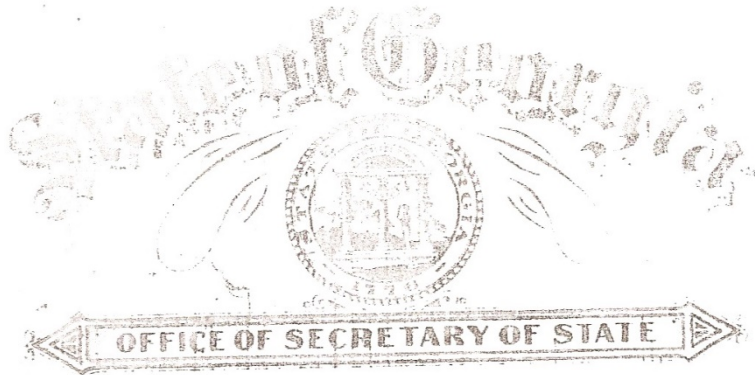


Life Foundation

**A glimpse of
history ...**



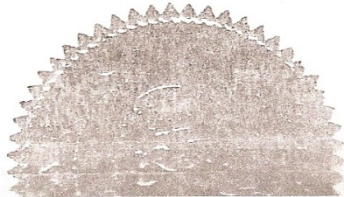
J. Ben W. Folsom, Jr., Secretary of State of the State of Georgia, do hereby certify, that

"LIFE FOUNDATION, INC."

was on the 12th day of November, 1965,
duly incorporated under the laws of the State of Georgia by the Superior Court of
Fulton County for a period of Thirty Five years
from said date, in accordance with the certified copy hereto attached, and that a certified copy
of the charter of said corporation has been duly filed in the office of the Secretary of State and
the fees therefor paid, as provided by law.

IN TESTIMONY WHEREOF, I have hereunto set my hand
and affixed the seal of office, at the Capitol, in the City of
Atlanta, this 16th day of Thirty Five in the year
of our Lord One Thousand Nine Hundred and Sixty
Five and of the Independence of the United States
of America the One Hundred and Ninetieth.

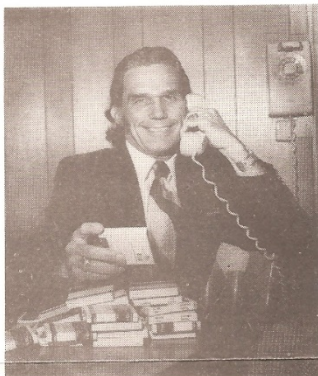
J. Ben W. Folsom, Jr.





LIFE FOUNDATION, INC.

BOX 37, AUSTELL, GEORGIA 30001



SID E. WILLIAMS

Pictured with the first group of Radio Tapes ready for mailing.

EXTRA!
Hear All About It!

EXTRA!
Hear All About It!



**'THE RADIO MINISTRY OF HEALTH'
IS ON THE AIR**

*Telling The Story of Chiropractic
to Millions*

YES — Friend of LIFE — we are ON THE AIR — where 25 million prospective listeners will hear of life's natural Health Restoring Science of Chiropractic.

The program entitled YOU AND YOUR LIFE — I know will reach the ears of millions with the Public Service spots distributed as one of the educational services of LIFE FOUNDATION.

Each month new spots will be prepared and sent to all radio stations initially in the four states of Georgia, New Jersey, Pennsylvania, South Carolina, and I know that your prayerful support will help us to expand "This Radio Ministry of Health" throughout the Nation and hopefully around the World.

I am asking you to do me a special favor and listen to your local radio station and/or stations to determine whether these spots are being aired, your patients may mention to you that they heard these spots.

Would you be good enough to let me know if the spots are being aired? If you or your patients are not hearing the spots, would you please call the public service director or other appropriate person and tell them that the LIFE Foundation had sent these spots as a public service of the Foundation and you are calling to determine the radio station's intentions in airing these public service spots.

LIFE — IS GIVING — LIFE itself — through our programs of "Service to Humanity."

As a Friend of LIFE, I am asking you to join the growing LIFE team of those who are dedicated to Love and Concern for mankind, through the LIFE FOUNDATION.

Yours in LIFE:


Sid E. Williams, B.S., D.C.
President

**MILLIONS
ARE
LISTENING**

LISTEN TO

YOU

AND



YOUR

LIFE

**MILLIONS
ARE
LISTENING**

**ON RADIO
EDUCATIONAL - PUBLIC SERVICE - PROGRAMMING**

LIFE FOUNDATION, INC.

Box 37

Austell, Georgia 30001

**PROJECT
Education**

MORE THAN 25 MILLION PERSONS - WILL HEAR - YOU AND YOUR LIFE

Over
RADIO
in

GEORGIA

NEW JERSEY

PENNSYLVANIA

**SOUTH
CAROLINA**

YOU AND YOUR LIFE is designed to tell "The Story" of Chiropractic through the programs of the LIFE FOUNDATION, INC.

THIS IS ONLY THE BEGINNING -- BUT WHAT A TREMENDOUS BEGINNING!

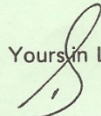
WITH YOUR HELP AND SUPPORT - YOU AND YOUR LIFE - WILL BE HEARD IN EVERY STATE
BY

TWO HUNDRED MILLION PEOPLE

I am personally asking you to support "THIS RADIO MINISTRY OF HEALTH."

to bring

— NEW HEALTH AND NEW LIFE FOR MILLIONS WITH CHIROPRACTIC HEALTH CARE —

Yours in LIFE:


Sid E. Williams, B.S., D.C.
President

*A support reply envelope is enclosed, I know that you will assist in
"This Radio Ministry of Health."*



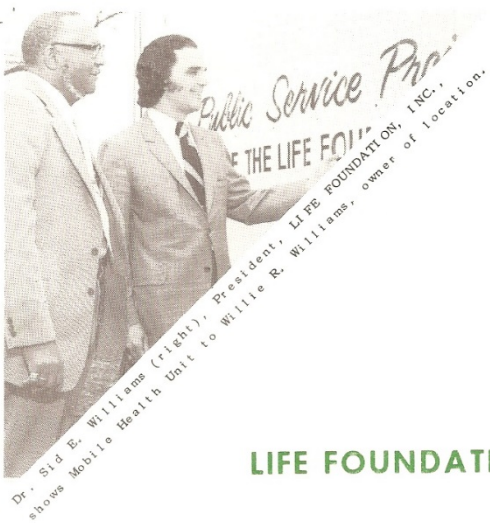
SID E. WILLIAMS

"SERVICE TO HUMANITY"

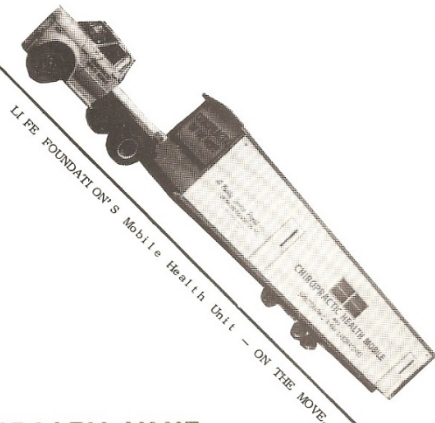
***EDUCATION**

***RESEARCH**

***SERVICE**



LIFE IS GIVING



- YES -
LIFE FOUNDATION'S MOBILE HEALTH UNIT
IS GIVING

GIVING SERVICE TO HUMANITY - WITH ITS FREE SERVICE TO ALL
OF
Consultation • X-ray • Determination • Adjustment



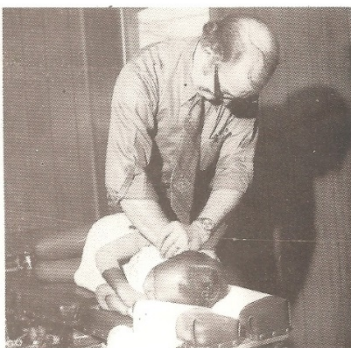
Dr. Sid E. Williams, President, LIFE FOUNDATION, INC., obtains case history of baby Sophia from mother Janie Shubert.

PICTURES
TELL
THE
STORY
OF
CHIROPRACTIC
SERVICE
THROUGH
PROGRAMS
OF



Mrs. Oiam Smith giving case history to Dr. D. D. Humber Vice President, LIFE FOUNDATION, INC.

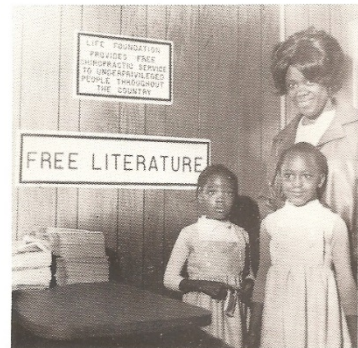
LIFE FOUNDATION, INC.



Dr. Ed Ambrose, Executive Director, LIFE FOUNDATION, giving adjustment to Bonita Collier.



Box 37
Austell, Georgia 30001



Mrs. Martha Collier and daughters Lisa and Bonita as they enter LIFE Foundation Mobile Health Unit.

FREE

Life Foundation *in*

FREE

“SERVICE TO HUMANITY”

with the



FREE

FREE

FREE

CHIROPRACTIC HEALTH CARE

of

★CONSULTATION ★X-RAY ★DETERMINATION ★ADJUSTMENT
for the

POOR and INDIGENT

now located Corner

PARKWAY DRIVE and FORREST AVENUE

Hours 10 a.m. to 6 p.m. — Monday - Saturday

**DON'T MISS THIS OPPORTUNITY
for NEW HEALTH and LIFE**

LIFE FOUNDATION INC., Box 37, Austell, Georgia 30001

Vol. 1 No. 1 #2 was named "News" Vol. 1 No. 3 and forward was called "International News, Ideas and Facts For Abundant Life and Health" 1967

NEWS

from
the

LIFE

FOUNDATION

Vol. 1 No. 2

P.O. Box 10541

Atlanta, Georgia

President Johnson Calls For Action To Secure Better Health-At Lower Cost

NEWS and VIEWS Concerning YOUR HEALTH

Removal of tonsils is currently the largest single reason for the admission of patients into American hospitals. The Canadian Medical Association Journal reports a toll of 1,805 deaths from tonsillectomy in the United States. "Most of these were normal healthy children."

Children, apparently, do not die of tonsillitis, but they can, and do, perish from the physician's tonsillectomy. Mothers who take their child to a Doctor of Chiropractic, first, are more likely to correct the cause of the seeming illness. Surgery should be resorted to - only as a last resort.



The LIFE Foundation program "For better health at lower cost" is finally gaining recognition in Washington.

President Johnson called a conference on June 27-28 "to discuss how costs of medical services can be lowered without impairing the quality."

Many of the 300 participants agreed that changes are needed and inevitable. The hope was expressed that quality and efficiency can be improved so that the nation will get more for its health dollar.

Some expressed fear that, while costs may continue to rise, the quality of health care may decline.

The hospitals are full and the costs increase. Average cost of

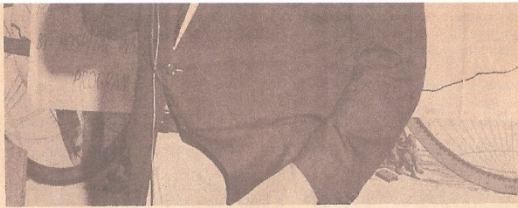
an organ that has been cut out.



SAVE ON DRUGS - Dr. Melvin D. Small of Georgetown Medical School in Washington, D. C. said, "A large number of prescription drugs have no effect on the ailments they are intended to cure. He said many drugs are given credit in cases where the illness would heal by itself without treatment. Anti-acid preparations have little or no effect on stomach acid. Anti-nausea pills are no more effective than sugar pills. So-called weight reducing products are virtually useless.

"Furthermore," he said, "Shop around for the best price. Surveys show that drug prices may vary as much as 1,200% - (That's a much higher interest than banks pay.)

OPRYRIGHT, LIFE FOUNDATION, 1967



JOHN WAYNE SPEAKS TO MEMBERS OF THE LIFE FOUNDATION

JOHN WAYNE, one of the biggest stars in the movie industry and the idol of millions throughout the world, spoke to an assembly of Chiropractors and their wives attending the LIFE Foundation meeting, Hilton Inn, At-

lanta, Georgia May 28th.

Mr. Wayne enthusiastically expressed his views on Chiropractic and told how Chiropractic benefits his health.

Like so many other leaders in the entertainment field together with stars in the athletic world and prominent men in business and industry, JOHN WAYNE is a strong believer in the benefits of Chiropractic.

He said, "I have used Chiropractic and I think it is a fine profession."

Mr. Wayne received no compensation for his appearance and nice comments concerning Chiropractic so the LIFE Foundation sent him a LIFE-A-GRAM. It reads, "To JOHN WAYNE - The LIFE Foundation sincerely appreciates the many long years you have given to bring happiness and a better life to millions of people.

"We want you to always enjoy LIFE and HEALTH so - present this LIFE-A-GRAM wherever you go and a Participating Doctor in the LIFE Foundation will gladly help you find new LIFE through Chiropractic."

For
Better
Health
★
At
Lower
Cost!

HEALTH SERVICE PROGRAM (See Page 5)

Many thinking people ask, "If medical doctors know as much as they claim to know about getting people well, why then are so many people sick and the hospitals full. If drugs, shots and pills are a way to give people better health, why are new drugs, shots and pills created because the old ones didn't work."

HOW TO SOLVE THE PROBLEM

The LIFE Foundation believes the problem lies in the hands of members of the medical profession who refuse to look, first, to the "cause" of illness and disease rather than spend so much time and billions of dollars to find ways to "cover up" those illnesses and diseases with drugs, pills and shots.

Certainly there must be a better way. Medical doctors need to open their minds. They need to recognize the cause and they should make a determined and sincere attempt to find that better way.

Until they find the cause, the problem will remain.

John W. Gardner, secretary of Health, Education and Welfare, warned the medical and hospital professions against opposing change and new ideas without suggesting

Continued on page 8

An Editorial

Why Be Sick When You Can Be Well?

By DR. SID E. WILLIAMS,
President, Life Foundation, Inc.



THE PEOPLE NEED TO KNOW "THE CAUSE" - THEN "THE CURE" WILL COME

Do you realize that, at this moment, while you are reading this paper, hundreds of thousands of people are dying a premature death?

Millions of newly-born children are destined to go through life sick, crippled or partially well. Multi-millions of people are ill and suffer needlessly from aches, pains and chronic diseases.

We believe it is immoral for those who profit the most from illness and disease to continue to hide the truth about "the cause" of disease and how to correct it - easily, painlessly and at low cost.

The people of the world need an explanation. They need to understand the problem. They need to know the answer. And they should be allowed the freedom to choose their own doctor.

Consider this for a moment. If drugs, shots and pills were good for a sick person, then obviously they would be good for a healthy person - and, for that reason, they should be taken every day. But drugs, shots and pills are not good for a healthy person, then how is it possible for them to be good for a sick person?

The reason is - you cannot take two imperfect objects (drugs and disease) and create a good result.

Why do so many people die many years before their time? If medication, pills and drugs were the answer to health, people everywhere would enjoy good health. The cost of medical care, however, goes up. The hospitals are full of sick and suffering people. Many wait in line to get in sometimes for days and weeks.

There is an answer but, unfortunately, those who have most to lose continue to suppress the truth about sickness and disease do not tell the people "there is a better way". They try to "cover up" the symptoms. And they ignore "the cause" of sickness and disease which comes from abnormal pressure on nerves within the spine. This is why people continue to be sick.

For 72 years, Doctors of Chiropractic have been telling people the

Letters from Readers ...Their views on LIFE

Dear Dr. Williams -

I will introduce myself by saying - I am Louise Evans - a most happy and grateful patient to God - and to Chiropractic.

Our county is so very fortunate to be blessed with such a wise and dedicated man as our Dr. Phillips. This Doctor's precious words of comfort and wisdom and his skilled hands as he gives a Chiropractic treatment makes living seem so important.

At each visit to his office, I read the interesting articles on Chiropractic by people who write their experiences. I have had two experiences that are quite different from the ones I have read about.

Dr. Williams, Chiropractic in the skilled hands of Dr. Phillips kept me alive. For over three hours, this faithful Doctor worked untiringly with patience. My heart stopped three times. I know what it is to die from an insect sting. Now you understand why I begin my letter with the words - God, Dr. Phillips and Chiropractic.

God knew I would need Chiropractic treatment and he arranged for Dr. Phillips to be at his clinic at the exact time I was in need of his services.

I was in an auto accident seven years ago - it changed my life completely. I went into a world of suffering that was horrible. It is frightening to know how much pain and suffering our bodies can stand and believe me - mine was certainly tested.

For the past seven years, I have

strength. I didn't feel as though my living was worth the effort.

Then on March, 1967, I began a new life. I discovered Chiropractic. I wish I could explain to all people the wonders Chiropractic can do and what Chiropractic really means to me.

So, Dr. Williams, the reason I am writing to you, I know you must be an outstanding man because Dr. Phillips admires you so much. Is it possible for me to give my body to the LIFE Foundation?

A thankful Chiropractic patient,
Louise Evans
Rt. 2,
Cumming, Ga.



Darlene Carnes

Eczema Stopped By Chiropractic

A few weeks ago, ECZEMA broke

time to be sick.

For 72 years, Doctors of Chiropractic have been telling people the truth about illness and disease. They know and understand "the cause". And only a Chiropractor has been carefully trained through 4 years of study in college to locate that cause and correct it. His scientific, painless adjustments of your spine increases the flow of life-giving energy throughout your body and, oftentimes, miraculous results occur - without harmful pills, shots or drugs.

Medical doctors are aware of the beneficial results of Chiropractic because the proof has been established over the years through the enthusiastic testimonies of millions of grateful patients. Many of these testimonies are readily available in this paper.

Sickness and disease are not normal. You have a God-given "right" to be well. Help the LIFE Foundation eliminate prejudice so the world will know the truth about Chiropractic. Shout it from the housetops. Educate your friends and neighbors. Tell them the truth. It is important for you to do this because you have everything to gain and nothing to lose.

For example, here is a story that is typical of the thousands that get well in Chiropractic offices every day.

A patient recently went to see a Doctor of Chiropractic. She had spent all of her money going from hospital to hospital and from doctor to doctor. Her pocketbook contained many medicines. Her stomach had been partially removed. Her female organs were gone and she had undergone an operation on the nerves in her back. Yet the symptoms, illnesses and the pains she suffered were still there.

She was given a thorough Chiropractic examination. Then the Doctor of Chiropractic gave her a scientific adjustment of her spine. Now her symptoms have disappeared. Her nausea is gone. She no longer complains of "nerves". Her heart palpitations no longer occur. Her headaches have ceased and she is able to sleep and breath normally - in spite of all the surgical procedures and operations.

Many would call her recovery miraculous. But why did she wait so long to see a Chiropractor? Why wasn't she told to see a Chiropractor FIRST? Then she would have saved several thousands of dollars and kept the organs she needed.

It is necessary that millions more people be informed about the benefits of Chiropractic - through newspapers, radio and television. And, when they are properly informed they will agree with millions of others who say, "Yes, Chiropractic IS better - that I know."

While this information is fresh in your mind, give the LIFE Foundation your support. Send us your donations and your names. Tell us your stories of how Chiropractic has helped you secure better health - at lower cost.

The more people know about "the cause" of illness and disease - the sooner their "cure" will come.

For the past seven years, I have been under the care of medical doctors who were destroying my body with drugs.

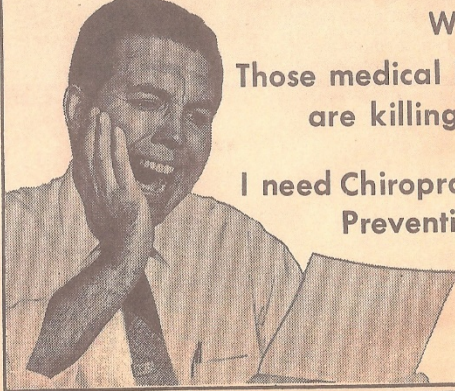
I told those doctors over and over my feeling and what I needed was to have my neck moved to fit straight on my body. They laughed at me for saying that. I didn't know about Chiropractic but my medical doctors did. They just didn't have the guts to admit Chiropractic could do what is impossible for a medical doctor and the drugs he prescribed.

I was taking nineteen pills each day - just to be able to stand the pain. I was not improving. I was losing the use of my right leg. I was in paid day and night so much until it seemed I would just have to give up. I had used up all my

A few weeks ago, ECZEMA broke out on my hands. First, my hands broke out in little bumps. Then they began to itch. Blisters formed. Finally they burst and fluid began seeping out. The hands then became raw. They began to bleed. Finally, I had to bandage the fingers.

Something had to be done...so I saw a chiropractor. X-Rays were made. Following the first adjustment...the itching DISAPPEARED! Following the second adjustment...the eczema DRIED OUT COMPLETELY...simply amazing! There was no seeping fluid. Following the third adjustment...the hands began to heal. The eczema is completely gone. It is fantastic!

Sincerely,
Mrs. Darlene Carnes



Wow!
Those medical bills
are killing me
I need Chiropractic
Preventicare

NOTE - All of the material in this paper is copyrighted. It is not to be used in any form without written permission from The LIFE Foundation.

Louisiana Chiropractors March on Capital For People's Freedom of Choice

BATON ROUGE (UPI) Nearly 200 supporters of Chiropractic wearing black armbands and following a casket, marched on the state capitol to symbolize what they said is the death of freedom.

The march was planned to protest the arrest and conviction of a Jennings Chiropractor, Dr. Charles Deese for "practicing medicine without a license". (Dr. Deese, however, does not practice medicine, he practices Chiropractic which does not require medicine.)

Louisiana is the only state in the nation which does not license Chiropractors.

Dr. Roger Farmer of Crowley, secretary of the straight Chiropractic committee; Dr. E. J. Bixenman, president of the committee and Dr. Sid E. Williams, president of the LIFE Foundation which supports Chiropractic, accompanied the marchers.

Dr. John Booth, president of the Louisiana Chiropractic Association, also was among the marchers who carried signs, some of which read: "Your freedom is buried when Chiropractic is denied."

Dr. Deese, who has appealed his conviction, was one of the six pallbearers bearing the casket into the lobby of the capitol. The marchers, men, women and children, trailed for more than 2 blocks.

Dr. Williams said this march and rally will be used to kickoff a vigorous campaign to license Chiropractic in the 1968 regular session of the legislature.

the visits by a medical doctor, (Dr. H. J. Sabatier)

Plenty of witnesses for the medical doctors were allowed to testify at the trial. But, the Jennings Daily News reported, "Witnesses for the defense of Dr. Deese, who did not testify today, said they had received beneficial results from Chiropractic after treatments by medical doctors had failed."

The whole case goes far beyond the matter of denying the Chiropractor the right to practice his beneficial profession. It actually denies the right of the individual human being to exercise his own freedom of choice in selecting the health care service which he wishes to restore and maintain his health.

For that reason, the trial was based on an immoral and unjust premise.



Chiropractor Threatened By Medical Doctor Fantastic Story-But True

On June 1st, 1967, at 7:30 P.M. a well-known medical doctor in Ohio called Dr. Gary Stocker, a Chiropractor in Findley, Ohio. He threatened Dr. Stocker's life, used vulgar and obscene language and his words were filled with hate.

The entire conversation was recorded on tape. A few of the uncalled for, hate-filled remarks were: "Don't you ever open your mouth again - and that's a threat, I'm telling you..." "I'm going to persecute you to the n'th degree"... "You have trespassed on holy territory when you stepped on my feet"... "You will be destroyed by me"... "Shortly, I hope to put the Chiropractors out of business"... "I will destroy your whole profession because I hate you"... "I am out to get you"... "From now on, the word is 'beware'."

Every right-thinking person can see the above medical doctor was wrong. The words he used sound much like the words the Pharisees used against Jesus Christ. Fortunately, the vicious attack by that medical doctor against Dr. Stocker was recorded on tape directly from the phone. It was reported immediately to the proper authorities.

This phone call illustrates an important point. Millions of people are not aware of how much medical doctors fear the science of Chiropractic.

In fact, few people are aware of the multi-millions of dollars the American Medical Association spends

many Chiropractors succeed after medical doctors have failed. For that reason, many medical doctors "lie" to their patients when they say, for example, "Chiropractic is all right, but not for you." or "If you go to a Chiropractor, I can no longer help you."

While "lies" are bad enough, no man has the right to threaten another man's life - and especially is this true when the man so threatened helps many people enjoy better health - at lower cost.

Such a situation is improper, immoral and unjust. Fear of another man's ability is no reason to threaten him with physical harm or death. Dr. Stocker, therefore, took immediate steps to protect himself and his family from physical harm or further attack.

The American Medical Association tries to give people the impression they are righteous, but, to date, they have not censured this medical doctor, nor have they apologized to Dr. Stocker for such an offensive attack by one of their members.

Does that mean the American Medical Association approves of their doctor's hate-filled conduct. If so, the AMA is seriously at fault in their own attitude and conduct - and they, too, should be censured.

LIFE IS WONDERFUL

ally will be used to kickoff a vigorous campaign to license Chiropractic in the 1968 regular session of the legislature.

Dr. Farmer said, "The Chiropractors wanted the legislature to declare an emergency so it can take up amendments to the medical practice act, which limits the practice of medicine to graduates of medical schools."

Farmer said the legislature could easily change the act, although it is the last day of the session. Asked why they didn't demonstrate sooner, he said: "The first arrest was more than a month ago. It took us this long to build up the steam."

But Farmer and Dr. Sid Williams, president of the LIFE Foundation, Atlanta, Ga. said a series of protests against the act would be held this summer.

"It's a kickoff for forthcoming sessions of the legislature", Williams said.

A CRIME AGAINST THE PEOPLE

The crime against the individual Chiropractor and against the Chiropractic profession is bad enough, but the crime against the State of Louisiana is even greater and more indicting.

It is evident from the testimony in the trial against Dr. Deese that the case is, in reality, a political attack against the entire Chiropractic profession — instigated, promoted and financed by the medical profession who fear the growing success of Chiropractic everywhere.

The obvious collusion between the medical doctors and the politicians is clearly evidenced by the admitted testimony of an X-Ray Technician who made several visits to the office of Dr. Deese to seek relief from ailments which he did not suffer. The technician making this spy-type call was re-imburged for the expense of

No more shots
or pills for me.
I want
Chiropractic

practice.

In fact, few people are aware of the multi-millions of dollars the American Medical Association spends to try and discredit Chiropractors and their result-producing adjustments. (Read the story by Napoleon Hill, for example, on page 7).

Many medical doctors are afraid to be openly compared with a doctor of Chiropractic because they see so

LIFE IS WONDERFUL



CHIROPRACTORS DEMONSTRATE — Some 150 Louisiana chiropractors and their families marched to the state capitol today carrying signs protesting the state's medical practices act. A group of coffin-bearing chiropractors headed the group. "For every chiropractor that is arrested, we're

going to demonstrate in every city in Louisiana," Roger Farmer, Crowley chiropractor and secretary of the Straight Chiropractic Committee, said. They are asking an emergency be declared so amendments to the act could be taken up by the legislature.

—Photo by Ken Armstrong

Page 3—LIFE Foundation News

Questions & Answers

FOR BETTER HEALTH

by Dr. Sid E. Williams

MY PHYSICIAN SAYS MY CONDITION IS "JUST NERVES". CAN A CHIROPRACTOR HELP NERVES?

Yes, many people are suffering needlessly from thousands of different conditions. It is popular to label conditions that do not respond to medications as "just nerves". It's shameful to deny people relief through chiropractic care because of deliberate prejudice. Everyone should receive regular chiropractic check-ups to stay healthy.

MY SKIN IS DRY, ROUGH AND BURNS MOST OF THE TIME. I USE OIL BUT IT DOESN'T SEEM TO HELP. WHAT SHOULD I DO?

You sound like someone who has chronic nerve interference caused by spinal displacement. The skin has a tremendous capacity to rejuvenate itself provided the body is adequately vitalized with nerve energy. The skin is usually more youthful in appearance under chiropractic care.

HOW SOON SHOULD A CHILD BEGIN SPINAL ADJUSTMENTS?

Women should receive regular adjustments during pregnancy. This helps assure a healthy child. Immediately after birth a baby should be checked chiropractically.

I HAVE A FRACTURE THAT WILL NOT HEAL. I HAVE BEEN ON A DIET, TAKE VITAMIN INJECTIONS

matoid arthritis for the joints to function normally unless damage is beyond the body's ability to heal. I suggest you take your mother to a participating doctor for spinal analysis. He will be specific as to the results then can be expected.

SEVERAL YEARS AGO I WAS IN AN AUTOMOBILE ACCIDENT AND SHORTLY THEREAFTER I DEVELOPED DIABETES. I STARTED TAKING CHIROPRACTIC SPINAL ADJUSTMENTS AND MY DIABETIC CONDITION DISAPPEARED. WHAT HAPPENED?

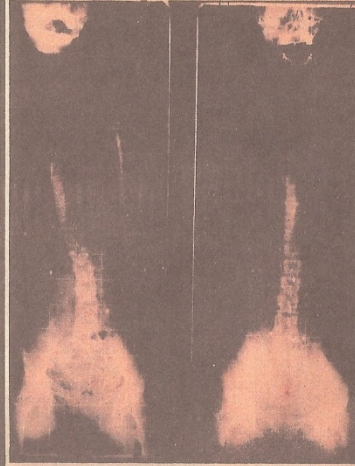
Many times an accident will produce a tiny displacement of the spine that will go undetected for years and serious conditions of the body will develop - unless chiropractic care is recommended. After every accident a careful chiropractic x-ray analysis of the spine should be taken to eliminate the possibility of permanent damage.

MY CHILD IS THREE YEARS OLD AND HAS RECENTLY DEVELOPED CROSS EYES. MY PHYSICIAN HAS RECOMMENDED AN OPERATION BUT MY HUSBAND WANTS TO CONSULT CHIROPRACTIC FIRST BEFORE RESORTING TO SURGERY.

Your husband is using good judgment. Many times after life has been restored to the nervous system

Chiropractic Corrections

by Logan Basic Methods



SCIATICA

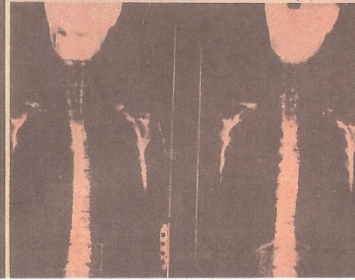
Female, Adult

Symptoms:

Severe low back pain, headaches, gastric disturbances.

Outcome:

Complete alleviation of pain



HAY FEVER, ASTHMA

Female, Age 43

Symptoms:

Lumbago, hay fever, asthma, nervousness, underweight

I HAVE A FRACTURE THAT WILL NOT HEAL. I HAVE BEEN ON A DIET, TAKE VITAMIN INJECTIONS REGULARLY AS WELL AS FOOD SUPPLEMENTS. CAN CHIROPRACTIC HELP?

In your case it sounds as if the nervous system is involved and a chiropractic spinal analysis can determine the cause. It is abnormal for the body not to heal. Consult a chiropractor!

IS IT NECESSARY TO TAKE DRUGS WITH CHIROPRACTIC CARE?

By no means. A properly functioning human body does not require medication to stimulate or inhibit, as needed, its various tissues, organs and members.

In some cases where illness has progressed beyond the reach of the healing arts, certain drugs may be necessary for prolongation of life. In other cases, which have spread beyond reach of human resources, drugs are used to ease the suffering. But in cases where human bodies are repairable, drugs usually are not needed and should be avoided.

Any drug you are required to use for any reason should be reported to your Chiropractor and he will give specific instructions as to continuance of such a drug.

MY MOTHER HAS RHEUMATOID ARTHRITIS. CAN CHIROPRACTIC ADJUSTMENTS HELP HER CONDITION?

There are many thousands of people who thought they were doomed to the wheel chair who now live normal happy lives because of the modern advances of scientific chiropractic care. There is hope even in the more serious cases of rheu-

LIFE Foundation News- Page 4

ment. Many times after life has been restored to the nervous system the muscles that control the eyes begin to function properly and the eyes straighten automatically. I would not wait too long before consulting a chiropractor. The sooner the better.



Ronanda Crist

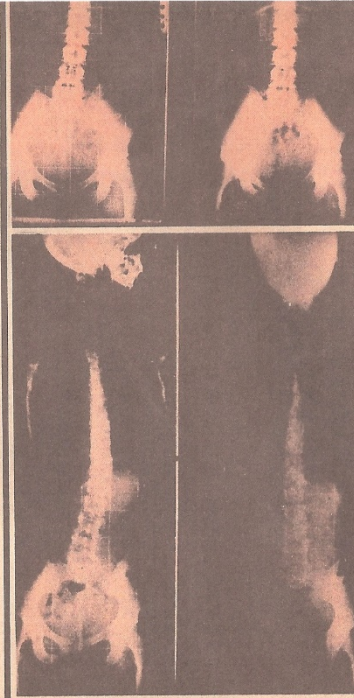
Bed Wetting Corrected

Ronanda was a constant bed wetter since the age of 3 years. During the past 2 years, we tried everything except Chiropractic. Previous to this time...nothing worked...everything failed.

We heard about chiropractic. We were skeptical at first...but at this point...something had to be done. We decided to give Chiropractic a try.

Following a few short weeks of chiropractic adjustments...Ronanda NO LONGER has the bed wetting problem! She has also gained weight and has more confidence since being under care...she has been more outgoing. Children love Chiropractic's painless way of care.

Sincerely,
Mrs. Marilyn Crist



Lumbago, my fever, asthma, nervousness, underweight

Outcome:

"Splendid results" reported

CHRONIC WRY NECK

Female, Age 29

Symptoms:

Upper back & neck pain, nervous, melancholy, vomited almost every meal, loss of weight.

Outcome:

Patient relieved of all symptoms

FOR X-RAY EXAMINATION
CALL THE PARTICIPATING DOCTOR
LISTED ON PAGE 8

From Spinal X-Rays Chiropractors Locate Source of Your Trouble

Do you ever have headaches — or pains in your back? Do you ever have eye trouble, a sore throat, sinus trouble or colds? Do you ever have a desire to get rid of asthma, ulcers, heart troubles, diabetes and other troublesome diseases?

You do? So do multi-million of other people around the world. Many of them get rid of it with a Chiropractic adjustment.

All you need to do is visit a Chiropractor who is a Participating Doctor in the LIFE Foundation. He will take X-Rays of your neck and spine, locate the cause of your trouble or pain, then show you how he can correct it.

X-Rays insure accuracy. They enable your Chiropractor to see "on the inside of you." (And that is where the trouble is — isn't it.)

Millions of people love Chiropractic and willingly say so. Like JOHN WAYNE, NAPOLEON HILL, JOHN GARY and ZSA ZSA GABOR, they get well because they know from personal experience over many years, that the scientific adjustments they receive from a trained Doctor of Chiropractic is the answer to "better health — at lower cost."

Everyone needs a periodic X-Ray of the neck and spine. Why? Because your neck and back can get out of line. They be out less than 1/8 of an inch, but that slight misalignment can cause you to have many aches and pains. It can also cause illnesses and diseases that can cost you hundreds of dollars.

shows you why illnesses and diseases begin. And they can begin at any age — from birth to 120 years.

Yes — even babies need attention. Their necks and spines can also get out of line. Sleeping wrong. Falling down. Being dropped. Playing too hard or too long. Even bumps while riding in a car can cause an illness or disease to break out.

And, most important, you must realize that a great many problems are caused — at birth — when a medical doctor delivers your baby quickly or carelessly. The baby's little neck can be twisted — and — unless a Doctor of Chiropractic corrects that slightly twisted neck and spine, your baby may have serious troubles as it grows older.

And, of course, many of your own aches, pains and illnesses may have been caused at your birth by a medical doctor who did not realize the importance of keeping your neck and spine straight.

A few of the many diseases that can occur from a twisted neck at birth are — polio, spinal meningitis, curvature of the spine, weak eyes (even blindness), poor hearing, bed wetting and diabetes.

So, when you think about it — careful Chiropractic care is vitally important. Spinal X-Rays can locate "the cause" of your illness or disease — in your baby as well as yourself. But, you must not put it off.

You need to see a scientifically trained Chiropractor regularly. This

Enthusied Parents Tell How Chiropractic Helped Their Child Get Well Without Pills Or Drugs

LEG PAINS

Since Chiropractic care... My little daughter no longer cries at night with leg ache.

CONSTIPATION

Our son, two years of age, had chronic constipation since birth. Thanks to Chiropractic, he is now normal.

HEADACHE

We feel that Chiropractic has worked a miracle on our daughter. After 5 adjustments she has had no more migraine headaches.

FEVER

Regardless of what we did the fever always returned. Since Chiropractic he has been normal.

COLDS

Our five children have not missed a day of school this year. Chiropractic has helped all of them.

WEAK, ANEMIC

We thought something was wrong because Jimmy wasn't as active as other children. A Chiropractor explained what the trouble was. He corrected it and now Jimmy has more energy.

NIGHTMARES

Chiropractic adjustments have Tommy where he now sleeps sound all night long.

BED WETTING

We could hardly believe our Chiropractor when he said, "No more bed wetting for this child." Now we know Chiropractic is wonderful.

WEAK EYES

Saved from serious eye operation. Thanks to Chiropractic. Eyes 75% improved.

NERVOUSNESS

It's hard to think a child could have a nervous breakdown — before chiropractic our child almost did.

ECZEMA

So embarrassed about skin condition... our child would not go swimming. Now it seems like a miracle the way chiropractic has helped.

ASTHMA

If you have ever watched a child struggle to breathe you will know how we felt. A chiropractor corrected his trouble, and we continue to have our child checked each month. This, we believe, will prevent that trouble from ever coming back.

illnesses and diseases that can cost on hundreds of dollars.

The truth is - your backbone may look normal on the outside but - on the inside - it can really be "out of line". An X-Ray proves this and

it off.

You need to see a scientifically trained Chiropractor regularly. This is known as "Preventicare" - the LIFE Foundation program "for better health - at lower cost."

plained what the trouble was. He corrected it and now Jimmy has more energy and his lessons in school have improved.

have our child checked each month. This, we believe, will prevent that condition from occurring again.

EAR ACHE

It seems that we have had ear ache in our home at least once a month since Eddie was born. Chiropractic has completely eliminated all of that.

POOR APPETITE

Susie has gained 10 pounds, eats all the time. Many thanks to Chiropractic.



Famous Walking Horse Dedicated To LIFE Movement

Chiropractic's White Charger is a registered Tennessee Walking horse. He is owned and ridden by Dr. Tom Morgan of Warsaw, Kentucky. He is the grandson of the world famous walking horse, Midnight Sun. He has won many trophies and ribbons throughout Ohio and Kentucky in

walking horse competition.

Dr. Morgan has dedicated this solid white horse to the Life Movement. He said the purity and strength of this animal represents the pure, powerful Chiropractic principle for which we stand.

Important-

Here is why you need

SPINAL X-RAYS NOW-TODAY

Millions of people suffer needlessly from aches, pains and diseases.

They spend billions of dollars every year on drugs, shots and pills because they fail to find and correct the real cause of their ailments which actually originate in their spine.

*Why suffer needlessly,
Why pay large medical bills?*

**Correct The Cause Of Your Problem
Don't Cover It Up**

**FOR
Consultation and Spinal X-Rays**

See Your Participating Doctor (Page 8)

What is the LIFE Foundation? What does it stand for?

Several million people are interested in the LIFE Foundation. Others ask, "What is the LIFE Foundation? What does it stand for?"

The LIFE Foundation is a non-profit, educational organization for better health - at lower cost. In fact, it is the ONLY organization in the world that makes a sincere, dedicated and concentrated effort on a massive scale among both doctors and patients to locate and correct the cause of all dis-ease.

The reason is - the LIFE Foundation believes that Chiropractic is a scientific, proven method of healing that was discovered for a purpose - to help all men work more closely in harmony with God and enjoy good health.

LIFE FOUNDATION STANDS FOR

The LIFE Foundation puts Principle and God first. This we believe is - "The Secret of Success".

The LIFE Foundation believes that everyone, everywhere is interested in "better health - at lower cost".

The LIFE Foundation believes that millions of people die prematurely because of mis-information concerning their health. They go to the doctors for correction of the cause of illness and disease and wind up taking drugs, pills or shots which do not correct the cause but merely covers them up.

The LIFE Foundation believes that the desire for better health - at lower cost can be speeded up when more people are informed about the amazing and beneficial results of Chiro-

The LIFE Foundation believes that Chiropractic is the world's number one healing profession because Doctors of Chiropractic have proven their ability by their results - even in cases which medical doctors once considered "hopeless".

The LIFE Foundation believes that the world should be told the truth about health care and health costs. Then the people, when they are properly informed can make a better judgment of the type of health care they need in order to secure "better health - at lower cost".

The LIFE Foundation believes that a limited number of politically-minded men in the medical professions have established "ethical codes" which do not, in any way, consider the best interests of the public. Instead, those codes were designed to further the best interests of the medical doctors and assure ways to keep medical fees and hospital costs at a high level. While that fact may be denied by those medical doctors who benefit so much from those high costs, they cannot be proven to be untrue because the record and increasing high costs speak for themselves.

The LIFE Foundation believes that ethical codes, no matter what the healing profession may be, are created designed and kept in force by a powerful few individuals to protect the interests of the doctor in that profession. Those ethical codes were not designed to insure better and more economical service to the millions of helpless and needy people who visit those doctors.

Help us build the LIFE FOUNDATION

"City of Life"
Research Center

AND

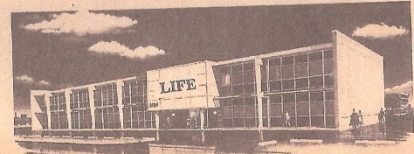
Children's Free
Corrective Center

\$270,000 NEEDED

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

For better health -at lower cost

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆



★
Send your donation today
use the form below

the desire for better health - at lower cost can be speeded up when more people are informed about the amazing and beneficial results of Chiropractic.

The LIFE Foundation believes that LIFE through Chiropractic "Preventicare" is a family affair. Men benefit. Women benefit. Even children and babies receive better health through early Chiropractic care.

The LIFE Foundation actively spends considerable time and money to seek solutions to better health - at lower cost. It does not spend its time on useless discussions or "political double-talk". It wants to know the answers rather than guess. It wants to correct "the cause of illness and disease - rather than cover it up.

were not designed to insure better and more economical service to the millions of helpless and needy people who visit those doctors.

This is a tremendous mission of "better service at lower cost" and we need to know your views on this vital issue. Write the LIFE Foundation at once and tell us of the tremendous results you have received through the science of Chiropractic and your willingness to help remove the prejudice in the minds of many about this valuable science. You will receive periodic reports on the progress of LIFE and of the ideas and ideals we expect to accomplish in the near future. Write LIFE Foundation, Dr. Sid Williams, P. O. Box 10541, Atlanta, Georgia.

★
Send your donation today
use the form below
★

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I want to be a member of your LIFE Movement.
Enclosed is my donation of\$100\$50\$20
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Please send me your brochure and latest information.

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LIFE FOUNDATION, INTERNATIONAL
P. O. Box 10541 Atlanta, Georgia -30310

Whiplash From Auto Accident Corrected by Chiropractic

On November 1, 1965 I went to a Chiropractor of Warsaw, Kentucky. He took X-Rays of my head and neck and showed me the exact vertebra that was causing my trouble and how bad my whiplash really was.

After two adjustments my neck was relieved of the awful pain and I could turn my head some. I have had three adjustments weekly in the past three months. I feel better and I no longer have a stiff neck. My Chiropractor took post X-Rays after the three months care. My neck is doing fine. The vertebra is back to its normal position and I will continue to take adjustments for several months until the muscles around the vertebra are strong enough to hold it in place. If you have a car accident go to your Chiropractor as soon as possible. You too may have a whiplash. By getting to it early you can save yourself a lot of suffering.

Mary Alice Howell
Warsaw, Kentucky



Mary Howell

Following an auto accident, I had a whiplash. The fifth cervical vertebra was twisted. I had headaches constantly and a stiff neck. This made me very irritable. I could hardly do my house work. Finally I decided I had to do something about it.

Enclosed is my donation of \$ _____

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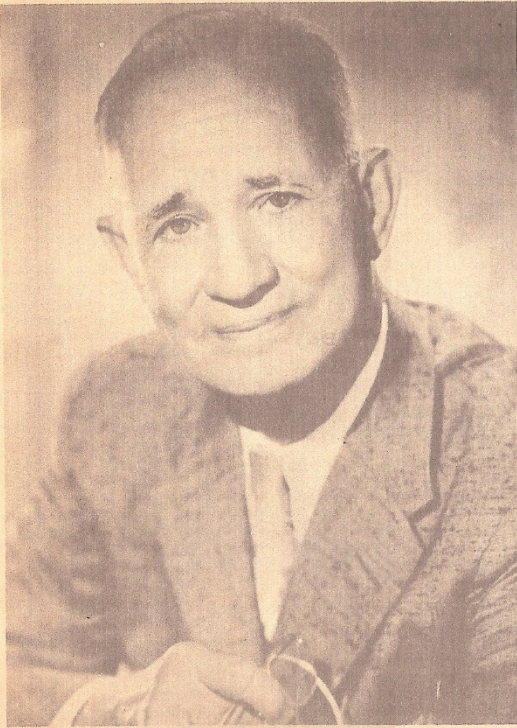
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LIFE Foundation News--Page 6



We Love
Chiropractic





**FAMOUS AUTHOR OF
"THINK and GROW RICH"
DRAISES CHIROPRACTIC**

AMAZINGLY QUICK RECOVERY FROM PAINFUL BURSTITIS

I never dreamed that Chiropractic adjustments could bring such quick relief and recovery as it did to my sick shoulder. A few weeks ago, I was trying in vain to start my lawn mower by pulling the starter-rope. After jerking on the rope many times, I finally gave up and decided to cut the hedges around the house. It wasn't until after I had cut all the hedges and come inside to rest that I noticed a dull ache in my right shoulder. The Pain grew more and more painful until it became almost unbearable.

I had my wife rub my shoulder with liniment and we tried putting hot towels on it. The pain that night was so severe that I couldn't sleep, and the next day the pain continued until I couldn't lift my arm at all. The second night I called my brother-in-law and he recommended I see his Chiropractor. The next morning my wife made an appointment for me, and I went in and was examined and x-rayed. The doctor found the cause of my trouble to be in the neck and shoulder area of my spine.

After the very 1st adjustment, I noticed the severe pain began to decrease. I came in every day for a week and the progress I made that week, without any medication whatsoever, was amazing! All the pain was gone, although some slight



Leo Green

soreness was noticed. I could raise my arm and use my arm without pain. The doctor discovered I had high blood pressure, and after 3 weeks, my shoulder was completely recovered and my blood pressure was down to normal. My results were so outstanding that I brought my wife in for x-rays and adjustments and now she too is reaping the benefits of this wonderful Chiropractic care.

**Leo Green
1613 Ezra Church Dr., NW
Atlanta, Ga.**

**Would you like to Know
How to Get More Out of Life**

**FAMOUS AUTHOR OF
"THINK and GROW RICH"
PRAISES CHIROPRACTIC**

NAPOLEON HILL, world-famous author of the book, "Think and Grow Rich" and other books, has been highly-praised Chiropractic for over 50 years.

At the age of 83, Napoleon Hill has a health pattern equaling that of a man half his age. His formula for good health is, "I eat sparingly, work enthusiastically in a labor of love, love generously, and take Chiropractic adjustments once a week whether I need them or not."

HIS SON BORN WITHOUT EARS

My son, Blair, was born without ears. The two physicians who brought him into the world warned me that Blair would always be a deaf-mute. I warned them my son would eventually have his hearing 100%.

The true story could not be told until the two physicians who brought him into the world had died because they were Blair's uncles and they objected to the way and method of bringing complete recovery of his hearing.

Up to the age of 18 months, Blair could not hear a sound. We had tried every known test and Blair had been examined by many specialists - all who said he would never hear.

Then a "miracle" began to happen. I took Blair to a Chiropractor who began giving him adjustments (against the objections of his mother and other relatives). By the end of the first month, and after adjustments three times weekly, we knew that Blair was beginning to hear. He would turn his head to listen when I clapped my hands behind his back.

CHIROPRACTIC RESTORES HIS HEARING

The adjustments continued until Blair was 4 years old. By that time, Chiropractic had developed 65% of his natural hearing capacity - enough to get him through grade school, high school and three years in the University of West Virginia.

The Acousticon Company, manufacturer of hearing aids, heard about Blair's miraculous improvement in hearing through Chiropractic and made a special hearing aid for Blair which gave him 100% hearing capacity.

Blair is living a normal life, thanks to my having stood my ground for Chiropractic adjustments when others around me were fighting me and the Chiropractor.

I began taking Chiropractic adjustments along with Blair and I have continued to do so for the past 50 years. Perhaps, this explains why, at the age of 83, my annual physical checkup fits perfect with the health pattern of a man not over 50 years of age.

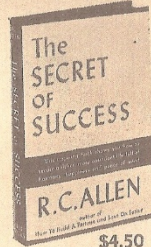
TAKES CHIROPRACTIC ADJUSTMENTS REGULARLY

I take Chiropractic adjustments regularly - not to get well - but to keep from getting sick.

With this public statement, I have paid a long overdue debt which I have owed to Chiropractic for saving my son from going through life as a deaf-mute and myself from being an "old" man at the age of 83.

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President Johnson For Lower Medical Costs

continued from page 1

better alternatives.

"Blind assaults on the inevitable," said Dr. William H. Stewart, surgeon general of the Public Health Service, "will accomplish nothing."

Much discussion was given to group medical practice as a way of bringing about better health care, at relatively low cost. The conference, however, made no specific recommendations.

The problem remains because medical doctors and the hospitals refuse to consider any method of healing but their own — even after their way has proven so often to be costly and ineffective.

The reason is — they are afraid to lose their control over the health of the people.

The primary reason for a medical doctor's lack of understanding lies in the fact he refuses to look for "the cause" of illness and disease.

Obviously, whenever anyone refuses to look for "the cause", the problem of illness and disease will always remain. The diseases they attempt to "cure" simply crop up under another name. And, worst of all, many of the new diseases are called iatrogenic (doctor-drug caused).

Yes, there is an answer — and it should be given great attention and study.

For 75 years, millions of people have been helped by a scientific, proven method of correcting the cause of most illness and disease. Medical doctors and hospitals, however, will not accept this new science because it operates outside their realm of control. For that reason, they ignore it, ridicule it and attempt to discredit it — no matter

ways that trained Chiropractors can offer. At that time, the goal which President Johnson has requested, "lower cost of medical services without lowering the quality" will be attained and more people will get well more easily.

The LIFE Foundation, therefore, commends President Johnson for his desire to see better health — at lower cost become a reality. And, if he is truly sincere, he should seriously consider Chiropractic.



Delmer Flannery

HEADACHE CORRECTED

I've had a terrible tension in my neck. It was very tight, stiff and sore. My head ached all over. I was miserable constantly for about three weeks.

Spinal X-Rays showed the actual cause of my troubles. Pinched nerves were shutting off some of the life in my body. After several adjustments, the life was restored in my body, the headaches left and today I feel as good as ever. I don't know why people choose to suffer without investigating Chiropractic.

Mr. Delmer Flannery

How smart wives Help their husbands succeed

"The number one cause of failure of American husbands — is his wife." Those words came from J. Douglas Edwards, America's foremost sales and marketing consultant in the business of making both individuals and corporations rich.

According to Mr. Edwards, most wives say, "Yes, I do" one day and "You do as I say" forever after.

"Women should realize that they will gain more for themselves if they understand the truth that — the only security is a man's ability — not his pay check — because his pay check is only as secure as the emotional stability of his boss.

"The wife of a creative man," Edwards said, "realizes that her husband has an unpredictable potential. Basically, he can always do better — if the wife will help him and encourage him. She will listen to some of his ideas and observations because every man wants to do better and he should be encouraged to do better in ways that can help him reach his goal.

"I have never known a totally competent man who succeeded without the belief and admiration of a woman behind him — but, in too many cases, that woman was not his wife.

"A man has two loves — if he's worth anything. His family and his job. Too many women, however, become jealous of his work if it neglects them. Yet, on the other hand, they insist he should make more money to pay for an increasing standard of living.

"The man who chases after other women does so because he tries to find those things his wife advertised

before marriage but didn't deliver.

"The creative man is ego-oriented. His pride is his ego. His ultimate ego is reflected in the eyes of some woman. A smart wife realizes this and she says with pride, 'He's working so hard because he loves me.'

"Ladies, make your guy look good. The opinions that others have of him put more bread and butter on your table. Many wives, however, dedicate themselves to making their husbands look bad. No wonder so many men chase 'other women'.

"Your job, as a wife, is to support your husband's opinions — right or wrong. You need to forgive most of his mistakes. The truth is — if your husband is right only 51 per cent of the time — he can become rich and even a millionaire. This means he can be wrong 49 per cent of the time and he can still be successful.

"American gals have jumped on the bandwagon of togetherness. This is ridiculous. Kids are kids. Men are men. And women are women. Let the kids be kids instead of pseudo-adults."

Mr. Edwards said, "I am deeply concerned about the shortage of management men in industry and business because there are about 20,000 management jobs available. All wives have to do is help their husbands fill them.

"Help him study. Help him advance. Help him find new opportunities and grow in whatever opportunity he undertakes. His progress will give you pride and his increased income will put more bread on your table and more shoes on your feet."

...they will not accept this new science because it operates outside their realm of control. For that reason, they ignore it, ridicule it and attempt to discredit it — no matter how often it proves its value.

That important, scientific method of healing is called Chiropractic. No other system of healing gets so much results, painlessly, without harmful "side effects". No other system of healing can take so many men, women and children medical doctors consider "hopeless" and help them get well or feel better. And it is accomplished easily, in a shorter period of time and saves every patient a considerable amount of money.

Surely such an approach to better health care — at lower cost makes sense. And surely such a tremendous healing profession should be in the forefront of discussion when men and women discuss ways to secure better quality health care.

The Time Will Come

In fact, the time will come when the scientific approach of Chiropractic will be the leading profession in the healing arts. And that possibility, of course, is what causes so many medical doctors and hospitals to try and discredit Chiropractic.

Yet, as Abraham Lincoln so wisely said, "You can fool some of the people some of the time, but you can't fool all of the people all of the time."

When millions of people finally realize that Chiropractic has answers to health care at lower cost that medical doctors and hospitals have not yet discovered, there will be a tremendous rebellion against the old-fashioned ways employed by those medical doctors and hospitals.

There will be a strong demand for the modern and more successful

know why people choose to suffer without investigating Chiropractic.

Mr. Deimer Flannery

standard of living.

"The man who chases after other women does so because he tries to find those things his wife advertised

give you pride and his increased income will put more bread on your table and more shoes on your feet."

Every month the list of "Participating Doctors"

Grows larger-They all believe in

PREVENTICARE

The LIFE Foundation Program

"For better health-at lower cost"

For
better
health
★
at
lower
cost

At The march on the Capital but ~~not~~ sponsored by life foundation



ICONOCLAST

"The Revealer of Truth . . . Exposer of Myth"

VOL. 1 Published By THE LIFE FOUNDATION, INC. ATLANTA, GA. Southeastern Edition No. 4

Chiropractic Eliminates The Cause Of Sickness

Contrary to popular belief, chiropractors do not claim to cure cancer. Neither does the medical man for that matter. But chiropractors have had a remarkable record of success in caring for slipped disc, arthritis, high blood pressure, stomach disorders, low back trouble, menstrual disorders, and nervousness to name a few of the many ailments for which people visit chiropractors.

They do not reduce fractures or deliver babies. No chiropractor practices surgery. In fact, the chiropractor will be the first to state that he does not perform surgery. The reason is quite simple. Surgery is not a part of his science. He is not a doctor of medicine. He is a doctor of chiropractic.

The chiropractor eliminates the causes of sickness—not the symptoms. Chiropractic is a natural health method which helps the body to restore itself. It does not require drugs.

For example, let's take the most common of all ailments, the headache. If you've got a headache and you take aspirin, you're treating the symptom by attacking the pain. The chiropractor, on the other hand will find and remove the cause and eliminate the reason you have the headache in the first place.

It stands to reason that no disease can exist in a body that is healthy in every part. The chiropractor is concerned with making the weakened body strong instead of treating disease. Chiropractic is the only profession making this approach to health. That fact makes it obvious that chiropractic can be the answer to nearly every condition known to man.

Insurance Proves Chiropractic Best For Your Heart

Lloyd Sanders, president of Atlas Mutual Insurance Company wrote, "I can prove beyond any doubt that for blood pressure and heart disease (the nation's number one killer), chiropractors are so far ahead that medical men will never catch up."

GO STRAIGHT TO CAUSE—Ordinary methods treat the symptoms of heart disease (temporary stimulation, vasodilation, etc.). Chiropractic, however, goes straight to the cause and strengthens the weakened heart itself.

There are only two well-known kinds of doctors that make your health their concern. Chiropractors are one of them. If you're not completely satisfied with the results you're now getting, for health's sake—SWITCH!

Dr. Chrane Of Montgomery Announces New Radio Broadcast



DR. V. B. CHRANE

Dr. V. B. Chrane, Chairman of The Alabama State Chiropractic Federation's Public Relations Committee, announced recently that preparations are underway for a state-wide, public service, pro-chiropractic, radio program.

Dr. Chrane said, "The doctor-commentator would identify himself as . . . The Iconoclast . . . the Upholder of Right, Honesty and Truth—the Exposer of False Images, Fakery and Injustice."

He further stated that, "The chiropractic profession, as guardian of the public health, is morally obligated to tell the people the truth about what drugs are doing to them and what chiropractic can do for them."

Dr. Chrane reported that patients would be interviewed, the chiropractic story told and documentation brought to light regarding recent advancements in the health field.

Free Chiropractic X-Rays

During the past several months thousands of Southerners have received several hundred thousands dollars in Free X-rays in the offices of some Southern Chiropractors.

These Doctors of Chiropractic have done away with the usual charge of twenty to forty dollars so that those who suffer from any condition might receive health through Chiropractic.

NATIONAL PROGRAM: This free X-ray service is part of a nation-wide program. Already thousands of Chiropractors have helped hundreds of thousands to health by lowering the cost barrier.

M. D. Switches To Chiropractic

"For the first time in the history of the world, we have Chiropractic, a system which is dignified and scientific in principle; therefore, if one must be conservative, he must not be Paleozoic and persist in clinging to obsolete methods. . . . Untold millions have suffered while medicine men quarreled concerning the form and character of the disease—whether it be tweedledee or tweedledum. There are millions whose suffering can be met only by removing the pressure from nerves responsible for the trouble, and that is what chiropractors are doing constantly." — Alfred Walton, M.D. (Ex-President and Chief of the Surgical Division of Essex County Hospital in New Jersey, Corresponding Fellow, Academy of Medicine and Science, etc.)

NOTE—Dr. Walton originally was a bitter critic of Chiropractic. However, after thorough investigation (in preparation of material for a book attacking Chiropractic) Dr. Walton discovered the TRUTH and instead of writing a book against Chiropractic he wrote one against medicine and for Chiropractic. He gave up his medical and surgical practice—completely—returned to school—a Chiropractic college—and finally entered practice as a "Straight" Chiropractor.

NOT TOO OLD



I do not know how to praise Chiropractic enough for its relief for the ills and miseries that occur to the human body.

My first experience with Chiropractors was for my eyes. Being a veteran I was sent to the Government Hospital at Lake City, Florida, on three different occasions for treatment. At last, they told me I would be totally blind. They had done everything that medical science could do. Later, a friend insisted that I see a Chiropractor even though I said I didn't believe in them. I told him what was found at the hospital. He examined me and took necessary x-rays. He told me that I could be helped as much as 50%. About 15 minutes after the first adjustment, I could see as well as ever but continued care to help stabilize the correction. That was in the 1930's and I am still able to see. I do repair work around the house and help keep up the place.

Since that first experience, my wife and I have received Chiropractic adjustments for various conditions. We are both past 85. She still does the cooking, washing and ironing. We enjoy watching TV.

So, do not ever think you are too old to get cured when you have aches, pains or are sick. Do not put it off. Go right away and get adjusted and enjoy new life. As for me, I can never praise Chiropractors enough.

—signed Charlie Davison

Avoid Drugs If You Can, Expert Warns

Los Angeles Times-Washington Post Service

LOS ANGELES—If a drug can possibly be avoided, don't take it. That's the advice of a leading authority on how to minimize adverse drug reactions.

"The public has the misconception that in this modern world there is a remedy for every ailment," said Dr. Maxwell M. Wintrobe, head of the Department of Internal Medicine at the University of Utah College of Medicine.

"As long as there are drugs there will be adverse reactions. It's the price we pay."

Dr. Wintrobe said in an interview:

"Lawmakers who think they can prevent reactions by passing laws don't realize that any number of laws can be passed and any number of animal tests performed and there will still be adverse reactions."

Patients, he said, are inclined to forget that the body can take care of many complaints without the use of drugs.

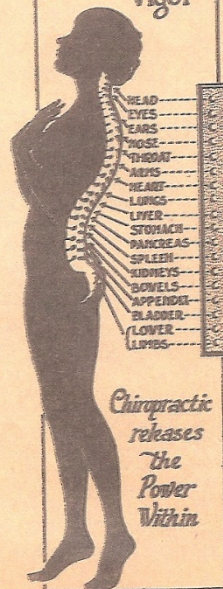
And doctors, too, are not sufficiently aware that there is no drug remedy for all conditions. Even if they do know it, they sometimes "don't have the courage to say, 'I won't give you this drug because it won't help you,'" Dr. Wintrobe said.

To illustrate, he cited doctors who give antibiotics for common colds even though they know the drug will not help.

The Spine
is the Human
Switchboard
controlling
Health and
Vigor

The brain, through the spinal cord and nervous system, controls all functions in the human body. Interference to this normal control causes disease. The greater the interference the greater the resultant trouble.

Nerve interference, when it exists, is almost always found where nerve tissue passes between the hard surfaces of the bones of the spinal column.



MIGRAINE HEADACHES RELIEVED



April 1944, I started Chiropractic Adjustments. I had had migraine headaches for 15 years and nothing that had been done, had done any good. Also, I had kidney and bladder trouble-passing blood and pus, pleurisy all the time with continuous colds and sore throat.

Soon after I began the adjustments, all this cleared up. I didn't have a cold for 7 years nor any more pleurisy. When I feel what may be the beginning of a cold, I get adjustments and it clears.

After a back injury in 1959, a medical doctor wanted to operate on my back, but I would not consent. Chiropractic kept my spine in correct position and I overcame the injury.

Chiropractic adjustments keep me feeling fine and enjoying life. I am very thankful for this.

If I had not had Chiropractic care, I am sure I would not be living today. My biggest regret is that I did not know about them earlier in life. I urge all who have any health problems to see a Chiropractor first and not wait.

(Signed) Mrs. L. M. Greene

Headache Sufferers

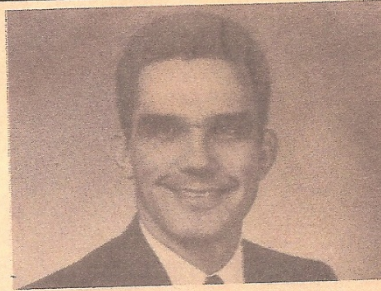
Approximately 24 Million Americans Are Victims of Recurring Headaches

Americans take better than 20 tons of aspirin a day . . . over 40 billion tablets a year. Most of that consumption is for headaches. In spite of, or perhaps because of, all the massive amounts of medication used, there are still more headaches than ever before.

Recently a report in the New York Journal of Medicine disclosed that the underlying cause of headaches is in the spine in 90 per cent of all cases. The report gave the results of a project involving 2000 headache sufferers.

This means that 90 per cent of all recurring headaches may be eliminated at the cause by Chiropractic. Chiropractors have for years eliminated headaches through spinal adjustments. Millions of Americans suffer recurring headaches needlessly . . . they do not know that the cause of their problem is the spine and that they can find permanent relief in the office of a Doctor of Chiropractic.

**WHY BE SICK . . . WHEN YOU CAN BE WELL?
CALL YOUR CHIROPRACTOR . . . TODAY!**



DR. S. E. WILLIAMS

Dr. S. E. Williams, founder of the Life Movement, called recently for the Chiropractic profession "to educate the world to the Great Truth of the Chiropractic Principle and to re-dedicate itself to its inherent duty and purpose of restoring health to the world."

Dr. Williams said that, "the results achieved by Chiropractic, once the message is told clearly and distinctly, will magnify the difference between medical propaganda and Chiropractic truth." Understanding what "Chiropractic can do for you as well as what medicine does to you is of vital importance today," said Dr. Williams.

THE FACTS

- *** 17 million Americans have high blood pressure.
- *** 3 out of 10 (150 million) suffer periodic low back pain.
- *** 21 million have heart disease and 3,000,000 have a coronary condition. One million die of heart or circulatory disease annually.
- *** 24 million Americans suffer recurring headaches. They take 21 tons of aspirin a day.
- *** Since 1900, the incidence of cancer per capita has increased by 300 per cent. \$250,000,000 is spent annually on cancer research and great claims of progress are made but there is still more cancer than ever before.
- *** 250,000 die annually of emphysema.
- *** In addition to the above conditions we have epilepsy, diabetes, arthritis, digestive disorders, asthma, mental disorders, and many other diseases. Each of which claims the health of millions of Americans each year.
- *** One major U.S. hospital has estimated that during the average stay the patient receives an average of seven different drugs. It is a fact that every drug known has a damaging effect on some part of the human body.
- *** America is the most over-medicated over-operated, and over-inoculated country in the world. Unnecessary surgery and drug damage are lowering resistance to disease and shortening the life of millions of Americans.
- *** Much is said about our longer life span. But statistics are often misleading. As an American your life expectancy "at birth" was greater than in years gone by. However, this is due to a reduction in infant deaths and not to life saving miracle drugs or millions of surgical cases performed annually.

Taking into account the reduction in infant deaths and adjusting mortality tables to compensate, Americans at the age of 40 have two years of life expectancy over what they had in 1900. At age 50, they have no more years of life expectancy than in 1900.

Skeptic No Longer It Was Like A Miracle



I twisted my back moving a television set. After trying a few MD's and getting no relief, I decided to try chiropractic on the advice of my father, who was also greatly satisfied with his adjustments. Being a little skeptical of chiropractic, I decided to try it to keep peace in the family. To my astonishment, it really works. I haven't felt this good in six years, no more back trouble at all and no aches and pains either. My nose used to run all of the time also, but after a few (7) adjustments, there is no more nose run either. But, best of all, my back feels just like a new person's. For me, chiropractic is the best.

JOHN BETTS

High Blood Pressure Can Be Cured



I came to Chiropractic with a severe case of nerves. Actually, I thought I could never feel like myself again. My blood pressure was over 200 and no amount of drugs would bring it down. My neck and back ached unbearably. My daughter, who was a Chiropractic patient, reminded me that Chiropractic had helped me in the past and probably would help me again. My daughter, Helen, had the most wonderful results with her diabetic condition with adjustments, so I decided to give it a try. After a very short time, my nerves calmed down and my blood pressure was reduced to normal. The miracle of their work makes me realize they are servants of God. Anyone who doubts this is welcome to visit me at my home and see for themselves.

MRS. CLARA FRETZ



I don't know how to explain the pain I had been suffering for over 3 years. My back hurt so badly I couldn't bend over. My head ached 24 hours a day. Chiropractic was my last hope. I had seen an article in the paper so I went to a chiropractor. I thought what could I lose. I had been going to a medical doctor for 3 years for the pain. Since I have been taking chiropractic adjustments I feel like a new person. No more back pains; the headache I had for over 15 years was a thing of the past. It was as if God had shown me the newspaper article. It was like a miracle, and I have really never believed in miracles. Now I would believe almost anything. You see, I don't read the paper very often. I never seem to have the time. But for once I am glad I took the time.

DOROTHY C. CLARK

What Are Your Chances?

Others have recovered vibrant good health, but can you? A good question! And now the answer. Researchers have been busy checking your chances; and we will list a partial group of conditions and their percentages of recovery:

Allergies	87.2% recover
Angina	73.9% recover
Arthritis	73.3% recover
Asthma	80.5% recover
Bursitis	89.3% recover
Back Trouble	97.3% recover
Constipation	89.1% recover
Dysmenorrhea	86.6% recover
Eye Disorders	71.5% recover
Gall Bladder	80.9% recover
Headaches	83.2% recover
Heart Trouble	74.3% recover
High Blood	82.6% recover
Kidney Trouble	81.9% recover
Liver Trouble	80.5% recover
Neuritis	86.4% recover
Shoulder and Back Pain	97.5% recover
Sciatica	85.0% recover
Sinusitis	83.2% recover
Ulcers	80.2% recover
Children Acute Diseases	97.3% recover

with 4 treatments

These statistics are compiled from one fourth of a million cases receiving over 10 million chiropractic adjustments. These results indicate that according to other methods of care you cannot afford not to try Chiropractic. The odds are in your favor.

4 Operations At 19



Before I started receiving chiropractic help, I had backaches and headaches constantly. I also had some stomach trouble.

I am only 19. But I have had four operations. I had gotten to where I didn't feel right unless I was put in the hospital at least once or twice a year.

I was sick just about all the time. I never felt good. But after I had been told about chiropractic help and I tried it. I have felt 100 per cent better. After the first adjustment I have had no backaches. I feel better now than I have in ever so long. I just can't say how much better I do feel.

I think it is just wonderful how chiropractic has helped me.

My little boy is 2½ years. Had one cold after another. Never a week went by he didn't go to the doctor. He was sick constantly.

He has also had pneumonia twice.

After he started taking chiropractic help, there is as much difference as day and night in him.

He eats, sleeps, feels, and looks better in just the short time he has been taking chiropractic help.

Before he was pale and sick looking. Now his color and action is much better.

I just can't say enough for chiropractic.

Mike and Marie Price

Back Condition Relieved



For years I was bothered with backaches, sometimes to the degree I couldn't work for days at a time. This condition grew progressively worse until I was unable to work. Taping up my back and pills for pain wasn't working; then I decided to go to the chiropractor. The friendliness of all assured me that I was in good hands and gave me the feeling that my illness would be corrected.

After the first two visits, I was able to go back to work with no pain. Today (eight months later), I feel as though my back condition never existed. Chiropractic is a God-sent blessing to suffering humanity.

Rev. O. A. Boyd

Child Suffered



Nerves, shy, bleeding of the nose, underweight, no energy, many colds, and lots of headaches. She was not doing too good in school. She tired very easily and had a poor appetite.

She had been under care of ordinary doctors but was not being helped.

Her results under just a few month's chiropractic care: her nerves are better, she is not as shy, bleeding of the nose has stopped, she is gaining weight and growing. She has lots of energy, very few colds (if any). She is doing better in school with few headaches and she doesn't tire easily.

For anyone that has any of our child's conditions, we would recommend chiropractic treatment very highly.

Mr. and Mrs. Emory Pipkins, Aline Joyce Pipkins

Impossible To Sleep!



Last December I was accidentally hit on the side of my head with a heavy box. The spot on my head hurt and burned for awhile, but all the pain seemed to be in my neck. I went to a medical doctor and he gave me pain tablets and said, come back if I wasn't better. I went back again and the same thing, only this time he gave me a shot and said, come back if the shot didn't help.

I felt I needed something more than pain tablets.

I couldn't lay my head on the pillow at night, my neck and the back of my head hurt so bad sleep was impossible.

During the day it was the same thing, I couldn't move my head in a position to stop the pain.

This went on from December 24 to January 20. My neighbor recommended Chiropractic and I decided I had nothing to lose.

After 3 adjustments, I felt like a different person. I had a good night's sleep for the first time in over a month.

I'll be forever grateful to Chiropractic.

Mrs. Gladys Hollingsworth

Nature Has Cured Every Disease

The following is a partial list of conditions which have responded to the application of scientific Chiropractic methods during the past 70 years.

Back Trouble	Skin Disease
Asthma	Sinus Trouble
Leg Pains	Throat Conditions
Children Diseases	Thyroid Conditions
Gall Bladder Disease	Pneumonia
Neuritis	Depression
Fatigue	Menstrual Troubles
Arm and Shoulder Pain	Hot Flashes
Migraine Headaches	Multiple Sclerosis
Shingles	Insanity
Nervousness	Chest Pains
Itching	Stomach Ulcers
Neuralgia	Nervous Tension
Heart Trouble	Epilepsy
Diabetes	Pinched Nerves
Shortness of Breath	Kidney Infections
Liver Disorders	Rectal Problems
Knee Pains	Numbness
Chest Pains	Sleeplessness
Paralysis	Tuberculosis
Skin Eruptions	Double Vision
Sciatica	Ear Ache
Whiplash Injury	Bursitis
Hay Fever	Pleurisy
Run-down Condition	Rheumatism
Arthritis	Colitis
Stomach Disorders	Change of Life
Poor Circulation	Constipation
Dizziness	Tri-Facial Neuralgia
High Blood Pressure	Nervous Break Down

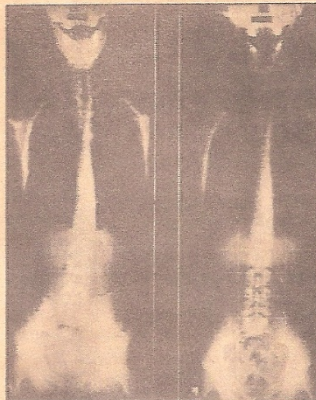
The conditions listed here as well as many more too numerous to mention, have responded to Chiropractic management after all else had failed. Remember, **THERE ARE NO INCURABLE DISEASES**, there are only **INCURABLE PEOPLE**.

THE LIFE POWER WITHIN YOUR BODY . . . NATURE . . . HAS CURED EVERY DISEASE KNOWN TO MAN. Nature can cure every disease, known and unknown. All disease is self-limiting when the body has a freely functioning nervous system.

No matter what else is done, unless your nervous system is free of abnormal interferences you cannot be well. This is the one most common cause of ill health and the least likely to be discovered by the ordinary type of doctor. Only the Chiropractic doctor is especially educated and licensed to practice the art and science of locating and correcting this most often **HIDDEN** cause of disease.

**THERE IS ALWAYS HOPE
CALL YOUR CHIROPRACTOR TODAY!**

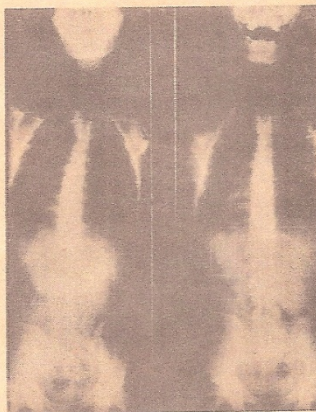
MORE PROOF NERVOUSNESS



Symptoms: Cervical distress, tense neck muscles, lassitude, speech hesitation; patient nervous and irritable.

Outcome: Several months after dismissal from doctor's care, patient states he "feels exceptionally well."

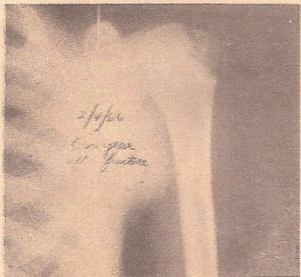
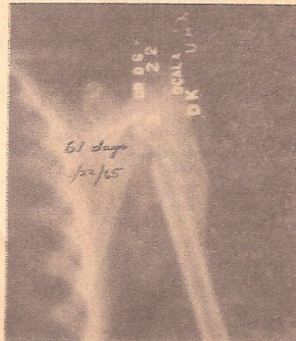
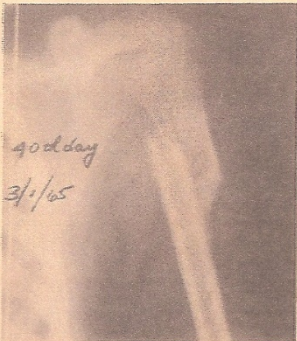
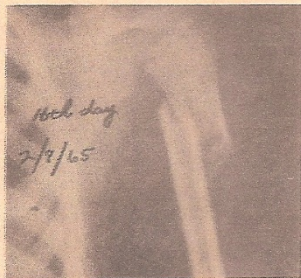
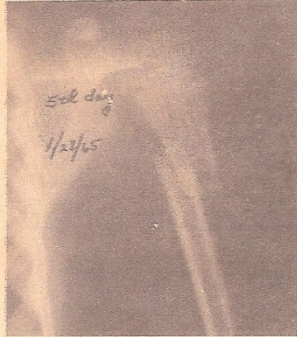
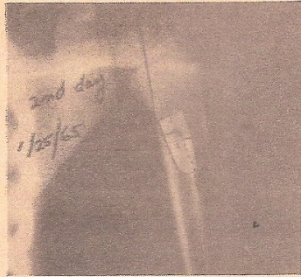
PARALYSIS



Symptoms: A plumber by trade, about 15 years ago patient slipped while moving a bath tub. Since that time a slight misstep or heavy lifting would produce extreme pain in back. One year ago suffered attack of double sciatica and was hospitalized. Six hypodermics per day administered for relief from pain. Left hospital on a stretcher, with leg paralyzed and unable to walk. Had lost 50 pounds and was extremely weak.

Outcome: Taken to chiropractor's office on stretcher; three assistants held patient upright for first X-ray. After the first adjustment, slept through the night without drugs. Pain left after third adjustment; in less than one week patient took a few steps alone; four weeks later he walked up the stairs to the chiropractor's office. Is still under care, but is back at work and in time hopes to be entirely cured.

Watching A Miracle Of Everyday Healing Through The Eyes Of An X-Ray Machine



Foes Of Chiropractic Attempt To Stop Free X-Rays

Recently a group of Southern Chiropractors decided to eliminate the usual X-ray fee so that more sick people could avail themselves of the wonders of Chiropractic. As unbelievable as it may seem, attempts have been made to deny these doctors their right to tell the people that they may receive free X-ray examinations. These qualified, licensed, dedicated Doctors of Chiropractic give away free X-rays as long as they wish. Anything that you own you have the right to give away. The Constitution of the United States protects this right.

The wonders of creation are usually done in secret where man's eyes are unable to go while man can only sit by and observe at a later date the wonders of the finished product.

The author was, and you will now be able to observe one of the wonders of the universe, the work of our supreme internal intelligence as it takes a broken bone and reforms it once again into a perfect bone as perfect as it was before the fracture.

In January of 1965 a young girl fell from a tree while playing and fractured her arm just below the shoulder. The standard therapy was performed which included what was thought to be a setting of the fractured bone. However, upon X-ray examination by a chiropractor, schooled in the taking and analyzing of X-ray film, it was noted that the fractured arm was never set at all. A cast had been put on the arm but in an area where there was no fracture.

For years people have believed that a satisfactory recovery from a broken arm was dependent upon the knowledge and skill of the doctor in attendance, and now through the eyes of the X-ray machine we see that the human body repairs and molds fractured bone into new healthy bone and that the purpose of the cast is immobilization and protection from further damage only, the healing being totally up to the power within.

The X-rays that are shown are dated and labelled as to the number of days from the time of fracture to the time of complete healing and recovery.

Pictures one through seven show the actual story. Picture seven reveals the wonders of God's plan. The arm is perfect. Both arms are now the same in every way . . . length, diameter, strength and use.

Many books could be written about the wonderful power of creation that is within each of us. Since 1895 the Chiropractic profession has been proclaiming that the Power that made the body is the only Power that is necessary to heal the body. There is no better proof of this statement than the visual evidence as seen on these pictures through the eyes of an X-ray machine.

Understanding And Positive Action Regarding The Message May Well Be The Difference Between HEALTH and SICKNESS, or Even LIFE or DEATH, For You, Your Loved Ones, and Your Neighbors. Call Your Chiropractor Today

DOCTOR OF THE MONTH



DR. WILLIAM B. BURLESON

This month the Iconoclast salutes Dr. William B. Burleson of Muscle Shoals City, Alabama, as "Doctor of the Month." Dr. Burleson is a member of Alabama State Chiropractic Federation, and a native of Brilliant, Alabama. He attended Columbia Military Academy, Memphis State University, and received his professional education at the Palmer College of Chiropractic, Davenport, Iowa, June, 1966. Dr. Burleson began practice in Muscle Shoals City, Alabama, in August, 1966.



Names, addresses and phone numbers of persons whose personal stories are contained in this issue may be obtained by writing the ICONOCLAST . . . Life Foundation, Inc.

LIFE FOUNDATION, INC.
P. O. Box 10541
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THE WONDERS OF chiropractic RESULTS



Volume IV

No. 12

U.S.A.



"Crossed Eyes..."



Chiropractic Produces Unbelievable Change"

To Whom It May Concern:

For the past five years, our daughter Jayme has had a bad case of crossed eyes.

We heard about what Chiropractic could do for such cases . . . but frankly, we were extremely skeptical to think that Chiropractic could even help. But since Jayme's case was going from bad to worse, we contacted a Chiropractor.

The Chiropractor said that Jayme's basic underlying cause of her problem was the lack of LIFE and began giving her painless adjustments . . . to restore LIFE. And by the end of the second week . . . Jayme's eyes began showing results! The change has been UNBELIEVABLE! It has been MIRACULOUS!!

Jayme has been happier and healthier in all aspects since being under Chiropractic care.

Mrs. Darlene Carnes

Present Medicare Program Denies Rights Get On Health Freedom Bandwagon

Congress has seen fit to deprive millions of American citizens of one of their basic, inalienable rights . . . the right to health freedom, the right and privilege of selecting their own health care method and their own doctor.

Disenfranchised...

Chiropractic, the second largest health science in the world today, has been disenfranchised by the government's Medicare Act. Millions of people — taxpaying citizens of the country — are being denied the services of their Doctors of Chiropractic by the wording of the act and by the interpretation of the provisions.

Health Care Denied...

More people depend on Chiropractic for the preservation of health and for the restoration of health than on any other single health science; and Medicare has resulted in denying those people access to their one dependable source of life and health.

Deprived of Choice...

Medicare is financed by contributions from those persons eligible for the program and by tax money paid into the federal government treasury by ALL of the taxpaying citizens of the country. It is not morally or legally right that those people should be deprived of the right and privilege of selecting the health science and the doctor they feel their disease or condition requires. It is neither legally or morally right that they should be forced to subject themselves to the care of medical doctors designated and directed by the government's health officials.

Forcing Medicine...

Congress has passed the act, and the Executive Department has put it into operation. The cost of

medical care and medical health services is already rising. Millions of people already are being turned from the health service upon which they have depended and in which they have had full faith and confidence for years, and those same millions are being forced to subject themselves to the ministrations of medical doctors and to the administration of dubious medicines and drugs.

All of us can and will be subjected to the same control and direction unless we take preventive and corrective action right now.

Act Now...

Your Chiropractor has a petition address to your respective senators — and other authorities — requesting amendment of the Medicare Act to include Chiropractic Health Service as a part of the overall government health program.

Your Chiropractor and his associates throughout the country, together with thousands who have experienced the benefits of Chiropractic Health Care, are pushing the petition as rapidly as possible in an effort to get Congress to make the necessary changes in the law during the new session of Congress.

For Information...

If you would like to become familiar with all of the details of the petition and the program to amend the Medicare Act to include Preventive Chiropractic Health Care, see your Chiropractor without delay. He will be glad to give you a full explanation, and he will welcome your assistance in promoting the petition in your area.

For your health's sake, and for the sake of the health of your own family and friends, act now. See your Chiropractor, learn the facts and do your part.

An Editorial

Why Be Sick... When You Can Be Well?



By DR. SID E. WILLIAMS,
President, Life Foundation, Inc.

Why be sick when you can be well? God intended that man should be healthy and happy in his life upon this earth; and when He created man, He included an innate, inner power to heal and restore the body. That power remains within the body so long as life remains in the body, and good health and freedom from disease and disorder are attainable by all men.

The time has come when the great masses of people of the world must change their ideas and opinions about sickness and health, about disease and disorder and about curing and healing.

Science Agrees...

All medical science agrees that disease and disorder do not strike healthy bodies and healthy tissues in the body. Science also is in complete agreement on the fact that the body is continually at work recreating itself, regenerating cells and tissues within the body. It is a never-ending process in which the body discards weak and defective and deteriorated tissue cells with new and healthy cells.

Since such is the case, it stands to reason, and it is completely logical, to attack illness and disorder from a completely new and different direction. Instead of "treating" symptoms of disease after illness strikes, the logical approach is to attune the body so that all parts are functioning properly — recreating and regenerating new tissues and cells as God intended, leaving no weak or affected parts which disease can attack.

That, then, is the Chiropractic story . . . that disease and disorder can be eliminated if the body is perfectly attuned and all parts are functioning properly. In the healthy, normal body, there is no

room for disease; and there is no opportunity for disease to exist. of failures in curing disease and restoring health — from the common cold to cancer. Yet, medical science expands a vast amount of money and time in fighting the one health science which has produced results in all areas. Chiropractic, without recourse to or dependence on medicine or drugs, has brought relief from pain and suffering to millions of people. Chiropractic, without vaccinations, inoculations, injections, nostrums and drugs, has restored health to patients who were abandoned by medical science.

Medicine seeks to relieve pain and suffering by treating symptoms from outside the body, by administering pills, potions, drugs and injections to dull, obscure or sublimate pain and to "camouflage" disease symptoms while the power within the body performs its healing action without assistance or stimulus from medicine. The fact is that the administrations from outside the body quite frequently interferes with the body's healing processes or actually augment or assist in the spread of the disease or disorder to such an extent that the body cannot overcome the interference.

Meant to be Well...

Chiropractic, on the other hand, goes directly to the seat of the trouble, the cause. Chiropractic science isolates that portion of the bodily machine which is improperly function, removes the cause and enables God's power to heal.

Preventive Chiropractic Health Service insures the continual normal function of the body, it insures the continual normal flow of Life energy through the nerve system and — when trouble does strike — it goes right to the cause, eliminates the cause and enables the body to restore itself. Nothing could be simpler, more effective or

Head Pressure, Nervousness, Hemorrhoids Asthma...



All Gone After Chiropractic

To Whom It
May Concern:

Before going to a Chiropractor, I was a very sick man. At times, I thought that I was the next thing to being a DEAD MAN . . . I was so sick . . . that I was unable to work!

I was suffering from HEAD PRESSURE . . . I was UNABLE TO THINK . . . extremely NERVOUS . . . CONSTIPATED . . . had a bad case of HEMORRHOIDS . . . BACKACHE . . . ASTHMA for over 20 years . . . life was almost unbearable.

I did everything I knew of . . . but never any new hope. I prayed everyday for an answer. I sincerely believe God led me to a Chiropractor's office.

Following that first adjustment . . . LIFE came back into my sick body. It was unbelievable what had happened! The head pressure left. Following the third adjustment, the hemorrhoids healed up and were no longer raw! And the constipation left! My nerves are 100% better. My mind is not cluttered. It is certainly wonderful to feel good all over. After two weeks of care, I have become a new man!

I only hope that this testimonial will help someone else that may be suffering unnecessarily, realize that their health problem may easily be solved.

Sincerely,
Alfred VanDevender
Centerville, Indiana

more normal. No dangerous drugs or injections are needed or wanted in the body. They defile rather than purify. God's healing power is all that is needed; and that power is released through Chiropractic.

Chiropractic stands ready and
Cont'd on next page



"Arm Numb, Loses Control"

To Whom It May Concern:

Before coming to a Chiropractor, I was losing full control of my left arm. There was **NO FEELING**. *It felt numb . . .* and a dead feeling accompanied it.

I knew something had to be done fast. So I turned to a Chiropractor. He x-rayed my upper spine and showed me where a nerve pressure existed in my neck region . . . thereby shutting off **LIFE** to my left arm.

Painless adjustments were begun . . . I wanted to get well so badly that I kept all of my appointments . . . and **TODAY I feel fine**. I have **FULL CONTROL** of my arm. There is **NO numbness**. It is just wonderful.

I still go to my Chiropractor on a periodic basis to keep that **Healthy Happy Feeling**

Albert Smith

Why Be Sick...

Cont'd from preceding page

willing, at all times, to work with any and all healing sciences to restore health to humanity; but Chiropractic steadfastly refuses to be a party to the enslavement of humanity — enslavement to drugs and medicines and surgical procedures which are not necessary and which are not beneficial to the human race.

Chiropractic will work with anyone and everyone to overcome disease and disorder, but Chiropractic will have no part in surrendering human beings to the medical monopoly, in keeping people sick and dependent on medicines and drugs.

Chiropractic has opened a new door to health freedom, to freedom from disease and disorder, and Chiropractic will exert its full powers to keep that door open.

"Terrible Accident Left Me Paralyzed And Crippled... Now Walks After Chiropractic"

To Whom It May Concern:

In August of 1964, I was involved in a terrible auto accident which left me paralyzed and crippled.

In April of 1965, I was placed in a wheel chair and taken to a Chiropractor.

I was x-rayed and given Chiropractic adjustments for the restoration of life when I first went to the Chiropractor.



Within a month . . . I improved so much that I was able to drive the car a short distance. I then was able to hobble about on a **WALKER** . . . I was definitely better . . .



A few months later . . . I improved so much that I was then able to get around on a **FOUR-LEGGED CANE** . . .



Nine months ago . . . and up to today . . . I am able to walk without any assistance . . . that's real good for me. I'm certainly grateful to Chiropractic as I am no longer paralyzed and crippled.

Sincerely,
Mrs. Fred E. Morris



For Back Injury See Chiropractor At Once!

If you hurt your back in an on-the-job accident. . . .

If your back is injured in a fall or other accident. . . .

If you suffer "Whiplash" neck or back injury in an automobile accident. . . .

SEE YOUR CHIROPRACTOR FIRST.

Injuries to the back and spinal column receive the best and the most effective care from those who are accustomed to dealing with injuries involving the spinal column.

No medicines or drugs, no surgery which removes spinal parts, no injections are going to relieve the pain and suffering and conditions which result from injury to the spine.

Only correction of the CAUSE of the condition will bring permanent, lasting relief and beneficial results.

As is the case in all illness and injuries, "Time is a friend to disease."

Do not delay.

Even though the "injury" may seem — at first — to be a small thing, do not delay. See your Chiropractor right away and be sure. A scientific Chiropractic spinal examination can locate dislocations or injuries which may not be noticed right away.



"Chiropractic Saved My Legs"

To Whom It May Concern:

In February of 1955, my feet began to "burn." A month later, they were burning so badly, they felt as if they were in a hot furnace. Soon my feet and legs began swelling. The pain worsened and I was unable to work for a year. It was discovered that I had an extremely high blood cholesterol level. I was desperate!

A friend told me about Chiropractic! I was very skeptical, but I had nothing to lose but this dreadful condition. By now, my legs were as "big as balloons." I went to a Chiropractor and within two months of concentrated care . . . the pain left. The swelling left . . . and I still had the same two legs that I came into this world with.

Mrs. Bunch and I have continued Chiropractic care through interval checkups. I have my cholesterol level checked monthly and

it still keeps within normality with Chiropractic care.

I am still working daily at a large shop in New Castle. I still have my legs, thanks to Chiropractic! Mrs. Bunch has been relieved of those terrible headaches she used to have.

Sincerely,
Mr. Henry Bunch

Don't Lose Hope!

"He who has health, has hope; and he who has hope, has everything."—Arabian Proverb.

Don't give up hope.

Hundreds of healthy people are walking the streets today who once were "hopeless" cases on their medical doctors' books.

You would not know it by looking at them now.

They discovered Chiropractic in time.

Time is the FRIEND of disease. Given enough time, disease can completely destroy the healthiest of human bodies. Aid disease by the administration of medicines and drugs, and the process of destruction will be speeded.

You may have "tried everything"; but you cannot truthfully make that statement until you have tried Chiropractic for your condition. There are mighty few conditions which do not respond to Chiropractic Health Care.

ACT NOW! CONSULT YOUR CHIROPRACTOR FOR GOOD HEALTH

THE HUNDREDS OF
chiropractic RESULTS

FREE X RAYS

During The Month of FEBRUARY

"HELPING US TO HELP OTHERS"

THE STATESMEN



Singing for Life

Miracles do happen every day for **Dr. Ray Watford** — he can't see them happen because he is blind. But he knows they happen day by day as he brings new health and life to many patients.

Ray Watford, D. C. became blind in service to his country in Korea. This did not deter him from following the profession to which he was called, the profession of Chiropractic.

With his hands and fingers using innate intelligence he proves with patient after patient the values of life's natural Health Restoring Science of Chiropractic. When Ray Watford takes a persons blood pressure — he naturally cannot read the findings, but with the able assistance of his Chiropractic Assistant he is just as accurate as any doctor in knowing what the patient's needs may be. He is also greatly assisted by his wife.

For Dr. Ray, his hands and fingers are his eyes in caring for his patients, they are extremely sensitive in determining the patients adjustment needs, naturally more so, than a Doctor of Chiropractic who has his sight.

However, Ray Watford wants to do more than serve his own patients — so with the help of his wife, patients and friends organized a Benefit Concert with the proceeds going to the **LIFE Foundation**, in support of the Mobile Health Unit, so that those unable to pay for health care can benefit from the programs of the Foundation, especially the free service offered by the Mobile Health Unit of Chiropractic, consultation, x-ray, determination and adjustments, for the poor and needy.

Why is Ray Watford doing this — because Dr. Ray wants more miracles to happen every day — miracles for suffering humanity.

Dr. Ray said, "If every Chiropractor in this country would follow the D. E. (Dynamic Essential) principle serving his patients and assisting the **LIFE Foundation**, we in our profession would not need to worry about the health of thousands — yes — millions, they would learn about new life with Chiropractic through the programs of the **LIFE Foundation**," and, "I don't consider my blindness a handicap, I consider only that with my hands and fingers I can heal the sick, and, for this I am thankful."



THE WATFORDS
Manchester, Georgia

Dr. Ray asks you who receive this — if you too — will take up the torch and give new Health and Life to suffering humanity by supporting the programs of **LIFE Foundation**.

LIFE FOUNDATION, INC. Box 37 Austell, Georgia 30001

"HELPING US TO HELP OTHERS"

\$2⁰⁰

\$5⁰⁰

4-22-73

Dear Sir - I am a chiropractic follower & have been for years. The plan & program you have started sounds great. I am a widow on S.S. will try to help you if I can I have no benefits from him. Enclosed money order of \$200 as a gift.
 Mrs. Eva M. Monigle
 4541 Avery
 Detroit Mich.
 48208

Life Foundation, Inc
 Box 37
 Austell, Ga 30001
 Dear Sir.
 Enclosed you will find \$5.00 it is not much but I only have a small income to live off. I wish you had your mobile unit in Cal. so you could stir up M.D.s you could be out. I hope to see you soon. I will be there.
 Yours truly
 Mrs. Jessie Johnson
 2647 Glenwood Rd
 Cal. S.D. 29204

\$100⁰⁰



HLS

LIFE Foundation, Inc.
 P.O. Box 37, Austell, Georgia 30001
 Date May 21, 1973

Dear Donor:
 Your generous contribution in the amount of \$100.00 has been gratefully received to assist in and continue the programs of the LIFE Foundation, to bring new LIFE to millions through Chiropractic.

Aline L. Plante
 12 A High St.
 Suncook, NH 03275

THIS IS A TAX DEDUCTIBLE CONTRIBUTION - SAVE THIS RECEIPT.

Dear Mr. Sid Suncook May 16 1973
 MAY 21 1973

The mail man drop your letter in my box a few week ago. I enjoyed very much reading it. Health for life & our & doctorhood is always interesting. I try to tell my family an friend about chiropractic but it takes lot of patient, as for myself for the past 18 months I have chiropractic adjustment by Doctor Ronald Oregon of Manchester, N.H. he is very good and so pleasant, I am please to send you a little check of 100.00 dollars for your work in life foundation & your work in life.
 P.S. Will the public be able to see the movies they makes? Aline Plante
 12 A High St
 Suncook
 03275

"HELPING US TO HELP OTHERS"

\$10⁰⁰

April 21, 1973.

Life Foundation Inc.
Dear Sir:-

Enclosed please find my contribution of \$10.00 toward the service to humanity upon which you have embarked. Wishing you every success in your undertaking.

I am a chiropractic patient since 1927. Under the adjustments of William H. Werner Chiropractor (successor) founder of the American Bureau of Chiropractic I have operated.

Yours Truly,
William H. E. Enalich
(I am 85 years old)
(Thanks to Chiropractic)



WILLIAM H. E. ENALICH
199 LUGLID AVE
SHOCKLVN NY 11208

DR. ROBERT P. WOOD, II
OR DIANE WOOD
918 WEST LOCUST ST.
DAVENPORT, IOWA 52804

PAY TO THE ORDER OF: City of Life May 19 1973 262

Twenty + 10/100 \$20.00 78-100 715

FIRST NATIONAL BANK OF DAVENPORT
DOLLARS

Ernest P. Wood

ANKENY CHIROPRACTIC HEALTH CENTER
L. E. KNUDSON, CHIROPRACTOR
110 NORTH TRILBEN PH. 964-1419
ANKENY, IOWA 50021

PAY TO THE ORDER OF: Life Foundation 5-21 1973 788

Twenty + 00/100 \$20.00 72-2233 730

Ankeny National Bank
Ankeny, Iowa

general donation

Dr. E. Knudson

\$50⁰⁰

DR. ROBERT P. BENDEL
CHIROPRACTOR
825 FREEPORT ROAD BRACKENRIDGE, PA. 15014

PAY TO THE ORDER OF: Life Foundation May 22 1973 No. 5931

TARENTUM OFFICE

THE UNION NATIONAL BANK

\$50.00 60-107 433

00/100 DOLLARS

Arthur Bengel

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Reflections from Dr. Sid

These pages are living testimonials of sacrifice — sacrifice to a cause. The cause of **GIVING LIFE ITSELF**, through the programs of the **LIFE Foundation**. Space did not allow us to mention many others who also gave to where **THE GIVING COUNTS**, they gave from the heart and for many it was a personal sacrifice as a Gift from the Heart Giver to the **LIFE FOUNDATION**.

The cover features Dr. Ray Watford, for those of us who have come to know Dr. Ray this dedication to a cause is no great surprise.

What inspires all of us will inspire all of you who receive this brochure is Dr. Ray's dedication and devotion to humanity, and I am confident that you too will want to take up the torch as Ray Watford suggested — and go the second — yes — the third mile in support of the programs of **LIFE Foundation** following in the footsteps of those who through the years have had concern for others first and self second.

Yours in LIFE:

Sid E. Williams, B.S., D.C.
President
LIFE Foundation, Inc.



Sid E. Williams

A support envelope is enclosed. I know that you, too, will — "HELP US TO HELP OTHERS"



Dr. Sid E. Williams, President, Life Foundation, Inc., obtains case history of baby Sophia from mother, Janie Shubert.

**LIFE IS GIVING
LIFE
ITSELF**



Dr. Sid E. Williams, President, Life Foundation, Inc., giving adjustment to John M. Catlett, 2786 Old Hapeville Road, Atlanta, Ga.

**OTHERS ARE GIVING
“HELPING US TO HELP OTHERS”**

THROUGH
PROGRAMS
OF
LIFE FOUNDATIONS, INC.

IN
“SERVICE TO HUMANITY”

—with their gifts

**GIFTS FROM THE HEART
BECAUSE**

they give to where

THE GIVING COUNTS

**“WON'T YOU JOIN—
THE GIFT FROM THE HEART—
GIVERS”**

**MILLIONS
ARE
LISTENING**

LISTEN TO



**MILLIONS
ARE
LISTENING**

ON RADIO

EDUCATIONAL - PUBLIC SERVICE - PROGRAMMING

LIFE FOUNDATION, INC.

Box 37

Austell, Georgia 30001



ON THE MOVE



Life Foundation, Inc.

TO
HELP
HUMANITY
with

***Education**

***Research**

***Service**

EDUCATION * RESEARCH * SERVICE FOR YOU!

L I F E F O U N D A T I O N I N C .

WHAT HAPPENS INSIDE?



Consultation

Chiropractic consultation with you regarding your over-all health and specific problems, and how Chiropractic - the natural health science can help you to a better way of health.

With the X-ray of your body, determination can be made as to how Chiropractic will assist your whole nervous system to function normally.



X-Ray



Determination

In review of the X-ray films, your Chiropractor through analysis, determines the specific areas requiring adjustment.

Utilizing the analysis of the X-ray's and the use of other instruments your Chiropractor then adjusts your spinal column and other nerve energy sources so that a normal flow of energy is evident throughout your system.



Adjustment

LIFE FOUNDATION and Education . . .

- THE CHIROPRACTIC MOBILE HEALTH UNIT -

The LIFE FOUNDATION Mobile Health Unit is utilized as a direct to the public educational facility, bringing Chiropractic to the public.

At all of the locations where it is on exhibit, such as - Shopping Centers - Industrial Complexes - Residential Areas - Fairs - Community Centers - Special Events and many other exposure areas, outstanding opportunities exist to assist the public.

The Mobile Health Unit is staffed with a Life Corps of Chiropractic students, who assist with patients, use audio and visual media on spinal hygiene and conduct Community Relations programs in the area. Newspapers, Radio and Television are also utilized to assist in public service education.

Brochures are given to patients and others.

Patients receive free Consultation - X Ray - Determination - Adjustment. Local Chiropractors staffing the unit on a rotation basis offer their services free.

Each patient receiving service is given a list of the participating Chiropractors, and urged to visit a Chiropractor regularly.

This Chiropractic Mobile Health Unit is the first of many to be in service throughout the United States, to serve humanity.

- RADIO -

The LIFE FOUNDATION through voice communication over Radio is planning a daily program to reach Millions, to tell the story of Chiropractic.

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LIFE FOUNDATION and Education . . .

— PUBLICATIONS —

LIFE FOUNDATION presently publishes and distributes the following publications of millions of copies annually.

- * Let's Take A Look At Life & Health (Dr. Sid Williams)
- * It's High Time (Dr. Sid Williams)
- * Today's Chiropractic
- * Health for Life
- * Health for Life (Tablet)
- * Life and Health

These publications are an integral source of public education of Chiropractic care and service to humanity. Some include outstanding testimonials of Chiropractic.

LIFE FOUNDATION and Research . . .

The LIFE FOUNDATION is embarking on a Research Project with colleges.

When all coordinates can be established the project will entail determination and actuality encompassing the flow of Life Energy throughout the body and the origin of the energy as determined by "The Creator" of all humanity and life.

This research project will refute the M.D. approach to healthy living.

LIFE FOUNDATION and Service . . .

Although the over-all objectives of the LIFE FOUNDATION are Education, Research and Service - Service to humanity, through Chiropractic is the primary objective of the foundation.

This service is rendered with the use of The Mobile Health Units in the hope that the public will utilize the services of Chiropractic care on a regular basis.

Service also encompasses encouragement of qualified, dedicated persons to enter the Chiropractic profession. And to this end LIFE FOUNDATION will offer scholarships to students entering Chiropractic Colleges.

Webster defines service "to keep in good repair" and this is what Chiropractic is all about.

Keeping the human body in good repair, through regular adjustments by your Chiropractor, so that your body will function normally as The Creator intended.

The LIFE FOUNDATION is dedicated to Service for all mankind, and will do everything within its ability to bring the natural healing science of Chiropractic to the world.

**IT'S TIME YOU KNEW ABOUT
CHIROPRACTORS
AND THE
CHIROPRACTIC PROFESSION**

Approximately 20,000 Chiropractors are serving humanity in our great Country.

The number of patients seeking this Chiropractic drugless care increases daily.

The facts speak for themselves - more and more persons are seeking life's natural rehabilitation through Chiropractic.

The services Chiropractic has performed for over seventy-five years, have allowed for the normal functional restoration of all body functions without the use of synthetic drugs or surgery, which in many cases was not necessary.

Chiropractic is the adjustment of all nerve and muscle syndroms with adjustment to the spine and other related areas, which are controlled by the brain.

Outstanding results have been achieved by this natural health science for almost every conceivable disease or physical ailment.

Your Chiropractor is an intregal partner in your over-all Health Care - consult him regularly, as you would your Doctor of Medicine.

NOW IS THE TIME to seek your Chiropractor's professional service - so that you too can find a new LIFE OF HEALTH through Chiropractic.

CHIROPRACTIC FULFILLS A PROPHECY

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the Cause and Prevention of disease."

Thomas A. Edison

**LIFE FOUNDATION
AND
YOU**

In 1965 the LIFE FOUNDATION was a dream - today it is a dynamic reality. It's reason for existence is Service To Humanity.

Since it was founded, Life Foundation has accomplished much, but much more needs to be fulfilled if it's objectives are to be reached.

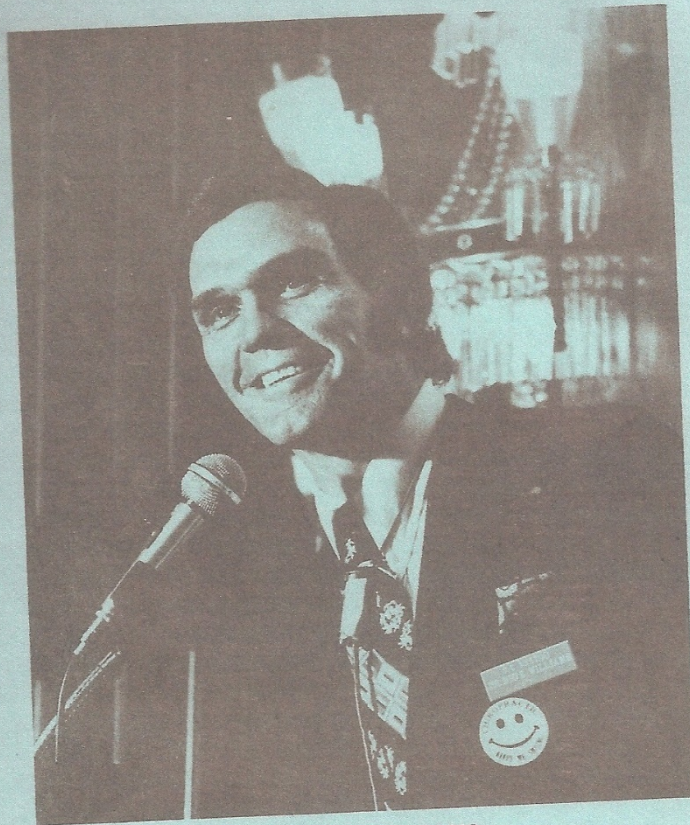
The LIFE FOUNDATION is the only organization in existence with an all-encompassing program of Education - Research - Service to help humanity.

It is the goal of The Foundation to broaden all of it's existing programs and embark on new ones - so that the art of healing through Chiropractic will be utilized by all.

To accomplish this the LIFE FOUNDATION (a not-for-profit) IRS approved organization needs your continuing support.

Contributions (of course) are tax deductible allowing you to receive these tax benefits and at the same time assist a most worthy and meaningful organization, bringing Health to Millions. Your gift can be made in the form of Cash - Stocks or Bonds - Property - A bequest in your Will - or through a Living Memorial.

Won't you take the time today, to Help Us To Help Others with your contribution to the LIFE FOUNDATION, Box 37, Austell, Ga. 30001, by sending your check, or write us about other giving opportunities.



DR. SID E. WILLIAMS
FOUNDER AND PRESIDENT
LIFE FOUNDATION, INC.

Box 37

Austell, Georgia 30001

let's take a
look at *LIFE*
and HEALTH





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of, in any form. Printed in the United
States of America by Life Foundation

Story by Marvin J. Frady, D. C., edited by Sid E. Williams, B.S., D.C.

Deep within all mankind is the divine and mysterious power of Life that is governed by eternal laws that never fail. Everyone, rich or poor, ignorant or wise, high or low, young or old, is subject to those laws. There are no exceptions. This fundamental was theorized in the old manuscripts but is now being scientifically proven and made practical by the science of chiropractic. It is thrilling to realize that the Master Architect in nine short months fashions without any precision instruments or trial fitting or experimental tests a masterpiece of intricate nerve systems and

organs capable of performing all the primary functions necessary for normal life and health from birth 'til death.

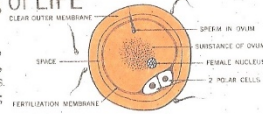
Months before the first sound announcing the arrival of a "new-comer" to the world, the skilled engineer called Life has divided the single cell produced by the union of the male sperm and the female ovum into various "buds" that join together to form the primitive brain. From this mass, nerve stalks are formed that grow longer to form the spinal cord. Then the spinal vertebrae develop and join, one upon the other, forming the neuro-canal that surrounds and protects the

In the very beginning of LIFE

primitive nerve system. Organs, glands, muscles, lymph vessels, blood islands and blood vessels take form and grow in sympathy; in simultaneous teamwork.

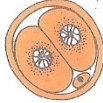
In approximately 280 days, unaided by human hands, unguided by conscious human endeavor, an estimated 450 billion specialized cells, all blending harmoniously together to form the human body, are sent forth into the world through the miracle of birth. The tiny infant, with its umbilical cord severed, is a separate entity, complete within itself, able to perform—through the systems which have been so carefully arranged—all of the primary functions necessary for life.

Now the Divine Power that created the tiny body does not desert its building but remains inside the masterpiece, day after day, continuously performing its wondrous feats. How many times must the heart beat while the infant sleeps? How much faster when it is upset, demanding more milk, or just plain companionship? How much water is needed by the stomach to maintain the proper fluid level so necessary for the body's good health? How much sugar must the little body burn to maintain the normal 98.6 degree temperature, considering that the loving mother has the child snugly wrapped and the room temperature is a controlled



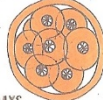
Reproduction System—

The sex cells. The ovum (egg) is much larger than the sperm. As the ovum matures, it casts off 2 small polar cells. A single sperm will penetrate the ovum. When the sperm's head and female nucleus unite, the ovum is fertilized.



1st DAY

Still surrounded by the outer membrane, the ovum divides into 2 cells. The polar cells are disintegrating.



2nd-6th DAYS

Each of the two cells divide, and the resulting 4 cells divide, giving an 8 cell stage. By the 6th day, a solid cluster of 150 cells is present inside the outer membrane.



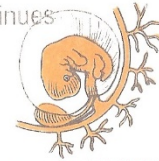
EMBRYONIC DEVELOPMENT

Anterior view of central nervous system, with proximal portion of sympathetic nervous system. Brain straightened dorsalward with reference to spinal cord.

As the process of life continues

65 degrees? Well, now, don't be perturbed if your arithmetic fails you, or even if the slide rule can't give you an answer. The fact is, no chemist or scientist in the world is able to know the absolute truth about these problems. Yet, the infant's heart knows how often to beat, as sleep or awake. It's the liver snuggled gently in the right side of the child's body that knows how much sugar to burn to keep the proper temperature, and it's the stomach itself that asks for water and gives the signal when the infant has had enough.

With the many wonders performed unconsciously by the tiny body we naturally think that the organs are smart; that the heart is exceptionally intelligent, knowing when to speed up or slow down its beat; not to mention the wisdom of the stomach or the liver that so carefully burns the proper amount of sugar to maintain the body's temperature at the normal 98.6 degrees. Now, we don't mean to distract from the importance of these vital organs or from their ability to perform their assigned tasks, for such is not the case. However, none of the organs, tissues or glands in the body are wise within themselves; they are not intelligent. They function only upon urgent commands sent to them over the nerve system by the higher intelligence residing in the brain which

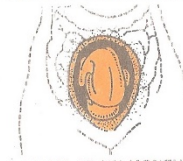


FETUS AT ONE MONTH

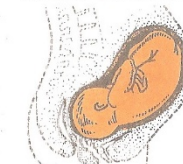
An external view of embryo shows rapid development. Heart, fat, brain, eyes, mouth, and extremities, arms and legs buds are present.



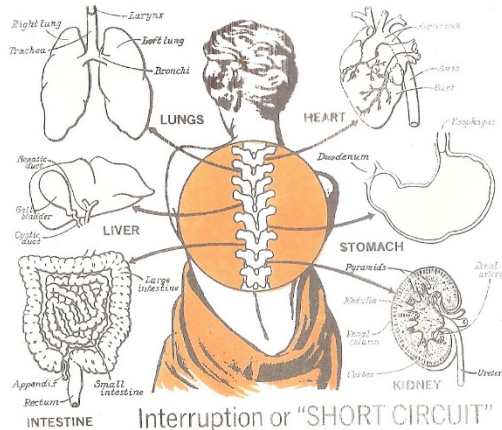
FETUS AT FOUR MONTHS



FETUS AT SIX MONTHS



FETUS AT NINE MONTHS



Interruption or "SHORT CIRCUIT"

visible process which can be seen and felt. A hollow ring is formed by the union of these two bones to form the neural canal which protects the spinal cord as it travels down the back from the brain. Between each vertebra is an opening from which the nerve trunks extend from the spinal cord to the various parts of the body. Each of these spinal segments have articular surfaces which are matched so each segment of the spine has its own normal range of motion. The spinal column is the center of all the major movements of the body and is its balancing mechanism. It is the frame around which the body is

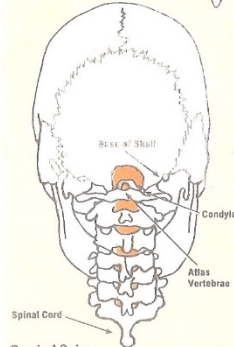
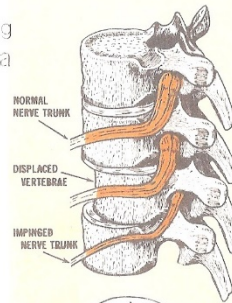
built and it gives the body form and grace and serves as an attachment for the many muscles and organs which are necessary for the proper functioning of the body.

Even though the body is prepared at birth to chemically manufacture all the necessary ingredients for life and health, the modern human, from infancy, is subject to many strains, jars, tensions, traumas and emotional disturbances which overcome body resistance, creating "fixations" in muscle and ligament structures and tissues which surround and control the articular surfaces upon which each of the 26 individual segments in

Spinal Column Showing MISALIGNED vertebra

the spinal column move. When this phenomenon occurs, the spine, which surrounds and protects the brain and spinal cord early in embryonic life, loses its ability to function properly, denying the vertebrae their normal range of motion. Then the nerves become impinged, shutting off the flow of human electricity over the nerves. This means that the organ or organs which depend upon the particular nerve or nerves for "orders" receive no message and, therefore, do not function to full capacity. It's just as simple as trying to turn on your kitchen lights when the electricity is cut off--no power, no lights! Cut off any part of the vital brain power and immediately there is no healthy action of organs.

Just as a chain is as strong as its weakest link, so is a human body as strong as its weakest organ, and just as you would strengthen the weak link so that it could stand the stress of the work it has to perform, so the chiropractor concerns himself with strengthening the weak organ or part of the body by adjusting the misaligned vertebra, by correcting the subluxation, so that the normal flow of mental impulse will enable the body to resist the stress of envioning conditions, allergens, germs, etc.



Cervical Spine

The head is supported on the summit of a relatively small column of bones called the cervical spine. Often the top two or three of these bones move out of alignment and a fixation occurs in the muscle and ligamentous structure surrounding them which blocks or retards the normal flow of energy to the body over the spinal cord. This condition left uncorrected can lower the body's normal resistance and vitality usually resulting in pain and discomfort and a favorable environment for disease.

The "COMMUNICATION" system



is, without a doubt, the greatest "perpetual motion" power plant with constant electrical impulses ever developed. Like a great transmitter the brain has an almost unlimited capacity for meeting the body's required nerve power. It receives and sends messages over the nervous system to every tissue, cell, gland, muscle and organ of the body, averaging approximately three million life messages per second.

The vast nerve "communication system" in the human body is mechanically similar to the telephone system but far more complex. The brain, the auto-

nomic nervous system, the spinal cord and spinal nerves form the central nervous system with the brain being the central exchange, sending and receiving messages to and from the many parts of the body over the vast motor and sensory nerve system.

The sensory nerves, which react to sound, heat, light, smell and taste, serve to keep the life wisdom within the brain informed as to the condition of the environment in which the body finds itself by "scanning" the environment of the individual and sending literally thousands of messages to the brain where they are evaluated; then "orders"

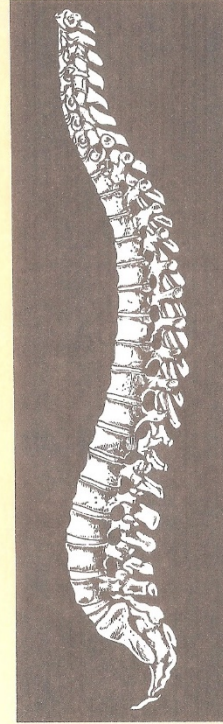
The SPINAL COLUMN and SPINAL CORD

for action are transmitted through the motor nerves that activate the appropriate muscles, organs, glands or tissues. Of course, there are reflex actions which act independently when the need arises and gives the body much needed instantaneous action.

Thus, it is obvious that the best way to maintain good health is to be certain that the spine, which surrounds and protects the delicate nervous system, is free to function as it is intended to do.

Simultaneously with the function of the sensory and motor nerves, there is an intelligent rivulet of force that emanates from the brain and flows over the vast network of nerves to the cells and stirs them into life. To each tissue cell is imparted the imprint of what it is to do, how to do it, when to do it, and the power to carry through...along with the ability to stop doing at the right time.

The spinal column consists of 26 separate bones called vertebrae which are connected to the vertebra above and below by a tough fibro-cartilage pad which is soft and gummy on the inside. This disc, as it is technically called, enables the body to turn, twist and bend. On the back of each of these vertebrae are two bony processes that start on either side of the body and join together in the back, forming a



Chiropractic correction of the structural disorders that cause trouble in the nervous system is an exact science and those who practice this art possess great skill and receive special training in natural health and the laws that govern health and disease. While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment.

Of course, nature requires time to heal the damaged tissues which prevent the spine from functioning properly, and still more time is required to rejuvenate worn tissues and restore the body to its normal youthful vigor. Only the dentist is able to repair the damaging caries of the teeth in a relatively short period of time. However, this requires drilling away the diseased tissue and filling the cavity with amalgam or a like substance to prevent further damage.

With the spine it is different. The doctor of chiropractic adds nothing to and takes nothing away from the body. Each "fixation cavity" in the spine must be carefully adjusted and checked periodically, usually over a period of time, allowing the tissue covering the articulation time to heal and once again be smooth and well lubricated surfaces upon which the spinal segments may glide normally, thus assuring a freely functioning nervous system.



In far too many instances persons suffering with a correctable structural disorder are directed by well meaning people to beat down and kill the bacteria by the use of drugs and medications, but this leaves the cells, tissues and organs worn and disorganized while the "cause" in the spine remains hidden or produces trouble at a later date. Relief of symptoms is a necessity, but this is no substitute for permanent correction of the condition that basically caused the trouble.

Today we are living in a mad, fast-moving, strenuous, nerve-racking age where everyone is trying to get a head faster than his neighbor, and over 40 million people find regular chiropractic care a necessary part of their health program. Numbering among them are past presidents, vice presidents, governors, senators, movie, radio and TV personalities; also included are many of our leading industrial giants. They have learned through personal experience that spinal hygiene helps keep them at their peak of efficiency.

APPOINTMENT SCHEDULE
FOR
INTENSIVE AND EXTENDED CHIROPRACTIC HEALTH SERVICE

Patient's Name _____

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
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KEY: * Adjustment R Report X X-Ray
EX Examination U Urinalysis R Reading

*IT'S
HIGH
TIME!*

by
Dr. Sid E. Williams
President, Life Foundation, Inc.





Open Letter to YOU—

It's *high time* to claim our inheritance—the GOOD HEALTH with which to freely pursue the happiness our Constitution decrees to be our inalienable right and God gave us the innate ability to maintain. Man now has the accumulated knowledge and experience to make possible a favorable prognosis for every man and woman who will grasp today's opportunities to realize the fullness of God's gift to them... life.

God intended that man should be healthy and happy in his life upon this earth. When He created man He included an innate, inner power to heal and restore the body. That power remains within the body as long as life remains. By that power, good health and freedom from disease and disorder are attainable by all men.

The time has come when the great masses of people of the world must let go of their outdated, false ideas and opinions about sickness and health, about disease and disorder, about curing and healing. Now is the time to benefit from the proven knowledge with which all disciplines agree.

Man takes too long to turn from darkness to the light. The dangers of pollution are known, yet we persist in endangering our environment. The ugliness of war disgusts us, still we fight. Disease runs rampant, yet we do not use the knowledge we have at our fingertips to combat it. Millions suffer or die because we do too little, too late.

Chiropractic, a comparatively new science, offers the way to a happier, healthier, more abundant life through its cooperative spirit with God's magnificent intentions. With practiced, knowledgeable skill, chiropractic seeks to rejuvenate, or keep in excellent working order, man's incomparable nervous system. It advocates the *natural* way to health—fresh air, good food, pure water, sunshine, exercise, rest, and the proper mental attitude.

In these pages, I have tried to point out that way. "With all thy getting, get understanding" of your own self—the greatest work of the Creator.

IT'S HIGH TIME!

by

Dr. Sid E. Williams

President, Life Foundation, Inc.

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SCIENCE NOW AGREES

All medical science agrees that disease and disorder do not strike healthy bodies and healthy tissues in the body. Science also is in complete agreement on the fact that the body is continually at work recreating itself, regenerating cells and tissues within the body. It is a never-ending process in which the body discards weak and defective, as well as deteriorated, tissue cells and replaces them with new and healthy cells.

Deep within all mankind dwells the Divine Power called Life. This fundamental fact was written in manuscripts of old and is constantly being rediscovered. It is always thrilling to realize that this Father within us is so powerful, so strong and so intelligent that He fashions a masterpiece that human hands has never been able to duplicate—and never will. Without any precision instruments, without any trial fitting or experimental tests, the Master Craftsman builds each and every cell, tissue and organ arranging them into systems which function to maintain our physical being.

Months before the first sound announcing the arrival of a "newcomer" to the world, the skilled engineer called Life has divided the single cell produced by the union of the male sperm and the female ovum into various "buds" which join together to form the primitive brain. From this mass, nerve stalks are formed. They grow longer and join together to form the spinal cord. Then the spinal vertebrae forming the neurocanal surrounds and protects the precious spinal cord. Organs, glands, muscles, lymph vessels, blood islands and blood vessels take form and grow in symphony, in simultaneous teamwork.

Mysterious Actions

How many times must the heart beat while the infant sleeps? How much faster when it is upset, demanding more milk, or just plain companionship? How much water is needed by the stomach to maintain the proper fluid level so necessary for the body's good health? How much sugar must the little body burn to maintain the normal 98.6 degree temperature, considering that the loving mother has the child snugly wrapped and the room tem-



perature is a controlled 65 degrees? Don't be perturbed if your arithmetic fails you, or even if the slide rule can't give you an answer. The fact is, no chemist or scientist in the world is able to ascertain the absolute truth about these problems. Yet the tiny infant's heart knows how often to beat, asleep or awake. The liver, snuggled gently in the right side of the child's body, knows how much sugar to burn to keep the proper temperature; and it's the tiny stomach itself that asks for water and gives the signal when the infant has had enough. Remember, these important functions are carried out by the body of the infant while it is asleep or awake, even though it has no conscious understanding.

LIFE Controls Body Functions

With the many wonders performed unconsciously by the tiny infant we naturally think that the organs of the body are smart; that the heart is exceptionally intelligent, knowing when to speed up or slow down its beat; not to mention the wisdom of the stomach or the liver that so carefully burns the proper amount of sugar to keep the body's temperature at the normal 98.6 degrees.

Now, we don't mean to detract from the importance of these vital organs or from their ability to perform their individual assigned tasks, for such is not the case. However, all of these organs must perform their particular function in relation to and in harmony with all the other organs of the body, and within themselves they do not know what is going on elsewhere. They *do* have an ability to respond to commands. They function in harmony by intelligence sent to them over the nerve system by the higher intelligence whose coordinating department centers within the brain. This higher intelligence, called Life, at birth directs and controls approximately *three million life messages per second*, relaying them over the proper nerves to the various organs and muscles of the body.

Damaged Nerves Retard Life Messages

The modern human, from infancy, is subject to many strains, jars, tensions, traumas, and emotional disturbances which overload the natural body resistance, thus creating fixations in muscle and ligament structures and tissues which surround the articular surfaces upon which each of the 24 individual vertebra in the spinal column moves.

When this phenomenon occurs, the spine, which surrounds and protects the brain and spinal cord early in the embryonic stage,

loses its ability to function properly, denying the vertebrae their normal range of motion. Then the nerves themselves become impinged, retarding their normal function. This means that the organ or organs which depend upon the particular nerve or nerves for "orders" receive no message, and therefore do not function to full capacity.

It's just as simple as trying to turn on your kitchen lights when the switch is broken—no signal, no lights! Cut off any part of the vital brain message and immediately there is no coordinated action of organs and certainly no radiant good health. When the pressure, irritation or block is corrected, normal function is restored and good health is realized naturally. When the sensory nerve capacity is decreased it cannot respond properly to environmental changes. Consequently, the body's natural protection is lowered, and disease bacteria then can multiply and become dangerous, causing fever, fatigue, skin eruptions and other discomforts that usually accompany such a condition.

Chiropractic For Help

Correction of this structural disorder with periodic spinal adjustments alleviates present discomfort and prevents permanent damage in the body by repairing the breaks in the nerve communication system, thus rendering it capable of maintaining high resistance so necessary for the prevention of disease.

This, then, is the beginning and the promise of Chiropractic... to attune the body so that all parts are functioning properly—re-creating and regenerating new tissues and cells as God intended, so we will have a foundation upon which to build a good body constitution, radiant health, and the freedom from disease which is our right to pursue.

IGNORANCE KILLS!

*Are you among the many unaware drug addicts?
Are you innocently killing yourself... and your family?*

Our society has become drug-sated. Never before have so many people taken so many different pills and potions for so many different reasons: pills for sleeping and pills for staying awake; pills to excite you and pills to calm you down; pills to lose weight, others to gain weight; pills for everything from birth to death.

One of the best-known crusaders against our modern drug craze is Art Linkletter, whose daughter was killed by an overdose of drugs. On a national TV program Art Linkletter said, "This was a natural course for my daughter and many other young people who sought a thrill from the use of drugs because our entire society has become drug-oriented. Drug abuse cannot be connected with narcotics users only. The alarming rise in the abuse of stimulant, depressant and hallucinogenic drugs cuts across all strata of society."

Our Culture is Drug Dependent

Our entire culture is truly becoming drug-dependent. Over 100,000,000 Americans—more than half the population, use drugs ranging from tranquilizers to barbiturates and amphetamines, not counting marijuana or LSD. This grave national problem is far broader and deeper than merely alarming fads among the youth.

Millions of well-intentioned but misinformed middle-aged, middle-income Americans gulp billions of tranquilizers—in fact, last year (1970) five billion tranquilizers were downed by over fifty million people, but as a whole they are *not more tranquil*.

Drugs Cost Over Six Billion

Our annual national drug bill is now over six billion dollars—more than \$30 for each man, woman and child in the country! As a nation we are becoming dependent upon innocent-sounding pills. Countless millions have created a drug-curtain between themselves and reality, little realizing that they are in fact becoming HOOKED on drugs!

"Relief is just an instant away," is the message Madison Avenue bombards us with night and day. Advertising strategy is as varied as the pills of every size, color, coating and speed of action.

The youth problem is only a small part of the national problem. Overweight housewives have become addicted to amphetamine reducing pills. Some businessmen, who have tried pills to cure their hangovers, have become "hooked". Some senior citizens take pills because of their fear of old-age.

Ads Aggravate the Problem

What is the cause of our national drug problem? Certainly psychologically-planned advertising, taking advantage of TV and other mass media of modern communication, contributes



greatly to the problem as it plays on the pressures and problems of life. In Martin Gross' powerful, documented book "The Doctors" he explains, "America is currently involved in a massive, promiscuous addition to the concept of medication. Having oversold itself on the miracles of pharmacology, it is hypnotically ingesting as much chemical as 'gracious' physicians will prescribe." Medicines (drugs) have served useful purposes in the past, and can in many instances today. But the physician's job is being unbelievably complicated, in instances where drugs would be effective, by their patients' indiscriminate use of so-called harmless self-prescribed drugs.

The Sins of the Fathers!

Children have always followed example rather than precept, and the abuse of drugs by youth today, is, frankly stated, the example set by parents! The first drugs most young people get are from the family medicine cabinet. For "kicks" they take their parents' tranquilizers, diet or weight pills or drink cough syrup for the codine content. Thus, the sins of the parents ignorance will reap a bitter harvest in the future.

What is the Solution!

What is the solution to this terrible self-destruction? First, the nation must be aroused and fully awakened to the magnitude and scope of this problem and realize that it encompasses every medicine cabinet in America. No problem can be solved until everyone involved realizes there is a problem which concerns their own lives.

The ideal solution—simple to state—requires an informed and aroused citizenry, informed about their ability to eliminate the need for drugs! This is not a far-fetched idea, but an accomplished fact! We are helping to alert the public through articles such as these, and you can help by personally experiencing the good health chiropractic can help you build, and by spreading these truths to your friends and relatives.

The answer to most health problems is found in chiropractic—the world's largest and finest drugless healing profession. That's right; drugless. Chiropractic eliminates the necessity for symptom-treating drugs by eliminating the true cause of most chronic health problems—displacement of spinal vertebrae and its emphasis on using nature's doctors to augment good health: fresh air, sunshine, the proper food, pure water, adequate rest and exercise.

Drugs Can't Move Bones!

In far too many instances persons suffering with a correctable structural disorder are directed by well-meaning people to relieve symptoms by the use of hot or cold packs, drugs, exercise, corrective diet, etc., while the cause in the spine remains hidden to create further damage at a later date. Relief of symptoms is a necessity, but it is no substitute for permanent correction of the spinal distortion which caused the trouble.

Sick people are gambling with their health and with their future usefulness to themselves and to their fellow man when they put themselves under drug therapy when they are really suffering from nerve blockages causing LIFE response to be reduced in organs, and tissues, and glands. They may, in time, recover from their illness or disorder if their constitutions are strong enough. Chances are that the illness or disorder will be aggravated beyond its normal seriousness by the delay in correcting the real cause of illness.

For medicines and drugs do not move bones, and it is the displaced bones of the spine which block nerves, causing pain, discomfort and finally, disease.

Sick people benefit most when they seek chiropractic care first, in health as well as sickness. When the body is in harmony, when the normal nerve energy is pulsing throughout the body, Nature is at work recreating, regenerating and repairing body cells and tissues.

For Yourself and Family

For your health's sake, if you have been a drug addict unaware, place yourself and your family under Chiropractic health care. Numerous plans are available which will permit you to benefit constantly from Chiropractic, primarily for the maintenance of bodily harmony and health... and secondarily for the restoration of health in the event of unexpected mishap.

Remember, drugs don't move bones! Only your chiropractor specializes in this science that locates bone displacements. Chiropractors *do* move bones and sick people *do* get well... naturally... through Chiropractic... from within themselves, providing they otherwise live a healthful life utilizing Nature's doctors.

Your Body is Your FIRST ENVIRONMENT!...

What do you know about its ECOLOGY! Are you doing all you can to eliminate its POLLUTION?

Ecology, environment and pollution are key words of the day. Everyone is talking about them—the young, the old, the rich, the poor, educators and government officials. But what actually is ecology? It is a "balance of nature" and the proper relationship and interaction of *all* elements of our natural world. When God created the world, "it was good" and properly balanced. However, man in his "wisdom" decided to "improve" things to make his life easier and more comfortable. His philosophy was "What difference does it make? There is always more of everything—land, animals, water and other resources. Let the future worry about any problems."

This has proven disastrous. The future has arrived now and time is running out on maintaining the balance! Man is beginning to realize that his heavy hand on the delicate balance wheel of nature is creating a terrifying, nearly irreversible nightmare! Pharmaceutical chemicals, poisons and additives, as well as countless waste products of our modern society, not only pollute the air, water and the earth but also our own bloodstreams! Consider the effects on other forms of life—fish are disappearing from many polluted lakes, rivers and streams; our national bird, the bald eagle, is facing extinction because DDT in the atmosphere has caused the shells of the eagles' eggs to become soft. Is man immune to the pollutions that are killing off other forms of life!

People Waking Up!

Pollution is a very big topic these days. Much is being said and written about pollution of our environment—pollution of the air, water and earth. Even noise pollution caused by jet aircraft, trucks, machinery—even loud music—has been discussed at length. However, very little has been said about the most important kind of pollution that affects each of us directly—the unnecessary pollution of the human blood stream!

Pollution of the environment cannot be cleaned up directly by the individual (though each can do his best to make sure not to add to the general pollution) for it will require billions of dollars of government money to undo the harm which now affects us and unborn generations to come. Don't forget that government money comes out of the pockets of each of us.

However, you can stop the major cause of blood pollution—drugs and chemicals we deliberately ingest.

Your body depends on your bloodstream for nourishment, purification and protection, and what you eat, drink or "take" makes up your bloodstream.

What You Can Do for Yourself!

Start your personal anti-pollution campaign today by throwing away all needless pills and potions in your medicine cabinet and encouraging your friends and relatives to do likewise. After removing these obvious causes of blood pollution, consider the water you drink and the food you eat. Have chemicals been added to your water and food? Drink pure water, free from all chemicals, and eat organically-grown foods.

Perhaps you feel that certain pills are necessary for such-and-such a condition in order to stay well and maintain life. Certainly there are a few cases where prescribed medication is necessary to maintain or prolong life. However, as we have seen in the previous article, the continual rage for pills for happy living, pills to prevent birth, pills for "nerves", pills for better vision, etc. is not only unnecessary and in most cases should be eliminated, but is actually complicating and delaying the realization of the naturally radiant good health which can be known!

In the middle of the ecological hubbub and confusion of all the claims and counterclaims stand quietly the first ecologists—the chiropractors. Natural health—no drugs, no surgery, nothing added, nothing removed—has been the basis of chiropractic for over 75 years. The chiropractor has made an ever-increasing contribution to better health for all. The voice of chiropractic has been small. However, if all those who are interested in ecology, man's environment, and health, would stop and listen carefully to the chiropractors, they would join in until the chiropractic voice would become a mighty chorus, drowning out all discordant themes!

Natural Health Leaders

Since 1895 chiropractors have been the forerunners in better, natural health for man, not merely covering symptoms with drugs, but encouraging the body's innate power to achieve its individual balance of harmony.

Chiropractors are the leaders in the proper use and analysis of x-rays, particularly spinography. They also lead in the study and

analysis of the "backbone of man", his spine, both the normal and all types of misalignments or subluxations.

We hear from all sides today of the efforts being expended to meet our environmental problems and crises. Chiropractors have been quietly, persistently dealing from their beginnings with a most important form of pollution which is totally ignored by all other ecologists—pollution of the human bloodstream. While polluted rivers are terrible, blood laden with the chemicals, additives and synthetics of a modern society is far worse. When people are healthy as a result of removing the spinal interference between the brain and the body, they need fewer shots, immunizations, pills, to keep healthy. When spinal nerve blockages are removed and the pollutants in their blood done away with through natural living they will be really healthy!

Because of their gift in getting to the spinal cause of ill health and releasing the "life power" in all people through spinal adjustments, chiropractors should and will lead the health teams of the future.

Second Largest Healing Art

There are nearly 20,000 chiropractors in the United States. Chiropractic, the second largest healing art in the world, is constantly making advances in the analysis and correction of structural disorders of the spine. The discovery of chiropractic was the greatest health advance of the nineteenth century, while the twentieth century has brought, and is bringing, more progress. More than forty million persons of all ages, races and social standing have received chiropractic care, including countless noted personalities.

Follow Those Who Know

Too many try chiropractic as a last resort after all else has failed, when a simple adjustment was all that was necessary in the first place.

Those who have learned from experience (whether before or after a crises) of the benefits of the Chiropractic way include past presidents, vice-presidents, governors, senators, movie, radio and TV personalities; also many of our leading industrial giants. They *know* that proper spinal care keeps them at their peak of efficiency during this modern era of stress and strain.

These people are eager to let others know of the benefits they have received, and do so in the pages of the internationally circulated periodical HEALTH FOR LIFE, which is devoted to articles

and testimonials on the benefits of chiropractic. Through it you can learn, and pass along to others, the wonderful story of Chiropractic. If you have not seen this publication, by all means get it (find instructions for obtaining this and other material in back of this booklet) . . . and join the others who are living more fully because they did!

OUR GOAL: GOOD HEALTH FOR ALL Cooperation Is the Key!

Whether we speak of cells, organs and tissues of an individual body or a body of men and women devoted to the healing arts and disciplines, cooperation of the various skills and services can mean radiant health for everyone! No one person has had his health ruined by just one person, including himself! Everyone "cooperates" in causing the mental, emotional, environmental and physical strains which add up to disease and ill health. It will take the cooperation of all to reach the goals of good health which the separate groups envision.

The role of all the healing sciences—whether medical, surgical nutritional, psychological or chiropractic—is to provide a body environment in which Nature may do the healing work.

To alleviate symptoms and remove destruction invading influences is necessary "after the fact" when health and harmony have been destroyed.

The truth is it is better to stay healthy, not to have to be restored to health. It is better to be healthy and not to have to take medicines and drugs.

Medicine, throughout many centuries, has succeeded in proving that it does not have the full and complete answer to man's health problems. No one has the entire answer.

Life Foundation participating doctors are not against medicines and drugs . . . in their place; but what place *is* reserved for medicines and drugs? In the words of Pharmacist Buzz McKinney, "more than 60 years ago the discovery of histamine was made. Through continuing research this substance has been found to cause almost all allergic conditions in people. Medical science came up with antihistamine drugs. They are wonderful when they come to relieving symptoms of hay fever, colds or allergy, BUT IT IS WELL TO REMEMBER THAT WHILE DRUGS ACT TO RELIEVE THE CONDITION, THEY DO NOT CURE. As wonderful as they are, care should be taken with the use of these preparations."

It is immoral to keep people sick, to keep them dependent on medicines and drugs. It is inhuman to addict people to techniques and procedures and treatments which offer no hope for new life. In all of the health sciences, in all of the healing arts, in all of the health-aligned professions, there should be *one* overpowering goal...make sick people well.

Life Foundation participating doctors are making an urgent appeal to all doctors to put their heads together and get behind the job at hand...get the people well, regardless of the method employed, at lower cost. For in addition to the suffering and loss of productive time, the fastest rising costs in our skyrocketing living index is the medical cost. Soon the cost of a private room in an understaffed, overpriced, out-of-date hospital will be \$100 per day! Only the very rich can afford to be sick!

CHIROPRACTIC DOES ITS PART

Scientific knowledge affirms that the free and normal flow of the Life Spirit within the body (the flow of nerve energy through the spinal cord and the nervous system) is the secret of life and health. So long as the impulse and energy flow is normal and steady, so long as the body is harmonious and "in balance," good health exists. When the harmony of the body is disrupted, ill health results.

Chiropractic science locates the spinal cause of disharmony. The Chiropractic adjustment removes the pressure restricting the full and free flow of the Life Spirit (nerve energy) through the body. The Divine Spirit, God's hand, heals and cures and regenerates the body. *All* those who know this must cooperate in educating themselves and each other as to application of this knowledge. There is but one course for the really dedicated doctor—medical, chiropractic or other—to follow, and that is to restore health to man, by whatever method is required. If that method should prove to be education of the public...education which results in there being no more sick people...and no more need for other than "accident" repair, we would still have the more joyful work of prevention.

Let's not forget that doctors are people too, and could use the better health they seek for their patients also!

The Layman's Contribution

Just as no one doctor has all the answers to all the problems of every patient and must keep informed of the advances made in fields other than their own, so must the patient realize that he has a definite part to play in keeping his own good health. He must also cooperate, and not expect it all to be done for him.

Everything worth doing is worth doing well, and this includes your health. Apathy is the greatest enemy to national and world survival and to your personal enjoyment of greater health, your ability to "feel good", and happiness. The greatest scientists of the world boast of their many accomplishments and latest achievements, yet they have not been able to solve the basic issues...the greatest of these being public apathy—the care-less attitude. Despite the advancements of science there has been no real extension of life *or its quality*. With all the modern conveniences, modern society has degenerated rather than improved.

Apathy can be overcome by understanding the rewards to be gained by following the proved methods of the healing arts. Too many people do not even know what it is to "feel good". They are apparently satisfied as long as they don't "feel bad."

How Can Discipline be Joyously Achieved?

What is the key to better health? While chiropractic is not the complete answer, better health for all people is available through chiropractic care. Chiropractic is a giant step in the right direction with its natural non-medical approach and foundation to health. When you feel better, you will find it easy to acquire the discipline to feel still better. This wonderful profession contends simply that everyone needs a truly functional nervous system which allows the inherent "good news of Life" to flow over the nerves, fully expressing itself in quantity and quality to each tissue and cell, making you fully alive.

Let yourself in on this ability to be fully aware of life...and then tell another. The battle *can* be won. The goal *can* be reached in a remarkably short time. NOW is that TIME!

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LIFE FOUNDATION
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Life Chiropractic College



"That the lamp may be lit"

A Message From Dr. Sid E. Williams



"All things exist in mutual relationship to one another"

The tragedy of rudderless and wasted young lives coupled with the suffering of people of all ages with afflictions easily correctable through chiropractic have spurred us on in an enormous task. Our goal is to build, equip and staff a desperately needed college of chiropractic...and locate it here in the heart of the Southland. The purpose of the Life Chiropractic College will be to train young people from all walks of life...not only to become skilled doctors of chiropractic, but also to become meaningful human beings whose innate goodness will touch and affect all who come in contact with them.

Life Foundation is already doing much in the area of educating the public in health matters through the media of magazines, publications, tabloids and public service television messages. Also, the foundation operates a mobile chiropractic clinic which literally "takes the mountain to Mohammed" by furnishing free care to the needy. Yet there is more...much more...that needs to be done. We are now embarked upon a program specifically for our young people...young people whose natural energy and enthusiasm must be guided into constructive channels for the future if America is ever to attain her vision of true greatness.

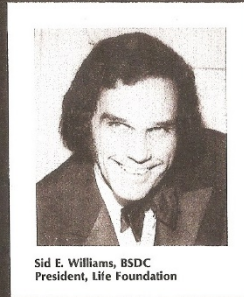
If we are to succeed we need your help...and the help of everyone dedicated to improving the quality of life for mankind.

You are invited to study this brochure carefully and then make your decision. There are many options you can select in supporting this very worthwhile endeavor. Whichever method you select let your gift be guided by these words:

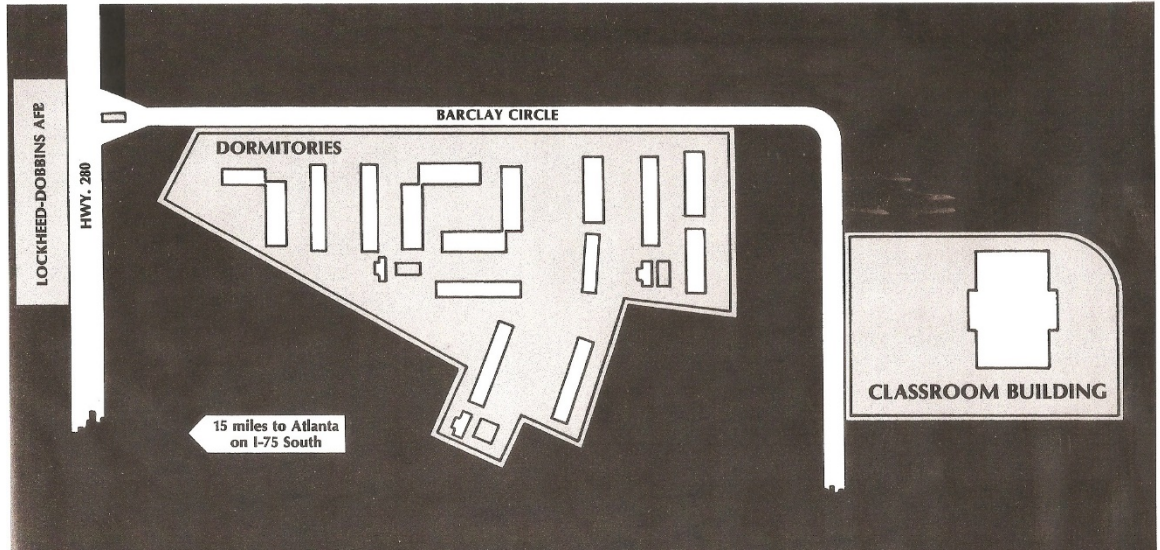
"You make a living by what you get...but you make a life by what you give" ... Winston Churchill.

Sincerely,

Sid E. Williams, DC
Life Foundation



Sid E. Williams, BSDC
President, Life Foundation



What is Life Chiropractic College?

Life Chiropractic College will begin operating with its first student enrollment in January of 1975. Our goal is to achieve an enrollment of 1500 students.

A large, modern building of 36,000 square feet has been made available to Life Foundation for the College. The building, the location and the setting are ideal for the purpose. It is located in Metro Atlanta, Ga. The nearness of a large job market in the Atlanta metro area will also be valuable for those students who must work part time. The building's size is suf-

ficient to accommodate 1500 students in morning and evening classes of 750 students each. All classes will be small enough to allow use of the tutorial concept of education (no more than 25 students per class). The engineering and architectural work has been done to convert the building into a complete educational facility with classrooms, laboratories, out-patient clinic, auditorium, library, anatomy and X-ray departments, snack bar and administrative offices. In addition, a nearby apartment complex has been made available for dormitories to accommodate 560 on-



We Need Your Help

More and more people are favorable to the idea of contributing funds during their lifetimes rather than choosing to leave endowments through their estates. Thus they are able to see the benefits, which they have bestowed, in action . . . watch them bear fruit . . . and take pride in the improvements that God has wrought, through them, in the lives of others.

They usually select projects which have demonstrated a vital need . . . and have the leadership and high ideals necessary to bring the projects to completion. In this connection, many doctors of chiropractic and others have already expressed their faith in this high service ideal by pledging over \$400,000 toward the ultimate goal of \$3,874,839.

Gifts may be in the form of capital contributions, property or stocks and bonds, or regular fellowship donations. We also have provided for Living Memorial Scholarships. These are perpetual, self-renewing scholarships that will bear the name of the benefactor forever. It is incredible, but true, that the interest alone from an endowment of \$10,000 will continually support one student.

MEMORIAL GIFTS

Eternal Benefactor — total cost of a room, department, a wing or building or the equipment there in.

Perpetual Endower — \$10,000 the interest from which will be use for a perpetual scholarship at Life Chiropractic College in the name of the donor (or will be memorialized as directed).

SUSTAINING CONTRIBUTIONS

Life Benefactor	\$5,000
Major Benefactor	\$2,500
Honorary Trustee	\$1,000

Lay Fellowship Gift — pledge of \$5 per month.

LP Club—The professional who donates the proceeds from the first office visit each day.

Friend For Life — all other gifts.

Living Memorial Gift Opportunities

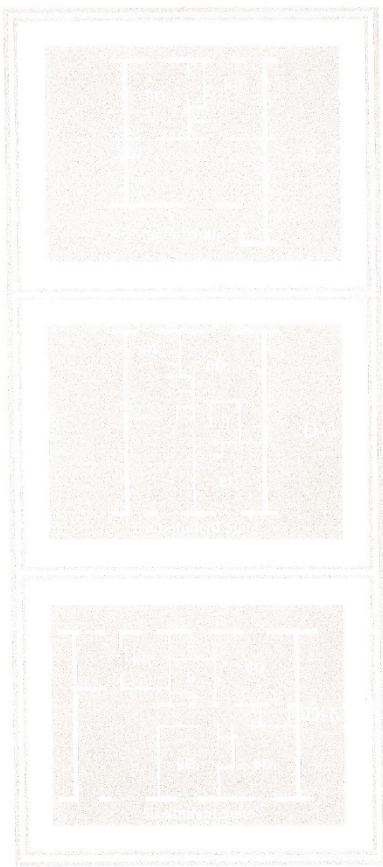
Memorial gift opportunities in the clinic, classrooms, dormitories and grounds are indicated on the following floor plan and corresponding list of rooms and equipment. Requests for memorials accompanied by pledges to cover, will be honored in the order received. In selecting a memorial, the donor may choose to give an entire department or room, including equipment; or individual rooms and equipment may be chosen separately.

Every gift will be designated by a suitably inscribed tablet in bronze, thus worthily perpetuating the memory of the person or persons named. These living memorial tributes afford an opportunity to honor a family member, a friend or a fellow man whose life service you may wish to remember in the spirit of love and perpetual recognition.

Fellowship Memorial Plaques



All levels of contributors will receive a membership card and a handsome certificate suitable for display.



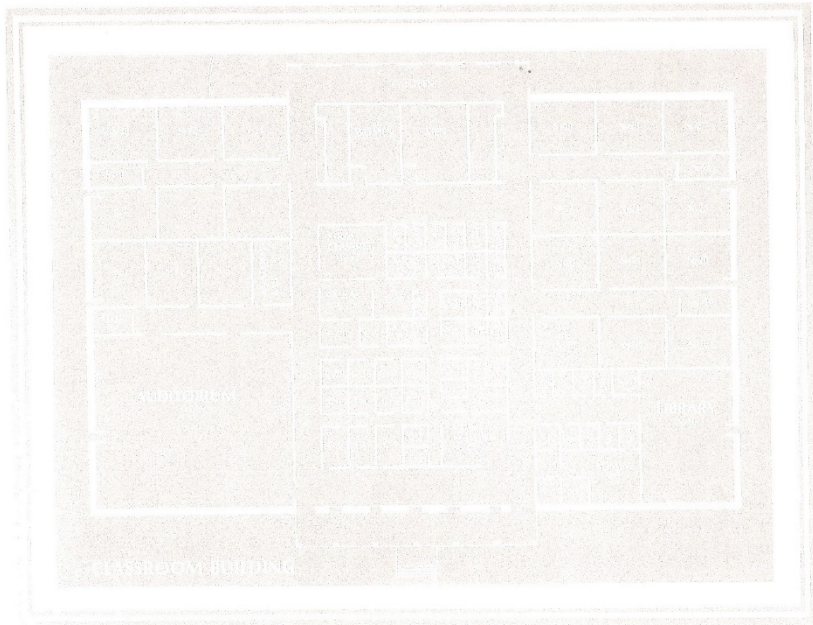
Wing Memorial Gift Opportunities

Subscriptions to Memorials beginning with "C" and "N" must be subscribed before subscriptions are accepted for memorials beginning with "S." This is being done to permit the school to begin operations as early as possible using wing "N" and the Clinic before wing "S" is completed.

Wing C Memorials				Wing N Memorials			
Memorial & Unit No.	Title	Building	Equipment	Memorial & Unit No.	Title	Building	Equipment
				N-9	Vault	11,512	800
C-1	Waiting Room	\$ 37,254	\$ 3,010	N-10	Library	115,633	26,519
C-2	Doctor's Office	6,287	761	N-11	Bookstore	7,016	1,204
C-3	Doctor's Office	6,287	761	N-12	Prof. Office	5,504	452
C-4	Obs. Adjustment Room	11,575	1,600	N-13	Prof. Office	5,504	452
C-5	Obs. Adjustment Room	11,575	1,600	N-14	Prof. Office	5,504	452
C-6	Obs. Adjustment Room	11,575	1,600	N-15	Prof. Office	5,504	452
C-7	Adjustment Room	8,050	1,600	N-16	Classroom	35,033	2,000
C-8	Adjustment Room	8,050	1,600	N-17	Classroom	35,033	1,875
C-9	Adjustment Room	8,050	1,600	N-18	Classroom	35,033	1,875
C-10	Adjustment Room	8,050	1,600	N-19	Prof. Office	13,016	1,204
C-11	Reception Room	15,100	2,033	N-20	Classroom	35,033	1,875
C-12	Doctor's Office	6,287	761	N-21	Classroom	35,033	1,875
C-13	Doctor's Office	6,287	761	N-22	Classroom	35,033	1,875
C-14	Doctor's Office	6,287	761	N-23	Classroom	35,033	1,875
C-15	Doctor's Office	6,287	761	N-24	Classroom	35,033	1,875
C-16	Adjustment Room	8,050	1,600	N-25	Classroom	35,033	1,875
C-17	Adjustment Room	8,050	1,600	N-26	Prof. Office	13,016	1,204
C-18	Adjustment Room	8,050	1,600	N-27	Classroom	35,033	1,875
C-19	Adjustment Room	8,050	1,600	N-28	Classroom	35,033	1,875
C-20	Obs. Adjustment Room	11,575	1,600	N-29	Classroom	35,033	1,875
C-21	Adjustment Room	8,050	1,600	S-1	Auditorium	309,306	44,571
C-22	X-Ray Room	11,575	15,451	S-2	Anatomy Lab	32,513	5,684
C-23	Adjustment Room	8,050	1,600	S-3	Classroom	35,033	1,875
C-24	Doctor's Office	6,287	451	S-4	Classroom	35,033	1,875
C-25	Doctor's Office	6,287	451	S-5	Classroom	35,033	1,875
C-26	Prof. Office	5,504	452	S-6	Storage	10,024	
C-27	Prof. Office	5,504	452	S-7	Classroom	35,033	1,875
C-28	Adjustment Room	8,050	1,600	S-8	Classroom	35,033	1,875
C-29	Darkroom	7,148	5,475	S-9	Classroom	35,033	1,875
C-30	Obs. Darkroom	17,839	8,000	S-10	Prof. Office	13,016	2,031
C-31	Obs. X-Ray Room	23,150	15,903	S-11	Classroom	35,033	1,875
C-32	X-Ray Classroom	36,233	2,350	S-12	Classroom	35,033	1,875
C-33	X-Ray Room	11,575	15,451	S-13	Classroom	35,033	1,875
C-34	X-Ray Room	11,575	15,451			\$1,769,960	\$268,879
C-35	Prof. Office	5,504	452				
C-36	Prof. Office	5,504	452				
C-37	Prof. Office	5,504	452				
C-38	Prof. Office	5,504	452				
C-39	Prof. Office	5,504	452				
C-40	Prof. Office	5,504	452				
C-41	Prof. Office	5,504	452				
C-42	Prof. Office	5,504	452				
N-1	Admin. Asst.	7,000	5,418				
N-2	Admin. Asst.	7,000	5,418				
N-3	Business Office	31,034	9,030				
N-4	Reception Room	7,016	602				
N-5	Admin. Director	7,000	5,418				
N-6	Prof. Office	5,504	452				
N-7	Prof. Office	5,504	452				
N-8	Prof. Office	5,504	452				

Donority Memorials

Memorial and Unit Code	Title	Suite	Equipment
D-2	Two-student Suites (20 available)	\$ 5,359	\$ 1,200
D-4	Four-student Suites (64 available)	10,714	2,400
D-6	Six-student Suites (44 available)	16,071	3,600
		\$1,500,000	\$ 336,000



Questions and
Answers About
Life Chiropractic
College

1. Q. Who are the sponsors of Life Chiropractic College?
A. Life Foundation is the originator and sponsor of Life Chiropractic College.
2. Q. What is the goal of the campaign?
A. To raise \$3,874,839.00 for establishment and endowment of the college and dormitories.
3. Q. How will the college continue to be supported?
A. By charitable donations and tuition of \$375.00 for each student per quarter.

4. Q. Who will "own" the college?
A. No one will "own" the college. It will be a self-supporting, non-profit IRS approved institution governed by a board of trustees with no private stockholders.
5. Q. Is it necessary to contribute in cash when a pledge is made?
A. No. Payments may be made in a lump sum or spread out monthly, quarterly, semi-annually or annually at the pleasure of the subscriber over FOUR

TAX YEARS. The first payment will not be due until October 1, 1974, and the final payment January 10, 1978.

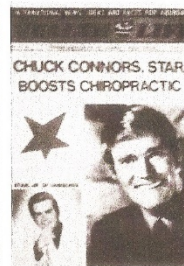
6. Q. What are the income tax advantages of giving to Life Chiropractic College?
A. Our federal tax laws are written to encourage giving to worthy causes such as this. Any individual may contribute up to 20% of his adjusted gross income annually and pay no tax on that amount. An additional 10% may be deducted as gifts to Life Chiropractic College since it will be a tax-exempt institution. All gifts in this campaign are TAX DEDUCTIBLE. (IRS-T:MS:EO:R-2-WRM)
7. Q. I understand there is a general shortage of chiropractors. Will there be enough chiropractors to staff the college?
A. Fortunately, yes. The shortage is in rural, not cosmopolitan areas. The purpose of the college is to train many new Doctors of Chiropractic to make sure chiropractic care is available to all who are in need.
8. Q. Will I be kept informed on the progress of the college?
A. Yes. Regular newsletters and reports will be sent to all supporters of Life Chiropractic College.
9. Q. As a donor, will my family and I have the privilege of free visits to the Clinic?
A. No. You as well as the general public will pay a minimal fee for all chiropractic services.
10. Q. If circumstances beyond my control should make it impossible for me to continue my pledge payments, what alternatives do I have?
A. If personal misfortune should arise which would make it necessary to reduce the amount of your pledge or change the payment plan, Life Foundation will work with you to find a satisfactory solution.
11. Q. What are the tax advantages to corporations?
A. Corporations may contribute up to 5% of their taxable income annually, and pay no tax on that amount. Partnerships may deduct as individuals.

History and Purpose of Life Foundation

Life Foundation, Inc. was established in 1970 and approved by the IRS as a non-profit organization. Its Lasting Purpose in serving humanity is threefold: (1) to relieve the suffering of men, women and children through chiropractic health care; (2) to educate the general public in the value of chiropractic; (3) to conduct a continuing program of research and study in the field of chiropractic.

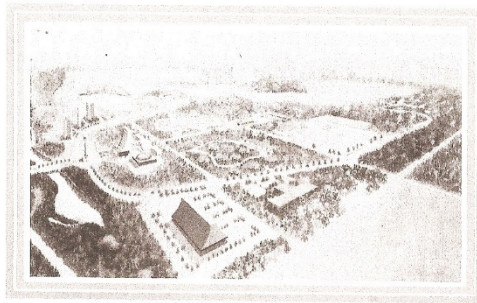
In addition to publishing educational materials, Life Foundation sponsors a Mobile Health Unit which gives free chiropractic care to anyone with health problems. Patients receive consultation, x-rays, analysis and adjustment from a staff of professional chiropractors.

Now, Life Foundation's second major goal is at hand: the all-important project designed to fulfill the long needed cherished dream of building a college of chiropractic—Life Chiropractic College.



Health and Life newspapers and magazines are distributed free to the public by Life Foundation. Public service anti-smoking television announcements by Robert Goulet are being seen on major networks throughout America.

City of Life



The Future

The long-range plan of the Life Foundation is to accomplish a Renaissance—to awaken humanity to a dramatically new concept of existence. At the core of the new way of life will be the ancient philosophy that all things are interrelated, that no man is an island, that the slayer and the slain are one.

By an actual physical process, the true spirit (that which partakes of the divine) in each man will be released, ridding him of the false selves of ego and pride. Each man will feel uplifted, rejuvenated, at home in the world for the first time, and as if nature were somehow for him, with him, in him—and not relentlessly opposed to him. Life will no longer seem like an uphill climb.

In the new life a man will fear neither God (nature) nor his fellow man. He will leave off overcoming nature, conquering her, as he will leave off seeking to compete with and overcome his brother. Men will flourish together in a spirit of cooperation and harmony. They will regain their faith in nature, and once again experience her as a benevolent,

nurturing, healing mother. Each man will be free of the chains of ego, the need for fame and self-aggrandizement. He will experience his own holiness, the holiness of his neighbor, and the holiness of the entire created universe.

We will, in the near future, establish a self-contained community, The City of Life, which will have as its focal point, Life University. This city shall consist of homes, condominiums, retirement cottages, nursing homes, orphan homes, student housing, convention sites, a complete agricultural complex, and shopping facilities. The City of Life shall be founded upon and dedicated to the lofty principles outlined above.

Pervaded by an atmosphere of love and unanimity, The City of Life will flourish and prosper, and will stand as a model to the world and to countless future generations as the maximum in human achievement. In time, zealous crusaders will go out from The City of Life, and the renaissance, the new way, will radiate to the far corners of the earth like spokes from a wheel.

And the City of Life will be as a central beacon... whose light grows and spreads...and ultimately encompasses the darkness.

Life Foundation, Inc.

Board of Trustees

Sid E. Williams, BSDC D. D. Humber, DC Nell K. Williams, DC
President *Vice President* *Secretary/Treasurer*

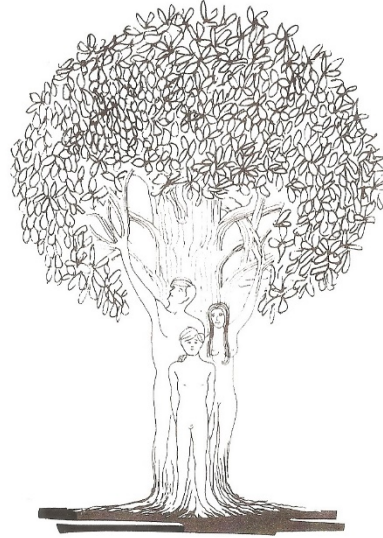
Ed S. Ambros, DC Tom Morgan, DC Richard G. Baird, DC
Executive Director

Donald J. Armstrong, DC Clark Rich, DC

Campaign Organization

(these positions are now being filled
and will be completed in early August,
1974)

General Campaign Chairman	Public Relations
General Vice Chairman	Foundations
Chiropractic Division	Treasurer
United States Division	Asst. Treasurer
International Division	Honorary Campaign Chairman
BUILDINGS COMMITTEE (8 appointments)	FURNISHINGS COMMITTEE (8 appointments)
President's Advisory Council (Regular Life Foundation Sustaining Contributors)	



Life Foundation
P. O. Box 43851
Atlanta, Georgia 30336



LIFE FOUNDATION, INC.

DR. ED S. AMBROSE
EXECUTIVE DIRECTOR

Headquarters: 3220 Bankhead Highway
Lithia Springs, Georgia
(404) 948-8474
BOX 37, AUSTELL, GEORGIA 30001

September 7, 1974

TO ALL D.E. DOCTORS

Dear Doctor:

With the approach of the tenth anniversary of D.E. in October, I invite you to share the excitement of taking another great step toward the fulfillment of our vision -- The City of Life.

In the last decade we have grown from half a dozen scattered voices in the commercial wilderness of practice without principle to over two thousand warriors chanting a way-cry to the world: Life is Principled! The Principle is dynamic and essential!

Life Chiropractic College will open its doors to students in the new year. The purchase of the beautiful building and campus is at this moment being finalized. Already more than 50 students have applied for admission. Our goal is 200 students by April, 1975.

Encourage those interested in studying chiropractic to apply early. Because the accrediting of chiropractic colleges has recently come under the federal Department of Health, Education and Welfare, we as yet have only indefinite information concerning qualifications for admission. Prospective students, however, should write us. We will keep you and them informed.

The young hold the key to the future of the life of the world. Your support, financial and otherwise, of Life Chiropractic College and Life Foundation will enable us to train and to send Principle-oriented chiropractic ambassadors of health into every corner of the world.

I am confident you will continue to be generous with your money and time as we count down to the lift-off of the great venture of Life Chiropractic College. More than 100 doctors and friends of chiropractic have already pledged over \$800,000 to the college. If you have not already pledged, please open your heart when asked. You will be contacted in the near future.

A Non-Profit, I.R.S. Approved, Educational, Research and Service Organization

To All D.E. Doctors
September 7, 1974
Page 2

Life Chiropractic College will bring us international prestige. And, more importantly, it will broaden the horizons of our vision to the ends of the earth. There is no limit to what Principle can accomplish through our efforts.

Envision, if you will, mobile health units in the sands of Saudi Arabia and in the forests of Yucatan. People everywhere need chiropractic care. With your help, we will in the next decade be able to send volunteer chiropractors, young and old, to staff the units and to spread the message and hand of health to the poor and suffering in all countries. Chiropractors are waiting to serve with love. Life Foundation is eager to become the world's largest practitioner.

Consider what has already been accomplished in 10 short years: the phenomenal growth of DE's active membership; the distribution of millions of copies of health for Life; the stirring testimonials to chiropractic of famous friends like Colonel Sanders, Juan Marichal, Melvin Belli, Fred Cox; the TV spots for Life and against smoking contributed by Robert Goulet; the advances in chiropractic research reported in the spectacular magazine, TODAY'S CHIROPRACTIC, that reaches every chiropractor in the world; the mobile health unit helping the needy of Atlanta; the recognition of chiropractic as a health service under Medicare; and many other great strides forward. And now we have Life Chiropractic College -- soon to open its doors -- the first building in the City of Life.

With continued faith in the Source, we see in the next decade a great expansion of our already international movement as well as a great university with courses in ecology, organic farming, natural foods and all subjects related to health and life. There will be a place for those outside chiropractic to learn and be used by DE Principles, the chiropractic way of life in action, in a practical and profitable manner. The children and the aged will be together, and all will be welcome in the City of Life.

Chiropractic claims no miraculous curative powers -- such power is reserved to one Source, the Divine Spirit. As an instrument of Universal Intelligence, however, the DE man and woman can be fully dedicated to helping a person recover his original state of health and understanding so that he embraces his world as a whole man.

To All D. E. Doctors
September 7, 1974
Page 3

Committed to love and service, you can be a free, unshackled man whose only true allegiance lies in service to sick people. What a vision! Come, join us on the march as we face the future together.

Yours in Love,


Sid E. Williams, B.S., D.C.

/bd

SUBLEASE

This agreement, made this 1st day of January, 1975, by and between LIFE FOUNDATION, INC. (hereinafter called "Foundation") and LIFE CHIROPRACTIC COLLEGE, INC. (hereinafter called "College").

W I T N E S S E T H :

THAT WHEREAS Foundation has leased from LOCKHEED AIR-CRAFT CORPORATION ("Lockheed"), the following described premises:

1269 Barclay Circle, Marietta, Cobb County, Georgia, as more particularly described on Exhibit "A" attached as an exhibit to the prime sublease, further attached hereto as Exhibit 1, and .

WHEREAS Foundation has heretofore leased the aforesaid premises for a term beginning on October 31st, 1974, and expiring on June 14, 1985, upon the terms and conditions set forth in a sublease agreement dated October 31, 1974, (the "prime sublease") a copy of which is attached hereto as Exhibit 1; and

WHEREAS, Foundation desires to sublease said premises to College and College desires to take and lease said premises from Foundation.

NOW, THEREFORE, in consideration of the premises, of the rents herein and agreed to be paid, of the mutual covenants herein contained and of other good and valuable consideration, the receipt and sufficiency whereof is by each party hereto duly acknowledged, the parties do hereby agree as follows:

1. Foundation leases to College and College takes from Foundation the premises as hereinbefore described.
2. The terms of this Sublease shall be for a term

September 11, 1974

Mr. R. C. Sawyer, Office Manager
Lockheed-Georgia Company, Inc.
Marietta, Georgia 30060

Re: 1269 Barclay Circle
Marietta, Georgia

Dear Mr. Sawyer:

This letter is to advise you of our position and interest in the subject property.

The firm of Prestige Realty Company is not a broker or agent acting for or on behalf of Life Foundation, Inc. in regards to the subject property located at 1269 Barclay Circle, Marietta, Georgia. An agent representing Prestige Realty Company approached us several times with various offers and representations the last of which was totally unacceptable. The proposal was refused and any negotiations have since been terminated.

As you know, we contemplate organizing a Chiropractic College in the Atlanta area and have been searching for some time for a suitable facility to lease or purchase. Since we have already expended substantial time, effort and expense in our consideration of the subject property for our possible use we would be interested in leasing the building on the terms and conditions generally outlined on the attached proposal.

If the attached proposal is not acceptable, please advise us as soon as possible in order that we may pursue other alternatives. We look forward to hearing from you.

Sincerely,

Life Foundation, Inc.
Dr. Sid E. Williams, B.S., D.C.
President



LIFE FOUNDATION, INC.

DR. SID E. WILLIAMS
PRESIDENT

DR. ED S. AMBROSE
EXECUTIVE DIRECTOR

Headquarters: 3220 Bankhead Highway
Lithia Springs, Georgia
(404) 948-8474

BOX 37, AUSTELL, GEORGIA 30001

September 11, 1974

Mr. R. C. Sawyer, Office Manager
Lockheed-Georgia Company, Inc.
Marietta, Georgia 30060

Re: 1269 Barclay Circle
Marietta, Georgia
Lease Agreement

Dear Mr. Sawyer;

This letter constitutes an offer to Lockheed-Georgia for the lease of a certain building located at the above captioned address. The proposed terms of this offer are as follows: (1) Life Foundation, Inc., agrees to assume all of Lockheed's obligations under their present Lease Agreement with the owners of record. (2) Life Foundation, Inc., further agrees to pay to Lockheed-Georgia an annual rental of One Hundred Five Thousand and no/100 (\$105,000.00) Dollars, payable in twelve (12) equal monthly installments of Eight Thousand Seven Hundred Fifty & No/100 (\$8,750.00) in advance, beginning November 1st., 1974 with the first months rent payable upon the execution of a new lease agreement between Lockheed-Georgia and Life Foundation, Inc. (3) In consideration therefor, Lockheed-Georgia agrees to transfer to Life Foundation, Inc., all of it's rights as contained in the lease agreement now existing, including all purchase options.

We are presently looking at several other locations and with time a most important factor, this offer is good and will remain open until September 19th., 1974.

We are looking forward to working with Lockheed in this matter and can assure you that the problems experienced by Lockheed, with this facility, will no longer exist and Life Foundation, Inc., will uphold their end of the agreement fully.

If this offer meets your approval, please acknowledge in the space provided. Awaiting your reply, I remain

Very truly yours,

Subject to execution of a lease mutually acceptable to both parties.

Acknowledged & Accepted by R. C. Sawyer 10/2/74
Attorney-In-Fact

A Non-Profit, I.R.S. Approved, Educational, Research and Service Organization

**HOW TO
STOP
SMOKING**





Dr. Sid Williams

DEAR SMOKER

I am a former smoker. For a number of years I smoked as many as two packs of cigarettes a day.

One morning I lit that cigarette which I knew would be my last. I did not decide to quit smoking through an act of will. Rather, after an extended period of contemplation, I arrived at that point of consciousness wherein one recognizes and experiences the "true self", the essential personality. Decisive action which emanates from this center of consciousness is not the same thing as an act of will. It represents, rather, a surfacing of the all powerful inmost self, which is complete within itself, which is not bound by the habits and traditions of the flesh. This essential personality requires no outside stimulus, depressant, narcotic, or tobacco to feel at peace in the world.

Seventeen years have passed since I elected never to smoke again. Whatever the environment, the company, the social situation — whatever others are doing — I detect in myself no desire to resume my former habit. I am, however, always cognizant that the power of the flesh is ever present, for those not acting from a base of the essential personality.

I believe the metamorphosis which I have experienced is possible for many people who believe themselves chained to the cigarette habit today.

Although my method was right for me, I have known others who have successfully and permanently quit smoking, and it seems to me that their approach to the problem was radically different from mine.

Certain strong-willed individuals appear to function best when the power of conscious decision, the will, is called into play. Such individuals are not accustomed to utilizing the power of the inner self, they have, however, developed their powers of personal resolve to a remarkable degree. Such people are frequently able to accomplish difficult tasks, simply by making up their mind.

As there appear to be two viable methods for giving up cigarettes — each applicable to a particular personality type — this pamphlet will present two possible approaches to the problem. If you acknowledge the power of the inner self, and have experienced it as an operative force in your life, perhaps the approach to quitting which appears first in the pamphlet is best suited to you. If the concept "inner self" seems foreign to you, yet you have in the past achieved goals through the exercise of personal will, probably the program outlined in the second part of the brochure will suit you best.

Whatever method you choose, or if you decide to try some combination of the two, the decision to quit smoking is probably one of the most important decisions you will make. Your very life may depend on it.

So give the effort your very best

and accept my sincerest wishes for your triumph and success.

Sincerely,
Sid E. Williams, B.S., D.C.

SECTION ONE

THE POWER OF THE INMOST SELF

The following method of kicking the cigarette habit utilizes the power of the inmost self. It will help you locate your "point of perfect peace", to which you may retire periodically, both from the demands of a body under stress and the demands of a high-pressure environment. Though there be chaos all about you, you will have the capacity to focus upon the peace within, and will be totally unaffected by outward circumstances. Basically, the method involves a delicate mental adjustment. Let us begin with a few mental exercises.

1. Pick up a cigarette. Examine it closely. Pay particular attention to the "feel" of it, its relative lightness and flexibility. Notice the texture of the paper, the amber color of the tobacco. Then consider for a moment the peculiar function of this object, and your peculiar desire for it. Say to yourself, "I want to smoke this. I really want it." Continue to examine the cigarette, turning it over in your fingers and saying to yourself again and again, "I really want this." As you persist, the recognition

may begin to emerge that, in fact, you do not want it at all, that you are now viewing the cigarette as absurd, that the object in your hand has no relation to you whatever. This perception indicates a surfacing of the "essential self", that part of your personality which is complete within itself, which knows no worldly desires and therefore has no need to be satisfied. It is this "essential self" which will ultimately enable you to triumph over your cigarette habit.

2. Visualize yourself as two separate individuals. Think of SELF "A" as the one who interacts in everyday affairs — who relates to other people, holds down a job, mows the grass, plays football with his son. Then think of SELF "B" as the inner self, who is totally self-contained, at perfect peace, requiring no outside agent or stimulus to complete himself as a person. The recognition of the two selves, inner and outer, is a part of the ordinary experience of most people. But let us expand upon this experience. Imagine that SELF "A", the outer self, controls a complex switchboard. Each dial on the switchboard represents an area of temporal involvement, an activity which has at its root the gratification of some worldly desire. The buttons may be labelled, "money", "football", "women", "men", "food", "cigarettes", etc. Now envision SELF "A" turning down certain dials, diminishing their intensity, as one might turn down the volume of a distracting television set. For it is a fact that SELF "A" often does distract SELF "B" from the contemplation of perfection, peace and harmony. Often the demands of the switchboard become overpowering, all the lines seem busy at once (I want food, I want love, I want beer, I want fame). Do you

know that it is within your power to literally turn off these desires, simply by moving in SELF "B" and experiencing the total completeness and fulfillment within?

Give it a try. Mentally, turn the dial marked "cigarettes" way down — so that you can scarcely hear it. Turn some of the other dials down. Gradually, you will find yourself moving into that part of the soul which is free of worldly desire, which realizes and basks in its own perfection.

The foregoing imaginative exercise will help restore SELF "B" to its rightful position of prominence in your life. You will be able to control worldly desires — gratifying those which are beneficial to you (such as the desire for food) and turning off those which are detrimental (such as the desire for cigarettes, alcohol, etc.).

3. Experiment with keeping the cigarette dial down for extended periods of time. Try for fifteen minutes, then thirty, then a full hour. In the same way that a muscle is strengthened through continuous exercise, the "B" SELF will be strengthened through continuous use. You will find that the time periods you can go without experiencing the desire for cigarettes increases very rapidly. Soon, several hours will fly by unnoticed, and you will not once have thought of smoking.

4. Be positive! The first step to becoming a changed person is imagining that you are changed, envisioning yourself as that person already. Visualize

yourself as a non-smoker. Return again and again to the new image of yourself, as one who does not smoke. Imagine yourself free of chains that have bound you for years. Imagine that you are filled with renewed vitality and increased vigor. Imagine that your fingers and teeth are already loosing the telltale stains. Imagine that your lungs are returning to their naturally pink and healthy color.

The more you see yourself as a non-smoker, the closer you are to the actual fact. As you become increasingly proficient at "centering", moving into the essential self, your original reasons for smoking will begin to disappear, become meaningless. Your needs for a sexy, masterful image, your desire for love, your need for oral gratification (all of which needs cigarette advertising appeals to) will vanish, for you will be acting increasingly from the essential self, which experiences none of these needs.

Eventually, you will have no difficulty in leaving the "cigarette" dial turned off for several days in succession. Your vision of yourself as a non-smoker will be easy to maintain, for it will, in fact, be true. Ultimately, the realization will come to you that you are free. You will say to yourself and to your friends, "I am free. I am free." And you will be free. You need never be seriously tempted by tobacco again, for you will know how to get to your inner fortress, your point of perfect peace from which the forces of the flesh cannot assail you. You will be the master of your destiny, your own person, a non-smoker.

SECTION TWO

THE POWER OF THE CONSCIOUS WILL

The following method of kicking the cigarette habit utilizes the power of decision, the power of the conscious will. It is designed to help you resolve to quit smoking, and to provide you with concrete acts, "life" rituals, to replace the old "death" rituals which have been an important part of your behavior for the duration of your habit.

Deciding to quit, to break the habit, to kick cigarettes out of your life forever, involves a personal Declaration of Independence. With every fiber of your being, you must want freedom. You must earnestly and sincerely desire to overthrow the tyranny of your destructive cigarette habit. You must declare to yourself with no equivocation, "I want to be free."

As your desire for liberty increases, "I want to be free" will rapidly give way to "I can be free", and finally the supreme command, "I AM free." Making your mind up, resolving, is much like restoring order to an unruly household. You must **take** command, **establish** control, and make it clear to all concerned who is boss.

Who does control your destiny? Cigarette manufacturers, with literally millions to gain from your destruction of your own health? Dubious friends, who look to you for an image of worldliness and sophistication, the sort of image pro-



jected in cigarette advertising? No! You are the captain of your fate, the master of your destiny, and you must take charge!

Declare yourself today stronger than your adversary. Resolve that you **will** quit smoking, that you will not inhale another milligram of nicotine, that you will not be dictated to by tobacco industry kingpins nor Madison Avenue image-makers. You are your own person, your own boss, and you can and will triumph over your cigarette habit.

Beginning of the Program Step One

A. Begin today by discarding whatever cigarettes you have on hand — mail them back to R. J. Reynolds Tobacco Company, or drop them emphatically in the trash.

B. Then make yourself a solemn promise to invest no more hard-earned cash in this packaged poison.

C. Then set a realistic goal for yourself. Decide that you will experience the next thirty minutes of your life without cigarettes. Make it a top priority objective. Whatever else happens in the next half hour, you will not smoke. Check the time and remember, "You are stronger than your adversary."

Caution

Do not project beyond the allotted thirty minutes. During this period, live each moment at the time, knowing that you **can**, you **will** resist all temptation to smoke.



If, during the first thirty-minute time period, the urge to smoke becomes critical, stop whatever you are doing and shift the focus of your attention. Leave the room; go for a short walk; eat a carrot; call a friend; busy yourself with something that requires all your concentration. Whatever you do, strengthen your resolve — don't give in. Remember, every minute you endure without a cigarette is an important investment in your future, and the payoff is substantial.

When the allotted thirty minutes are up, congratulate yourself on a very good beginning. Know that important changes are already taking place within your body. Cells which have been poorly oxygenated for years are already beginning to respond to improved circulation. Your lungs may be about to begin the process of shedding the layers of nicotine and tars which have built up through the years. In your fight for freedom, you have moved deeply into enemy territory. Now is the time to press your advantage!

Step Two

A. Stretch the thirty minutes to a full hour. Again, live one minute at the time. Don't concern yourself with not smoking tomorrow, concern yourself with not smoking **NOW** — minute by minute. Once again, think of "time without nicotine" as an important investment — an investment you mean to protect.

When crises do occur, as they undoubtedly will, remember that your desire for nicotine is not a primary need. Unlike the need for water, food, and other essentials, the desire for a cigarette will eventually subside. Again, change the subject with yourself, shift the focus

of your attention, do whatever it takes to keep you over the "hump". For nicotine craving is a "hump". It rises, then it falls. If you can grit your teeth and make it through the turbulent spots, you will soon be back on an even keel.

B. Continue the strategy of stretching the time periods. Go an entire day without cigarettes. Then a week. Remember not to think in terms of lifetimes, but in terms of limited, realistic blocs. For you are a changing person. The person who cannot go thirty minutes without smoking, obviously cannot go a lifetime. However, the person who can go a week, then a month, might realistically shoot for a lifetime without cigarettes. Remember that imposing skyscrapers are constructed of very small bricks, laid one at a time. Eventually there are rooms, then entire floors. So keep your objectives reasonable. Advance gradually, but steadily. Quit smoking one minute at a time.

Caution

If your will power should momentarily desert you, if you should weaken and smoke a cigarette, return IMMEDIATELY to the program as outlined. Do not let your adversary gain a secure foothold. Get rid of your cigarettes and begin again with the initial thirty-minute withdrawal period. Restate your original objectives, "I want to, I can" and "I will" quit smoking. Steel yourself against further onslaughts by calling upon your full powers of resolve. Say silently and audibly gaining in intensity as your feeling of freedom deepens, "I am strong. I am

I CAN!



free. Free at last!" Repeat hundreds of times daily, even thousands, whatever is necessary.

The following are a few helpful hints which have been utilized by others and which may help you remain firm in your resolve.

1. Replace behavior patterns which are directly associated with smoking with other forms of behavior. If you always smoke after meals, try sucking bits of ice whenever you feel the urge to smoke. It removes food aftertastes, cleanses the tongue, and gives you the sucking sensation formerly provided by cigarettes. Replace the cigarette with a toothpick. If you always smoke while reading, read as little as possible during the withdrawal period. Substitute a physical activity, such as taking a walk. Obviously the necessities of your life will limit your curtailing all negatively associative behavior; however, this technique is quite effective and should be utilized as extensively as possible.

2. Whenever possible during the day, take deep breathing exercises. Fill your lungs to maximum capacity; hold the air for a few moments; then exhale abruptly freeing yourself of all excess breath. Repeat these exercises three times daily, a minimum of 49 times per session, resting sixty seconds between each seven repetitions. As you begin to withdraw from nicotine, your usable lung capacity will increase. Deep breathing exercises ventilate your system and speed up the body's processes of ridding itself of toxic poisons.

3. Enlist the support of real friends. Announce to them emphatically your decision to beat the habit. Make an example of yourself. It is more difficult to go back on your word when others are

watching. Allow friends and well-wishers to support you in your efforts.

Utilize the above tips and keep your personal resolve at a high level. Share your achievements with others, "I haven't smoked a cigarette for a week." Remember, nothing succeeds like success. Return again and again to your initial declaration, "I want to. I can. I will. I am free."

Congratulations! You are well on your way to becoming a non-smoker. With resolve you will be a non-smoker.

LIFE FOUNDATION— WHAT IT'S ALL ABOUT

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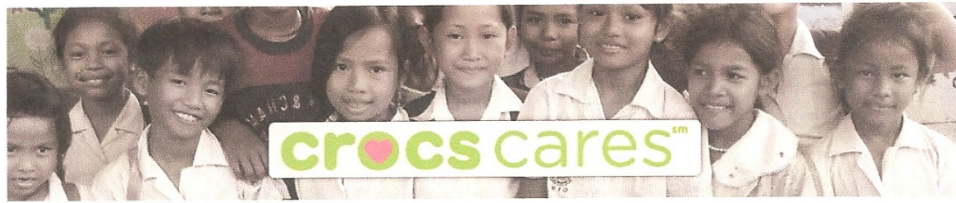
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