or lateral directions, or a slight rotation of the bodies of two adjacent vertebrae in opposite directions; it may be the coming closer together of two vertebrae by the compressing of the intervertebral disc between them, either completely over the whole surface of the disc or partially at one edge, causing the vertebrae to cant over, which will be increased if the side opposite to the compressed one is increased in thickness by steretching, which will give the disc an additional wedge shape.

Subluxations are the results of the accidents, great or small, that we are all exposed to, during life. They come from **FALLS, WRENCHES, JARS, SHOCKS, STRAINS, SPRAINS, THE INTRODUCTION OF POISONS INTO THE SYSTEM AND ALSO TO SEVERE MENTAL SHOCKS,** such as great griefs, financial or domestic worries and over-application of the mental faculties on one subject, finally they are the **KINKS** which are left in the chain of small bones that is called the spine.

Many subluxations are obtained by apparently trivial accidents at a time when the body is in a state of **UNPRE-PAREDNESS** to meet them. A very common instance of this is when one slips on an icy sidewalk, without actually falling; a supreme effort is made to remain erect, and one is only partially conscious of the act by the instinct of self-preservation.

Some subluxations are obtained by the sudden reaction of the muscles in the shock that is received when one is descending the steps of a stair in the dark and semi-consciously concludes that the last step has been reached, when there is actually one more, and on account of the **UNEX-PECTED** jar, though trivial in itself, a great strain is brought to bear on the back and may cause a subluxation not because of the step, but because it was unexpected and the body was not prepared for the strain.

Another very common source of subluxations, especially among the heavy workers, is when a heavy lift, though not beyond the normal strength of the lifter, is due to the non-observance of the law of mechanics in not placing the body in perfect relation to the object and with the direction in

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