

## Biography – Mabel Heath Palmer

### *Mabel Heath Palmer, D.C., FPAC – The First Lady of Chiropractic (June 5, 1881-March 30, 1949)*

#### *(Short version)*

Known as The First Lady of Chiropractic, Mabel Sarah Heath was born in Milan, Illinois, and married Dr. B.J. Palmer in 1904. After graduating from Palmer, she studied anatomy, wrote a textbook on the subject, and taught anatomy at Palmer for more than 35 years. She died in 1949. She was posthumously named a distinguished Fellow in the Palmer Academy of Chiropractic in 2006.

#### **(Long version)**

Mabel Sarah Heath was born in Milan, Ill., and attended Augustana College in Rock Island, Illinois, where she sang in the chorus. She met Dr. B.J. Palmer while she was an apprentice organist. They married in 1904. She became a doctor of chiropractic in 1905. Mabel served as the Palmer treasurer and business manager, continuing in that role as the school continued to prosper. Later she attended Rush Medical College in Chicago, Illinois, where she acquired the knowledge necessary to return to Palmer and take over teaching anatomy and dissection. She wrote the first anatomy textbook for chiropractic students and was an instructor at the Palmer School for more than 35 years.

Mabel Heath Palmer, D.C., was a close and valued adviser to her husband. She was a popular lecturer throughout the chiropractic profession and became known as The First Lady of Chiropractic. She formed the Sigma Phi Chi professional sorority in 1911.

Mabel also was an active civic leader. She was elected international president of Quota Club, which promoted gender equality and empowered women. And she formed the first Quota chapter in Australia. She also served on Lend-A-Hand's (now Center for Active Seniors, Inc.) board of trustees. She died in 1949. She was posthumously named a distinguished Fellow in the Palmer Academy of Chiropractic in 2006.