bands (tendons) to the bones and other structures; these are organs of locomotion, and at the same time, bind and hold together the frame-work. Then the whole body is covered by a tough, elastic membrane, the skin.

THE VISCERA are contained within the cavities that are formed by the bony frame and attached and supported by means of ligaments and other membranes to the muscular and bony frame-work, so that the whole structure is absolutely **DEPENDENT** upon the frame whose foundation is the **SPINAL COLUMN,** the main shaft of man, his central axis, the keystone of the whole structure. Like the beam is to the plow, the keel to the ship, the **SPINE** is to man. And as every blow that is given to the plow, is radiated to the beam, every shock to the ship is referred to the keel, every wrench or jar that man receives is radiated and felt at the spine. So, therefore, the ship with the perfect keel, the plow with the perfect beam, or the man with the perfect spine, will be far more able to withstand the shocks, the jars and the strains of the uses for which they are destined.

But since the Chiropractor is not much concerned with the ship or plow, but with **MAN** or any other vertebrate animal, it is his bounden duty to thoroughly get acquainted with their most important part, their **FOUNDATION,** especially that of man.

THE SPINAL COLUMN of man is a bony, ligamentous column made up of a series of bones called vertebrae, bound together by tough fibrous bands called ligaments; the bones are 26 in number, and the ligaments 9 in number besides being surrounded by and affording attachments to numerous muscles.

THE VERTEBRAE are so-called, from the Latin word "vertere," meaning "to turn," because the spinal column is a flexuous, flexible column, endowed also with a considerable amount of rotation, all these to afford the individual every motion that is necessary for the normal functions of life.

The **SPINE,** proper, is that portion of the spinal column which extends from the sacrum to the base of the occipital bone, and is made up of the 24 movable or true vertebrae of the spinal column and is cone-shaped, base downward and apex upward, hence is said to resemble a thorn (spine).