

The Journal of Osteopathy

January 1901

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THE JOURNAL OF OSTEOPATHY

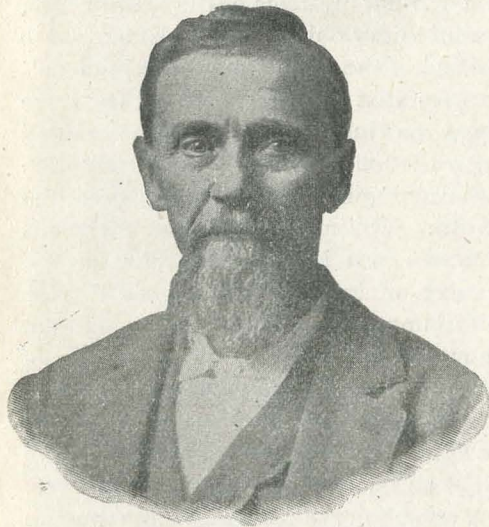
KIRKSVILLE, MISSOURI, JANUARY, 1901.

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Dr. A. T. Still's Department.

SMALLPOX.

WITHOUT any apology whatever, I have taken my pen to record and give my opinion to all who have ever been students of the American School of Osteopathy on the subject of smallpox, as a disease, and some of the remedies



which have been used by the human races of all nations on the face of the earth, China, Russia, Italy, Germany, France, England, Ireland, Scotland, Spain, Sweden, Norway, the islands of the seas and North America, which is my home; under whose flag all men are free and equal to speak. On this soil we tip our hats to no crown nor gown, government, statute nor national edicts, neither do we ask the privilege to express our opinions for or against the custom of our own government, nor the habits of others upon the face of the earth. We respect truth and justice to all.

To begin, will say, smallpox is a very loathsome and deadly disease. From history and statistics we have no positive evidence that smallpox has ever been conquered or even modified in its ravages and destruction of human life by any method of treatment; in the wigwam, the dwelling house, the pest houses of any village or city at any place on the face of the earth.

China and other nations have inoculated with the virus of smallpox with the result of increasing its spread only. The people of other governments have also thought favorably of inoculation and have inserted the poisonous matter into the bodies of those who did not have the smallpox at the time of its insertion, spread without modification was the result.

An eminent scientist by the name of "Jenner" with whom all historians

are familiar as the discoverer of vaccination to whom we should give all honor to his memory for even trying to combat so deadly a scourge, notwithstanding vaccination has long worn the black garb of mourning because his theory and practice have fallen to rise no more, it having failed to conquer the deadly enemy as hoped for by him.

Vaccination is not only believed to be a gigantic failure but is believed to be the cause of the spread of tuberculosis and many other incurable and most loathsome diseases, such as leprosy, syphilis, cancer, glanders and all of the horse and cattle diseases, being injected into and retained in the human body, which was healthy all days previous to vaccination, the effects of which have caused deaths up to many thousands, if history with statistics are reliable.

I am now talking to the graduates and students of the American School of Osteopathy whose charter reads thus, to "improve our present system of surgery, obstetrics and treatment of diseases generally." I want to draw your attention to one very serious truth that should forever be before the mind of every graduate and student of this school, and that is the meaning of the word Osteopathy, which means to improve on other systems of the healing arts. Let us as practitioners in Osteopathy live up to our obligation, and let our motto be from the rising of the sun to the setting of the same "eternal vigilance" with the word "improve on" and not imitate past theories, unless they have been weighed in the balance and not found wanting. You are not warranted nor safe in vaccination unless you do know that such person is made immune from smallpox by it and is as safe from the contagion after as though such disease did not exist upon the face of the earth. You must know that the virus you are about to put into a healthy child's arm is free from tuberculosis, syphilis, leprosy, glanders, erysipelas, cancer or any other loathsome disease of man or beast, and know that it will immune your patient from smallpox and leave no bad effects as a future annoyance, without which you are not justified to imitate the teachings of the arts of this or any other government. Before you act, halt and ask this question, where is the improvement and how may I know there has been any improvement in ten thousand years in combating smallpox? Know you are right and go ahead or hands off forever.

Do not consider me as combating the effort to cure or relieve the human race from smallpox, but I do combat most emphatically the idea of vaccination because other persons have done so. I most sincerely hope that we some day will solve the problem, meet and conquer smallpox in the open field.

For twenty-five years and upwards I have looked on smallpox as an infectious disease, which requires about ten days from its contact with the human body to begin to show its furious upheavels on the skin of the body. It has long since been proven that its seeds when breathed into the lungs will gestate and develop from day to day and take full possession, also by inoculation.

Under my school charter I took on myself, not you, not they, not them, an obligation to improve on existing methods of healing the afflicted. I am

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personally responsible and not you, they, nor them, for what I may say in laudation or condemnation of any measure or method which is or has been used for the relief of suffering humanity. Self evident facts well proven by demonstration all have a friendly welcome by me. Like "Jenner" I want to relieve human suffering, but that does not say that I am competent to get results that would render the necessary relief to the afflicted and mental joy to myself. Right here I will report my own experience, I have been vaccinated many times in my arms just the same as other persons, possibly twenty times in all. I have used the vaccine quills, bones, the dry scab and the fresh matter from the living arms, all to no effect. I have been exposed and in close contact with genuine confluent smallpox, not varioloid nor chicken pox but variola pure and unmixed, and treated them for such disease. I have not been affected by either that or vaccine matter,

For many years following my exposure to smallpox I was in a quandary why I was immune from both. In talking to my mother on the subject she said possibly she had blistered all of the smallpox out of me when I was a child, at which time I had a long spell of white swelling, caused from a fall on my right hip, which resulted in inflammation of the superior crest of the right ilium, out of which a number of pieces of bone an inch and less were taken. She said she kept the fly blister active and running for six weeks. Some years later a very large swelling appeared in my left groin from the saphenous opening down the thigh about four inches. My father being an M. D., ordered the blister over the swelling, which was kept up a week or ten days, at which time the pus was let out with a lance and healed nicely. Five or six years later I was attacked with pleurisy of right side from the 8th to 12th ribs, my father bled me a quart from the arm, then ordered a blister of Spanish Fly about six by eight inches. I am now and have long since been of the opinion that I have been immune from vaccine and variola from the effect of cantharidin which was absorbed in my system during the times that I was blistered to allay the above named inflammations.

I will now proceed to tell you in the fewest possible words how smallpox proceeds after it appears on the skin, to death or recovery; also I will give you the visible appearance of the blister fly from contact to recovery or death. The first appearance of smallpox is thickening or reddening of the skin. The Spanish Fly raises the skin and reddens it, it makes a blister on the outside of the skin. Smallpox begins with a blister, eats down into the skin; cantharidin also eats down into the skin, it creates a high fever, headache, backache, suppression or stoppage of the urine, unconsciousness, convulsions and death. Variola eats down into the skin, creates a high fever, much headache, much backache, suppresses or stops the urine, produces unconsciousness, convulsions and death. Both are diseases caused by infection. Cantharidin is capable of acting from seven to ten days quicker than variola. There I think is our opportunity to start the work of the cantharidin after we have been in contact with smallpox, and let it get and hold possession of the body as an infectious

disease and prohibit gestation and development of smallpox.

Sixty years ago when a man was blistered for all aches and pains, which was the popular remedy in those days, we heard and knew but little of smallpox. I have wondered for lo these many years if so much blistering as practised then had not been to a great extent a preventive to the ravages of smallpox. I would like to have a report from physicians from sixty years and upwards with their observations on the line indicated. I am very much of the opinion that the potato beetle and Spanish Fly will hold possession of the human body and hold it against infections, smallpox in particular, long enough if properly used for smallpox to disappear from any village or city.

If osteopathy can see or invent any method that can abate or abolish smallpox then we can joyfully report to the world that we have improved on other systems. It was not my intention in writing the above to write a prescription of how to prevent or treat smallpox, that will be a future matter.

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POST-FEBRILE PARALYSIS.

I WISH to be understood as addressing the pupils of the American School of Osteopathy on the question of why so many persons who have passed through typhoid and other kinds of fevers, leave their beds with paralysis of one or both lower limbs.

Let us coolly reason as we seek for the cause that would likely produce the effect, known as post-febrile paralysis of the limbs.

I do not wish to tire you to sleep with pages clipped from some little nor large book written on symptomatology, you men and women of all classes in this school know what fever is, just as well as I do, you know that fever makes you hot, and hot all over, you know that in a day or two that will cool off, or keep hot, get well or die. You may lose the use of a leg, arm, eye, voice, hearing and on through the list. Now you are out of the sick bed, but no legs to walk with, the doctor tells you that you have paralysis of the limb or both limbs, he often fails to detect the head of the femur out and above the (acetabulum) or below which would account for lost power of motion of the limb, by pressure of femur on sciatic nerves; or tell you that the nutrition for the nerves had been shut off by a partial dislocation of one of spines, before or during the attack of fever. Or that mercury, belladonna or some of the drugs you had taken could drain the nerves of all nourishment, and for lack of such support that the nerves of motion had failed to perform their functions. Thus the importance of close hunting among the bones of the spine and limbs to find and adjust all variations from the perfectly normal fittings of both limbs and the spine from head to sacrum. Remember that any joint of the whole spine if partially or completely off may and does effect the paralysis of both lower limbs. If you fail to find the trouble in the spine then your next place to look is for medicinal poisons, they are to be found in hundreds of kinds, beginning with calomel, bluemass, zink and on to the full list of minerals, also

the vegetable remedies that are being used daily are capable of producing partial or complete paralysis of any part or organ of the body, or derange the functions of nutrition and all that pertains to health and motion.

In conclusion I wish to draw your minds to a few facts in all fevers. Generally a tired, sore and stiff feeling prevails for a few days, previous to a time that a cold or chilly spell sets in for a few hours, with pain in head, back and limbs, after which fever sets in for a short or long time, which generally goes off with profuse sweat, then patient feels relief from all previous effects but very much exhausted.

At this period we find the patient changing for the better or on a stand, with thirst, pains returning, a chill, followed with high fever, dry tongue, sick at stomach, often vomits gall, no desire to eat anything offered and goes into a long spell of fever and prostration. Now we begin to hunt ourselves, or inquire of our doctor for names for the fever so we can dose accordingly. By this time the doctor has witnessed great commotion of the brain, heart and nervous systems, motor, sensory and nutrient, with the lymphatics of the entire system filled by congestion, straining and pain equal to fermentation and inflammation of the lymphatics of all parts as results of the great nerve and blood commotion. It is but reasonable to suppose that the blood vessels that should feed both motor and sensory nerves have been overcome by the poisons generated by fermentation whilst in the struggle to empty the lymphatics, but could not while stupified by opiates, and the system laboring to complete prostration in an effort to throw off large doses of mercurial and other debilitating poisons. Thus you have Post-Febrile Paralysis.

A FEW THOUGHTS FOR THE OSTEOPATHIC PRACTITIONER.

(Continued.)

CARL P. M'CONNELL, D. O., M. D., CHICAGO, ILL.

HOW OFTEN TO TREAT.

How often to treat is somewhat analagous to how much to charge. For, in the one, the physician should treat just as often as he thinks it necessary in a given case, and, in the other, one should charge according to the amount of work required. This idea of treating one disease as often as any other disease is as ridiculous, if not more so, as charging every patient a set price. There is too much of a machine-like "grind 'em out" about it.

From the very nature of things, what is necessary to do in one disease, is no criterion for another class of diseases entirely different. There is so much child-like simplicity or, perhaps I had better say, want of responsibility, in treating just so often for every ailment. It is somewhat akin to treating all cases just twenty or thirty minutes. One begins to believe that man is not only an automaton, but every disease, no matter of what character, is to be regulated or corrected by just so many turns of the wheels.

One should realize, that a disease is neither a something in the system to be cast out, nor, in all cases, some misplacement of a part of the body mechanism. Disease is many times the result of disturbed equilibrium, bodily or mental, originating from a mechanical disturbance. But this does not include that all affections of the human organism are the same in cause or in effect, as one who is not versed in medicine, would be inclined to think when observing treatment given in a regular routine manner. Disease is perverted physiological action of the body, and to rid the system of such means, virtually, a renovation of the tissues. To a certain extent, a recast of the body make-up through a different mode of living is required. We are apt to think that a disease is an entity. We speak of its pathology, symptoms, etc., and thus are lead many times unconsciously to the thought, that a disease is something real or tangible. Of course, this is a mistake, for in all affections we are ourselves and retain the same individuality; our tissues and organs being embarrassed by interfered or perverted action through derangement of local or general equilibrium of nerve or blood supply. Nothing is introduced into the system to be ejected as representative of disease. The tissues must be cleansed from the product of katabolism, and assimilation restored; the life of the individual remains the same; the result of disease being retrograde changes, and not an entity usurping the functions of the bodily and mental organs.

Experience is the only method by which one can expect to be reasonably conversant with how a patient should receive treatment. There is no set rule or guide except to a certain extent in chronic diseases. "Physicians are born, not made," is certainly true. The physician depends largely upon what is called intuition, in knowing what to do and how to do it, when caring for his patient. Thus, experience coupled with the finer and subtler qualities of his organism, are to a large extent, the elemental factors determining his success. It is through experience that intuitive knowledge is developed. Still, one must not lose sight of the knowledge to be gained through a study of the signs and symptoms and pathology of diseases. These are very important, they represent the groundwork of experience.

The physician should be able to divine the character of his patient, be able to understand human nature, and thus reach the view-point of the patient. You cannot apply set rules, for the simple reason all individuals differ in bodily and mental make-up, and consequently every disorder has its peculiarities and characteristics. Do not understand me to imply that general rules are of no use. They are. We are all represented by a nervous system, an osseous system, a muscular system, a vascular system, a lymphatic system, etc., and by virtue of a general likeness of construction rules can be applied. But the difference is between this gross make-up and an understanding of psychological workings is the difference between the made physician, who treats according to set rules, and the born physician, who not only understands all general rules, but, also, depends upon intuitive faculties.

The question, then, resolves itself into, not how often to treat but how to

cure your patient. We should treat just as often as we find it compatible with the health of the patient and his evident satisfaction of the work you are doing. In many cases, it is just as necessary to satisfy the patient's mind by having him think you are doing the best for him, as it is to give mere manipulation. Confidence in one's physician means a great deal more than we are apt to think at first thought. In fact, it is one of the great factors of success in the cure of diseases by any system of medicine. The pervading mental atmosphere of a physician means so much. Our treatment should not only be given according to strict osteopathic principles, but we must gain the patient's confidence. Of course, it is not necessary in all cases, but there is quite a percentage of cases that one cannot cure in any other manner.

Hence, I believe, treat your patients just as often as necessary to satisfy them, compatible with osteopathic principles. I know some will say, educate your patients to being treated once a week or twice a week as long as experience teaches you that that is often enough. This is all very well, but some patients are not ready to be educated thus as yet. And should we be overbearing for the sake of a pet theory? Right here is where you make a mistake, where the patient's confidence is lost. I admit one should be firm and assert his authority, but there is a limit to most people's authority. On the other hand, it is not necessary to give a treatment each time a patient comes to your office if you think the treatment will undo the good of the preceding work. Indeed not, but here a general muscle relaxing treatment will be especially indicated, it will satisfy the patient besides making him feel exhilarated as any stimulatory treatment will.

Treat as often as indications real or imaginary require. This means a thorough understanding of the disease, for where one treatment a week is necessary, other cases may require to be treated every day. Do not fall into a routine method of treating. It kills that progressive desire which is either active or latent in all individuals. It breeds automatism and not growth and development. Chronic diseases, at times, can be treated just as often, for here it is not so much the matter of emergency as the character of the treatment. Time is not so much a factor as originality, but still there is always the danger of repetition in treatment in all its phases.

SPECIFIC TREATMENT VERSUS GENERAL TREATMENT.

Much has been written and said in regard to how necessary it is to treat our patients specifically; and not give a mixture of massage and Swedish movements, or, as has been stated, an "engine wiper's" method of treatment as some are prone to do. For one, I most decidedly believe in giving a specific treatment—a treatment given for some definite result. I fear there is considerable of "rubbing" given among the osteopaths and not true clean-cut "mechanical engineering." An indefinite sort of massage treatment will do more to prostitute our science before the laity as well as professional men than anything else we might do. Right here we are our own worst enemy.

I am fully aware, that a clean-cut specific treatment is many times apparently too short to satisfy the patient, and that something else has to be done to fill in the time. Of course, this is all a matter of education on the part of the patient. But, unless one has a tremendous practice and a decided reputation, one cannot afford to give a patient a short treatment even if specific. This, however, does not bar one from doing good osteopathic work. I believe in doing the work indicated in every case, then if thought best give your patient extra time by a general treatment. A general treatment always tends to equalize the vascular system and re-establish the nervous system to more of a normal equilibrium. An intermediary ground is the best one to take in solving this problem. Both specific and general treatments have their advantages, but the general should be coupled with the specific, not predominate. However, the great danger lies not in the length of the treatment, but in the nature of the work done. It matters little from a curative point, other things being equal, whether a treatment is short or long; it does, on the other hand, make all the difference in the world whether the treatment given is one of quality rather than quantity.

Hence, two points stand paramount in noting this question. The first, or the more important one, is the character of our work involved. Is osteopathy scientific therapeutics or is it nothing more than an outcome of the already existing knowledge of mechanical therapeutics? If it is the science that we claim for it, at least theoretically, why do not we live up to it in our practice? We have an exact science, and in order to preserve the standing we are taking, we must do something more than merely "overhaul" the first patient that comes in, and then continue the same routine for every succeeding patient. True, results are obtained in this manner, and I might add results are obtained through christian science and dozens of other methods. But this is no argument. We are claiming to be physicians; and being physicians let us be so in its true sense, broad, liberal, cultured men and women, capable of meeting all diseases; and not the representative of some fad or partial system of medicine. This, then, is what I consider the great danger lying in the path of those who follow routine work in osteopathy, and do not treat according to the indications in each and every instance. For this very reason drug giving is empirical, simply because the physician is largely obliged to follow blind faith or imitate the experiments of some preceding practitioner.

The second reason I have also hinted at. This is, for the sake of policy, one must give a general treatment in order to hold the patient. I believe this is a legitimate reason why more or less of a general treatment oftentimes should be given. This has been answered many times with the statement "All that is necessary is to do your work, cure the patient, and the rest will follow." This seems to me like a sort of "scape goat" advice. Of course, if you are fortunate enough to secure several cases that yield to treatment quickly, and in a small town, you will have advertisement enough for months to come. But in a large city it is vastly different. Here one must build up his practice

piece by piece and build it on honest work if he expects to win; although, one can *exist* in a city if he knows nothing of the science easier than in the country. What one must do, in fact the patient pays him for it, is to take considerable time in treating the patient and talking over his ailments. One cannot rush into the operating room, give a specific treatment and nothing more. Here he must use his tact and judgment, and treat his patient scientifically and then generally as much as he cares to. Never overlook making an exact diagnosis and following up the diagnosis with the indicated or specific treatment. This is the important point, the one that ultimate success depends upon, and the rest of the treatment, the use of tact and making the patient feel comfortable, is secondary but still quite necessary for a successful issue. However, the latter must not be all there is, it can never stand the test of time, besides it does irreparable damage to scientific osteopathy.

GIVE ATTENTION TO DIET AND EXERCISE.

There has been a tendency among a few osteopaths to belittle the importance of anything outside of manipulative treatment; thinking apparently all that is necessary is readjustment of tissues. They simply run "manipulation" into the ground to the detriment of themselves and everyone connected with osteopathic science. While I am perfectly willing to concede the major part of what our therapeutics should be to manipulation, I am by no means willing to assert that every disease or ailment of the body means "readjustment" of certain tissues, in order to restore health. I have heard one or two argue that it makes no difference whatever what one uses as food provided his vertebrae, ribs, etc., are in correct position. It would be quite laughable if it was not so serious to hear such narrow-mindedness. If their proposition were true, medical knowledge prior to the discovery of osteopathy amounted to naught. They do not seem to realize that it was through medical knowledge already existing that osteopathy was developed. It is just such people as this that harm us more before the medical world and public than anything else. They will bring up their "manipulative argument" when they do not have the first conception of hygiene, preventive medicine, etc.

Now, vertebrae are sometimes displaced, also ribs, muscles and other tissues, but not in every disease. Once in a while one can treat so-called "buttons" and get astonishing results, but such treatments are comparatively a rarity; and the "buttons" more of a myth than anything else. The physiological reigns supreme when every tissue and organ is in proper place and position. This is accepting an ideal being, a body in perfect health unhindered by environment or influence of any kind whatsoever. In other words this is ideal osteopathy; pure theoretical osteopathy. But we cannot take for granted that when all tissues are in correct position health must ensue by virtue of all this. There is one or two things to consider back of all this, and the first is vitality.

This body that we so delight to call a mechanism is a vital one, and requires

a replenishing occasionally. Furthermore, the very tissues and their separate construction depends upon the character of the replenishing material. Here, then, we should halt and meditate. Given a lifeless mechanism distorted and twisted, readjustment is all that is necessary to correct it. But when we consider a vital mechanism the first thing we would be cognizant of is the vital part. It is the vital part that supplies all energies; which means not only functioning but the consistency, shape and size of every part. Therefore, does it not stand to reason that the food, air and sunshine, the source of bodily replenishment, should be pure, sufficient? That impure food and air would add a burden to the body, in fact, poison it? Not only should there be pure food, but food of right consistency and administered according to the needs of the organism, not dumped into the body irrespective to quality and quantity. Thus, if the body is supplied with the correct materials to vitalize its organs and tissues, mechanical readjustment will supplement perfectly in the cure of diseases. But let us see if there are not other factors to consider in this problem.

We are all subject to certain environments. Sometimes our environment is conducive to health, much oftener it is not; simply because civilization creates too much artificiality. The nearer we live to nature and follow her laws the wiser and healthier we will be. Nature is not unkind to us. We are our own worst enemy, we attempt to diverge from the inevitable laws of nature and we suffer the consequence. If we would only attempt to progress mentally and physically we would be astonished at the results, for progression is the great law of nature. Instead, the average person prefers to get enjoyment by basking in luxury, and leave undone work and exercise needful to his health economy. Provided one has all the necessities of life, and a happy and contented frame of mind conducive to progressive work, he need not fear, in truth, he will not think of fearing, many diseases to which the body is subject. Between the planes of actual want and of superfluous luxury are undoubtedly found the healthiest people.

Their environment is such that that they are nearer to nature, which implies a happy frame of mind, mental and bodily exercise, substantial food, plenty of sunshine, pure air, etc. There are no constraining influences in such a life, and all elements of worry, wear and tear are reduced to a minimum.

Activity, mentally and physically, is enough and of the best. Thus we see one's surroundings is an important predisposing factor in the cause and cure of disease. One cannot pay too much attention to his patient's environments; it is a life long study.

Heredity, also, plays a part in the etiology of disease. This should be considered in several diseases, and, possibly a knowledge of the laws of heredity will aid us to treat more intelligently. It certainly will be valuable to us in prognosis. We should be careful and distinguish in all cases between heredity and environmental influences. For, sometimes, what is laid to heredity is simply due to habits and customs. A child many times will imitate

his parents, and if a parent is suffering from a disease predisposed by filthy or obnoxious habits, the child may through imitation suffer from a like ailment.

A great deal might be written on points of hygiene, sanitation, dieting, nursing, etc. Indeed, volumes have already been written. The object of this article is to suggest to some that osteopathy is something more than manipulation. They seem to think that advising the patient to eat certain things or to have them exercise in a certain manner is foreign to the principles of osteopathy. They feel obliged to find a "bone out" in every instance; if they do not, they are at fault, not osteopathic principles. Many good osteopaths treat their patients without giving them a word of advice as to the care of the body, and get fine results. How much better physicians would they be, if they would round out their therapeutics with wholesale hygiene? I have sometimes thought, that for some osteopaths, it is too bad human beings were not all cut from the same block, mentally and physically, so they could be treated according to a set "rubbing," a set time and a set number of treatments each month. Oh! how delightful! Prophylactic medicine would be easy!

OUR ATTITUDE TOWARD OSTEOPATHISTS AND OTHER PHYSICIANS.

I think all will agree with me that time is ripe for an osteopathic code of ethics. We have been so busy with our school work, our practice and perfecting the American Association for the advancement of Osteopathy that we simply have not had the time to develop a code of ethics. Many of us are lacking in courtesy and consideration. In several instances rudeness has supervened from ignorance of professional etiquette. This is something that can be easily remedied if the osteopathic association would take hold of it. We are all aware there is an element in the profession who seem to delight in carrying the work along "business" lines irrespective of any brotherly love. But I am inclined to think this is due to a lack of conception of what is right. The finer qualities of the man are latent and need only to be developed.

Somehow or other there is a strong feeling among a certain class of osteopaths against other schools of medicine. Anything savoring of the therapeutics of an M. D., should be stamped upon most religiously. I presume a large part of this is due to ignorance and a misunderstanding of the rights and feelings of the other schools of medicine. Although, at the same time I am perfectly cognizant of the attitude of the allopathists and homeopaths toward each other. Possibly it is the same old human nature cropping out again when the osteopathic school downs the practices of the drug schools. It is admitted, however, without saying that all schools whose foundation is laid on scientific teaching have an unquestionable right to exist.

The osteopathic school is claiming that their system represents a natural school of healing, and is the outcome of the evolution of all medical thought, in fact, the crowning achievement of scientific medicine. If this is the case why should we not show quarter to the other schools and hasten the day when

all systems of medicine cease to exist and instead there be only, "The School of Medicine"?

We are not consistent in our teachings. We cry pirates, ignoramuses, etc., when we are trying to elevate ourselves and reach a goal of equality with our professional brethren; but just as soon as we reach that goal we turn around and stamp on everybody that is not of our breeding. Oh here is human nature fit for the most tyrannical kind! "Consistency thou art a 'jewel!'"

It is not my purpose to ridicule anyone to their detriment. I am simply speaking collectively. I am one of the osteopathic school and I believe thoroughly in its teachings as a therapeutic means. But I do detest the action of this eternal and tyrannical conquest trying to be waged on the medical fraternity. One day an article will appear to treat the medical man with all respect, investigate his theories, and be broad-minded and cultured. At another time someone else will say, show them no quarters, they are fools and traitors. This is strong language. But there lurks a feeling among a few that anything medical is a poison to the osteopathist. I wonder if such individuals realize that a part of our own dear osteopathic education is medical? We use the same books, the same laboratories, our work is characterized only by being a step in advance of them. Now, I am not trying to reconcile drugs and osteopathy, far from it. I believe in order to remain a distinct school we must draw the line of distinction most sharply and emphatically; and, moreover, to preserve this distinction we must come out and proclaim what we are, and not stand back and ridicule the other schools with generalities. The different schools of medicine are striving for the same purpose, to reduce medicine to a science; but we are working along different lines, largely in our therapeutics. Still, I believe, we should bear in mind our relation to other schools, and not whoop and hurrah at them with a lot of nonsense and rot. We are losing a lot of valuable time in not coming to the point, and in losing this time we will lose our identity if we are not careful. The key to the situation lies with the osteopathic colleges. They should lengthen their courses, teach more scientifically, draw the lines more vividly.

Why cannot the osteopathic school be on friendly terms with the other schools of medicine? We are delighted and feel complimented when a medical man of repute endorses osteopathy. Then we look above mere bigotry and see the cultured man of science. We are the instigators of this fight. It seems to me that the osteopathic school has been going about with a brazen face daring every one to proclaim them in the wrong. Instead of seeking for investigation from the scientific world we have assumed that we are alwise. I know that there is a great deal of narrow-mindedness among the medical fraternity. As a body they are selfish and grasping, but as individuals a great many are liberal. It is only the petty ones that cry when a patient of theirs is cured osteopathically. But are we not narrow-minded occasionally? Do not we, also, talk most about those things we know the least? Occasionally a criticism is made by osteopathists, that there cannot be anything in common with allo-

pathists and homeopathists, neither with osteopathists and the drug schools, simply because the drug therapeutics of the two schools and the osteopathic therapeutics are "diametrically opposed. Now, of course, this seems quite apparent at first and is very "catchy" to those who know nothing of drug theories. But the fact of the matter is, it is a lot of nonsense given to catch the uninitiated. The simple truth of the matter is this, the various drug theories *are* clashing, just as the manipulative therapeutics of the osteopathist do not mix with drug therapeutics; but this comprises a small fraction of medical education. I leave it to the intelligent reader how much of the education of the various schools is common ground.

I trust the reader will not for a moment think this article was written in a "spirit of faultfinding" or captiousness, on the contrary only with a purpose of advancing thought along the lines indicated and in the hope of evolving an *esprit de corps* that we all must admit is somewhat lacking; also, our attitude to say the least, is inconsistent toward other schools of medicine.

Suite 500-4, 57 Washington St., Chicago.

THE IMPORTANCE OF THE ATLAS.

J. W. BANNING, D. O., 1110 MASONIC TEMPLE, CHICAGO, ILL.

IN CLASSICAL mythology, the story goes, that a king of Mauritania, believed to have been transformed, by looking at the head of Madusa, into the range of mountains of the same name. He was supposed to support the world on his shoulders. By such a supposed circumstance we have the origin of the word atlas.

It is not the mythical being that is the subject of this article, but a peculiar and odd shaped bone situated at the uppermost part of the spinal column, having resting upon it a small globe containing the instrument that rules the world.

This peculiar vertebra, situated as it is with its various connections with other important structures, is of vast importance in many ways which this article will endeavor to set forth. It affords a base upon which rests the skull as a superstructure and has clinging to it a chain of bones that shield a delicate instrument that thrills at the slightest touch. Of so much importance is the atlas, that the slightest misalignment may set in commotion the whole mechanism of life. Articulating with this little bone below is the axis, which if not entirely, almost approaches it in importance, for upon the integrity of the atlas holding intact the odontoid process of the axis depends the further existence of the piece of humanity connected with it. It is a well established fact that sudden death is the usual consequence of a complete dislocation of these structures. Many blood-vessels and nerves are dependent upon a true position of this bone for an honest endeavor upon their part to properly function the organs and structures to which they are distributed.

Attention will be called to a few of the blood-vessels and nerves depend-

ent upon an intact atlas. The vertebral artery, which is distributed to the posterior portion of the brain, supplying it with the elements of nutrition, may be seriously interfered with by an improper position of the atlas. It is given off from the first portion of the subclavian artery and has an upward course passing through the foramina in the bases of the transverse processes of the cervical vertebra. After passing through the opening in the axis it necessarily takes a backward course to reach the opening in the transverse process of the atlas, then curves around the lateral mass of the atlas posteriorly, passing through a groove in company with the sub-occipital nerve. Before reaching the brain it passes through the occipito-atlantal ligament which may, through its tension due to a subluxation of the atlas, obstruct the normal flow of blood through this artery. The amount of blood reaching the brain may be increased, producing hypermia active or passive, or there may be an insufficiency followed by an anemic condition, either result being followed by disorders peculiar to each condition. In order to produce such disturbance the atlas may be twisted upon its axis, displaced anteriorly, posteriorly or laterally, thereby throwing out of alignment the muscles and ligaments in connection with it, which in turn impinge upon the structures passing to and from the skull. Following this course of reasoning many diseases may be attributable to an obstructed circulation or nerve force through a disarrangement of the atlas. Time and space forbid naming and giving in detail each ailment depending upon perfect circulation and unobstructed nerve force. Suffice it to say that every portion of the body may suffer as a consequence of such a derangement.

The nervous system is by no means to be left out of account in summing up the ailments subsequent to a lesion of the atlas, for lying in close proximity to it are nerve trunks of both the cerebro-spinal and sympathetic systems, and through affections of these systems many diseases are dependent. Not only are the various organs dependent upon an intact innervation but the circulation of all vital fluids of life are controlled by the sympathetic nervous system. At this time will but a few of the nerves, that may be involved in a subluxation of the atlas, be given. The sub-occipital nerve with its anterior and posterior divisions may be involved. It passes out from the spinal cord through a groove between the occipital bone and the atlas and is distributed to the structures in the upper cervical region. Impingement upon this nerve may produce pain in the occipital region and retraction of the head through muscular contraction, also interfere with the circulation in the head. It has connection with the pneumogastric and hypoglossal nerves and with the sympathetic nervous system, and could be a disturbing factor in the function of those nerves. The occipitalis minor nerve as it passes between the atlas and the axis may be pressed upon, causing still greater disturbance in the cervical region. Also the spinal portion of the spinal accessory nerve as it enters the head through the foramen magnum may share a portion of the disturbance. The pneumogastric as well may be involved through its connection with various other nerves. As the structures of the neck are closely connected, it is

impossible to have a lesion of any consequence in that region without more or less disturbance in the organs connected therewith. In following up the course of the pneumogastric nerve it will be found that a lesion involving that nerve will produce cardiac, pulmonary, gastric and intestinal diseases, as fibers from that nerve are abundantly distributed to those organs.

Last, but not least, the sympathetic ganglia of the cervical region may be involved in subluxations of the atlas. The superior cervical ganglion lies in front of the transverse processes of the upper cervical vertebra. It is the largest of the cervical ganglia and has superior, inferior, external, internal and anterior branches which are distributed in all directions. The superior branches are only a prolongation of the ganglion and follows the course of the internal carotid artery, entering the carotid canal in the temporal bone, and divides into two branches, internal and external. The internal branch forms the cavernous plexus and the external branch forms the carotid plexus. The cavernous plexus communicates with the third, the fourth, the ophthalmic division of the fifth, and sixth nerves, and with the ophthalmic ganglion. The carotid plexus communicates with the sixth nerve and with the Gasserian ganglion and with Meckel's ganglion. The inferior branches of the superior ganglion communicate with the middle cervical ganglion, while the external branches communicate with cranial nerves and upper four spinal nerves, and the internal branches communicate with the larynx, and heart. The communication with heart being through the superior cardiac nerve which acts as an accelerator to heart. Not all the branches of this ganglion have been mentioned but enough has been given to show that its distribution is very extensive.

Reasoning from cause to effect it is not difficult to conclude that a misalignment of the atlas can be the seat of no end of trouble through this ganglion. This ganglion controls the vaso-motor action of the entire head and to a certain degree the vaso-motors of the entire body.

This is the first of a series of articles on the importance of the atlas. The following articles will take up in detail diseases due to a derangement of the atlas.

ELIMINATE QUACKERY BY EDUCATING THE MASSES.

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IF WE wish to protect the great mass of our fellow citizens from the cruel frauds, of which the poor uninformed are sure to be the victims at the hands of unprincipled quacks, I do not know how it is to be done so effectually, as by widely diffusing the eternal principles of osteopathy. This is a part of *practical charity* not enough reflected upon, for there are many of those at all times who are both plundered and poisoned by ignorant and corrupt pretenders.

Thus the importance of checking the progress of quackery and educating the laity, by competent osteopaths patiently explaining, with aid of simple il-

illustrations from *nature*, the healthy exercise of functions, and with a well chosen example of their derangement, and the mode of recovery, when regimen has favored a *natural law* in removing the disease, will often save the patient from the sarsaparilla and pill quacks who meet them in the highways and by-ways; and if it fails, we have at least the consciousness of having done our duty.

Little did Dr. A. T. Still think that he would live to see the time when the field of osteopathy would be infested with *quacks* who are taking advantage of the *unsullied name* of the child of his mind; or that vain, ignorant and unscrupulous pretenders would use it as a means to rob suffering and afflicted humanity, thus bringing *actual truth* into disrepute in some quarters. The people, having been victims of their crude work, are awakening to their evil and corrupt plundering, and demanding thoroughly qualified practitioners. Schools with established reputations are graduating courageous, conscientious, competent men and women who will expose the *spurious work* of these villainous, impostors, drive them from the field of practice and relegate them to the past. The people are willing and ready to be convinced of the mighty truths embraced in osteopathy. They are responsive to new, better, saner, non-medical methods of restoring the afflicted to health.

On the honesty and ability of osteopaths in active practice largely depends the verdict of the people concerning osteopathy. With them is the final judgment of its worth. The people will defend it if we are worthy. If any are resolved not to be worthy of this realm of truth in character as well as in practice let them erase their names from the scroll and seek less responsible employment. What opponents osteopathy has can never materially harm the cause nor long hinder its progress. It will be no difficulty to float the flag of osteopathy from all state capitals when once the people see that it lays the warm hand of certain healing on the feverish pulse of pain. Think not then that our responsibility is light. Our greatest danger is the traitor in the camp—the false friend. The man who is eager for the spoils of victory but unwilling to take part in the battle, the one who glories in the fair name of science but who for filthy lucre will be willing to disregard its practice.

Disease pictures as presented by medicine venders in pamphlets and daily papers make deep impressions on the minds of many people and cause much sickness. The medical almanac, which may be found in every home and hovel in our land, is filled with long lists of symptoms of diseases, and by the power of suggestion, it makes thousands of people sick, and hastens their feet toward the drug store to procure the nostrums, advertised in that same pamphlet, to cure the disease that never had any existence till the unfortunates read of it.

To the nervous and susceptible it becomes a serious menace to health through the influence of suggestion. If those who claim a desire to be human benefactors would organize for the purpose of teaching the public the importance of observing the common-sense laws of nature and sanitation, much disease would be materially diminished. The universal acceptance of such

enervating, pernicious literature will effectually prevent the present generation from attaining that knowledge of the *laws of nature*, and their influence on living bodies, and from ever comprehending that *medicine is entirely unnecessary* in curing disease. They will continue to look to the drugs they swallowed, as capable, by virtue of its own specific power, to add or subtract what may be needful or redundant in their systems, and the sympathetic derangements, whether from functional or original cause, will ever remain a sealed book to them; for such truths require the possession of accurate knowledge.

The most effective remedy against the evil of quackery lies in the growing intelligence of the people. An ignorant laity furnishes a rich field for the operation of quacks, but the osteopathic physician is ever ready to educate the laity in matters pertaining to health, giving a reason for his diagnosis and for the various directions he may give for the care of his patients, acquainting them with the simple, effectual methods of osteopathic practice—thus human suffering from disease will diminish in proportion to the dissemination of osteopathic principles. When we succeed in acquainting the laity with our methods, and eliminate from them the practice of over-feeding and drugging, we will approach *nature's* mode of preventing and curing diseases; then perhaps the time will come when people will be ashamed to be sick, the cause being their own indiscretions and the want of knowledge which unwittingly leads to so much suffering and death. How many there must be who perish for the lack of knowledge? The common misfortunes; the majority of death through disease; the countless perils barely escaped and penalties incurred should be attributed to the failure on the part of mankind to obey that all-comprehensive mandate "*Know Thyself.*"

In the present state of popular ignorance of the reparative energy of nature, it is wise, it is humane, for science, to dispense with her dignity and save the sick from harm; science is often too proud to do this, and thus indirectly fosters quackery. These are humbling truths, and go far to show the hopelessness of a remedy without we all take the same view of things and treat those who may put themselves under our care as though they had common sense, and assure them in a few words of the true character of their condition.

The people of the future will know more of themselves, because the pen of the osteopathic profession is becoming a mighty factor in ridding the world of ignorant pretenders by disseminating physiological knowledge to the people. The words these pens are tracing for awakening humanity from their lethargic stupor are not the outcome of chance thought or of sudden revelation; they are the result of continuous, intense thought, concentration and analysis of forces; conditions and possibilities which are being utilized for preventing disease, prolonging life and uplifting humanity. This is the point to which the race is advancing, and when the mist and the clouds that are caused by the confusion of methods have been cleared away, the power of Osteopathy will be known and appreciated and the people will consider it a mark of greater ignorance and more discreditable not to know the structure of one's own body, than to know

the dead languages or the facts of ancient history. When a thorough understanding of this marvelously complex body of ours becomes universal, the idea that human beings are left subject to *chance* in this matter of health and disease will no longer be looked upon with the prevailing indifference of our time.

The people have too long been made the victims of incompetent, villainous pretenders, but the charlatanistic elements, which now stand out prominently, will disappear, for it is the fate of the *false* to be destroyed by the *true*. Earnest seekers after truth always have their reward, though it may be delayed, because the world often gets into a rut from which extrication is difficult; especially is this true of the medical world whose votaries more or less implicitly follow the teachings of their schools without doubt or hesitation, because it is easier for most men to be guided by authority than to think for themselves. The serious evil that arises in the medical practice by always acting on the orthodox principle, which gives the doctor credit for having done *all that was possible*, even if the patient dies, is that he can never know what is the *natural* course of the disease for which he has used the *doubtful medicine*, and he may go on during a whole life-time obstructing nature instead of helping her; hence the means ordinarily used to restore the sick to health, other than those which *nature* herself employs are at best doubtful, uncertain and often injurious. The evils that arise from such interference with *nature* in carrying out her own methods, cannot be estimated but the benefits which accrue to the sick from leaving nature unhampered, or from using only the simplest means to aid her in her work of reparation is the method employed by the skillful osteopath.

OSTEOPATHY:

THE SCIENCE OF DRUGLESS HEALING.

CHAS. HAZZARD, PH. B., D. O.

DESCRIPTION.

It is not easy to give in a few words an accurate description of osteopathy. Dr. Still, its discoverer, says, "Osteopathy is a science built upon the principle that man is a machine." "A natural flow of blood is health, and disease is the effect of local or general disturbance of blood. To excite the nerves causes muscles to contract and compress venous flow of blood to the heart, and the bones can be used as levers to relieve pressure on veins, nerves and arteries." His idea was that the diseases that prey upon man are best understood by understanding how his body is constructed, just as a complex machine can be set in order only by one who has made its mechanism his special study. So he studied the body. Said he, "It appears perfectly reasonable to any person * * who has familiarized himself with anatomy and its workings with the machinery of life that all diseases are mere effects, the cause being a partial or complete failure of the nerves to properly conduct the fluids of life. *On this stone I have builded and sustained osteopathy.*"

He studied anatomy, saying that while he had printed books he went back to the great book of nature as his chief study. He believed that as long as the body is mechanically right its parts perform their several functions perfectly; that disease results when the mechanical structures of the body are worn out, clogged, loosened and out of place, or drawn and tightened so as to make their smooth running impossible. Taking this view of disease, it is natural that he should look, not to drug medicines, but to a perfect readjusting of the bodily parts, and to the resources of the vital laboratory within the body to restore health.

ILLUSTRATIONS.

His own words will best illustrate his mode of thought and his manner of treating a case of sickness. At the time of which he speaks he had been a practicing physician for many years, but was just introducing osteopathy.

"During the autumn I had an excellent opportunity to test osteopathy on fall diseases, such as flux among children, bowel complaint and fevers. My first case of flux was a little boy of about four summers. I was walking down the streets of Macon in company with Colonel Eberman, when I drew his attention to fresh blood which had dripped along the street for fifty yards. A little in advance of us was a lady and two or three children slowly moving in the same direction as we were going. We soon caught up with them and discovered that her little boy, about four years old was very sick. He had only a calico dress on, and to our wonder and surprise his legs and feet, which were bare, were covered with blood from his body down to the ground. A single glance was sufficient to convince us that they were poor, and the Colonel and I feeling a wave of pity in our hearts, spoke gently to the mother, and offered our aid to get her sick children home. She accepted. I picked up the little sick boy, while the Colonel took one from the mother's arms that she had carried until she was almost exhausted. I placed my hand on the back of the little fellow I carried, in the region of the lumbar, which was very warm, even hot, while the abdomen was cold. My only thought was to help the woman and her children home, and little dreamed that I was to make a discovery that was to bless future generations. While walking along I thought it strange that the back was so hot and the belly so cold; then the neck and back of his head were very warm, and the face, nose and forehead cold. I began to reason, for I knew very little about flux, more than that it killed young and old, and was worse in Kentucky in warm weather than in some other states. In all my life I had never asked myself what flux was, and no medical author that I had read had told me whether it was a being, such as symptomatology would divide up into symptoms, and put together and call the creature he had made out of guesses, flux.

I did not know how to reason on disease, because all the authorities I had read or met in council could not get their eyes off the effects rather than cause. They met pain by anti-pain medicines, and bleeding of bowels by astringents

that closed the issues from which the blood came, following such remedies to death's door, and then lined up for another battle and defeat with the same old failing remedies, and open fire all along the line on symptoms only. I wondered why doctors were so frightened when flux visited their own families if their remedies were to be trusted.

I knew that a person had a spinal cord, but really I knew little, if anything, of its use. I had seen in reading anatomy that at the upper portion of the body the front side of the spinal cord supplied the motor nerves, and the back side of the cord the sensory nerves, but that gave no very great clue to what to do for flux. As I began at the base of the brain, and thought by pressures and rubbing I could push some of the hot to the cold places, and in so doing I found rigid and loose places on the muscles and ligaments of the whole spine, while the lumbar was in a very congested condition. I worked for a few minutes on that philosophy, and told the mother to report next day, and if I could do anything more for her boy I would cheerfully do so. She came early the next morning with the news that her child was well."

One other example will aid in making clear the philosophy and methods of the science. A lady had fallen, spraining one wrist. After a while paralysis of the little, ring, and part of the middle fingers of the injured hand became paralyzed. After various unsuccessful attempts to get the condition cured, she applied to an osteopath. He found a slight slip at the first dorsal vertebrae, bringing pressure upon the nerves springing from the spine and going, as the median nerve, to supply the paralyzed fingers. Correcting the position of this bone relieved the pressure upon the nerves, and cured the case. Just as the surgeon trephines a skull to remove the pressure of the bone upon the brain, the osteopath adjusts bony parts in the body to remove the pressure from nerves and other delicate structures.

SCOPE.

These mechanical principles have been applied by osteopathy to every part of the body, Obstructed nerves, impeded blood-flow, stoppage of lymphatic currents, etc., caused by tightened muscles or ligaments, by slipped bony party, and by like mechanical hindrances, which while found mostly along the spine, whence pass the nerves from the brain and spinal cord to all parts of the body, may yet occur in any part of the body, are found as the conditions that must be righted before disease can be cured. Hence it is plain why drug medicines are dispensed with and expert mechanical engineering of the body is made the agency of cure.

Only in poisoning, where the poison must be met by its antidote, are drugs used. Surgery, in necessary cases, is commended.

ALL DISEASES TREATED.

It was but natural that as time went on Dr. Still should, step by step, develop the resources of his discovery. Finding success attending the application of the principles he had evolved, he attempted to cure first one disease and

then another, always with good results. But it was reasonable that these principles, applying equally to every nerve and blood-vessel in the body, should be expected to reach disease in all parts of the body, as well as diseases of different kinds. Time has afforded opportunity to test this new science upon many diseases. Practically all have been cured by it. Osteopathy was found as capable of combatting the Protean forms of mortal bodily ills as was medicine, or more so, as it succeeded in many cases thought incurable by medicine. Any curable malady may be cured by osteopathy. Acute as well as chronic diseases are successfully met by these methods. It is being shown daily that in the field of general practice osteopathy is sufficient. It is reasonable to expect to cure in their acute stages those diseases which, in the chronic forms and sequels, have yielded so well to this practice.

Diseases of heart and lungs, such as bronchitis, asthma, hay-fever, pneumonia, incipient consumption, palpitation of the heart, some forms of valvular disease, etc.; diseases of the liver and kidneys, Bright's disease, gall stones and renal calculi, torpid liver, congestion of the kidneys, diabetes, jaundice, etc., bladder affections, such as cystitis, stricture, incontinence of urine, etc., stomach and intestinal diseases, dyspepsia, gastric catarrh, dilatation of the stomach, constipation, intestinal indigestion, enteritis, flux and diarrhoea, etc.; dislocations, deformities, and various joint diseases, such as hip-joint disease, spinal diseases, curvatures, old dislocations, some forms of ankylosis, atrophy, etc.; the various nervous diseases, sciatica, neuralgia, all kinds of headache, tic douloureux, St Vitus' dance, paralysis agitans, locomotor ataxia, hemiplegia and the various paralysis, etc.; diseases of the eye, ear and brain, insanity, blindness, deafness; the diseases of women, irregular and suppressed menstruation, painful or excessive, or too frequent periods, displacements of the uterus, leucorrhœa; various cancers, tumors, and the like; and other diseases, such as rheumatism, goitre, exophthalmic goitre, catarrh, tonsillitis, throat troubles, eczema, scrofula, varicose veins, dropsy, lumbago, etc.; the different acute fevers and diseases, such as typhoid, diphtheria, scarlet fever, influenza, measles, croup, whooping cough, etc., are all treated successfully.

HISTORY AND GROWTH.

Dr. Still was a resident of Baldwin, Kansas, in the early years of his discovery. He names June 22d, 1874, as the natal day of the science. In 1875 he moved to Kirksville, Mo., so widely known now as the home of osteopathy. Through many trials and much suffering he developed the science, which was continually attracting more and more attention. He treated many patients at Kirksville, and finally they came from far and wide, even from the corners of the earth, to test the merits of the science that was restoring so many to health. He chartered his school in 1892, though he had previously taught to a few persons, his sons among them, the principles of osteopathy. The slender attendance of the early school has grown to satisfactory proportions. Six hundred students now receive instruction according to a carefully conducted curriculum.

Meanwhile other schools have been founded in different parts of the country. The new school of healing has been recognized by law in a number of states, while osteopaths are free to practice in all the United States.

The Journal of Osteopathy.

PUBLISHED MONTHLY UNDER THE AUSPICES
OF THE

AMERICAN SCHOOL OF OSTEOPATHY.

KIRKSVILLE, MISSOURI.

Subscription, - \$1.00 per year in advance.

Entered at the Post Office at Kirksville, Mo.,
as second class matter.

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IT is worth much to you to have a diploma from a high class school of national reputation.

* *

THE American School of Osteopathy will open its next class Feb. 4th, 1901. Present indications point to a large class. Send for illustrated catalogue. The tuition remains the same as heretofore, \$300 for the full course.

* *

THE American School of Osteopathy, from the first has been recognized by other schools and the people at large throughout the United States as headquarters for osteopathy and osteopathic practitioners, and for this reason applications are continually coming to us from all sections of the country for our graduates to locate in their midst.

* *

Openings for our Graduates.

The continued success and prosperity of an institution depends largely upon the success of its alumni. The success achieved by our graduates may be attributed largely to the thoroughness of the course taken and the prestige coming from a school so widely and favorably known.

The American School of Osteopathy is the first osteopathic school ever chartered and it is with pride that we say its first president Dr. A. T. Still is still living and an active man. Its graduates have gone abroad and through cures effected by them

as well as those cured at the A. T. Still Infirmary have given osteopathy and the school a national reputation.

* *

Fighting for Recognition.

An effort will be made by the osteopaths to secure favorable osteopathic legislation in the present sessions of legislatures in the following states: Kansas, Nebraska, Montana and Wisconsin, also Oklahoma Ter. In most of these places there is a good prospect of the osteopaths to secure legislation that will not only authorize the practice of osteopathy but will protect its practitioners and the public from impostors and frauds.

* *

Correcting Their Mistakes.

Men and women who have graduated or have attended other schools of osteopathy are discovering their mistake. Many such have written us the past year, and a large number of these have come to Kirksville (Mo.) to take a Post-Graduate course or complete their course in the American School of Osteopathy.

These people have shown their wisdom in coming to headquarters to finish up.

* *

Graduates' Register.

The American School of Osteopathy recently sent out a circular letter to the last known address of all its graduates accompanied by a blank calling for information desired in compiling a record to be known as "Graduates' Register" in which will be provided space for recording changes of addresses from time to time. If by any means any graduate was overlooked, no such blank having been mailed to them, it was certainly not so intended, and if they will make known the fact a blank will be sent them, for it is of great importance to the school as well as our graduates to know just where each and every graduate is located. Inquiries are constantly coming to the school concerning these matters and some confusion has been experienced in giving the desired information. As soon as the "present addresses" are known a complete directory will be published in

pamphlet form and a copy mailed to each graduate. In order to make this register useful it is also urged that in making any further changes hereafter in location, notice of such be immediately sent to the school. It will require considerable time and attention in keeping this record accurate at all times, and each one can help a little by doing their part.

* *

A LETTER FROM A. T. STILL

To the Graduates and Students of the A. S. O.

Once a year at least I think the graduates and students of the A. S. O. should have a statement for their own information as to how this school stands in comparison with other schools bearing the name of Osteopathy. When I gave my consent to open a school for the purpose of teaching what I believed to be a true science, I knew a few things were necessary to establish a school that would stand before the learned critics of the world, and that one indispensable article was money to employ talented teachers. Then it would require money to purchase material and apparatus to show, by demonstration, that which would be useful to the practice when the student was out and needed its use as a D. O. Knowing such to be the case I at last gave my consent and opened a small school, with about a dozen in my first class. All went along nicely, they learned well and closed in the spring. I took the summer season to rest and attend to my usual routine business. When the fall season came we thought best to have another winter term in anatomy, chemistry, physiology and other branches that would help to a more useful understanding of how to cure the sick, not as medical cures but as engineers of skill, that could run the engine of life, so as to keep it strong and well, by its own laboratory which comes with all men, and from a competent source. On that rock I have stood and successfully combated the disease of climate and season. I have taught in all the classes that the more a man knows of anatomy and physiology the less confidence he has in drugs or remedies. Once in a long time I found a student who

held to the drug phantoms up to and after he had graduated, and went into the world with pills in one hand and the name of Osteopathy in the other. For the sake of truth he is to be pitied, he was weaned when the sign was in the bowels, not in the brain. I have kept an eye on his success and he has proven to be a failure, as far as I can learn. A few who carry diplomas from any school get drunk and disgrace themselves. I would say, pass them by, a drunkard is not to be trusted. A few times I have been deceived and employed drunken professors but all such were put out promptly.

Osteopathy has been tried before the most exacting courts of the world; it has been weighed and never found wanting. It calls for and stimulates man's reason. It pays better than any other profession. It feeds both mind and body, and feeds them better than the most sanguine could expect. While other schools that started wrong have died out this school has grown from a feeble child to powerful manhood.

Financially, the trustees are now and have always been fully able to make all contracts with the students good, or pay any damages to the student for the loss of time and money if the school should fail to live up to its contract in any particular. Thus I assert that our word and contract with you is a sacred obligation, and as such we will live up to it. We ask that you examine the records and learn that these statements are true before you spend one cent with us.

Some schools offer to pay the graduates of my school so much a head for each student drummed up and sent to such schools. If a student of the A. S. O. has that little sense you can set him down as a business fool, to recommend any school to be better than his Alma Mater.

If he has as much reason as a rat he will go around all such traps. If you take a few dollars for sending a student to any school but the A. S. O. that school will send one of its graduates to your town and take the business and bread out of your mouth. Then when letters of inquiry come asking if you are a prudent Osteopath we can easily say, that by your past acts you are not. We commend all true A. S. O.'s and cannot recommend a cheap man to any sick person.

Your Alma Mater stands to-day far ahead of the whole list of Osteopathic schools. We can do more for you than all combined. A diploma from this school is more valuable because it is a recommendation from the head of the science, and it is known and acknowledged to be solid all over the world. We offer nothing to any one to drum for us. I have tried to be just to all and attribute our growth to being above trickery.

This paragraph will be devoted to answering parents, and other persons who are seeking for information whereby they can select some trade, business for themselves, their children or friends, when they shall have finished their education in home schools. To your first question I will say that Osteopathy offers more encouragement to the graduates than any other profession I know of. First it takes you, your son and daughter into the very best society. Next, there is a great demand for skilled graduates of the A. S. O., there are thousands of places seeking such services as a graduate of this school can render, with good living remuneration for attentive skill. You know as well as I do that many other professions are over stocked; such as music, painting, telegraphy, book-keeping and so on. I know that thousands of places are calling aloud for help without drugs. Every diplomate that has left the A. S. O. kept sober, attended to his own business reports success both in curing and financial matters. There are plenty of good places now open and ready to receive you so soon as you are qualified. Long before we hand you the parchment with the seal of the A. S. O. thereunto attached we are asked by persons and letters to send Osteopathic help, with the assurance of patients to begin with.

I will close this letter with kind regards.
A. T. STILL.

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A. S. O. Glee Club.

The Glee Club representing the American School of Osteopathy for the season of 1900-1901, is considered by competent critics to be the best that has ever represented the institution. From a large number of candidates 16 voices were selected with a view of having a well balanced club.

With Mr. F. H. Warren as musical director the club has been brought to a high state of efficiency. Two concerts have been given in Kirksville—at the Normal Chapel on Nov. 27th, under the auspices of the Y. M. C. Association, and on Dec. 20th, at the First Christian Church under the auspices of that body. Both concerts were well attended and very successfully given. The club contemplates two more concerts after the holidays, one at Moberly, Mo., and one at Trenton, Mo.

The personnel of the club is as follows:
1ST. TENORS:—G. A. Martin, of Bloomington, Ill., besides having an exceptional voice Mr. Martin is an accomplished violinist and has appeared on the different programs in that capacity. W. A. Merkley, British Columbia, Canada; Hardy Carlisle, Henderson, Kentucky; B. F. Roberts, Kirksville, Mo.

2ND. TENORS:—T. E. Gamble, Wayne, Neb., sang in last seasons club; P. S. Chance, London, Ohio; Chas. Ballance, Peoria, Ill.; D. H. Reese, Jerseyville, Ill. Mr. Reese is the possessor of a very beautiful tenor voice and has appeared at various Chautauquas over the country.

BARITONES:—P. Lee Hodges, Sidney, Ia.; Elmer Leon Longpre, Momence, Ill.; W. Allen, Gravett, Grayville, Ill.; Eugene Clarence Link, Kirksville, Mo. The baritones as usual are good. With the exception of Mr. Link all were with last season's club. Mr. Link needs no introduction to former A. S. O. students, particularly the musically inclined, as his voice has been heard for some years past in the choir of the 1st Baptist Church of this city.

BASSOS:—Dr. F. J. Fassett, Montpelier, Vt. Mr. Fassett was with last year's club as baritone but being on the faculty this year, took a "deeper" part. L. E. White, Kirksville, Mo.; F. W. Brownell, LaPlata, Mo.; E. C. Smith, Kirksville, Mo.

Mr. Reese, Mr. Gamble, Mr. Gravett, have appeared as soloists this season.

Mr. H. L. Chiles, as reader for the second season has maintained his reputation as a laugh provoker.

Mr. E. G. Herbst for the second season appeared as pianist. One of the best, if not the best, features of the concerts have



A. S. O. GLEE CLUB.

*Harold
Gibson*

been the piano duets by Mr. Warren and Mr. Herbst.

Mr. W. A. Gravett has acted in the capacity of manager and is the only member of the club to graduate in February.

To the Osteopathic Profession.

In future the American Osteopath will be published as a weekly magazine instead of a quarterly and monthly as heretofore.

The chief reason for this change is the insufficient subscription list to insure expense of publication.

We have had a few loyal friends who have given us every encouragement and support, by subscriptions and contributed articles for publications and to these friends we wish to express our thanks.

By making our Quarterly Magazine the official organ of the A. A. A. O., we hoped at least to get a sufficient support from that organization but in that we were mistaken, as thus far the subscriptions received have just about paid postage expenses in presenting the Prospectus of Vol. II

In the new form we feel that we will be able to give the subscribers a better magazine than heretofore, not having to rely solely on subscriptions received to sustain its publication.

All subscribers to the Monthly and Quarterly will be placed on the subscription books of the publication in its new form and given full credit for all remittances.

In every fourth issue, or once every month, we will publish our original directory and ask every osteopath who has recently made any change of location to send the new address to us.

The subscription price to the new magazine will be \$2.00 a year.

The American Osteopath Co.

By H. R. BYNUM, M'g. Ed.

Kansas Osteopaths Meet.

An enthusiastic body of Kansas Osteopathic Physicians met at the office of Dr. C. E. Hulett, Topeka, Kansas, Dec. 15, 1900, for the purpose of perfecting a state organization.

Said purpose was satisfactorily accom-

plished with a roll of eleven members

Dr. J. H. Bower acted as temporary chairman, Dr. Sallie Conner as temporary secretary.

A committee was appointed to draft constitution. Committee consisted of Dr. V. H. Greenwood, Leavenworth, Dr. J. R. Warner, Russell, and Dr. Bertie Brisco, Wichita.

Committee reported and constitution was adopted as read.

The officers elected for the ensuing year were:

President, Dr. C. E. Hulett, Topeka, Kan.; Vice-President, Dr. H. K. Benneson, Miltonvale, Kan.; Secretary, Dr. Sallie Conner, Abilene, Kan.; Treasurer, Dr. J. H. Bower, Manhattan, Kan.

The Board of Trustees for the ensuing year are as follows with the President and Secretary ex-officio as provided by the constitution in Art. 4, Sec. 2.

Dr. J. R. Warner Russell, Kan.; Dr. W. D. Sigler, McPherson, Kan.; Dr. Adele Doane, Parsons, Kan.

Motion carried that the Secretary be instructed to have constitution printed and send a copy to each osteopathic physician of Kansas who is recognized by this organization.

Iowa Osteopaths Meet.

The Iowa State Board of the A. A. A. O., met the Still College in Des Moines, Dec. 28, 29, 1900. Dr. U. M. Hibbets of Grinnell, President of the Association delivered the address of welcome. Papers were read by the following:

Dr. S. S. Still—Past, Present and Future of the Association.

Dr. Wm. West—Tuberculosis.

Dr. J. W. Hofsess—Blood Pressure.

Mrs. S. S. Still—Gynecology.

Dr. L. O. Thompson—Vaso-motor Centers in Osteopathic Treatment.

Dr. C. L. Proctor—The Migratory Osteopath.

Drs. F. G. Cluett & O. E. McFaden—Professional Integrity.

The following officers were elected for the ensuing year: Pres. Dr. C. D. Ray, LaMars, Ia.; 1st Vice-President, Dr. C. W. Johnson,

Charles City, Ia.; 2nd Vice-President, Dr. J. F. Minear, Iowa City, Ia.; Treasurer, Dr. W. A. Fletcher, Albia, Ia.; Secretary Dr. Effie Koontz, Pella, Ia. Appreciation was expressed for and allegiance was affirmed to the Science of Osteopathy as enunciated by A. T. Still, its founder. The next meeting will be held at Cedar Rapids, Ia.

Texas Osteopaths Meet.

The first meeting of the Texas Association for the Advancement of Osteopathy, a branch of the American Association for the Advancement of Osteopathy, was held in Sherman on Wednesday, November 28, 1900, at which there was a fair attendance, considering how few Osteopaths are located in the state.

The following officers were elected for the ensuing year:

President—Dr. D. L. Clark of Sherman.

Vice-President—Dr. T. L. Ray of Fort Worth.

Secretary—Dr. E. M. Maxwell of Paris.

Treasurer—J. W. Shackelford of Gainesville.

Trustess—Drs. M Hook of Denison, J. U. Abernathy of Austin, Pearl Agee, A. D. Ray of Baird, Wm. Clark of Houston, S. Y. Kennedy of Palestine, J. T. Shackelford of Gainesville.

The next meeting will be held at Fort Worth, Texas with Dr. T. L. Ray.

New York Osteopaths Meet.

Saturday, November the 24th, at 2 o'clock, p. m., the members of the New York State Society of Osteopaths, and those desiring to become members when eligible, met at the George J. Helmer Infirmary of Osteopathy, 136 Madison, Ave., New York City.

It was the first annual meeting of the society and, as many important matters were to be discussed, the spirit of expectancy and genuine good fellowship drove from the minds of all present everything that was foreign to the advancement of osteopathy and best interests of the New York Society. The roll call resulted as follows: Present, Drs. Steele, Crawford, Fisher, Burns, Patten, Bandel, Hyardemaal, Un-

derwood, Green, J. N. Helmer, Geo. J. Helmer, Smiley and Dr. Harris (the latter by proxy.) Eleven new members were enrolled: Drs. Rogers, Moore, Patten, Palmer, Wanless, Wimmel, Tyndal, the Drs. Teale, and Drs. Whitcomb. The election of officers resulted in the re election of all the former officers: George J. Helmer, President; W. E. Greene, Vice-President; W. M. Smiley, Sec'y.; and W. W. Steele, Treasurer. Drs. Fisher, Burns and Crawford, with the President and Secretary, ex officio members make up the Executive Committee.

After four hours' session, during which many matters concerning the New York Society were discussed, we adjourned. All felt satisfied that something had been accomplished and that the seed sown that afternoon would bring forth an abundant harvest.

At eight o'clock, in the east room at the Waldorf-Astoria, Dr. and Mrs. George J. Helmer gave a dinner to the members of the Society and a few intimate friends. The decorations were white and yellow—the popular colors during Horse Show week. In the center of the circular table, a pyramid of white and yellow chrysanthemums were arranged, from the base of which asparagus, ferns and chrysanthemums darted out in long lines to form the American Star. The china used was decorated in gold and the center piece of flowers was encircled by forty candles with silver and gold shades.

After dinner was served, Dr. Teale presided as Toast Master. He called upon the President to respond to the toast—"Dr. A. T. Still." Dr. Helmer, after eulogizing the "grand old man," the father of osteopathy, briefly reviewed osteopathy in the east. In conclusion, he exhorted the members of the society to continued purity and declared, as "Self is our worst enemy," the foes that rise within our ranks are more to be feared than the foes without. Jealousy, envy and strife, if allowed to exist, will undoubtedly destroy the society's usefulness and progress.

Dr. Crawford, in response to the toast—"Osteopathy"—used illustrations from experience in his own practice to emphasize

the importance of the science having legal recognition.

Dr. Steele next responded to the "A. S. O." The doctor, being among the first students and a former resident of Kirksville, was well fitted to describe the early beginning and trials of the home school. He spoke interestingly of obtaining the school charter and traced the school's rapid growth from that time to the present day.

Dr. Patten, in his response to the toast to the "N. I. O." set forth its advantages and described its equipment in so pleasant and interesting a manner that all felt satisfied that his school was among the best. He spoke feelingly of the friendly relations toward the parent school and his great desire to meet its founder.

Dr. Fisher responded briefly and brightly to a toast—"The Ladies," after which the President introduced a well-known and respected citizen of New York, Mr. Burrows, whose words to the society were full of encouragement and good cheer. He declared that, while it had been his privilege to attend many dinners of different societies, he had never attended one which seemed to have more right or cause for existence than the present one whose object was so worthy.

The evening having been pleasantly and profitably spent, the worthy Toast Master having performed his duty to the entire satisfaction of all, now suggested, as the hour was late and oratory exhausted, we retire and treat each other.

WILLIAM M. SMILEY,
Secretary.

Nov. 27th, 1900.

Fallacy of Drug Medication.

H. M. COBB, D. O., MCFALL, MO.

Man is not ordained to independent emancipation from the bonds of nature; every step from nature's God is a revolt, the penalty is affliction, and restoration is alone possible by a return to nature's laws.

Can we return to nature's God by taking drugs? I think not, for all drugs are foreign to the system and when they are taken it gives the organism more work.

We might say that all drugs are poison to a greater or less extent. The word, poison and medicine were used synonymous by the ancient Greeks. It has been said by the medical men that any medicine to possess a curative property must be more or less a poison. Strong poison if taken into the stomach in a suitable quantity will produce death unless ejected by emesis.

The physician justifies himself by saying that it is the quantity only of any substance that makes it poison and that the same substance when used in a limited quantity is a means of cure.

Now if substance in a certain quantity produces death, then according to the law of common sense we would say that this same poison given in less quantities would produce slow death.

The human body when in a physiological condition should have no matter in it which interferes with the power of appropriation and thence throw an obstruction in the way of a proper physical action of the body.

Everything taken into the organism if reduced to the proper fineness is carried by the circulation into all, even the remotest parts of the body organism, and all these substances that have been taken in and not assimilated are foreign and give the organism more work to perform.

You may ask why a little stimulant in indigestion would not be good to assist the stomach? It would be just as good as a whip to an already fatigued horse; it will make him go faster for a little while, but does not strengthen him. These stimulants excite the salivary and stomach glands to a momentary increased secretion of juices, and this abnormal reaction to carry off and overcome the stimulating remedies awakens a feeling of false hunger; but does not strengthen.

In all diseases whether acute or chronic, drugs can only result in jury.

Take an acute trouble; if the patient is fortunate enough to be cured, the patient lauds the skillfulness of the doctor; yes he feels touched with gratitude. When after many years, it may be, the perpetrated poisoning develops its ravages and it does not occur to the patient that his doctor

sowed the poison seed which is being harvested as ulceration, tumors, cancers, etc., and next the word is "go to some celebrated surgeon."

When these poisons are given to a body which is making the struggle to cure itself, it must divert a part of its powers of reaction and turn them against this drug in order to expel it by vomiting and evacuation or surround it with mucus that it may not corrode and injure the body. The energies and juices which the organism calls forth in this manner must be withdrawn from the struggle with the original enemy—viz, the disease.

I do not mean to abuse the medical doctors I have the kindest of feeling for them; they did the best they could and should have our respect. It is the truth we want in the simplest form.

Acute Practice.

R. H. WILLIAMS, D. O., NEVADA, MO.

We believe that the majority of osteopaths have a practice among the chronic cases to a great extent. In fact most of us advertise for chronic diseases and don't make much of an effort for the acute cases. Even with the hardest field to work on we get results that sometimes surprise the D. O. fully as much as they do the patient. Sometimes I think that we don't fully realize what can be done in acute practice by osteopaths. Since settling here I have been fortunate in being able to see a good many acute diseases and more than once I have marveled at the results osteopathy has attained. I will mention a few of these cases and give names and addresses in full so that anyone in the slightest degree skeptical can investigate. Very recently I was called in to attend Miss Mattie Hodgson of Ottawa, Ill., who for years has been troubled with suppressed menstruation. My first call was at 1:30 p. m., when I found patient bloated to an alarming degree, arms and legs were twitching spasmodically and the patient was suffering untold tortures. I succeeded in reducing the swelling and after a half hour's work left her practically easy. About 4:30 I was again called and found the old con-

ditions had all returned. I again reduced them and the patient was soon permanently relieved by the menses starting.

Mrs. F. H. Glenn of this city has for a number of years been subject to attacks of cholera morbus. Last summer she felt one coming on her and promptly sent for me. After the treatment she felt greatly relieved and the attack was averted.

A small son of Mrs. Curry, of Nevada, was taken with chills and a high fever. One treatment broke them both up and he was up and around in a very short time. In another case of chills I found a "chill center" at the 3d and 4th dorsal vertebra and by strong inhibition was able to control the chill instantly.

Mrs. A. C. McKeeber, of Fresno, Cal., was at a party one evening and was suddenly taken with a severe asthmatic cough and shortness of breath. I treated her by raising the 2d, 3d and 4th ribs. The spell was over and she was not bothered any more that evening.

Fellow osteopaths, try for the acute practice. You can get results that an M. D., couldn't even hope for.

Personal Mention.

Miss Julia Hart, D. O., of Pittsburg, Pa., has returned to Kirksville for the purpose of taking a course of treatment.

Dr. R. H. Nuckles, of Marshall, Mo., and Miss Bessie Baker, of Kirksville were married Dec. 23rd, 1900.

Dr. G. D. Hulett, of the A. S. O. Faculty, and Miss Alberta Dille, of Edgerton, Kas., were married January, 1st, 1901.

Miss Harriet Crawford has resumed her old position at the Infirmary.

Dr. Dwight Crawford has located at Jackson, Miss.

Dr. Gilmour, of Mt. Ayr, Iowa, recently brought a patient to the Infirmary for examination.

Miss Carrie A. Gilman, D. O., recently visited the A. S. O. Miss Gilman has been traveling in the east but intends to go to Honolulu, Hawaii, soon to practice her profession.

Dr. H. M. Cobb, of McFall, Mo., recently visited the A. S. O.

Dr. M. W. Mullins has located in Cherokee, Iowa.

Dr. Lou Hamilton will locate at Red Lodge, Mont.

Dr. H. W. Gamble and wife of the June Class 1900, have located at Maryville, Mo.

Mr. H. A. Thornbury, of the Senior class and Miss Cope Williams of Kirksville, Mo., were married Dec. 25th, 1900.

Drs. Underwood & Riley have located at Hartford, Conn.

Dr. Harry Harris, of Buffalo, N. Y., had charge of Dr. Steele's practice during the latter's absence in Europe.

Dr. H. M. Vastine has located at Harrisburg, Pa. Miss Grace Huston, D. O., will assist him in the practice.

Miss Elizabeth Vernon, D. O., formerly of Brighton, Ia., is now located at Olean, N. Y.

Dr. F. D. Bohannon, has located at Mcnicello, Ill.

Dr. B. F. Overstreet of the June class of 1900, A. S. O., is with Dr. Clark of Sherman, Texas.

Dr. Fred Bishoff, of Oregon, Ill., was a recent caller at the JOURNAL office.

Miss Nellie Lippert of the Des Moines School recently visited the A. S. O.

Miss Blanche McCormick, D. O., of the June class 1900, has formed a partnership of Dr. W. Clark of Houston Texas, for the practice of Osteopathy.

Dr. Herman F. Goetz, formerly a member of the staff of the American School of Osteopathy has removed his offices to 348-349, Century Building B'ldg., St. Louis, Mo. Dr. Goetz is well known to the profession as an earnest and studious physician, has during the last two years devoted his time especially to nervous diseases. The results of his labor will appear in a series of articles in the JOURNAL, the first in the March number.

Miss Elizabeth Ingraham (1901) will be associated with Dr. Herman Goetz of St. Louis, Century Building after Feb'y. 1st.

The following graduates of the A. S. O., visited their Alma Mater during the holidays.

Dr. Clarence V. Kerr, Cleveland, Ohio;

Dr. Frank Heiny, Pittsburg, Pa.; Dr. C. E. Hulett, Topeka, Kansas; Dr. O. L. Buckmaster, Richmond, Ky.; Dr. E. C. Pickler, Minneapolis, Minn.; Dr. Mark Kilgore, York, Neb.; Dr. Jerome Wirt, Bloomington, Ill.; Dr. Geo. Graham, Wellston, Ohio; Dr. Roy Sigler, Mason City, Iowa; Dr. C. E. Corbin, Sterling, Colo.; Dr. Elizabeth Yowell, Chattanooga, Tenn.; Dr. Florence Stafford, Riverside, Ill.; Dr. Nettie Furrow, Belle Plains, Iowa; Dr. H. T. Still, St. Louis, Mo.; Dr. J. E. Owen, Indianola, Iowa; Dr. Willie Bush, Peoria, Ill.; Dr. J. T. Novinger, Jamestown, N. Y.; Dr. F. C. Miller, Pittsburg, Pa.; Dr. Warren Dufflie, Fairfield, Ia.; Dr. R. H. Bodine, Paris, Mo.; Dr. W. M. Furnish, Ft. Madison, Ia.; Dr. W. E. Beets, Bethany, Mo.; Dr. Bertie Briscoe, Wichita, Kansas; Dr. H. M. Still, St. Louis, Mo.

Dr. A. G. Hildreth Goes to Jefferson City.

Dr. A. G. Hildreth, in charge of the Clinic Department of the American School of Osteopathy and for a number of years connected with the A. T. Still Infirmary, was elected to represent Adair county in the legislature at the recent election on Nov. 6th.



The doctor was urged to accept the nomination for this office by his many friends although he was unwilling to spare so much time from the practice of his profession and his work in connection with the A. S. O.

His election is not only considered as a compliment to his personal popularity but a tribute to the science of osteopathy which he has ably represented for a number of years. He will return at the close of the present session to resume his place as a member of the faculty of the American School of Osteopathy.

Osteopathic Stimulation of the Vagus in Cardiac Lesions.

M. F. HULETT, B. S., D. O., COLUMBUS, O.

It has been my privilege recently to have under observation the action of a mitral regurgitant heart, and its tendency to excitability. Also to watch the influence of osteopathic treatment upon it. As a point of interest I wish to mention a possible control of the excitable heart in lesions of this nature. The subject of osteopathic stimulation and inhibition is often discussed, theories advanced and denied, and differences of opinion freely passed around, that I think possibly it will be of interest to give my yet incomplete observations.

Patient, married lady, twenty-four, nervous temperament. The lesion developed to a very serious degree about three years ago. Palpitation of the most violent type occurs upon least exertion. Even raising the arms above the head, or resting the elbows on an elevated support for a few minutes will cause an excited cardiac manifestation. The case has been under observation about six weeks.

The vagus nerve carries the restrictive impulse to the heart, and exerts a tonic inhibitory influence on the rapidity of the heart-beat, so physiologists tell us. A stimulation, therefore, of the nerve should check the organ when excited. In medi-

cal therapeutics the most commonly used agent to check the heart's action is digitalis, which is supposed to excite the vagus center in the medulla, and thereby reduce the rapidity of the heart. Experimentally it has been demonstrated that electrical stimulation of the distal end of the cut vagus causes a slowing of the heart's rhythm. But are there not mechanical means by which this action can be secured? In theory, yes. Practically, I submit the following:

In my experiment I find that a stimulating treatment given the vagus immediately above the sterno-clavicular articulation and in front of the sterno mastoid muscle slows the heart's action very appreciably when excited. In fact, the experiment has been carried so far at times that the action of the heart almost ceased, when only a moment before it was far above normal. Whether or not this stimulation could be carried to the point of danger, I am unable definitely to state, but do not believe that it could. Natural functions seem not to be influenced to any great extent by osteopathic stimulation and inhibition. But in lesions of this nature the utmost care must be observed, no matter what the method of treatment.

I cite this fact not as an exceptional one, but as an evidence of proof of the theory of osteopathic influence on nerve tissue.

CLINICAL REPORTS

REPORTED BY DR. B. P. SMITH, CLINTON MO Locomotor Ataxia:—

Mr. Med Colt having suffered for over four years with a disease not understood by physicians of Colorado, but was treated by said physicians for rheumatism and various other troubles with no favorable results, removed to Clinton, Mo., about a year ago for treatment under Clinton's most prominent physicians. They pronounced his case locomotor ataxia of a very severe type, for his sight was then affected. He was treated by Clinton physi-

cians with no benefit and then tried magnetic healing, which likewise was unsuccessful. He grew from bad to worse under two years of various treatment, his eyes failing him so he could not read and scarcely able to distinguish light from dark. This being over a year ago, so he tried a specialist from Kansas City, but yet grew worse.

I examined his case in July, 1900, and found locomotor ataxia with lesion of 1st and 2d cervical, 4th and 5th dorsal, this interfering with ciliary centers, also posterior

in lower dorsal and upper lumbar with lateral lesion at 5th lumbar. My treatment began Aug. 1st and he has improved gradually ever since. He being able to walk a great deal better, can stand and wash himself and his eyes are improved to the extent that he can describe the color of clothing and distinguish the leading newspapers by their large printed heading. My treatment has been to correct lesion and keep bowels and kidneys in good condition. Judging from improvement this far, I think by continued treatment he can be entirely relieved.

* * *

REPORTED BY DR. RHYNSBURGER, DAYTON, OHIO.

Ovarian Trouble:—

Mrs. J. T—— was for many years a sufferer from a painful trouble in the ovaries. She received medical treatment four years without obtaining relief, but gradually grew worse and was finally advised by her family physicians that the ovaries should be removed. Four prominent physicians examined the case and all said the ovaries had become abscessed and an operation was necessary. As a last resort she decided to try osteopathy, was examined Sept. 11th, and the case found to be at that time, congestion of the ovaries, combined with irregular menses, menorrhoea, extreme tenderness over affected parts, a weak back and muscular lesions and pain in dorsal and lumbar region. I began to treat her at once to remove the lesion of the spine and correct the irritation to the spinal nerves and nerve centers opening up a normal nerve and blood supply to the affected parts and after two months treatment the patient is as free from ovarian trouble or pain as though she never had it.

* * *

REPORTED BY CHARLES SOMMER, D. O. MUNCIE, IND.

Sciatica:—

A prominent young man of this city, had an attack of sciatica in 1894. He went to Martinsville, Ind., and took mineral baths, and returned apparently cured; one year

later he had a second attack. He again went to Martinsville, and became so much worse that morphia in large doses, did not relieve the intense pain. After three months he returned home, and tried the skill of the local physicians. He then went to the Muncie Sanatorium. As a last resort he tried Dr. Fletcher, a famous nerve specialist, of Indianapolis. After the doctor had tried all his remedies without success, he advised him to go to Florida, but told the young man's father that he could not be cured, and could not live but a few months. While preparing for the Florida trip, he heard of the cures wrought by osteopathy, and at once went to Kirksville, Mo., and was treated at the Still Infirmary. In March 1897, he returned home greatly benefited after three months treatment. In July, 1897, he went to Des Moines, Iowa, and took treatment for three months. In April, 1899, he prevailed on me to locate here, that he might receive treatment at home. After twelve months treatment he was entirely cured. This case was the most obstinate, that I have had, but it demonstrates what patience and perseverance in osteopathy will do.

* * *

REPORTED BY DR. L. D. ALLABACH, ST. CHARLES, MO.

Consumption:—

No. 1 was a case of consumption (so-called by the M. D.'s and the young man, Mr. K—— was and had been spitting blood for some time. I found on examination a very decided lateral curve in upper dorsal, the 2d and 3d ribs down and the muscles of the neck very much contracted. Readjusted the unadjusted parts, relaxed the neck muscles and at the end of one month discharged the patient cured.



BAUGHMAN'S Adjustable Chin Support.
Prevents mouth breathing so often found with children, convalescing patients and old people. Prevents snoring, laryngitis, and catarrh. For descriptive circular enclose stamp and address J. S. BAUGHMAN, D. O. No. 523 Division St., Burlington, Ia.

Osteopathy in Kansas City.

A. L. MCKENZIE, D. O.
MRS. GINEVRA I. GREEN, D. O. } Graduates of A. T. Still's American
CHAS. I. DALEY, D. O. } Sch. of Osteopathy, Kirksville, Mo.

OFFICE HOURS: 9 a. m. to 5 p. m.

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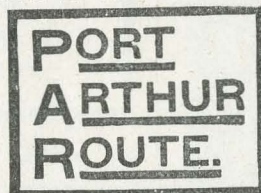
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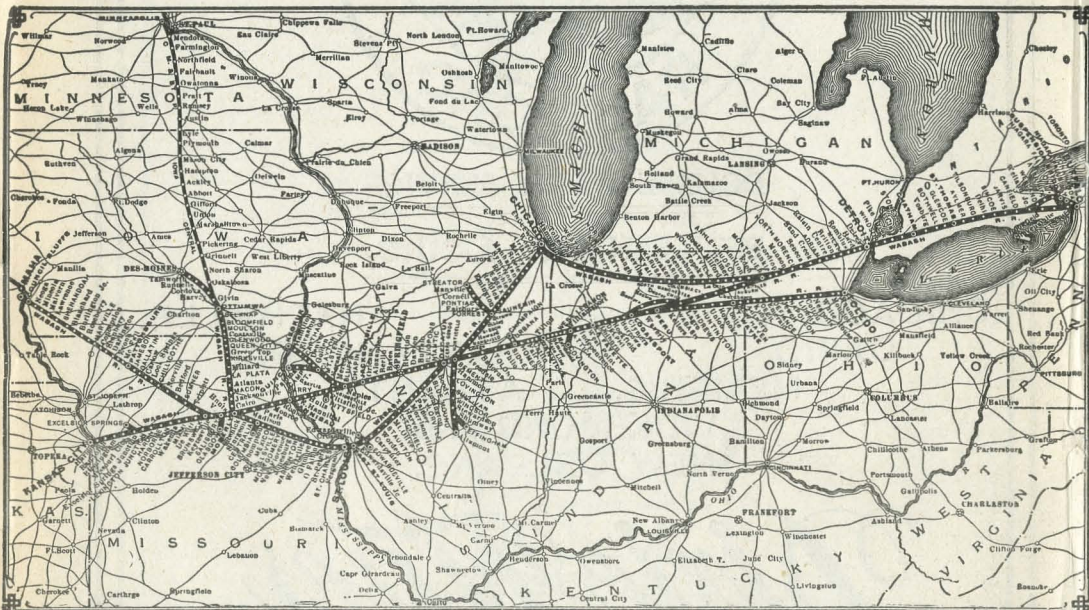
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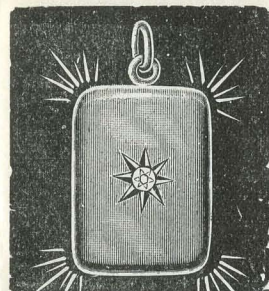
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