

From the Occult to Chiropractic Psychiatry: Francis Israel Regardie, D.C.

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Francis Israel Regardie, D.C. is something of an enigma: a celebrity in one community - the world of the occult - and a forgotten figure in the history of chiropractic. An author, masseur, chiropractor, magician, psychotherapist and scholar, the largest volume from his prolific pen resides in the literature of the “Western Esoteric Tradition.” He is considered one of the preeminent occult scholars and an important influence in the occult revival of the twentieth century. However, his numerous psychoanalytic writings, the bulk of which may be found in the *Chirogram* – periodical of the Los Angeles College of Chiropractic – remain to be explored. As well, the ways in which Regardie synthesized magic, psychotherapy and manual therapies merit further analysis.

In Pursuit of the Occult

Named Israel Regudy at birth, Francis Israel Regardie entered the world at London, England, on 17 November 1907 (1). The child of impoverished, orthodox Russian Jewish immigrants, he grew up in a slum area in the East End of Great Britain’s capital city. The family’s name change (there are several explanations offered) followed a registration error made when an older brother enlisted in the Royal Army during World War I (2). Apparently the family chose to keep the misspelling: *Regardie*.

Francis was barely a teenager when the family came to the United States in August 1921 and settled in Washington, D.C. (3). An avid self-learner, he supposedly developed an interest in the theosophical writings of Madame Blavatsky in yoga and in Hindu philosophy, and this reportedly prompted much time at the Library of Congress. His ethnic roots led him to the study of Jewish mysticism, but much of what was available was written in Hebrew. He hired a Hebrew tutor and learned to read Hebrew with ease, thus allowing him to study the Qabala on his own. However, young Mr. Regardie developed a great ambivalence toward his Jewish heritage – rejecting the religion but admiring and enjoying the culture and cuisine (4). Much to his parents’ chagrin, he took up the study of art at a school in Philadelphia (5).



Madam Blavatsky, theosophist.

Regardie’s interest in mysticism persisted, and the young man applied for membership to the Washington College of the Societas Rosicruciana in America on 18 February 1926. He was supposedly given a special dispensation because of his youth. He was initiated as a “Neophyte” on 18 March 1926 and advanced to the “Zelator” grade on 2 June 1927. During this period he came across a book, *Part One of Book Four* by Aleister Crowley (1875-1947), a notorious figure in the world of the occult who was living in Paris. He wrote to Crowley; and after an exchange of several letters, Crowley offered him a job as his secretary. Regardie thought that this would be an excellent opportunity to learn magic from a person considered an expert.



Israel Regardie, circa 1927.

Regardie moved to Paris in October 1928 and worked as Crowley's secretary for three years. However, he never requested instruction in magic; and his mentor never offered any. Nonetheless, the master's influence was deeply felt and endured to the end of Regardie's life. "Crowley's Apprentice" would eventually become known as "one of the most important figures in the twentieth-century development of what some have called the Western Esoteric Tradition" (6).

By the time of his amicable departure from Crowley in 1931, Regardie was "studying mysticism in all its phases, branches and variations" (7). The Qabala and the ceremonial magic of the Golden Dawn (8) were his main areas of expertise, but his interests were not confined to these. His mentor was able to secure him a position as secretary to novelist Thomas Burke in London. He kept this position for two years and it was during this time that he wrote the first of more than two dozen books (see Table 1), a study of the Qabala entitled *A Garden of Pomegranates*, as well as his more popular history of magic, *The Tree of Life*. This was the beginning of a very productive period in Regardie's literary career, and it coincided with his new-found interest in psychiatry (psychoanalysis), the body mind and integrative therapies.

In November 1932 Regardie met the famed British occultist Dion Fortune (1890-1946). She introduced him to the theories of Sigmund Freud and Carl Jung, whose methods of psychoanalysis fascinated the young man (10).

In studying these approaches, he later decided that his own childhood troubles had influenced his interactions with Crowley. Sponsored by Fortune, he was admitted into the Bristol chapter of the Stella Matutina, a descendant order of the long defunct Golden Dawn. Fortune also encouraged

Table 1: Several books (and earliest known publication dates) authored by Francis Israel Regardie, D.C. (9).

A Garden of Pomegranates (1932)
The Tree of Life (1932)
The Art of True Healing (1932)
The Middle Pillar (1935)
My Rosicrucian Adventure (1936)
The Golden Dawn (1937)
The Romance of Metaphysics (1946)
The Art and Meaning of Magic (1964)
Roll Away the Stone (1965)
The Herb Dangerous (1965)
Be Yourself, the Art of Relaxation (1965)
The One Year Manual (1969)
The Art & Meaning of Magic (1969)
The Eye in the Triangle (1970)
The Philosopher's Stone (1970)
How to Make and Use Talismans (1972)
A Practical Guide to Geomantic Divination (1973)
Ceremonial Magic: A Guide to the Mechanisms of Ritual (1980)
Gems from the Equinox (1982)
Healing Energy, Prayer and Relaxation (1982)
**The Legend of Aleister Crowley* (1983)
The Teachers of Fulfillment (1983)
Lazy Man's Guide to Relaxation (1983)
What You Should Know About the Golden Dawn (1983)
The Complete Golden Dawn System of Magic (1984)
New Wings for Daedalus
Twelve Steps to Spiritual Enlightenment

his published disclosures of "secret" material (methods and practices) of the Golden Dawn in his book, *The Tree of Life* (11). Regardie received much notoriety from the occult community for these exposés. His rationale for these public disclosures was that unless the concepts and methods were disseminated, they were at risk of being lost amidst the chaos of the disintegrating occult societies.

By the time he left the order in December 1934, the chaos, apathy and feuding within the group had left him disillusioned with the state of the order and pessimistic about its future. Regardie came to understand some of the hostilities he encountered within the early esoteric societies such as the Golden Dawn, Stella Matutina and the Ordo

Rosea et Aureae Crucis, orders that also involved Crowley and Fortune. He eventually decided that psychotherapy was essential for anyone practicing any spiritual discipline. He underwent psychoanalysis and studied psychotherapy with Drs. J.L. Bendit and E. Clegg in London, as well as with the explorer of the paranormal Nandor Fodor in New York (12). Around this time he found employment as a masseur.

Regardie decided that the techniques of psychotherapy would and should be an adjunct to ceremonial magic. He returned to the United States and eventually studied a third form of psychodynamic theory and practice: those of Wilhelm Reich (13). He reportedly corresponded with Reich's daughter Eva, and this may have made him more aware of the importance of the body-mind relationship and eventually stimulated him to enter chiropractic college.

Regardie developed an exercise he called the Middle Pillar Ritual and later integrated Reichian ideas. In this technique, the practitioner visualizes successive spheres of light at various points above, below and along the spinal column, while chanting certain words. Regardie theorized that this would generate a kind of energy which was identical to Reich's orgone. The energy would then circulate around and through the entire body by means of further visualization.

Shortly after his return to the United States, Regardie had a falling out with Crowley. His newly found success as an occult writer may have played a role in the exchange of letters: jealousy may have spurred them on. Regardie especially took offense at Crowley's teasing over the change of his first name to Francis, as well as to an anti-Semitic slur from his mentor. The acrimony grew until the fall of 1937 when there appeared in occult circles in Britain an anonymous letter obviously written by Crowley. Among other things, Crowley accused Regardie of betraying, robbing and insulting various benefactors, including himself, until he had acquired enough money to "go to America, and start a quackery of his own" (14).

This letter was an example of the type of character assassination to which Crowley himself has often been subjected before and since. For Regardie, the humiliation was devastating; he had dedicated his first two books to his former mentor. But his "contempt for the nasty, petty, vicious louse that occasionally he [Crowley] was on the level of practical human relations" (15) lasted the rest of his life. There is no doubt that it contributed to his decision to "remain silent so many years, divorced wholly from the occult movement" (16). *The Romance of Metaphysics*,

written during 1939-40 (while he studied chiropractic), barely touched on the esoteric subjects to which he had dedicated himself. Regardie did not publish again on the subject of the occult until the 1960s, when he managed to reconcile Crowley's personal life with the spiritual achievements Regardie believed he had attained.

On to Chiropractic

Now an accomplished author, in 1937 Regardie took up the study of chiropractic at the Columbia Institute of Chiropractic (CIC, today's New York Chiropractic College) at 261 West 71st Street in New York City. It was a "straight" chiropractic education from an adamantly straight chiropractic mentor, Frank E. Dean, M.B., D.C. ([17], [18]), and in a state which would not license Doctors of Chiropractic (D.C.s) until 1963. Chiropractors had already been at war with political medicine in the Empire State for several decades ([19], [20], [21]). Faculty member Michael Moross, M.A., D.C., recalled that Dean's "disdain for the medical profession was ever present" (22).

On an enrollment application for the CIC's fall term, Regardie described himself as a twenty-nine-year-old white American "Writer and Masseur" then living at 3547 Hertford Place, N.W., Washington, D.C.; his transcripts indicate he enrolled on 7 September 1937. His stated



Campus of the Columbia Institute of Chiropractic, sometime during 1919-1959.

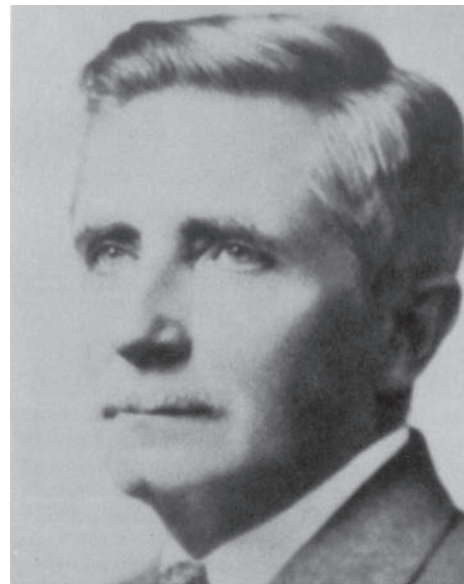
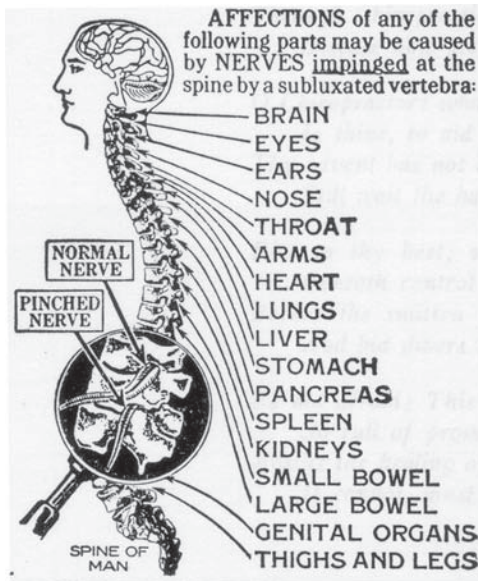


Chart of neural innervation offered by the Columbia Institute of Chiropractic, circa 1930.

Dr. Frank E. Dean, founder and president of the Columbia Institute of Chiropractic.



A rally at Madison Square Garden in New York City on 23 January 1933, organized by the American Bureau of Chiropractic, attracted more than 16,000 chiropractic patients and supporters of the profession; Regardie was in England at this time.

reason for studying chiropractic, given in his application to the CIC, was that “My practise of massage has brought me against cases where I was powerless to effect a cure. I must therefore widen my knowledge and improve my technique” (23). He did not graduate from high school, but felt he had an equivalent education, which he noted in an attachment to his application:

NOTES ON OTHER EDUCATIONAL TRAINING

1. Extensive foreign travel in Europe. I returned in May this year after an eight and a half year absence,

in which time I visited France, Belgium, Canary Islands, and lived seven years in England, the place of my birth.

2. Literary experience. Have been secretary and companion to several literary men, including Thomas Burke. I am also a member of the P.E.N. Club, to which many prominent British writers belong.

3. “Ghosted” on two literary productions, before having begun my own. Since 1931 I have done a good deal of journalism on philosophical and psychological topics, and have written eight books, five of which so far have been published.

4. In 1935 I was given a private training in Swedish



Faculty, students and interns of the Columbia Institute in New York City, circa 1937. Student Francis Regardie is standing fourth from the right in the second row from the front; CIC founder Dr. Frank Dean is standing third from left in the second row.



Faculty, students and interns of the Columbia Institute of Chiropractic, circa 1937. Dr. Frank Dean is seated at far right.

Massage by the former masseuse to Sir Arbuthnot Lane. I also was trained in Relaxation Therapy by a B.A. Cantab.

5. I had read widely on Psycho-Analysis and Analytical Psychology. In 1935 I began studying it from a practical point of view, and have received about 150 hours of analysis with three leading Harley and Wimpole Street psychologists. I practised Massage in London for two years under London County Council license.

6. Was trained in hypnotic procedure by the superintendent of an English mental hospital and by a private practitioner. I have used, as a lay practitioner, both the methods of Analytical Psychology and hypnosis ever since.



Dr. Michael Moross lecturing at the Columbia Institute of Chiropractic, circa 1947.

Table 2: Administrators and faculty of Columbia Institute of Chiropractic circa 1938 (25)

- Frank E. Dean, D.C., Ph.C., *President*
William Overton, D.C., *Vice-President*
Ethel Welch, D.C., *Secretary*
Major Dent Atkinson, Ph.D., D.C., Ph.C., *Dean*
G. Sowards, B.S., *Educational Adviser*
E. Bernhardt, D.C.
J. Chelmowski, D.C.R.
Getti, A.B., D.C.H.
Groos, D.C.D.
Klatzko, A.B., D.C.N.
D. Novick, D.C.
A. Soren, M.A., Ph.G.R. Sorino, D.C.
J. Turgan, M.A., M.D., Ph.D.
J. Teranel, A.B., D.C.
Lorraine Welch, A.B., M.A.
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The faculty of the CIC (see Table 2) included several instructors with advanced academic credentials, which was unusual for chiropractic educators in this era. Among his schoolmates at CIC was Michael Moross, M.A., who earned his chiropractic degree a year after Regardie and taught at their alma mater from 1943 to 1957 (24).

From the Army to California

Regardie received his chiropractic doctorate from CIC in 1941, and assisted Dr. Dean in public relations work for the school (26). He established a clinical practice and taught anatomy for a short while at his chiropractic alma mater before enlisting in the United States army ([27], [28]). Like so many other “chirons” (the self-designation for chiropractors serving in the military during World War II), he applied his clinical skills whenever there was opportunity and sometimes met with harsh reaction from allopathic supervisors. In an

article appearing in the *National Chiropractic Journal*, a periodical of the broad-scope-tolerant National Chiropractic Association (NCA), he described a number of cases he had tended to. Army life was definitely not to Dr. Regardie's liking, as he related to the NCA audience:

On April 28, 1942, I enlisted for service in the Army. Immediately of course there were the shots and injections, of which the least said the better - save that I began adjusting my fellow soldiers at basic training camp more or less immediately, to alleviate the distressing gastric symptoms and cephalalgia which were the direct sequelae to typhoid-paratyphoid injections. My assignment was to be the medical department for basic training at Camp _____. Apart from regular basic military subjects, the curriculum included litter-drill, the rudiments of first aid, anatomy and physiology - with all of which the average well-informed chiropractor is familiar...

And I have written this report, not out of personal rancour and dissatisfaction with my two year army career - though of course this is present and active - but primarily to expose as thoroughly as possible the utter hypocrisy and stupidity of the army attitude. So long as medical men are in authority, never will the chiropractor be given the opportunity to prove what he can do for the alleviation of sickness and suffering. The conclusion remains that we must fight, with determination and adamant purpose, primarily to educate the public to the absolute necessity of chiropractic, and by these means force the conservative, complacent and reactionary authorities to adopt an entirely different and rational attitude toward our skill.

These past two years in the Army have proved utterly useless, both to me as an individual, as well as to the Army itself. Registered in my mind remains indelibly but one thing - a vindictive impulse to fight this incompetence wherever encountered with every ounce of energy at my disposal, both as a writer and as a speaker. Prior to my enlistment I was one of those unfortunate chiropractors who was content with his own practice, but who left it to the other fellow to do the political and oratorical haranguing. I realized the necessity of cooperation with others with similar ideals, but...! Today, my inner attitude has changed. For I propose working with the NCA

wholeheartedly, as well as with the State Society in whatever State I happen to function, to aid them in every possible way to whip up chiropractic opinion and power to the requisite pitch, so that this present unholy and unrighteous condition of things may be eliminated from this democratic nation of ours (29).

Similarly, in a 1946 letter to another military veteran with an interest in the occult, Regardie referred to "my former army post which to put it mildly smelled a good deal" (30).

Upon his discharge, Regardie sought to relocate to California and apparently solicited an introduction to one



Dr. Frank Dean, from the October 1949 issue of the ICA's *International Review of Chiropractic*.

of the schools in Los Angeles from his chiropractic mentor. Dr. Dean wrote to T.F. Ratledge, D.C., president and owner of the Ratledge System of Chiropractic Schools (today's Cleveland Chiropractic College of Los Angeles):

My Dear Dr. Ratledge,

Although I have never had the pleasure of meeting you personally, I have a feeling of knowing you nevertheless, as I have heard so much good about you and your college. Incidentally, as you may recall, we sent you some students who were transferred to California.

About two years ago, one of our instructors, Dr. Francis I. Regardie, enlisted in the armed forces.

Because of his health, and other conditions, he was recently discharged, and he is desirous of going to California, where he holds a license to practice. He is now 37 years of age, in the prime of life, an excellent speaker and writer, and formerly an instructor in anatomy in our school. If you can use his services in any way, please write me at your earliest convenience so that he will not have to make a contact with any other school.

With best personal wishes, I remain... (31).

Dr. Ratledge, an adamantly “straight” chiropractor who was embroiled in a feud with broad-scope D.C.s in the Golden State (32) had no opening for Regardie at that moment. However, he advised that California offered excellent opportunity for chiropractors. As well he used the occasion to opine about the military’s treatment of doctors of chiropractic and about chiropractors’ failure to practice according to straight chiropractic standards:

Dear Doctor Dean:

Yours of June 20th. at hand and glad to hear from you. Also, thank you for the kindness expressed in your letter.

I recall something about some students who were formerly in your institution either enrolling here or at least talking about it, however, I do not remember details about them. I recall that a Mr. Richards from some school in N.Y. did start in to finish his course but when the war came on he discontinued the work. I believe that he was a native of Germany and perhaps had not completed citizenship in the U.S.A.

At present I have no opening for additional instructor but, if Dr. Regardie does come out, have him get in touch with me and it might be that things would have changed by that time. Nothing is very certain these hectic days.

I trust that your institution does not commit itself to the “Baruch” scheme to steal chiropractic by a failing medical click or in support of the bill now in congress which would place chiropractors in a service situation where they would be subject to medical control through the surgeon general’s office. Either proposal is dangerous and it is unfortunate that anyone, posing as representing the profession, should betray chiropractic by attempting to commit



Dr. T.F. Ratledge, circa 1950.

Table 3: Administrators and full-time and part-time faculty of the Los Angeles College of Chiropractic during 1945-1947.

- Charles H. Wood, D.C., *President*
 - John W. Koer, A.B., D.C., N.D., Ph.C., *Vice President*
 - Wilma Churchill, A.B., D.C., Ph.C., *Secretary*
 - Linnie A. Cale, D.C., D.O., *Dean*
 - Dr Carl R. Andreason
 - Blaze O Bonazza, D.C.
 - Antoine DaVigo, D.C.
 - Frank R. Gay, Ph.D.
 - Thomas G. Kirby, D.C.
 - Dr Stephen H. Lapp
 - Lavere H. Latta, D.C.
 - Dr. O.M. McCray
 - Delbert J. Metzinger, D.C.B.
 - Franklin Miner, D.C.
 - Dr. William H. Munson
 - Arthur V. Nilsson, D.C., N.D., B.A.
 - Francis I. Regardie, D.C.
 - Dr. Lawrence W. Rich
 - Leland P. Roberts, D.C.
 - Dr. Gilbert H. Schwarting
 - Dr. Manning B. Strahl
 - Charles W. von Walden, D.C.
 - Oscar Wesley Willits, D.C.
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chiropractic to medicine or as any part of it.

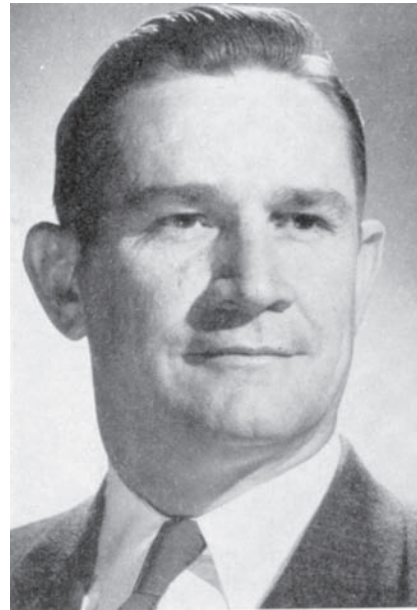
If Dr. Regardie ever expects to establish a practice there is no better opportunity than now in California. All the chiropractors are doing well, making money as they never did before. The only thing is, many of them are so anxious to make money that they sort of conduct a “drugless department store” office and let the patient decide what he needs instead of the Doctor making such decision and more and more people complain that they cannot get an adjustment any more. “The chiropractors do everything else but give an adjustment.”

I cannot understand why so many chiropractors have so little imagination that they cannot determine that the proper practice of chiropractic requires doing all of the things necessary in the complete application of the chiropractic principles which are universally applicable in human health problems.

With every good wish, I am,
Very truly yours... (33).

Regardie arrived in Hollywood, California, in July 1944 (34) and was hired instead by the Los Angeles College of

Chiropractic (LACC; today’s Southern California University of Health Sciences), a still proprietary institution which was founded in 1911 (35). The LACC was among the broadest of “mixer” institutions in the chiropractic profession, and



Homer York, D.C.; from the January 1957 issue of the ICA International Review of Chiropractic.



Faculty and graduates of the Los Angeles College of Chiropractic, 1945; Dr. Regardie is third from left in the second row from the top.

featured a substantial faculty (see Table 3). The school's doctoral and post-graduate curriculum would broaden further after the 1947 merger of the for-profit LACC with the non-profit Southern California College of Chiropractic (36). Regardie made the transition to the non-profit LACC, where he taught "chiropractic psychiatry"; he introduced his students to the work of Bertrand Frohman and *Brief Psychotherapy* (37). He promptly rebutted the assertions of straight chiropractor Homer York, D.C., who had written that psychosomatic theories and practice were "rubbish" (38). In 1947 Regardie listed his non-college address as 3923 West Sixth Street in Los Angeles (39).

Chiropractic Psychiatry

Chiropractic psychiatry was a misnomer, and might better have been referred to as the practice of psychology, since the

use of prescription medications was beyond the D.C.'s scope of practice. Clinical psychology in the postwar era was just emerging from its roots in academia, psychometrics and child guidance (40) into a professional service group who trained, practiced and competed with psychiatrists. On the other hand, the application of electroconvulsive shock therapy by chiropractors apparently was permitted in California (41), although the practice was not widespread.

Such heroic methods were not Regardie's sphere of interest and activity. His was a Freudian orientation -- a talking cure -- and he believed that "the Freudian scheme gives us ready-made everything that the old Chiropractic philosophy in its own flat-footed way envisaged, but failed" (42). His "psychiatry" was definitely of the psychodynamic-psychoanalytic persuasion, as his numerous writings in the



Patient's relaxed conversation is recorded by Dr. Regardie who later studies the case by playing back the wire recording.

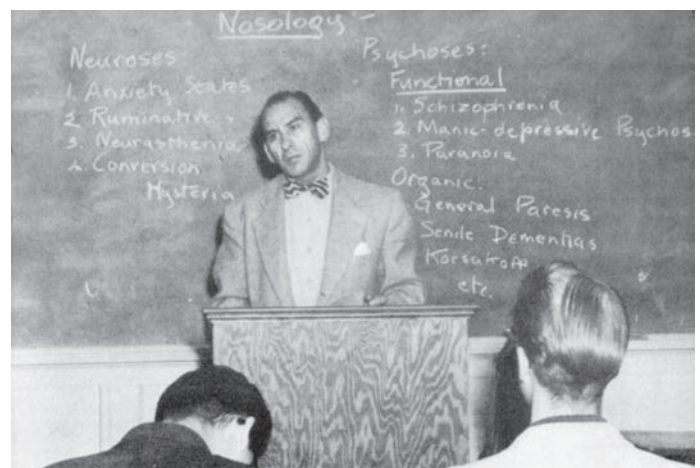
Collage of images of Dr. Francis Regardie; from the 1950 LACC yearbook, Aesculapian.



"The Psychoneuroses are patiently explained by Dr. Regardie to Psychiatry class;" from the 1951 LACC yearbook, Aesculapian.



"PSYCHIATRY -- Personality Evaluation -- Rorschach Test;" from the October 1950 issue of the Chirogram.



"Francis I. Regardie, D.C. Psychiatry lectures such as portrayed here are supplemented by field trips to State Mental institutions for observation of neuropsychiatric patients;" from the August 1951 issue of the Chirogram.

chiropractic literature plainly reveal. In reporting a case of “anxiety hysteria” he noted that “There was an interference in the transmission of energy all right. Yet that interference was to be found entirely beyond the limited region of the spinal column and the intervertebral foramina” (43). Interference, he contended, must also be found and corrected within the psyche of the patient. As had others before him (44), he found the experimental studies of Russian scientist Speransky (45) to be in harmony with chiropractic -- and also with his own psychoanalytic notions. Soon after his arrival in the Golden State he penned an article titled “Psychology and Chiropractic” (46) in which he suggested that chiropractic was at risk of being absorbed by allopathic medicine -- just as psychoanalysis had been absorbed by psychiatry.

The LACC came in for criticism from the International Chiropractors’ Association (ICA) for its post-graduate offerings in this field, an irony given the Palmer School’s long involvement in chiropractic care for mental patients and its operations of the Clear View Sanitarium in Davenport, Iowa ([47], [48]. [49], [50], [51]). However, the ICA’s objection to chiropractic psychiatry was part of a broader distaste for anything and everything that went beyond the detection and correction of the traditional chiropractic lesion (subluxation):

The proctologists are the strongest of the many specialty societies, and two members of the board are open and avowed practitioners of proctology. Some idea of the nature and scope of the “specialties” may be gained from the announcement of the Los Angeles College of Chiropractic which last Fall offered graduate courses in the following subjects: Proctology, roentgenology; obstetrics and pediatrics; gynecology and urology; internists; eye, ear, nose and throat; radionic research; neurology; psychiatry; general practice; non-surgical orthopedics; science; seminars; advanced chiropractic technique; minor surgery; iridology and ophthalmoscopy; dissection; dermatology; physiatry and rehabilitation; and cardiology... (52).

Despite the ICA’s criticisms, Dr. Regardie and the LACC were not alone in their use of this terminology: *chiropractic psychiatry*. *Psychiatry* was the focus of one of several “specialty societies” established by the California Chiropractic Association (CCA). These groups collaborated

with the LACC to develop clinicians skilled in health care areas beyond the doctoral curriculum. The college provided the training and the CCA issued certificates in the specialties. Regardie was elected president of the California Society of Chiropractic Psychiatrists in 1952 (53). Regardie and Lavere H. Latta, B.S., D.C., both former instructors at the LACC, subsequently taught chiropractic psychiatry at the Hollywood College of Chiropractic. [The Hollywood College merged with the LACC in 1962.] The LACC listed chiropractor instructors in psychology and psychiatry as late as 1972 (54), although by this time Regardie had long since departed the institution.

Regardie remained on the faculty of the LACC from 1945 to 1952, and subsequently taught at the Hollywood College of Chiropractic (55). One supposes that the many columns he penned for the LACC’s periodical, the *Chirogram* (see Table 4), must have been related to his classroom instruction. He was featured in the LACC’s 1950 yearbook, the *Aesculapian*, and credited with a Ph.D. degree (the origin and credibility of which is unknown to us):

Although Dr. Francis I. Regardie, Chairman, Dept. Psychiatry, holds a Doctor of Philosophy degree, his outstanding reputation in the field of psychiatry has been gained as a chiropractic physician. The enthusiasm shown by students toward the course has been attributed to two causes: 1) Dr. Regardie’s whimsical accent and unexhaustive vocabulary and, 2) the subject matter.

A member of the California Society of Chiropractic Psychiatrists, Dr. Regardie has demonstrated with amazing clarity the position of chiropractic in the field of mental hygiene and healing. Particularly outstanding results have been obtained in cases of retarded children and conditions caused by imbalance in nerve conduction.

Already a specialist in the field of restoring proper nerve balance, the chiropractor’s role in alleviating the incidence of mental disturbances becomes increasingly apparent.

Disturbed neural balance has caused acute conditions involving the central nervous system as well as the peripheral system. Deafness, blindness, and aphonia caused by mechanical involvement of the nervous system have been relieved by manipulation.

Table 4: Several papers authored by Francis I. Regardie, D.C. which appeared in the chiropractic and naturopathic literature, 1944-1965

Status of chiropractic in the army. <i>National Chiropractic Journal</i> 1944 (Aug); 14(8): 19-22, 48	Psychotherapy. <i>Chirogram</i> 1949 (Feb); 18(2): 11
An interesting case of cretinism. <i>National Chiropractic Journal</i> 1944 (Nov); 14(11): 21-2, 56	Principles of psychiatry. <i>Chirogram</i> 1949 (Feb); 18(2): 12-3, 18
Psychology and chiropractic. <i>National Chiropractic Journal</i> 1945 (Jan); 15(1): 25, 55-6	Psychological factors in pernicious anemia. <i>Chirogram</i> 1949 (Mar); 18(3): 9-10
A treatise on epidermolysis bullosa. <i>National Chiropractic Journal</i> 1945 (Mar); 15(3): 17, 50	Principles of psychiatry. <i>Chirogram</i> 1949 (Mar); 18(3): 17, 19
Public health and chiropractic. <i>National Chiropractic Journal</i> 1945 (May); 15(5): 25, 59	Psychotherapy. <i>Chirogram</i> 1949 (Mar); 18(3): 18
Schizophrenia. <i>Chirogram</i> 1945 (May); 13(1): 17-9	Psychological factors. <i>Chirogram</i> 1949 (Apr); 18(4): 12
Schizophrenia. <i>Chirogram</i> 1945 (June); 13(2): 23-5	Psychotherapy. <i>Chirogram</i> 1949 (Apr); 18(4): 13
Fears and psychoneuroses. <i>Chirogram</i> 1945 (Aug); 13(4): 17, 19-21	Principles of psychiatry. <i>Chirogram</i> 1949 (Apr); 18(4): 17, 20
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Accelerated psychotherapy. <i>Chirogram</i> 1946 (Feb); 14(4): 15-6	Psychological factors. <i>Chirogram</i> 1949 (July); 18(7): 14
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Insomnia. <i>Chirogram</i> 1946 (Apr); 14(6): 21, 23, 25-6	Principles of psychiatry: symbols and neurotic illness. <i>Chirogram</i> 1949 (July); 18(7): 19-20
Insomnia. <i>Chirogram</i> 1946 (May); 15(1): 27, 29	Principles of psychiatry: projection. <i>Chirogram</i> 1949 (Aug); 18(8): 10-1, 21
Anxiety hysteria. <i>Chirogram</i> 1946 (June); 15(2): 13, 15, 18-9, 21	Principles of psychiatry: transference. <i>Chirogram</i> 1949 (Sept); 18(9): 10-1, 20-1
Psychotherapy. <i>Chirogram</i> 1946 (July); 15(3): 17, 19, 21, 23	Principles of psychiatry, Part 2. <i>Chirogram</i> 1949 (Oct); 18(10): 10-1
Psychotherapy. <i>Chirogram</i> 1946 (Aug); 15(4): 9, 11, 13-5	Principles of psychiatry, Part 2. <i>Chirogram</i> 1949 (Nov); 18(11): 10, 15, 21
Psychotherapy. <i>Chirogram</i> 1946 (Sept); 15(5): 17-9, 21	Principles of psychiatry, Part 2. <i>Chirogram</i> 1949 (Dec); 18(12): 10-1, 15
Psychotherapy. <i>Chirogram</i> 1946 (Oct); 15(6): 17-21	Principles of psychiatry, Part 2. <i>Chirogram</i> 1950 (Jan); 19(1): 10-1, 19
Psychotherapy. <i>Chirogram</i> 1946 (Nov); 16(1): 17-9, 21-3	Principles of psychiatry, Part 2. <i>Chirogram</i> 1950 (Mar); 19(3): 13-4
Psychotherapy. <i>Chirogram</i> 1946 (Dec); 16(2): 17-9, 21	Principles of psychiatry, Part 2. <i>Chirogram</i> 1950 (May); 19(5): 12-4
Principles of psychiatry. <i>Chirogram</i> 1947 (Jan); 16(3): 17-20	Principles of psychiatry. <i>Chirogram</i> 1950 (Aug); 19(8): 17-20
Principles of psychiatry. <i>Chirogram</i> 1947 (Feb); 16(4): 13, 15-6	Dianetics: an evaluation of established psychotherapy. <i>Chirogram</i> 1950 (Sept); 19(9): 14-8
Principles of psychiatry. <i>Chirogram</i> 1947 (Mar); 16(5): 21-3	Some newer psychotherapeutic procedures. <i>Chirogram</i> 1951 (Dec); 20(12): 11-5
Principles of psychiatry. <i>Chirogram</i> 1947 (Apr); 16(6): 19-21, 23	Some newer psychotherapeutic procedures. <i>Chirogram</i> 1952 (Jan); 21(1): 12-5
Principles of psychiatry. <i>Chirogram</i> 1947 (May); 16(7): 19-24, 28-30	Cry havoc! <i>Chirogram</i> 1952 (May); 21(5): 11-2, 24
Principles of psychiatry. <i>Chirogram</i> 1947 (June); 16(8): 19-24	Cry havoc! Part 2. <i>Chirogram</i> 1952 (June); 21(6): 12-3, 20, 24
Hypnosis-science or metaphysics? <i>Journal of the California Chiropractic Association</i> 1947 (July); 4(1): 7, 22, 24	A psychiatrist looks at communism. <i>Chirogram</i> 1952 (Aug); 21(8): 9-13, 26
Principles of psychiatry. <i>Chirogram</i> 1947 (July); 16(9): 9, 11, 13, 15	A psychiatrist looks at communism. Part 2. <i>Chirogram</i> 1952 (Sept); 21(9): 12-6, 20-1, 23
Principles of psychiatry. <i>Chirogram</i> 1947 (Sept); 16(11): 18-22	Some adjunctive psychotherapeutic applications of carbon dioxide. <i>Journal of the California Chiropractic Association</i> 1953 (Apr) 9(9): 17-8
Principles of psychiatry. <i>Chirogram</i> 1947 (Oct); 16(12): 17, 19, 21	Without victory there is no survival. <i>Journal of the California Chiropractic Association</i> 1953 (June) 9(11): 23-4
Principles of psychiatry. <i>Chirogram</i> 1947 (Nov); 17(1): 23, 25-6	Patients – spines or human beings? <i>Journal of the California Chiropractic Association</i> 1953 (Sept); 10(2): 29, 35
Principles of psychiatry. <i>Chirogram</i> 1948 (Jan); 17(3): 17, 19, 21-2	The voice of the duck. <i>American Naturopath</i> 1955 (Apr/May); 11(4): 119, 134-5, 137-8, 142
Principles of psychiatry. <i>Chirogram</i> 1948 (Feb); 17(4): 23, 25	The duck's smooch. <i>American Naturopath</i> 1955 (June); 11(5): 155, 171-7
Principles of psychiatry. <i>Chirogram</i> 1948 (Mar); 17(5): 19-20	The doctor's wife: an address to the wife of the doctor. <i>American Naturopath</i> 1955 (Oct); 11(8): 267, 270, 277-9, 281, 283, 285
Principles of psychiatry. <i>Chirogram</i> 1948 (Apr); 17(6): 18-9	The doctor's wife: an address to the wife of the doctor. <i>American Naturopath</i> 1955 (Nov/Dec); 11(9): 305, 308, 319-23, 326
Principles of psychiatry. <i>Chirogram</i> 1948 (May); 17(7): 19-20	The doctor's wife: an address to the wife of the doctor. <i>American Naturopath</i> 1956 (Jan); 12(1): 11, 20-1, 30
Psychotherapy. <i>Chirogram</i> 1948 (June); 17(8): 18	A specific chiropractic psychiatry. <i>California Chiropractic Association Journal</i> 1962 (Feb); 18(8): 7-11
Principles of psychiatry. <i>Chirogram</i> 1948 (June); 17(8): 19-20	Letter to the editor. <i>California Chiropractic Association Journal</i> 1962 (May); 18(11): 17
The allergies. <i>Chirogram</i> 1948 (July); 17(9): 16	Medical Assn. whitewash. <i>Journal of the California Chiropractic Association</i> 1965 (June); 21(12): 28
Psychotherapy. <i>Chirogram</i> 1948 (July); 17(9): 18	
Principles of psychiatry. <i>Chirogram</i> 1948 (July); 17(9): 19-21	
Bronchial asthma. <i>Chirogram</i> 1948 (Aug); 20(10): 11	
Psychological factors. <i>Chirogram</i> 1948 (Sept); 17(11): 10	
Psychotherapy. <i>Chirogram</i> 1948 (Sept); 17(1): 11	
Psychological factors. <i>Chirogram</i> 1948 (Oct); 17(12): 9	
Psychotherapy. <i>Chirogram</i> 1948 (Oct); 17(12): 11	
Psychological factors. <i>Chirogram</i> 1948 (Dec); 17(13): 9-10	
Psychotherapy. <i>Chirogram</i> 1948 (Dec); 17(13): 11	
Principles of psychiatry. <i>Chirogram</i> 1948 (Dec); 17(13): 12-3	
Psychological factors. <i>Chirogram</i> 1949 (Jan); 18(1): 10	
Principles of psychiatry. <i>Chirogram</i> 1949 (Jan); 18(1): 12-3	
Psychological phases of angina pectoris. <i>Chirogram</i> 1949 (Feb); 18(2): 9-10	

In the case of mental imbalance, manipulation plus the standard methods employed by all professions such as analysis, nutrition, vitamin and mineral supplementation, and psychic council [sic] are employed to achieve therapeutic response. When indicated, shock therapy may be employed at the Dr. Beeman's sanitarium, a completely chiropractically owned and operated mental institution, under personal supervision of licensed physicians and surgeons.

Demonstrations of hypnotism by Dr. Regardie are presented to point out the value of this type of therapy in releasing the conscious, thereby permitting access to the subconscious, which often is the site of the patient's difficulty (56).

Not later than 1948 Dr. Regardie had become active in the NCA's Committee on Psychology, which he served as an officer. Headed by New Yorker Herman S. Schwartz, D.C., a prolific author on psychological issues within the chiropractic literature ([57], [58], [59], [60]), the committee evolved into the NCA's Council on Psychotherapy in 1949 (61). The NCA's periodical reported the Committee's officers and rationale:

The members of the Committee on Chiropractic Psychology held a short business meeting in conjunction with the National Chiropractic Association Convention in Portland, Oregon. The following officers were elected:

Dr. Herman S. Schwartz, Chairman, 840-02 51st

St., Elmhurst, N.Y.

Dr. Francis I. Regardie, Vice-Chairman, Los Angeles College of Chiropractic.

Dr. Audrey M. Ploudre, Secretary-Treasurer, 3518 So. Olive Ave., West Palm Beach, Florida.

Dues were set at \$1.00 per year and those members who were in session paid during the meeting. The remaining members may send their dues to the secretary at the above address.

The aims and purposes of this committee are:

1. The committee can become a clearing house for the chiropractors' ideas on psychology.
2. The committee would call the practitioner's attention to the importance of the use of psychology in his practice.
3. The committee could assist in establishing uniformity of psychologic instruction in our schools.

The NCA could then bring to the attention of the legislators the fact that the chiropractic profession is using mechanical, neurological, as well as psychological methods, in coping with the No. 1 health problem of the nation, i.e., the 8 million mental casualties which occur annually. Our legislators will then become aware of the fact that the chiropractic profession is in a favorable position to make a distinct contribution toward mental health.

All chiropractors who are interested in the promotion of this work are urged to become members of this committee. – By Dr. A.M. Ploudre,



Dr. Herman Schwartz, 1950.



Dr. Francis Regardie, from the Aesculapian, yearbook of the LACC, 1948.



Dr. Audrey Ploudre, circa 1954.

Secretary (62).

The Council on Psychotherapy did not publish its own journal, but eventually endorsed a periodical produced by John Palo, D.C. of Ozone Park, New York, *Chiropractic Psychotherapy* (63). In the meanwhile, Drs. Schwartz and Regardie offered a proposal to the NCA's Council on Education (forerunner of today's CCE-USA) to introduce coursework in psychology within the NCA accredited chiropractic colleges. Minutes of the council's deliberations reveal a favorable reception to the idea, offered at the education council's meeting in Portland, Oregon, on 1 July 1948:

Doctors Herman Schwartz and Francis I Regardie, representing the Committee on Psychology, asked for the opportunity of presenting to the Council on Education the prepared syllabus on a proposed course in psychology to serve as the guide for instruction in this subject in all of the approved schools. The Council was advised that the syllabus had been prepared by Dr. Herman Schwartz and had

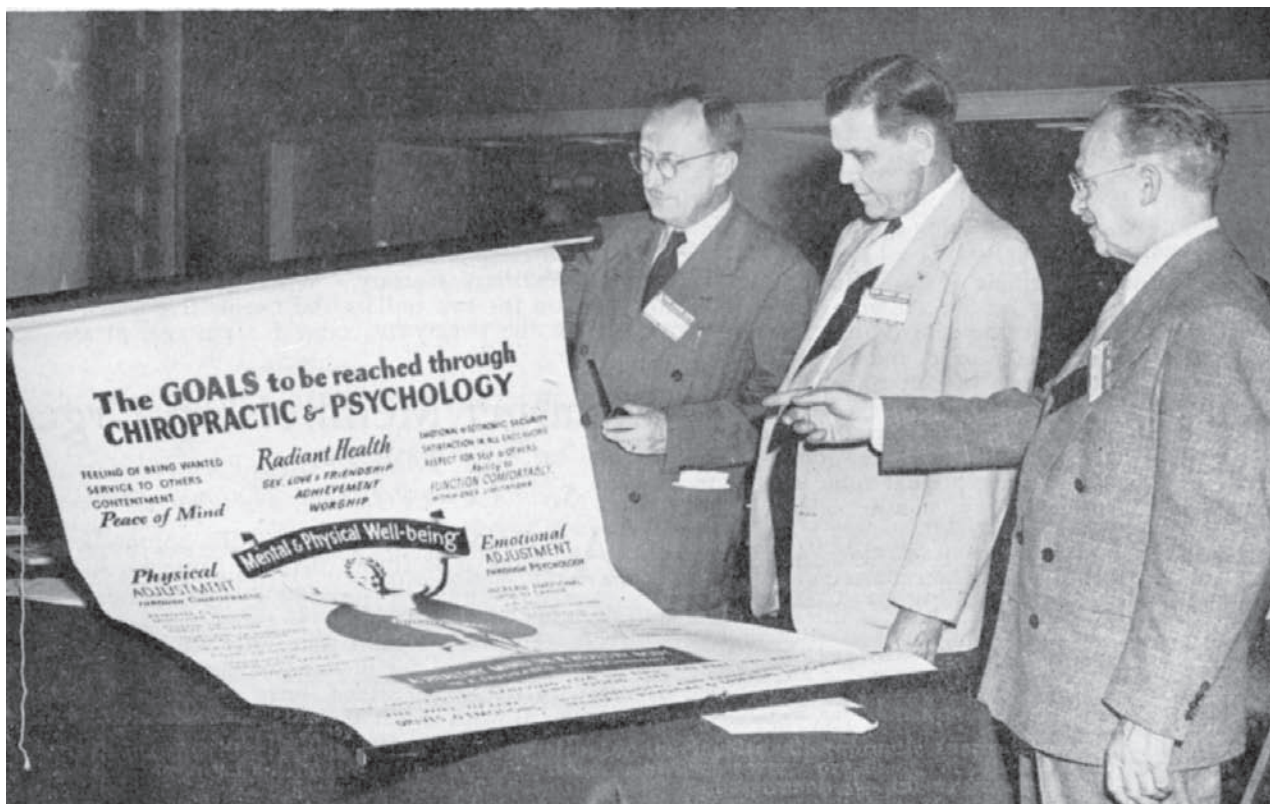
been approved by the Committee on Psychology.

(1) Dr. Regardie stated that it was indeed a very fine bit of work and consequently would like to recommend its approval by the Council.

(2) Dr. Schwartz said that he had worked hard on the syllabus, that in no way did he want it to represent a dictum of procedure but merely an outline to go by.

(3) Dr. Budden advised the Council that he was in favor of it because it represented another literary effort on the part of one in our own profession. He stated that he had been advised that as the result of the Baruch investigation the medical profession is going to try and prove that chiropractic is a branch of medicine because according to these investigators the majority of textbooks used in the chiropractic colleges are medical texts.

(4) Dr. Janse heartily recommended the acceptance of the syllabus as a guide but not as a mandatory outline to be followed in every aspect. He expressed deep admiration for the sincerity and



"Shown above (L. to R.), are Dr. C.W. Weiant, dean of the faculty, Chiropractic Institute of New York; Dr. F. Lee Lemly, past president of the NCA; and Dr. Herman S. Schwartz, president of the National Council on Psychotherapy, inspecting a scroll devoted to chiropractic and psychology during one of the symposia on psychotherapy at the national convention in Washington, D.C."; from the November 1950 issue of the *Journal of the National Chiropractic Association*.

Table 5: Members of the Council on Public Health and Research of the National Chiropractic Association (65)

W.A. Budden, D.C., N.D., <i>President</i>	James T. Kileen, D.C.
Margaret J. Schmidt, D.C., <i>Secretary-Treasurer</i>	L.M. King, D.C.
Annie M. Bremyer, D.C.	James W. Long, D.C.
Linnie A. Cale, D.C., D.O.	W.H. Lysne, D.C.
Belle B. Dearborn, D.C.	Rudy O. Muller, D.C.
E.R. Dunn, D.C.	Lee H. Norcross, D.C., N.D.
Norman K. Edgars, D.C.	Thure C. Peterson, D.C.
Grace Bailey Edwards, D.C.	Audrey M. Ploudre, D.C.
James N. Firth, D.C.	Waldo G. Poehner, D.C.
Forrest D. Frame, D.C.	Francis I. Regardie, D.C.
W.J. Gallagher, D.C.	Herman S. Schwartz, D.C.
Henri Gillet, D.C.	Ernest J. Smith, D.C.
E.A. Grissom, D.C.	Leo L. Spears, D.C.
Arthur G. Hendricks, D.C.	Leo J. Steinbach, D.C.
Milton I. Higgens, D.C.	Theodore Vladeff, D.C.
Fred H. Illi, D.C.	Clarence W. Weiant, D.C., Ph.D.
Joseph Janse, D.C., N.D.	Henry G. West, D.C.

efforts of Dr. Schwartz.

(5) Dr. Peterson advised the Council that the syllabus was prepared with the intention of representing a guide for the first semester of a proposed two-semester course and that if we approve of this first syllabus Dr. Schwartz will be willing to proceed with the preparation of a second syllabus for the second semester of work on the subject of psychology.

(6) Dr. Nugent complimented Dr. Schwartz on his work and advised the Council that every encouragement possible should be afforded Dr. Schwartz.

(7) It was then unanimously decided by the Council that Dr. Schwartz submit a typewritten copy of the syllabus to Dr. Janse, the Secretary of the Council, and have him arrange for the mimeographing of sufficient copies for each member of the Council, and that at the time the Minutes of the meetings are sent out a copy of the syllabus is to be included (64).

Regardie also joined the NCA's Council on Public Health and Research (see Table 5). This Council was one of several NCA sub-groups with an interest in promoting scientific investigations in the early 1950s, following a disastrous fund-raising campaign by the NCA's non-profit philanthropic

agency, the Chiropractic Research Foundation (today's FCER) (66). What role this chiropractic psychiatrist may have played in the public health council's work is not known to us, but the interaction with this agency kept him in contact with the national association's educational leadership.

The Columbia alumnus relocated his private practice to 3876 West Sixth Street in Los Angeles. He advertised that his services were "limited to Psychotherapy of the Neuroses and Psychosomatic Disorders" (67). Gerald Suster, who was treated by Regardie for several years and later authored a biography about his doctor, indicated that Regardie practiced a Reichian form of psychoanalysis augmented by chiropractic adjustments and yoga techniques, although most patients came to him initially for back pain (68). Regardie continued to collaborate with the LACC, at least for a while, by participating in postgraduate specialty training. In 1962 he was identified as a member of the American College of Chiropractic Psychiatrists (69).

Regardie could be decidedly unpleasant in his writings. He was outraged by the condemnation of chiropractic by psychiatrist James Clark Moloney, M.D., in the latter's book *The Magic Cloak*. Moloney had labeled chiropractic irrational and warned that "The chiropractor and his ilk cannot be ignored" (70). The chiropractor-psychiatrist aimed his pen and his psychoanalytic concepts at the medical man in an *ad hominem* attack. Moloney, he condemned, "behaves in such a way as to indicate that he is an unwitting stooge



Dr. William Alfred Budden, president of the Western States College; from the November 1945 issue of the National Chiropractic Journal



Dr. Joseph Janse, president of the National College of Chiropractic; from the October 1945 issue of the National Chiropractic Journal



Dr. Thure Peterson, executive director of the Chiropractic Institute of New York; from the July 1949 issue of the Journal of the National Chiropractic Association

for his parental beliefs.” The M.D., he asserted, suffered from “reaction formations to ward off anxiety about his early feelings towards his father” (71). Branding Moloney as paranoid and suffering from “castration fears,” he argued that the “magic cloak” of perfectionism that psychiatrists attempt to remove from their neurotic patients was no different from the cloak in which the medical profession had wrapped itself (72). He concluded his tirade by urging those chiropractors who specialized in psychotherapy to read *The Magic Cloak*: “It should serve him as a guide and a model – of what to avoid” (73).

The following year Regardie’s sharp quill came to the defense of Millard C. Hamsher, B.A., D.C., a graduate of the California Chiropractic College of Oakland who was pursuing a master’s degree in psychology at Los Angeles State College (74). When one of Dr. Hamsher’s instructors learned that he was a chiropractor, “a horrid spate of vituperation and abuse and stupid calumny burst from” the teacher’s lips and the DC was barred from class. Then serving as president of the California Society of Chiropractic Psychiatrists, Regardie felt that “this incident should be used for the sake of the profession, and to further our strong conviction that the chiropractor who wishes to obtain advanced scholastic standing and information should be permitted to do so. It is fatal to let our critics, some of whom are ill-informed and prejudiced, attack us on the basis of being untutored and unread” (75). Accordingly, a letter was sent to the errant professor and was copied to the

president of the CCA, to Goodwin J. Knight (then lieutenant governor of California and a friend to the chiropractors), and to the state’s department of education in Sacramento:

CALIFORNIA SOCIETY OF CHIROPRACTIC PSYCHIATRISTS

7, April, 1953

Mr. Edwin S. Shneidman, 7,
Los Angeles State College,
Vermont at Melrose Ave.,
Los Angeles, California

Dear Sir,

Dr. Millard C. Hamsher has just reported to me a thoroughly inelegant and grotesque experience with you at the above college. Apparently you arrogate to yourself – merely a Ph.D. (Psych.) – a higher legal authority than does the State of California. You do not appear to know that chiropractic is regulated in this State by a specific legislative act, under which chiropractors are licensed.

As I understand the situation, Dr. Hamsher’s grades at State College—which you must surely know is chartered by the State and whose educational activities are paid for by the people of the State of California – have been excellent. A particular

conversation with you, relative to his participation in a class on the Rorschach Test, to be conducted by you, revealed a particularly brazen and vicious denunciation of the chiropractor. You arrogantly discriminated against Dr. Hamsher with the insinuation that he was a totally unclean and diseased person. This conversation was overheard by other students, and notarized affidavits bear witness to this effect.

We are over-sated with these ignorant vilifications of our profession by ignorant people. Nor are we interested in your enforced defense of medicine. Under the circumstances we have counselled [sic] that Dr. Hamsher take legal action. Before he does approach the California Chiropractic Association's attorney, we suggest the following:

1. You obtain some veridical information about chiropractors about whom you appear prejudicially misinformed, and
 2. That you tender an apology to Dr. Hamsher, and
 3. That he be reinstated in the class, so that he may conclude his work for the master's degree.
- A telephone call to DUnkirk 9-8807 will facilitate an appointment for these purposes.
Yours truly,
/s/ F.I. Regardie (76)

the outcome that the offending professor wrote a personal letter of apology to Hamsher, who was readmitted to the course (77). Regardie also reported that an earlier invitation to members of a psychological society to attend a meeting of the chiropractic psychiatrists had been rebuffed, and that his invitation to them to sit in on his classes at the LACC had been ignored (78). These experiences paralleled and presumably amplified his distaste for the health care establishment ([79], [80]).

Regardie's engaging lecture style and numerous articles on psychology in chiropractic periodicals (Table 4) and elsewhere ([81], [82], [83]) brought recognition within the profession and speaking engagements at state and national chiropractic conventions. Additional conference presentations and seminars were arranged through the Graduate School of the LACC (84). However, his frank expression of views sometimes brought him grief. A two-part assessment of communism ([85], [86]), authored during the dark days of McCarthyism, brought strenuous protest from an anonymous, self-labeled "Psychiatrist Who Looks At a Kremlin Apologist" (87). This in turn was followed by a series of replies in the LACC's periodical, the *Chirogram*, which either supported Regardie's original piece or decried the anonymous accuser's tactic ([88], [89], [90]). A former student, Theodore R. Mahaffey, D.C., recalled

Regardie noted that numerous conferences ensued, with

I hold no special brief for or against any of the



"NEVADA STATE CONVENTION AT LAS VEGAS - Speakers appearing on the program: Front row, L. to R.: Dr. Francis I. Regardie, Hollywood, Calif.; Dr. A.C. Johnson, Phoenix, Ariz.; Dr. Wm. J. Burns, Algonac, Mich.; Dr. A.P. Arnold, Monrovia, Calif.; Dr. George Adelman, Brockton, Mass. Back row, L. to R.: Dr. James Hart, Los Angeles, Calif.; Dr. Clarence Payne, Chicago, Ill.; Dr. Irving Dundas, San Francisco, Calif.; Dr. Homer York, Los Angeles, Calif.; Dr. Murray Allison, San Diego, Calif. Convention was held May 4, 5, 6, 1951"; from the July 1951 issue of the Journal of the National Chiropractic Association.



Dr. Francis Regardie; from the 1951 issue of the LACC's yearbook, Aesculapian

people, ideas or organizations in this controversy. Like everyone and everything else, though, when tossed into the scales they probably have some good with the bad. When I sat in Dr. Regardie's class for 80 hours I found him informative and entertaining; I both agreed and disagreed with him; I have seen him petulant and olympian. And right now I am reminded of something I recall him saying. He was asked if he was not neurotic and replied, "Who the hell isn't?" ... For those who want answers to rhetorical questions, I would answer, "Only the psychotics" (91).

It is not known whether this branding as a communist contributed to Regardie's 1952 departure from the LACC (92), but the anonymous character of the criticism must have harkened back to Crowley's anonymous letter many decades earlier. In any case, there are few mentions of Regardie in the LACC's literature after 1952. Although he continued to teach at the Hollywood College and was active in state and national chiropractic psychotherapy groups ([93], [94], [95], [96], [97]), the frequency of his contributions to the chiropractic literature declined in later years (see Table 4).

Conclusion

Dr. Francis Regardie apparently continued in clinical



Francis I. Regardie, D.C., circa 1954

practice in southern California until 1981. At that time, at age seventy-four, he retired and relocated to Sedona, Arizona, a resort community in the state's central "red rock" region. He passed away on 10 March 1985 (98).

Although Israel Regardie is widely remembered in the world of the occult, Dr. Francis I. Regardie is largely forgotten within chiropractic circles today. Like a number of D.C.s before him, he came from humble origins and limited preprofessional education, but made maximum use of his chiropractic training and supplemented this knowledge base with skill and understanding from other realms. A prolific author and writer, his psychoanalytic concepts were offered to his students at the LACC and published in the school's periodical, the *Chirogram*, but garnered little sustained interest. Perhaps he was writing for the wrong audience.

Regardie's involvement in the occult harkens back to the spiritualist roots of chiropractic's founder, D.D. Palmer ([99], [100]). Regardie found parallels among the theosophy and vitalism of "chiropractic philosophy," Freudian mental constructs (id, ego, superego) and psychic energies (e.g., libido, the orgone, Innate Intelligence). Noted but not explored here are the influences of his occult concepts on his practice of manipulation and the "talking cure."

Francis Regardie is an enigma in several respects. A decline in his psychotherapeutic writings is noted after his final article in the *Chirogram* in 1952, although he offered a text on relaxation training more than a decade later ([101], [102]). He made his living during this period as a chiropractor-psychotherapist, but left little if any record of this experience. His role as activist among those D.C.s

with an interest in mental health and in behavioral methods of health care merits further study. Much has been written about his contributions to the literature of the occult; we hope that our contribution will help to fill out and inspire greater understanding about this unusual doctor's thought patterns and contributions.

Acknowledgments

We wish to thank Mr. Arnold Regardie, Esq., for his input; the late Paul Smallie, D.C., the Cleveland Chiropractic College of Kansas City, the New York Chiropractic College;

Rick Saggio, L.M.T., the library of the Southern California University of Health Sciences and Glenda C. Wiese, Ph.D., of the David D. Palmer Health Sciences Library for access to materials, and the National Institute of Chiropractic Research for its financial support of this project.

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