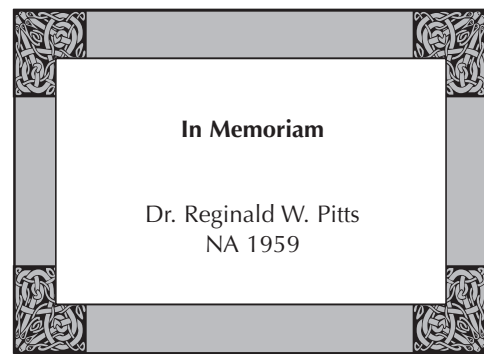


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YOU are our most vital recruiting tool. If you know someone who is interested in becoming a chiropractic physician, refer them to us! Call the Office of Admissions at 800-826-6285, e-mail admissions@nuhs.edu, or send their names to Office of Admissions, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148. Thank YOU!

Student's Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Level of Education Completed \_\_\_\_\_  
 Referred by Dr. \_\_\_\_\_



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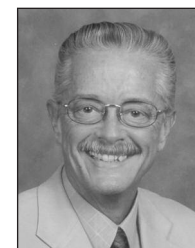
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**Our Centennial: Part II**

James F. Winterstein, DC  
 NUHS President



In Part I, we followed Dr. Howard to Chicago where he re-established National after moving his new school from Davenport, Iowa to Illinois. One of his first steps upon arrival in Chicago was to matriculate in Rush Medical School. He also attended the Chicago College of Medicine and Surgery. These matriculations were apparently part-time and according to his son, Lloyd Howard, who still lives in Utah, he spent seven years studying allopathic medicine while he led National School of Chiropractic and also practiced chiropractic in Chicago and in Maywood.

Mr. Howard says without any doubt his father did qualify to write the medical examination in Illinois, so it is clear, that even though his diploma has not been found, he did graduate from allopathic medical school but apparently never did receive his allopathic license, choosing, instead to practice chiropractic medicine.

With regard to National and his leadership, Dr. Howard undertook to write the "Encyclopedia of Chiropractic — the Howard System," which was a complete text of nearly 700 pages containing the basic sciences through the entire aspects of articular manipulation, dietetics, nutrition, therapeutic exercise, physical therapy and massage. This he presented originally as a correspondence course, and by 1908, required residency study of all his students. This literary work was monumental considering the rigorous schedule he kept.

It is clear that while he attended allopathic school, he also taught botanical medicine at the medical school

**NUHS Receives Go-Ahead from HLC to Offer Four New Degree Programs**

The Higher Learning Commission (HLC) of the North Central Association of Colleges and Schools recently voted to continue the accreditation of National University of Health Sciences, and to grant the institution full accreditation to offer the following four new degree programs:

- Doctor of Naturopathic Medicine
- Master of Science in Acupuncture
- Master of Science in Oriental Medicine
- Associate of Applied Sciences in Massage Therapy

The HLC also reaffirmed full accreditation for programs NUHS currently offers, including the Doctor of Chiropractic, Master of Science in Diagnostic Imaging, Master of Science in Advanced Clinical Practice, and Bachelor of Science in Biomedical Science (a bachelor's completion program).

The addition of four new programs marks a banner year for NUHS, which is currently celebrating the 100th year of its founding. Now, NUHS will be the only school for naturopathic medicine in the Midwest, and a national hub of science-based learning in the alternative health field.

NUHS President James Winterstein notes, "In 2000, following extensive planning, we changed our institution from a single purpose chiropractic college into a health sciences university so that we could meet one of our primary goal — to develop, encourage and promote collegiality among members of the chiropractic profession, the complementary and alternative professions and allopathic medicine.

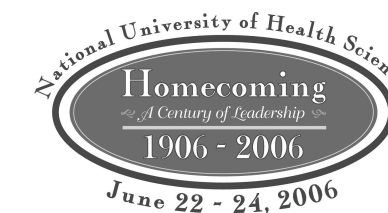
"It's a bold step forward to bring students from several fields of alternative medicine together on one campus. We hope that the dialogue and collegiality between all of our programs will make for insightful and successful graduates who are prepared to bring the highest quality health care possible to patients in today's demanding health care environment."

The Doctor of Naturopathic Medicine (ND), Master of Science in Acupuncture (MSAc) and Master of Science in Oriental Medicine (MSOM) programs will begin in Fall 2006. The Massage Therapy associate degree will accept students once additional approval is received from the Commission on Massage Therapy Accreditation (COMTA).

**Centennial Homecoming Features Outstanding Presenters, Subjects**

National's centennial celebration at the Oak Brook Hills Marriott Resort in Oak Brook, Ill, features an outstanding line-up presenters and topics, with a possible 18 CME credits to be earned.

The line-up of presenters includes: Association for the History of Chiropractic; Karen Courney & Steven Lutz, Mitigating the Risk of Fraud in Your Practice; Dr. James Cox, Cervical Spine Syndromes: Radicular



and Non-Radicular Diagnosis & Treatment; Dr. Gregory Cramer, Research as it Applies to Chiropractic Practice; Dr. Scott Fonda,

**Select Postgraduate Courses for May - June**

<p><b>May 6-7</b></p> <p>Acupuncture 200-1: Condition Based Acupuncture: Women's Issues <i>Lombard, Ill.</i></p> <p>Acupuncture 300-4: Differentiation of Syndromes II <i>Lombard, Ill.</i></p> <p>Clinical Orthopedics: Elbow II <i>Lombard, Ill.</i></p> <p><b>May 11</b></p> <p>"At the View Box" <i>Lombard, Ill.</i></p> <p><b>May 20-21</b></p> <p>Electrodiagnosis 9: Somatosensory Evoked Potentials: UE &amp; LE <i>Columbus, Ohio</i></p>	<p><b>June 3-4</b></p> <p>Department of Transportation Physical Exams &amp; Collector Training <i>Lombard, Ill.</i></p> <p>Kinesio Taping Certification: Session 1 of 2 <i>Lombard, Ill.</i></p> <p>Limited Radiology Tech: LRT-2 <i>Lombard, Ill.</i></p> <p><b>June 8</b></p> <p>"At the View Box" <i>Lombard, Ill.</i></p> <p><b>June 10-11</b></p> <p>Acupuncture 200-2: Condition Based Acupuncture: Fibromyalgia <i>Lombard, Ill.</i></p>	<p>Acupuncture 300-5: Pulse Diagnosis <i>Lombard, Ill.</i></p> <p>Clinical Orthopedics: Hand/Wrist: Trauma I <i>Lombard, Ill.</i></p> <p>Electrodiagnosis 10: Brainstem Auditory Evoked Responses (BAER) &amp; Visual Evoked Potentials (VEP) <i>Columbus, Ohio</i></p> <p><b>June 17-18</b></p> <p>Limited Radiology Tech: LRT-3 <i>Lombard, Ill.</i></p> <p><b>June 22-23</b></p> <p><b>NUHS Centennial Homecoming</b></p> <p>Oak Brook Hills Marriott <i>Oak Brook, Ill.</i></p>	<p>18 possible CME credits Topics include: Historical talks on ACA, Janse, NUHS; Function of Diaphragm; Research &amp; DC Practice; Risk Management; Spine, Shoulder, Hip; FAKTR; Cervical Spine Syndrome; Fibromyalgia; Mitigating Risk of Fraud; Occ Med; Lumbar Stenosis; Vertigo; Outcomes Assessment; Functional Rehab; and Massage Therapy - Key Releases for the Lower Body.</p> <p><b>For location and registration information, contact:</b></p> <p>Dr. Jonathan Soltys                  Postgraduate Dean                  200 E. Roosevelt Road                  Lombard, IL 60148-4583                  630-889-6622 or                  630-889-6620                  Fax: 630-889-6482                  jsoltys@nuhs.edu</p>
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...see Our Centennial: Part II on page 2

...see Centennial Homecoming on page 2

**Our Centennial: Part II** ...from page 1

and while there, became well acquainted with a gentleman named William Charles Schulze, who was an MD and a graduate of Rush Medical School. During his first years in Chicago, Dr. Howard also spent considerable time working with Dr. Schulze in his practice — perhaps one of the earliest “integrated practices,” for allopathic and chiropractic medicine.

Dr. Howard soon found it necessary to employ additional faculty and through his association with Dr. Schulze, employed a number of faculty members from the Chicago allopathic schools, Dr. Schulze being one of those people.

In his drive to make chiropractic medicine a truly broad-based, but natural healing art, Dr. Howard included all aspects of the basic sciences in his curriculum as well as the various clinical sciences, such as obstetrics, which was practiced at that time by chiropractic physicians who were licensed in Illinois as “other practitioners” until 1925. He set up a gross dissection laboratory in 1908 and was teaching various forms of physical therapy no later than 1910. Interns were permitted to participate in clinical rounds at Cook County Hospital and credits earned at National were transferable into allopathic programs.

A highly talented and broadly educated man, Dr. John Fitz Alan Howard insisted that chiropractic medicine was more than spinal manipulation and wrote in 1910:

“Our system is as broad as nature itself, and therefore embraces all methods which possess virtue in assisting normal function of the body. The term ‘physiological adjustment’ speaks for itself — correction of body function by physiological methods ... We stand for broadness of thought and liberty to apply whatever means appeal to our judgment as being the right one under the various and numerous conditions met with in abnormal function of the body, no matter if we should be dubbed ‘mixers’ by narrow bigots and fanatical enthusiasts.

“We take it that it is our duty as operators in the healing arts to re-establish harmony in functional activities of the body. No one separate system is ALL in itself, any more than one branch of an army is sufficient to the exclusion of the others. As it is true that the body has many members

yet is but one body, so it is true that the art of healing has many phases and the liberal broadminded operator will avail himself of all and every means which nature the great healer provides for humanity.”

Clearly, Dr. Howard was a very busy man and still, as his son wrote in a letter to me, “In my own memory his greatest achievement was that of husband and father to a fortunate family of children. All of his great power of thought, high purpose, inspiration, and compassion of spirit came to full flower at home. He was blest with a wife who shared and understood his early struggles and loved him devotedly. Together, they succeeded in creating a home that glows in the golden haze of memory as ‘a little bit of heaven on earth.’”



*The John Fitz Alan Howard Family circa 1917.*

His wife, Drucilla, as son Lloyd tells us, loved him (Dr. Howard) devotedly and, they had 12 children. If the professional life of the founder was a difficult one, in many ways, so was their family life. Of the 12 children born to them, three were boys who died soon after birth and another boy (Alan) and two daughters (Winnie and Lora) died as young adults, followed by another male (Jack) who was lost from a “burst appendix” at the peak of his career.

Still, this devoted wife and mother wrote the following in memory of her lost son:

**ALAN**

*Soon the spring will come again  
With leaves unfolding on the trees,  
With flowers blooming everywhere  
And on the air a warm south breeze  
Enjoy its beauty and its cheer  
When my brave lad who loved it too  
Has gone away and left me here.  
Soon the spring will come again*

*With lovers walking down the lane  
Thrilled with the endless dreams of youth  
Repeating still the old refrain  
Help me dear Lord to understand  
Cleanse me from the bitterness and woe  
Remembering that Thou leads me  
Smiling and hopeful, let me go.*

In 1919, the rigor of his schedule caught up with Dr. Howard and his son writes: “Working at night with only two or three hours sleep he sacrificed every rule of health until he crashed. He could not digest his food and became so weak he could only sit at this desk and stare. Dad’s work ethic, born and bred in childhood, his deep sense of responsibility and his complete trust in supposed friends proved to be his downfall. Mother’s poetic description adapted from Edna St. Vincent Millay sum up her memories best.”

*His candle burned at both ends  
It could not last the night  
But oh! To friends and foes alike  
It gave a lovely light.*

What happened next to our hero — our founder — will be revealed in the next issue of *Outreach*.

**Centennial Homecoming** ...from page 1

Functional Rehabilitation: Spine and Extremities; Dr. George Goodheart, A New Approach to Understanding the Function of the Diaphragm; Dr. Warren Hammer, Recent Techniques for Spine, Shoulder & Hip; Dr. Bruce Hodges, moderator, Recent Graduate Panel;

Dr. Thomas Hyde, Functional and Kinetic Treatment with Rehab: Provocation and Motion; Kathy Joy, PT, Vertigo: Current Examination and Treatment Guidelines for BPPV; Dr. Joseph Keating, “If It’s Rational, It’s at National” and “Marriages, Mends & Mergers: Institutional Roots of the National”; Dr. Leo Kenney, Occupational Medicine: New Chiropractic Opportunities; Dr. Matthew Kowalski, Lumbar Stenotic Syndromes: Pathophysiology, Diagnosis and Current Management;

Dr. Reed Phillips, Joseph Janse, DC: The Apostle of Chiropractic; Dr. David Seaman, Fibromyalgia Update: Pathogenesis and Treatment with Nutrition; Dr. Louis Sportelli, Risk Management; Dr. James Winterstein, State of the University Address; Dr. Steven Yeomans, Outcomes Assessment Update: New Methods to Bullet-proof Documentation; and Ann Hoeffel, MT, Key Releases for the Lower Body.

## News Briefs from National

**Dr. Theodore Johnson**, director of Chicago General Health Service, recently conducted a weekly lecture series entitled “Body & Soul” at the Rock of Ages Baptist Church in Maywood, Ill. Dr. Johnson’s latest community outreach effort focused on empowering and encouraging African American men and women to improve their physical and spiritual health. Dr. Johnson also was a featured speaker at a program of the Women’s Health Institute, held in Dolton, Ill, in February. The event addressed women’s health care needs from a holistic approach.

**Chiropractors in Illinois** can find a convenient listing of continuing chiropractic education classes available in the state by checking out a new online website, [www.ilcme.com](http://www.ilcme.com). The site lists upcoming courses and a contact phone number and/or direct link to the sponsoring organization. There is also a Special Events link, which currently features National’s Centennial Homecoming and directly links to our centennial site at [www.100.nuhs.edu](http://www.100.nuhs.edu).

**Dr. Marc McRae**, biochemistry and Prerequisite Program instructor, was published in the Winter 2005 issue of the *Journal of Chiropractic*

*Medicine*. Dr. McRae’s article was “A Review of studies of garlic (*allium sativum*) on serum lipids and blood pressure before and after 1994: Does the amount of allicin released from garlic powder tablets play a role?”

**Dr. Daniel Richardson**, chair of the Department of Nutrition and Biochemical Therapeutics and the Bachelor of Biomedical Sciences Degree Program, discusses “Therapeutic Use of Botanical Medicine” in the first audio lecture of Volume 18 of *DC Tracts*. **Dr. Josephine Polich**, a new NUHS faculty member, provides the second audio lecture of Volume 18 discussing “Homeopathy for Sports Injuries.”

**Dr. David Parish**, Chicago General Health Service clinician, will volunteer his services to the athletes in training at the U.S. Olympic Committee’s Colorado Springs training center from Aug. 21 to Sept. 5. This session is part of a four-tier process that could lead to Parish serving at higher levels of national and international events, including the Olympics. Staff members must have worked as a varsity level sports physician in the past five years, as well as carry a diplomate in a branch of sports medicine.



*Dr. James Winterstein hosted two visitors from France recently, Dr. Bertrand Ludes (center) and Dr. Phillipe Fleuriau (r). Dr. Fleuriau was a student back when National provided dissection classes at the French Institute. Dr. Bertrand Ludes, a professor in the School of Medicine at the Louis Pasteur University in Strasbourg, will report back to the Ministry of Health regarding the extensiveness of chiropractic education so that appropriate designations can be made regarding the recently recognized practice of chiropractic medicine in France. The visitors also met with Drs. Nicholson, Iannelli, Cramer, Cohen, DeBono and Mr. Ron Mensching.*

## Evidence Based Practice Project Adds Key Research Participants

Three key participants have recently been added to National’s Curriculum Development for Evidence Based Practice R25 Grant research project.

**Lawrence Frateschi, PhD, MSPH**, has been hired as adjunct faculty for curriculum development. His duties will include teaching several courses and reviewing and analyzing research literature. He will also contribute to the faculty development curriculum, journal clubs, and program assessment activities. Dr. Frateschi is currently a professor of economics and statistics at College of DuPage where he is the senior economist and lead instructor for distance learning in economics.

**Ezra Cohen, DC**, chair of the NUHS Department of Training and Assessment, has been selected to participate in the Fall 2006 Faculty Mentored Research Sabbatical at University of Illinois at Chicago. Dr. Cohen will take two graduate level courses in the UIC School of Public Health. He also will work with UIC

Associate Professor Dr. Michele Issel, on a project to develop methods to assess the effect of an evidence based practice faculty development curriculum on the dynamics of faculty groups in a chiropractic teaching institution (NUHS).

**Rachel Fabb**, a fifth trimester NUHS student, has been selected as the first NUHS/UIC Student Mentored Research Opportunity participant for Fall 2006. Ms. Fabb was recommended by NUHS faculty for her academic fervor, classroom participation, interaction with faculty, and interest in research and applying research to clinical topics. Over the next several weeks, She will explore research opportunities at the UIC School of Public Health with Dr. Sylvia Furner, senior associate dean of the school director of graduate studies, and an EBP grant co-investigator. She will also take two graduate level courses at the school in Fall 2006.

Dr. Barbara Sullivan is program manager of the four-year \$750,000 NIH grant.

## National Plays Host to Planning Committee on Chiropractic’s Future

National University of Health Sciences hosted a planning conference sponsored by the Chiropractic Strategic Planning Steering Committee in February. Entitled “Chiropractic Strategic Planning for the Next 25 Years: An Action Plan for Grounding Chiropractic Cultural Authority,” the weekend meeting attracted 74 participants and observers.

Among the issues discussed were barriers to and opportunities for greater integration and interprofessional cooperation. From these discussions, two distinct priority areas emerged, integrity and trust, and equitable public support for education and research.

“The chiropractic profession has much to offer the public in the way of health care. It is my hope that this planning process can begin to turn the tide toward greater cultural authority for the profession,” said President James Winterstein.

The group plans to meet again later in the year.