

The MASTER KEY
To
HEALTH

SPECIFIC ATLAS CORRECTION

BY



Max Sutter, D. C. Ph. C.

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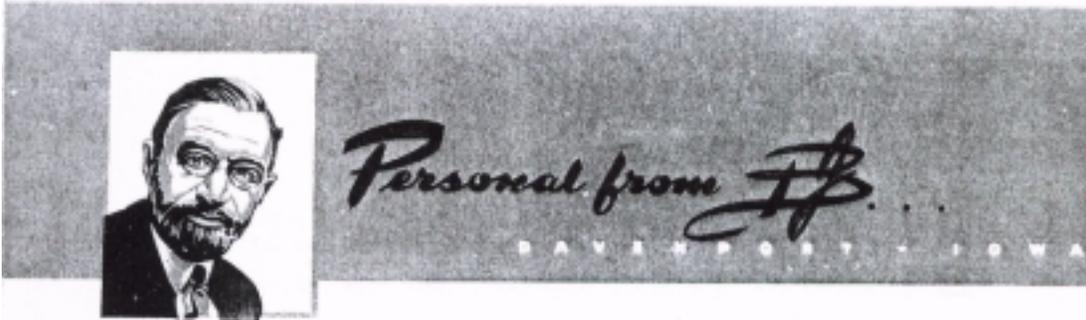
The Master Key to Health

BY

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Huntington Park, California

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Dr. B. J. Palmer says;

"Your booklet (The Master Key to Health) IS a WONDERFUL, clear, concise and simple explanation of what and how to get sick people well. We congratulate you on having done a GREAT job."

Dr. B. J. Palmer, the son of the discoverer of Chiropractic, president of The Palmer School of Chiropractic, Davenport, Iowa, is known throughout the Chiropractic profession as "Mr. Chiropractic."

The development of the Chiropractic profession into the second largest healing profession in the United States, and the development of Chiropractic philosophy, science and art to its present precise application is majorly due to the untiring energy, genius and leadership of Dr. B. J. Palmer.

Dr. Palmer is a busy man with many and varied interests and responsibilities. We deeply appreciate the interest he has shown in giving of his time to review this booklet and offering valuable, constructive criticism in the light of which this booklet has been revised. We feel highly honored by his words of commendation.



MAX SUTTER, D.C., PH.C.

Oil Painting by GEORGE DEBEESON of Pomona, California

THIS I BELIEVE

That there is a Creative Intelligence in back of all laws and life on earth, call It God, Universal Intelligence or what you will.

That we are instruments placed upon this earth for self-development and service.

That whatever abilities, capacities and aptitudes we have been endowed with have been given to us to be used in serving our fellow-man.

That the greater the abilities, capacities and aptitudes the greater the responsibilities in using them, and the more they are used the more they are kept, and the more they are used the greater the opportunity for the development of greater abilities, capacities and aptitudes.

That the more we give the more we receive, and the greatest among us is the one who serves the best.

That health is natural and disease is unnatural.

That disease is caused by an interference with the Creative Intelligence that wills normality within the body.

That such interference is caused by obstruction of nerve impulse flow from the brain to the body due to a subluxated spinal vertebra.

That this Chiropractic principle is the greatest boon to suffering humanity and supplies a need for which there is no substitute.

That in spite of all misunderstanding and the bitter opposition of entrenched authority that this principle, being true, will survive and many present-day theories and beliefs will be discarded.

That life can hold no greater satisfaction than this — to have assisted in the development and preservation of the Chiropractic principle and practice for the living present and the living future, and to count it a privilege to do the best I can for each and everyone placed under my care, to ease the burden of sickness and suffering of those afflicted and to put service foremost.

That God gives me strength to adhere to this principle and bear with the criticism of those who do not understand.

That there is much that is bad in the best of us and much that is good in the worst of us.

That life is a positive force and that that which is bad will become less and less and that which is good will become greater and greater.

That what is true and serves most effectively will survive. This I believe.

Max Sutter, D. C. Ph. C.

THE AUTHOR

Graduated from The Palmer School of Chiropractic, Davenport, Iowa, March, 1925.

Licensed to practice Chiropractic in the State of California, November, 1925.

Opened offices in Huntington Park, California, July, 1926, and has been in continuous practice at the same location.

Engaged in original research from 1938 to 1940, the results of which are touched upon in some measure in the following pages.

FOREWORD

This booklet is not intended to be an exhaustive exposition of the cause of disease and its correction, but rather a presentation of some of the fundamentals related thereto stated as simply and briefly as possible.

We all know that the matter of first importance in overcoming sickness is the location and correction of its cause. We are also aware that the control of normal body function is established through the nervous system, and yet, strangely enough, we appear to forget all about the nervous mechanism when function is deranged and sickness develops.

Modern research points more and more to some interference with the normal control of body function through the nervous mechanism underlying the development of abnormal conditions and lowered resistance within the body. Specific Atlas Correction deals with the specific location and correction of the cause of such interference within the nervous mechanism. It represents the latest development of scientific exactitude in the location and correction of the cause of disease within the body.

To those seeking health, and particularly to those whose search for health has thus far proved unavailing, this booklet is dedicated.

YOUR BIRTHRIGHT

"And He breathed into his nostrils the breath of life; and man became a living soul." (Genesis 2:7)

The human body is the most marvelous "machine" known to man. Some chemist has come to the conclusion that all of the elements of which the human body is composed could be purchased for about 98 cents, but when man contemplates the arrangement of these elements in the human body he stands amazed. Any attempt to explain how these elements have come to be arranged into this complex, self-regulating "machine," how these elements have come to feel, think, and live as one unified whole, upon a purely material basis, is doomed to failure in advance.

An attempt has been made from time to time to explain all the phenomena of life upon a chemical and physical basis, yet the most confirmed materialist, if he goes far enough, comes finally to "something" beyond the physical, for which no "physical" explanation exists. Infinite order pervades the universe and everything therein appears created with definite ends in view, in accord with well-defined "laws" that operate ceaselessly. Any activity that moves along definite lines molding and arranging materials to achieve a definite aim requires the intervention of what we are pleased to call "mind" or "intelligence." Man is more than physics and chemistry.

This wonderful body, in which we live from the day of our birth until our usefulness here is ended and we pass on, is given but scant consideration and attention by most of us. We take everything for granted until something goes wrong, and then we become very much alarmed.

When a bone is broken in our body we do not know how, consciously, to repair it. We would be completely helpless. Yet something "knows how," knows what materials to bring, where to bring them, and when to stop. Smokers would be incapable of producing the complex chemical within the body that neutralizes the nicotine introduced and thus protects the body from greater harm-yet "something" does, something that partakes of the quality of what we term mind or intelligence. We have been pleased to call this "power within" Innate Intelligence, which simply means inborn intelligence.

This God-given Innate Intelligence directs and operates every function in the body. Innate Intelligence knows how to keep our bodies warm, in fact, exactly at 98.6 degrees Fahrenheit; controls the function of growth; the replacement and repair of damaged or worn-out cells; regulates the quantity and quality of various body secretions; supervises the elimination of waste material that would otherwise be injurious to life and health. All of the important functions of the body are carried on by Innate Intelligence without our knowledge, without us being more than casually aware of it.

When we become what we call "sick," Innate Intelligence immediately starts to do what is necessary to fight and overcome the "disease." Thus it is that most ordinary illness is overcome by the innate ability of the body itself, by its own processes. In the real sense of the word a cure is only possible through the body's own innate processes, and is often accomplished in spite of what we do.

Nevertheless, we do know that many human bodies seem to have one or more parts or organs which seem to have a hard time to keep up their part of the job. These parts seem to lag behind the rest of the body and in many cases break down so completely that it affects life in all of the body.

The only reasonable explanation for this fact, for the reason why parts of human bodies lag behind other parts, is embraced in the principle that somewhere between the Innate Intelligence that exercises control over all parts of the body, and the parts of the

body affected is an interference, interruption or disturbance within that part of the body mechanism by means of which such control is exercised.

Research points toward vital brain centers at the lower, back part of the brain as the center through which unified control is established by Innate Intelligence over all parts of the body.

The vast and intricate nervous system has but one function to perform — to connect all parts of the body into one unified whole with this vital Innate Brain control-center.

You will note that our examination is largely confined to the spinal column, and particularly to the topmost part of the spinal column immediately below the head. This is because our research work has proved that practically all of the disturbances of nerve structures which interfere with control of normal body function take place in the region of the first spinal bone or vertebra called the atlas. Our object in making this examination is not to diagnose disease as does the physician, but to gain information regarding the cause of the interference that is preventing Innate Intelligence from curing. When this cause is corrected Innate Intelligence immediately starts the curing process. The disease may be in the stomach, the liver, the heart, the intestines, or any other part of the body, but wherever it is Innate Intelligence knows, and is the only one who knows, exactly what to do about it. The best doctor in existence is the Intelligence that God left in charge of our bodies when He "breathed into us the breath of life."

This Intelligence guards us and keeps our body functioning every minute of every day and night. This Innate-Intelligence is the Doctor of all doctors and alone has the creative ability to change abnormal cells to normal. This Intelligence has the knowledge of the universe at its command.

THE ROLE OF THE NERVOUS SYSTEM IN MAINTAINING HEALTH

The sequence of the development of organs in the embryo bears a direct relationship to the order of their importance. In the growth of the embryo the first recognizable structure to appear is the "primitive streak," which develops into the nervous system, the little knob forming at one end becoming the brain.

Through certain brain centers and nerve connections Innate control is established over the rest of the body in the development and maintenance of normal, healthful function.

Through the Innate Brain and nerve connections the body is bound together into one coordinating unit. Through the Innate Brain and nerve connections the activity of the various organs and cells are speeded up or slowed down by the Innate Intelligence within the body, regulating normal function in the best interests of the body to suit the needs of the moment in maintaining life and health. So dense is the network of nerve fibers throughout the body that were all other tissue removed the body form would still remain in minute detail.

The body is composed of billions of cells that vary in structure in accordance with the type of work or function they are called upon to do. The muscle cell produces motion. Certain liver cells secrete bile. Certain cells within the stomach wall secrete hydrochloric acid, etc. The nervous system is the means whereby the activity of these cells is regulated within the range of normal function.

Through the Innate Brain and nerve connections Innate control is maintained over:

1. Voluntary and involuntary muscular activity.
2. Body temperature.
3. The growth of the body as a whole from the embryo to adulthood.
4. The replacement and repair of damaged and worn-out cells.
5. The secretion and balance of the important so-called glands of internal secretion as well as other secretions of the body.
6. The excretion of waste material.
7. The nutrition of the body cells.

The nervous network also carries impressions to brain centers from the body cells including specialized cells of sensation such as those of sight, smell, touch, hearing, taste, pain, heat, cold, etc.

These various functions, controlled by Innate Intelligence, are, of course, under constant, simultaneous, coordinating supervision throughout the duration of life, since there must be at all times an exact balance in the correlation of functional activity throughout the body. There must be a constant coordination of muscular movement. The various body secretions must be constantly kept in proper amount, proportion, and balance. The normal body temperature must be constantly maintained, nutrition supplied, waste material removed, and the specific gravity of the body fluids maintained. Damaged cells must be repaired and worn-out cells replaced, etc.

This functional activity, obviously, varies within a normal range in accordance with the requirements within the body and its adjustment to a changing environment, and must be nicely balanced to suit the needs of the moment. The constant maintenance of this balanced Innate control of function throughout the body is dependent upon the state of the nervous mechanism. *In other words, a normal, healthy body presupposes first and foremost a normal, balanced, interference-free nervous mechanism to permit an unhampered, control of function by the Innate Intelligence within the body.*

THE RELATION OF THE NERVOUS SYSTEM TO DISEASE

In health the Innate control of function through the nervous system speeds up or slows down the activity of body cells within a normal range to meet changing needs.

In disease such control has been interfered with and certain cells or cell-groups within the body may speed up activity beyond requirements or slow down below such requirements. The type of cells involved and the degree of involvement determines the seriousness or severity of such unbalanced function, whether in excess or deficient.

As a result of an interference within the nervous mechanism interfering with Innate control of the specialized function of muscle cells, which is motion, we may have various types of paralyses. If the muscles of the eyeball are involved defects of vision or positions of the eyeball may follow. If muscles and ligaments holding organs in position are involved prolapsus (displacement) of such organ or organs may result, etc.

In a large number of abnormal conditions affecting the body inflammation plays a leading role. In such conditions we find appendicitis, colitis, gastritis, cystitis, neuritis, arthritis, sinusitis, etc. The involvement of the nervous system in the development of such inflammation has been proved beyond question, such inflammation being first preceded by an interference within the nervous mechanism interfering with the Innate control of the nutrition of the cells involved, the more severe degeneration of cells leading to ulceration.

An interference within the nervous mechanism interfering with the Innate control of the cells concerned in secretion may lead to severe disturbances depending upon the type of cells involved. An involvement of certain secreting cells of the stomach may lead to an excessive acid content of the gastric juice, or a lack of normal acidity. Excessive secretory activity of the thyroid gland will lead to hyperthyroidism with its general serious disturbances whereas a less than normal secretion will lead to serious disturbances of another nature. Lack of normal secretion of the cells in the pancreas that produce a secretion necessary for the conversion of sugar may lead to diabetes mellitus, etc.

An interference within the nervous mechanism interfering with the Innate control of the elimination of waste material may lead to severe toxic conditions due to such-accumulation such as, for instance, uremic poisoning.

Normal function presents no symptoms. In health we are unaware of anything but the normal demands of the body. Symptoms are signs of a disturbance of the normal order of things. To mistake symptoms for causes and treat such symptoms can have no lasting value. *The first essential is the correction of the cause of the interference within the nervous mechanism responsible for the development of such symptoms.*

SPECIFIC ATLAS CORRECTION THE MASTER KEY TO HEALTH

At the back and lower part of the head is a large opening called the foramen magnum. Through this large opening pass certain nerves, arteries supplying the brain and spinal cord, ligaments connecting the head and second vertebra of the spine, a part of the hind brain called the medulla oblongata and its coverings. At the level of the upper margin of the arch forming the back portion of the first vertebra of the spine, the atlas, the medulla oblongata is continuous with the spinal cord. Within the medulla oblongata and adjacent structures are nerve centers and nerve connections from the brain to the entire body of vital importance in control of normal body function.

Although for descriptive purposes the nervous system has been divided into different parts, between the various brain and spinal cord centers and the rest of the body exists a complex interrelationship that binds the body into one functioning, coordinating unit.

The top-most vertebra (spinal bone) of the spine is called the atlas. On either side of the large opening at the back and lower part of the head, the foramen magnum, is a bony projection called a condyle. These condyles rest upon the upper surfaces of the atlas vertebra allowing normally for a free forward and back nodding movement of the head.

The second vertebra of the spine is called the axis. The head and atlas vertebra together move upon the axis in a complex pivoting movement when the head is turned.

Although many ligaments and muscles join the head, atlas vertebra and axis vertebra together to keep movements within normal bounds and to keep the head and these vertebrae in their normal relation to each other we do not find here the same construction of bony "locks" and tough discs of fibro-cartilage that limit the movement of individual vertebrae from between the second and third vertebrae downward. At no other area of the spinal column do we find any degree of movement that remotely approaches that found between the head and the atlas vertebra and between the atlas and axis vertebrae.

Because of the freedom of movement necessary in the region immediately above and below the atlas vertebra, and because of the construction necessary to allow for such freedom of movement, the atlas vertebra can be subluxated, that is, "locked" out of its normal articular relation sufficiently to affect vital nerve structures and thus affect the normal control of function of any organ or part of the body.

Strains, variously produced, at birth, in infancy, childhood, and in adult life, affecting the atlas vertebra, may result in a sub-luxation of the atlas vertebra, and so be the initiator of an interference within the nervous mechanism leading to the development of some abnormal condition of the body. Little or no local symptoms may be present at the time the atlas vertebra is subluxated, or symptoms may fade out and disappear, and so be forgotten, and yet be the beginning of some abnormal condition that shows up in later years.

So long as this subluxation of the atlas vertebra is not corrected, efforts to regain lost health may prove of little or no avail.

The exact variation of the atlas subluxation in relation to its surrounding structures peculiar to the individual case must be accurately determined. This can only be done through a specialized X-ray technique and analysis.

With the precise analysis of the atlas subluxation in degrees of deviation from normal articular relation the first important step in specific atlas correction has been accomplished.

The specific correction of the atlas subluxation corrects the basic cause of interference within the nervous mechanism allowing the Innate Intelligence within the body to bring about a return to normal function.

Specific Atlas Correction is not primarily concerned with the classification and naming of a symptom or a group of symptoms or what organ or tissues are affected, or in what manner they are affected. It realizes the great difficulty, not to say impossibility, involved in diagnosing accurately the various complex factors involved in each individual condition, and that the most accurate diagnosis is of little fundamental curative value unless it at the same time locates the cause of such derangement of function or structure.

Specific Atlas Correction is primarily concerned with the definite determination of the specific subluxation of the atlas vertebra initially responsible for the development of the abnormal condition, or conditions, affecting the body, and its correction. Unless such correction has been accomplished the last word as to the ability of the Innate Intelligence within the body to bring about a natural restoration to health has not been said.

Specific Atlas Correction is not concerned with palliative measures, the treatment of symptoms that may afford temporary relief, leaving the underlying disturbance as bad or worse than before. No basically useful purpose will be served by doctoring or suppressing symptoms as long as the cause is not corrected. Only when symptoms disappear, following the correction of the cause of the condition within the body, as a result of regeneration by the Innate Intelligence within the body has anything really worth while and of lasting benefit been accomplished.

Specific Atlas Correction does not concern itself with electricity, radionics, lights, diet, massage, medicine, general spinal manipulation, or surgery.

If you are one of the many who have failed to obtain a correction of your condition through any means, Specific Atlas Correction invites your serious consideration.

REGENERATION

The specific analysis and correction of the atlas subluxation represents a new, vast step forward in arriving at the basic cause of disease within the body and its correction.

Its apparent simplicity is misleading to those accustomed to various and lengthy "treatments." Yet its application requires a high degree of professional knowledge, skill, and experience. The matter of real importance is not how much is done to the patient but rather how much is done for the patient.

Since disease is an effect or result of an atlas subluxation, the ability of the Innate Intelligence within the body to reverse a diseased condition and rebuild toward normal bears a direct relation to the degree of precision exercised in correcting the atlas subluxation. The closer we approach the technical ideal the more possible it becomes to get worse cases well faster.

The first specific thrust upon the subluxated atlas vertebra begins the process of assisting the Innate Intelligence within the body in the correction of the atlas subluxation and releasing, nerve interference. With the release of nerve interference, the rapidity and degree to which the diseased condition is rebuilt toward normal is determined majorly by how big a job there is to do, that is, upon "the degree of damage to tissue cells and the type of tissue cells involved. No two cases are alike in this respect and, consequently, no two cases even of the same type of condition will respond alike.

A large majority of chronic conditions result from an atlas subluxation produced in childhood. The body struggles along as best it can under this handicap for years. As disturbing symptoms develop, the unfortunate individual takes his body to various doctors over the years without, however, having anything done to correct the real cause of the chronic condition, to say nothing of the mutilation that may have resulted from operation and removal of various parts of the body.

Many patients can recall that their symptoms "grew" upon them so gradually as to be almost unnoticed at first. As time went on, symptoms would show up and fade out for varying periods of time, gradually increasing in severity and frequency of repetition until symptoms became fairly constant, only varying in intensity. The process of getting well in chronic conditions is often the exact reverse of this, symptoms fading and recurring, decreasing in severity and frequency of repetition as the rebuilding process continues.

The fact that symptoms have temporarily faded out in the process of correcting a chronic condition does not necessarily mean that the underlying "weakness" within the body has been rebuilt to the point that recovery is "permanent." Remember that the "weakness" in many cases existed for long periods of time before symptoms became annoying and that the first appearance of symptoms is merely the first sign that the Innate Intelligence within the body can no longer keep the "weakness" in check.

A chronic condition can be crudely likened to an ice-berg. What is seen or felt upon the surface is but a small part of the condition, most of it being submerged. The Innate Intelligence within the body in its beneficent administrative control through the nervous mechanism has a tremendous capacity to circumvent nerve interferences and combat weaknesses within the body so that serious degeneration can occur within the body over some period of time with no signs of its presence, being submerged so to speak. *A real correction aims at the correction of the submerged weakness rather than being satisfied with temporarily submerging symptoms.*

Specific Atlas Correction is the result of years of intensive research work that has led to a refinement of X-ray technique, analysis and a new precision in the correction of the real, underlying cause of disease.

Natural laws are simple. They are changeless and work but one way, and therefore can be relied upon. If we know them and follow them we benefit. If we do not we pay the penalty.

Three basic elements enter into health restoration:

1. The specific correction of the cause of disease through specific correction of the atlas subluxation.
2. The unqualified cooperation of the patient.
 - a. In the frequency of office visits.
 - b. In the time necessary to effect a correction of his condition.
 - c. Refraining from using any pain-killers, drugs of any description, or any other unnatural methods or means.
3. The "power within" the body, the Innate Intelligence in control of body function upon which all actual rebuilding depends.

The first two elements depend upon the doctor and the patient-human elements. If these two do their part the Innate Intelligence within the body will rebuild as rapidly and thoroughly as the condition will permit.

The admonition to the patient to refrain from drugs and other unnatural methods or means is not based on any bigoted or narrow view. Actual experience has proved that these methods actually delay or prevent recovery. To purchase temporary relief now at the expense of more distress later and so delay or prevent recovery is unwise. Better it is to pay the price of temporary distress now and hasten the time for the disappearance of such distressing symptoms. The patient who violates this rule harms no one so much as himself by such interference with the Innate control of the natural processes of the body. Old habits of thought and conduct are sometimes difficult to overcome, but it *must* be done.

A number of patients with chronic conditions may experience a temporary aggravation of symptoms either when first beginning adjustments or at any time during the course of correction.

This is due to the fact that the correction of the atlas sub-luxation has permitted the Innate Intelligence within the body to change abnormal tissue cells to normal. At times considerable tissue damage that has developed over some period of time will be torn down and rebuilt in a comparatively short period of time. It is this process that may produce disturbances. The severity and duration of this tearing down and rebuilding process varies in different cases, and in many cases does not occur at all or very slightly. It is better to go through this process on the road to health than to have the condition remain or become worse. It is a necessary phase of rebuilding in some especially chronic deep-seated cases and is brought about by the beneficent Innate Intelligence within the body in the process of restoring normal, healthful function.

In some cases weaknesses that have lain dormant within the body, compensated for and submerged so to speak, and so have never reached the point of producing symptoms, will undergo the same tearing down and rebuilding process. In this case the patient will experience symptoms that he has not experienced before. This is due to the correction of the atlas subluxation permitting the Innate Intelligence within the body to rebuild the submerged weakness toward normal and the temporary disturbances fade out as the submerged weakness is corrected.

In this rebuilding process the body has a tendency in some cases to retrace step by step from the abnormal back to normal so that old symptoms that appeared at the beginning of the ailment will temporarily recur.

In some cases old injuries will undergo a delayed regeneration. This is due to the fact that nerve interference had prevented a complete rebuilding and even years later a delayed regeneration occurs when the atlas subluxation is corrected.

As a rule, those symptoms which were the last to appear in a chronic illness are the first to disappear, and those first noticed at the beginning of the illness are the last to disappear. *In fact often the last distressing symptoms that force an individual to seek attention may be relieved with amazing rapidity whereas the chronic weakness that preceded it may take some time to correct.*

Welcome as it is to have relief from symptoms the greatest value of Specific Atlas Correction lies in the correction of the atlas subluxation, the CAUSE of the diseased condition, and the correction of the submerged weakness that preceded the last annoying symptoms by many years in many cases.

Health is a serious matter. Consider well before starting, but once starting Specific Atlas Correction turn a deaf ear to well-meaning individuals who may seek to dissuade you from the course you have chosen to follow. Remember that it is your health that is at stake. Although Specific Atlas Correction is based on a principle that has proved its effectiveness for more than sixty years there are some with limited or no understanding of the principle and none at all of this latest development who may still venture to voice an opinion. Ask yourself upon what knowledge, ability and experience such judgment and condemnation rests. It is reasonable to assume that the doctor who has accepted the responsibility for your recovery, with years of study and actual practice in the application of this principle and who has been actively engaged in the research work leading to this latest development is in a better position to advise you correctly in the common interest to get you well. You will always find me open to questions pertaining to your case and this method of practice.

COOPERATION

1. In accepting your case we are placing at your disposal our, more than thirty years of experience in assisting sick people back to health.

2. No case is accepted without a clear explanation of the requirements in cooperation.

3. To jeopardize your chances of recovery, our reputation and this principle and practice by a lack of cooperation on your part is unfair to yourself, our reputation and this principle and practice.

4. If your condition is deep-seated and chronic don't expect your symptoms to drop away miraculously contrary to the natural laws bearing on health restoration. Time enters into all natural laws and nothing constructive is accomplished without it. Time goes on just the same, but there is a great deal of difference whether, during this passage of time, health is being restored, or whether the condition of ill-health remains or tends to become worse.

5. If you should go through a "retracing" period with attendant distress due to the rebuilding process as explained in the article ".Regeneration," do not revert to the old methods that have failed you in the past. In some cases this is a necessary phase of the rebuilding process and is a lesser price to pay on the road to health than the continual distress with possible gradual worsening associated with some very chronic, deep-seated conditions.

6. A patient who has despaired of any correction of his condition when first beginning Specific Atlas Correction will at times respond amazingly well and, when feeling better, may presume to exercise a judgment with respect to the correction of his condition with no logical basis for such judgment in knowledge or experience.

On the other hand, an individual with a deep-seated, chronic, complex condition, who has spent years and much money in consulting the best in so-called orthodox methods in a fruitless search for health, may unreasonably expect his condition to drop away miraculously contrary to the natural time-laws entering into health-restoration.

We sincerely request that you do not start Specific Atlas Correction unless you feel that you can place your case in our hands and are ready to cooperate to the full in the simple requirements of cooperation in your particular case. To do otherwise may be to waste both our time and yours to no constructive purpose.

MAINTAIN HEALTH

The fact that a correction of your condition has been obtained does not necessarily mean that a subluxation of the atlas vertebra cannot occur in the future.

Some strain or sudden jar can produce a subluxation of the atlas vertebra and cause nerve interference at any time.

The effects of such nerve interference may not show up for some period of time.

It is much easier and better to correct the cause of such interferences as they occur and thus prevent the development of some condition than to correct a condition once well established.

Should anything unusual in the way of a fall or sudden strain or jar to the head or neck occur, it would be advisable to have the atlas checked as soon as possible.

Once a month would be a good average interval for checking the condition of the atlas vertebra under usual circumstances.

Develop the once a month check-up habit. It is inexpensive health insurance.

CONCLUSION

In 1895 D. D. Palmer adjusted a vertebra in Harvey Lillard who had been deaf for seventeen years, with the result that Harvey Lillard's hearing was restored.

This was the beginning of a new principle and practice in the healing arts which was named Chiropractic.

The Palmer School of Chiropractic at Davenport, Iowa, eventually passed into the hands of Dr. B. J. Palmer, the son of D. D. Palmer and a man of exceptional courage and ability.

The development of the philosophy, science and art of Chiropractic over the years, and the development of the Chiropractic profession into the second largest healing profession in the United States is majorly due to the leadership, untiring efforts and genius of Dr. B. J. Palmer.

In 1905 Dr. B. J. Palmer introduced the X-ray to aid in spinal analysis. In 1924 a new instrument, the neurocalometer (nerve-heat-measure), invented by Dossa Evans, was introduced as an aid in determining spinal nerve interference and its correction.

As the neurocalometer was put into use it was noticed that an adjustment releasing nerve interference in the upper neck region would affect local "readings" in lower spinal areas. This observation led Dr. B. J. Palmer in 1930 to the announcement of The Specific principle: *that subluxations occurred only in the upper neck region of the spine — at the first two spinal bones at the base of the skull, the atlas and axis vertebrae.*

Thus the concept that subluxations occurred in lower spinal areas was discarded by Dr. Palmer, and with it was discarded the "adjustment" of spinal vertebrae below the atlas and axis vertebrae.

This new development, pin-pointing the area of basic nerve interference, brought many technical problems to light and many minds within the profession became occupied with their solution.

In 1936 the author discarded the "adjustment" of all spinal vertebrae below the atlas and axis vertebrae. In 1938, having become acquainted with new technical findings which gave promise of more precise X-ray analysis of the articular relation of the atlas vertebra to the skull and a radically new concept of technical factors applied to the correction of the atlas subluxation, the author decided to embark upon original research in an endeavor to solve some technical factors that still begged for solution.

This research occupied the author from the fall of 1938 to the fall of 1940. Although at first the technical problems involved seemed almost impossible of solution, he succeeded far better than he had hoped for and the technical factors developed during that period have been the basis of his practice since,— the exclusive, all-inclusive practice of Specific Atlas Correction.

For years we have advanced closer to the ideal of eliminating all error in the specific location and correction of the cause of disease within the human body. We have allowed no considerations to swerve us from our path of developing and preserving this principle and practice in its effective purity for the present and future. Having fulfilled our major mission in developing this work and preserving this principle and practice, those assisted back to health we know will share equally, if not majorly, in the responsibility for its preservation and continuation.