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Chronology of Ted L. Shrader, D.C., F.I.C.C.

Chronology:

1919 (Jan 23): born in Des Moines IA

brothers: 2? DCs, 1 DC/MD (vascular surgeon?); nephew: MD
(orthopedic surgeon), nephew: DDS; sister: x-ray technician

1936: graduate, Santa Barbara High School

1936-38: Santa Barbara State College

1938-40: DC; Ratledge College of Chiropractic (2400 hour program)

1940-present: Licensed as D.C. in state of California

1940-41: Private practice in Santa Barbara

1941-42: Private practice in San Francisco/Oakland
(W.G.Keys Chiropractic Offices), met wife at this time

Married October 19, 1942; Wife: Ione Waynick (worked as Dr.
Shrader's secretary, and as Secretary of the CCA Auxiliary);
children: David Paul Shrader (dob: 9/25/50), Lucille Marie
Shrader (dob: 3/28/52); religion: presbyterian

U.S. Naval Reserve, Hospital Corps, South Pacific 1942-45,
Pharmacist's Mate 1/c

1946-48: private practice in Los Angeles

1947: Founded Chiropractic Forum in Los Angeles, served as
secretary until 1953

1948-49: Private practice in Lafayette

1949-53: private practice with Dr. A. Shrader

1949-53: President and state CCA director, Inglewood
Society/CCA

1951 (Feb): **JNCA** (21[2]) includes:

-C.L. Hightower, D.C. and Ted L. Shrader, D.C. author "A
pattern for professional unity" (pp. 22-3, 77), which is
reprinted from the **Journal of the California Chiropractic
Association**:

DECEMBER, 1950

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JOURNAL of the California Chiropractic Association

A Pattern for Professional Unity

As Compiled By

C. L. HIGHTOWER, D.C. and T. L. SHRADER, D.C.

In TIMES such as these, when the basic thinking, the concepts, and the ideals of every individual have become of such extreme importance in the welfare of all peoples the world over; education, proper education, in those principles which characterize every concept, holds the key to harmonious living. In this, the educational efforts used must be positive and aggressive. The subject must be presented with an appeal that propagates itself because of its merit. It must be made clear that the features of the particular concept in question have more to offer than another. Such procedure will foster democracy, and it will foster chiropractic.

With the relation to this and to chiropractic's educational program there has been considerable thought and effort concentrated recently, to clarify chiropractic and its principles.

Preliminary Summarization

The resulting preliminary summarizations so far prepared were presented at a recent CCA Board of Directors meeting, and were so well received that their publication in the *Journal* was requested.

Three basic questions are considered: a chiropractic definition; the biological premises considered as characterizing chiropractic and distinguishing it from other theories in the health field; how we may determine whether or not any particular act, or series of acts is included in or constitutes the practice of chiropractic.

The importance of the resolution of those three questions cannot be over estimated. They are preliminary to every harmonious chiropractic endeavor. Consider then, the following:

Perspectives and Concepts Vary

Chiropractic is a particular and distinct concept of biology which accounts for and deals with all variations in the state of health of human beings; but is chiefly directed to the proposition of promoting and maintaining a "healthy" state of the human body. It is characterized especially by its premises concerning the importance of fostering the structural and functional integrity of the nervous system as a means toward that end.

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Chiropractic differs from all the various other concepts concerning health in the perspective from which it views the subject. Perspectives of the various health professions, individually and collectively, depend upon their particular conclusions—conclusions which are based upon beliefs or assumptions not as yet universally accepted as facts. To the extent their assumptions vary, the perspectives and concepts must correspondingly differ.

Chiropractic accepts established facts of biology in its every consideration; and, as scientific research establishes assumptions into facts, it, with other concepts will converge with this new

knowledge, toward a general concept in harmony with universal truth.

Chiropractic assumes the responsibility of directing all of its scientific research toward the goal of a knowledge of truth, and accepts, too, the obligation of modifying its concepts in order to progress in accordance with the dictates of biological research based upon sound principles.

Offered as being among the biological premises of chiropractic are the following:

1. Chiropractic presumes that the promotion, maintenance and restoration of human health is dependent upon establishing conditions which permit the natural and inherent recuperative and compensatory powers of the human body to attain and perpetuate anatomical, physiological and psychic equilibrium of the entire human organism.

2. Chiropractic presumes the nervous system to be the sole mechanism by which coordination and correlation of body function is effected.

3. Chiropractic presumes that loss of structural integrity of the nervous system can and does occur; and that such loss is followed by a corresponding impairment of its function and of associated structures.

4. Chiropractic presumes that body condition will vary from the satisfactory state of health directly with the degree of impairment to the proper integration and/or transmission of nervous energy.

5. Chiropractic presumes that certain variations in the relationship between nerves and structures adjacent to them can produce nerve impingement (loss of structural integrity with sufficient pressure to obstruct transmission of nervous energy).

6. Chiropractic presumes that structure and arrangement within and of the body determines the nature of function.

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7. Chiropractic presumes the ordinary incidence of nerve impingement at the spine to be the result of an automatic response of the body to excessive stimuli; and beneficial to the degree to which it effects a conservation of nervous energy. (The impingement to originate (*in response*) to excessive environmental unneutrality, and in direct proportion with it in intensity.)

8. Chiropractic presumes the incidence of obstructive nerve pressure (impingement) to be detrimental only when, upon cessation of the original stimulation, the impingement is not completely dissipated by the body's inherent powers of recuperation or adaptation.

9. Chiropractic presumes the most frequent but not the only site of nerve impingement to be at the intervertebral foramina.

10. Chiropractic presumes that a restoration of the structural integrity of the nerve system automatically restores possibility for proper function—integration and transmission of nervous energy. (Restoration of functional potential.)

11. Chiropractic presumes coordinated body function to be necessary for the body to meet demands of its constantly changing environment, and, by so doing, guarantee a satisfactory state of health.

12. Chiropractic presumes that body function, to whatever extent it occurs, to be the automatic, necessary, and desirable response to environmental influence; that, as such, it is to be fostered in every manner possible.

13. Chiropractic presumes that, upon functional failure of the body in meeting environmental demands, that a loss of structural integrity through automatic catabolic, degenerative processes does occur.

14. Chiropractic presumes that the health of living matter—the human body in particular—is that condition of the body

manifesting or most capable of manifesting the successful perpetuation of a desirable environment and/or adaptation to environmental change.

15. Chiropractic holds that "environment" as such to be composed of matter and/or energy—and that the properties of matter which are of practical importance in dealing with health matters and structural integrity of the body, may be reduced to three common denominators: mechanical, chemical, and thermal.

16. Chiropractic holds that a proper balance between *all* those qualities (mechanical, chemical, and thermal) of the environment and the same qualities of the body must be maintained to maintain a healthy state.

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17. Chiropractic holds that all health considerations must be undertaken with a full realization that environment and body are *one* inseparable entity.

18. Chiropractic emphasizes the importance of the body's own abilities in perpetuating its satisfactory relationship with the internal and external environment through its own functional capacity.

19. Chiropractic directs its every procedure toward means by which the body's ability to meet its responsibilities may be fostered.

Those acts, or series of acts, which are the application of chiropractic principles constitute the practice of chiropractic. Such acts must be dictated by, and in conformity with, the biological concept of chiropractic and directed toward its goal; the promotion and maintenance of satisfactory health in and of the human body.

Paths That Cross

It must be remembered that chiropractic deals not only with the many technics evolved in the application of its principles, but with the philosophy upon which all its technics are based. However, because the chiropractic philosophy and other concepts dealing with health differ and led to different methods of procedure, it in no way implies that every act of the Chiropractor must, of itself, differ from the acts of other practitioners.

The reasoning, the intent behind the act may be decidedly different; yet, all of us who are dealing with the problems of harmonizing the human body and its environment are on paths which are bound to cross, much as streets or highways may intersect. Parts of highways 101, 66, and 99 may be the same while leading to entirely different destinations. Like wise, certain acts may be common to different health professions, traveling their own roads.

It must be also noted that, while the practice and philosophy of Chiropractic originated and specifically includes the thorough consideration of the vertebral subluxation, it encompasses as well full consideration of every factor essential to/or influencing human health. The chiropractor's intent is not restricted to the removal of a subluxation; his efforts are all directed toward, and include all considerations leading to an end result which is the promotion of the integrity of body structure and its harmonious relationship with the environment. Procedures devoted to the removal of obstructive pressure upon nerves have possibilities for benefit far beyond

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our present knowledge, but they must be utilized and developed always with full realization that they, themselves, are but means to an end. Technics and procedures must continue to evolve; those used today surely will be improved upon tomorrow; life and progress demand it. Neither the body nor its environment is in any particular static, and the science dealing with them cannot be.

Our choice of procedure is determined and guided by our philosophy; and the chiropractic philosophy covers the entire field

of human health and every quality and & arrangement of matter affecting it.

Become More Familiar With Philosophy

Acceptance of chiropractic in such a light as this provides a basis for professional unity. In general, as a profession, we aspire to become ever more familiar with our philosophy. Yet, there are those who are in doubt as to just what chiropractic principles are; and, before it can be assured that our efforts in practice are uniformly "Chiropractic" we must know the chiropractic reasoning, the chiropractic philosophy. Common understanding on that can bring professional unity.

1952-53: State Secretary CCA

1953-present: private practice in San Lorenzo CA

1953 (July): Henry G. Higley DC, MS presents his "Proposal for the establishment of **research** in the chiropractic colleges" to the NCA Council of Education at their convention at the Statler Hotel in LA (Higley, 1953); GM Goodfellow DC serves as chairman of the NCA's convention (Rehm, 1980)

1953 (July 15): letter from Ted L. Shrader DC to T.F. Ratledge DC (Ratledge papers, Cleveland Chiropractic College of Kansas City):

Dear Dr. Ratledge,

A long while has passed since my leaving Los Angeles, and ninety-nine percent of that time has been devoted toward the building of a practice. I see, though, that the CCA convention is due to begin in a couple of weeks; so I will have to interrupt things long enough to take in a portion of that. Also, Dr. Irwin writes that the Forum will hold a special breakfast meeting at the Ontra Saturday, the 25th. Of course, I shall be on hand for that.

Charlie Gorham just the other day sent what he considered to be final drafts of the articles of Incorporation for the Forum. How he ever got them so mixed up I'll never know, but they weren't at all what was wanted. I believe he must have copied them from the copies of the Chiropractic Research Foundation (NCA), which I had passed on to him strictly as consultation material.

I took the assorted bits of information and pieced them into that which you find enclosed; I have sent him one copy and am forwarding you the other. If those attending the Forum at present are still inclined to incorporate (and I certainly hope they are), perhaps this will get the ball rolling.

Need for the Forum is even greater now. I have written for confirmation of this, to be sure it is accurate information, but I am told that the NCA's Research Foundation is presently inactive. If that is truly the case, then it leaves only the Palmer group as the "Fountainhead" of Chiropractic research. Perhaps there are others, but if so, I am unaware of it.

I was in hopes that some written material would emanate from the Forum before this. Without it circulating from time to time, people will get the idea that it, too, is a "dead duck"; and we went too far forward with it to permit such a thing to happen. What lies on its horizon at the moment?

I'll greatly appreciate your returning this draft as soon as possible, for I would like to have it in my possession when I make the junk south on the 22nd. I'll make a point to see you, if you have any free time, that is, before the Forum's meeting on Saturday.

Meantime, give my regards to Mrs. Ratledge and Jack.

Hope all goes well with you. As ever,

Ted

Ted Shrader

Active in Lions Club (President, San Lorenzo Lions Club 1954-55); Commonwealth Club of California; President, Los Angeles 20/30 Club (1947-48)

Hobbies: golf, boating, water skiing, camping, fishing, snow skiing

?: Past President and past Director, Alameda-Contra Costa Chiropractic Society

?: chair, ACA Instrumentations Committee

1963-77: Chair, CCA Evaluation Committee

1964: authored CCA Operational Premises and Statement of Individual Tenets and Responsibilities; CCA Code of Ethics

1965-66: member, ACA Ethics Committee, member, CCA Ethics Committee

1965-68: Chair, CCA Dept of Professional Relations

1967: Editor & Publisher: **CCA Handbook**

PHOTOGRAPH



Ted L. Shrader, D.C. (CCA Journal)

1967-68: President, CCA

PHOTOGRAPH



Ted L. Shrader, D.C. (LACC Registrar's collection)

1968: Chair, CCA Publications Committee

1968 (Feb): **JCaCA** [24(8)]: includes:

-"CCA President enthusiastic over unity prospects" includes photograph (p. 22):



During his visit to Palmer College of Chiropractic, Dr. T.L. Shrader was guest of honor at a reception in the Palmer campus residence. Chatting in front of the cozy fireplace are, from left, Dr. E.L. Crowder, director of alumni; Dr. Shrader; Dr. David D. Palmer, president; Vern Link, superintendent of buildings and grounds, and Wm. B. Gehlsen, treas.

1968 (May): **ACA Journal of Chiropractic** [5(5)] includes:

Interview 3/12/90:

-Ratlidge College educational standards were a disappointment to Dr. S

-Ted L. Shrader, D.C. authors "A change in attitude" (pp. 21-22); notes the writings of C.O. Watkins, D.C. and Roy W. Hildebrandt, D.C. on need for clinical research in lieu of dogma

1970: authored "A study of technic evaluation and vertebral subluxation"

1973: authored reference brochure, "The chiropractic profession in California"

1976-80: Northern California delegate to ACA House of Delegates

1976: authored article on interprofessional cooperation in **California Optometric Journal**

1976-present: Secretary-Treasurer, ACA Council on Technic (formed in 1964)

1980 (June 17-20): Ted Shrader participates in the ACA Council on Technic's Dever Conference on the Biomechanics of the Pelvis



Back row (L to R): Joseph Janse DC; Reed B. Phillips DC, MSCM; David Cassidy DC; Meridel Gatterman DC; Bryan Gatterman DC; James Boorsma DC; Otto Reinert DC; J.R. Campbell DC; front row (L to R): A.G. SantoMauro; Dr. David Denton; Bertrand Faucret DC; Bruce Fligg DC; Ted L. Shrader DC; Dr. Kenneth Heairlston

1980?: Fellow of the International College of Chiropractors (F.I.C.C.)

???: Reprinted C.O. Watkins' **Basic principles of chiropractic government**. Who was this booklet distributed to?

Postgraduate education: annual and periodic seminars sponsored by CCA, NCA, ACA, CCA Health Service Foundation, FCER, Chiropractic Research Forum, California and Canadian colleges; clinical chiropractic courses including: Gonstead, Logan, DeJarnette, Goodheart, Thompson, Palmer, Bennett, Duff, H. Gillet, and MPI

-didn't complete orthopedics program (LACC-sponsored, Dr. Lee Norcross was teacher; Norcross later switched from ACA to ICA, which created a controversy)

-life member of CCA - awarded in recent years

- "took a job no one else wanted": e.g., Chiropractic Forum as forerunner of ACA Council on Technic (Chris A. Pinkenburg, D.C. preceded Dr. Shrader as secretary of Technic Council)

Chiropractic Forum: "a study and research group related to chiropractic philosophy" (1947-1956)

- principles of chiropractic should be standard throughout the profession, but didn't seem to be

- discussions of philosophical issues gradually led to clinical issues

- TF Ratledge would lecture; other invited speakers (e.g., USC professor re: nutritional supplements, biochemistry)

- usually 15-35 attendees at Forum breakfast meetings of mostly Ratledge graduates, but all DCs were welcome; no serious conflicts among participants, a genuinely open forum

- Forum led Dr. Ratledge to begin to award the Ph.C.; Dr. Shrader didn't get a Ph.C. (mildly miffed at this), but many other DCs did get one

- Viola Irwin DC took over from Dr. and Mrs. Shrader's role as secretary. Dr. Irwin was given custody of wire recordings of Forum meetings

- many of Dr. Ratledge's lectures at the Forum were transcribed and distributed to members at a nominal fee; Dr. Shrader says there's a collected volume of TF's Forum lectures? See [Dr. Smallie](#)

- several Forum [surveys and discussions in CCA Journal](#)

- Drs. Shrader and Smallie labored long and hard to develop statement of chiropractic principles around which the profession could unite

Denver Conference on Biomechanics of the Pelvis (1980 at Spears Hospital)

- this was a bridge between the Forum and the ACA Council on Technic

- provided opportunity for open frank discussions of chiropractic issues

- provided opportunity to pick and choose from clinical options.

- this conference was the first to encourage faculty and administrators to openly discuss clinical methods (a la Dr. Janse's recommendation)

- an amiable exchange of views

- proceedings were published; sale of proceedings provided capital for future inter-college conferences ([?ACA Technic Council?](#)) (e.g., 1983 Cleveland College/LA); ironic return to region of Forum for first inter-college meeting

- Technic Council in 1960s tried to stimulate activity and discussion, but very little was accomplished; only two dozen sustaining members at that time

- "I fault the organizational structure of ACA and the arrangement it has - cooperation with the Technic Council - it hasn't been conducive to its expansion, because so many of the things the Council should be doing must occur at a local level"; e.g., SF bay area should have its own chapter of the Technic Council to discuss clinical research & practice issues

First Inter-College Technic Council Meeting (1983)

- held at Cleveland/LA, Dr. G. Clum attended

- still much "polarization" among participants of rival camps

- Drs. Janse & Hildebrandt actively involved in furthering Council's work. Hildebrandt suggested publication of proceedings as monographs rather than in the JMPT. Monographs funded further meetings.

- this first inter-college meeting was supposed to be limited to western colleges due to Council's meager budget, but many other colleges sent representatives

- it was a "challenge" to finance meeting; Int. Coll. Chiro (ICC) helped (gave \$1,500 to publish Denver Conference proceedings); John Sweitert, DC, FICC helped to get ICC funds

- ACA House of Delegates gave \$4,700 in 1989; previously had given \$8,000 over the years to fund the Technic Council's inter-college meetings.

- FCER was difficult to deal with for grant support because they required Dr. Shrader to apply for funds on a research grant form (square peg in round hole); finally got FCER "discretionary funds"; no longer: now the expectation is that ACA rather than FCER will support Council's work

- ACA could have played a role in setting standards, feared financial jeopardy under anti-trust action; Dr. Shrader doesn't understand this. Fear of anti-trust litigation hindered ethical issues, ACA membership required for NCMIC struck down (ACA membership no longer a malpractice insurance club); mandatory CCA/ACA membership also ended

- Dr. Shrader insists that self-discipline is a legitimate function of a profession

- "One of the definitions of a professions uses language somewhat akin to this: a profession is a group of individuals who are self-improving, self-disciplining, dedicated in some way to public service"; must have some quasi-legal or self-disciplining authority, must require accountability beyond what is required of a mere trade or trade association

- few attorneys grasp all of the profession's needs

-J. Minos Simon, attorney in the England case: his speech was so impressive that Dr. Shrader reprinted it, distributed it at joint CCA/ACA convention in (1966?); wishes it placed in college archives	1966: CCA Evaluation Committee reviewed clinical research from B.J. Palmer Research Clinic, data submitted by J.F. McAndrews, DC, PhC
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Phone chat (4/12/90) with Herb Magee, DC, 703 Whipple Ave, Redwood City CA 94063 (415-366-2104)

Ted Shrader's best friend is Bob Moore DC (who doesn't practice any more); runs an orthopedic supply house; lives in Hayward; ask Dr. Ted for Dr. Moore's phone #

Herb's father is also a DC; may have old books and journals; many stories? His father graduated from "Sierra" chiro College? what year?