

# CHIROPRACTIC--The Master-Key to Health.

## THE REAL ISSUE

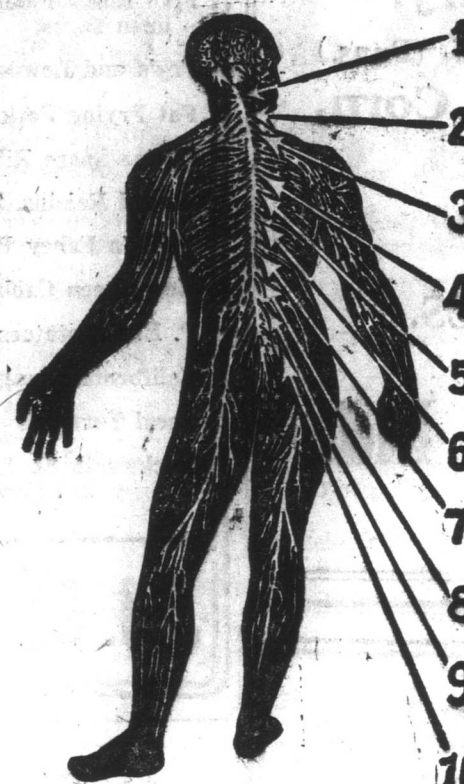
There is just one thing about Chiropractic that sick people are interested in and that is "Will it make me well?" My friend, the common, everyday citizen enjoys the same privilege of opinion that I enjoy. I may argue with him from now till eternity on the merit of the premise upon which Chiropractic is founded. These things we may never agree upon; yet if we both see health come to our mutual friend after he has suffered for years, and if we learn that he has been regularly visiting his Chiropractor, there can be no argument between us on the fact of what it has done for him. Witness this thing often enough and the matter of the Chiropractic premise is a lost issue. My friend may still believe that surgery, medicine, mental suggestion or diet are excellent things, yet he cannot deny that Chiropractic is effective. We find that all our arguments have meant wasted effort and lost time; but the one thing worth while, the only thing that he, as a sick man is concerned about, is that Chiropractic brings health. Whether the Chiropractor followed one curriculum or another is no longer an issue. My friend visits the Chiropractor for just one reason—to regain his health.

How can my friend satisfy himself that Chiropractic is effective, often where everything else has been tried? Let him investigate our National record and the record of his local Chiropractor. Our National record shows us the leading drugless healing system to-day, while in 1894 we had not been born. Our National record shows that we are legally recognized in over half the states in the Union, because your neighbor and mine demanded Chiropractic service. Why this rapid development? Because millions of sane, straight-thinking, common people found themselves getting well under Chiropractic adjustments.

Just as sick people everywhere are interested in the one question "Will it get me well?" So is the Chiropractor interested in the one issue of getting you well. He knows that his greater service to humanity in the future depends on his restoring health to you. You say "Will Chiropractic make me well?" Our answer is our record of growth and this growth is exactly proportionate to the health Chiropractic has brought.

It is your duty to your family and to yourself to become acquainted with this great health science.

Arrows show where Nerve pressure is found in the following disorders:—



1. Slight subluxations at this point will cause so-called headaches, eye diseases, deafness, epilepsy, vertigo, insomnia, wry neck, facial paralysis, locomotor ataxia, etc.
2. A slight subluxation of a vertebra in this part of the spine is the cause of so-called throat trouble, neuralgia, pain in the shoulders and arms, goitre, nervous prostration, la grippe, dizziness, bleeding from nose, disorder of gums, catarrh, etc.
3. The arrow head marked No. 3 locates the part of the spine wherein subluxations will cause so-called bronchitis, felons, pain between the shoulder blades, rheumatism of the arms and shoulders, hay fever, writers' cramp, etc.
4. A vertebral subluxation at this point causes so-called nervousness, heart disease, asthma, pneumonia, tuberculosis, difficult breathing, other lung troubles, etc.
5. Stomach and liver troubles, enlargement of the spleen, pleurisy, gall stones and a score of other troubles, so-called, are caused by subluxations in this part of the spine, sometimes so light as to remain unnoticed by others except the trained Chiropractor.
6. Here we find the cause of dyspepsia of upper bowels, fevers, shingles, hiccoughs, worms, etc.
7. Bright's disease, diabetes, floating kidney, skin disease, boils, eruptions and other diseases, so-called, are caused by nerves being pinched in the spinal openings at this point.
8. Regulations of such troubles as so-called appendicitis, peritonitis, lumbago, etc., follow Chiropractic adjustments at this point.
9. Why have so-called constipation, rectal troubles, sciatica, etc., when Chiropractic adjustments at this part of the spine will remove the cause?
10. A slight alignment of one or both innominate bones will likewise produce so-called sciatica, together with many "diseases" of pelvis and lower extremities.

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## Side Talks by Ruth Cameron

### SPEAKING OF SPENDING MONEY.

Speaking of spending money (which I did a few days ago, regarding the joy many of us take in criticising the way the other fellow spends his) there is one funny trick a great many people have.

They pick out some one thing they don't spend money for and make the justification for about half a dozen other things that they are generous to themselves about.

They don't mean that they consciously wish it to cover all those extravaganzas. It is an unconscious trick. For instance, I have some friends who almost never go to the movies or theatre.

Economy justifies all these expenditures. And here are some of the expenditures I have heard them justify by economy:

Their table is always covered with the latest magazines. "Of course we want a good deal for magazines, but it is almost never good to the movies."

They entertain a good deal. "But it does cost us \$2 or \$3 extra to have people to dinner, it would be more than that to go to the theatre with the prices you have to pay nowadays."

He smokes rather expensive cigars. "But I figure that if I went to the movies twice a week, as some people do, it would cost me more than the difference between these cigars and cheap ones."

Magazines, Entertaining, Cigars, Silk Stockings.

She always wears silk stockings, even in the mornings. "Of course I couldn't afford it if I spend as much money on the movies as some people do."

There are doubtless other expenditures that from time to time are charged up to the money saved by not going to the movies or the theatre, but I don't happen to have heard them mentioned, or to recall them if I have.

So it is that one economy covers a multitude of expenses.

And then we wonder why we don't have more!

I say "we" because I think this is a very common trick. One's own economies and the other fellow's extravaganzas always loom up the largest in one's mental vision.

Wouldn't this be a great invention! "I don't see why we don't save more," says the husband. "I must make as much as so-and-so and they live in a much more expensive house."

He ignores the fact that they set a much simpler, simpler table than he expects.

## ASPIRIN

Only "Bayer" is Genuine



Warning! Unless you see the name "Bayer" on package or on tablets you are not getting Aspirin at all. Take Aspirin only as sold in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago and for Pain. Then you will be following the directions and dosage worked out by physicians during twenty-one years and proved safe by millions. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Druggists also sell larger packages. Made in Canada. Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monosodiumsalicylate of Salicylic acid.

### THE COMMON LOT.

Ex-Kaiser Bill rears up and roars; he says he's taxed too much; his eloquence he vainly pours upon the stubborn Dutch. "Tis as your guest," I hear him say. "I ornament these halls; yet, dinner-waiter, every day the tax collector calls. From visitors it is not good that taxes are required, yet when I sell a cord of wood the war tax makes me tired. Three kroners on my dachshund pup, two guilders on my cat, a tax upon my mustache cup, and on my Sunday hat. Can Withelmina sit her throne and feel no deep concern, when she must know I must have to pay an income tax like my common kinsmen; they tax my back and my car—I have no chance to save. I paid my poll-tax yesterday, three kronen it set me back; and tax collectors ever stray around my humble shack. It isn't fair, it isn't just, for I'm the country's guest, and Holland has an awful crust to touch my treasure chest." The stolid Dutchman makes reply: "We did not ask you here; and if you think the taxes high, you'll find them worse next year." O'er all the world the people groan "neath taxes, to despair; and Bill, the exile from a throne, helped out the burden there."

Onions are appetizing stuffed with minced ham and breadcrumbs and baked.

## Obituary.

### MARTHA DALEY.

On the morning of August 30th the Angel of death silently visited the home of Mr. Wm. Daley and claimed from its little circle his wife, Martha, who had been ill for a few months previous, but always held the expectation of getting better, till her strength gradually gave way and her soul passed peacefully to its reward, fortified by rites of Holy Church. Besides a kind husband and one little boy, Michael, she leaves to mourn her four brothers and many relatives, to whom we offer our deepest sympathy. Her funeral took place on Sunday afternoon, the mortal remains being laid to rest in the village cemetery. The many floral wreaths and expressions of sympathy offered, as well as the large attendance which followed her corpse, testified to the esteem in which she was held. May her soul rest in peace.—Com.  
St. Joseph's, Aug. 24, 1921.

## Bees Block

### Kentucky Road.

The road from Concord, Ky., to Vanceburg, has been blocked for several days by myriads of honey bees which for fifty years had used a roadside tree as an apiary. The tree fell across the highway before a high wind, and honey was scattered over a wide area. The bees refused to relinquish possession, and all travel was diverted by a route which causes several miles of additional journeying. Persons who approached the fallen tree have been routed by fierce onslaughts of the bees.



## USE YOUR HEAD.

A woodpecker pecks out a great many specks of sawdust when building a hut. He works like a nigger to make the hole bigger. He's sore if his cutter won't cut. He don't bother with plans of cheap artisans. But there's one thing Can rightly be said: The whole excavation has this explanation. He builds it by using his head.

So use your head when you require a good tonic and nerve builder by taking Dr. F. Stafford & Son's Tonic. Price: \$1.50 bottle; Postage 20c. extra.

For sale by DR. F. STAFFORD & SON, Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland.

Scalloped fish is attractive served in individual dishes. Season with lemon juice.

## Libby's California Fruits

Picked at the moment of perfect ripeness.

Fine, firm textured fruit, mellowed with the sunshine of the Golden West.

Picked, full-ripened, from the tree and hurried to near-by Libby kitchens to be packed in rich cane-sugar syrup at the very pinnacle of their flavor.

Whether your preference is for Peaches, Apricots, Pears, Plums or Cherries, each comes to you under the Libby brand with its full native flavor sealed in—so good that they improve the simplest luncheon or the most stately dinner.

Your grocer has Libby's Fruits, or he can get them for you.



And don't forget Libby's Hawaiian Pineapple—genuine sun-ripened fruit, packed before sundown on the day that it is picked, preserving all its native flavor and lusciousness.

Buy it in half dozen or dozen lots. It will keep perfectly until you need it, and is always ready for tasty desserts, appealing salads, and dainty fruit dishes.

**Libby, McNeill & Libby**

## PRICE IS ADVANCING!

It would be advisable, we think, to cover your Spare Rib requirements now while our present stock of those excellent Morris & Co.'s half-sheets lasts. The "to arrive" lots are being quoted considerably higher.

**HARVEY & CO., Ltd.**

Don't say Paper say The Evening Telegram.

## Early Williams

## Duchess Apples!

Just received ex Rosalind; also CALIFORNIA LEMONS, CUCUMBERS, GRAVENSTEIN APPLES in boxes, CALIFORNIA GRAPES.

To arrive Monday ex "Sable Island": RED, YELLOW and BLUE PLUMS, GREENGAGES, YELLOW PEACHES, STRING BEANS, FRESH TOMATOES

**C. P. AGAEN,**  
Duckworth Street & Queen's Road