

Though no absolutely successful methods have as yet been found to adjust anterior subluxations, many are successfully adjusted by various means and, principally, by utilizing certain mechanical laws and principles that are not known to the average man, such as concussion, recoil and the latent force known as "inertia," and by these, to some extent, an anterior vertebrae may be brought back to its normal position.

RECOIL is from the French word "Recule" to draw back, a principle which takes place when of two adjacent articles, one receives a "concussion" (blow or stroke) the other will move in the direction from whence the blow came, as when on tapping on the edge of a table the articles on the top are made to move towards the edge where the tapping occurs, and if continued, the articles will ultimately fall off the table, that is, they have been **BROUGHT BACK** by concussion and recoil utilizing the law of "inertia."

INERTIA is an attribute possessed by bodies having weight. A body, having weight, though not moving—inert—possesses a resistive force to a moving one which is quite considerable, as can be demonstrated by placing a tin can on a post and shooting at it with a powerful modern rifle; the ball will perforate both sides of the can without knocking it off the post, because the inertia in the can offered sufficient resistance to permit the ball to pass through its sides and remain practically in the same place on the post. This is due to two harmonizing principles, the rapidity of the ball from its impetus and the resistive force of inertia in the can.

Now, an anterior vertebra is possessed of inertia like anything else, and besides receives direct resistance from internal tissues, such as the ribs offer against the transverse processes in the dorsal region, which is considerable, to resist and recoil against sharp concussion of forces which may be applied to either or both of the adjacent vertebrae to the anterior one. This, coupled with the natural tendency in living organisms for parts to come back to their proper places, assisted by the pulling of the other structures such as muscles, will more or less be effectual, according to the knowledge, intelligence and ability to accomplish, of the