

HEADACHES? NECK PAINS?

Modern Chiropractic Methods of Treatment Offer Remarkable Relief for These Painful Conditions

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

THE 9 DANGER SIGNALS

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

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



Dr. Anthony A. Baker

Clarke Chiropractic Clinic

2201 W. RIDGE PK.,
JEFFERSONVILLE, PA.

(Across From The Golf Course)

PH. 277-5104

HOURS BY APPOINTMENT



Dr. James M. Clarke

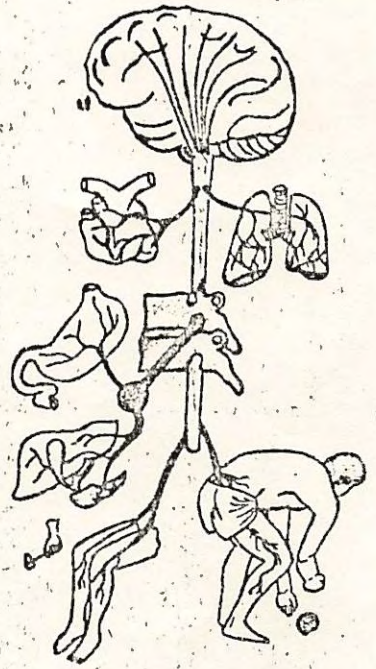
Worristown, Pa Times-Herald 7/14/71

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YOUR SPINE IS YOUR LIFE LINE



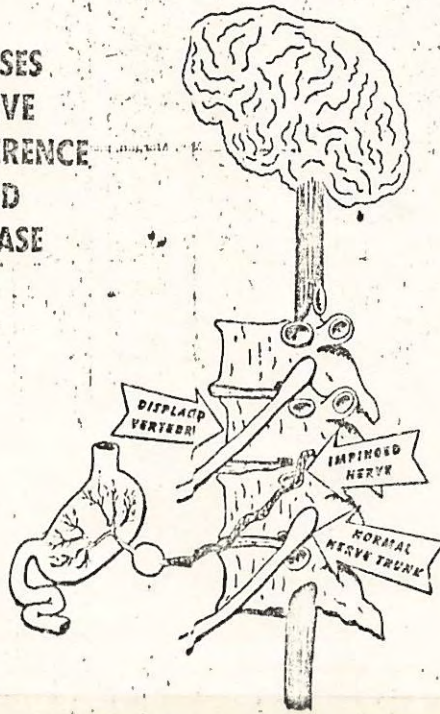
THE BRAIN
BY WAY OF THE
SPINAL CORD AND NERVES
CONTROLS
EVERY PART AND
EVERY FUNCTION
OF YOUR BODY



DISPLACEMENT OF THE SPINAL BONES

- Pinched Nerves
- Kidney Infections
- Rectal Problems
- Numbness
- Sleeplessness
- Double Vision
- Ear Ache
- Bursitis
- Pleurisy
- Rheumatism
- Colitis
- Change of Life
- Constipation
- Chest Pains
- Stomach Ulcers
- Nervous Tension
- Skin Disease
- Sinus Trouble
- Throat Conditions
- Thyroid Conditions
- Pneumonia
- Menstrual Trouble
- Hot Flashes
- Poor Circulation
- Dizziness
- High Blood Pressure

CAUSES
NERVE
INTERFERENCE
AND
DISEASE



- Asthma
- Back Trouble
- Leg Pains
- Children Diseases
- Gall Bladder Diseases
- Neuritis
- Fatigue
- Shoulder Pain
- Migraine Headaches
- Shingles
- Nervousness
- Itching
- Neuralgia
- Heart Trouble
- Diabetes
- Shortness of Breath
- Liver Disorders
- Knee Pains
- Chest Pains
- Paralysis
- Skin Eruptions
- Sciatica
- Whiplash Injury
- Hay Fever
- Run Down Condition
- Arthritis
- Stomach Disorders

CHIROPRACTIC CORRECTS THE CAUSE

Telephone The Chiropractor of Your Choice.



CLARK RICH, D.C.
Golden Rod Farms, Clearfield 765-8301

GARY M. CASTEEL, D.C.
214 S. 3rd St., Clearfield 765-7111

METRO FERRANCE JR., D.C.
Philpsburg-Osceola Highway 342-0534

WALTER P. THORP III, D.C.
11 N. Front St., Clearfield 765-3792

WILLIAM STADTMILLER, D.C.
616 State St., Curwensville 236-3090



CLEARFIELD, PA.

Progress (e) AUG 1 - 1977
Circ. 16,658

KMA
ma
**ATTENTION
SEWING
MACHINE
OPERATORS!**



Gloria Shepler, Sewing Machine Operator, Kent Sportswear, Curwensville

Do You Suffer From Any Of These Danger Signs?

1. Headaches.
2. Stiffness of the Neck or Back.
3. Pain between the Shoulders.
4. Indigestion
5. Loss of Sleep.
6. Increased Nervousness.
7. Painful Joints.
8. Numbness or Pain of the Arms or Legs.

Working 8 hours a day, 40 hours a week, in the same position at your sewing machine causes nerve interference and spinal defects . . .

Don't Suffer Any Longer . . . A Telephone Call To One Of These Area Chiropractors Could Mean The Difference Between Health or DIS-EASE FOR YOU!

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11 N. Front St., Clearfield 765-3792

The York Dispatch

4/30

OUR PATIENTS SPEAK . . .



WILLIAM M. DRUCK

TO WHOM IT MAY CONCERN:

For the past two years I have suffered from pain in the back of my neck, continuous headaches, nervousness, tightness in the chest and nausea. Many times the pain was so severe I thought I could not go to work. A few times I had to come home, but I tried to keep going.

Lately it became worse. My medical doctor wanted me to work less hours and rest all I possibly could. He told me he was doing all he could for me. I was taking headache pills at the rate of ten or twelve a day and nerve pills four times a day, with no relief. I decided it was time to turn to something or someone else for help. Chiropractic seemed to be the answer.

On my first visit to Dr. Weaver, x-rays were taken and my condition analyzed. The next day I received my first adjustment. I had a terrible headache at the time. After the adjustment, I could feel the pain leaving. For the first time in several months, I was able to work a full night without a headache and a feeling in my chest.

I haven't taken any medication for pain since I received my first adjustment. I have no need for nerve pills now. I feel like a new person! I am able to work longer hours than I ever thought possible several months ago, since I am free from all the pain I had suffered with previously.

I thank Dr. Weaver for the help I have received from him and hope others will seek the help of chiropractic care also.

Sincerely,
William M. Druck
19 Dewey Avenue
York, Penna.

Why Be Sick When You Can Be Well?

All Cases Accepted Regardless of Financial Ability to Pay.

Free Spinal X-rays When Paid From the Family Budget.

Dr. L. E. Weaver, Chiropractor

Phone 843-5503

1215 E. Market St., York

The York Dispatch

4/9

OUR PATIENTS SPEAK . . .



MRS. BONITA SMITH

TO WHOM IT MAY CONCERN:

In 1966 I fell at work, injuring my back. Everything that could be done by my medical doctor was tried — with no success. I was placed in traction in the hospital, given so many pills and shots for pain I couldn't take any more. Even a back support was tried. At this point I had no reflex in my right leg at all. There was no relief from the pain.

Naturally the next step was surgery to which I objected. And thank God I did!! I found surgery was not necessary at all. In fact, neither was the traction or the drugs or the back support. All I needed was to have my spine adjusted to relieve pressure on the nerves causing the pain.

I came to Dr. Weaver as a last resort, really desperate for some solution to my problem other than surgery. Today, I feel like a new person! No medication is necessary. I am doing things now I never thought I would be able to do again.

To my way of thinking, Chiropractic is the only solution to all health problems. I intend to stay in good health by getting Chiropractic adjustments from Dr. Weaver on a regular once-a-month basis. It's the only way to live healthfully happy! I am very grateful for all Dr. Weaver has done for me.

Free Spinal X-rays when necessary, if paid from the family budget.

Mrs. Bonita Smith
P. O. Box 128
R. D. #1
Manchester, Pa.

Dr. L. E. Weaver Chiropractor

1215 E. Market St., York

Phone 843-5503

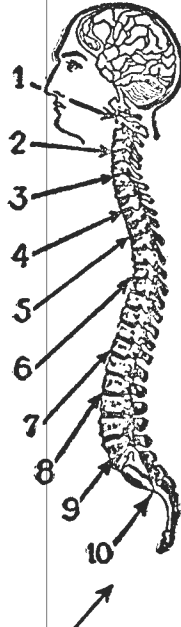
The Valley Independent
Monessen

4/16

NERVE PRESSURES

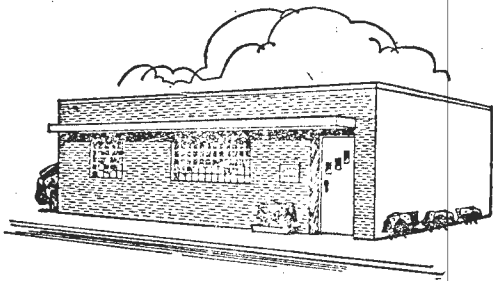
In Following Spinal Areas . . . May Cause

1. Headaches, Nervousness, Dizziness, and Tension.
2. Neck Pains, Torticollis, Bursitis, and arm pains.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
7. Kidney disorders, skin disturbances, and mid-back ache.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps and colon disorders.



Approximate representation of spinal nerve areas.

We accept all cases regardless of ability to pay



FREE SPINE X-RAY* unless covered by insurance



TUCCI Chiropractic Office

BELLE VERNON PHONE 929-6100

*When Found Necessary

4/30

the 8 danger signs

THAT INDICATE SPINAL PRESSURES and TENSIONS ON VITAL NERVES

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

We accept all cases regardless of ability to pay

FREE SPINE X-RAY* unless covered by insurance



TUCCI Chiropractic Office

BELLE VERNON PHONE 929-6100

*When Found Necessary

The Morning Herald - The Evening Sun.
Uniontown

4/23

4/30

LIFE HEALTH

Time

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

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

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

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



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

The chiropractor locates spinal obstructions by scientific methods, and he corrects the disorder with gentle adjustments to restore the vital flow.

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

Another Life and Health Article from the Office of

DR. GARY B. SUTTON CHIROPRACTOR

OFFICE HOURS:

MON.-WED.-FRI.

9:00 A.M. to 2:00 P.M.

5:00 P.M. to 9:00 P.M.

TUES. 9:00 A.M. to 2:00 P.M.

SAT. 9:00 A.M. to 11:00 A.M.

We accept all cases
regardless of condition
or financial ability to pay.

20 W. Church St.
Fairchance, Pa.

FOR APPOINTMENT
PHONE 564-9729

LIFE HEALTH

Nerve Deafness

Hearing is one of the keenest senses of humans, and it is one which is most sensitive to the multitude of pressures of the modern world.

Extreme noises, assorted disease and nerve pressures — singly or in groups — can combine to affect the hearing mechanism, and deafness follows.

One of the most common forms is "nerve deafness". It results when the auditory nerve from the brain to the ear is obstructed by abnormal pressure — generally an impingement in the spine. No artificial drum or application of any kind can overcome nerve deafness.



The chiropractor, through his knowledge of the spinal column and the body's nervous system, is able to make competent, skilled adjustments which remove the pressures from the delicate nerve system so nature's healing energy can work from within to restore glowing, radiant health.

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PHONE 564-9729

The Patriot

Harrisburg 4/26 ↓

YOUR SPINE...

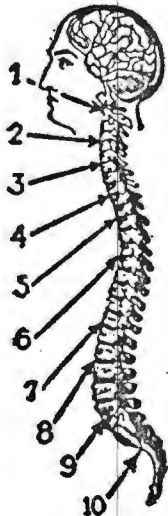
The Key to Health

CHIROPRACTIC Succeeds many times after all other methods of healing have failed

Study this chart and you can understand how important your spine is to health. A misaligned spinal vertebrae can cause disease in any part of the body.

PINCHED NERVES IN THE FOLLOWING SPINAL AREAS MAY CAUSE ...

1. Headaches, Nervousness, Dizziness, and Tension.
2. Neck Pains, Torticollis, Bursitis, and arm pains.
3. Muscular aches of upper back, shoulders, & arms.
4. Chest pains, functional Heart distress, difficult breathing, and asthma.
5. Stomach and liver disorders.
6. Shingles, and disturbances of the upper bowels.
7. Kidney disorders, skin disturbances, and mid-back ache.
8. Slipped disc, lumbago, and low-back pains.
9. Sciatica, constipation, menstrual problems, and sacro-iliac pains.
10. Bladder disturbances, leg cramps, and colon disorders.



Check the 10 danger signals of nerve pressure

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



EVERY HEALTH PROBLEM HAS A CAUSE AND THE CAUSE MUST BE FOUND AND CORRECTED BEFORE YOU CAN GET WELL.

DR. J. F. STYNCHULA
 Chiropractor
 2014 MARKET ST.
 Harrisburg, Penna.
 PHONE 234-5671
Hours by appointment please

Morning Herald -
Evening Standard

Uniontown

4/9



Avoid Heart Fatigue

"A sudden, frightening experience." Heart fatigue!

The heart normally rests twice as much as it works. During periods of strenuous physical activity or emotional strain it may work twice as fast and twice as hard as normal.

A narrowing of the blood vessels may force the heart to work harder to force blood to the various parts of the body.

The heart depends on nerve energy from the brain in order to function normally and efficiently. When it receives its normal supply of nerve energy, the heart can mend itself and continue to perform efficiently.



Any pressure or impingement to nerve trunks in the spinal column can reduce the muscular action of the heart and cause "heart fatigue".

The chiropractor, through regular spinal adjustments, eliminates nerve pressures, restores impaired function of the heart and circulatory system and enables the heart to mend itself after "heart fatigue" occurs. Another Life and Health Article from the Office of:

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FOR APPOINTMENT
PHONE 564-9729

SORE THROAT AND TONSILITIS

By Dr. Thomas F. Snyder

At various times sore throats and tonsilitis are more prevalent. Sudden changes in temperature and humidity, carelessness in dressing habits to suit weather changes and control the sensation, secretions and activities of the nose and throat. The



primary cause of lowered resistance in these areas is interference with the nervous control allowing the ever present bacteria to gain a strong foothold which add in developing inflammation and pus pockets. The Chiropractor locates and adjusts the nervous system interference and allows the bodies vital energy to heal the membranes of the nose and throat..

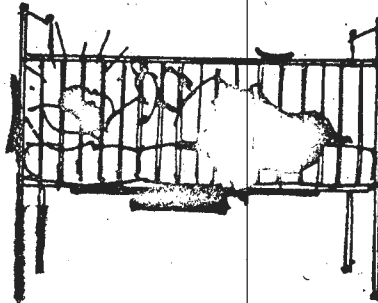
(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas Franklin Snyder, Brodheadsville, Pa., Chiropractic Orthopedist. Phone 992-4787).

*The Pocono Record
The Stroudsburg*

*4/30
←*

*The Daily Intelligencer
Doylestown 4/30*

CHIROPRACTIC



Baby Sally's colic may be caused by spinal pressure on the nerves that lead to the millions of glands that carry out the digestive processes. Gentle spinal adjustments are administered to normalize your baby's spine.

**66 W. Bridge St.
NEW HOPE, PA.**

**DR. JAY P.
SNYDER**

862-2538

Mon., Tues., Wed., Fri.—2 PM to 5 PM & 6:30-9 PM
Sat.—10 AM-12 Noon

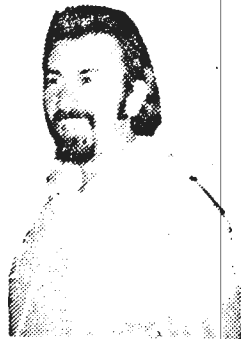
All Other Hrs. By Appointment

FREE SPINAL X-RAY IF NECESSARY

The Evening Sun
Hanover

4/14

CHIROPRACTIC PHILOSOPHY, ART AND SCIENCE



The nervous system consists basically of the brain, spinal cord, nerve roots & about 450 billion nerve paths going to as many cells in the body.

If these cells receive maximum nerve energy the cell functions normally. If the cells receive no nerve energy, they die. If a spinal bone interferes with the nerve system, the amount of nerve energy is reduced abnormally, & continues to do so until a crisis evolves. This is how you get sick.

Chiropractors seek to find the interference to the nerve system, thru examination, instrumentation & X-Ray. He then analyzes the spine, determines which spinal bone or bones are causing nerve interference.

Then, a proper adjustment is made, for one single purpose, to correct interference. When nerve interference is corrected, the nerve paths conduct maximum nerve energy again. The cells of the body now can function normally. You now heal through cellular replacement of normal tissue.

That's how you get sick & how you get well. Chiropractors don't treat symptoms, don't cure disease (the body does). We correct nerve energy interference only. We don't diagnose diseased effects, we analyze cause or nerve interference.

Our obligation is to find & correct nerve energy interference — period. We may suggest you learn to diet correctly & exercise properly.

We do not adjust to make the body feel better each time. We do not adjust to alter symptom or condition.

We do adjust to correct nerve interference and allow the body to normalize itself.

It is common logic the normal function of the body cannot be attained by chemical stimulation, or inhibition.

We do not use crisis therapy, it is too late then.

**FREE SPINE EXAMINATION FOR
ALL SINCERE PEOPLE.**

**LECTURES TO EDUCATE THE PUBLIC
ABOUT CHIROPRACTIC.**

SIGAFOOSE

CHIROPRACTIC LIFE CENTER

3 MILES EAST OF ABBOTTSTOWN

PHONE 225-1017

The Pocono Record
the Stroudsburgs

4/9

4/16

SPECIALIZED CARE ... KNEE, HIP, SHOULDER, ELBOW

By Dr. Thomas F. Snyder D.C.

Only someone who has had a joint disorder truly knows the pain or disability involved. Only someone with unrelieved joint pain knows how difficult it is to find a doctor who understands how to treat these conditions effectively.



Powerful drugs that do not cure, yet have serious side effects, are not the ideal answer. In most cases, surgery should be a last resort.

Knee, hip, shoulder, elbow and other joint disorders should be examined and treated at the first sign of discomfort. When the proper specialized methods are used, it may be possible to avoid completely either surgical cutting procedures or injections.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas Franklin Snyder, Brodheads ville, Pa., Chiropractic Orthopedist. Phone 992-4787).

FIVE WORDS TO THE WISE

By Dr. Thomas F. Snyder

Five words to the wise are "TAKE CHIROPRACTIC SPINAL ADJUSTMENTS FIRST." When Chiropractic first became known, it was only

tried after everything else failed. In 75 years it has built up a marvelous record of results with diseases pronounced

incurable. No health method ever had a tougher assignment; and that Chiropractic succeeded is the finest tribute in the world to it's sound of restoring the condition of health.

It is beyond the trial stage. Chiropractic is not only successful with various kinds of pains and aches, but this unique method of health care has proved to be extremely successful in dealing with internal disorders of the stomach, intestine, heart, liver, gall bladder, respiratory system, circulation and nervous system.

(One of a series of articles published in the public interest to explain and illustrate the scientific practice of Chiropractic, written by Dr. Thomas Franklin Snyder, Brodheads ville, Pa., Chiropractic Orthopedist. Phone 992-4787).

Daily Record
York
4/16



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FREE SPINE EXAMINATION FOR ALL SINCERE PEOPLE — LECTURES TO EDUCATE THE PUBLIC ABOUT CHIROPRACTIC

SIGAFOOSE CHIROPRACTIC LIFE CENTER

4 Miles West of Thomasville — Phone 225-1017

Gettysburg Times

4/21

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LECTURES TO EDUCATE THE PUBLIC ABOUT CHIROPRACTIC**

Sigafoose Chiropractic Life Center

3 Miles East of Abbottstown

Phone 225-1017

Jeffersonian Democrat
Brookville

4/19

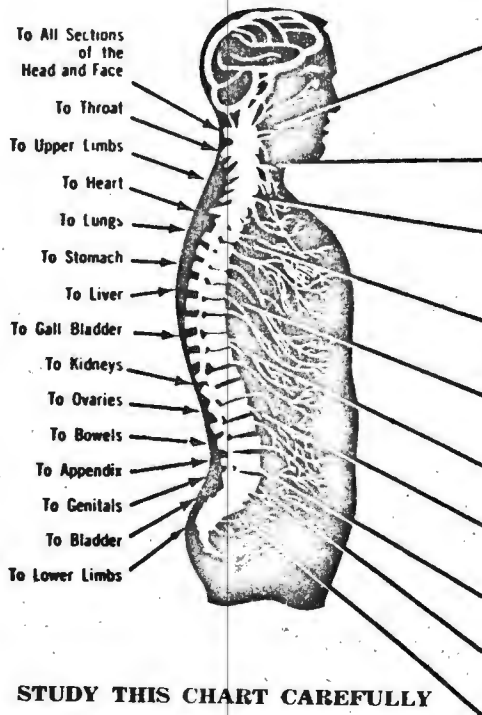
NERVES . . . JUST NERVES!

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

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your

body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

STUDY THIS CHART CAREFULLY . . .



STUDY THIS CHART CAREFULLY

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION!

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

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

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

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

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

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

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

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

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

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



DR. WILLIAM K. SHAFFER

CHIROPRACTOR

132 N. White Street

Brookville, Pa.

Whiplash Injuries

By **MONROE SCHNEIER, D.C.**

More than 4½ million rear-end automobile accidents occur in the U.S. annually subjecting millions of drivers and passengers to whiplash injuries of the spine. Surveys show that about 60% of all injuries received in auto acci-

the bones of the spine occur in nearly all cases. In addition to neck, or back pain, and limitation of movement, headaches, nervousness, depression, dizziness, nausea, loss of balance, numbness in the arms, hands, feet or legs, muscle spasms, double vision, chest or abdominal pain, and arthritis are frequent complications of whiplash injuries.

While pain pills, muscle-relaxing pills, or braces may afford some measure of relief, chiropractic authorities warn that such procedures will not "realign" the bony structures of the spine that is necessary for recovery and the prevention of complications. The extent of damage to the spine in injuries of this type may not be immediately apparent. Detection, total care and correction of whiplash injuries requires the special knowledge, skill and experience of a doctor of chiropractic.

Today automobile insurance companies pay claims for chiropractic care, and attorneys and courts in increasing numbers recognize the doctor of chiropractic as an expert in the field of spinal injuries.



DR. SCHNEIER

dents are located in the neck and back area.

In whiplash type injury the sudden lashing force to the spine causes a sprain of the ligaments with variable degrees of damage to muscles, discs, nerves, and blood vessels. Misalignments of

MIDDLETOWN CHIROPRACTIC HEALTH CENTER

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4/11

The Press & Journal

Middletown

4/25

Chiropractic Defined

By **MONROE SCHNEIER, D.C.**

Chiropractic is a Philosophy, Science, and Art of things Natural; a system of adjusting the articulations of the spinal column, by hand only, for the correction of the cause of disease.

The adult spinal column consists of the superior 24 freely movable bone segments, called

intervertebral foramina. The vital nerve force within man is carried by these nerve trunks from the brain to the various organs, muscles, and tissues of the body.

For every effect you must have a cause; that is a fundamental law of physics. If a person is ill, then the condition of disease, regardless of the name applied to it, is in fact an effect for which there must be a cause.

The Chiropractic premise is that the cause of disease is due to the subluxation of vertebrae, which produce pressure upon the nerve trunks and thus interfere with the normal transmission of vital nerve force.

The Chiropractic objective is to locate the point in the spine where the nerve pressure exists, due to a vertebral subluxation, and, thru proper adjustment by hand, to restore the subluxated vertebrae to its normal position, thus releasing the pressure on the nerves involved and thereby removing the cause of disease in the body. Renewed health is the natural result.

"When your spine's in line . . . You'll feel fine."



DR. SCHNEIER

vertebrae, together with the sacrum and coccyx. All the great nerve trunks emit thru the openings between these vertebrae which openings are known as the

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LIFE HEALTH
SINUS TROUBLE

Under normal conditions the sinuses perform their functions without the individual even being aware of their presence. Their secretions flow into the nasal cavities and create no problem. However, at times various conditions arise that cause the membranes to lose their normal healthy condition.



Whenever the nerve supply to these delicate membranes is diminished through pressure on the nerve trunks, they become weakened and very susceptible to inflammation. Once it sets in, the classic picture of sinusitis begins to take form. At the onset there is that vague, uneasy feeling that leads on into the stuffy sensation in the head. As the condition becomes more severe, the membranes begin to swell until the openings, that allow drainage, are closed. When this occurs the secretions of the membranes are trapped in the sinuses, building up pressure and causing the painful headache that is commonly associated with chronic or acute sinusitis. Often the headache is accompanied by a puffy swelling around the eyes and at the base of the nose, giving the patient an appearance of extreme distress which matches the pain he is enduring.

A healthy body depends on a nervous system free of impingements and pressures. The modern approach to sinusitis is chiropractic. Today's chiropractor is especially equipped and trained to locate and correct the vertebral displacements that interfere with normal nerve energy transmission from its origin in the brain to the functioning tissue cells. Remember that as long as the nerve supply to sinus membranes is normal, sinusitis cannot develop.

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*Times-Leader
Evening News, Record
Wilkes-Barre 5/1*

*the Times
Reading*

4/9 ↑

4/16

4/30

**LOW BACK PAINS
OFTEN INDICATE
FEMALE TROUBLE**

Female disorders without low back pains are rare indeed. Yet, seldom do women connect the two.

After many cases we find most all female trouble associated with low back-aches. But, this is easily explained.

The nerves that come out of the spinal column at the belt area just above the hips divide into two main branches. They make a "Y" like a super highway. Usually, when these nerve trunks are irritated at their spinal exit, both branches are affected.

The irritated nerve lines forming one leg of the "Y" causes the muscular aches and pains in the low back area and perhaps down in your legs (frequently called "sciatica").

The irritated nerves in the other part of the "Y" (controlling the pelvic organs) often cause cramps, irregular periods, and other more serious disorders of the lower pelvic area.

Any disturbance of the female organs and any abnormal formations such as cysts and tumors, etc., must have a cause. No abnormal function or growth develops without a cause. Cysts don't just happen! Your "control factor" is your central nervous system—it must function free of interference to be healthy.

Consider this case from our clinic files. The control factor had a disturbance—a repairable disturbance, if you know what to repair.

A twenty-three year old school teacher became irritable and intolerant with her first grade pupils and all for good reason. She had been irregular, enduring severe cramps, nausea, nervousness and throbbing headaches for over six months in spite of using other methods.

She suffered also with backaches, constipation, heart palpitations and constant nervous indigestion, until she came to the Rocketti Chiropractic Clinic. Our nerve instrument recorded nerve disturbances in her lower back. She recalled a bad fall years previous and had bothered her ever since. X-rays enabled us to correct her spinal injury and relieve the nerve pressures causing her miserable symptoms. When discharged she reported she was regular again and feeling wonderful. No. 1477.

It is difficult to work or be a good wife and mother when suffering with female trouble. Investigate.

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Dr. E. Ronchetti
Chiropractor

LIFE HEALTH

ASTHMA

Of all the disorders of the respiratory system due to excessive sensitivity to various substances, asthma is the most severe.

Asthma is a disorder of the lungs and the narrowing of the small bronchial tubes, which make it very difficult for the victim to breathe air into the lungs or force it out. Many factors are responsible for asthma. Allergy, emotional tensions, nervous disorders, and family background. Allergy, of course, is the dominant agent to most victims, whose specific sensitivity to such allergens as ragweed, pollens, dust, may provoke an acute attack. Almost all victims are allergic to house dust, but seldom will one sensitivity be the only source of severe chronic asthma, other contributing causes are necessary.



The brain produces the powerful nerve energy to keep the muscles and organs of the body functioning normally and to fight off foreign substances entering the cells and tissues that influence asthma. This powerful nerve energy is transmitted through the spinal cord, housed in the spinal column by nerve trunks which extend through openings between each vertebrae of the spinal column. If one or more of these spinal vertebrae becomes displaced, delicate nerve fibers become impinged and the flow of the body's vital nerve energy is retarded. Muscular movement is retarded, resistance to foreign substance lowered to the extent the body becomes sensitive allergic materials which in turn affect normal breathing.

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

Unfortunat e l y, the mind-altering drugs are only a drop in the chemical bucket. There are thousands of medications on the market and each year hundreds more are offered to the public. In his book, "The Doctors," Martin Gross asserted, "There is no doubt that America is currently involved in a massive promiscuous cation." Drug manufacturers, Parke, addition to the concept of medicine, Davis & Co., have admitted, "There is a problem of toxicity with all drugs. . . It is a well-established fact that there is no drug presently existing on the market which is devoid of harmful effects."

The alarming fact is many drugs only eliminate symptoms, not the cause. Hobart A. Reimann, M.D., of Hahnemann Medical College has stated that "90% of anti-biotics are given unnecessarily." Many drugs are recalled from the market after the damage is done.

Having learned what harm drugs can do to your miraculously designed body, why not eliminate pills and injections? With the assistance of your chiropractor, utilize nature's doctors and the Life Principle. Join the increasing number of health-conscious people throughout the world who are turning away from artificial methods that often damage rather than heal.

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LIFE HEALTH

DRUGS

The reasons given for employing drugs are multitude. A person may become "addicted" while taking medication for some ailment. Others become pill oriented to hide from reality or become hooked by taking drugs to lose weight; others to overcome hangovers. Some suffer insomnia, while others feel listless and tired due to improper health habits. All seek to solve their problems with a pill.

Unfortunat e l y, the mind-altering drugs are only a drop in the chemical bucket. There are thousands of medications on the market and each year hundreds more are offered to the public. In his book, "The Doctors," Martin Gross asserted, "There is no doubt that America is currently involved in a massive promiscuous cation." Drug manufacturers, Parke, addition to the concept of medicine, Davis & Co., have admitted, "There is a problem of toxicity with all drugs. . . It is a well-established fact that there is no drug presently existing on the market which is devoid of harmful effects."

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Times Leader
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4/23

"I'M A NERVOUS WRECK!"



Dr. E. Ronchetti
 Chiropractor

"I'm a complete nervous wreck and I'm just about ready to give up hope! I've had the best care available and yet I've steadily grown worse. I have black-out spells, crushing chest pains and my heart races like mad. My stomach is always upset, everything I eat gives me indigestion and I bloat so with gas that it cuts my breath off.

This was the sad story sobbed to me a few months ago by a forty year old mother of seven children. She was depressed, despondent and emotionally unstable. As she talked, she became delirious and cried mercifully.

Her hands and feet were badly swollen as were her tearful eyes. She had no energy, couldn't sleep and got up tired and exhausted with sick headaches in back of her head. She explained how her condition was working a hardship on her family.

Our nerve instruments located areas of nerve disturbance and spinal X-Rays disclosed a serious spinal curvature causing the defective nerve function responsible for her miserable symptoms and mental anxiety. After the first spinal adjustment she gratefully reported she had a good night's sleep for the first time in many months. Following adjustments continued to restore normal function and this once despondent mother now has a new lease on life. After her spine was corrected she reported no heart palpitations, no indigestion, no headaches, no nervous tension and her worry lines have turned to smile wrinkles. No. 1310.

Amazing? Such dramatic results are not so amazing once you understand that some illnesses respond to chiropractic care simply because when muscle tensions and/or abnormal spinal formations compress spinal nerve trunks, it chokes off life energy to the organs and parts supplied by that nerve and symptoms of pain, sickness or disease develop. Remove the disturbing nerve interference and normal function and health returns as nature regulates it.

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4/24

BURSITIS



Dr. E. Ronchetti
 Chiropractor

The searing pain of bursitis appears to flow through the entire body. There seems to be no time, no position, no situation where the body can enjoy a second of real comfort.

But, the chiropractor, skillfully and using scientific methods, traces the pain to its source — a microscopic section of the body's vast nerve system. A tiny pressure, or impingement, is affecting the proper function of an important part of the body's nervous system. The area served by the impinged nerve is not functioning normally and properly.

Through gentle, scientific adjustments, the chiropractor's skilled hands adjust spinal alignment and free the nerve from its restricting pressure. Vital nerve energy begins to flow through the released nerve to the affected area, enabling it to resume its normal function.

Released from the pressure imposed by the obstructed nerve, nature goes to work from within to restore health.

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4/30

DISTORTIONS



Dr. E. Ronchetti
 Chiropractor

The human body becomes distorted like any other structure which is subject to strains and ills. Anyone tending a machine watches carefully any misalignments that may develop from its operation. Justly so, should we guard over our bodies against distortions. Distortion causes pains and disease. It is simple for one who is well trained to detect these distortions and correct them. For health's sake, have regular body check ups.

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Times-Leader
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4/9

Backache Around The World



Dr. E. Ronchetti
Chiropractor

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

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

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

A number of weeks ago, a bank executive's auto was struck from behind. She came to us immediately. She revealed a whip-lash injury of the neck and related low-back pains.

Our nerve instruments and spinal X-Rays located areas of nerve interference and several vertebral displacements causing her miserable symptoms. Corrective spinal adjustments restored the flow of normal nerve impulses and Nature rapidly began to correlate and integrate the various functions and her symptoms vanished. She still comes in for check-ups and last month she was still feeling well and happy. No. 1654.

Find out for yourself. Investigate as she did.

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PAIN

A slight injury to a NORMAL SPINE may cause AN ABNORMAL ALIGNMENT and render the spine liable to FURTHER INJURY AND DEGENERATIVE DISEASE.



Dr. E. Ronchetti
Chiropractor

THE SYMPTOMS OF STRUCTURAL SPINAL DISORDERS ARE FAMILIAR TO EVERYONE. Over the years the symptoms have been given many names (tension headaches, neuritis, lumbago, bursitis, "Slipped Disc," etc.) Only in recent years has the cause of such diverse symptoms been traced to gross defects within the spinal system. Most structural spinal disorders are due to NEGLECT of strains and minor falls and accidents which disturb the delicate balance within the spinal system.

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4/16

Most Headaches Caused by Bad Spine Says Medical Specialist

That most headaches are emotional in origin was recently challenged by Murry Braaf, M. D., Director of New York's Stuyvesant Polyclinic Headache Clinic. In an article describing a study of 3,000 patients over a period of 18 years, Dr. Braaf reported that in over 90 per cent of cases he found that headache was a referred symptom caused by mechanical derangement of the cervical spine (neck) which in turn produces irritation of one or more of the cervical nerve roots and/or intermittent compression of the blood vessels in the neck.



Dr. E. Ronchetti
Chiropractor

Proof again, that chiropractic has been right about the basic cause of most headaches. Headache sufferers need modern chiropractic spinal adjustments to correct the mechanical derangement of the cervical spine.

CHIROPRACTIC FULFILLS A PROPHECY!

The Doctor of the future will give no medicine, but will interest his patients in the care of the human frame and in cause of and prevention of disease.

Thomas A. Edison

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4/11

LIFE/HEALTH

The Chiropractic Adjustment

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

The spinal cord runs down through the spinal column. The spine is composed of 24 movable segments called vertebrae. Between the vertebrae are soft cushions called discs which act as ball bearings and shock absorbers.

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

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

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

It is simple and quick; and it performs wonders in restoring that healthy, happy feeling. Another Health and Life Article from the Office of:

RICH

Chiropractic Clinic
Phone 765-8301
GOLDEN ROD FARMS
CLEARFIELD

The Progress
Clearfield

4/13

LIFE HEALTH

CHILDREN LOVE CHIROPRACTIC

Children do not like to be sick, because they have no time for sickness.

Children hate illness, because it means long needles, bitter medicine and absence from play and association with their playmates at school and in the neighborhood — unless, that is, their parents are among the enlightened who have discovered the wonders of chiropractic.

The chiropractor works with the power of life and health flowing from the brain through the spinal cord and through the body's vast nervous system.

Blockages in the spine disrupt the normal flow of nerve energy and bring disharmony and disease. The chiropractor uses scientific methods to locate the blockage and correct it so nature can restore health as normal nerve function returns.

Children love the gentle manipulations, called adjustments, which maintain and restore health. Chiropractors love children because the children respond so quickly to their adjustments. This is true in the case of minor conditions like colds, constipation, mumps, measles and rashes as well as the more complicated heart disease, arthritis, polio, asthma and allergies.

Modern parents assure their children's health through chiropractic adjustments. Another Life and Health Article from the Office of

RICH

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Golden Rod Farm

4/25

LIFE/HEALTH

Menopause

"Change of Life" in a woman is accompanied by many demands on the body. Hot flashes, chills, extreme nervousness, hallucinations, irritability, mental disturbance and headaches are only a few of the more prominent conditions to which a woman is subjected during the change of life.

Domestic difficulties probably are the prime example of what can happen during the period of menopause. Not only the life of the individual is affected, but all of those who are associated with her feel the strain and the tension.

Chiropractors, through scientific and gentle adjustments, align the spinal column and free nerve systems so the normal flow of vital nerve energy to all parts of the body is maintained. With the nerve system functioning properly and efficiently, the body is able to adapt itself to the many changes demanded by menopause.

Through chiropractic care, the body maintains normal resistance to disturbing conditions and the affected person and those around her reap the benefits of her good health. Another life and Health Article from the Office of

RICH

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Golden Rod Farms

THE POWER THAT MADE YOUR BODY HEALS YOUR BODY

And Chiropractic Spinal Adjustments

Release That Power

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

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

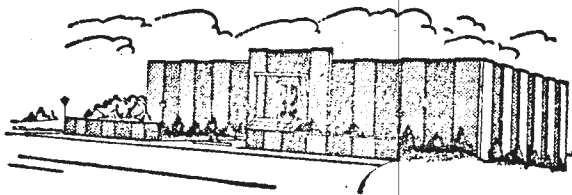
Your Chiropractor x-rays your spine to determine what is causing your health problem.

INVESTIGATE NOW!

**Nerve Pressure May Be the Exact
Cause of Your Health Problem**

We Accept All Cases Regardless of Ability to Pay.

FREE X-RAYS*, if Necessary



A Modern Clinic for the Restoration and Preservation of Your Health

Rich Chiropractic Clinic

CLEARFIELD - PHONE 765-8301

* Cases paid from family funds

The Progress

Clearfield

4/30

Times Express
Monroeville
4/25

The Spinal Column

by

DR. JERRY NEWMAN

HEADACHES CAN BE CORRECTED

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



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

A fifty year old ex-Marine and insurance salesman from Swisshelm Park came to us upon the insistence of his sister and wife, both former

patients who regained their health at the Newman Chiropractic Center. This fellow was in pitiful shape. He was extremely nervous, couldn't relax, felt tight, tired and jittery all the time. He complained of low back pains, frequent indigestion, heartburn, constipation and weak, dizzy spells. But this was only part of his bag of woes—this man had suffered his entire service career of twenty years with severe, sick headaches. He was hospitalized in Japan for alternate periods. His condition was diagnosed as "migraine headaches." He said the medics literally saturated his body with drugs, potions and pills—but he continued to have these hot, searing pains that start in his neck, and "shoot upward like a ball of fire and nearly tears my head off."

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

All branches of healing get some people well and fail on others. If your past efforts have failed, our method may succeed. It only takes a few minutes to find out.

For Further Information, Call

NEWMAN CHIROPRACTIC CENTER

7424 WASHINGTON ST., SWISSVALE, PA.

271-0880

4/11

The Spinal Column

by

DR. JERRY NEWMAN

NERVOUS TENSION-EXHAUSTION

NOT NATURAL

The Architect of the Universe didn't build a stairway leading nowhere - where it leads and how to get there can be found in the Bible. He didn't create Life, then desert it and leave it to provide for itself - all the rules for a healthy, happy life can also be found in the Good Book.

Nervous tension is rapidly becoming America's number one problem. We are simply living too fast and our bodies cannot stand the pace. As a result, people are killing themselves - many will die in agony, and most of them before their time, simply because they are violating Nature's laws.

Perhaps the greatest rule of life preservation found in the Good Book divides your day into three equal parts - a portion for work, rest and pleasure. The greatest violation of this rule is improper rest. Rest is necessary for Nature to REPAIR. People innocently deprive themselves of adequate rest. They push their bodies to the breaking point - racing from excess to excess. They are burning the candle at both ends in unrestrained pursuit of wealth or pleasure.

Nervous tension, resulting from this hustle and bustle of modern living, ranges all the way from simple jitters to a serious debility of the nervous system.

We find that nervous breakdown, invariably, is the result of some inference with proper functioning of



the nervous system - usually traceable to the spine such as in this typical case from our files.

A crying, despondent 34 year old divorcee and mother of four from Turtle Creek, came to the Newman Chiropractic Center a year ago on the verge of physical collapse. Her sense of responsibility to her little family spurred her to hold down two jobs which almost wrecked her health. She was working as a salesperson in a shopping center six days and two evenings a week, plus holding demonstration parties three nights a week. She received no financial support from her ex-husband and was on her own. In tears, she said, "Dr. Newman, I'm so nervous I can't keep from crying. I have dizzy spells and faint a lot. My face and shoulders feel numb and tingling all the time. My periods are painful and leaves me weak and sick to my stomach. How can I be a good mother feeling this way - and I have no one to turn to, you've just got to help me."

After finding the cause of her ill health with our nerve analysis and X-Rays we were able to remove the offending spinal nerve disturbances and her health rapidly returned to normal. She continues to enjoy good health thru periodic check-ups which keeps her family happy. This patient, once sad, has referred many patients to us for chiropractic help and is truly one of the "beautiful people."

We invite you to visit us for consultation about your problem of health. Investigate, what can you lose except your ill health.

For Further Information, Call
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271-0880

The Muncy Luminary

4/12

ARE YOU READY TO MAKE THE CHANGE ??

If you are still taking pink pills, red pills, white pills, green pills, high-powered vitamins, pain pills, tranquilizers, aspirin, sedatives, harsh laxatives, shots, nerve medicine, rubbing liniments

IT MAY BE TIME FOR YOU TO MAKE THE CHANGE !!

If you still have headaches, stomach aches, shoulder or leg pains. . . if you've been told, "you'll have to live with it. . ." if your heart skips a beat, if your arthritis is forcing you to take more aspirin today than a year ago, if your kidney infection never really clears up. . . .

IT MAY BE TIME FOR YOU TO MAKE THE CHANGE !!

If you still have pains in your head, and back . . . if your ulcer is still as active as ever, your blood pressure is still too high, if your menstrual pains still persist, if you are very nervous, if the daily "rat race" makes living unbearable

IT PROBABLY IS TIME FOR YOU TO MAKE THE CHANGE!!!

If you are still trying to convince yourself that there is nothing wrong, if your chest and breast pains are still noticeable, if surgery has been suggested, if the pain pills don't kill the pain anymore

BROTHER, YOU CAN'T AFFORD NOT TO MAKE THE CHANGE!!!

NOT ABLE TO AFFORD IT?

Not being able to afford it is the very reason you need regular Chiropractic attention . . . so you can stay on the job . . . and protect your earning ability. We accept all cases regardless of condition of financial ability to pay.

MAKE THE CHANGE TODAY!!! PHONE 546-2727

MUNCY CHIROPRACTIC LIFE CENTER

NERVES... JUST NERVES!

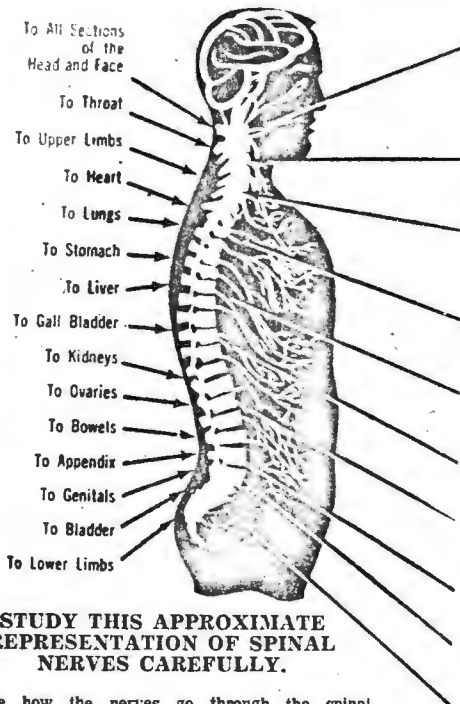
"Your trouble is nerves, just nerves, that's all," many have been told. But, your nerves are too important to your body to be dismissed so easily.

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance

and keep your body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact, every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."

● FREE SPINE X-RAYS, IF NECESSARY* ●

STUDY THIS CHART CAREFULLY ...



STUDY THIS APPROXIMATE REPRESENTATION OF SPINAL NERVES CAREFULLY.

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION.

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

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

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

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

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

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

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

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

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

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

We Accept All Cases Regardless of Condition or Ability to Pay

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



DR. MILLER

DR. DANIEL MILLER

214 Ninth Ave., McKeesport, Pa.
Phone 678-2919

DR. ANDREW GIRAN

2328 Worton Blvd., W. Mifflin
Phone 466-0441

Dr. Giran Office Hours:
Mon., Wed., Fri. 12 to 8 P. M.;
Tues. and Sat. 9 'til Noon



DR. GIRAN

*EXCEPT WHEN COVERED BY FAMILY HEALTH PLAN

Daily News

McKeesport

4/16

IS YOUR PRESENT HEALTH CARE ONLY TREATING YOUR SYMPTOMS?

Read the Chart Below and Study
What Your Body Can Do For
Itself if Allowed!



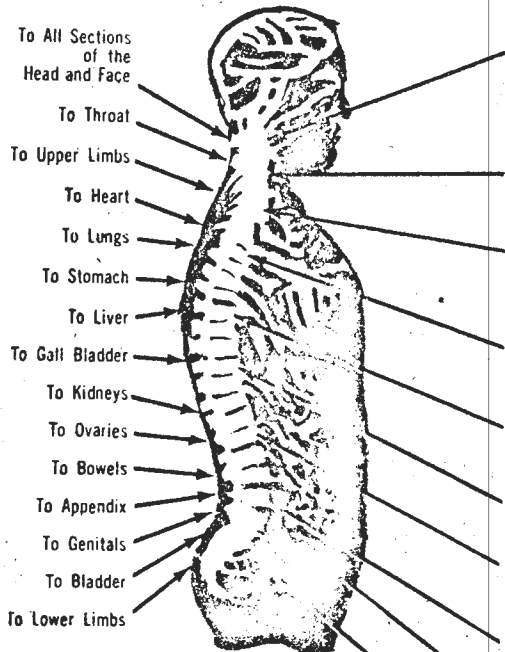
The practice of CHIROPRACTIC is as broad as the nerve system often called "THE MASTER SYSTEM OF THE HUMAN BODY." This MASTER SYSTEM regulates and controls all other systems of the body including the circulatory system, the digestive system, the respiratory system, the muscular system, the reproductive system, the glandular system, lymphatic system and eliminative system, etc.

Take time to study this famous "Health Chart of Chiropractic," and you can understand how im-

portant YOUR SPINE is in the maintenance of your normal "natural" good health. A misaligned spinal vertebrae can cause disease in ANY PART OF THE BODY. Notice how the nerves go to and energize every organ, tissue and living cell of your body - arms, legs, abdomen, head, etc.

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

YOUR LIFELINE CHART



1. A slight "pinching" of the nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervous, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.
2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, goitre, nervous prostration, etc.
3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.
4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.
5. Stomach and liver trouble, pleurisy and a score of other troubles can be caused by pressure in this part of the spine.
6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.
7. Certain kidney problems or diseases, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.
8. Chiropractic adjustments here often helps such troubles as so-called lumbago, constipation, colitis, etc.
9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.
10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

STUDY THIS CHART CAREFULLY
See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION!

WHY BE SICK WHEN YOU CAN BE WELL?

FREE SPINE X-RAYS
IF NECESSARY*

FEES BEGIN AT \$6 AND MAY BE REDUCED
ACCORDING TO YOUR ABILITY TO PAY

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DR. MILLER



DR. GIRAN

Dr. Giran Office Hours: Mon., Wed.,
Fri. 12 to 8 P.M. Sat. and Tues. 9 'til Noon
*EXCEPT WHEN COVERED BY FAMILY HEALTH PLAN

Daily News

McKeesport, Pa.

4/10



Valley News Dispatch
New Kensington 4/23

OUR EXAMINATION ELIMINATES CASES WE KNOW WE CAN'T HELP!

We cannot accept all cases . . . but we help almost all that we do accept. Even though Chiropractic is not limited as a health service to any few particular diseases, there are often many cases that we WILL NOT accept because we cannot find, or cannot correct the CAUSE.

Chiropractic does not claim to be a panacea or a cure-all. We KNOW, after our examination is complete whether we have FOUND THE CAUSE . . . whether we feel we can CORRECT that cause. This honest fact determines WHETHER OR NOT we accept the case. Chiropractic has stood the test of personal investigation by millions . . . and the lasting benefits of its service has been proven as many times.

The following is a list of common conditions that respond favorably to Chiropractic care:

ARTHRITIS	HAY FEVER	POSTURAL DEFECTS
ASTHMA	HEADACHES	SCIATICA
COLITIS	HIGH BLOOD PRESSURE	SINUS TROUBLE
COLDS	LOW BACK PAIN	SLEEPLESSNESS
CONSTIPATION	NERVOUSNESS	STIFF SHOULDERS
EPILEPSY	NEURITIS	NUMB FINGERS
FEMALE PROBLEMS	NECK PAIN	STOMACH TROUBLES

There is no charge for a consultation

Presented in the public interest for better health by

DR. BRUCE LINDERMAN

2879 Leechburg Rd., Lower Burrell Phone 337-3033
Across from Stewart School

Morning Call
Attention 4/9

McKIM

**CHIROPRACTIC CENTER
LTD.**

1967 W. UNION BLVD.
BETHLEHEM

Phone 865-2010

Mon., Tues. Wed., Fri.

8:30 a.m. to 12 noon — 3:30 p.m. to 8 p.m.

NOW OPEN

Thurs. Morning 8 a.m. to 11 a.m.

**NO APPOINTMENT
NECESSARY**



DR. H.F. McKIM
CHIROPRACTOR

4/30

Chiropractically Speaking...

Sponsored By
Richard T. LaBarre, D.C.
1616 Eaton Ave., Bethlehem
PHONE 691-8727
NO APPT. NECESSARY
Mon.-Wed.-Fri. 9 to Noon & 4 to 7 P.M.
Tuesday 3 P.M. to 7 P.M.



**If Pills Are The Answer . . .
WHY AREN'T YOU ALREADY
WELL?**

**B-R-E-A-K
FREE..!**



WITH
CHIROPRACTIC!

"Free" Filmstrip Lecture On Chiropractic At This Office Every Tuesday At 7:30 P.M.—Public Invited.

Notice: The statements made in these advertisements do not infer the Chiropractor cures or guarantees a cure, but merely show that by removing nerve interference in the spine the body heals itself.

4/9

Chiropractically Speaking...

Sponsored By
Richard T. LaBarre, D.C.
1616 Eaton Ave., Bethlehem
PHONE 691-8727



Mon.-Wed.-Fri. 9 to Noon & 4 to 7 P.M.
Tuesday 3 P.M. to 7 P.M.

AM I A CHIROPRACTIC CASE?

You are, if your condition has been analyzed by a Chiropractor and the trouble found to have been caused by chronic nerve interference in the spinal column.

You are a Chiropractic case when a period of time has been recommended to you for correction of the vertebral misalignment. This does not mean, however, that all of your symptoms or conditions will be cleared up in the time recommended for your treatment.

It does mean that correction of your health problem has been initiated. In many cases, further care probably will be indicated as necessary to insure continual improvement of the spinal condition that caused the problem, leading to eventual restoration of that healthy-happy feeling.

Once you become a Chiropractic case, every effort will be made to solve your difficulty and effect a remedy. Your case will be studied by your Chiropractor in the light of facts shown by X-ray films and nerve heat reading, which indicate whereliesthetrouble in the spine.

The fact that you sought Chiropractic help is encouraging, for the sooner the necessary adjustments are made, the less damage will result from nerve blockage. Time is of great value in any healing; the sooner an ailment is treated, the quicker the patient gets well as a rule.

Nature intended for man to be healthy, and it is only when nature's way is blocked that the condition of ill health arises.

Notice! — The statements made in these advertisements do not infer the chiropractor cures or guarantees a cure, but merely show that by removing nerve interference in the spine the body heals itself.

"Free" Filmstrip Lecture On Chiropractic At This Office Every Tuesday At 7:30 P.M.—Public Invited.

PROCRASTINATION IS THE THIEF OF HEALTH

Have you been putting off having some particular ailment checked, thinking that it will go away by itself! Well, how long has it been now?

Call 781-7117 for a Chiropractic examination today.

DR. RANDALL KURTZ
CHIROPRACTOR

We accept all cases regardless of condition or financial ability to pay.

Daily Press

St. Marys

4/30



4/17 ↓

Standard Observer
Irwin, Pa.

↓ 4/30

Are Pinched Nerves The Cause Of Your Health Problems?

CHECK THE 10 DANGER SIGNALS

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

KRUPAR CHIROPRACTIC LIFE CENTER

327 W, Pgh. St., Greensburg 834-1887



Dr. Homer L. Bowers
CHIROPRACTOR

DR. ANDREW C. KRUPAR

DR. BETTY O. KRUPAR

DR. HOMER L. BOWERS



Dr. Andrew C. Krupar
CHIROPRACTOR

Get Turned on to Health through Chiropractic.

Too many people spend their lives trying to get "turned on." They use various artificial methods trying to gain new experiences. In effect, they are searching for the benefits of good health. A common problem is that they take their health for granted, assuming that if they are not bothered by pain, they are in a state of good health. This is an erroneous belief.

Chiropractic is a healing profession that is devoted to the maintenance of good health through natural methods only. The doctor of chiropractic does not prescribe drugs or medications. He does not try to change your state of mind by merely covering up the symptom of your health deficiency.



Dr. Homer L. Bowers
Chiropractor



Dr. Andrew C. Krupar
Chiropractor

KRUPAR CHIROPRACTIC LIFE CENTER

DR. ANDREW C. KRUPAR
DR. BETTY O. KRUPAR
DR. HOMER L. BOWERS

327 W. Pgh. St., Greensburg
Phone 834-1887

IS YOUR CONDITION LISTED HERE?

Arthritis, Rheumatism, Headaches, Sinus Trouble, Colds-Flu, Hay Fever, Eye Strain, Deafness, Dizziness, Ear Noises, Throat Conditions, Thyroid Trouble, Neck Pains, Whiplash Injury, Shortness of Breath, Skin Eruptions, Pleurisy, Asthma, Lung Trouble, Bursitis, Shoulder & Arm Pains, Tired All The Time, Weakness, Crying Spells, Ulcers, Numbness, Paralysis, Nervous Tension, Change of Life, Menstruation Trouble, Prostate Trouble, Rectal Problems, Constipation, High Blood Pressure, Poor Circulation, Gall Bladder Trouble, Colitis, Nerve Pressure.

Regardless of what your ailment is called, no matter how long you have suffered, CHIROPRACTIC care may be the answer to your health problem.

DON'T accept your condition and learn to live with it. DON'T say you have tried everything if you haven't tried CHIROPRACTIC.



Dr. Homer L. Bowers
Chiropractor

**KRUPAR CHIROPRACTIC
LIFE CENTER**

Dr. Andrew C. Krupar
Dr. Betty O. Krupar
Dr. Homer L. Bowers

327 W. Pittsburgh St. Greensburg, Pa.
PHONE 834-1887



Dr. Andrew C. Krupar
Chiropractor

*Tribune Review
Greensburg
5/1*

News-Dispatch, Jeannette, Pa.

SUFFER WITH ARTHRITIS?

Seven million people are disabled yearly in the United States because of arthritic attacks. Most forms of arthritis can be relieved of pain, but unless properly treated this condition usually progresses in severity. Outstanding results are being achieved with Chiropractic even in the most stubborn cases.

THE 10 DANGER SIGNALS . . .

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

"Prompt attention prevents long sieges of disability."

Krupar Chiropractic Life Center

327 W. Pgh. St., Greensburg 834-1887



Dr. Andrew C. Krupar
Chiropractor

Dr. Andrew C.
Krupar

Dr. Betty O.
Krupar

Dr. Homer L.
Bowers



Dr. Homer L. Bowers
Chiropractor

4/10
←

4/26
→

**YOUR CHILD'S HEALTH
THROUGH
CHIROPRACTIC**

Childhood falls and accidents, though seemingly unimportant at the time, can be a major factor in the development of illness and disease. A chain reaction takes place . . . the fall . . . the "slipped vertebra" . . . the breakdown in nerve function and expression of vital nerve energy . . . the loss of normal body function and resistance . . . eventual sickness and disease.

Nervousness, emotional illness, sleeplessness, frequent colds, sorethroats, bronchitis, and asthma, loss of appetite, headaches, bowel irregularity, digestive, circulatory, muscular, joint, and kidney disorders can all result from spinal subluxations which interfere with vital nerve function. Periodic chiropractic examination of your child's spine and nerve system should be made a major part of regular health routine.

Krupar Chiropractic Life Center



Dr. Andrew C. Krupar
Chiropractor

Dr. Andrew C.
Krupar

Dr. Betty O.
Krupar

Dr. Homer L.
Bowers

327 W. Pgh. St.
Greensburg
834-1887



Dr. Homer L. Bowers
Chiropractor



ASK THE CHIROPRACTOR PAIN BEHIND THE EYES. WHAT CAN THE PROBLEM BE?

(Q). Every now and then I get severe pains behind my eyes. I thought at first it was probably eye strain, so I had my eyes checked. To my surprise, my eye doctor told me there was nothing wrong with my eyes, and that the pain must be caused by something else. I am mystified. Would you have any suggestions?

(A) When we eliminate the eyes as the seat of a problem causing pain in their immediate area, we can very often turn to an old enemy: sinusitis.

When most people think of a sinus problem, they think of a severely stuffed head and continually running nose. This can be so, but many times the

symptoms of sinusitis can be varied and different. Pain behind the eyes is one of the more common ones. Let me give you a list, compiled by a group of eminent doctors, of the most common symptoms caused by sinusitis. If you have three or more of these, you can be pretty sure that sinusitis is your problem.

- 1) Forehead, cheeks, or face tender to the touch
- 2) Toothache-like pain in the cheeks
- 3) Bad Breath
- 4) Dull, deep-seated headache over the eyes
- 5) Chills, followed by fever
- 6) Increased nasal secretions accompanied by pus, especially right after getting up in the morning
- 7) Ringing in the ears
- 8) Pain near the ears
- 9) Sharp pain between the eyes

10) A feeling of general illness and general aches and pains

11) Facial swelling around the eyes, sometimes with no pain

12) Loss of appetite, loss of weight

13) General irritable feeling, general miserable feeling

14) Inability to sleep the night through or get back to sleep

15) Persistent mental depression, feeling low all the time

16) Nasal passages often clogged as with a head cold

If any of the above mentioned symptoms last longer than a week, see your chiropractor. He can usually prevent the condition from becoming chronic and harder to handle as well as give relief from the severe attacks.

DIAL 875-1919

DR. W. B. KENESKY

**X-Ray Service
Chiropractic Physician**

601 CENTRE STREET, ASHLAND

*Evening Herald
Shenandoah*

4/19



NECK INJURY A MULTITUDE OF TROUBLE



Dr. A. P. Karpowicz

There are few health problems more common, or of greater complexity, than neck pain, or the frequently used terms "cervical syndrome" or "cervical spine strain." Cervical syndrome actually describes a group of symptoms or findings associated with irritation or pinching of nerves in the neck resulting from subluxated or "slipped" vertebrae.

Since neck injuries do not always give rise to immediate symptoms, many people do not realize that the cause of their physical

discomfort can be traced to a previous, even mild injury. Pain is eventually the most persistent symptom of neck injuries. About 65 per cent develop headaches. Nervous irritability is a frequent complication and pain in the chest occurs in about 25 per cent of cases. Stiffness of the neck or shoulders, degeneration of the spinal disc and arthritis may eventually result. Blurred vision; loss of balance; dizziness; twitching of the eyelid; numbness and tingling of the arms and fingers; shortness of breath; palpitations of the heart; nausea; vomiting; and muscle twitching are common complaints resulting from neck injuries which may have occurred recently, or in years past.

Clinical research proves chiropractic science to be the most effective health care available for most neck injuries and associated symptoms. Your doctor of chiropractic, through training and experience, is best qualified to correct the cause of neck disorders.

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

Scranton Times

4/19

Evening Herald
Shenandoah 5/3

HAY FEVER?

**Allergies?
Watery Eyes?
Running Nose?
Sneezing?
Headache?**



Did you know that your NERVES control mucus secretions, blood flow, breathing, etc.? In fact, EVERY function and every part of the body is affected by your nervous system.

Remember, when a nerve is pinched the tissue and organs of the body suffer. Pain and disease can be the result. Chiropractic Spinal Adjustments are the only method of healing that can restore health without the use of drugs or surgery.

Dr. W. B. Kenesky

Chiropractic Physician

X-RAY SERVICE

601 Centre Street Ashland

Phone 875-1919

Office Hours: Daily, 10 to 12; 1 to 4; 6 to 8
Tuesday and Saturday by Appointment Only

ARE YOU SICK OF BEING SICK?

Why do people continually ail despite consulting the "best doctors" and despite benefits of "modern medical advances?"

In many cases, the reason is this: "They have not had the framework of their body attended to."

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

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

Houser Chiropractic Health Center

408 Main Street,
Watson town

Phone 538-2893
CALL FOR
APPOINTMENT TODAY

OFFICE HOURS
Monday, Wednesday and
Friday 9-12, 1-4, 6-9
Tuesday By Appointment only
Closed Thursdays

"Without Good Health,
All Else is Lost"

4/13 ↑

Milton Standard

4/16 ↓

*Make Up Your Mind to Get Well
No Matter What Your Friends Think.
Try Chiropractic.*

DR. THOMAS HOUSER

CHIROPRACTOR

Phone 538-2893

408 Main Street

Watson town

STILL SICK?

You may be treating your symptoms instead of getting to the cause of them.

The cause may be due to a misplaced vertebra of your spine which will create pressure on your spinal nerves.

Chiropractic Adjustments releases this pressure off these nerves, so that your body can function again properly.



Pinched spinal nerves can cause these symptoms:

- | | | |
|--------------|----------|-----------|
| Headaches | Sciatica | Sinus |
| Ulcers | Gas | Cramps |
| Nerves | Pain | Stiffness |
| Constipation | Numbness | Bursitis |

So get your spine checked today!!!



Dr. Harold H. George, Jr.

—Chiropractor—

2355 State Street, East Petersburg, Pa.

569-5731

*Milton Standard
4/9*

CHEST PAINS

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

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

WHY BE SICK WHEN YOU CAN BE WELL?

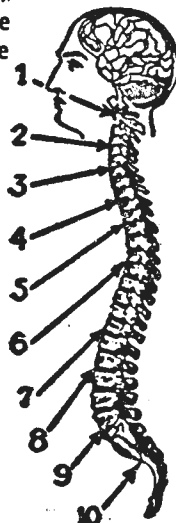
WE ACCEPT ALL CASES

REGARDLESS OF ABILITY TO PAY.

**Houser Chiropractic
Health Center**

408 Main Street.
Watson town

PHONE 538-2893



Approximate representation of Spinal nerve areas.

IT'S JUST MY NERVES



Dr. Ferrance

This is the frequent complaint of many nice people who were told to take it easy for a while — it was "just their nerves." Our clinic files are bulging with just such records. In the majority of cases it was "just their nerves" but how important are those nerves for the health of your body. We find that in many instances nervousness first arises within the body because of sick irritated compressed impinged nerves, which a Chiropractic examination and spinal X-rays can locate. Then gentle relaxing, scientific applied spinal adjustments release the pressure causing the sick nerves, and health and vitality returns to the body, bringing with it the pep and energy and Zest for life, associated with good health.

Ferrance Chiropractic Center

Where Good Health Becomes A Reality
Philipsburg - Osceola Mills Highway

PHONE

For A Chiropractic Examination Today
PHILIPSBURG 342-0534

4/9

The Progress
Philipsburg, Pa.

4/14

LET CHIROPRACTIC Help You Welcome Spring WITHOUT THAT HEADACHE

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



Dr. Ferrance

Ferrance Chiropractic Center

Where Good Health Becomes A Reality
PHILIPSBURG-OSCEOLA MILLS HIGHWAY

PHONE

For A Chiropractic Examination Today

*Free Spinal X-ray If Necessary

Philipsburg 342-0534

* Does Not Include Insurance or Charge Cases

4/9

SINUSITIS

(Often Thought To Be A Common Cold)

Doesn't Need To Be
So "Common"



Dr. Ferrance

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

Ferrance Chiropractic Center

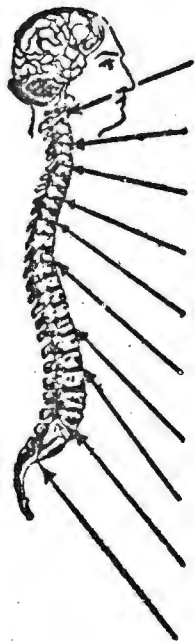
WHERE GOOD HEALTH BECOMES A REALITY
PHILIPSBURG-OSCEOLA MILLS HIGHWAY

Phone 342-0534 for a Chiropractic Examination Today

Indiana
Evening Gazette

SPINAL NERVE PRESSURE CAN CAUSE MANY AILMENTS

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



1. Slight pressure on nerves at this point may cause headaches, insomnia, pain in the neck, nervousness, dizziness or emotional disorders.
2. A slight slipping of a vertebra, causing pressure on nerves in this part of the spine, may be the cause of throat trouble, bursitis, pain in the shoulders and arms.
3. This arrowhead locates the part of the spine wherein pressure on nerves could cause, pain between the shoulder blades, muscular ache in the arm and shoulders, hay fever, allergies, and bronchitis.
4. Nerve pressure at this point may cause chest pains, asthma and difficult breathing.
5. Stomach and liver troubles, enlargement of the spleen, may be caused by vertebrae slipping and causing nerve pressure in this part of the spine.
6. Many gall bladder problems, and shingles, may be caused by pressure at this point.
7. Skin diseases are sometimes the result of nerve pressure at the spinal openings here.
8. Such trouble as lumbago, low backache, sacroiliac slip, slipped disc, are relieved by chiropractic adjustment at this point.
9. Constipation, rectal trouble, sciatica may be corrected by chiropractic adjustments of this part of the spine.
10. A slight slippage of one or both pelvic bones can produce sciatica, cramp in legs, and backache.

Regardless of what your ailment is called ... no matter how long you have suffered ... chiropractic care may be the answer to your health problem. Find out NOW if yours is a case for chiropractic ... Call for appointment.



DiMOND CHIROPRACTIC LIFE CENTER

DR. JOHN DiMOND

450 North 9th St.

Indiana, Pa.

PHONE 465-6751

We Accept All Cases Regardless of Ability To Pay

Your Headache May Be Just a



Dr. John DiMond
CHIROPRACTOR

This was the title of an article in Colliers of September 3, 1954. The article was based on results of the treatment of stretching the neck by a harness arrangement for the relief of migraine headaches. The objective is to relieve pressure on nerves, according to Dr. Braaf of Lebanon Hospital of New York, who is doing the work.

This method is not new. It was used at the turn of the century by the early Chiropractors, but has long since been discarded for far more exacting and scientific procedures.

Removing pressure on nerves, allowing normal transmission of mental impulse supply quantity of flow through nerves, is the basic fundamental of the Science of Chiropractic. If Dr. Braff continues his research he will soon "discover" Chiropractic. He will also discover that most all ailments the body is heir to are caused by interference with mental impulse flow through the nerves.

Dr. Braff is sixty years too late. Millions are being benefitted now by using Chiropractic as their basic health care. A really inexpensive insurance for the prevention of disease as well as a help for many everyday ailments.

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from the family budget

HEADACHES

Headache is a term used to express pain in different parts of the head or perhaps one which effects the entire head. The other misery brought on by headaches can only be described by the chronic headache sufferer.

More than thirty million Americans are affected by the various types of headaches. Many headaches begin with a dull heavy feeling in the neck and back of the head. As the day goes on, the pain becomes more intense and varies from throbbing to pounding.

It may seem that poor eating habits or lack of proper bowel movement or even eye trouble is the cause, but research has shown that the most common cause of headache can be traced to the cervical vertebrae (the bones of the neck). This is the work for which your Chiropractor has been trained and educated; and which he performs exceedingly well.

DiMOND CHIROPRACTIC LIFE CENTER

DR. JOHN DiMOND

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HEADACHE

Headache is one of mankind's most common ailments. Often it is insignificant . . . often it indicates some underlying cause. For example, many headaches are caused by spinal subluxation (misalignment) of the neck vertebrae due to falls, blows, whiplash injuries, poor posture and nervous tension. The chiropractor manages these headache problems by reducing the spinal distortion and specific subluxations. At the warning symptoms of headaches, see your chiropractor for a spinal examination.



Dr. Anthony A. Baker

Clarke-Baker Chiropractic Clinic

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Dr. James M. Clark

*Times Herald
Northstown, Pa*

4/18 ↑

4/23 ↓

Leg Pain & Low Back

An estimated half million people will be disabled this year by spinal defects which cause low back and leg pain. However, chiropractic research indicates that most low back and leg pains are caused by vertebral misalignments in the lower spine.

A fall, accident, back strain or chronic posture decay may cause a spinal segment to become misplaced. Nerve passing through openings between adjacent segments become pinched and pain occurs. Remember, individuals with low back and leg pain respond extremely well to chiropractic care. Make sure that you visit your chiropractor regularly.



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Dr. James M. Clarke

ACQUAINT YOURSELF WITH HEALTH

By DR. LEO CERICOLA

Aspirin consumption in this country is 42,000,000 tablets every 24 hours. Antibiotics (penicillin, aureomycin, etc.) have boomed into a multi-million dollar business. Barbiturate sales (sedatives and sleeping pills) now annually amount to enough to put every U.S. citizen to sleep for 20 days. Are these the answer to better health and happier living for the American people? Are these the miracles that will make life better, richer, happier for millions of Americans?

Just what kind of life are these folks enjoying? How many must be "doped up" day after day to even merely exist? Do most of them lie down at night for calm, deep, peaceful slumber? Or must they take sleeping pills and sedatives to get even a minimum of rest? I wonder how many are merely being "kept alive" rather than really living.

Your Doctor of Chiropractic differs from other doctors in that he does not give pills and powders to submerge a pain. Instead he regards a pain as a danger signal, a warning of serious trouble. Then, naturally the pain disappears.

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

CERICOLA CHIROPRACTIC CLINIC

Pembroke Rd. & Elm, Bethlehem

866-0543

4/9

Bethlehem Globe Times

4/23

ACQUAINT YOURSELF WITH HEALTH

By DR. LEO CERICOLA

Since the beginning of this column, many people have asked me, "Can Chiropractic cure me?" and "How long will it take me to get well?"

It is exceedingly difficult in trying to reach a justifiable and sincere answer, because five things must be covered. First: Age of the patient. As a general rule it can be said that the younger the patient, the greater opportunity for recovery. Second: The duration, severity and degree to which disease has progressed. If condition is mild, taken in its early stages, recovery is more nearly assured than it would be in its later stages. The longer a disease has been present, the longer it will take to obtain results.

Third: The vitality of the patient. If a person is constitutionally weak, naturally, it subtracts from a favorable outcome. If a person has a strong "reserve force" then odds are much in his favor.

Fourth: Time patient will allow for recovery. If a patient has a stubborn case that has been standing for years and allowed but one week for recovery, it would be impossible. It takes time for disease or health to grow.

Fifth: Lastly and most important of all is the cooperation of patient. Research data has proven time and time again the most important point in regaining health thru Chiropractic is patient's cooperation with his Chiropractor.

So, when the question is asked "Can Chiropractic cure me? You will see the reasoning behind our answer.

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ACQUAINT YOURSELF WITH HEALTH

By DR. LEO CERICOLA

Comparatively few people know that the sacroiliac is the joint between the spine and the hip bones. The sacrum is the triangular spinal segment that bears all the weight of the upper body. The iliac or hip bones articulate with the sacrum, one on either side, by means of the sacroiliac joint. It can and does, under certain strain, slip slightly.

A sacroiliac slip usually occurs from overstrain or accidentally, such as from a fall on an icy pavement, a sudden turn with the body off balance and pain and other distressing symptoms appear anywhere from the waist downward.

At times the symptoms appear immediately fortunately for the victim, for he can then correlate the cause and effect. In such a case if the patient immediately reports to his Chiropractor the trouble can be eliminated almost as quickly as it came. Sometimes however, many hours may pass before pain appears. Unfortunately, the patient usually will not seek the aid of his doctor before the pain has appeared. In the meantime the occurrence which was responsible for it may have been forgotten.

Any persistent or recurring aches in the lower limbs may suggest a sacroiliac trouble, and should be referred to your Chiropractor.

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

CERICOLA CHIROPRACTIC CLINIC

Pembroke Rd. & Elm, Bethlehem

866-0543

4/16

4/30

ACQUAINT YOURSELF WITH HEALTH

By DR. LEO CERICOLA

There can be no question that man's upright position has definite connection with man's achievements. Throughout history, man has worked with arms, hands and brain to overcome obstacles, to provide security for himself and provision for the future and to develop the arts and the sciences. Without man's upright position, many of his accomplishments would have been more difficult or even impossible.

Man's upright position requires constant muscular control for body balance. Under civilized ways of living, muscles often become weak and permit the body to fall into postures which cause strain on the spine. Other causes of spinal strains are occupational stresses, accidents. Displacement of spinal bones then occurs, resulting in sickness and shortened life. The elementary means to help overcome and prevent such results are now to be considered.

In the upright position, man possesses great advantages, scientists say his upright position, however, is mechanically not fully efficient. Spinal bones often become displaced, irritating spinal nerves and preventing the normal nerve stimulus needed for proper bodily functioning and health.

Chiropractic adjustments restore mechanical efficiency of the body, normalize nerve stimulus and thus restore good health.

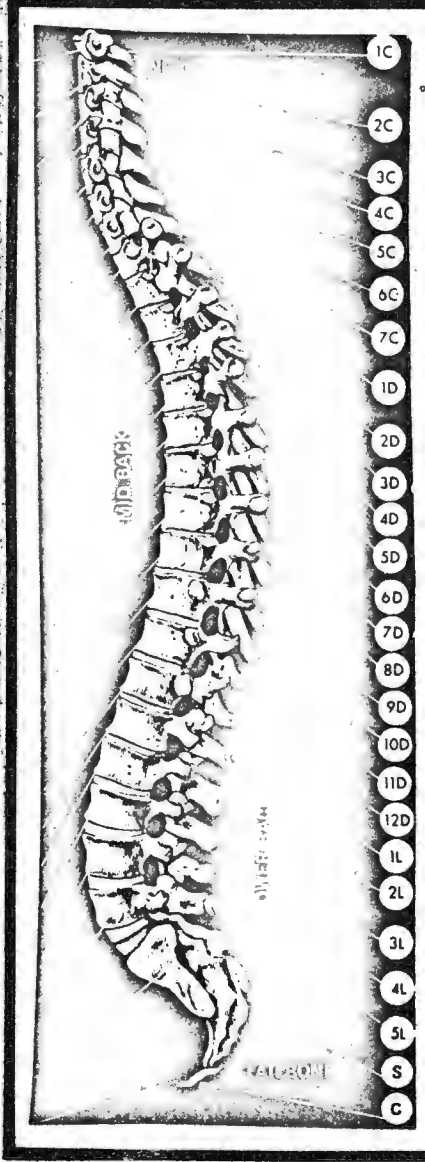
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WHAT DO YOU KNOW ABOUT "SCIATICA"?

"Sciatica" is an incoordination of the great sciatic nerve which supplies the muscular and bony tissues of the thigh and lower leg.

The pain in most cases is due to an inflammation of the sciatic nerve. A lack of normal nerve supply results in incoordination of the sciatic nerve. This fact has been proven clinically by Chiropractors on thousands of cases.

When an electric current passes along a wire in the amount for which the wire was designed, the electricity functions properly and does the job for which it was intended. When something goes wrong with the wire so that a blockage occurs, electrical trouble develops. It is necessary to free the obstruction so that the correct amount of electricity can move along without interference. The same thing is true of nerve force.

Chiropractors have for years been locating and removing the cause of the incoordination Sciatica. Thereby they open the avenue to complete recovery.

Dr. R. F. Brundage

Chiropractor
Phone 759-0033

*Public Opinion
4/10 ↓ Chambersburg ↓ 4/16*

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The News-Dispatch

Jeannette, Pa.

Aug. 3, 1971

Diabetes Can Be Controlled

At one time diabetes was an uncontrollable and ultimately, fatal disorder. After much scientific progress, methods were found to stabilize diabetes through artificial means. And today with the help of chiropractic care, diabetes can be effectively controlled.

The most common of about 40 forms of diabetes is Diabetes Mellitus, and it involves a limitation of insulin production in certain pancreas cells. This in turn causes a disorder in carbohydrate metabolism.

Insulin is an extremely important regulator of sugar utilization. It converts sugar of food into heat and energy, and it aids in such body processes as growth and fluid balances.

The diabetic person craves food containing sugar, because his body is unable to utilize normal amounts of sugar. He will also crave water, as his body tries to maintain fluid balance. The result is frequent urination due to heavy fluid intake.

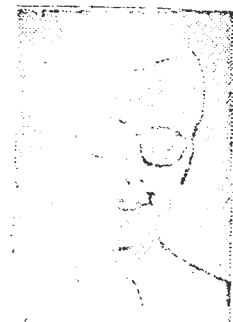
What are the effects of diabetes? They range from fatigue and lowered resistance to infection or disease, dehydration, or diabetic coma.

Medically, diabetes can be controlled by the administration of insulin. A natural approach to the care of diabetes, without the use of medication is through regular chiropractic care. With the cooperation of both the medical doctor and chiropractor, the diabetic person may be able to reduce or eliminate his intake of insulin.

Because chiropractic care deals with the body's nervous system, it can be an effective means of restoring health to a diabetic person. As mentioned before, diabetes mellitus is insulin deficiency. Cells of the pancreas do not receive normal nerve impulses and are thus unable to perform properly.

Doctors of chiropractic are concerned with the spinal column and its relationship to the nervous system. They locate subluxations, misaligned vertebrae impinging nerves, and adjust them back to their normal position. With normal vertebral alignment, the nerve supply can freely reach the affected area and re-establish normal metabolism.

Once this happens the diabetic person may look forward to a brighter future and a normal life through regular chiropractic care.



DR. EDWARD BELLON
CHIROPRACTOR

BELLON
CHIROPRACTIC
CENTER

120 W. Second
Street

Greensburg, Pa.
15401

Phone 637-1911

The Tribune Review

Greensburg, Pa.

July 23, 1971

LIVER HEALTH

Sedentary workers and those who are forced by occupation to a bodily position that cramps and stiffens the lower portion of the backbone are frequent and persistent sufferers from liver and bowel complaints. Chiropractic spinal adjustments have done much to call attention to this weakness and remove its cause in a natural way.



DR. EDWARD BELLON
CHIROPRACTOR

The commonest truth of life is that the organs and cells of the body do not need to be forced or stimulated, but will always act gladly and freely in the direction of health when they receive their full amount of functioning power from the transmitting nerves.

The cause of liver weakness or disease is lack of nerve power.

It has been many years since it was discovered that when any of the twenty-four movable joints of the backbone got out of alignment they would pinch the nerves at their point of exit between joints.

When there is liver weakness there is liver nerve pressure at the backbone opening for the spinal nerve, and liver strength and health returns when by adjusting the joints to proper alignment the pressure upon the nerve is lifted.

Adjusting the joints of the backbone to proper alignment is a mechanical and simple operation by hand. The adjustment takes but an instant. When the nerve opening widens to normal, the normal tide of nerve vigor comes swinging back into the liver and supporting cells and tissues. Without any other aid, Nature restores health.

All that man can do is to see that the bodily machine is in running order. That is what the chiropractor does.

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

BELLON CHIROPRACTIC CENTER

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PHONE 337-1911

WHY BE SICK??

WHEN YOU CAN BE WELL!!

Bloomsburg Morning Press

June 21 '71

Sinus Trouble Can Now Be Avoided

Sinus trouble is very prevalent in this part of the country. Some of the symptoms of sinus trouble are frontal headaches, pain about the orbits of the eyes and throughout the nose. There seems to be a continuous drainage from the nose. The eyes are affected and water.

The lack of the ability of the body to adapt the tissues of the nose and throat and sinuses to the sudden weather changes seems to be the pre-disposing cause. This is due to the lack of control of these tissues through the nervous system. This can be readily proven by the condition and remove the symptoms by changing to a drier climate on higher altitude; however, this does not remove the cause and when returning to the former climate the symptoms manifest themselves again.

Chiropractic adjustments remove the cause of the incoordinations very readily and in a short time all symptoms will disappear.

SPINAL X-RAYS ARE COMPLIMENTARY

Phone 784-0960

Dr. Glenn Neiderhiser

CHIROPRACTOR

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Rt. 11, Bloomsburg-Danville Highway, Bloomsburg, Pa.

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1 to 4 P. M. 6 to 10 P. M.

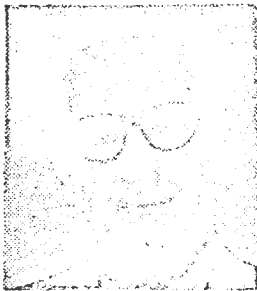
Keep That Healthy Happy Feeling

SCIATICA

It is generally admitted that the usual cause of sciatica is pressure on nerves at the lower spine. You have probably read this information in some newspaper column by a health authority.

The chiropractic profession has had great success in effecting recoveries from sciatica by removing the spinal pressure or irritation. While the chiropractic profession was having this success, other professions were insisting that sciatica was caused by infected teeth or tonsils, never explaining how toxins in the bloodstream from an area or infection could cause pain in one nerve trunk and by-pass other nerve trunks in the body.

The logical approach to the recovery from sciatica is chiropractic correction of the position of vertebrae. The successes achieved by chiropractic have been highly pleasing.



Andrew C. Krupar, D.C.
Chiropractor

**FREE
SPINAL
X-RAY**

during month of June, unless
covered by insurance

Chiropractic First, Medicine Second, and Surgery Last. Why be sick when you can be well?

KRUPAR CHIROPRACTIC LIFE CENTER

327 W. Pittsburgh St., Greensburg Phone 834-1887

The Tribune Review

Greensburg, Pa.

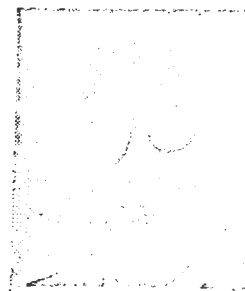
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The Latrobe Bulletin

Latrobe Pa

June 23 '71

THE COMMON COLD

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

It is estimated that 500,000,000 colds occur each year. Financially, the elimination of the common cold would enrich the nation by billions every year. It might even be enough to balance the budget and make a down payment on the national debt.

Chiropractic has not found a "sure cure" for a bad cold, but it makes it unnecessary for the human race to suffer the aches and pains and discomforts of the cold. Colds attack when the human body is operating below peak efficiency.

Dr. E. Ronchetti
Chiropractor

Excretory organs do not function properly, and poisons accumulate in the system. Resistance is lowered and congestion occurs in nose, throat or bronchial tubes. A "bad cold" is the result.

Chiropractors, through regular check-ups and gentle spinal adjustments keep the body "in tune" and the nervous system operating smoothly to supply vital nerve energy to all organs of the body. The result—the body has the strength to fight off the unsolved mystery of the cold. Another Life and Health Article from the office of Ronchetti Chiropractic Clinic.

ONE OF A SERIES OF ARTICLES TO EXPLAIN AND ILLUSTRATE THE PRACTICE OF CHIROPRACTIC BY DR. E. RONCHETTI, CHIROPRACTOR, WHOSE OFFICE IS LOCATED AT 245 N. RIVER ST. (BY THE COURT HOUSE), WILKES-BARRE. CALL 827-3221 OFFICE HOURS MON., TUES., WED., THURS., FRI. 8-12 NOON AND 4-8 P.M. — SAT. 8-12 NOON. AMPLE PARKING.

Wilkes Barre Record

June 22 '71

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Times-Leader

The Evening News

Wilkes-Barre, Pa

June 22 '71

HOW CAN I AVOID HEART FATIGUE?

"A sudden, frightening experience,"
Heart Fatigue!

The heart normally rests twice as much as it works. During periods of strenuous physical activity or emotional strain it may work twice as fast and twice as hard as normal.

A narrowing of the blood vessels may force the heart to work harder to force blood to the various parts of the body.

The heart depends on nerve energy from the brain in order to function normally and efficiently. When it receives its normal supply of nerve energy, the heart can mend itself and continue to perform efficiently.



Any pressure or impingement to nerve trunks in the spinal column can reduce the muscular action of the heart and cause "heart fatigue."

The chiropractor, through regular spinal adjustments, eliminates nerve pressures, restores impaired function of the heart and circulatory system and enables the heart to mend itself after "heart fatigue" occurs. Another Life and Health Article from the Office of Ronchetti Chiropractic Clinic.

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WHAT IS EPILEPSY?

Epilepsy, by definition, is a disease of the nervous system.

Chiropractors, by definition and practice are qualified in the care of diseases and malfunctions of the nervous system.

In epilepsy, malfunctions which interfere with the normal transmission of mental impulses cause abnormal metabolism. This abnormal metabolism results in the accumulation of toxins in the brain and in decreased molecular activity of the cells affected.

The accumulation of toxins continues until the maximum of endurance is reached, and the patient is seized by convulsions. During the convulsion, toxin is discharged from the brain and eliminated through the kidney's.



The chiropractor, by skillful adjustment eliminates the obstruction which interferes with the normal flow of nerve energy, restores the molecular activity of the cells and permits the body to cure itself from within. With proper nerve function restored, metabolism returns to normal, and the patient feels new life. Another Life and Health Article from the offices of Ronchetti Chiropractor Clinic.

Dr. E. Ronchetti
Chiropractor

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*Times - Leader
The Evening News
Wilkes - Barre*

June 21 '71

June 25 '71

June 24 '71

LIFE HEALTH

Constipation

There is no such thing as "a little constipated" and there is no true measure of its effects on the individual, his family life and on his relations with his associates in the business world.

No explanation of constipation is necessary. Everyone at one time or another has "enjoyed" the condition. Most measures adopted for relief are of a temporary nature. Relief may be obtained, but the condition recurs.

Chiropractors have learned that the vital working parts of the body respond to nerve energy impulses transmitted from the brain. When pressure on a nerve prevents the proper flow of energy to a vital organ or gland, it cannot do its job. In the digestive tract, functional failure can result in constipation.

The chiropractor, through scientific knowledge, locates the offending nerve, frees it and restores the vital flow of nerve energy to the affected organ. With normal function restored, nature works from within to restore the digestive tract to normal efficiency. Another Health and Life Article from the Office of:

Dr. William K. Shaffer

CHIROPRACTOR

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PHONE 640-5324

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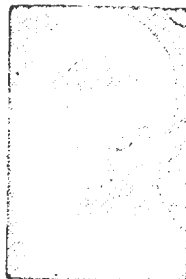
July 15 '71

LIFE HEALTH

Stomach Disorders

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

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



But, the stomach, like the rest of the human body depends on a proper flow of nerve energy from the brain to keep it functioning properly. When anything interferes with the pipeline from the brain to stomach, upset

can result. If neglected too long, serious stomach disorders can develop.

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

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

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July 22 '71

LIFE HEALTH

The Way To Happiness

Man's eternal search is for an everlasting youth filled with the joy of healthy, happy living.

No means has been found to extend life beyond the mechanical limitations of the human body. When the body ceases to function, life is far away.



Disorder and disease rob man of many years of useful and happy life. Simple care of the body, preventive maintenance, can prolong the time when normal wear and tear will destroy life.

Regular chiropractic care to assure that the nervous system is functioning efficiently in response to nerve impulses from the brain through the spinal cord to the millions of tiny nerve fibres throughout the body is an excellent "preventive maintenance" program.

Through scientific examinations and competent adjustments, the chiropractor maintains the nervous system and permits efficient operation of the nervous system. Nerve energy reaches its proper destination, and nature is able to perform her healing miracles in the body.

With efficient bodily functions maintained, the glow of happiness remains, unhampered and undisturbed. Another Life and Health Article from the office of:

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By Dr. L. H. Sherman

When disease appears it is evident that the nerve force causing health has diminished its activity. Something is interfering with the normal nerve currents essential to normal structure and action.

Nerve function operates through the nervous system, which is widely distributed throughout the body, enabling all organs to receive this nerve force so necessary to normal action.

The cause of nerve interference directly concerns the modern Chiropractor because his science is founded upon the well-proven premise that interference with normal nerve function is the primary cause of many types of illness. Diminished nerve function impairs normal action of organs and thus ill health results. The modern Chiropractor locates and removes interference with pinched nerves, thereby restoring the normal nerve function employed by Nature in making all cures and maintaining a state of health.

Has your spine been thoroughly examined? It may well be that your spinal condition is the cause of your ill health. Your modern Chiropractor is a spine specialist.

WHY BE SICK WHEN YOU CAN BE WELL?

Presented in the public interest for better health by Dr. L. H. Sherman, Chiropractor, 300 E. 9th St. (1 block E. of Business Section), CHESTER, Phone TR 4-8491, Daily by Appointment, Health Articles Tues. & Fri.

DR. L. H. SHERMAN
CHESTER, PA.

June 25 →

June 22 ←

Delaware County, Pa
Daily Times

July 13 ↓

SUN ERUPTIONS

By Dr. L. H. Sherman

There are several reasons why the skin breaks out. One, of course, is personal contact with an irritant such as poison ivy or a chemical to which the skin's owner is sensitive. But the biggest reason (and a pimply-faced adolescent is giving testimony) is emotional reaction, or "no apparent reason." The skin bubbles up in bumps and sores that cause mental distress as well as physical discomfort. But there is a reason—the nervous system has "gone haywire" and the skin, answering stress signals, takes it out in a nervous reaction that manifests itself physically in pimples, rashes and other ugly eruptions. No in no way on the nerves they makes him "go." Whatever the cause, it is important to start correction before more serious trouble develops, as such a condition can quickly go from bad to worse. Those who consult a chiropractor regularly for checkups rarely are bothered by such difficulties because their nerves are kept in full and proper operation and are fully able to keep the skin healthy.

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Presented in the public interest for better health by Dr. L. H. Sherman, Chiropractor, 300 E. 9th St. (1 block E. of Business Section), CHESTER, Phone TR 4-8491, Daily by Appointment, Health Articles Tues. & Fri.

DR. L. H. SHERMAN
CHESTER, PA.

July 2 →

UNDER A NEW NAME

By Dr. L. H. Sherman

Bursitis gets its name from a combination of two names. One, Bursa, which means a membrane, or sac, filled with fluid and located at places where we find motion, such as in the joints; and "itis," which means inflammation.

The shoulder is most frequently involved in bursitis. In the good old days inflammation of a joint would be called rheumatism. Symptoms of bursitis are joint involved. Calcified tendinitis in an excruciating pains upon motion of the other term applied to this condition and is thought to be the base of the cause of bursitis. Sometimes bursitis terminates in a condition known as a "frozen shoulder."

Under Chiropractic management of the case, the nerve and blood supply is normalized and in most cases the joint is soon back in order again.

WHY BE SICK WHEN YOU CAN BE WELL?

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CHESTER, PA.

THE ASTHMATIC

By Dr. L. H. Sherman

About this time of year asthma sufferers are looking desperately for some relief from the wheezing and heavy chest and sleepless nights. They gasp for breath and cough. Nature's way of trying to get air through constricted bronchial tubes. Many theories have been propounded as to the cause of asthma, of which allergy seems to be the most popular today—allergy to dust, ragweed, various poisons, wheat germ, certain foods, etc.

In asthma there is a constriction of the bronchial tubes which causes difficult breathing. Life is partially blocked at some point in the spine, causing the spasm of the bronchial tubes.

Many suffering patients find great relief and, in time, complete relief from their fatiguing attacks. Children respond almost immediately, more often because of a shorter term of suffering. There is no need to suffer when you have within your body the components of health.

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DR. L. H. SHERMAN
CHESTER, PA.

AFTER THE HOLIDAY THEN WHAT?

By Dr. L. H. Sherman

With the happiness and joy a holiday brings there also comes sadness and sorrow. Hundreds lost their lives and an unestimated number were injured. Among the injured there is a group happy that nothing more serious occurred than slight injuries.

However slight an injury may seem, slight displacements of one or more of the vertebrae forming the framework of the body may cause and cause nerve pressure. And the spinal fluid has a special function. It may be a nerve causing a condition that may lower your energy. This, in time, lowers resistance and is the basis for ill health and disease in the future.

If you have been injured, a Chiropractic examination is recommended to determine if there are any nerve pressures and, if so, the possibility of correcting them.

WHY BE SICK WHEN YOU CAN BE WELL?

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DR. L. H. SHERMAN
CHESTER, PA.

No One Need Suffer Because of the High Cost of Health...

Too often the reason given for failing to get needed CHIROPRACTIC Care is the initial cost of X-Ray and examination. Realizing that this is a financial burden to many, we have established

— FREE SPINAL X-RAY —

Any pinching of the nerves as they leave the spine can cause disfunction of the organ supplied by that nerve. The spine is the switchboard controlling health. Chiropractic adjustments release the body power to heal.

Dr. RONALD R. ROGERS

Chiropractor

1701 Wyoming Ave.
Exeter, Pa.

Phone 655-3327

157 E. Main St.
Plymouth, Pa.

Phone 779-3445

*We Accept All Cases Regardless Of
Condition or Financial Ability To Pay!*

*Times-Leader
The Evening News
Wilkes-Berre, Pa.*

Aug 3 '71

**DR. ALBERT H.
HORNBERGER**
CHIROPRACTOR

Hours Daily Except
Wednesdays & Sundays

200 East Mahanoy St.
Mah. City 773-1142

Evening Herald of Shenandoah

June 22 '71

RUN DOWN

When you feel tired or not up to par, have headaches or pains, you doubtlessly very often compare your own body to that of the mechanism of a watch. "I'm run down," you say.

Just as a watch needs adjusting from time to time, so does your body—through CHIROPRACTIC care. The vital requirement for health is to keep the nerve channels clear so there is unrestricted communication between the brain and the rest of your body.

Any one of a thousand causes can throw the spine off balance, interfering with proper channeling of nerve impulses for this communication.

REMEMBER—CHIROPRACTIC IS THE KEY TO GAINING AND MAINTAINING GOOD HEALTH.

ALL SPINAL X-RAYS FREE

To Insure Your Appointment,

No Waiting, Phone **538-2393**

Milton Standard

Milton, Pa.

July 21 '71



Dr. Tom Houser 5th and Elm Street,
Chiropractor (1 Block Off Main St.)

We Accept All Cases
Regardless of Condition
Or Financial Ability
To Pay.

Watson town

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

We Will Be Closed
Thurs., Fri. & Sat.
July 22, 23, 24

Attending Educational Seminar

STILL SICK?

**YOUR PROBLEM MAY BE CAUSED
BY PINCHED SPINAL NERVES!!!**

When a spinal nerve is pinched by a misplaced vertebra of the spinal column, it hinders the impulses of the brain from stimulating that area properly which is needed for Good Health.

Get Your Spine Checked Today!!!!

DR. HAROLD N. GEORGE JR.

—CHIROPRACTOR—

2355 State Street, East Petersburg, Pa.
Phone 569-5731

Located 3 Blocks East of Traffic Light

All cases Accepted Regardless of Ability To Pay!



*Intelligencer Journal
Lancaster, Pa.*

June 22 '71

FREE X-RAYS

Participating Doctor of Life Foundation

We accept all cases regardless of
condition of ability to pay!

Hours — Mon., Wed., Fri. 10 to 10, Tues. 10 to Noon
Sat. 9 to Noon. Closed all day Thur.

GOULD CHIROPRACTIC CLINIC

Reynolds Business District Rt. 13

PHONE TRANSFER 646-8821

*The Record-Argus
Greenville, Pa.*

Aug 9 '71

Berwick Enterprise

Berwick, Pa

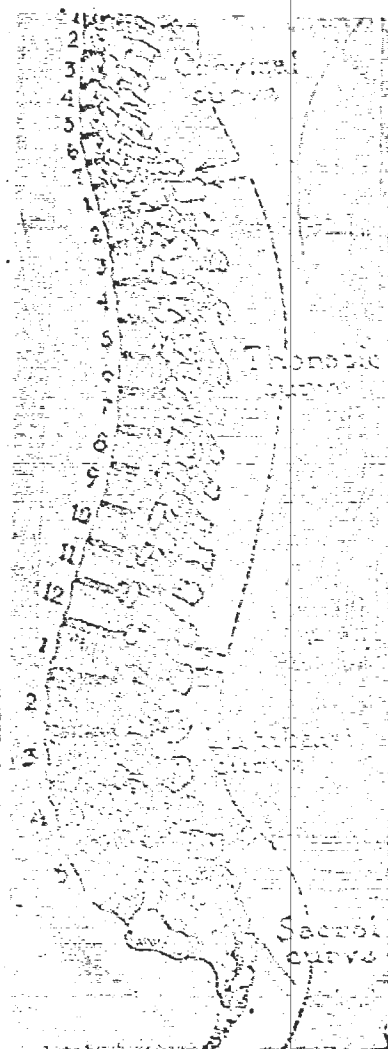
June 28, 1991

NERVES . . . JUST NERVES!

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

Nerves make possible every function of your body. Your nerves transmit all sensations to and from the brain. Your nerves make possible sight, smell, taste and hearing. Nerves maintain your balance and keep your

body temperature at 98.6 degrees. Nerves control your blood pressure, stomach action, blood flow, speech and breathing. Nerves make your bowels move. Nerves make it possible to swallow. In fact every function taking place in your body is under the control of the nerve system, often called "THE MASTER SYSTEM OF THE HUMAN BODY."



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

FREE SPINAL X-RAYS

to all cases being paid by the family budget.

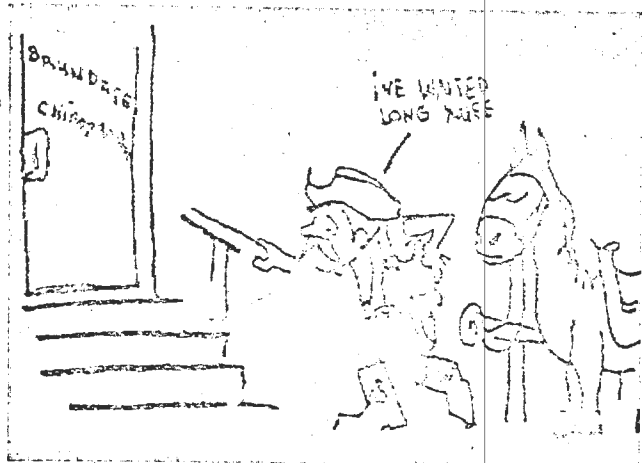
FOR YOUR FREE SPINAL X-RAY

PHONE 759-0033

Dr. R. F. Brundage

Chiropractor

Berwick Enterprise
Berwick, Pa.
July 6, 1971



PROCRASTINATION IS THE THIEF OF HEALTH

Call for a Chiropractic examination today.
Chiropractic releases the vital nerve energy
your body needs to function properly.

WHY BE SICK WHEN YOU CAN BE WELL?

FOR YOUR FREE SPINAL X-RAY

PHONE 759-0033

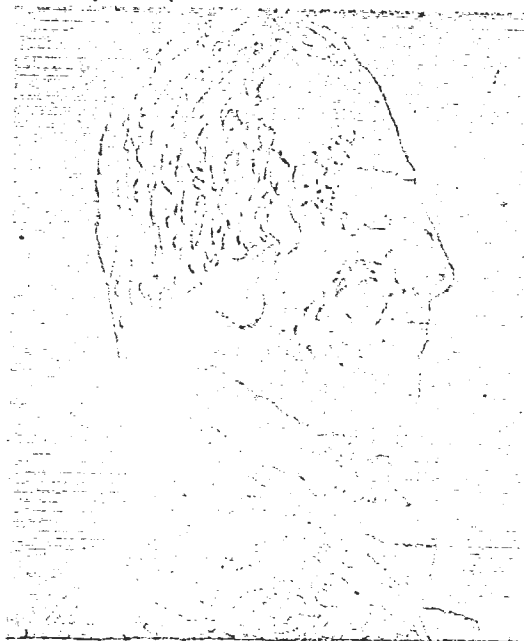
DR. R. F. BRUNDAGE

Chiropractor

Berwick Enterprise
Berwick, Pa.

June 28, 1971

It is an honor to live in the United States of America where each individual has the right to freedom of speech and freedom of the press . . . where all truths can be brought to the public for their evaluation by the public.



Dr. Benjamin Rush, signer of the Declaration of Independence, realized the need for this protection in the field of healing when he said:

"To restrict the act of healing to one class of men and deny equal privileges to others will constitute the bastille of medical science. Such restrictions are fragments of monarchy and have no place in a republic."

WHY BE SICK WHEN YOU CAN BE WELL?

FOR YOUR FREE SPINAL X-RAY

PHONE 759-0033

DR. R. F. BRUNDAGE

CHIROPRACTOR

Indiana, Pa. 0 0

Aug 9, 1971

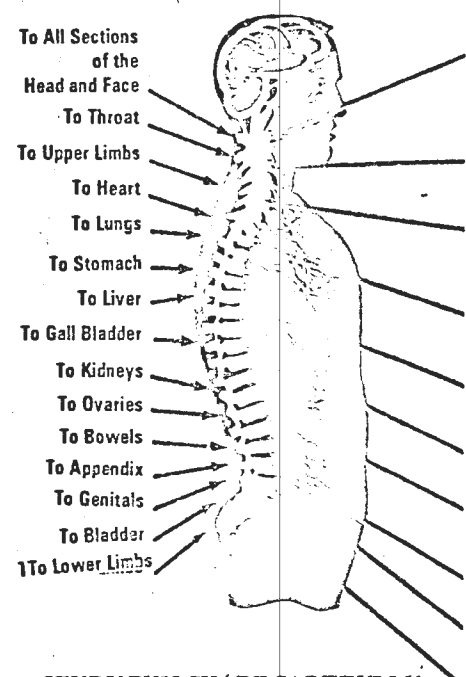
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STUDY THIS CHART CAREFULLY...



1. A slight "pinching" of nerves at this point can cause headache, some eye disorders, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, some types of arthritis, colic in babies, glandular trouble, etc.
2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, gaiter, nervous prostration, etc.
3. In this part of the spine, a "pinched" nerve can cause so-called bronchitis, pain between the shoulder blades, rheumatism and neuritis of the arms, shoulder, or hands, bursitis, etc.
4. A blocked nerve at this point can cause so-called nervous heart or fast heart, asthma, difficult breathing, bronchial congestion, etc.
5. Stomach and liver trouble, pleurisy and a score of other troubles, can be caused by pressure in this part of the spine.
6. Nerve pressure at this point can cause gall bladder problems, dyspepsia or gas of upper bowels, shingles, hiccups, etc.
7. Certain kidney problems, eruptions and other skin diseases can be caused by nerves being pinched in the spinal openings at this point.
8. Chiropractic adjustments here often help such troubles as so-called lumbago, constipation, colitis, etc.
9. Nerve pressure at this point can cause bladder frequency, prostate pains.
10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains, and many other leg problems.

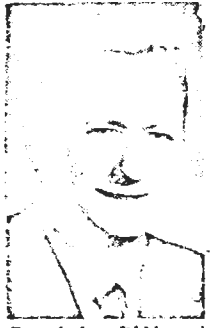
STUDY THIS CHART CAREFULLY

See how the nerves go through the spinal openings? Nerve pressure at one or more of these points may be the underlying CAUSE OF YOUR CONDITION!

**FREE
SPINE
X-RAYS**
Except
cases
covered by
insurance

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

We Accept All Cases Regardless Of Ability To Pay



Dr. John Di Mond

DR. JOHN DI MOND CHIROPRACTOR

450 North 9th St.

Indiana, Pa.

BY APPOINTMENT
PHONE 483-6751

The Milton Standard
Milton, Pa
June 21 '71

Chiropractic Requirements

1. Four years' training at an approved Chiropractic college.
2. Two years' pre-professional college, in science subjects.
3. One and one-half years' internship at an approved chiropractic college clinic.

Chiropractors . . .

Trained to locate and remove spinal nerve root interference.

Chiropractors . . .

Have been effectively helping many bodily ailments for over 75 years.

DR. D. P. FISHER

Chiropractor

132 Main Street
Watson, Penna.
538-4702

**FREE
SPINAL X-RAYS**

Our 8th Year of Sincerity . . .

The Daily Item
Sunbury Pa.
June 21 '71

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Dr. D. P. FISHER
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132 Main Street

Watsontown, Penna.

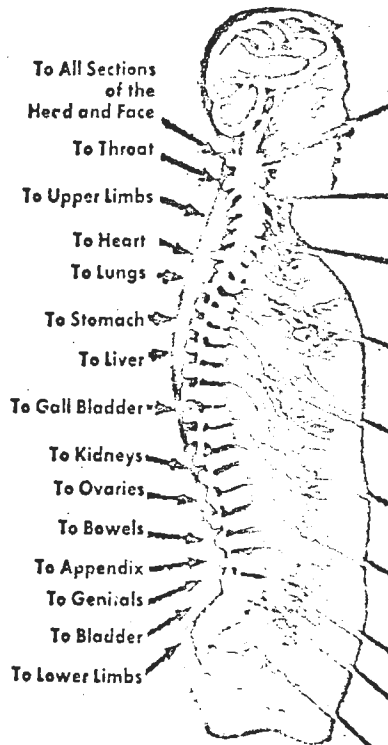
Phone 538-4702

- FREE -
SPINAL X-RAYS

Our 8th Year of Sincerity . . .

FOR HEALING ... WHICH MAKES THE MOST SENSE?

Continually deadening the Nervous System by the use of pills, medicine, or drugs or adjusting the cause to restore normal life back into the Nervous System.



Approximate representation of spine

YOUR LIFELINE CHART

1. A slight "pinching" of nerves at this point can cause headaches, some eye diseases, ear problems, insomnia, abnormal blood pressure, colds, hay fever, sinus trouble, nervousness, wry or stiff neck, types of arthritis, colic in babies, glandular trouble, etc.
2. A nerve difficulty in this part of the spine can be the cause of so-called throat trouble, neuralgia, pain in the shoulder and arms, gaiter, nervous prostration, etc.
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9. Nerve pressure at this point can cause bladder frequency, prostate problems, lower bowel and abdominal pains.
10. A slight slippage of one or both of the hip bones or the sacrum may cause so-called sciatica, leg or knee pains and many other leg problems.

*The Morning Call
Allentown, Pa.
June 25 '71*

ENJOY BETTER HEALTH THROUGH CHIROPRACTIC

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

We accept all patients regardless of condition or financial ability to pay!

WHY BE SICK WHEN YOU CAN BE WELL?

*FREE SPINAL X-RAYS

Sponsored by

McKIM

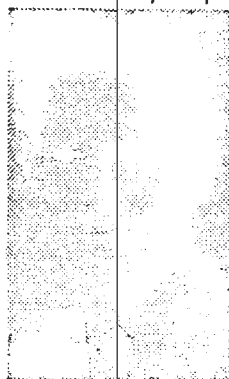
CHIROPRACTIC CENTER

Daily 8:30 to 12 and 3:30 'til 8
Closed Saturdays and Thursday Nights

1967 W. Union Boulevard, Bethlehem

Phone 865-2010

*Except cases covered by insurance



Dr. H.F. McKim
CHIROPRACTOR

Keep That Happy, Healthy Feeling

The Pottstown Mercury

June 17

June 21

DR. TOM YINGST 1325 HIGH ST.
POTTSTOWN, PA.

CHIROPRACTOR

Make The Fight Against Pollution Your Personal Battle — Stop
Polluting Your Blood with Pills, Drugs, Shots, Etc.

REGAIN HEALTH MAINTAIN HEALTH
THE NATURAL WAY - THRU CHIROPRACTIC

CALL FOR APPOINTMENT TODAY — 326-9762

NO CHARGE FOR ANY NECESSARY DIAGNOSTIC
X-RAYS — DURING JULY

DR. TOM YINGST 1325 HIGH ST.
POTTSTOWN, PA.

CHIROPRACTOR

Make The Fight Against Pollution Your Personal Battle — Stop
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THE NATURAL WAY - THRU CHIROPRACTIC

CALL FOR APPOINTMENT TODAY — 326-9762

NO CHARGE FOR ANY NECESSARY DIAGNOSTIC
X-RAYS — DURING JULY

June 30

July 19

DR. TOM YINGST

CHIROPRACTOR

1325 HIGH ST. POTTSTOWN, PA.

REGAIN HEALTH — MAINTAIN HEALTH
THE NATURAL WAY

CALL FOR APPOINTMENT TODAY . . . 326-9762

FREE X-RAYS — NO CHARGE FOR X-RAYS
DURING MAY AND JUNE.

DR. TOM YINGST 1325 HIGH ST.
POTTSTOWN, PA.

CHIROPRACTOR

Make The Fight Against Pollution Your Personal Battle — Stop
Polluting Your Blood with Pills, Drugs, Shots, Etc.

REGAIN HEALTH MAINTAIN HEALTH
THE NATURAL WAY - THRU CHIROPRACTIC

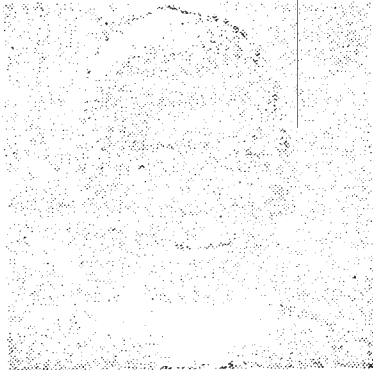
CALL FOR APPOINTMENT TODAY — 326-9762

NO CHARGE FOR ANY NECESSARY DIAGNOSTIC
X-RAYS — DURING JUNE

The York Dispatch

Aug 9 '71

OUR PATIENTS SPEAK . . .



Donald Ganther

TO WHOM IT MAY CONCERN:

For nearly ten years I suffered from severe back pain and nervousness to the point where I could not sleep anymore. Finally, my arms and legs became effected. All this trouble started after I had a bad fall, injuring my spine.

I tried many different doctors seeking help and relief from my pain. I wore braces and had my shoes built up. Nothing helped. I finally got to the point where the pain was almost unbearable. It was harder for me to use my arms and legs. I thought there was no hope for me be-

cause there was absolutely nothing or nobody to turn to anymore for relief from my pain.

I finally became acquainted with chiropractic care. I was told how many cases such as mine had been helped and restored to health. I decided it was time to try another approach—other than what I had been doing for the past ten years, with no results.

I went to Dr. L. E. Weaver, explaining everything to him. He took x-rays, located my problem and started me on chiropractic adjustments; a completely new experience for me.

This was seven months ago. Thanks to Dr. Weaver, today I am a new man! No aches or pains. My nervousness is completely gone. All it took on my part was a little patience and time to experience the wonderful results of chiropractic adjustments. I can now live a normal life once again, doing things I could never do before. There is nothing like good health!

I am so happy and proud of what Dr. Weaver has done for me. I hope and pray through this letter Dr. Weaver will be able to help others as he has helped me.

Why Be Sick When You Can Be Well?

All Cases Accepted Regardless of Financial Ability to Pay.

Free Spinal X-Rays.

Sincerely,

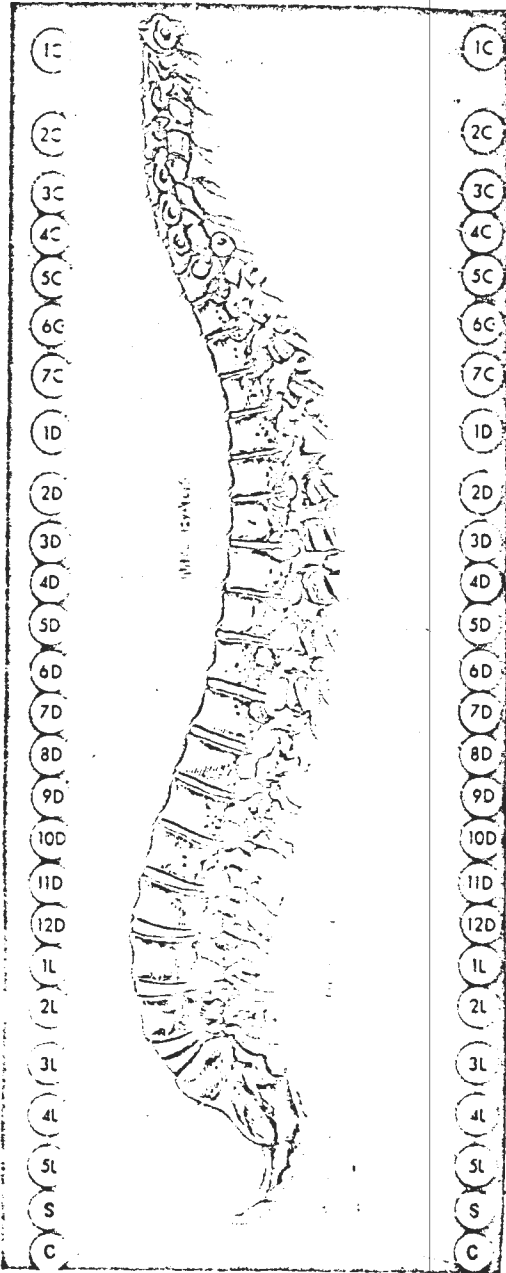
Mr. Donald Ganther
716 E. Princess St.
York, Penna. 17403

Dr. L. E. Weaver, Chiropractor

Phone 803-5303

1215 E. Market St., York

The Milton Standard
 Milton, Pa.
 June 21 '71



CHIROPRACTIC

Found To Be Effective

For

ASTHMA & HAYFEVER

Now that the allergy season is upon us, most of the asthma and hayfever sufferers are resorting to their various remedies for this problem. They don't realize that these medicines are merely covering the symptoms and not getting rid of the cause of their allergy.

Chiropractic care eliminates the cause of these problems by restoring your body's nerve supply.

If you are an allergy sufferer, try Chiropractic. It just might work for you.

PHONE 533-2333

For Your Appointment Today

ALL SPINAL X-RAYS
COMPLIMENTARY

Dr. T. M. Houser

Chiropractor

5th and Elm Streets

Watsonstown

OFFICE HOURS
 Mon., Wed., Fri. 9-12, 1-4, 6-9
 Tuesday 9-12, 1-5
 Closed Thursday

The Areas Newest and Finest Health Service

The Daily Item
Sunbury, Pa.
Aug 2 '71

ASTHMA & HAY FEVER VICTIMS

IF ASTHMA AND HAY FEVER ARE KEEPING YOU FROM FULL ENJOYMENT OF THE SUMMER SEASON, AND YOU HAVE TRIED MEDICINES WHICH ONLY COVER UP THE SYMPTOMS.

TRY THE CHIROPRACTIC WAY

YOUR CHIROPRACTOR IS BEST QUALIFIED TO FIND AND CORRECT, OUT OF LINE BONES IN YOUR SPINE WHICH MAY BE PINCHING THESE NERVES, CAUSING YOUR HEALTH PROBLEM.

DR. T. M. HOUSER

CHIROPRACTOR

ONE BLOCK OFF MAIN STREET
FIFTH AND ELM STREETS — WATSONTOWN, PENNA.
Phone 533-2893 For Your Appointment Today

OFFICE HOURS

MONDAY, WEDNESDAY, FRIDAY — 9-12, 1-4, 6-9
TUESDAY — 9-12, 1-6 —:— CLOSED THURSDAY
ALL SPINAL X-RAYS FREE OF CHARGE

WE ACCEPT ALL PERSONS
REGARDLESS OF CONDITION OR FINANCIAL ABILITY TO PAY

The Daily Item

Sunbury, Pa.

July 19 '71

GOOD HEALTH Can Be Yours

95% OF THE NERVES THAT CONTROL YOUR BODY'S MUSCLES, ORGANS AND THEIR FUNCTIONS, ORIGINATE IN YOUR SPINE.

YOUR CHIROPRACTOR IS BEST QUALIFIED TO FIND AND CORRECT, OUT OF LINE BONES IN YOUR SPINE WHICH MAY BE PINCHING THESE NERVES, CAUSING YOUR HEALTH PROBLEM.

SOME CONDITIONS WHICH RESPOND WELL TO CHIROPRACTIC ARE:

HEADACHES, SCIATICA, ALLERGIES, DIZZINESS,
FEMALE DISORDERS, WHIPLASH INJURIES,
ULCERS AND BED WETTING

PRESENTED FOR PUBLIC INFORMATION BY:

DR. T. M. HOUSER

CHIROPRACTOR

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WE ACCEPT ALL PERSONS
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**NOTICE — OFFICE WILL BE CLOSED THIS
THURSDAY, FRIDAY & SATURDAY**

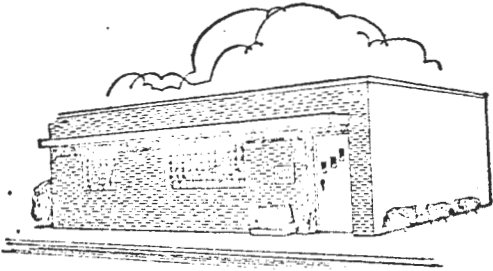
Due to Attending Educational Seminar

WHY BE SICK WHEN YOU CAN BE WELL?

If you are sick, if you have tried other methods and have given time for recovery, but you still are suffering, it may be the one causative factor has been overlooked . . . spinal nerve pressure. Chiropractic adjustments correct the interference to restore vital nerve energy flow to all parts of the body to bring you health.

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

We accept all cases regardless of ability to pay.



FREE SPINE X-RAY except cases covered by insurance

TUCCI Chiropractic Office

BELLE VERNON, PA. PHONE 929-6100

If No Answer PHONE 684-5711

The Valley Independent
Monessen Pa.

June 21 ↑

THE SPINAL COLUMN

YOU DON'T HAVE TO LIVE WITH IT

For Those Of You Who Have Been Suffering Endlessly, For Those Who Have Invested Thousands Of Dollars In Vain, All Searching For Help, Only To Be Told, "You'll Have To Live With It", Note This, The Amazing Growth Of The Chiropractic Profession Has Been Due Largely To The Sometimes Amazing Results Achieved With Persons Who Had Been Told Time And Again, "You'll Have To Live With It." Why Not Try Chiropractic, All You Can Lose Is Your Health Problem.

Dr. J. F. Stynchula
Chiropractor

NO CHARGE FOR SPINAL X-RAY AND
CONSULTATION DURING MONTH OF JULY
STYNCHULA CHIROPRACTIC CLINIC
2014 Market St., Harrisburg. Ph. 234-5671

July 14

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CONSULTATION DURING MONTH OF JULY
STYNCHULA CHIROPRACTIC CLINIC
2014 Market St., Harrisburg. Ph. 234-5671

July 20

The Patriot
Harrisburg, Pa.

Aug 6

THE SPINAL COLUMN THE RESTLESS LEG

If you have ever tried to go to sleep when your legs won't turn loose and relax then you know what is meant by "the restless leg." The restless leg syndrome is characterized by a creeping, crawling, tense, jerky sensation in the legs occurring at rest. This annoying condition is due in most cases to neurovascular changes resulting in a decrease of blood in the legs, or overly tense muscles that fail to relax. A most frequent cause is disturbances in nerve centers in the spine that supply and control nerve function and blood circulation in the legs. Modern chiropractic care will usually bring good results to persons afflicted with "the restless leg."

Dr. J. F. Stynchula
Chiropractor

STYNCHULA CHIROPRACTIC CLINIC
2014 MARKET ST., HARRISBURG PH. 234-5671
NO CHARGE FOR SPINAL X-RAY OR CONSULTATIONS THE MONTH OF JULY

THE SPINAL COLUMN "YOU CAN'T WISH YOURSELF WELL"

Many of us are half sick and half well nearly all the time, grunting along and wishing for health.

Our newspaper headlines tell us about a famous suicide. Reason—ill health.

One reason you do not read about, but which is found in practically every case of ill health is "disheartened confusion." The average sufferer has been diagnosed, treated or operated, and steered from one specialist to another, only to find out that as one ailment is patched up, trouble starts somewhere else. It is confusing and disheartening when you have spent your money and time on differing opinions and differing drugs in a diligent effort to regain your health, yet nothing seems to help.

Life becomes miserable! Things lose their importance! You lose faith in all doctors! It is difficult to be a good wife, mother, father, husband, son, daughter or grandparent when one is sick and miserable.

We can't get our message of hope through to all discouraged sick folks, but within a few there remains a small spark of courage that flames into action when they see or hear our message.

Hundreds of such case records our proof positive evidence that sick people not only under chiropractic care—many times after other methods have failed. Chiropractic may be your answer too. You can't wish yourself well. Why don't you take your friend's advice and investigate now? Delay makes any condition grow worse. Besides, what can you lose except bad health?

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CHIROPRACTOR

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