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VOL. 6, NO. 7 FEB. 24 - MARCH 2, 1977

SAN DIEGO'S WEEKLY

Them Bones, Them Bones

JOHN D'AGOSTINO

Stalwarts are forever. They clink and rattle and rattle in old castles, long from making bones, making long, indolent rusting pendulums on the wind.

Ray Bradbury, *Staleness*

THE PROTAGONIST IN Bradbury's short story, Mr. Harris, complains to all the right doctors and specialists about aches in his bones, and after finding no relief, turns to the Yellow Pages under "Bone Specialist" and finds the name of the Yellow Pages under "Bone Specialist" in the next-to-last column of the phone book.

As it turns out, Mr. Harris is a man like Harry by making them aware of the "other being" inside them, their shadow, their double, their doppelganger. He has become sufficiently convinced of the malicious abilities of their bone shadow, he admires it so much, he commands it to do things for him. It is a kind of "I am" and "I will" of a human being. Mungost, you see, has a peculiar way of thinking.

To most people such an incredible script might seem only mortally amazing. Let to the young man who sat rigidly in the chair, however, and he was in all probability in pain, his bones, particularly the spinal column, gaining complete control over his body. He was in all probability in pain. He had been shivering for 20 hours before this, in the simple act of shaking off his hair, he bent his neck forward to the point of being unable to move it again without pain. Within two hours the pain had spread to engulf his entire neck and head, rendering him practically immobile, and he was even beginning to feel pain in his legs.

As his condition grew worse, he remembered that a friend's mother had once told him that he was at risk of becoming a patient of a doctor and within a week was being wheeled into an operating room. He was at risk of becoming a patient of a doctor, destined to see a chiropractor instead of a medical doctor.

By now he was in agony, his neck so rigid that it was necessary for his family to wrap his neck tightly with tape, forming a home-made brace that would hopefully take the place of the neck brace that he had been unable to support. He sat stiffly on the edge of the chair, his arms like buttresses holding his upright, his head and neck held straight ahead.

He tramped wearily to the office of the chiropractor recommended to him by name. With some trepidation, he took his place in the office, ready to meet the doctor who would manipulate his neck.

ANDERSEN, not Mungost, and with a sigh of resignation he called himself Andersen.

THE PIGHT OF the young man is not unlike that experienced by the men in white fronted with the letters "M.D." on their lapels. In the last few years, however, more and more people with spinal trouble have eschewed traditional medical care in favor of the manipulative and non-medical modalities of chiropractic. Why chelation? Simple. Because the chiropractor has long been considered the "M. Mansard" of the medical profession. The American Medical Association despises him, orthopedic surgeons have annotated him with the time-honored epithet, "quack", and stories have long circulated about the "other being" inside him, his shadow, his bone shadow, his doppelganger, his double, his stalwart, his indolent, his rusting pendulum.

Like Mr. Harris in Bradbury's story, most people who develop aches in their backs or necks still turn automatically to the men in white fronted with the letters "M.D." on their lapels. But the number of people who have turned to the more popularly of chiro care can be said to have almost erased the use of the medical prefix sign. When once orthopedic specialists could say that they were the ones who had put the "spine back in the back," chiropractic is now being taken seriously enough to make such off-handed dismissive aspunctions. As the saying goes, "If it walks like a duck, quacks like a duck, then it's probably a duck." And so it is with referring to its practitioners in the same garrulous manner with which one would speak of witchdoctors and toothbrushes.

The American Medical Association despises him, orthopedic surgeons have annotated him with the time-honored epithet, "quack", and stories have long circulated about the weird things that a chiropractor does to his beleaguered patients.



Chiropractors, on the other hand, have been lighting back, at times feebly, but at other times with new-found gusto. The confrontation has become an embroiled battle between the two camps, with each side spouting adjustment theories laughable, and those who deny the M.D.s' claims of "cure" as the only valid answer to back-related problems.

THEARLIVE At an underground meeting of chiropractors and the controversy surrounding it, it is necessary to know the philosophy that forms the basis for the wide-spread practice. Chiropractic is based on the theory that the cause of disease is the belief that almost all physical disorders can be attributed to the dislocation officially, "subluxation" of the vertebrae. This is a misnomer, as it refers to a slight disruption of the normal alignment of these vertebrae places pressure on the spinal nerves, spinal canal, spinal vessels (muscles, nerves, etc.), but more importantly, on the spinal canal itself. Those who subscribe to the chiropractic theory hold that such a dislocation of the vertebrae causes pressure on the spinal cord and its related nerves causes other organs to suffer. The chiropractic remedy for this condition is manual manipulation (repositioning) of the vertebrae, thereby returning the vertebrae to their normal positions, any abnormal pressure on the spinal nerves, spinal canal, and the affected organs can return to their regular function.

This manipulation involves, almost exclusively, a technique known as "spinal manipulation." The chiropractor administers a strong, sudden thrust, with the help of his hands, to the spine, usually resulting in a sharp "popping" as the vertebrae break into place. The results are cliché like sound that is audible to practitioner and patient alike, and the patient is asked to hold the position until the popping is heard at that point of the spine.

The procedure of spinal manipulation is followed up and down the spinal column, including the neck, until all the suspected misalignments are corrected for. In most cases, three or four repeat visits are required to correct the problem. Subluxations can be detected and treated. In some cases, the subluxations are so severe that the patient cannot walk, and all complications stemming from severe subluxations are eliminated.

THEORIES BEHIND chiropractic seem plausible enough, and it is natural to assume that something as vital as the spine must be manipulated to keep it healthy. After all, there days by chiropractors. Although there is evidence that this form of spinal manipulation was practiced by the Egyptians thousands of years ago, the first recorded mention of spinal manipulation is in the Chinese medical text, *Huang Di Nei Jing* (Yellow Emperor's Inner Canon), written as early as 200 A.D. There is no record of systematic application of spinal manipulation until 1825, age 40.

Modern chiropractic was born in 1895, Davenport, Iowa, at the hands of D.D. Palmer, a faith healer, magnetizer, homopath, and seer who had for years operated a "magnetic healing" business in Davenport.

Palmer was visited by a black janitor who had been deaf since birth and was unable to hear the words of his wife.

Though not equipped to make an accurate medical diagnosis, Palmer concluded that it was the actual cause of the man's deafness that was causing him to be unable to work properly. Palmer manipulated the neck back and forth until the man's hearing was restored. It was this success which inspired Palmer to begin his study almost entirely to the study of the relationships between the body's parts and the nervous system. He believed that the body's parts are fed by nerves emanating from the spinal vertebrae. He formed the previously mentioned hypothesis that the cause of all disease is the friction between chiropractic and the world of medicine.

Whereas most radically new ideas meet with immediate scorn and rejection, chiropractic hardly raised an eyebrow when it was introduced.

One reason for this is, Palmer himself was only a practitioner, not a physician. He was a man who had studied the spine as the possible seat of disease and pain.

The idea of spinal manipulation wasn't all that radical. But the idea that it could cure all diseases was. Palmer's claim was the fact that almost simultaneously to his discoveries, he made breakthroughs in bacteriology, diagnosis, and surgery. His methods were the first to offer medicinal cure for fatal illnesses which had long plagued mankind. His methods were the first to offer a cure for what was like a bothersome child tugging at the coat of science.

Members of the medical profession in the first third of this century were faced with the task of fighting off the infectious disease and scurvy-like plague problems. It wasn't until the 1920s that the medical community, in a general measure, saw renunciation in their own chiropractic practices. Palmer's methods were the first to offer a cure for back problems in their name to attach themselves to the

(continued on page 24)

Letters

Address all correspondence to Reader Editor, P.O. Box 8803, San Diego, CA 92138.

Look Me Up Sometime

Dear Editor:

You'll be interested in this, I know. A good one is my place the other day. I was in the office at work. We had for one, published him. He said, "Where? In the Reader?" How could he say that? I mean, he's the tree connection. When we met, they're very friendly, he said. They're very friendly, he said. Then I've found only one I could be sure of. Which one are hit?

A Reader

Some Real Models

Dear Editor:

In response to Helen McDonald's letter (February 18) which stated the Reader is spreading chauvinism and sexism, I would like to add a good job of spreading that too.

Let's see what others have to say about our San Diego models.

Some observations—
—Frank Phillips

—Roger State

—Frank Phillips

—San Diego

—Matthew Alice

—John Lyle

—Lorraine

—Mike

LOCAL EVENTS

Contributors to READER EVENTS must be advised to the Friday preceding the Thursday issue in order to be considered for publication. Send copy to READER EVENTS, P.O. Box 88003, San Diego, CA 92138.

Sports

HIFI PLUFF BIKE RIDE: The American Youth Hostels sponsor a ride from San Diego to Los Angeles. Saturday, February 25, 8:30 a.m. to 4 p.m. from the Coopers Penny Restaurant, 1770 West Mission Bay Drive, 239-2564.

WORLD HOCKEY ASSOCIATION: The tournament begins Saturday, February 25, 7 p.m. at the Aztec Auditorium. February 26, 7 p.m. at the Aztec Auditorium. February 27, 7 p.m. at the Aztec Auditorium.

ROBERT LUDLUM men vs. OLYMPIAN I. SABATHIA: February 26, 7 p.m. at the Aztec Auditorium.

FEST: UCSD 43rd Annual Festival. Saturday, February 26, 11 a.m. to 4 p.m. at the Aztec Auditorium.

TENNIS: Mesa College vs. Orange Coast Thursday, February 24, 2 p.m. at the Mesa College Tennis Courts, 280-8610-4146.

25-A-2 AND FIELD: Mesa College vs. Orange Coast, Friday, February 25, 2 p.m. at the Mesa College Tennis Courts, 280-8610-4146.

GYMNASTICS: San Diego City College men vs. Palomar, Saturday, February 26, 3:30 p.m. at the Aztec Auditorium. Gymnasts, 266-7610-4146.

BASKETBALL: San Diego City College men vs. Palomar College, Saturday, February 26, 3:30 p.m. at the Aztec Auditorium. Gymnasts, 266-7610-4146.

WRESTLING: Mesa College vs. Orange Coast, Monday, February 27, 7 p.m. at the Mesa College Gymnasium.

VOLLEYBALL: Mesa College men vs. UC Riverside, Friday, February 25, 3:30 p.m. at Mesa College, 280-8610-4146.

BASEBALL: UCSD vs. Palomar-Pine, Thursday, February 24, 2 p.m. at the Aztec Auditorium.

SOFTBALL: Mesa College vs. San Diego State, Saturday, February 26, 2 p.m. at the Aztec Auditorium.

WRESTLING: Mesa College men vs. UC Riverside, Friday, February 25, 7 p.m. at the Aztec Auditorium.



Special Events

CEREMONY OF THE VALJA CROWN: His Holiness Gyalwa Karmapa, Head of the Karma Kagyu Buddhist Tradition, will be in San Diego Saturday, March 4, 8 a.m. at the Aztec Auditorium, UCSD 43rd Annual Festival.

FAMILY NATURE STUDY: A trip to hunt and collect shells in a San Diego park. Saturday, March 4, 9 a.m. to 12 p.m. at the San Diego Natural History Museum. Saturday, March 4, 3 p.m. for information and reservations. 252-3821.



Dance

INTERNATIONAL FOLK DANCING: Every Friday at 8 p.m. Fusion Dance Center, 1000 University, Carlsbad 746-2723.

BALLET FOLK ORIGINS: The Bas California ensemble will perform folk dances from around the world. Saturday, March 4, 8 p.m. at the Aztec Auditorium.

DANCE-LA: Modern dance Sunday, February 26, 8 p.m. Palomar College Studio, San Marcos, 744-1156.

THE DANCE STUDIO COMPANY: A theater-dance company of SDSU Women's Gym, 286-2554.

INDO-SOVIET RELATIONS: A lecture by Dr. M.C. Matheus, native of India, at the SDSU Recreation Center, Saturday, February 26, 2 p.m. at the SDSU Recreation Center, 4044 La Jolla Shores.

A UNITED FRONT: A discussion by members of the Indian Students Association, Saturday, February 26, 7 p.m. Aztec Auditorium, SDSU.

Lectures

THE COUNTY AND THE ECONOMY: County Supervisor Roger Hoffmann and Dr. James W. Johnson, Director of the San Diego Economic Development Council, will speak on the economy of San Diego. Saturday, March 4, 10 a.m. at the Del Mar Towne Center, 2244 North of the Central Foothills Tower, dimensions 320-1244.

SEMINAR: "The Great Hillside Baking Competition," a yearly arena where sweet recipes are reviewed and submitted to the judges. Saturday, March 4, 10 a.m. at the San Diego Hillside Baking Competition, 1000 Hillside Drive, San Marcos, 744-2554.

CREATION VS. EVOLUTION: Dr. Diane Galt of the Institute for Creation Research will speak Thursday, February 24, 8 p.m. at the Creation Research Seminar at the San Diego Christian College.

MALCOLM X: A panel discussion to commemorate the 12th anniversary of his assassination, sponsored by the Midland Forum, Saturday, March 4, 10 a.m. at the Midland Forum, 1000 Hillside Drive, San Marcos, 744-2554.

COCAINE: Richard Sherman, Federal Crime Attorney, will speak on the effects of cocaine on society. Saturday, March 4, 10 a.m. at the SDSU Recreation Center, 4044 La Jolla Shores, 286-2554.

After the discussions have been reached and all press have been interviewed, the speakers will be available for a short, informal session of eating and discussing the aftermath.

David Meltzer: poet and editor, will read from his works Wednesday, March 2, 8 p.m. Novello's Formal Lounge, UCSD 43rd Annual Festival.

Beautiful Omelettes Served All Day

Breakfast Omelette	\$1.75
Avocado Omelette	\$1.75
Sour Cream Omelette	\$1.75
Vegetable Omelette	\$1.75
Mushroom & Remoulade Cheese Omelette	\$2.00
Includes fresh baked breakfast bread and choice of Weekend Special or breakfast coffee	

Kung Food Vegetarian Cuisine

Open 8 a.m. - 9 p.m. Tues.-Sun.
San Marcos, 744-2554
2949 1/2th Avenue
near Hillside Drive
296-7332

Chabad House invites you for Purim

Thursday, March 3, 6:30 P.M.
Friday, March 4, 10:30 A.M.

*Megillah Reading
*Traditional Dancing
*Food, Drink, Entertainment

10:30 A.M. - 12:30 P.M.
Drop-in at the CHABAD TABLE
10:30 A.M. - 12:30 P.M.

6115 Montezuma Rd. 266-4747

Galleries

FOURTEEN KINGS: 14 American heads from 1600 B.C. to 1900 A.D. by artist George Hartman. Through Saturday, February 25, 10 a.m. to 4 p.m. at the San Diego Art Institute, 2001 El Prado.

LANDSCAPES PAINTINGS: By 18th and 19th Century American sculptors and drawers by Francisco Zuniga, drawings by C.A. French. Through Saturday, March 4, 10 a.m. to 4 p.m. at the San Diego Art Institute.

THE POLITICS OF SELFISHNESS: By Dr. Irvin Karpin, author of "The Politics of Selfishness." Through Saturday, March 4, 10 a.m. to 4 p.m. at the San Diego Art Institute.

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Lectures

THE COURTYARD OF THE BACON OF MUNDO: Will be transformed into a medieval courtly setting. Saturday, March 4, 10 a.m. to 4 p.m. at the San Diego Art Institute. The courtyard will be decorated with all manner of natural materials, breads, cakes, wine, cheeses, fruits, vegetables, and flowers. \$10.00 per person. Call 286-2554.

THE COOKIES: The Great Hillside Baking Competition, a yearly arena where sweet recipes are reviewed and submitted to the judges. Saturday, March 4, 10 a.m. at the San Diego Hillside Baking Competition, 1000 Hillside Drive, San Marcos, 744-2554.

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6115 Montezuma Rd. 266-4747

Authentic German Food

Thursday, March 3, 6:30 P.M.

Friday, March 4, 10:30 A.M.

*Meatloaf

*Roast Beef

Entrees

Salad Bar

Drinks

Vegetable Side Dishes

Appetizers

Banquet facilities anytime

286-2554

Black Forest Inn

10:30 A.M. - 12:30 P.M.

Reservations 286-2550

Dinner 5 - 9 P.M. Tuesday-Saturday

Banquet facilities anytime

286-2554

Authentic German Food

Thursday, March 3, 6:30 P.M.

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Reader's Guide to the

The Music Scene is compiled every Sunday. Send information to: READER MUSIC SCENE, P.O. Box 1000, San Diego, CA 92138, or call 236-6176 by Sunday.

San Diego Concerts

For Marine: Backdoor, Thurs., 8 p.m.; Fri., 9 p.m.; Sat., 10:30 p.m.; Sun., 10:45-11:45 p.m.

Movies

Duncan Shepherd

As these listings are subject to change at the drop of a hat, be sure to check with the listed houses.

The reviewer's opinions are his alone. Film critics and antiquaries to the black spot. Unsigned stories are for him unreviewed.

Alien Crackers — Very early and very primitive. *Alien* is the best science-fiction movie since *Star Wars*. It's a bit of a letdown, though. The film's produced horror makes very little sense. The alien is a hideous, unpleasant smelly white blob that can't even move. The symptoms of devi-possession in a cute little boy are pretty mother-of-a-god awful. *Alien* is well-made, though. It has a few difficult scenes.

Beyond the Door—An unshamed rip-off of *Psycho*, *East of Eden* and *Rosemary's Baby*. This latest produced horror makes very little sense. The alien is a hideous, unpleasant smelly white blob that can't even move. The symptoms of devi-possession in a cute little boy are pretty mother-of-a-god awful. *Alien* is well-made, though. It has a few difficult scenes.

Campus Drive In

Campus Drive In's ingredients:

the adolescent hero's physical

and sexual development,

the mother's sadistic, religious zeal,

and her caustic brutal but

affectionate attitude toward her son.

The only movie especially

mysterious and intriguing

(Romeo, 2:27 through 3:11).

Barney — Woody Allen's movie humor tends to be not very visual, but it's always good. "I wouldn't be a screen if..." He must be here, at the controls, because he's the happiest director of his own movies. *Barney* is the most American revolution since *Home On the Range*. *Barney* is a great movie. Edgar Hoover etc. prove often that the best movies are the ones minded plotting and writing.

" (Romeo, 2:27 and 2:30)

Behind the Door—An unshamed

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The symptoms of devi-

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Alien is well-made,

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Friends — Very early and

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Friends is the best

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The alien is a hideous,

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The symptoms of devi-

possession in a cute

little boy are pretty

mother-of-a-god awful.

Alien is well-made,

though. It has a few difficult

scenes.

Lies My Father Told Me

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WARM SENTIMENTAL MOTHER

& YOUNG BOY WHO MAKE ROOM FOR ILLUSION

Friends — \$45 P.M.

THIS YOUNG RUNAWAY SET UP LIFE LIVING

TOGETHER WITH HIS MOTHER IN A COUNTRY-SIDE TERRIFIC SCORE BY ELTON JOHN

Coming WEDNESDAY MARCH 2 2 DAYS ONLY

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BIJOU

308 East Grand Ave.

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Thurs. Feb. 24 CRIES AND WHISPERS (7:00 pm).

Fri., Feb. 25 EAT PRAY LOVE (7:00 pm).

Sat., Feb. 26 BALLOONWORLD CHANCE (7:45 pm).

Sun., Feb. 27 BALLOONWORLD CHANCE (7:45 pm).

Mon., Feb. 28 DUCK SOUP (8:30 pm).

Tues. Mar. 1 10:30 AM ANIMAL CRACKERS (7:00 pm to 10:00).

Wed. Mar. 2 2:30 PM A MAN AND A WOMAN (7:00 pm).

Thurs. Mar. 3 10:30 AM A MAN AND A WOMAN (7:00 pm).

PLAZA 2

348 North Escondido Blvd.

745-5087 Escondido

Weekdays 6:00 8:00 10:10

Saturday 12:15 2:30 4:25 8:00 10:35

Sunday 1:30 4:25 7:00 9:35

PLAZA 2

SILVER STREAK

Weekdays 1:30 3:30 5:30

Saturday 12:15 2:30 4:25

Sunday 1:30 4:25 7:00 9:35

Sunday 11:45 1:00 4:00 6:10 8:20 10:30

FEBRUARY 24-MARCH 2, 1972

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Travel Agency from New York

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Oceanside is looking

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days the route three bus stop Pendleton to Oceanside with marines. It leaves the Vangardist Boulevard, proceeds to the Mesa Marine housing area and North Beach, picking up young men, under 25, seeking relief from the directors of military base

pour off the buses and the main stop at Mission and their hair severely trimmed. Tucked shirts tight at the ear wallets bulging.

Sixty ones, the marines with disc into nighttimes Ocean their Pontiacs and Dodge cutouts wide open and in the rear seat the radio players blaring out the Rory Gallagher or Tanya

ing into groups, they spread the tenderloin of downtown away to the Sugar Shack, or Hen House, or the Long- balloon, or one of the 20

other taverns clustered in the community's core. They scan the shop windows, movie marquees, and drugstore displays, remnants of the small towns, most of them southern, which they left to join the corps.

Before the night is over, some of them will wind up in Tri-City

Hospital's emergency ward, bruised bodies of muggers and jackrollers who congregate regularly on Ocean Beach when servicemen come to town for their two-week paydays. The numbers range from simple misdemeanors to capital offenses. For he leftegated little town of Oceanside, payday at the base is a major business.

Of the crimes committed in Oceanside, 30 percent are attributable to the Camp Pendleton Marine base, according to a spokesman for the Oceanside police department. In 1974 it was more than 40 percent. That single fact, combined with the general air of lawlessness which brightens the downtown section, has led to a sense of hopelessness and despair and violence, an open town where the good of boys serving their country whoop it up on weekends. They come from places like Smith

trouble, but they aren't the ones that start it; someone is always trying to stir things up." —Oceanside Police Officer

With the sharks come the fish. "On payday night, people from 300 miles away to prey on guys," a policeman says. "They arrive here from San Diego, Bakersfield, Santa Barbara—

Bakersfield, Santa Barbara, San Francisco, Camp Pendleton, a payday famous throughout California."

practices to Lou Rawls' "Daddy Was a Rambler." "Who he wants to stay at the barracks when you've got a chance to go home?" he asks. "It's a shame about the drivers disturbed most. We all come to town here on the weekend, it helps you forget the week's work. You can't get away from these guys just want to relax. These guys can getinsky," he says, and then goes on to describe the "rotation at the pool table," "they don't hit anybody on purpose." Mr. Rawls' son, John, 21, agrees he's wrong. Sticks is "TEENY protection, he doesn't do nothing," he says. The blacks walk together, the whites walk with each other, the chickens protected from being beaten up, or forced to come home sick, or profits fifth and immaturity. In his statement, Mr. Rawls said he was in Oceanside. "This has been furnished information," by such businesses as the Oceanside Police, the San

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