

AUSTRALIAN SOT. 1974. This has been a momentous year for Chiropractic in Australia. SOT. has arrived. There have been beginners Seminars, refresher Seminars, and at the Annual convention we were priveleged to present an ever so brief introduction to SOT for all. We have had you travel to Grafton for the first two Seminars(nearly had a dozen or so marooned here by a flood.). We have traveled to Sydney, Melbourne and we will be going to Melbourne again early in the new year. We have instructed some 36 Chiropractors in both the Basics of SOT, as well as some of the more advanced reflex work(CMRT) . We are in constant communication with Dr, DeJarnette and can pass on the latest work thru these pages. July marked the introduction of this Bulletin. An awful lot of work it has turned out to be, however you kind comments and the help it provides makes it all worth while. The highlight of the year was the journey to the Omaha Seminar and in all, there were six of us in attendance. At that Seminar your writer was presented with the DeJarnette Award in recognition of meritorious service to SOT. and recognised me as the first SOT Instructor outside the North American Continent. This award could not have been possible without the help, understanding and dedication of Keith Bastian my Colleague who has been a tower of strength. So as 1974 draws to a close we look forward to 1975 and more growth in SOT. We have a new hope for the future in our Chiropractic College and Keith and myself are prepared to play our part if we are requested. To all our SOTers everywhere may you all have a bounteous Xmas and a great year in 1975.

STUDY GROUPS. Do you want to progress in SOT ? Then form yourselves into study groups. Invite others to join your group. Yes invite those who have had no previous exposure to SOT. By getting together and learning and teaching someone new you will learn so much faster yourselves. Get your books out and go thru it page by page until you understand. If you get bogged down or fail to understand then for goodness sake call us or drop us a line. That is what we are here for, to help you learn is our job but we cannot make your brains work for you. That is up to you. Please let us know when you form a study Group so we can recognise your efforts thru these columns.

THE DEJARNETTE BLOCKS. If you had asked any Chiropractor 11 years ago if anyone would develop a system of correcting human subluxations with mechanical devices that had no gears, electric motors, springs, screws or other such things, but were simply wedges covered with upolstry. What would have been your answer ?The DeJarnette blocks will some day be judged the greatest invention known to man as they relate to health fields. It is the first time in recorded history that man has been able to place under another human being two simple devices that can correct more misalignments (subluxations) of the human spine in 6 minutes than your hands could in 80 years. When you stop and analyze those blocks, you should get down on your hands and knees and thank god that they are exclusively Chiropractic. Suppose they had been a medical invention and suppose Physiotherapists used them universaly in their hospital work. It would cost the Chiropractic Profession millions of dollars each month if indeed we survived. Fortunately the blocks have no intelligence and they have to be placed by human hands, directed by intelligent analysis. If you could see all that takes place in the human body when the body is being properly adjusted by those blocks, you would fall over in total amazement. The tradgedy of the blocks is the fact that so many Chiropractors do so many other things in conjunction with the blocks that oftentimes all is neutralized and the patients have merely spent time. While the blocks restore the primary sacral respiratory rhythm why must we spoil that correction by trying to roll and twist the patient or crack the neck just because thats what you used to do ?

If the pelvis needs correction today, the cervicals and occipital condyles DO NOT. If the occipital condyle needs correction today, the pelvis does not. Twist both ends of a stick and it binds in the middle. Twist one end, and allmoves with that twist. Learn which end to twist and be happy.
Dr. DeJarnette once said he would rather take a man, a simple man into the forest and show

him how to swing the axe, where to start chopping and exactly what was required of him. The man would also have to be instructed that when the tree had fallen there was no earthly use going on chopping away at the same durned tree, it was time to move onto the next one. (It is a pity that some Chiropractors don't know when to stop chopping.) It is not necessary for the man Agronomist or have studied forests extensively or have a BSc., or to know how to make an axe and it's vital components etc. You need know none of those things. Just give me a man with a strong arm, with the intelligence to do exactly what he has been taught and nothing else, and you have a man superior to one who has to know all the answers before he will lift the axe. Why ? Because the simple man would have cut down all the forest before the other mug even got there. You know, SOT. is like that. If you follow exactly what you have been shown and learn it well you will be the best darn Chiropractors in the world. But if you don't take the trouble to learn even the simple basics you will be like a ship without a rudder going no place. For those of you who haven't got the basics right, get into the book again or join our new Group 4. in Melbourne. We are going to present SOT in an entirely different manner and we feel everyones understanding of the Basics will be that much better because of it.

1975 SOT. NOTES We have been informed by Dr. DeJarnette that preparation of the 1975 Notes is a little behind schedule and may not be available for despatch in mid-January their usual time. Included with this months Bulletin is an order form for the new 1975 Notes. Please return your order promptly as we believe that it will be first in first served. Last year he ran out of paper and could not supply everybody and in a letter to us he stated " We hope to offer the 1975 S.O.T.O. membership and Notes for the same price as last year. A lot depends upon how the price structure acts in the immediate future." We are of the opinion that if our orders are in to him smartly then he will charge us no more. So it's up to you. Keith and myself already have our order in. Each year the Notes get better and who out there thinks he knows it all.

The question has been asked why a new set of Notes each year ? SOT NEVER stands still it is being continually improved and enlarged upon. Each set is a complete Bible on it's own and contains more gold than any other Chiropractic text anywhere for a paltry sum. Your money also goes as well to allow Major to continue highly expensive research and to subsidise texts and Seminars for students. (Maybe our own students in our own College will be getting a slice of that in the years to come. Who knows ?) You are automatically a member of S.O.T.O. (SACRO OCCIPITAL TECHNIC ORGANISATION) and can attend if you should wish the Omaha Seminar in that year. Can you find better value than that for \$60 anywhere in our profession ?

ANSWERS Category 2. (new system) The patient is blocked with the upper block on the short leg side. Watch carefully to see that the legs commence to even at 30 secs.. Should they get worse and the arm fossa test indicates no improvement you now have grounds for changing the blocks to the other side.

QUESTION This is especially for those 4 D.C.s. who were present at Omaha. (I can have no way of knowing whether you understand unless you write me. So get your pen and paper out NOW.)
1. Is Basic 1. a specific for Category 3. or can it be used with Cat. 1 & 2?
2. Give 3 instances where Basic 2. is indicated?
3. Should RTRT be carried out before a Cranial Adjustment.?

N.B. Answers to these will be given to you personally in a letter if you take the trouble to write.

SEMINAR. Melbourne Jan. 31st. Feb. 1st. & 2nd. The beginners Group 4. will span 3 days. There will be a completely new type of presentation and there will be 3 days of hard work for all who attend. We already have 24 starters and would welcome any more who wish to see, learn and experience the most sought after technique in Chiropractic today. Now for you people who have taken the introductory work there is a refresher on the first day with the new Group then on the following 2 days you will do the advanced class in CMRT. For those who don't want the refresher and only want the reflex work then only take the second 2 days. Just fill out the enclosed form to your wishes and return it promptly to us. All classes will start at 9.00 am. sharp. If you are late don't blame us.

We expect this to be the biggest Seminar ever arranged locally, make it your business to be there. The Seminar will be held at 'Noah's Hotel Melbourne' in the downtown area of Melbourne. Seminar cost to you will be as follows... Refresher Seminar \$20, Refresher plus CMRT \$20, CMRT. \$15. All who take the CMRT. course will be required to order the CMRT. Manual \$60. Please fill out the form enclosed so that we may know numbers attending and can inform the Hotel. Also there will be a 10% reduction in the cost of your room if you stay at the Hotel. See you all there in Melbourne.

OMAHA 1975. Those who purchase the 1975 Notes are then eligible to attend next years Seminar. To those who missed Omaha in 74. and who want to go in 75 we suggest that you let us know pretty smartly because there is going to be a reprint of the 1968 Cranial Notes and numbers of Chiropractors wanting it are needed. You cannot attend the Cranial Seminar without having purchased it.

ANNOUNCEMENTS. 1. The following books are available from Dr. DeJarnette at a special price. The Chiropractic Assistant \$20, It will give your Assistant and yourself considerable use in the management of Cranial problems.

- The following is a list of Booklets available for a minimum order of 5 plus Postage.
- | | |
|--------------------------------------|--|
| Sacro Iliac Technic.....1938 | Bloodless Surgery Compend.....1943-1944. |
| Journal of Bloodless Surgery.. 1939. | Sacro Occipital Notes.....1944. |
| Chromotherapy.....1941. | Bloodless Surgery Compend.....1947. |
| Sacro Occipital Notes..1942. | History of S.O.T.....1958. |

Above \$2 each plus Postage....Minimum Order \$10.

- 1975 Notes will comprise 256 pages and will be better than the 74 Notes.
- 1975 will be noted as being Dr. DeJarnettes 50th year in practice and in the service of Chiropractic. Major will also celebrate his 75th. Birthday on the 23rd of this Month.
- The Official S.O.T. Directory has been issued. It lists all Doctors who have purchased the 74 Notes....all listed geographically and lists number of years during past seven that the Doctors have attended SOT Seminars both ordinary and Cranial. Cost \$5 plus post.

CONGRATULATIONS To Bob Scott. Bob is going to give an introduction to SOT this week, for the members of ACA W.A. Branch. We are delighted, and hope yours will be the first study Group.

WHAT IS OLD FASHIONED ? It is old fashioned to think you have to adjust a vertebra time and time again to get it to stay in place...certainly you know there is no sense in hitting a nail, once it is set in place. Certainly you do not keep adjusting vertebrae to keep healthy. You wouldn't keep knocking your skull against a door post to keep it awake and healthy.

The X-Ray film you have used for ten years as a guide in adjusting Mrs. Jones must be pretty well used up by now...just how important was that film in the first place ? Did it show a fracture or pathology or a dysplasia or anomaly or a spina bifida occulta ? How many subluxations did you think you calculated on that film ? Let some Chiropractor X-Ray that same patient twenty years from now and compare his new film with your old film and they will look pretty much alike. What have your adjustments changed ?

To think you have to twist the cervical column 380 degrees to adjust an atlas is bad thinking. That is merely spinning a top. To think you have to use force in adjusting any vertebra is not sound thinking. How much force was needed to subluxate the vertebra ? The atlas break is well named only it ought to be termed the " Cervical Buster ".

The indiscriminate use of the side posture for Lumbar Roll and hip adjustments is producing a great percentage of malpractice suits, in the USA. I predict that in 5 years if this continues that you will pay a malpractice penalty depending upon the techniques you use. There is nothing erroneous in using the side posture to correct a specific lumbar if it is specific and you can prove that it is a "vertebral subluxation "... problem is simply that Chiropractors are trying to adjust misalignments, and are producing subluxations.

TO BE CONT'D.

REMINDER. Send back your replies NOW, so that we can get on with the task of making Melbourne the best you have ever attended.

COMPLIMENTS OF THE SEASON TO YOU ALL. KEITH AND SCOTT.