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# THE SACRED SPINE.

BY

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(Being an Outline for the Adjustment of the Spine at home,  
by Gravitation, without Manipulation.)

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The secret of perfect physical well-being lies in the condition of the Spine.

The bones should be well separated from one another by cushions of firm cartilage in order to allow an unrestricted flow of blood, nervous fluid and other vital essences from the Generator of Life, i.e. the Brain, to every part of the body.

There should be no inward curve in the lumbar region, or "small of the back." The backbone should be straight, without being stiff, it should be pliable, supple and flexible without being limp.

The full weight of the body should rest on the pelvis and be held in place by the internal muscles. This position tilts the pelvis forward and upwards, lifts the ribs, expands the chest, reduces the abdomen and straightens out that dangerous curve in the lumbar region by the pressure of which the internal organs are displaced, starved and atrophied.

No living human being whose pelvic bones are out of place can breathe correctly or walk gracefully. Those

protruding, swaying buttocks, so conspicuous in our day, are an embarrassing warning that we have lost our balance. Every movement becomes an effort. Owing to the misuse of high heels, women and girls are the worst offenders in this respect. The buttocks seem to be no longer a part of their bodies, but move and "rotate," as it were, by themselves. A sedentary life accentuates this condition.

Since the organs of generation are the first to be affected by this loss of body harmony, the bringing forth of healthy off-spring becomes an impossibility. The mothers of the race are incapacitated. Result—the decline of the body, malformations at birth, obesity, emaciation, imbecility, bald heads, eye-glasses, ear-trumpets, false teeth, cosmetics, powder and rouge.

*How can incorrect posture and the displacement of  
the pelvis be rectified?*

There are many schools of physical culture teaching corrective exercises. There are trained chiropractors and osteopaths, who by the skilful manipulation of the spine, adjust the vertebrae and so release the pressure on the nerves. One and all they serve a useful purpose.

But not everyone lives within reach of a chiropractor and many of us have not the time and energy required for the development of the body. It is a cruel fact of nature that the chronically unfit who are in most need of physical exercise are usually the least inclined to carry it out.

Recently something practical has been devised in America, a new way of straightening and lengthening the spine, a method so natural and simple, so harmless and inexpensive, and yet so amazingly effective, that a mere child can, with a very little instruction, practise it at home.

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## SUSPENSION AND GRAVITATION.

By the power of gravitation the suspension of the body by the neck adjusts the whole spinal column from the base of the brain to the tip of the spine in a single movement. Naturally and painlessly something is accomplished in five seconds that physical exercise fails to do in so many years.

A stiff spine, however, does not yield its full length immediately, and herein lies the safety of the student. There is no danger of straining ligaments, rupturing veins or otherwise injuring the delicate membranes and nerves of the spine *when the exercise is done carefully*. This method of adjusting the spine is slow because it is natural, the improvement in health is gradual and steady, but its benefits reveal themselves in many ways from the first moment of its adoption.

The future Song of the Spine will be, with apologies to the memory of an inspired teacher:—

*Little by little, day by day, the  
Spine is getting longer ;  
Slowly but surely, in every way,  
The Spine is getting stronger.*

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You need not *think* about it. You need not *say* it. *Just do it* and watch the results. Combine this with a proper, wholesome, temperate diet and watch yourself grow tall. Continue the exercise faithfully until you can actually *hear* your hair growing; until, with restored sight, you can see the improvement in your complexion and carriage; until, with senses quickened and rejuvenated, you can feel the rich, red blood coursing through your veins when at dawn you wake up from a new, strange, deep, dreamless and refreshing sleep.

Printed directions for this "Hanging-Exercise" will be supplied at the address given below, with a strong canvas apparatus 2 yards in length, for the sum of 5/6, post free. *Cash with order.*

**Mr. J. Kellerman,**  
**"Harmony," P.O. Umzumbi,**  
**South Coast, Natal.**

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(Apply to the above for prices of books by Dr. JOHANNA BRANDT on the Fasting-Cure, Water-treatment, Sun-bathing, the Fruit-cure, the Grape Cure for Cancer and other Diseases, and on History and Fiction) or—

Secretary, Box 155, Vereeniging, South Africa.

February, 1929.

