

# Time and tide

*'Inevitably, historical epochs are arbitrary and subjective. Cultural and political events do not emerge in neat patterns like flower beds in a formal garden. It is only human to mourn a vanishing past. Nevertheless, I think the eerie sense many have that we are watching the page of history turning is correct, even if it is not exactly scientifically provable'.*

James Marriott, January 2025 (1)

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Editorial team

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## Dr Les Whitehead

**O**n behalf of the New Zealand College of Chiropractic, I want to acknowledge the recent passing of Dr Les Whitehead and honour his extraordinary legacy.

Les was a true pioneer of Chiropractic in New Zealand. He began his working life as a builder, but in 1959, after receiving Chiropractic care, he made a decision that would shape the rest of his life. He travelled to Palmer College in Davenport, studied under BJ Palmer,

and graduated as a Chiropractor in 1962. He returned to New Zealand and began a career that touched thousands of lives and helped shape the profession for generations to come.

Les was well ahead of his time. He embraced innovation in practice long before it became the norm, mentored generously, and remained a passionate advocate for Chiropractic throughout his life. He never sought recognition, but his impact has been immense.

I had the privilege of sharing a day with Les last November. He was still sharp as a tack and as passionate about Chiropractic as ever. We spoke about the College, the direction of our research, and some of the technological advancements we're making. He was genuinely excited, particularly about how we're using innovation to better understand the impact of Chiropractic care on brain-body communication. Even after decades in practice, his love for Chiropractic and his dedication to its future remained as strong as ever.



Last year, the profession was proud to induct Les into the New Zealand Order of Chiropractic, a fitting recognition of a lifetime of service, innovation, and unwavering commitment to the principles of chiropractic.

Rest in peace, Les. Thank you for everything you gave.


Kelly Holt

President, New Zealand College of Chiropractic

# HONOURING

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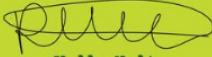
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Kelly Holt  
President, New Zealand College of Chiropractic

Words and images courtesy of the New Zealand College of Chiropractic & the New Zealand Chiropractor's Association

# Dr John Cappola

Dr John Cappola practised in South Brisbane from 1984 for over 35 years before relocating to Yamba. A graduate of Sherman College and long-time member of the CAA/ACA, he is remembered fondly by many.



# Dr Keith Livingstone

Dr Keith Livingstone served the Victorian communities of Swan Hill and Bendigo and was named CAA Victoria Chiropractor of the Year in 1998. He passed away following complications from pneumonia.



# Dr Malcolm Rutledge

Dr Malcolm Rutledge was a passionate advocate for Chiropractic in Queensland, serving on the boards and committees of the original ACA (QLD) and CAAQLD. He was a committed member of the profession who will be greatly missed.



Words and images courtesy of the  
Australian Chiropractors Association,  
The Australian Chiropractor



Editorial team

With appreciation to contributors:

New Zealand College of Chiropractic

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**Cite:** Editorial team. Time and Tide: In memoriam. Les Whitehead, John Cappola, Keith Livingstone, Malcolm Rutledge. Asia-Pac Chiropr J. 2025;6.2. [www.apcj.net/papers-issue-6-2/#TimeandTideOct25](http://www.apcj.net/papers-issue-6-2/#TimeandTideOct25)