read The Evening News' story of how Dr. C. R. Johnston, Chiropractor, aroused a victim of sleeping sickness after a single adjustment last week, he at once communicated with a relative in Peekskill, Mrs. Leonard Bohringer, and asked if Dr. Johnston could do anything for his 23-year-old son, Fred, who had been in a state of coma for over three weeks.

It was imperative that Dr. Johnston be rushed to Brooklyn because the parents said, hopes for their son had been given up by four doctors. Dr. Johnston was taken to the Fausel home in Brooklyn, where he relieved the young man. At first Mr. Fausel was unable to speak when he was aroused, but this morning he regained his speech.

SLEEPING SICKNESS

Where Others Failed Chiropractic Conquered

STATE OF NEW YORK. }
COUNTY OF WESTCHETER, } ss.:

Mrs. Leonard Bohringer, of Peekskill, N. Y., being duly sworn, deposes and says:

That on February 5th, 1921, I visited my nephew, Fred Fausel, of No. 400 Jefferson Street, Brooklyn, N. Y., and found him critically ill, suffering from what had been diagnosed by the attending medical doctor, and verified by spinal fluid taken from his spine by a representative of the State Board of Health. My nephew was and had been in a profound sleep for 12 or 14 days, and hope had been given up by his immediate family and my self.

Returning to Peekskill, I read in the local paper where Dr. C. R. Johnston, the blind Chiropractor, of Peekskill, N. Y., had awakened Alonzo Smith, 5 years old, of Mahopac Falls, from sleeping sickness, and on Sunday, February 6th, 1921, with my husband and son, we took Dr. Johnston to Brooklyn in the hope that he could save our nephew.

Reaching there we found Fred very bad, his body was rigid and he was just breathing, and it is my firm belief that he would have died in a few hours had we not brought Dr. Johnston. After the first Chiropractic adjustment Fred opened his eyes but did not speak, his color returned and breathing was better. Three hours later another Chiropractic adjustment was given and again Fred showed marked improvement. The following morning he was a different man, and after three Chiropractic adjustments he asked for breakfast, the first words spoken in over three weeks.

Fred owes his life to Chiropractic and I hope others will try Chiropractic.

MRS. L. BOHRINGER,



COUNTY OF WESTCHESTER, } ss.:
STATE OF NEW YORK, }

I, the undersigned, desire to state that I owe my life to Chiropractic adjustments given me by Dr. C. R. Johnston, D. C., the blind Chiropractor of Peekskill, N. Y.

Living at No. 400 Jefferson Street, Ridgewood, Queens, Brooklyn, N. Y., I succumbed to sleeping sickness. It being diagnosed as such by my attending physician, reported to the Board of Health, and confirmed by fluid taken from my spine by a representative of the New York Board of Health from the Research Department of the Willard Parker Institute.

I was unable to speak for 18 days, and in a coma for 15 days.

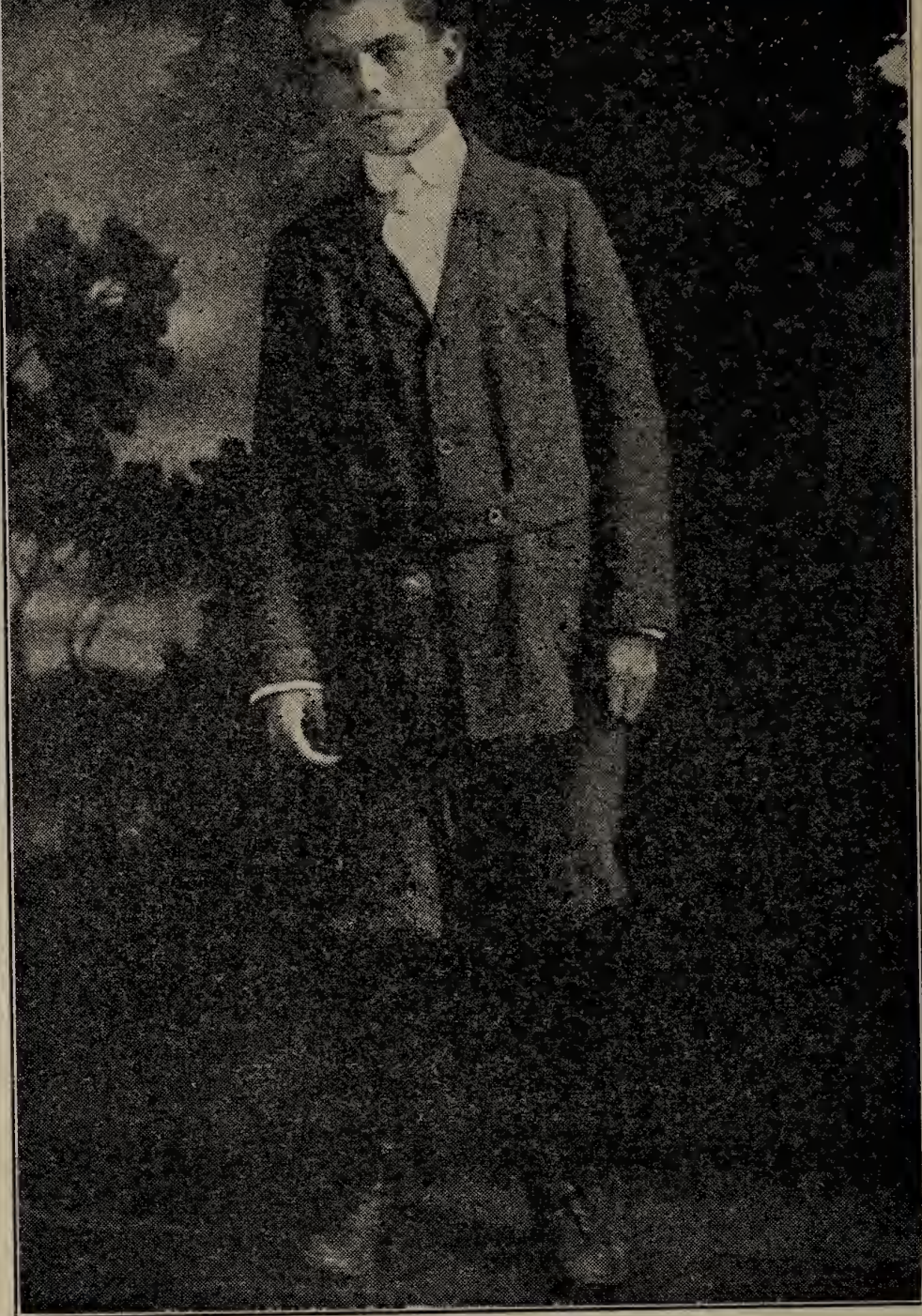
After all hope had been abandoned by my wife and parents, my aunt, Mrs. Leonard Bohringer of Peekskill, N. Y., called on me February 5th, 1921. On her return home that night she called on Dr. C. R. Johnston, Peekskill's blind Chiropractor, telling him of my condition, and arranged to bring him to Brooklyn. This was done on Sunday, February 6th. When Dr. Johnston reached my bedside, I was barely alive, my body was in a rigid state, my nails had turned blue and I was just breathing, said breathing being fast and shallow.

I awakened immediately after the first adjustment, but could not speak. My breathing was much better, an evacuation of the bowels, the first in four days, my nails became pink. Three hours later I was given the second adjustment by Dr. Johnston. On the 9th of February I could speak. I was given daily adjustments for 12 days and was brought to Peekskill to be under the personal care of Dr. Johnston.

I cannot praise Chiropractic adjustments too highly, as I firmly believe had it not been for this new science of Chiropractic adjustments given me I would not be here to testify to its merits.

This statement is confirmed by my wife.

MR. FRED TANGER



Chiropractic Accomplishes After 17 Years Where Others Failed

Peekskill, N. Y., January 24, 1920.

Dear Mr. Johnston:

I wish to thank you for the wonderful restoration of my son, Herald Spock, age 18 years, 107 Spring Street, Peekskill, N. Y. When I looked at the two photos you had taken, I cannot realize they are of the same person. When I think of the 17 years my son suffered and the great trial I had with no hopes of anything ever being done for my child, until the day you called and asked if you could examine the boy, and explained to me the wonderful Science of Chiropractic, discovered by D. D. Palmer, and developed by his only son, Dr. B. J. Palmer.

When you told me Chiropractic adjustments would work wonders with Herald, I could not believe it. I had tried medical doctors, specialists, osteopaths, and braces, but none could help or even give any encouragement. Do you wonder why I was skeptical? But today I thank God I grasped the straw as a drowning man, and gave you the opportunity to prove Chiropractic could and would do what all others had failed to do.

For the benefit of other parents who may have afflicted children, I pray Chiropractic may enter into their homes and they will never regret, or cease thanking Dr. Palmer for bringing



walking, and dragged his right foot, walking partly on the ankle. The head and neck leaned far to the right shoulder, five inches lower than the other. The eyes were very badly crossed, and tongue protruded. When spoken to, he was unable to answer for at least a minute or two, constantly straining to speak; after awhile, he would utter a sound and I could understand but little. His mentality was so bad he could hardly understand what was being said to him. He could not remember from one day to the next, not even his name or age. This was the condition Herald was in when you called at my house.

Today Herald speaks the moment he is spoken to, his eyes are straight, he counts, says his letters, goes to the store on errands, goes all over town by himself, enjoys the ball games and tells who played and the score, does not walk on side of foot. His head and shoulder is straight. I can understand every word he says. Has not been sick a day since under your care.

When I read your little booklet, "A Mother's Story," I realized something could be done and you have proved it, with Chiropractic adjustments when all others fail. If I only had known about Chiropractic how much would have been saved. Herald has had something like 117 adjustments and I know the time is short when he will be fully restored to health.

You may use this letter as you wish, as it expresses a mother's deepest gratitude.

Yours truly

Treatment and Today Is Pronounced a Normal Healthy Child

(Peekskill Evening News, April 9, 1921)

Three weeks ago last Monday thirteen-year-old Mary Kelly of Mahopac was taken violently insane while playing a game of tag during a recess at school. Today she is, to all appearances, a normal healthy child.

When she was first taken sick, Mary was sent home by the school authorities, and for a time her mother did not notice anything very strange in the way the child acted. As the day wore on, however, she grew visibly worse, until before nightfall she was violent.

For a period of time extending over two weeks the child was violently insane. She would have very violent spells during which it required the entire strength of two strong men to hold her down, and at times she managed to break away from them.

Six doctors were called in at various times on the case, and worked over the little girl for hours at a time, but could not seem to be able to do anything for her. At times she would quiet down, and they would think that perhaps the treatment they were giving her was of some avail, only to have her break out suddenly more violent than ever.

During the first two weeks of her affliction the only way that the little one could be kept quiet was by the administration of morphine. It is understood that the doctors gave her as much of this drug as they dared, giving her enough for four adults. Finally, seeing that they could not do anything for the little girl, the doctors gave up hope, and were trying to get the distracted mother of the child to sign papers committing little "Bobbie" as she is affectionately known at home, to an asylum, when the mother heard of the wonderful success of Dr. C. R. Johnston, a Peekskill Chiropractor, who recently caused much comment throughout the country by curing a case of sleeping sickness that the physicians had given up, and she decided to call in Dr. Johnston on the case.

In the forepart of this week, the Rev. F. S. Cook of Mahopac, who knew the details of the case, got in touch with Dr. Johnston, and made arrangements for him to go to Mahopac on Wednesday to see the little girl.

When Dr. Johnston went out to treat the little girl for the first time last Wednesday, she was still violent. When he talked to her she became a little more calm, and before she fully realized what was being done, he had given her the first adjustment, as the treatment is called. Within fifteen minutes after she had received the first adjustment, she was far more rational, and all of those present at the treatment noticed that the wild light in her eyes had died down.

The following day Dr. Johnston went out to Mahopac and gave the child a second adjustment, following which the change in her condition was very marked. She was almost rational, and her mother and brother were overjoyed to see that the little girl, whom they had practically given up as



Adjudged Insane Saved from Commitment by Chiropractic Adjustments

Peekskill, N. Y., June 25, 1921

State of New York, County of Westchester, ss:

Mary E. Kelly, being duly sworn, says:

The accompanying photograph is a true likeness of my daughter, Bobbie, as she is familiarly known, taken ill on March 13th, Dr. F. J. McKown having the case until April 6th. Under medical treatment Bobbie grew worse and was adjudged insane. On March 17th, it required three men to hold her, this attack lasting nine hours, when heavy doses of morphine was given. Dr. McKown tried to prevail upon me to sign commitment papers to send my little girl away. Friends induced me to call Dr. C. R. Johnston, Peekskill's blind Chiropractor, which I did on April 6th. After three calls at my home, Bobbie was able to go to Peekskill for her adjustments.

It is impossible for me to express my gratitude to Dr. Johnson and this science of Chiropractic. Not one drop of medicine has been given Bobbie since her first adjustment and I am so happy I have my little girl at home.

I cannot praise this drugless science too highly, or the efficient work done by Dr. Johnston, where medical treatment failed.

(Signed)

MARY E. KELLY,

CHIROPRACTIC FOR INSANITY

If Medical Treatment Failed With Any of Your Friends or Family, Why Not Try Chiropractic?

At least 50% of the insane would be released from State Institutions if competent Chiropractors were allowed to practice in the Asylum. What do you care how you get well, as long as you get well?

The following is a report card of a patient adjudged insane and who has returned to school, five months later. Facts are facts and this cannot be denied. The sick have the right to get well and it is in justice to yourself to investigate Chiropractic:

Elementary Report Card—Mary Kelley, Mahopac High School, Year 1921-1922, Fifth Grade:

SUBJECTS	Quarter I		Quarter II		Quarter III		Quarter IV	
	Estimate	Test	Estimate	Test	Estimate	Test	Estimate	Test
English	85	78	80	78	85	A B S E N T	80	83
Arithmetic ..	78	75	85	78	75		70	55
Geography ..	85	80	80	79	82		80	77
Spelling	89	78	88	81	80		85	80
History	90	92	80	78	85		90	80
Reading	86	85	81	81	82			86
Writing	82	83	85	85	85			85
Drawing	78	78	80	78	80			75
Physiology ..	90	95	80	82	80			81
Nature Study			90	92	90			80
Music		B		B	B			B
Deportment .		90		90		90		90
Absent		3½		8½		27		4½
Late		3		6		0		0

Opposite each subject every quarter, will be found two numbers on the same line, the one expressing the teacher's estimate of the pupil's daily work in oral recitations and written tests, the other the standard reached in the formal quarterly test.

June 23, 1922

I certify that Mary Kelley has been a pupil in the Fifth Grade of Mahopac High School and that she is entitled to admission to the Sixth Grade.

MARY D. MILLICKER,
Teacher.



Read Hill's Golden Rule Magazine
And Practice Its Teachings

If you think you've missed the mark,

Use a Smile;

If your life seems in the dark,

Why just Smile.

Don't give up in any fight;

There's a coming day that's bright,

There's a dawn beyond the night,

If you Smile.

talk with you. You will probably say, "Oh, I have no time to listen to any talk from you; I am too much occupied with my business affairs. In these strenuous days they occupy all my time."

That may be true, but if I came to you and proved to you how you could increase your business output One Hundred Per Cent you would greet me with the "glad hand," would pass out the cigars and would give me as much time as I needed.

How my proposition is essentially a "Business" Proposition. I can show you just how you can increase your business efficiency, and if you increase your efficiency you are bound to increase your business output.

You may think that you are in word and truth a "Successful Business Man," when as a matter of fact you are a lamentable failure. Successful as regards raking in the "Almighty Dollar," I grant that, but what about your health? If you are not the possessor of Health how long is this much vaunted success of yours going to last?

Now for a pertinent question.

DO YOU HANDLE YOUR BODY AS CAREFULLY AS YOU WOULD A BUSINESS PROPOSITION; i. e., IN A COMMON SENSE WAY, You must be healthy, for in this turmoil of the modern business world you must suffer, you must endure, you must stand up under stress and hardship and disappointment.

You may be passably Healthy, but you KNOW you are not a One-Hundred-Per-Cent man in regard to Health. You get tired easier than you did ten years ago; every once in a while you have a sick headache; La Grippe gets you in its clutches periodically, while occasionally you have a touch of "Hay Fever." All these things tend to lower your Business Efficiency, and you know it, although you have heretofore done nothing in the way of prevention.

Now for once use a little Common Sense, throw all prejudice to the winds and at the first opportunity call at my office, have me palpate your spine and find out just where you stand.

If you need Chiropractic Spinal Adjustments I will tell you so; place yourself unreservedly in my hands and you will enjoy Health.

Your business Efficiency will be increased and Success will always be yours. Isn't it worth trying?

And again, don't be selfish about it. Pay a little attention to the wife and children. Take a little time



Peekskill, N. Y., October 8, 1919.

To Whom It May Concern:

Fourteen years ago I was struck by a train in the stomach and picked up for dead. But thank the Lord I am able to write this letter of praise for Dr. C. R. Johnston, in being able to take a battered up frame and making a new man out of me.

I treated with all the local doctors in my town and stomach specialists in New York City, and got no relief. Then I went to an osteopath for three months, and still got worse.

I gave up all hopes of ever being well again. My stomach was so sore I began to think I had a cancer, and nerves in very bad condition. Kidneys were so bad I would get up three and four times in the night to urinate. And I got so tired with the least exertion. On September 5, 1919, I went to Dr. Johnston and he told me all my ailments without me having to say a word. So I knew that he knew just what he was talking about. After the first adjustment I went home and ate cucumbers for supper, something I had not done in years, and now after two months' adjustments I am able to eat anything, sleep sound, and oh, what a blessing not to have those dizzy spells any more, thanks to Dr. C. R. Johnston, Doctor of Chiropractic.

Yours truly,

CHARLES E. WRIGHT,

the active intelligent energy from the brain, an electric generator, as it were.

The force, which we will speak of as mental impulses, being conserved in the brain is transmitted by means of the spinal cord thence by the spinal nerves to the heart as well as all other structures of the body. As a means of support to the body and a protection to the spinal cord we have the spinal column in which the cord is enclosed. We also find small openings (intervertebral foramina) between each consecutive pair of segments (vertebrae) composing this column, for protrusion of the 31 pairs of spinal nerves (respectively) or branches of the cord. It is by means of this cable and cables that we have the all essential life forces transmitted to the minute cells, of which the entire body is made, from the generator or brain.

Application to Chiropractic

Science recognizes that vibration is the ruling factor of the Universe. Intellectual vibration is a term we can apply to the working of God's forces along definite and practical lines as immaterial forces acting in and through material objects producing what we see as life. The revolving planets are good examples attesting the truth that motion is a result of intellectual vibration. If true, then we must give our source the credit for using it in all things. The harmony we realize existing there is a result of the uninterrupted connection and transmission of forces between source and product. This is the Philosophical basis for Chiropractic. Mental Impulses "mentioned before" delivered from the brain is but intelligent vibrations being directed to certain parts to start in motion and keep normal these parts for which it is meant. We now find it necessary at all times to have a standard quantity (100 per cent) of vibration (mental impulses) to be transmitted from the brain to the tissue cells of each and every part of the body to have as a result, 100 per cent of expression and efficiency or complete life or health. Any change from this normal will result in a lack or excess of structure or function making according to degree the various conditions known as disease.

Owing to the peculiar construction of the spinal column and the adaptation of the vertebrae to the many positions and exertions to which it is put, we find these segments become displaced slightly thereby decreasing the size of the openings where the bone structure surrounds the nerves.

As the nerves are very soft in structure we can easily realize that only a slight pressure will cause their capacity for work to be seriously diminished. This is more easily understood when we know that each nerve is composed of thousands of small fibers, each a distinct wire, if you will. The bones being very hard and at this point entirely surrounding the nerve by a movable opening



Peekskill, N. Y., May 24, 1922.

To Whom It May Concern:

In appreciation of the wonderful success of the Chiropractic Adjustments given me by Dr. C. R. Johnston, of Peekskill, N. Y., I write this testimonial for the benefit of other sufferers.

For several years I suffered from that most awful disease Asthma, the suffering of an Asthmatic can only be appreciated by those who have been afflicted.

I tried several kinds of treatment not to speak of the drugs I used which were prescribed for me by a number of physicians receiving no relief whatever. Each attack would be worse than the last until finally I would have terrific spasms every day and at night my breathing was so oppressed I could not lie down I had to sit up night after night and the wheeze in my throat could be heard by all in the house. For three years I was unable to lie on a pillow and appreciate the greatest asset to health, sleep. Also walking upstairs distressed me terribly.

I lived in New York City at the time and was advised to come to Peekskill, which I did but the change of air was not beneficial, I suffered just the same.

A friend advised me to go to Dr. Johnston. On September 18, 1921, I had a severe attack which lasted so long I thought each breath was my last. I came to Dr. Johnston and was scarcely able to walk upstairs to his office.

After receiving three adjustments I noticed an improvement, after the twenty-first adjustment I could lie down on a pillow and sleep through the night. I received in all thirty-four adjustments. I have not suffered since Dr. Johnston discharged me. While under his care I gained fourteen pounds. Heretofore I was losing about a pound a week.



Dr. Johnston, who is making a specialty of curing sleeping sickness sufferers by Chiropractic Adjustments, recently saved the life of Eddie Einstein, son of Izzy Einstein, celebrated prohibition enforcement agent, after the case had been diagnosed as hopeless by the medical fraternity. He also brought back the flush of health to Billy Plant, champion national walker of the Morningside Athletic Club, after the latter, too, had been stricken by a mysterious malady.

Little wonder, then, that little Jennie takes a new interest in the affairs of her school and of her immediate neighborhood. For a time it appeared as if Jennie was doomed to a life of misery, but her teacher took a keen interest in the little girl's affliction and took her down to see the school nurse. The nurse, suspecting a case of sleeping sickness from the outward symptoms, sent her home, where she lapsed into sleeps of long periods. She had to be aroused by strenuous methods, and even then soon lapsed off again.

Alarmed, the mother took her to Mount Sinai Hospital. Medical treatment availed her nothing. Her condition grew worse; it was more difficult to awake her, and, according to Dr. Johnston, her arms were being bent in a drawn position, while her vocal cords became affected to such a degree that she could scarcely talk above a whisper. Paralysis is an after-effect of the disease, and from all indications, avers Dr. Johnston, she was entering a state that unless checked would result in a tragedy.

Jennie's teacher is a great believer in the efficacy of Chiropractic, because the science has cured her of several minor ailments, and she urged the mother to see Dr. Johnston about Jennie. The First adjustment was so beneficial that Jennie opened her eyes wide for the first time in



Peekskill, N. Y., June 24, 1921.
674 Harrison Avenue,

To Whom It May Concern:

The accompanying photograph shows our son, Robert, age 3 years.

To any who may have a child with the same condition as Robert, I write this testimonial as an appreciation for the wonderful work done by Dr. C. R. Johnston with Chiropractic spinal adjustments.

Robert, our first child, was born July 19, 1919, being a Breach presentation and delivery very labored. We did not know anything was wrong with Robert's limbs until he tried to stand or walk. After learning to walk, he seemed to stumble a lot, always favoring his left limb, and would swing his right in a peculiar way.

As I have a cousin who experienced the same trouble and after many years of doctoring, weights being placed on the limb to draw it into position and plaster casts used, but without any result, I feared Robert was on the same road. I consulted Dr. Johnston, explaining the case, and he immediately said he could fix Robert up very easily if taken at once. My wife was adverse to Chiropractic at first, but I prevailed upon her, and with her consent, we took Robert to Dr. Johnston's office in the Flatiron Building, Peekskill, N. Y.

As the Doctor is absolutely blind and had no way of knowing which limb was affected, he immediately said, after a few moments' examination of Robert's spine with his sensitive fingers, "It's the right leg, and Robert also has a bad case of stomach worms," both assertions being true. This emphatic assertion convinced both of us, and the child was placed under the care of Dr. C. R. Johnston.

After a very few adjustments a decided change was noticed, and after 12 adjustments were given Robert was discharged. This was about 18 months ago, and Robert walks perfectly.

I cannot recommend Chiropractic too highly, and I hope this letter may be the means of helping some other little child. If you have such, go to a competent Chiropractor and have an examination made; it may be the means of restoration of health and happiness.

of Chiropractic to become a Practitioner? And why shouldn't he? It is a well known fact in Physiology that when one or more of the Human senses may be lacking the remaining senses become more acute, especially that sense that must carry the heavier load to substitute as far as possible for the missing faculties. Thus it is the characteristic of the blind that the senses of feeling and hearing are more keenly developed and the faculty more intensified.

This makes it easy to understand and entirely consistent why C. R. Johnston, of Peekskill, should come to the P. S. C., with determination of being a Chiropractor. Mr. Johnston has been keeping up an active correspondence with our correspondence department to thoroughly inform himself as to requirements and his letters written by himself on the typewriter are models of neatness which would be creditable to many stenographers.

When Mr. Johnston has completed a course at the P. S. C. we do not hesitate to say he should be able to play the most sublime symphonies of health and happiness on the Spinal Column of his fellow beings who may be afflicted with the dissonances of disease.

—Fountain Head News.
September 1917.

CHIROPRACTIC AND THE BLIND

On Sept. 1, 1917, a man enrolled at the Palmer School of Chiropractic, who was an exception among our students. Prior to his becoming interested in the Profession of Chiropractic, this gentleman had been engaged in the sale of pianos and musical instruments, having conducted a business of this kind very successfully for a number of years.

Realizing at an early age that owing to his handicap, it would be necessary for him to secure the best preparation for life available to one in his class in addition to his earlier education he completed a course of training in the School for the Blind. Our first acquaintance with this gentleman was through correspondence.

Being of a sunshiny disposition and with never a pessimistic thought he fast became a favorite among our students. On account of an endless fun and humor and a wide experience in business life he was a pleasing entertainer, one whose company was much sought. In addition to this he was a thorough student and the technicalities of a Chiropractic course held no terrors for him. Being blind, his keen sense of touch was an asset in palpation. His palpation after having learned the technique of his work was much sought out by other students at the time of their graduation, it might be termed as perfect. His skill in adjusting was equal to that of a student who could see.

In a personal letter he places accent on the fact that the results obtained are what gives him the most pleasure, for his interest does not cease with the number of adjustments he can give. He feels his responsibility to the patient and is anxious about results for in his own words

"THIS IS THE GLORY OF GOING ON"

The experience of Mr. Johnston would indicate that chiropractic opens a new field for the men and women with sightless eyes. It is not our intention to over estimate this



State of New York, County of Westchester, ss.:

To Whom It May Concern:

In grateful appreciation and gratitude to Dr. C. R. Johnston for my restoration to health, I tender this photograph and testimonial.

For a long time I suffered with Gall Stones, my attacks being frequent, and on several occasions I became unconscious. On one occasion I was rushed to the Hospital and on the operating table. My awful dread of an operation prevented this at the last moment. For some unknown reason I was not operated on. I was recommended to call on Dr. Johnston, the Chiropractor, which I did on December 1, 1921. I began to feel a change immediately. My attacks becoming less frequent, in fact only one which he brought me through without my losing consciousness. Since then I have had no more attacks. This being six months ago, I have taken fifty-three (53) adjustments in all, and feel most grateful for benefits received.

Trusting this testimonial may induce others suffering from this similar disease, will try Chiropractic and perhaps avoid an operation.

Very respectfully,

(Signed)

ROSE MERCANDINO,

Peekskill, N. Y., August 30, 1922.

Sworn to before me this day

GEO. A. FERGUSON,

Notary Public

Mohegan Lake, N. Y., Aug. 28, 1922.

To Whom It May Concern:

Having been in the Regular Army of the United States, where I served in the World War with the A. E. F., I was exposed to gases and inclement weather. After my return to civilian life a severe attack of bronchitis developed asthma. No one can appreciate what suffering asthma causes until they experience this dreadful disease. I tried medical doctors and the various asthmatic powders for over a year, without any permanent relief.

I was recommended to Dr. C. R. Johnston, a Peekskill Chiropractor. After an examination of my spine he found the cause of my trouble. I received relief almost immediately, the attacks being less frequent and milder. I continued the adjustments about three months, going three times a week. I have not had any re-occurrence in six months and feel fine.

In appreciation of the great service given by Dr. Johnston, I have presented him with my greatest trophy of the World War, an Iron Cross which I took from a dead German soldier in the St. Mihiel Sector.

I cannot praise Chiropractic too highly and would recommend any sufferer from Asthma to go to a reliable Chiropractor and stay with him until well.

(Signed)

ALFRED STROSSER.

Sworn to before me this 29th day of August, 1922.

ELSIE M. HEWITT,

Notary Public, Westchester Co.

RHEUMATISM AND HEART TROUBLE

September 1, 1922.

State of New York, County of Westchester, ss:

To Whom It May Concern:

In grateful appreciation to Dr. C. R. Johnston, Chiropractor, I tender this testimonial in the hope of someone suffering as I did, after Medical Treatment had failed, they may try Chiropractic Adjustments.

For a long time I was unable to work. My condition being diagnosed as Rheumatism and Heart Trouble. I suffered pain continually all over my body and my Heart Trouble causing me great weakness. My appetite was poor and I could not sleep well.

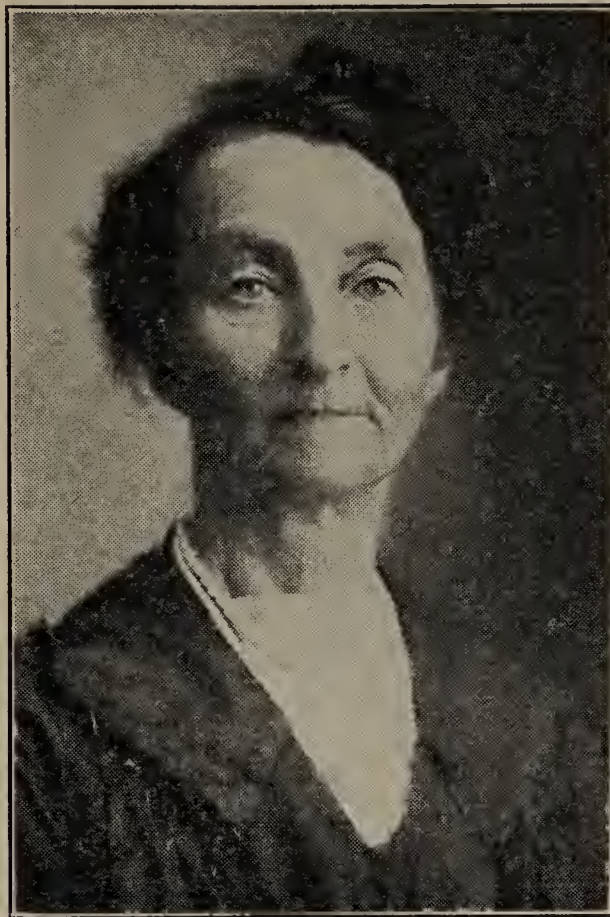
I was recommended to try Chiropractic and when I had reached Peekskill my heart was so bad I had to wait in the machine an hour, before going into the office. After my first adjustment, I obtained relief and went back to work within ten days. I took twenty-four adjustments and feel most grateful to the Science of Chiropractic and to Dr. Johnston for my restoration.

Very respectfully,

(Signed)

VICTOR JOHNSON,

23 Spring St., Mt. Kisco, N. Y.



August 31, 1922

State of New York, County of Westchester, ss:

To Whom It May Concern:

I am giving an outline of my case in gratitude to Dr. C. R. Johnston for restoring me to health. I also hope it may fall in the hands of someone suffering with the same trouble.

I was sick for six years, having tried everything in the line of medicine, growing worse each day, I could take no nourishment whatever without great distress. During this intense suffering I also had a nervous breakdown, consequently I was unable to eat or sleep. I was then taken to a New York Hospital where I remained three days, undergoing various tests, conducted by Specialists, incidently ex-rays were taken of my stomach as well as Urine analysis and blood test in hope of locating the trouble, but I received no benefits.

I therefore gave up all hopes. I was then so weak I could hardly sit up. I weighed seventy-nine pounds. I had to have a nurse attendant with me constantly, day and night.

I was advised to call on Dr. C. R. Johnston, the Chiropractor, of Peekskill, N. Y.

In February 1922, I received my first treatment and almost immediately began to recover. And within six weeks' time my nurse was discharged. I am now so far recovered that I am able to eat three hearty meals every day, I sleep soundly and do all my housework unassisted.

I feel that I cannot ever express my full appreciation for what Chiropractic has done for me.

(Signed)

MRS. IRA PURDY,
Yorktown Heights, N. Y.

Four New Cases in City, While Portchester Lists Five Girl Dies of Malady

Health Commissioner Copeland last night reported four new cases of Sleeping Sickness in Manhattan and Bronx.

Alonzo Smith, five-year-old-son of a farmer at Mahopac Falls, a sufferer from the disease for eleven days, who had been given up by four doctors, was restored to health by Dr. C. R. Johnston, a Blind Chiropractor, of Peekskill, N. Y., who later cured Fred Fausel, twenty-three, of Ridgewood, Queens.

After the case of the Smith boy had been abandoned, the Rev. F. S. Cook, family pastor, took the lad to Johnston's office. The doctor worked on certain parts of his Spinal Column for fifteen minutes, when Alonzo opened his eyes and began to cry. He then got up, walked across the room and is now fully recovered, except from weakness.

Relatives of Fausel heard of the cure and sent for Dr. C. R. Johnston. He adjusted the patient's spine. He immediately awakened, but was unable to talk. Since then however, he regained his speech and rapidly is returning to his normal condition. He had been in bed for four weeks.

(From the New York World, Feb. 11, 1921.)

ULCERS OF THE STOMACH

State of New York, County of Westchester, ss:

To Whom It May Concern:

For eighteen years I have been a sufferer of Stomach Trouble. The tortures, pain, anxiety, sleepless nights, cannot be told in words. In all these years I doctored with a number of physicians without any apparent relief. Three years ago, as a last resort, I underwent an operation in the hospital. I was told two large Ulcers were taken from me but even this did not effect the cause and my health continued to fail.

I was advised to call on Dr. C. R. Johnston over a year ago but I could not understand what the Spine had to do with my sickness.

About three months ago, I decided and called on Dr. Johnston of Peekskill, N. Y. My first adjustment gave me relief and I continued to see the change after each adjustment.

About thirty adjustments have been taken, I am gaining in weight, eat and sleep, working every day, and not one drop of medicine have I taken.

I cannot speak too highly of this new science of restoring sick people to health and I hope others who are not getting well under other treatment may consult a competent Chiropractor.

Very respectfully,

(Signed)

WILBUR LOCKWOOD.

Sworn to before me this 2nd day of Oct., 1922.



Buchanan, N. Y., August 15, 1919.

Dear Dr. Johnston:

For a long time my daughter, Rosie, age 12 years, suffered from severe pains in her right leg and hip. We had to keep her away from school, as she was unable to walk at times. The medical doctor said the bone was diseased and an operation would be necessary in order to scrape the bone, otherwise the leg would become stiff.

Upon a recommendation of a friend, I took Rose to Dr. C. R. Johnston, D. C. on the 12th of February. After an examination, he said Chiropractic adjustments would do the work. After 12 adjustments my daughter returned to school, relief being obtained from her first adjustment. Twenty-four adjustments were taken, and I am so happy to know and to tell others an operation was not needed, due to Chiropractic.

I gladly recommend Chiropractic, especially when all others fail.

Very truly

ening of Alonzo Smith from Sleeping Sickness, wrote for confirmation.

HIS REPLY

Mahopac Falls, N. Y., March 21, 1921.

The New York Times,

Times Square, New York City.

Gentlemen:

In reply to yours of the 16th inst., I am pleased to respond to your request, telling you the facts about the said Alonzo Smith, who has been cured of sleeping sickness by Dr. C. R. Johnston, the blind Chiropractor of Peekskill, N. Y.

After the child had been sleeping eleven days, and had been taken before a convention of M. D.'s, seven of whom had examined him, and were doing nothing for him, I advised the parents to try Dr. Johnston. John Smith, the father of the child, together with myself and several others, carried the child up the stairs to Dr. Johnston's office; he was sound asleep at this time. After five minutes' work by Dr. Johnston the child awoke and talked (but did not cry as the World stated, neither did he cry, or show any signs of pain or hurt under any of the adjustments. I saw seven of the first adjustments.) After about one and one-half hours the child took hold of his father's hand and walked down the stairs. This was February 2nd, 1921, and he is now in normal condition.

It is said that the day of miracles is past, but this was certainly a modern miracle.

I have also seen and talked with the said Fred Fausel, 23, of Ridgewood, Queens. He has no further trouble from the sleeping sickness, but is still very weak, and continues to take adjustments of Dr. Johnston.

I myself having had deafness in one ear, with constant noise in my head, had consulted three M. D.'s, but could get no encouragement from them. On October 1st, 1920, I began taking adjustments of Dr. Johnston and am now much improved, with good prospects of full recovery.

I might tell you of several others who have been cured of difficult troubles by Dr. Johnston. Should you wish any further information I shall be pleased to give it.

I herewith enclose two photos of the said Alonzo Smith, taken three days apart after he had five adjustments. If you wish to use them you may do so and then return them to me.

Very respectfully yours,

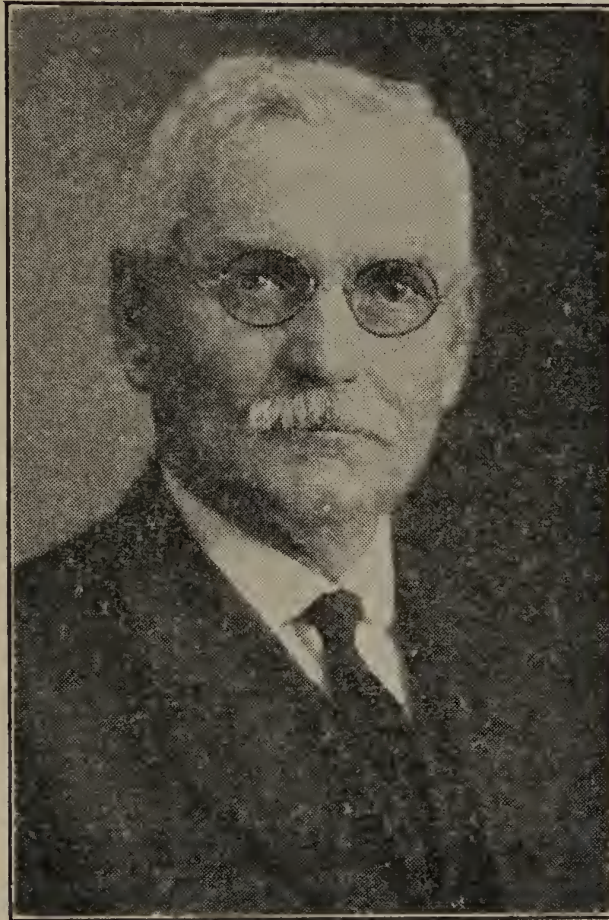
REV. F. S. COOK.

Sworn to before me this 25th day of March, 1921.

KATHRYN M. FLANAGAN,

REV. F. S. COOK

Baptist Minister of Mahopac Falls, N. Y.



Mahopac Falls, N. Y., August 18, 1922.

To Whom It May Concern:

This is to certify that I, Rev. F. S. Cook, of Mahopac Falls, N. Y., have been receiving Chiropractic adjustments at the hand of Dr. C. R. Johnston, of Peekskill, N. Y., for nearly two years. My general health has been improved, and during this time I have become acquainted with many of his patients and can truthfully say that many of his cures have been simply miraculous. I have witnessed the cure of Sleeping Sickness, Asthma, Goitre, Hacking Cough, and many other complaints. I am thoroughly convinced that much of the suffering of the human family can be elevated by this science, at the hands of a competent Chiropractor.

Sincerely yours,

(Signed)

REV. F. S. COOK.

To Whom It May Concern:

I wish to express my gratitude to Dr. C. R. Johnston, D. C., and the wonderful Science of Chiropractic. My son, Edward, 15 years old, has had his right arm paralyzed since birth. The birth was a breach presentation and delivery was difficult.

The attending physician thought the arm was broken but finding no bones broken he could not account for the arm condition.

Thinking the child would outgrow the condition we waited and then consulted others but without any results. We were advised to try Chiropractic and called on Dr. Johnston. After an examination and without any hesitancy he said he could help Edward.

We noticed changes immediately and after 15 adjustments, he was much improved and I think it is only a matter of time with continued adjustments that a complete recovery will be effected. Although Dr. Johnston is absolutely blind, I can recommend his ability as a Chiropractor and my wish is that others will try Chiropractic, especially in cases like Edwards.

MRS. EDWARD LYNCH.

Sworn to before me this 20th day of March, 1921.

KATHRYN M. FLANAGAN, Notary Public.

What Dr. B. J. Palmer, D. C., Ph. C., President of the Palmer School, writes of C. R. Johnston, D. C., the first blind Chiropractor graduated from the Palmer School, is as follows:

A VISITOR

A rare treat was given the Pit Class, July 30, when Dr. C. R. Johnston of Peekskill, N. Y., gave a twenty-minute talk on the test of a P. S. C. Chiropractor, translated by him to mean "Practice Straight Chiropractic."

Dr. Johnston is a man with a message of optimism to every brother Chiropractor in the profession. It was good to hear him.

After class work in the afternoon he spoke to the New York Alumni, of whose body he is a member. Those who failed to be there missed one more of the good things that come to those who never miss anything to be had for the taking; just heaped up full of measure stuff handed out.

Dr. Johnston will be remembered as the man of whom Jimmie Elliott wrote in "The Glory of Going On"—"I was talking to a student totally blind; he was telling me about organizing a body of 200 blind men for the Navy—I asked of course what they would do with them. He punched me in the ribs as he replied, 'Take 'em out to SEA.' A man without eyes, with a vision, is like unto a benediction along the way."

Fountain Head News, Saturday, Aug. 21, 1920.

Thursday was a full day. C. R. Johnston, D. C., of Peekskill, N. Y., made a very pleasant call. Although blind in both eyes, his vision is much clearer than many who can

EPISTAXIS

Do You Suffer?



State of New York, County of Westchester, ss.:

For a long time I suffered a great deal with the Bleeding of the Nose. Without the least provocation my nose would bleed. Some being more serious than others. I tried many remedies without avail.

On one occasion as I was retiring I experienced the worse hemorrhage of the nose I ever had. Losing so much blood I was hardly able to stand up.

My mother sent for a Chiropractor and within two (2) minutes after Dr. C. R. Johnston had adjusted my neck the bleeding had stopped. I cannot speak too highly for the science of Chiropractic and feel confident that anyone suffering as I did would obtain instant relief by a competent Chiropractor.

(Signed)

MARGUERITE WESSELLS,
913 Second St., Peekskill, N. Y.

Result of a Fall Twenty Years Ago

One Adjustment Eliminated the Cause

Springfield, Ill., December 18, 1919.

Dr. C. R. Johnston,

105 South Division Street, Peekskill, N. Y.

Dear Doctor:

For the benefit of the many who are in need of your treatment and in grateful recognition of the great good you have done me, the following is a very conservative statement.

For many years have been afflicted with severe headaches, growths in nose and throat, bound neck muscles, a very annoying kind of hoarseness, very different from that of a cold, tendency to aphasia, three or four severe head-colds each year lasting a month or more each time, dry catarrh, astigmatism, etc.

Constant care by physicians, specialists and osteopaths, at various times, gave relief and mitigated the worst effects, as did also several operations. However, as the cause was neither understood nor ever reached, only a periodical overhauling served to keep me going.

So, during the war, not having the usual attention I finally contracted a cold in October, early, 1918, at the USN Rifle Range, near your city. This cold became rapidly worse, causing the gravest results. Nothing seemed to avail. However, I enjoyed a temporary respite during my furlough, Christmas time, due to treatments by a specialist and an osteopath, both of whom were familiar with my case. They pronounced my condition, by far, the worst since they had known me.

By the middle of January I was back in the same old all but hopeless condition (and had lost twenty-five pounds). As a last resort I went to you, not with a great deal of hope, as I had been told and had come to believe that only life in the tropics could keep me well.

To my greatest surprise and pleasure, your first manipulation effected my cure. The displaced vertebrae in my neck were corrected. They had been thrown out of place by a fall perhaps twenty years before. The pressure removed from the nervous system, the effect (cure) was instantaneous and permanent. But to insure the continuance of this condition I took perhaps a dozen treatments.

Have had none of the old troubles since and am enjoying health, impossible to conceive before. Needless to say, have absolute confidence in you.

Yours very sincerely,

G. H. NELCH.

Sworn to before me this 14th day of February, 1920.

KATHRYN M. FLANAGAN,

Notary Public, Westchester County.

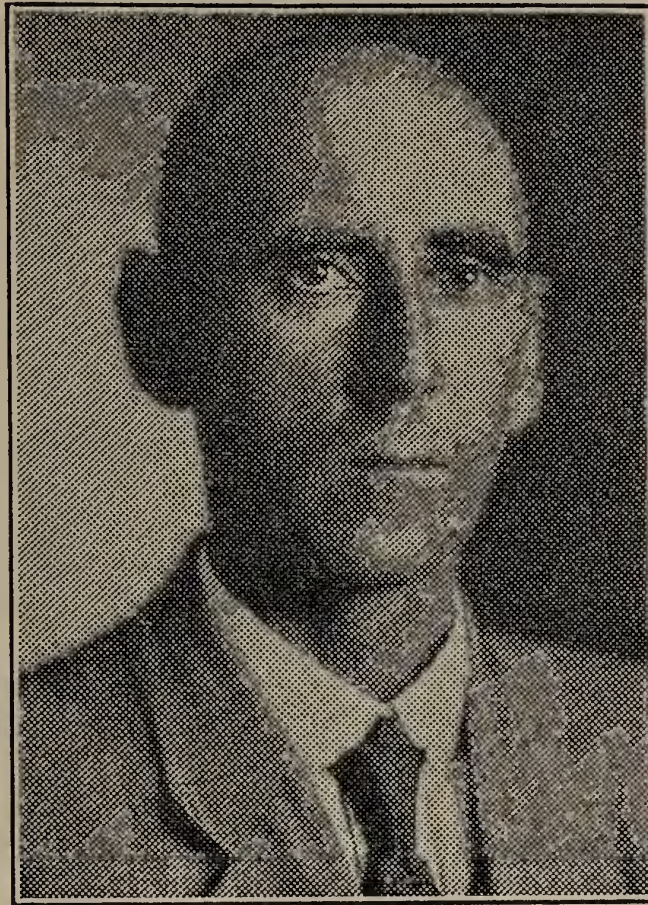
SEVERE HEADACHES

Do You Suffer from This Condition?

Mahopac Falls, N. Y., Sept. 12, 1922.

To Whom It May Concern:

In grateful appreciation to the Science of Chiropractic and to Dr. C. R. Johnston, the blind Chiropractor of Peekskill, N. Y., I write this testimonial. For several years or since he was a small boy, my son Maynard, now 14 years of age, has suffered from severe headaches, being at times so bad as to confine him to his room and bed. Through the advice of his pastor, Rev. F. S. Cook, he began taking Chiropractic Adjustments. He began to improve at once, headaches left him, general health improved now, after a lapse of several months, he has had no return of the headaches and seems entirely cured. I cannot speak too highly of Chiropractic and of Dr. C. R. Johnston's ability as a Chiropractor.



Stormville, N. Y., Sept. 7, 1921.

State of New York, County of Dutchess, ss.:

Being duly sworn, Charles W. Smalley deposes and says: The accompanying photograph is a true likeness of myself and in appreciation of the great benefits received through Chiropractic Adjustments given me by Dr. C. R. Johnston, D. C., the blind Chiropractor, of Peekskill, N. Y., I write this testimonial.

My disease was diagnosed by Dr. ——— of Carmel, N. Y., as Multiple Sclerosis and confirmed by the physician of the College Hospital at Brooklyn, where I was about 15 days of June 1921. My trouble started about 3 years ago, gradually growing worse under medical treatment. With no hope or encouragement from my doctor, going from bad to worse, I auctioned off all my live stock, farm implements, etc., and resigned myself to the wheeling chair and crutches. When I walked, my limbs would drag and each week, I noticed they were more useless, then my hands and arms became effected. I realized it was only a question of time when I would be unable to use the crutches. I asked Dr. ——— if he thought Dr. Johnston could help me, at the same time quoting several cases I knew of. Emphatically, he advised me to stay away from Dr. Johnston. On the 27th of June, 1921, I went to Peekskill and received my first adjustment. After my third, I walked across the room, after my fourth, I ran my car, after my fifth, I walked with a cane and after my sixth, I discarded cane and crutches. I have had 28 adjustments and am walking better each day, have gained several pounds and desire to give all credit to Dr. Johnston and this new science of health restoration, **Chiropractic.**

INFANTILE PARALYSIS

Wore Brace Fifteen Years

Ossining, N. Y., Sept. 14, 1922.

Dr. C. R. Johnston,
Peekskill, N. Y.

Dear Doctor:

I want you to know how I appreciate the progress my son, Robert, is making under your care.

At the age of two years he suffered with Infantile Paralysis affecting the left leg and one side of his face.

For fifteen years he has had to wear a brace constantly, only removing it when retiring. After the first adjustment you gave him, four months ago, he removed the brace on his return home and went without it for five days, before putting it on again. He only puts the brace on now when he comes to you owing to the long distance he has to travel. His leg is growing stronger each day and has increased about two inches in size, showing that the muscles are receiving the life forces to make them grow, his face is also filling out and we are also happy that at last we found the right way to doctor our boy.

I do hope that other mothers who have children suffering from this awful disease will take their children to a real Chiropractor, as it will mean so much to the little kiddies when they grow up.

Thanking you from the bottom of my heart for what you are doing for Robert, I am,

Most gratefully,

(Signed)

Mrs. SADIE REYNOLDS,
78 Main Street.

HEART TROUBLE

State of New York, County of Westchester, ss.:

To Whom It May Concern:

In grateful appreciation to the science of Chiropractic and Dr. C. R. Johnston, Chiropractor, for the benefits given me by him I send this testimonial with the hope that someone suffering as I did would Chiropractic.

For a long time my heart gave me much trouble causing great physical weakness and much nervousness which awaken me at night. I treated with medicine many weeks but my condition grew worse. I was unable to attend any household duties so I was sent to the Hospital for observation. I was ordered to take a complete rest for at least a year to do absolutely no work or exert myself in any way.

I was recommended to try Chiropractic and had Dr. Johnston call at the house this being in Nov. 1919. After 30 visits to the house I was able to return to my home and resume some of my household duties. Then in a few months I was able to resume the duties as usual and am at the present time still able to attend to them.

I cheerfully recommend Chiropractic as it has done so much for me.

Very respectfully,

(Signed)

ALICE M. BEYEA.
Baldwin Place, N. Y.

Sworn to before me this 27th day of Sept. 1922.

HAROLD H. DURRIN,
Notary Public, Westchester County.



October 18, 1922.

State of New York, County of Westchester, ss.:

To Whom It May Concern:

About three years ago I suffered a severe fright. My nervous condition was so bad that I would have as high as fifteen attacks a day. These attacks would come upon me without a moment's warning, I would lose control of myself and fall unconscious. My condition was diagnosed as Epilepsy and I treated faithfully with several Medical Doctors, taking all kinds of Pills and Medicines, without any results. My condition growing more severe each month.

Thinking the change of climate might help, I spent the summer with my sister at Yorktown, but this change had no apparent affect. My sister took me to Dr. C. R. Johnston, Chiropractor and on entering his office, before he had seen me, I was in a violent attack. Since under his care my condition has changed and my spells practically gone to such an extent that my friends and family as well as myself can hardly realize I am the same person.

I am returning to my home in Long Island and give this testimonial to Dr. Johnston for publication that it might be the means of having some other person suffering the same as I have to take Chiropractic Adjustments.

Respectfully,

(Signed)

NELLIE ORLONDO,
Copiogque, Long Island, N. Y.

Signed to before me this 18th day of October, 1922

Severe Stomach Trouble Responds To Chiropractic After All Other Methods Fail

Amawalk, N. Y., October, 25, 1922.

State of New York, County of Westchester, ss:

To Whom It May Concern:

For a long time I suffered with Stomach Trouble and doctored faithfully under Medical Treatment and in three New York City Hospitals, but without any apparent relief. The last hospital I was in for fifteen days having bedside clinics daily, but was sent home and was told to return again in two weeks. Instead of returning to St. Lukes, my father took me to Dr. C. R. Johnston, Chiropractor. After my first few adjustments I felt a change for the better and steadily improved under Chiropractic Adjustments. I have gained in weight and soon returned to work and can truthfully say that Chiropractic restored my health.

ROLAND BRADLEY,

EDWARD L. DUNNING,

Notary Public, Westchester County, N. Y.

"NERVOUSNESS"

October 16, 1922.

State of New York, County of Westchester, ss:

To Whom It May Concern:

For six years I have been afflicted with headaches and nervousness. I was treated by three or four Medical Doctors. But without any relief whatever, I was advised to call on Dr. Johnston, the Chiropractor, of Peekskill, N. Y., which I did in June, 1922. Immediately I began to see the results of the adjustments given me. My headaches became less and far apart and now I do not know what it is to have a headache.

(Signed)

JOSEPHINE BARNES,

Shrub Oak, N. Y.

THINGS THAT COUNT

'T is the human touch that counts,
The touch of your hand and mine,
Which means far more to the fainting heart
Than shelter and bread and wine.
For shelter is gone when the night is over,
And bread lasts only a day
But the touch of the hand and the sound of the voice
Sings on in the Soul alway.

S. M. Free



I looked upon a sea
And lo', 'twas dead
Although by Herman's snows
And Jordan fed.

How came a fate so dire?
The tale's soon told.
All that it got it kept
And fast did hold.

All tributary streams
Found here their grave,
Because that sea received
But never gave.

O sea that's dead teach me
To know and feel
That selfish grasp and greed
My doom will seal.

And help me, Lord, my best,
Myself to give,
That I may others bless
And like thee live.

WATCH THE CORNERS

When you wake up in the morning of a chill and cheerless
day,

And feel inclined to grumble, pout or frown,
Just glance into your mirror and you will quickly see
It's just because the corners of your mouth turn down.

Then take this simple rhyme,

Remember it in time:

It's always dreary weather, in countryside or town,
When you wake and find the corners of your mouth turn
down.

If you wake up in the morning full of bright and happy
thoughts

And begin to count the blessings in your cup.
Then glance into the mirror and you will quickly see
It's all because the corners of your mouth turn up.

Then take this simple rhyme,

Remember all the time:

There's joy a-plenty in this world to fill life's silver cup
If you'll keep the corners of your mouth turned up.