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GLANOPATHY

A MANUAL OF
GLAND TECHNIQUE
THROUGH
PRESSURE

by

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By

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WARNING



GLANOPATHY

is incompatible with any other system of treating.

Either use Glanopathy alone, or not at all.

**In giving Glanopathy technique, please remember
that it has taken years to perfect, therefor
any variation in its application will
nullify the effect desired.**



NOTES

INTRODUCTION

The following rules should be strictly adhered to in the application of the treatments herein. While most of them are harmless in a general sense, yet there are times when certain ones should not be given lest bad results follow; and before treating anyone it would be wise to post yourself thoroughly:

1. Never use the tips of the fingers in applying this technique, as this would be painful and the desired results could not be obtained. Use palmer surface of fingers, hand flat with the fingers slightly bent.

2. It is absolutely essential that the operator regulate the degree of pressure according to the results desired as it is self-evident that pressure applied to bring about stimulation would not produce nerve inhibition and vice versa.

3. Sensitive spots along the spine invariably indicate a glandular condition and the seat of some trouble. Diagnosis and treatment should be applied accordingly.

4. Chronic cases should not be treated over three times a week. Acute diseases such as cold, etc., may be treated once or twice a day until temporary relief is obtained after which treat three times a week until cured.

5. Most of the diseases of the body are reached through the glandular treatment due to the fact that the vaso-motor system controls the motion, sensation, function and nutrition of the different parts of the body.

6. As before mentioned, it is absolutely necessary to regulate your pressure and is therefore essential that patients remove garments so that treatment may be given next to the skin.

NOTES

DEFINITIONS AND TERMS

- 1—Stimulation, (light pressure) to excite.
- 2—Sedation, (medium pressure) to quiet.
- 3—Inhibition, (heavy pressure) to put at rest.

LP—Light pressure.

MP—Medium pressure.

HP—Heavy pressure.

4 3
8 1
12 1

Light pressure means about as much as you could comfortably stand against your eye ball. Medium pressure twice as much as light pressure and heavy pressure, three times as much.

NOTES

PREFACE

The purpose of this volume is to enable the practicing chiropractor and especially the student to rapidly acquire the salient points on gland technique. Thereby becoming more adequate relative to treatment and diagnosis of the Glandular System.

Pressure, in its relation to nerve control is not new in the sense of the word, as we have found that by pressing on certain nerve centers or ganglia, we have been able to give relief from various ailments. Pressure in its variations however, is new in the treatment and control of the Glandular System.

All systems of healing have their advantages. But as the years advance, we find ourselves confronted with new ideas—new systems which, if given a fair trial will prove worthy of adoption.

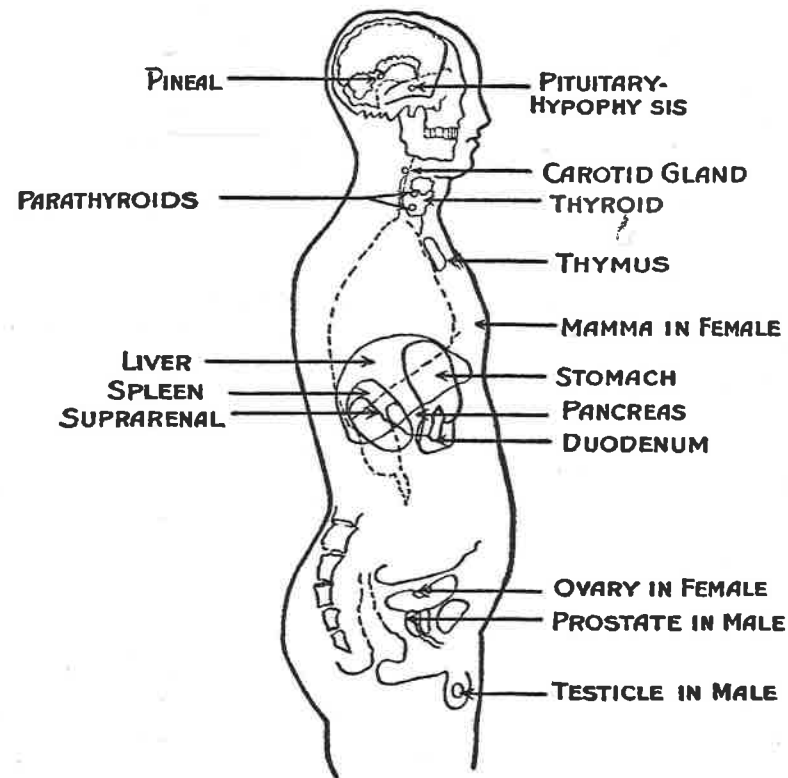
In preparing this outline of treatment by pressure, I have tried to make no statement not proven true, in my twenty-six years of practice. The more we study the principles underlying this treatment, the more we will be convinced that in pressure, properly applied, the chiropractor has an agent that will go far in the alleviation of suffering. If this end is accomplished, the author will have fulfilled his desire—Chiropractic first, last and all the time.

W. G. Edwards, D.C.; D.S.C.

STIMULATION OF THE GLANDS OF INTERNAL SECRETION

GLAND	CENTER	PRESSURE	REACTIONS
PITUITARY Posterior lobe	2nd D	LP 20 Seconds Both Sides	Brain, Rhythm, Skin Frame, Gonads.
PITUITARY Anterior lobe	1-2nd C	LP-15 Seconds Both Sides	Brain, Sex, Weight.
CAROTID	6-7th C	LP-15 Seconds Both Sides	Relaxes middle ear, Increases secretion.
THYROID	2-3rd D	LP-20 Seconds Right Side	Lymphatic system, Skin, Gonads.
PARA- THYROIDS	3rd D	LP-15 Seconds Both Sides	Thyroid balance, Calcium stabilizer.
THYMUS	3-4th D	LP-15 Seconds Right Side	Controls growth.
MAMMARY	3-4-5 D	LP 20 Seconds Right Side	Develops and promotes secretion.
STOMACH	6 to 9 D	LP-20 Seconds Right Side	Discharges gas, Promotes secretion.
LIVER	6 to 11 D	LP-20 Seconds Right Side	Promotes bile.
SPLEEN	11th D	LP-25 Seconds Left Side	Regulates metabolic process.
PANCREAS	8 to 12 D	LP-20 Seconds Right Side	Promotes Pancreatin.
ADRENAL	11-12th D	LP-15 Seconds Both Sides	Regulates blood pressure, vasomotor control.
GONADS	12d to 5L	LP-25 Seconds Both Sides	Stimulates and revitalizes other glands and organs.

NOTE—(LP-light pressure)—Stimulates. (MP-medium pressure)—
Sedates. (HP-heavy pressure)—Inhibits.



POSITION OF ENDOCRINE GLANDS

HISTORY OF ENDOCRINOLOGY

In 1849 Dr. Berthold of Gottingen, proved that the internal secretions—substances manufactured in tissue, passed directly into the blood.

In 1855 Dr. Claude Bernard used the phrase "Internal secretions."

In 1889 Dr. Brown Sequard, of Paris, startled the world with his wonderful discoveries and proved conclusively the marvelous workings of the glands of internal secretions.

In 1882 Dr. Kocher, of Germany, and Dr. Reverdin of France, discovered the relationship of myxedema to the thyroid gland.

In 1889 Dr. Kocher discovered the internal secretions connected with the pancreas.

Today, we are still trying to unfold the value of the glands of internal secretion, in their action, in modifying, stimulating, depressing, or regulating the activity and metabolism of the body and its organs.

THE ENDOCRINE GLANDS

Miracle Working SYSTEM OF THE BODY

The science of Endocrinology embodies the internal secretions of all ductless glands and is comparatively new to the average practicing physician. In fact its marvels and intricacies are only understood by those having devoted many years of study covering this subject.

Secretions from these glands are discharged directly into the blood and being natural drugs of great potency are far more powerful, with regard to results, than those manufactured in our commercial laboratories.

Our ductless glands are really the supply depot for every living organism. When it fails to supply sufficient fuel and body building material, an abnormal condition follows, resulting in disease of the particular part affected. As stated, the ductless glands definitely regulate the amount of nutrition we get from our food. In fact our entire physical make-up is regulated by these glands, even to the kind of skin, hair, muscles and etc.

All living cells have the power to withdraw from the blood the materials they need for their own metabolic activities and to secrete substances which enter the blood. The Endocrine Glands secrete colorless, odorless chemical substances which pass directly into the blood or lymph. These substances which are specific for each of the Endocrine Glands, are called internal secretions. As a result the internal secretions contain substances which activate or depress the function they effect.

Many of the glands that possess ducts and form

an external secretion, form an internal secretion as well; i. e. the liver and the pancreas, portions of the lining membrane of the stomach and intestines. The external secretion is carried out of the gland by means of a duct, though the internal secretion passes into the blood or lymph, just as in ductless glands.

THE ENDOCRINE GLANDS ARE:

The—Pineal
Pituitary
Carotid Gland
Thyroid
Parathyroids
Thymus
Mammary (in female)
Stomach
Liver
Spleen
Pancreas
Suprarenal
Duodenum
Gonads (in female)
Prostate (in male)
Gonads (in male)

PITUITARY GLAND

The Pituitary Gland is located in the parallel of the eyebrows, half way between the temples and has two lobes, each furnishing its own contribution to the blood stream.

The anterior (front) lobe regulates fatty conditions; the hair and is a powerful factor in atrophy of certain glands. It also regulates the growth in childhood and if unbalanced the fingers and toes become clubbed at the extremities. Increased growth

of hair—skin becomes thick and wrinkled, impotence develops in the male and irregular menstruation in the female. The urinary secretion is disturbed, causing it to increase abnormally and sometimes sugar appears.

The posterior secretion acts as a tonic to the blood and is an active stimulant to the intestines, promoting digestive peristalsis. If unbalanced, there is serious disturbances of the nervous system and digestive organs, low blood pressure and drowsiness.

PINEAL GLAND

Just behind and above the pituitary body is a small conical gland, the Pineal. It is larger in children than adults and has been found to be larger in females than males.

While its functions are little understood by most physicians, specialists have discovered that it regulates the growth of the body in general and secretes a fluid which assists in the growth and development of the sexual organs.

CAROTID GLANDS

The Carotid Glands are located directly above and a little behind the parathyroid. They secrete a colorless fluid which is vital to our sense of hearing.

THYROID GLAND

The Thyroid is a small gland placed in front of the trachea. Its secretion has a profound influence over metabolic processes, which affect the whole anatomic nervous system. Its secretions are known to science as thyroxin, a chemical mixture of chlorine and iodine, which digests and assimilates the elements of starches and proteins. It furnishes energy to the body without which digestion, assimilation and elimination of food would be impossible.

PARATHYROID

The Para-thyroid Glands are four in number, and are found in small bodies, two to each surface of the Thyroid lobes. Their secretions are potent in the absorption, secretion and distribution of lime salts and are essential to the well being of the body. Its activities regulate the weight of the body and keep it immune to various diseases.

If the Para-thyroids fail to function properly, other glands and organs of the body are disturbed, causing muscular weakness, decayed teeth; digestive and nervous disorders, etc.

THYMUS GLAND

The Thymus (gland of growth) is situated in the thorax, a little below the thyroid. It increases in size until puberty, then dwindles.

Its functions are the distribution of lime to the bony structure.

PANCREATIC GLANDS

The Pancreas, not unlike a bunch of grapes, is situated across the posterior wall of the abdomen. The Pancreas forms an external secretion, the pancreatic fluid, but special cells in the Pancreas called the Islands of Langerhans, furnish an internal secretion which changes the glucose of the blood into a form that the tissues are able to use.

SPLEEN

The Spleen is situated directly beneath the diaphragm. It regulates the metabolic process, and depends upon the thyroid gland for its activity, as it is the thyroid whose internal secretion gives the exact proportion to make food digestible.

The Spleen is closely related to the organs of assim-

ilation and elimination and has the advantage of preparing the body to receive food. In an indirect way it supplies the stimulant to the stomach and intestinal tract.

ADRENAL GLANDS

The Suprarenal Glands or Adrenals are small yellowish triangular shaped bodies, placed one above each kidney. Their functions are closely related to the functions of the autonomic system, and its secretion, called adrenalin, regulates the blood pressure.

The Adrenals provide an element in the blood, which makes oxidation possible and keeps the circulation flowing at the proper pressure. If inadequate, the blood pressure is low, the nervous system is depressed and death soon follows.

GONAD GLANDS

The Gonads are the reproductive organs of the body. There are two testes in the male and two ovaries in the female. The internal secretion of these glands are poured directly into the blood stream, stimulating and revitalizing all the other glands and organs of the body. In co-operation with these main glands there are the "Epididymis," the "Ductus deferens," the "Vesicula seminalis," the "Ejaculatory Duct," "Prostate and Penis."

The (seed producing) cells in these glands send their secretion out of the body and is therefore known as an external secretion.

THE LIVER

The Liver is the largest gland in the human body, and it is the seat of some of the most important functions of animal life. It is of a reddish brown color and weighs from three to four pounds. It is concerned in

the secretion of a thin yellowish brown fluid, of a bitter taste, and slightly alkaline reaction, called bile.

The liver is composed of a great multitude of blood vessels, nerves, absorbents, and bile ducts, all united together by a granular substance, and covered with a thin serous membrane. In one respect the liver is peculiar and differs from any other organ in the body. It receives two kinds of blood, arterial or red blood, from the hepatic artery, to nourish its substance, and dark venous blood, from the portal vein, out of which it secretes the bile.

The bile ducts originate in minute branches in the interior of the liver and uniting together, they empty into the gall bladder under the liver. The gall bladder is shaped like a pear with its largest extremity hanging downwards, a little below the lower edge of the liver.

THE DUODENUM

When our food has been reduced by the action of the saliva and the gastric juice, to a soft pulpy consistence resembling flour paste, then it is discharged from the stomach into the DUODENUM, and when it reaches the mouth of the gall duct, it stimulates the gall bladder to action, causing its fibrous coats to contract and pour out the bile into the Duodenum, where it mixes with the food, and at once converts its oily or fatty substances into a creamy emulsion, fitted to be absorbed into the blood.

THE PANCREAS

The Pancreas is a long, narrow, flat, pale pink-colored gland, situated behind the stomach, and in its structure and functions closely resembles the salivary glands about the mouth. The Pancreatic Duct, originates in the interior of this gland, and

after extending its whole length finally empties into the Duodenum, opposite the cystic duct coming from the gall bladder.

The Pancreatic juices secreted by the Pancreas, is a clear colorless fluid, very alkaline in its reaction, and contains a peculiar principle called Pancreatin, which exerts a powerful influence in the digestion of starch, oils, fat and other substances not digested by the Salivary Glands, Stomach, etc.

PHYSIOLOGY OF DIGESTION

As already shown, the process of digestion is very complicated. It commences in the mouth, where the food is crushed by the teeth, and then thoroughly mixed with the saliva, and reduced to a soft, pulpy mass, and fitted to be swallowed into the stomach. The saliva acts as a kind of ferment, converting its starch into sugar, and then changing it into lactic acid, to aid digestion, after the food has been swallowed into the stomach.

When the food reaches the stomach, it acts as a healthy stimulus, increasing the flow of blood into the blood-vessels of the stomach, causing the gastric juices to be secreted in large quantities, which, when brought in contact with the food, attacks its albuminous materials, such as lean meat, eggs, etc., and soon reduces them to a fine, pulpy mass, of a grey color, and slightly sour to the sense of taste. The oil, starch, and fat, now being set free by the digestion of the delicate cell membranes, of the little cells which contain them, and not being acted upon by the gastric juice, the starch and fat globules are mixed with the digested food, and sent forward through the pyloric valve into the duodenum.

When the food reaches the cavity of the duodenum,

it communicates a healthy stimulus to the liver and the pancreas, causing these organs to secrete and pour out into the cavity of the duodenum, large quantities of bile and pancreatic juice. These fluids being strongly alkaline, at once attack the oils and fat, and quickly convert them into a saponaceous emulsion, while the pancreatine of the pancreatic juice, digests the remaining portions of starch converting them into sugar so that they may be easily absorbed into the blood. It is well known that starch and oils cannot be absorbed until digested by the action of the bile and pancreatic juices, and it will be noticed that the liver is a large powerful organ, and only second to the stomach in aiding to digest our food. Bile is then secreted for the purpose of COMPLETING the process of digestion, and when the liver becomes diseased, and bile is not secreted, then oils and fats are digested with great difficulty.

Starch and oils, or fat, are the last and most DIFFICULT to digest of all kinds of food. It is only when brought into contact with these strongly alkaline fluids, that they are finally digested, the starch being converted into sugar by the action of the pancreatic juice. Sugar does not require any digestion, being capable of absorption without any change directly into the blood, where it may be found in large quantities.

GLAND STARVATION

In gland starvation there is a tendency to ossification, hardening, stricture, arterio-sclerosis, gout, rheumatism, shrinkage of the heart valves, atrophy, swelling, stiffness, gravel, gall stones, calculus, tumor, scerosis of the liver, gouty kidney, ankylosis, consolidation in nerve matter, or in brain matter,

or in the spinal bones, or solidification in the ears, or in the ear bones, resulting in poor hearing, or hardening in the structures of the eyes, which terminate in poor eyesight and sometimes blindness; Arthritis (hardening in the joints); uratic crystallization.

The results from gland starvation, or imbalance, are poor elimination, constipation, anemic blood, defective secretions, faulty excretion, acidity, bloating, lime hardening, brain shrinkage, auto-intoxication, headache, nervousness, stomach trouble, liver and kidney ailments, heart disease, feeble-mindedness, etc.

Gland stimulation—(through the spinal nerves) and Iron, Sodium and Oxygen are the four most important factors for a speedy recovery.

FEEDING THE DUCTLESS GLANDS

The internal glands in question require certain food material for their secretions. If this secretory food material is not supplied these secretions lag and the glands become subnormal. At once there is trouble of some kind. Health suffers; beauty vanishes; cheeks fade; vigor decreases; life is on the ebb and disease takes the place of health.

The internal glands require for their secretions, fruit and vegetable acids; some food elements as iodine, fluorine, manganese, silicon, magnesium; a little chlorine and the foreign element, aluminum.

The internal secretions are highly complex and require certain combination salads which can be made up from the following list, and should be a part of the meal at least once a day.

FRUITS AND VEGETABLES

Ripe apricots	Blueberries
Chinees dates	Grapes
Ripe olives	Pineapple
Ripe apples	Ripe bananas
Fresh figs	Sweet plums
Strawberries	Sundried figs
Avocado	Raspberries
Sweet cherries	Bartlett pears
Black currants	Blackberries

COOKED VEGETABLES

Asparagus tips	Carrots
Onions	Green peppers
Young beets	String beans
Egg plant	Young lima beans
Tomatoes	Young green peas
Artichoke hearts	Prunes

RAW VEGETABLES

Savoy cabbage	Celery
Chinese cabbage	Red cabbage
Dandelion	Lettuce
Spinach	Swiss chard
Parsley	Dill
Sugar beet leaves	Turnip leaves

MEAT AND FISH

Lamb	Lobster
Young duck	Pike
Clams	Sea crab
Young chicken	Sole
Liver from young fowls	Whitefish
Young wild fowl	Crab meat
Tuna fish	Smelts
Flounder	Silver Salmon
Quail	Lobster

THE LYMPHATIC SYSTEM

The Chiropractor who uses PRESSURE in his practice, must have an intimate knowledge of the Lymphatic System, its anatomy and physiology, if he would be successful in his practice. Because of this, and that the relation of pressure to them may be clearly brought out, I include here as much of the subject as is essential to the technique.

The Lymphatic System comprises the lymphatic vessels and glands. The vessels arise in the lymph spaces between the capillaries and are found everywhere, except in hair, nails, cuticle, cartilage. They are very delicate in structure, retain a nearly uniform size, freely anastomose with each other, and have a knotted appearance, caused by the presence, at intervals, of valves, like the veins. They are very numerous, and accompany the veins toward the heart, passing through the lymphatic glands on their way.

The vessels and glands are divided into two sets, superficial and deep. The former lie just beneath the skin in the loose connective tissue, accompanying the superficial veins, occasionally sending a branch to the deep lymphatics. The deep lymphatics are not so numerous as the superficial. They accompany the deep blood vessels.

The glands are small and solid, in size from a hemp seed to an almond. They are also in two sets, superficial and deep. They are found in the neck, axilla, front of elbow, groin, popliteal space. In the abdominal cavity they are found in the mesentery, along the great vessels, on both curvatures of the stomach, in the liver, spleen, kidney, uterus, bladder, intestines.

The lymphatics of the lower limbs, abdominal cavity, left side of thorax, left arm, left side of head and neck, join to make the thoracic duct—a tube extend-

ing from the second lumbar vertebra to the left subclavian vein, near its junction with the left internal jugular. The lymphatics from the right side of the body and head, join in a tube which enters the right subclavian vein. This tube is about an inch in length.

The Occipital Glands lie at the base of the occiput, the posterior auricular back of the ear on the sternomastoid muscle, the cervical in the space between the sternomastoid and the trapezius above the clavicle, the parotid on and in the parotid gland, the submaxillary under the lower jaw. Lying as these glands do just under and draining the skin of the head, face and neck, they become at once involved when any disease attacks these parts.

The deep lymphatic vessels and glands are connected with the superficial vessels and glands above described, and drain the deeper parts.

The lymphatics of the arm are of two sets, superficial and deep. The former just under the skin, the glands few and small, found in front of elbow and in axilla. The deep glands are scattered along in the forearm and in the arm, always near the blood vessels. The largest and most numerous glands are in the axilla and along its front and back margins. These vessels and glands are closely connected to those of the head and neck, and should always be stimulated when we wish to aid drainage of these regions, or cause absorption of exudates, enlarged glands and goitre.

The superficial lymphatics of the leg lie just under the skin, pass up the leg from the foot, ending in the LOWER group of superficial glands arranged about the saphenous opening. These will become enlarged if the leg is diseased.

The UPPER superficial glands lie along Poupart's

ligament, and receive the lymphatics from the external genitals of both the male and the female, also receive those of the walls of the abdomen, perineal and gluteal regions. If they become enlarged, the cause lies in some infection from these regions and organs, so that in making a diagnosis one must be careful to distinguish which set of glands is affected.

The deep lymphatic glands of the leg of most interest to the Chiropractor who uses pressure are the popliteal and deep inguinal, these latter being connected with the superficial inguinal glands through the saphenous opening.

To reach these deep inguinal and abdominal glands, the patient must lie on his back with knees drawn up to relax the abdominal muscles while deep pressure is made with the hand.

When treating sprains, synovitis, exudates, varicosities, ulcers, oedema, the inguinal glands should be stimulated (LP) before giving other treatment, because, if they are not free, the lymphatic stream draining the limb below them will become clogged and the effete, poisonous materials cannot be carried forward and eliminated.

The deep lymphatics of the pelvis are found along the great blood-vessels. The deep lymphatics of the penis connect with the internal iliac glands, as do those of the bladder, prostate, cervix uteri and vagina, except that some from the cervix and vagina go to the sacral glands. Those from the body of the uterus, testicle, kidneys, connect with the lumbar glands which become enlarged in malignant disease of these organs.

These lymphatics and glands are somewhat difficult to stimulate, but they may be reached by placing the patient on his back with knees drawn up, us-

ing deep pressure. This should always be done in diseases of these organs and of the lower limbs. There can be no health without free circulation of the blood and the lymph.

The liver and the stomach are richly supplied with lymphatics. Some from the liver and all from the stomach enter the thoracic duct. Some of the superficial lymphatics of the liver pass to the right duct. Stimulation of these vessels and glands is accomplished by deep pressure over the organs themselves.

The lymphatics of the intestines are called lacteals. They unite to form the thoracic duct. Stimulation is possible by deep pressure over the abdomen. To aid the flow of the lymph in the thoracic duct, (LP) should be applied to the spinal centers in the dorsal region, this dilates the duct through the sympathetics.

The flow of the lymph is caused by the blood pressure behind, pressure of the muscles, action of respiration. The valves keep the flow in one direction, preventing any ebb. Compared to the blood flow, the lymph rate is very slow, and more or less intermittent and because of this weak flow, when any vasoparalysis, or obstruction to the venous current occurs, excessive transudation of the lymph takes place.

Success in most cases will depend upon the way the lymphatics are kept free. Health depends upon an unobstructed flow of the blood and lymph.

THE SYMPATHETIC NERVOUS SYSTEM

and its relations to

THE GLANDULAR SYSTEM

This system of nerves is called "the great sympathetic system," and as they control the functions absolutely necessary to the maintenance of life, their

importance to the glandular system cannot be overestimated.

The Sympathetic Nerve, as a whole, may be regarded as a cerebro-spinal nerve containing some fibres peculiar to itself and differing from other cerebro-spinal nerves in containing numerous ganglia and having a tendency to the formation of more or less complicated plexuses, also in being less under the conscious and voluntary control of the individual. While the Sympathetic Nerve contains both sensitive and motor fibres, the former are relatively less closely connected with individual control than those nerves which preside over our relations with the external world.

The "Abdominal Brain" controls heart action and rhythmical movements that facilitate the circulation of the blood as well as the relative calibre of blood vessels. It presides over the glandular system and regulates secretion, also excretion. Thus all the forces and functions of alimentation, as digestion and assimilation, are within its scope and power. It presides over the excretory glands, which remove the refuse of cell waste and tissue change—and other bodily impurities.

While the cerebro-spinal axis is the chief governor of the body, endowed with the principal rule and a central power to which others must in the main submit, and is to a considerable extent dominated by the will, yet the "Abdominal Brain" is a limited or restricted government, exercising many powers and measurably independent of the supreme bodily authority. The "Abdominal Brain" sends out physiologic orders to its dependent viscera. If they are all healthy, they obey, but a disturbing irritation at any point along the spine may derange one or all of

them, causing some to stop and others to act irregularly, inadequately, or perhaps over-strenuously, as the case may be.

NERVE WASTE. The nerve centers are the real source of all power that the body possesses, as well as the reservoirs of such force, which is sent out over the nerve trunks and branches to each part according to the special needs of the body. If the nerve centers become weakened or perverted from any cause, so they do not generate sufficient force, or if there be a leakage or waste of this force, caused through a congestion of one or more vertebrae, the whole system becomes less capable of resisting disease or sustaining effort. Where there is insufficient nerve force, due to some leakage or waste of it, caused by an irritation at any point along the spine, all parts may suffer proportionately and the general systemic condition of nervous debility, nervous exhaustion, or nervous prostration, known as neurasthenia, ensues. But it frequently transpires that certain parts manage to secure their full healthful allowance of nerve force and the loss of waste devolves wholly upon one or several organs, in which case, instead of there being a generally lowered tone of the whole system, as in neurasthenia, certain parts that secure force remain strong and healthy, and only the specially deprived organs become weakly, disordered and sick.

If the irritation from a congestion affects portions of the body supplied by the sympathetic nerve, which never rests so long as life's processes continue, it produces an incessant waste of nerve power of vital energy, which will, sooner or later, in a great measure, exhaust the nerve centers.

Every case of physical debility is nervous poverty caused by nerve waste going on somewhere within

the system. Irritation causes nerve waste or a leak of vital energy, which we know, as Chiropractors, is generally found in the spinal tract.

Every function of our bodies that requires constant, sleepless vigil and untiring energy is controlled by the great sympathetic system of nerves. From the moment vital processes are placed within its guardianship until life ceases, this system of nerves is steadily and ceaselessly endeavoring to operate the essential bodily functions and only where sufficient nerve waste occurs to deprive parts of the full influence of these wonderful nerves, do such parts hesitate, wobble or lag in their functional activities.

GLAND TECHNIQUE

through

PRESSURE CONTROL

Gland technique through pressure and its relationship to vaso-motor control deals specifically with applied **pressure to glands and nerves** covering the entire body. I will therefore outline the procedure step by step that will carry you through this entire technique and if you will follow through with each step as outlined the results obtained will be satisfactory in giving relief with very little effort and discomfort to your patient.

- **STIMULATION** is produced by **light pressure** for an average of **eight to ten seconds**, **between the transverse processes** and close to the lamina.
- **SEDATION** is produced by **medium pressure** for about **fifteen to twenty seconds**, thus quieting excitability, promoting sleep, etc.
- **INHIBITION** is produced by **heavy pressure** for

not more than forty seconds. This will subdue pain, slow the heart and check peristalsis.

PRINCIPLES

There are thirty-one spinal nerves controlling the functions of the various organs of the body, which supply sensations and motion. The Sympathetic Nerves govern the vital automatic processes; circulation, digestion, secretion, absorption and excretion.

These two systems of nerves are intimately connected. All sympathetic ganglia receive filaments from the cerebro-spinal nerves, the fibres of which pass through the ganglion to the peripheral branches of the sympathetic system. All the organs of the body, accordingly, contain nerve fibres from both sources. The cerebro-spinal nerves are in greatest abundance and manifest their most striking properties in the organs of animal life; those of the sympathetic system preponderate in the organs of nutrition, and in their influence on the functions of circulation, secretion and growth. When an organ is diseased, its nerves are irritated, the irritation being manifested at the point of entrance of these nerves into the spinal cord, between the transverse processes of the vertebrae. These irritated points are found by pressure applied between the processes; hence, if upon examination, one finds tender points along the spine, it means irritation or disease in the organ, or part, supplied by those nerves. PRESSURE applied to those tender points, stimulates the nerves to renewed activity, or sedates or inhibits, and a cure results.

In treating the spinal nerves and glandular conditions, the amount of pressure should be strictly determined by the diagnosis. Use the Chiropractor's index finger to locate the tender points.

DISEASES AND TREATMENTS

VASO-MOTOR CENTERS

THE HEAD

PRESSURE (LP)—At the second dorsal nerves dilates the pupils and contracts the vessels of the cranial mucous membranes and conjunctivae and increases secretions of the saliva.

PRESSURE (HP)—at the second dorsal nerves dilates the vessels of the nasal mucous membranes and pharynx and conjunctivae and causes congestion of the eyeball.

PRESSURE (LP)—At the third dorsal nerves contracts the vessels of the nasal mucous membranes and pharynx.

PRESSURE (HP)—At the third dorsal nerves causes a general congestion of the cranial structures.

PRESSURE IN ITS VARIATIONS—At the third dorsal nerves also affect the trachea and larynx.

THE LUNGS

PRESSURE (LP)—At the fourth and fifth dorsal nerves contracts the pulmonary vessels.

PRESSURE (HP)—At the fourth and fifth dorsal nerves dilates the pulmonary vessels.

THE HEART

PRESSURE (LP)—At the fourth dorsal nerves increases the heart beat.

PRESSURE (HP)—At the fourth dorsal nerves decreases the heart beat and lessens its efficiency.

THE STOMACH

The VAGI are motor and secretory nerves to the stomach; also from the sixth to ninth dorsal nerves

inclusive, their fibres pass through the sympathetics to the stomach. If there is any disease or hyperaemia causing irritation it is referred to the dorsal nerves as they are the vaso-motor centers. If the trouble is in the pyloric end there is tenderness at the ninth dorsal; if at the cordiac end, the sixth and seventh.

Stimulation of the vaso-motor nerves contract the dilated vessels thus overcoming stasis and hyperaemia and stimulation of the vagi increases gastric secretion.

THE LIVER

The functional activity of the liver is important to health as it acts as a doorkeeper to the circulation, interference with it means constipation and indigestion. The nerves of the liver come from the pneumogastrics and hepatic plexus of the sympathetics.

To stimulate the liver, duodenum and pancreas function via the medulla bring light pressure to the spinal accessory between the first and second C, both sides, and with the palm of the thumb directly over the other and beneath the spinous process of the seventh cervical give two or three little recoils.

THE BILE

The bile plays an important part in the process of digestion. It helps to neutralize the acid chyme from the stomach, the pancreatic and intestinal juices and prepares the food for absorption.

To increase the flow of bile and increase peristalsis bring LP and vibrate between the 4th, 5th and 6th dorsal, right side, also stimulate the vagi in the neck via the spinal accessory as the vagi will promote gastric secretion.

THE DUODENUM AND SMALL INTESTINES

Stimulation (LP) between the first and second C, both sides, recoil to the seventh C increases peristalsis of the duodenum and small intestines.

THE KIDNEYS

The vaso-motor nerves to the kidneys arise from the eleventh dorsal to the first lumbar.

Stimulation (LP) contracts the kidneys and its vessels, decreasing urinary flow. (HP) from the eleventh dorsal to first lumbar inclusive, dilates the vessels and increases the excretion of urine.

THE SWEAT GLANDS

To stimulate the sweat glands of the lower limbs bring (LP) to the dorsal nerves below the tenth and for the upper limbs (LP) above the sixth dorsal.

THE BLADDER

The bladder is supplied by two sets of nerves, one of which, the sympathetic, is connected with the third, fourth and fifth lumbar nerves inclusive, the other has no sympathetic connection. For contraction of the bladder stimulate (LP) the sacral nerves.

Pressure, in its variations, to the fifth lumbar and sacral nerves will improve almost any form of bladder affection.

THE PROSTATE GLAND

The prostate is richly supplied with blood, therefore is easily subjected to congestion and if continued leads to hypertrophy. If congested stimulate (LP) the tenth to twelfth dorsal nerves (both sides) and inhibit (HP) the fifth lumbar nerves (both sides).

THE UTERUS

The internal generative organs, uterus and vagina receive their innervation through the third, fourth and fifth lumbar nerves inclusive. Stimulation (LP) to the above nerves causes vaso-contraction.

DYSMENORRHEA

This condition is causing untold suffering among the women of today which may or may not be attributed to our present mode of living. Painful menstruation is produced by numerous causes, namely; inflammation or ulceration of the cavity of the uterus, causing pain in the manifestation of its functions; contraction of the cervix of the uterus; physical weakness; occupation. In practically all of these cases, the menstrual fluid accumulates in the cavity of the uterus, and not being able to escape through its contracted orifice, and irritation is produced and followed by severe pain and uterine contractions. At first the menstrual fluid which is discharged through the contracted cervix of the uterus, is thin and briny but when the cervix becomes sufficiently dilated the discharge becomes thick, tarry, and streaks of membrane are thrown off by the lining surface of the uterus.

TREATMENT—Disturbances in the uterus are usually associated with pain and sensitiveness in the area of the fourth and fifth lumbar nerves; therefore inhibit (HP) the fourth and fifth lumbar, both sides, and (LP) first and second cervicals, right side. (MP) between fifth and sixth dorsal, right side.

HEAD COLDS

Too much cannot be mentioned with regard to a condition that is so prevalent today and still one

which is treated so lightly by the practitioner as well as the patient. Head cold or coryza is an inflammation of the mucous membrane of the nose and throat, extending to the trachea, with a very free discharge of mucous. If this is neglected it may be followed by infection of the sinuses and probable infection of the entire respiratory tract.

TREATMENT—First, all congested blood vessels, glands and mucous membranes must be relieved SEDATE (MP) the first to the sixth cervical nerves and stimulate (LP) second, third and fourth dorsal nerves. When a patient is subject to chronic colds it is indicative of a lack of adrenal and thyroid secretions.

TREATMENT—Stimulate (LP) second, eleventh and twelfth dorsal nerves.

PROSTATITIS

I cannot lay too much stress upon the proper diagnosis and treatment covering this particular ailment. It is one that is causing untold suffering among the male race today. First because it is one of the least understood glands of the body, and unless proper treatment is applied it results in a complete breaking down of the entire system, and in middle life quite frequently results in chronic bladder complications, and impotence. It is always advisable when diagnosing all systemic conditions covering male patients to examine minutely the prostate gland. This is comparatively a simple examination and in a great many cases, it is needless to proceed further with the diagnosis. The prostate gland is situated in front of the neck of the bladder and around the commencement of the urethra. Its function as we know is to secrete a prostrate fluid which is an essential element of the

seminal fluid, and gives motility to the spermatozoa. The prostate gland is closely surrounded by the seminal vesicles and the cowper's gland. These three units become practically one when dealing with prostatitis. The prostate gland becomes very enlarged and inflamed and develops in many cases to three and four times its normal size. The seminal vesicles and cowper's glands, also become very congested which in many cases is attributable to previous pathological conditions. The symptoms are frequent urinations with very little control when urinating, irritability, loss of appetite, constant discomfort and pain in the rectal region and scrotum, and lack of energy. It responds very readily and successfully to gland treatment, and after the third or fourth, brings about a very satisfying result. In treating prostatitis, the question invariably arises as to whether the patient should abstain from sexual intercourse. Contrary to the beliefs of many, I advise normal indulgence, which of course, should be determined by the patients occupation.

TREATMENT—Stimulation (LP) both sides, tenth to twelfth dorsals and inhibit (HP) the fifth lumbar (both sides.)

HIGH BLOOD PRESSURE

From a general standpoint, I have found that there are two distinct types, namely; functional and organic. Patients suffering from the former is due to temporary or permanent conditions which irritate or stimulate the organs whose functions it is to control the mechanism of the circulation. In the latter case the pressure may not be so high, but the patient is found to be suffering from Arteriosclerosis, renal diseases, cardiac hypertrophy and other structural

changes which may be the cause of the increased pressure.

TREATMENT: Very successful. With both thumbs, one over the other behind the seventh spinous process give two or three recoils.

Repeat in twenty minutes if desired results have not been obtained. Caution: Be sure the correct reading of sphygmomanometer is taken before and after treating.

RHEUMATISM

It is well to bear in mind that not every ache or pain in the muscles or pains of unknown origin is rheumatic. Various aches and pains however complained of by the patient are likely all the outcroppings of rheumatic diseases. There are three main varieties of this disease:

- 1—Inflammatory Rheumatism or Rheumatic fever.
- 2—Chronic Rheumatism or Arthritis.
- 3—Muscular Rheumatism or Myositis.

Regardless of all that has been said and written in the past and heard of noted cures such as baths, springs, climate, causes and cures of this disease, it still remains for the Chiropractor to present to the field through Gland Technique the cause and relief of this painful affliction.

Impeded capillary blood circulation is the cause of this disease. At first thought it would seem very improbable but there is no possible argument against it. When the blood circulates in the capillaries properly, the normal functions of all the blood making materials are properly performed and a due proportion of all the elements is kept up in every part. Normal blood is manufactured.

Without certain elements in the blood, elimination of the waste material cannot take place, so we at once perceive the necessity of their presence in the blood.

If these waste materials cannot be, or are not eliminated they must accumulate. If that waste be unconverted into fluid, precipitation follows.

Now, in rheumatism, we have a disturbance caused by the precipitation of acid crystals of lactic acid, due to the lack of sodium phosphate. The role that this salt exercises in the human economy is described in other volumes.

TREATMENT—The treatment for rheumatism should be directed to the promotions of the circulations covering the fluids of the body. A natural chemical change then takes place. Therefore the following glands should be stimulated. Thyroid, stomach, liver, spleen, pancreas, duodenum and special attention to the suprarenals.

HAY FEVER

Volumes have been written, doctors have prescribed and patients have been treated and in the vast majority of cases, the relief has been but temporary.

Why? Certainly no adequate treatment could be given without a knowledge of cause. Nevertheless this seems to have been overlooked by the majority of our practitioners today. Hay Fever is strictly a structural and habitual condition that links nerve irritation and consequent lack of nerve force. Therefore my research shows that dust, smoke, pollen, or in fact, any air contamination does not cause Hay Fever. Hay Fever is an affection of the upper air passages and by that I mean neurosis characterized

by extreme sensitiveness of the mucosa. The onset is not unlike a bad head cold, with varying symptoms, often with asthmatic attacks. It occurs mostly in warm weather, generally in late summer. It occurs each year at about the same time, often to the very day. It is very abrupt in its attack. There is a copious, thin, watery discharge from the nose. The eyes are red, swollen and suffused. The sense of taste and smell may be impaired. The appetite is poor and there is frequently a slight fever. The attack continues from four to six weeks.

The success of treatment depends solely upon knowing where to locate, and your ability to correct that which is wrong; because as long as the clinical picture behind your Hay Fever is allowed to remain, the secondary condition will continue to exist. Corrective treatment therefore is effective in healing permanently the catarrhal sores, thereby changing the clinical picture and then dust, pollen or other particles that are in the air, and that are breathed by everyone no longer act as irritants, and as a result a question of altitude, city or country is not considered, because if that were the case, there would be many more hundreds of thousands of people suffering from Hay Fever as we are all breathing dust, pollen, and contaminated air.

The fifth cranial nerve is the nerve of common sensations to the cranial structures. It is a carrier of impulses aroused by external changes to the vaso-motor centers. The fifth is the nerve chiefly concerned in the afferent side of the nasal vaso-motor reflexes.

The sensory impulses are carried through the Gasserian ganglion to the nucleus of the fifth nerve and on into the floor of the fourth ventricle. From the

fourth ventricle the impulses are passed downward through the spinal cord to the vaso-motor center in the upper dorsal region, which regulates the size of the vessels of the nasal mucous membrane.

In order to bring about a normal condition we must treat the sympathetic and vaso-motor nerves which are concerned.

As the sympathetic system is not a complete system, in the sense of the word, but a relay station for transmission of impulses to and from the vasero-motor centers in the spinal cord, medulla, pons and mid-brain, it will be readily understood that to bring about a normal condition we must treat the centers involved, therefore, for the relief of Hay Fever we bring (MP) from the Atlas to sixth cervical inclusive and (LP) to the third dorsal nerves, which is the vaso-motor center for the nasal passage.

Treatment should take three minutes and be given once a day.

DISEASES IN GENERAL

ANEMIA

This term is applied to conditions associated with a deficiency of red cells, or a deficiency of hemoglobin in the cells. Every cell in the body suffers, and in fact smothers for the want of oxygen so necessary for all the processes of metabolism. The result is muscular weakness, breathlessness and impaired function of every tissue and organ in the body. The patient complains of loss of appetite, chronic indigestion, night sweats, lack of animation. The prognosis of this disease is very successful when treated according to gland technique. Appetite, sound rest, and a general

building up of the system is generally noted after the fifth treatment which is followed by a gain in weight and eventual cure.

TREATMENT—When it is found, blood pressure is below normal, it is advisable to **STIMULATE** with (LP) the suprarenal glands through eleventh and twelfth dorsal nerves, also **STIMULATE** the thyroid through the fifth cervical nerves, also second and third dorsal nerves. Treatment should be given preferably in the afternoon and at least once each day for the first two weeks, then every other day and change schedule accordingly. The diet should be plain, easily assimilated and contain foods rich in iron such as eggs, spinach, fish, meats and etc. Rest and sunshine are very essential factors. Deep breathing morning and night is very important, but patient should be cautioned to increase the inhalations gradually.

AUTO-INTOXICATION

Self-poisoning from the absorption of decomposing foodstuffs that have not been properly acted upon by the digestive organs, or the absorption of poisonous ferments, that have been permitted to remain in the intestines, due to bowel lethargy from inadequate nervous force, explains many diseases and accounts for many deaths.

The inconvenience and distress due to stomach qualms and digestive discord, gastro-intestinal turmoil, cramps, watery or sour risings, belching of gas, unrest, oppressed or disturbed heart action, insomnia, nightmare are really the most insignificant and unimportant features of indigestion. The real danger lurks behind the condition—the danger of impoverished or depraved blood, of semi-starved tissues, of systemic poisoning, of overtaxed eliminative organs.

Wasted nerve force may be shared by several organs or the loss may fall principally on some one of them. Thus where the abdominal brain suffers a leak of nervous force, owing to congested vertebrae the stomach and intestinal tract may jointly share in the loss, as is most commonly the case, or one may secure its equal share of nerve force and operate naturally, while the other suffers two-fold and is much more affected by the deprivation.

All food that enters the stomach contains a certain amount of building material for the body and it also contains a certain amount of residue or waste. It is the function of the alimentary tract to separate and absorb the building materials and pass them into the blood for distribution and at the same time pass the residue through the intestines and out of the system.

This process is constantly going on within the intestines of a healthy person, and the results are rosy cheeks, a clear skin, steady nerves, an active mind and muscles that respond quickly.

When this process is arrested the glandular and nerve system must suffer and a state of ill health is set up at once.

The liver being a scavenger for the blood as it passes through it finds more work to do than it is capable of, and cannot purify it because the blood, by the absorption of the poisonous products, becomes heavy, and the circulation sluggish. This impure blood then passes on through the body back to the heart and out again, where the lungs cannot do their duty in clarifying the blood in order to give it the life-giving force.

TREATMENT. Stimulate the Vagi through the spinal accessory. (LP) ten seconds, both sides be-

tween first and second cervical with the palmer surface of your middle finger, laterally. Give two or three light recoils to the seventh cervical. (LP) right side, between the fifth and sixth dorsal. (LP) right side, between the twelfth dorsal and first lumbar, fifteen seconds.

ASTHMA

Asthma is a spasm of the bronchial tubes which cause a choking sensation. There is a wheezing of the breath as it is forcibly expelled and the patient lives in continual fear of choking to death.

TREATMENT. (LP) between the first and second cervicals and two or three light recoils on the seventh cervical. Diet should consist of three vegetables, two fruits, one protein and one starch per day. Treat daily.

BILIOUSNESS

Biliousness is merely a symptom and not a disease of itself.

TREATMENT. (LP) both sides between the first and second cervicals. (LP) right side between fifth and sixth cervical and (MP) right side between fifth and sixth dorsal. Recommend that the patient drink glass of hot water with juice of half lemon upon arising in the morning.

BLADDER TROUBLE

Most every case of bladder trouble will respond readily to pressure control.

TREATMENT. (HP) both sides fifth lumbar. (MP) second, third and fourth sacrals, both sides and (LP) right side between first and second cervical.

CAKED OR LUMPY BREAST

TREATMENT. (LP) fifteen seconds, right side, between third and fourth dorsal. (LP) right side, between first and second cervical.

BRIGHT'S DISEASE

The cause of Bright's disease is overworked kidneys and they are no longer capable of excreting poison. The presence of albumen in the urine is one of the proofs of its existence.

TREATMENT. (LP) both sides between eleventh and twelfth dorsal fifteen seconds. (HP) both sides fifth lumbar and (LP) to sacral nerves.

BRONCHITIS

Inflammation of the bronchial tubes.

TREATMENT—See Asthma.

CATARRH

Inflamations of the mucus membrane.

TREATMENT—See Hay Fever and Constipation

COLDS, INFLUENZA

Caused by a lowered resistance.

TREATMENT. (LP) both sides, first and second cervical, (LP) right side fifth and sixth cervical and (LP) both sides, between eleventh and twelfth dorsal. Hot water and lemon every morning.

COLIC—MUCOUS COLITIS

Mucous Colitis is becoming one of our leading diseases, however, it responds readily to pressure control.

TREATMENT. (LP) both sides first and second cervical. (LP) right side between fifth and sixth cervical and (HP) both sides first to fifth lumbar, forty-five seconds.

CONSTIPATION. (Mother of Diseases)

Constipation needs no introduction and will respond readily to pressure control.

TREATMENT. (LP) both sides, fifteen seconds, between first and second cervical (LP) right side, fifteen seconds, between fifth and sixth cervical. (MP) right side, between twelfth dorsal and first lumbar. Glass of water with juice of half lemon before breakfast.

COUGHS

Coughs is an effort of the lungs to expel mucus or clear irritation of the air passages.

TREATMENT. (LP) right side between first and second cervical.

DIABETES

Diabetes is characterized by increased urine and sugar which goes to waste in the blood.

TREATMENT. As this is a disease of the pancreas you stimulate via the fourth ventricle, (LP) right side, first and second cervical. Recoil at seventh cervical and (LP) between eleventh and twelfth dorsal. Both sides.

DROPSY—EDEMA

Dropsy is due either to weakness of the heart or partial stopping up of the capillaries.

TREATMENT. (LP) between first and second

cervicals both sides and (LP) both sides between the eleventh and twelfth dorsal for increased circulation.

DIARRHEA—PURGING

TREATMENT—See Colic.

DEAFNESS

Catarrhal conditions of the eustachian tube and congestion and thickened ear drums are relieved by stimulation of the Carotid gland.

TREATMENT. (LP) both sides, between the sixth and seventh cervical. Place the index fingers in the ears and vibrate for ten seconds.

DISEASES OF CHILDREN

Under this heading are diphtheria, measles, whooping cough, mumps, scarlet fever and chicken pox.

TREATMENT. (LP) right side (ten seconds) between first and second cervical. (LP) right side, between fifth and sixth dorsal. Don't overtreat.

DIZZINESS (Vertigo)

Vertigo is an abnormal pressure of blood to the brain.

TREATMENT. (HP) both sides, between first and second cervicals and two or three recoils to the seventh cervical.

EARACHE

Either from the tubes or the middle ear.

TREATMENT. (LP) both sides between sixth and seventh cervicals. Repeat in five minutes if necessary.

EYE DISEASES

If congestion of the eye ball bring (LP) between first and second dorsal. For optic nerve stimulation place thumb directly over third cervical and vibrate for ten seconds. For trachoma (granulated lids), etc. (LP) between tenth and eleventh; eleventh and twelfth dorsals, both sides.

PROLAPSE WOMB

Weakness or flabbiness of the ligaments. Stimulate (LP) first to fifth lumbar, both sides. (LP) between first and second cervical, right side.

FATIGUE

For loss of pep and that all in feeling stimulate (LP) between the ninth, tenth, eleventh and twelfth dorsals, both sides.

GALLSTONES

Gallstones are small lumps of mineral matter which obstruct the flow of bile.

TREATMENT. To empty the gall bladder and relax the duct, bring (MP) twenty seconds between the fourth, fifth and sixth dorsals, right side. Give constipation treatment.

GOUT—PODAGRA—LITHIMA

Deposits of urates of soda in the joints.

Treatment—(LP) first and second cervical, right side. (LP) tenth, eleventh, twelfth dorsal, both sides.

HEADACHE

As Dr. Woods Hutchinson says:

"The humblest and least distinguished of all the organs of the body can order the lordly head to ache for it, and the head has no alternative but to obey."

TREATMENT. (LP) ten seconds, with the flat, palmer surface, of the middle finger, laterally, between the first and second cervical, right side and (MP) between the fifth and sixth dorsal, right side, will relieve most any headache.

HYSTERIA

Hysteria is not a whim or imagination but dependent upon definite physical causes. With women it is related to the sexual organs and their derangement.

TREATMENT. (LP) first and second cervical, right side. Recoil at seventh cervical and (LP) tenth, eleventh, twelfth dorsal. Both sides.

IMPOTENCE

DISEASES OF MEN — EMISSIONS, INVOLUNTARY, PREMATURE OR RETARDED. INABILITY TO ERECT OR MAINTAIN ERECTION

These conditions are simply signs of weakness and are easily and quickly remedied.

TREATMENT. (LP) tenth, eleventh, twelfth dorsal, both sides. (LP) first and second cervical, right side.

INDIGESTION—DYSPEPSIA

Fermentation of food and dilation of the stomach.

TREATMENT. (LP) first and second cervical, right side and (MP) fifth, sixth dorsal, right side.

JAUNDICE

Jaundice is not always a symptom of liver disease, but is caused, mainly, by a catarrhal condition, or other obstruction of the bile duct, which prevents the passage of the bile into the intestines and causes it to be reabsorbed into the blood.

TREATMENT. Recoil at seventh cervical! (LP) fourth, fifth, sixth, dorsal, right side.

KIDNEY DISEASE (Congestion)

This term covers a number of affections of the kidneys.

TREATMENT. (LP) first and second cervical, right side. (LP) between eleventh and twelfth dorsal, both sides.

LIVER—CIRRHOSIS

TREATMENT—See liver, in previous chapter.

LUMBAGO (Rheumatism of the Muscles)
Lumbago is characterized by the steady pain in the small of the back.

TREATMENT. (LP) first and second cervical, right side. (HP) sixth, seventh and eighth dorsal, both sides.

MELANCHOLY

Interference to the blood circulation and a lack of adrenal secretion.

TREATMENT. (MP) both sides, first and second cervical and (LP) between eleventh and twelfth

dorsal, both sides. Demand that the patient sleep face downward as much as possible.

NEURASTHENIA

This is a disease of the generative organs, kidneys, liver, heart or bowels.

TREATMENT. Recoil at seventh cervical. (LP) first and second cervical, both sides. (LP) between fifth and sixth cervical, right side. (MP) between fifth and sixth dorsal, right side.

NEURITIS

Inflammation of a nerve.

Find the segment which is congested and inhibit (HP).

NAUSEA AND VOMITING

Nausea and vomiting may be quickly overcome through pressure control.

TREATMENT. (LP) between first and second cervical, right side and (MP) between fifth and sixth dorsal, right side.

OBESITY—EXCESS OF FAT (Corpulence)

This is a disorder of nutrition, in which the fat of the food is imperfectly oxygenized in the blood, and is not assimilated in building up tissue, but is deposited between the layers of tissue in different parts of the body.

If the Thyroid gland fails to function properly the Para-Thyroids, which always produces fat, is dominant.

As the Thyroid gland produces energy to burn up the excess fat, it can readily be seen that by stimula-

tion of the thyroid and adrenals and elimination of the foods at fault we can regulate the weight.

TREATMENT. (LP) between first and second, second and third dorsals and eleventh and twelfth dorsals, both sides.

For rapid removal of excess fat suggest the banana and milk diet. Three or four bananas and four to six glasses of skimmed milk a day for first week followed by a week of fruit and vegetables. Treat three times a week.

HEMORRHOIDS—PILES

Piles are blood tumors caused by enlargement of the veins about the anus. Blind piles are those which do not protrude. Bleeding piles are either blind or protruding piles which are subject to hemorrhage.

Constipation is generally the cause of piles. To effect a permanent cure of piles, the constipation must be cured.

TREATMENT. Give constipation technique. (LP) to the Hemorrhoidal plexus at the articulation of the sacrum and coccyx, both sides, and (LP) fourth sacral nerves. Half a glass of pure prune juice every morning.

PLEURISY

There are two main forms, which may be classified as a dry or adhesive and pleurisy with effusion.

TREATMENT. (HP) between third and fourth, and fifth dorsals, both sides. (LP) between first and second cervicals, right side.

PALPITATION OF THE HEART

Rapid heart is usually due to some irritation to the sympathetic nerves.

TREATMENT. (LP) between first and second cervicals, right side. (MP) between fifth and sixth dorsals, right side. Avoid stimulating drinks.

PIMPLES. (Eruptions)

TREATMENT. Recoil to seventh cervical. Give constipation treatment.

PHARYNGITIS. LOSS OF VOICE

Congestion of the mucous membrane of the throat.

TREATMENT. Place palmer surface of thumb over fourth and fifth cervical (LP) and vibrate. (LP) between first and second cervicals, right side.

PHTHISIS—CONSUMPTION

Hemoptysis (bleeding from the lungs).

TREATMENT. Building up of the resisting power is of the greatest importance. (LP) between first and second cervicals, both sides. (LP) between fifth and sixth cervicals, right side. (LP) between tenth, eleventh, twelfth dorsals, both sides.

RICKETS

Rickets are the result of improper foods and a sluggish Para-Thyroid gland.

TREATMENT. (LP) between first and second cervicals, right side. (LP) between second and third dorsals, both sides and (LP) between tenth, eleventh and twelfth dorsals, both sides.

SCIATICA

A neuralgia of the sciatic nerve.

TREATMENT. (LP) between first and second cervicals, right side. Light recoil to fifth lumbar.

SLEEPLESSNESS—INSOMNIA

Excess of blood circulating through the brain.

TREATMENT. (HP) between first and second cervicals, both sides.

STIFF NECK—WRYNECK

Rheumatism of the muscles and tendons of the neck.

TREATMENT. Find segment at fault and inhibit (HP).

TONSILITIS—QUINSY

Inflammation of the tonsils.

TREATMENT. (LP) between first and second cervicals, right side. (MP) between fourth, fifth and sixth cervicals, both sides.

TYPHOID FEVER

The cause of this disease is a weakened condition of the intestines and glandular system in general; especially the spleen.

TREATMENT. (LP) between first and second cervicals, right side (LP) between fifth and sixth dorsal, right side and (LP) between twelfth dorsal and first lumbar, left side.

WHITES—LEUCORRHOEA

A catarrhal condition of the lining membrane of the vagina.

TREATMENT. (LP) between ninth, tenth, eleventh and twelfth dorsals, both sides. (LP) between first and second cervicals, right side.

WEAK EYES

Impaired vision. Watery eyes.

TREATMENT. With the palmer tip of the index finger bring (LP) directly under the condyles. (LP) between first and second cervical, both sides and (LP) between tenth, eleventh and twelfth dorsals, both sides.

NOTES