

HISTORY COLUMN

Edited by Stephen Sporn, ND

"Those who cannot remember the past are condemned to repeat it."
George Santayana, *The Life Of Reason, Vol. I Historical Revivals*

The cranium which houses the brain is the giver of the vital force. As keepers of modalities that support and direct the *vis medicatrix naturae*, naturopathic physicians have a rich and powerful history of treatments that assure the cure of the organism. Enclosed here are excerpts of two therapies that deal more directly with the head and support of the entire organism. These articles, around sixty years old,¹ provide a point of reference for our amazing history and the therapies we can draw from to help Nature Cure.

In addition to original articles concerning natural therapeutics, the *Naturopath and Herald of Health*, the official Journal of the American Naturopathic Association served as a sounding board for Dr. Lust, as well as communicating the activities of state organizations, political actions and extensive writings on various topics under the title of Post-Graduate Study of Naturotherapy. For Students and Practitioners.

CRANIAL ADJUSTMENTS

By Nephi Cottam, DC
(October, 1939, pg. 297, 310-312)

"I am a Naturopath, and a firm believer in its therapeutic methods. These are so numerous and inclusive that no one person or unital system can encompass a majority much less the entirety of them. Of necessity, one must be a specialist, and not infrequently one specialty admits of various specialties.

"Similarly, while each naturopathic method of treatment may be helpful in one way or another, it has its scope and limitations, so that the more general knowledge of naturopathic methods one may possess, the more capable is he as specialist in any particular field.

"In my book 'The Story of Craniopathy' (1936), I have told at length the strange way in which I discovered that the bones of the head and the sutures separating and connecting them were mutually and relatively moveable. From this book (pg. 12, private collection of this Editor): 'At the beginning of the third night I observed that my

patient grasped the top of her head with her hands, pulled on her hair, and screamed as in fearful agony. The impression then came to me that I was being spoken to, directing me to release the frontal bones from the parietal by spreading the coronal suture. Not stopping to reason why, I placed her upon the chair, took her head in the palm of one hand, and placed the other upon the frontal bone. Giving a flip forward as directed, I observed that there was a crepitus produced by this action.

'She immediately looked up at me and said, 'Why didn't you do that before?' I was amazed at the quick response given to this adjustment, and I answered that I had not known how. She said that her headache had ceased, and we sat and talked about the way that she had acted through the previous days and nights.'

"As set forth in this article, my years of practice of Craniopathy-Chiropractic afford conclusive proof that: 1. The cranial case can be moved, bent, and stretched; it is flexible, bendable, and elastic to a degree. 2. When the cranium is properly adjusted, various maladies are relieved, chronic diseases frequently vanish and new powers unfold. The above stated conclusions constitute the foundation facts of practical Craniopathy, while its fundamental principles are identical with those of Chiropractic. Their difference in method of adjustment is that Craniopathy commences with the bones of the cranium in the realm of cause, while that of Chiropractic begins with the spinal column.

"It has become evident that by the use of cranial adjustments the released brain will bring about a more complete and speedy relief than will result from manipulations which commence at the neck: and with more thoroughness and permanence.

"Craniopathy is basic and fundamental. It operates from cause rather than from effect. It adjusts the brain as Original Cause before it adjusts the spinal cord, which it regards as effect or at the best as Intermediate Cause. It is in the brain that the spinal cord originates, and the spinal column is the continuation of the cranial case.

"I have found that practically without exception, the cranial adjustments are beneficial and add to the efficiency of other forms of naturopathic treatments."

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ENDO-NASAL THERAPY

By Thomas T. Lake, MD, DC

From "Vigorous Health"
Magazine, London, England²

"A New Therapy"

"Endo-nasal Therapy or the curing of diseases by the Nasal Touch is a very little practised method of treatment over here in England, although practised by quite a few specialists in Paris and Berlin.

"The reason for it being so little known is the fact that it is not officially taught at present, and those who practise it are most jealous of its secrets, and do not make it easy to learn.

"For general purposes it may be said that the Nasal Touch will produce a powerful reflex nerve action within definite areas of the body, and at the same time increase the flow of blood there, and also quicken the circulation throughout the body.

"The effect of this is to awaken the vital impulses within a sluggish or diseased area or part of the body, and enable Nature's curative powers to get to work at once.

"The practitioner by using the Nasal Touch need not wait for a curative reaction, but is empowered to bring it about.

Indeed a great advance in drugless curative treatment!

"This is the old Neuropathic Dilation and Sedation Digital technique. The finger of one hand is passed up through the Posterior Nares until the sympathetic ganglia of the tri-facial nerve is reached. Then, with the fingers of the other hand on the external portions of the cranium where the dilator nucleus of the 5th, 7th, or 9th cranial nerves can be reached we can accomplish pretty well what effect is desired by either firm pressure or vibration.

"This stimuli upon the dilator and constrictor nerves sends impulses to the arterio motor nucleus located in the upper part of the posterior wall of the floor of the 4th ventricle on each side of the median line of the medulla oblongata and from there go the forces of power that not only do the head great good but set curative reactions into action all through the body.

"Three important things must always be kept in mind - First, be earnest and not deceived by the apparent simplicity of the technique and also have consideration for the tissues involved. Second, remember that most cranial conditions have a reflex background of toxemias, infections, digestive disorders, and en-

docrine imbalances, and that Cranial digital Therapy is but complementary to the whole life principle technique of Naturopathy and Chiropractic. Third - That a sense of touch should be developed, and the power to discriminate normal from abnormal tissue with its degrees of pathology before entrance is made into the posterior nares. (The author then goes on to discuss the specific treatment for a congested head.)

"In conclusion the writer would say that orifices in life are larger than in death and in life have the expansible qualities necessary for successful Digital Therapy or Orificial Therapy, or Endo-Nasal Therapy."

END NOTES

1. From the *Naturopathic Herald of Health*.
2. Reprinted in the *Naturopathic Herald of Health*, March 1939, pp. 67, 81.



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