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This prize is conferred by the Society of Science, Letters and Arts, London, upon that member who is judged to have made the most worthy contributions to science for the year. The honor for 1898 has just been awarded to Dean J. Martin Littlejohn, Ph. D., LL.D., D. D., F. R. S. L. and F. S. Sc. (London). This work comprised, in the main, text-books on "Physiology, Exhaustive and Practical" and "Physiological Psychology" which he prepared from the Osteopathic standpoint for use in the American School of Osteopathy.

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## DR. A. T. STILL'S DEPARTMENT.

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### CONSUMPTION.

CONSUMPTION, I believe, will soon be with the things of the past, if taken and handled by a skilled mind, one that is trained for that responsible place. He or she must be taught this as a special branch; it is too deep for superficial knowledge or imperfect work. Life is in danger, and can be saved by skill, not by force or ignorance. He who sees only the dollar in the lung is not the man to trust your case with. It is such men as have the ability to think and the skill to comprehend and execute the application of Nature's unerring laws, that obtain the results required. We believe the day has come and long before noon the fear of consumption will greatly pass from the minds of the people. We have long since known and proven that a cough is only an effect; if an effect, then a wise man will set his mental dogs on the track which is effect, to hunt the skunk, which is cause. He has all the evidence by the cough, location of pain, tenderness of spine, neck and quality of the substances coughed up to locate the cause, and to know when he has found it, how to remove cause, and to give relief will grow more simple as he reasons and notes effect. We do not think this result will be obtained every time by an average mind, unless he have a special training for that purpose. He must not only know that the lungs are in the upper part of the chest and are close to the heart, liver and stomach, but he must know the relation all sustain to each other, that the blood must be abundantly supplied to support and nourish three sets of nerves, sensory, motor and nutrient. If the supply should be diminished to the nutrient nerves, weakness would follow; reduce the supply to the motor and it will have the same effect, thus motion becomes too feeble to carry blood to and from the lungs normally, and the blood becomes congested, because it is not passed on to other parts with the same force that is necessary for health of the lungs.

At this time the nerves of sensation become irritated by pressure and lack of nutriment; we cough, this is an effort of Nature to unload the burden of oppression that congestion causes with sensory nerves. If this be effect then we must suffer and die, or remove the cause, put out the fire and stop waste of life without which all is lost. Nature will do its work of repairing in due time. Let us reason by comparison. If we dislocate a shoulder, fever and heat will follow; the same is true of all joints of the body. If obstructing blood or other fluid should be deposited in quantities great enough to stop other fluids from



passing on their courses, Nature will fire up its engine to remove such deposits by converting the fluids into gas. As heat and motion have much to do as remedies, we may expect fever and pain until Nature's furnace produces heat and converts its fluids into gas and passes it through the excretories to space and allows the body to work normally again.

We believe consumption causes the death of thousands that it should not. We must not let stupidity veil our reason, and we are to blame if we let so many run into "consumption" from a simple hard cough. The remedy is natural and we believe from results already obtained that seventy-five per cent of the cases can be cured if taken in time. What we call "consumption" begins generally with a cough, chilly sensations and this lasts a day or two, sometimes fever accompanies the cough. The cold generally relaxes in a few days, lungs get loose and much is raised and this continues for a period, but the cough appears again and again with all changes of the weather and lasts longer each time, until it becomes permanent—then it is called "consumption" because of its continuance. Medicines are administered freely and often, but lungs gradually grow worse, cough more continued and much harder, till finally blood begins to come from lungs with wasting of strength. Change of climate is suggested and taken, but with no change for the better; another and another travels to death on the same line. Now the doctor in council reports "hereditary consumption" and with his decision all are satisfied and each member of the family feels that a cold and cough means a coffin because the doctor says the family has "hereditary consumption." This shade tree has given comfort and contentment to the doctors of the whole past.

If you have a tiresome and weakening cough at the close of the winter and wish to be cured, we would advise you to begin treatment with warm weather, then the lungs can heal and harden against next winter's attack.

As I write I will say I have never written a word on consumption because I wanted first to test my conclusions by long and careful observations on cases that I have taken and treated successfully. I have kept this from public print until I could obtain positive proof that "consumption" could be cured before I would so state. So far the discovery of the causes are of but little doubt and the cures are a certainty in a very great number of cases. An early beginning is one of the great considerations in incipient consumption.

For fear you do not understand what I mean by "consumption" I will have to write on a descriptive line quite pointedly. I will give start and progress to fully developed consumption. We often meet with cases of permanent coughs, with expectorations of long duration, dating back two, five, ten, even thirty years, to the time when they had the measles. The severity of the cough and strain had congested even the lung substance, and a chronic inflammation was the result. If we analyze the sputum we find fibrine and even lung muscle. Does all this array of dangerous symptoms cause an Osteopath to give up in despair? It should not, but on the other hand he should go deeper and deeper on the hunt of the cause; he may find trouble in the nerve fibre of the pneumo-

gastric, in the atlas, hyoid, vertebrae, rib or clavicle—these may be pressing on some nerve that supplies the mucus membrane of the air-cells or passages. A cut foot will often produce lock-jaw, why not a pressure on some center or branch of nerve fibre cause some nerve division in the lungs that governs venous circulation to contract and hold blood indefinitely as an irritant, equal to cause perpetual coughing?

This is not the time for the brainy Osteopath to run up the white flag of defeat and surrender. Open the doors of your purest reason, put on the belt of energy and unload the sinking vessel of life. Throw over-board all the dead weights from fascia and wake up the forces of the excretories, let the nerves all show their powers to throw out every weight that would sink or reduce the vital energies of Nature. Give them a chance to work, give them the full nourishment and the victory will be on the side of the intelligent engineer. Never surrender, but die in the last ditch.

Let us enter the field of active exploration and note the causes that would lead us to conclude that we have found the cause that produces "consumption" as it has ever been called.

Begin at the brain, go down the ladder of observation, stop and whet your knives of mental steel sharp, get your nerves quiet by the opium of patience. Begin with the atlas, follow with the search-light of quickened reason, comb back your hair of mental strength, and never leave that bone until you have learned how many nerves pass through and around that wisely formed first part of the neck. Remember it was planned and builded by the mind and hand of the Infinite. See what nerve fibres pass through and on to the base, center, and each minute cell, fascia, gland and blood-vessel of the lungs.

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#### THE BUZZARD.

"FROM the sublime to the ridiculous." God made both man and the buzzard. To open up the subject of the buzzard, I will say to my companions, (if I have any) let us halt, clean out and load our pipes with the best and most powerful tobacco of reason, puff a few times, and get coolly down ready to take up the subject of the most loathsome and filthy of all known fowls on the face of the earth. His odor is so obnoxious that no human can endure him even for one minute without turning sick and throwing up the contents of his stomach. It would look as if the wisdom of God had been exhausted to show how filthy he could make his created beings. When we read that "cleanliness is next to Godliness" and smell the buzzard we feel like the boy who says "how is that for high?" When God has made the most filthy that the genius of heaven could produce, when we read of purity and witness the most filthy of all in a bird and he turned loose above us to pollute the air that we breathe, and such birds spreads all over the earth by countless millions; why not fill the sky with sweetest roses with their odor to comfort his children in place of filling the space above us with filthy birds and the ground with stink-



ing snakes, skunks, and thousands of offensive animals, bugs and reptiles. It does look as though Nature had tried to be filthy in general and particular.

Come boys, let us shake the ashes out of our pipes, clean the stem and fire anew and make the best we can of the filthy odors. We will have some music (not operatic) and see if we can enjoy ourselves better this congress than at the last—when all Nature seemed to be a sea of filthy beasts, birds and reptiles. I feel better now, our pipes smoke good; I seem to fall in deep love with all Nature's work.

When I think of the musk of the buzzard and all the reptiles, and fishes of the sea I see the wisdom and kindness of God is all his work wheresoever found by man. Had I been acquainted with the object of Nature I never could have been induced to think that God could have made a better buzzard—one that could eat the putrid flesh and not been so offensive in his own smell, which is so much worse than that of the worst putrid flesh that the nostril of man ever smelled; it is so much worse that the smell of all dead beasts is pleasant when compared with it. I see suns of beauty now where I could not even see a star in the mists of my mental sky. I feel that that the pen of man could spend an eternity in and with the laws and uses of odors.

Did you ever think for a moment that odors are living powers and that one can overpower and destroy another? Thus if a buzzard should stop and eat a man who had died of small-pox, that odor cannot overcome the effects of the odor of the bird and plant the bacteria of small-pox in him and kill him. Did you ever think how wisely Nature has fortified him against putrid poison? He freely eats of the horse that has died of the deadly glanders and no harm comes to him. Can you not sing or chant "Praise God from whom all blessings flow?" I feel that the gates of heaven are open to him who will behold and read the laws and uses which Nature put there in place and motion. I speak of the odors of fruits, vegetation and animals hoping by so doing other and wiser persons may be able to give us more light on the subject. I am of the opinion that by the laws of odor-force disease is often conveyed from one person to another, thus contagions are carried over the earth. If a person should take up the odor of small-pox, why not kill the microbes by the natural odors of a healthy person? Why not a lesser world side up to and be in company with the other? Reason would say the greater world would have greater magnetic force and repel the lesser, thus the health and safety of both are preserved. It is only a question of pounds of sulphur and magnetic action that keeps the lesser away, but when two worlds of equality in all respects run near, a union would surely occur, thus disease that has overcome one man can so do all men. Is it not reasonable to suppose that virus could take possession of a body whose living force is inferior to its own? Thus the disease that does kill the human is stronger than the resisting force of man and will grow in him as grass will flourish in the soil of the earth. Thus the odor of diseases fall on and take root and grow because of their power to prevail over the weaker and leave us only to see the effects of the cause in motion; we judge cause by its work to save the organs

of the body in at least working order or enough so as to begin repairs after the fire of the pox has been extinguished by exhaustion of all igniting substances of the body. It surely has taken much wisdom to arrange and make a channel that would and could take and dispel the dead and dying fluids of the body completely and leave the body purified. All offensive musks and odors have labored to save life by pushing such dead matter out of the system and in so doing, tear away parts of the skin in order to make openings to pass out the dead matter—thus we see the pox.

(These articles are published by request and are taken from the manuscript of Dr. A. T. Still's system of Independent Philosophy—which may be published in the near future)

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#### SOMETHING NEW OR NOTHING AT ALL.

STALE habit and imitation and quotations from the honest though ignorant dead will not be tolerated in this school any longer than I can ascertain the Osteopathic instructor who will come before the class with lists of quotations from medical authors who hate Osteopathy in their bigoted way. I wish no books with such productions presented to the honest seeker for Osteopathic knowledge, and I advise the student who reads any book abounding in quotations to take it to some competent Osteopath who will probably tell you how badly the author has missed the object and how unwisely you have spent your money.

A. T. STILL.



## URIC ACID.

C. W. PROCTOR, Ph. D.

THE source of uric acid and the significance of an increase or a decrease in its elimination has been the subject of much discussion and research. Some difficulty attends the solution of these problems, from the fact that a variety of conditions seem to affect, in some manner, the amount of uric acid that is produced or excreted.

It was formerly supposed that uric acid was derived from the same source as the urea of the body, and that it was elaborated in the liver as that substance is; but later research indicates that it is derived from nuclein, and the spleen seems to be more particularly concerned with its preparation. There is however some question as to whether it is prepared in that organ or in the tissues themselves.

The effect of different foods has been determined by many experiments, but the results of different experimenters are so contradictory, that one cannot arrive at any very certain conclusions.

It is certain that different foods do affect the production of uric acid and foods rich in nuclein seem generally to increase the amount, but the value of that knowledge is not important to the practitioner, for this reason,—it is the abnormal condition that he seeks to control and not a normal.

When an increase of uric acid is associated with disease there is a cause for that increase which will not be removed by a simple change of diet. There is a functional disturbance affecting some particular organ or else affecting the general metabolism of the entire body.

In harmony with the great underlying principle of Osteopathy the control of the uric acid is to be sought through the control of the circulation and of the nervous energy of the body. And the problem for the Osteopath is to know when and where to exercise that control. The "how" is a matter of his professional training. I think that we may safely conclude that there are three points to consider as to the "where." First the kidneys. For while they are not concerned in the preparation, if they fail to do their work of elimination, the mischief maker is left in the blood to clog the system and produce its peculiar, evil effect upon nerve centers or other tissues. Logic would lead us to this conclusion concerning any waste matter of the system. It is an elementary principle of physiology that the elimination of all waste matter is essential to health.

In the second place, we may conclude that the spleen has some connection with the production of uric acid. At least, uric acid has been found in the spleen in greater quantities than elsewhere; and spleen pulp mixed with blood will yield uric acid. Though these experiments are not conclusive they indicate at least a possibility that should be tested by the observation of the Osteopath.

Again it is not impossible that an impaired metabolism may affect the quantity of uric acid in the blood. It is so frequently associated with a low nervous tone. It is associated with leukæmia, febrile diseases, pneumonia, pericarditis, pleurisy, gout, and sometimes with rheumatism, as most authorities agree. In all these cases a disturbed metabolism would no doubt be a possible factor. In some cases where there seems to be no particular disease, uric acid has been found in excess in the urine. But in such cases the patient has been subject to headache, despondency, listlessness, or dyspepsia. Among a large number of cases of this latter character, the prompt response to Osteopathic treatment has proven that the logic of the system is not mistaken.

Unfortunately for the practitioner the estimation of uric acid is not easily made. It requires considerable time and expensive chemical apparatus and is therefore not practical for clinical work, except in hospitals or other institutions equipped with a chemical laboratory. The reddish sediment of uric acid crystals; which may so often be seen in urine does not always indicate an excess of that substance. Indeed such sediment may be present when less than the usual amount of the acid is to be found.

The uric acid of the urine is usually combined with sodium, potassium, or ammonium as urates. These urates are usually in solution, so that the amount is ascertainable only by a quantitative analysis. Improved methods have brought the estimation nearer than it formerly was, but the process is still too elaborate for the ordinary practice.

## ANOTHER TRINITY—GOD, NATURE AND OSTEOPATHY.

MINNIE POTTER, D. O.

NATURE is the handiwork of God, Man his masterpiece. This being true, man should be in perfect harmony, physically, mentally and spiritually, within himself and with all surrounding Nature—he being a part of the great whole of the plan of God.

Marvel not then that it has been said: "Know thyself." "The greatest study of mankind is man" etc.

Did you ever think of it? Man is the only creature upon earth that willfully gets out of harmony with nature.

When the vital forces of the human body become discordant, it is caused either by ignorance, accident or wilful disobedience to Nature's laws. All things of earth, each in its proper place, obey the natural laws governing it, and appeals to us to study, understand, and unfold its process of development.

You may probe as deeply as you like into these hidden truths, and call it scientific research or whatever you please, for all science is simply understanding, systematizing and controlling elements of nature.



Man is irreligious because of the ignorance of these great truths. Every form of skepticism the world has ever known can be traced back to ignorance of the plan upon which the truth was founded.

Reflect for a moment how few of the great lessons which nature would teach us, ever receive even a moment's thought from the vast multitudes of God's children, who profess to love his ways, his earth and all his workings therein. Notwithstanding he has placed these truths in all the walks of life. He has given us an inexhaustible quantity of pure air, pure water and sunshine; and vividly illustrated their indispensable, vitalizing powers upon almost every living thing of earth—yet we shut our eyes and will not see.

Is it any wonder then that man turns away from Osteopathy, with the face of ignorance. A truth based upon the study of this master-piece, man, a science which in its method of dealing with diseases is simple, beautiful and natural?

All Nature appeals to us in its simplicity and beauty, yet leads us farther on to the Great Mind that abounds in wisdom, and gives greater magnitude to all Nature and her laws.

Osteopathy teaches that disease is unnatural, and that man is God's masterpiece of perfectness in mental and physical harmony. When neither the fluids nor nerve forces of this great machine are interfered with man is capable of performing his own mental and physical acts as God intended. When everything is right Nature can do her own work without any artificial aid such as drugs, fly blisters or leeches. This has been proven by Osteopathy to all intelligent thinkers who have taken the pains to investigate.

When some abnormality exists, causing inharmony, the Osteopath is so trained that he can detect and remove it, thus removing the "cause" of disease.

If you have no Osteopath near you to "tone up" the system, why not try some of Nature's health elixirs, such as pure air, pure water, and sunshine. These are indispensable to good health. God creates nothing useless, and certainly had some potent reason for surrounding us so abundantly with these blessings.

We all know that pure water, air and sunshine are essential to health and happiness, yet, do not understand one half the power which lies within their free use. If we did we certainly would use more of them.

Let us look for a moment at some of the effects of pure air upon the human blood. The interchange of gases takes place within the lungs. Carbonic acid is thrown off in exhalation, while the little blood corpuscles are loaded with oxygen in inhalation, which purifies and enriches, and heats the blood, giving it a pure, bright red color. Thus it starts on its mission of rebuilding and nourishing the tissues of the body. When it returns to the lungs it is a dark blue in color, and contains from 8 to 12 per cent less of oxygen than when it started from the lungs.

"Blood is the life of the flesh," so says the Holy Book, and oxygen is

the life of the blood. When your blood needs purifying, try Nature's remedy of deep, continued breathing, completely emptying the lungs in exhalation and filling them in inhalation. Thus you can "tone up" the system without the use of drugs, which only shoot at random, and fly wide of the mark.

Pure water and sunshine are both vital remedial agencies of Nature, which I shall leave for your careful study as my space is too limited for more than a hint upon some of these lines of thought.

Dr. A. T. Still says in his Autobiography that Osteopathy believes in and fights under the same flag which Nature wove for man when he was placed upon earth—"The law of God given to man to heal the sick."

Perfect harmony is the great star that God placed in the heavens to guide us in all the paths of Nature. Its rays shone upon all this great earth as it did upon all other planets, while his children were stumbling around in the dense forests with only now and then a faint glimmer of light, until Osteopathy stepped out and exclaimed: "I see a great light! Let us travel toward it and see what it means."

As she neared it, she saw God in it, behind it, and all around it. Saw so much that was beautiful beyond description, that she turned in rapture, to beckon to her brothers and sisters to come and drink with her at this fountain of knowledge and truth, but was surprised to find that they had all disappeared into the dense forests she had just left. As she looked around in amazement, she realized that she and Nature stood alone, o'ershadowed by the wings of God, while around them falls the light of the beautiful star "Perfect Harmony," whose rays are to penetrate every atom of space now and forever.

Osteopathy is hand in hand with Nature, and so long as her life is centered in the divine law of God she will never die. Let us bow with reverence before this great Trinity and learn of it.

We cannot afford to condemn without investigation, for truth crushed to earth will rise again—and if you try to grind it into the dirt, it will only stand the more erect and smile upon you. If you obstinately refuse to investigate a truth which invites you, one which is to your own interest, you simply brand yourself as either a coward or an ignoramus. The grandeur of this knowledge is for all who will travel with determination into the light and investigate without prejudice.

Our mission is a noble one,  
 We hear the sufferer's mournful call,  
 And on wings of love swiftly come,  
 Bringing truth and health to all;  
 With golden thoughts from Nature's God  
 To keep you in harmonious brightness,  
 And wave Osteopathy o'er earth's green sod,  
 Where all should travel in uprightness,  
 To bless the dying world, the hungry souls  
 Whom error's chain so cruelly holds.



## WHAT WILL THE OSTEOPATHIST DO TOWARD RELIEF FOR THE INSANE?

(Read Before the Atlas Club June 4, 1899.)

HOMER WOOLERY, A. B.

THE underlying law in the production and development of great men and great sciences seems to be "the demand regulates the supply." This is specially true of Dr. Still and his grand science. The age is just ripe for this new science. The older sciences have paved the way and thus made the progress of this one assured. Especially is this true when we come to deal with insanity. The sciences of psychology, physiology and pathology have shown the foundation upon which mental action, both normal and abnormal, is based. They have gone even farther and made it possible for one by a thorough knowledge of these sciences, to make a very accurate diagnosis of various forms of insanity and in many cases to give a certain prognosis and even to suggest and to give effective treatment. Just where these sciences come short this new science of Osteopathy comes in and enables us to make a quite complete diagnosis and to make a more hopeful prognosis for those cases subjected to Osteopathic therapeutics.

By means of the exact methods of science many of the past apparently unsurmountable mountains of difficulty have been over-thrown. This has been manifested most often in the older sciences of mathematics, astronomy and chemistry. The difficult problem of man himself—as to his real nature—have been left to the last. It has been hardest to divorce the science of man's mind—psychology—from that of religion. Superstition and religious ideas have been an hindrance to progress in this science. But the divorce has been accomplished and the science of psychology has been making rapid strides such as have been unequalled in the history of any other science.

It shall be the purpose of this paper to merely call attention to some of the facts brought out in the later development of this science together with those furnished by the science of physiology and this new science of Osteopathy, an outgrowth of the latter, and to point out how upon these we would base our prophesy as to the future successful treatment of all mental diseases. We shall attempt to show how the treatment of all forms of insanity must fall under three possible heads, viz: purely psychic, purely Osteopathic or a combination of these two modes of treatment.

Let us first consider what psychology has contributed toward the solution of the problem of insanity. We must certainly give physiological psychology credit for pointing out the true scientific basis of mental activity as lying within the physiological mechanism of man. The psychologist has shown how the body must be considered the organ of the mind. The brain is more commonly spoken of as the organ of the mind. This is true only

because its connection with the mind is more direct. Without brain activity we never have mental activity and vice versa. The brain is completely and perfectly connected with every part of itself and by means of the nervous system with every part of the body. Every brain cell is perfectly united to every other cell in its group of brain cells. These groups are also united with every other group, and these groups are formed again into communities, and these communities, in their turn form constellations. The connecting links are the tentacles and arms proceeding from each cell. By means of the association fibres the brain is knit into a perfect unity. Then by means of the radiating fibres passing through the internal capsule, the crus, pons and medulla, the spinal centers, nerve fibres, both afferent and efferent and the nerve terminals, sensory and motor, we have every part of the body connected with the brain and with every other part of itself. Thus we have perfect unity of mind and body. The mind never acts but we at the same time have brain activity and the brain cannot be active but we have consequent bodily activity. All thought tends to end in muscular action, and it is this principle that must guide the psychologist in dealing with perversions of the mind.

Giesson has suggested the only basis applicable as the one for all forms of insanity viz., "mental alienation." According to Giesson insanity is always the result of interfered relations or inter-relations of brain cells. Absentmindedness is explained as due to a temporary disconnection or severance of the relation between certain cells. This may be a sign of intelligence or a sign of stupidity. One may be highly absorbed in thought which causes a very active condition in one part which is disconnected from all other parts of the brain. In the stupid or imbecile person the relation of cells is so loosely formed that there is disorderly relation of cells or groups of cells so as to prevent the passage of thought impulses from one cell to another or from one group to another.

In addition to giving us the fundamental law underlying intellection and secondarily that of abnormal mentality, modern empirical psychology is now doing much toward solving its question as to the etiology of insanity. At present we have two hospitals for the insane in the United States—one in New York City and the other in Illinois—which have adopted and are practicing the laboratory method of examinations for insane subjects, and are basing their diagnosis upon the same. This method has proven to be a great advance step in a truly scientific direction. The tests given are both psychic and physiological. A combination of the two forms the surest and truest foundation upon which to base a diagnosis. Tests are applied to the various nervous reflexes which have been known for some time to give reliable information as to the state of the nervous system and secondarily as to the predisposition of the mind to unsoundness. Other equally good diagnostic tests are applied in systematic order to show the exact condition of its power of sensation, perception, memory, emotions, volition, association, attention, judgment, reason and imagination.



An attempt is made under this laboratory method to classify the symptoms into two classes—(1) psychic and (2) somatic.

In the first class come all pertaining to the history of the patient, both family and individual history. Thus we are able to determine whether the sane or insane factors predominate—whether there is stability or instability, which fact according to Dr. Krohn is essential to know.

Under the somatic symptoms we need to ascertain the presence of abnormal conditions in the bony, muscular or nervous structures of the bodily organs, such as asymmetries of the spine, skull or of the limbs, upper or lower. All these are somatic symptoms involving instability bearing upon insanity. Thus you see Osteopathic examinations have been made before Osteopathy became established.

The science has been so perfectly adjusted that some claim they can foretell the term of life of the individual showing signs of parietic dementia. Giesson claims this period of incubation is four years in all instances and cites cases in his own practice where he claims to have exactly foretold the time of their death.

This is truly scientific, but we think we are able to point out where Osteopathy can go one step farther in exactness of examination and diagnosis and in effectual treatment. The only mode of treatment the psychologists attempt to recommend is one of a psychic nature. In cases of insanity brought on by worry they advise rest. In other cases the treatment indicated is to bring about a psychic activity diametrically opposed to that manifested in the demented condition. For example, there are two forms of dementia, one characterized by an intensified concentration of thought along a particular line to the exclusion of all other possible lines of thought. (This is the form most religious cranks take.) The other form is characterized by a diffuseness of thought—a lack of power in concentration. The treatment in the former case is to bring about a diffuseness of attention. The mind must be divided into its several units. The opposite method or active concentration of thought is that indicated in the latter case.

However, none suggest a sure mode of treatment other than a palliative one, by means of which the term of life may be prolonged. This psychic treatment will tend to stay the progress of the disease, but back of the condition we must remember there is a first cause which is paralytic in its nature as affecting the nervous system. Hence if a cure be affected it must be by way of a restoration of the normal nervous action.

In a case of parietic dementia there must be either a central lesion in the brain or a degenerate condition in the peripheral end organs, sensory or motor, or in the nerve fibres connecting these with the higher brain centres. A lesion at any one of these points will destroy the possibility of having a complete circuit of nervous activity. A thought once originated in the mind can not find expression owing to this break in its path. Thought is capable both of acting and of being acted upon. The senses

furnish the raw material of thought which is acted upon by certain functions of the mind. But the nervous mechanism being interfered with at any point means the destruction of either one or both of these powers. A degenerate condition anywhere from the sense end organ along the afferent nerve path to the brain centers inclusive would prevent thought or mind being acted upon. While a degenerate condition anywhere from the brain centers along the efferent nerve path to the motor end plates inclusive would prevent the mind acting upon the raw material furnished by the sense experience.

No amount of psychic treatment can restore a parietic dementia patient or restore normal powers of thought where the vital fluids are prevented from rendering nutrition to the structures involved in the paralysis. Just where the psychologist reaches his limit the Osteopath comes in and by means of his thorough knowledge of the relations of the various structures of the body can complete the diagnosis by pointing out the primary lesion and he then may go farther and apply his therapeutics—remove the cause or lesion and thus enable nature's forces to restore the nervous system to its original unity and harmonious action. When this organ of the mind is once set right the mental faculties will resume their original normal functioning.

Insanity is manifested in phenomena which point to an incoordination of mental and bodily actions. There is manifested a lack of equilibrium between the mind and body. Parietic dementia is always associated with an atrophic condition of the nervous system. All body conditions depend upon the trophic or atrophic condition of the different parts of the nervous system. The patient should be so nourished as to sustain an equilibrium between the trophic and atrophic parts of the body—nourishing the one weaker part at the expense of the other more vigorous parts.

The nervous mechanism upon which is based all mental phenomena derives its nourishment from the vital fluids of the body, which, in the order of importance, are the cerebro-spinal fluid, the lymph and the blood. We arrange these fluids in this order because all food before it is assimilated by the nervous system has to pass through these stages—first blood, then lymph and lastly cerebro-spinal. An interference of this nourishment of the nervous system at any one point would cause a degenerate condition at that point and consequent paresis and derangement of the mental functions. For example, let us suppose we have a lesion, due to violence or to some micro-organism, affecting any one of these vital fluids, then we will certainly have set up a new inflammatory growth which will tend to rob some nervous structure of its nutrition, either directly or indirectly by pressure. Our experience as Osteopaths has proved that when any powers of the body are lost it is due to a disconnection with the central nervous system such as this kind of a lesion would cause, and when the connections are renewed, we have normal bodily activities restored.



If the condition is allowed to extend into an extreme form the rate of development will be very rapid. Hence the prophylactic treatment is the predominating form of treatment. This paretic condition is becoming more common. Late statistics show this form to constitute ten per cent of all forms of insanity as compared with one per cent as shown by former statistics. This large increase is accounted for on the ground of the large increase in inflammatory diseases in the last few years. Webster says:

"In all the imbecile conditions he has seen, he saw an influenza of the brain."

Those cases of paretic dementia associated with hereditary chronic inflammatory conditions are most fatal.

Let us site a case illustrating this theory, which was successfully treated right here in our institution.

A young man was in a five mile bicycle race, and directly after the race was finished he went bathing in a stream of running water, resulting in a violent form of insanity. Here no doubt was produced a general spinal lesion due to the congested condition of the spine and thus was shut off all supply of nerve nutrition by way of the cerebro-spinal fluid.

This theory is no longer a mere theory. On this basis there have been treated some half hundred cases right here in our own institution with the result of a cure in 98 per cent of all the cases treated. The causes of these cases have been micro-organic in cases following influenza or lagrippe, physical violence, and psychic where some sudden nervous shock was given.

Rhythmical action is characteristic of all things in the universe and thought is no exception. The various theories as to the nature of mental and brain activity are fundamentally the same. The molecular, the chemical and the electrical—all involve the element of motion which would explain the propagation of thought or brain activity. All thought—perception, images, ideas and violation—is motor, expressed only by muscular action. When a thought originates in the mind, it is soon started on its way through the cerebrum, spinal cord, and peripheral nerve to its motor end plate for final manifestation in muscular action. If it be delayed in its course or prevented from going to the proper end plate we will have a terrible mental commotion. This we term insanity. Thus many mental impulses are propelled along their course only to be switched off as it were by a short circuit. e. g. a misplaced uterus may be the means of causing a terrible mental turmoil.

Again this rhythmical action at the basis of mentation, may be hindered where an individual has no occupation for the exercise of his nervous force and hence bring about insanity. The many cases of hysteria furnish us with examples along this line.

It is the duty and office of us as Osteopaths to try and save lives from untimely deaths. Whenever we find an individual in a demented condition, we may put it down that that individual, if under seventy years of

age, is one amenable to our care and treatment. It is our place as Osteopaths to make a thorough examination, using all the tests that the various sciences have proven to be true and tried and thereby discover the primary etiology of the case in hand. Then we are privileged to use our skill in removing this cause and thereby set the individual in the way of normal growth instead of the pathological backward tendency.

The perfect restoration of the mental functions may require the training of a teacher versed in psychology and psychiatry. We would suppose the individual with a restored nervous system to at once take up intellection at the stage of development where he left off at the time his mental balance first become disturbed. During all this time since his mental equilibrium first became disturbed his pathological condition has manifested a retrograde. He has been going backward toward the state of primeval civilization. So we would think that most cases would require the training of a skilled psychic pedagogue.

Hence we would say that Osteopathist who becomes a thorough qualified psychologist ought above all others to be best equipped to handle those individuals afflicted with this most dreaded disease insanity.



## GRADUATING EXERCISES.

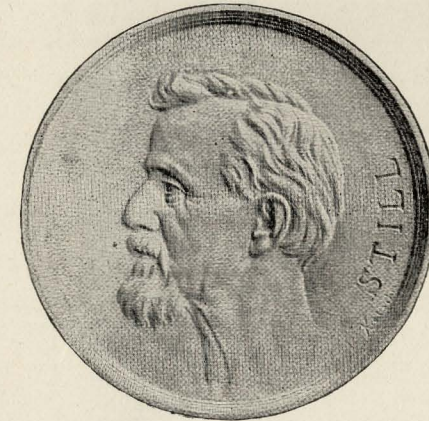
**T**HURSDAY evening, June 29th witnessed the graduation of the largest class yet sent out by the American School of Osteopathy. Knowing that no building in the city was capable of accommodating the vast multitude that would be present, and following the precedent established by the June '98 class the exercises were held on the beautiful and spacious lawn in front of Dr. Charles E. Still's residence. The grounds, under Nature's hand have been fashioned into a natural amphitheater and when seats were placed on the gentle slope each spectator could see the platform on which were seated the graduates, teachers and officials of the school. The grounds were brilliantly lighted with incandescents and decorated with flags and bunting. All nature seemed to be in harmony with the beautiful scene; the cloudless sky and balmy air left nothing to be desired that could have made the evening a more perfect one.

After the opening overture by the orchestra, Rev. J. T. Pierce followed with the invocation. Dr. Charles Still then presented Dr. Wm. Smith, who delivered a short address to the class. After congratulating them upon the successful completion of their work in the American School, Dr. Smith advised them as to their duty, first, to the public, and second, to themselves, admonishing them to keep up the work of progression, and not to think that their days of study were over. He impressed the fact upon the class that it was only by using every opportunity to advance that they were fulfilling the duty they owed to themselves and thereby fulfilling the duty they owe to the public. He concluded by wishing them Godspeed in their chosen profession.

Next was the presentation of diplomas, each student receiving his from the hand of Dr. A. T. Still, which seemed to lend additional value to the parchment.

Congratulatory telegrams sent to the class by Drs. G. A. and J. D. Wheeler of Boston and Prof. J. Martin Littlejohn were read.

The last feature of the program was an address by Dr. A. T. Still. He began by saying "Were I an evangelist, I would preach—"One Lord, one Faith, one Baptism." He then went on to tell of the great truths that are exemplified in the construction of man, a knowledge of which is only learned through the study of anatomy and the co-ordinate branches, physiology, histology, chemistry and by the use of all methods of obtaining a more accurate knowledge of the machine and its working when driven by the natural force—life; and that a knowledge of anatomy wisely applied to the healing of diseases was worthy of being called a science. The Doctor then said Osteopathy was worthy and able to declare and maintain its own independence as a scientific system of giving relief to the afflicted, being founded upon natural methods, given to man by God himself, and that it



ANDREW TAYLOR STILL, M.D.,  
Founder of Osteopathy.



was the duty of man to use and respect these methods because there are none higher. He said he had tried the wisely provided system of Nature's laws for over a quarter of a century and had never been able to detect a single failure; that he believed the God of Nature was true and trustworthy and that it was the duty of Osteopaths to trust and apply Nature's remedy first, last, and all the time. In conclusion he advised them to make no compromise for policy's sake nor because of popularity, and admonished them to uphold the high standard established by their Alma Mater, and because he thought they would do this he willingly affixed his name to their diplomas.

The graduates of the June '99 class are as follows:

Bumpus, J F	Harrington, Walter W	Rice, W L
Bower, John H	Hazard, Chas C	Reid, Chas C
Bandel, Chas F	Hicks, R Celeste	Rees, J T
Barnes, S D	Hardy, Linda	Rogers, Allard W
Beckham, James J	Hickman, L D	Strother, J O
Crawford, Wm F	Heine, Frank R	Switzer, C R, M D
Chase, W B	Hester, J M	Sigler, Chas M
Crenshaw, John H	Jennings, Mrs F E	Smith, W J
Coffman, Kent W	Jamison, C E	Seaman, W J
Coffman, Mrs Alice	Kibler, J W	Sherburne, H K
Carlock, Chloe C	Kibler, J M	Smith, Karl K
Cupp, H C	King, H F	Slavin, J L
Coons, Wm N	Kretschmar, Howard	Strickland, Cordelia L
Clayton, Geo F	Louden, Guy E	Sheehan, T J G, M D
Dameron, Francis	Lyda, W L	Thomas, R F
Detienne, Harry G	Mayhugh, C W	Thomas, Lela M W
Dodson, Ella O	McFee, Mrs L C	Tracey, F L
Davis, Hulda	Marsteller, Chas E	Underwood, H W
Davis, Otis E	McGee, Jas H	Vernon, Alonzo W
Dann, H J	McIntyre, H H, M D	Vernon, Elizabeth
Downing, D N	McIntyre, Marion	Wilson, Miss Laura J
Dameron, Tella	McIntyre, H B	Wait, William O
Drennan, Thomas L	Morris, B F	White, William H
Ellis, H P	Mattison, N	Williams, A J
Finch, F D	McManama, W C	Williams, R A
Farmer, John F	McClelland, Chas A	Wheeler, Geo D
Farmer, Frank C	Nuckles, Robt H	Willard, Earl
Foncannon, Mamy	Oldham, Jas E	Walrod, Dora May
Goodrich, L J	Oldham, Mrs Jas E	Waite, Webb H
Godwin, Brown	Peterson, Alfred W	Woolery, Homer
Godwin, Mrs Emma	Proctor, Clara L	PHYSICIAN'S CERTIFICATE.
Gregory, Mrs Josie E	Quintal, Julius A	Shrum, Mark, M D
Glasgow, A M	Riley, Harry L	Suter, Robert E, M D
Hart, Miss Julia L	Ross, C A	



## THE CHOICE OF OSTEOPATHY AS A PROFESSION.

J. F. SPANHURST.

NO problem confronting a young person on the threshold of a career is of such vital importance as his choice of the kind of trade or profession upon which he will direct his mental and physical energies.

Upon his decision in this matter rests, to a great extent, his future failure or success, and a wise choice will prove him a person of sound judgment and self-reliance.

The star of scientific advance is in the sky. This is the spirit of the age. Medicine is not satisfied with its extraordinary triumphs. Everything is constantly changing, going on toward perfection, or dissolving its elements into some new form that it may do newer and better things, evidencing to man that he has no permanent limitations; all seeming bounds are but temporary, and may be gradually removed as he develops himself in harmony with law and truth.

Suggestions come to man while at work, and he turns them into better methods, evinced by his coming from the scythe blade to the mower and reaper; from the spinning wheel to the cotton factory; from the foaming steam engine to the electric telegraph; from drug medication to *Osteopathic therapeutics* which is the *greatest triumph* of the *nineteenth century*.

Osteopathy steps into the field of medical science with determination to improve upon past methods, clamoring for no special recognition or favors more than are justly due it. Neither is it desirous of keeping aloof from the scientific world at large; yet, as a science, it is in its infancy and should be judged by the work accomplished. This is what appeals to the man of science—the opportunity for original research; and especially to the young men and women who are wide awake and wish to make names for themselves.

No profession offers such great opportunities and inducements to men and women of today as those offered by Osteopathy. The aspirant for Osteopathic honors may be cheered with the fact that he is enlisting in an honorable, ennobling, elevating occupation which will give him a chance for self-improvement and promotion; and acquiring a science whose ability to alleviate pain and cure human ills, is unrivaled in the entire history of the world. Its progress has gone by leaps and bounds, and its horizon is limited only by the world, with no restrictions to hem him in; no creed for him but that which is embraced in the words common-sense, nature and humanity, combined with what Osteopathic science teaches him, which will not fetter him in any way, and which has known no other word than "*success*."

Strong, earnest, intelligent hands are grasping the trailing banner of Osteopathy, and by sacrifice and toil she is being rapidly raised to her heaven-appointed place. Great success awaits such hands. The mightier the opposition, the grander the victory when you have conquered—All things are pos-

sible to the broad-minded young doctor with brains and with the right sort of ambition. This profession is the leading one in demand at the present time. It needs careful, honest, conscientious workers, each one of whom can be a hero in his own way.

If you are naturally inclined to Osteopathy, do not hesitate to choose an Osteopathic career, but do not choose it *wholly* on the ground of *money getting*. The man who makes of Osteopathy such a *trade* is both a *professional* and business failure. It is a contemptible estimate of an occupation to regard it simply as a means of making money. The Creator had a grander and nobler end in view when he made man than the mere satisfaction of his animal passions and appetites. *Mere money* to the *true physician* is only the means whereby he can help to gain the great ends of high calling. Learned, popular, cultivated you may be, yet you never can make the most of yourself without a great motive—a purpose that connects you with the advancement of mankind. Such a motive lies in making one's self larger and fitter to take a place in the cause of humanity; to feel that one's life in some degree belongs to his race, and that what he *has* and *is* was given him to help his fellow men.

The era of fact is upon us. Osteopathic science is holding up to us a mirror from which nearly every possibility of *dimness* and *distortion* has been removed from the healing art, and we are meeting ourselves face to face. The results are often bewildering and it is hard to remove from the common mind the *spurious impressions* which it has held to so long. With so many fond theories exploded and good old notions brushed aside it looks as if the masses ought to get used to it, but it is hard. However, no one who is capable of *thinking fairly* can withhold applause from a system of healing which is daily curing the most stubborn and serious afflictions known to the human family. It has made for itself a record of results which certainly challenge the respect and admiration of all other systems of healing, and merits the unbiased investigation of the American people and the thinkers throughout the world. Only *ignorance* of the *scope* and *spirit* of Osteopathy would imply that it has no basis in fact and truth; that it takes no culture and training to master its principles and apply its methods.

The young man who makes Osteopathy his choice as a profession will do well to remember that the people are demanding thoroughly qualified practitioners and those who have gone out from the *American School* have made their profession a success from a financial as well as a professional standpoint.

There is no profession in which the love of humanity is more closely bound, and none to which the honor and confidences of their patrons are more freely entrusted, or less often betrayed. The physician ranks with the clergyman and the judge. His opinion is sought. His word is not questioned. His advice has a mighty influence on the lives of hundreds. A kind and loving physician is at once a father, confessor, counsellor and friend in whom is trusted not only the *honor* but the *very life* of his patient.

To such a profession you are invited. In what way can we approach nearer the gods than by conferring health upon mankind? Can there be a nobler calling in all the world? What field offers a greater line of thought and investigation; larger opportunities and greater advantages than the study of Osteopathy. It is for you. Choose it, learn it, practice it.



## The Journal of Osteopathy.

PUBLISHED MONTHLY UNDER THE AUSPICES  
OF THE

AMERICAN SCHOOL OF OSTEOPATHY.

KIRKSVILLE, MISSOURI.

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with all its contents, is fully protected by copyright

The following telegram was received  
just as the JOURNAL OF OSTEOPATHY was  
going to press:

Indianapolis, Ind., July 7, 1899.

To A. T. STILL:—The third annual meeting of the Association for the Advancement of Osteopathy sends greetings to Dr. Andrew Taylor Still. We desire to assure you of our sincere admiration and loyalty, and of our undivided respect for you as "Father and Founder of Osteopathy;" and of our determination to develop and defend the principles and practise of Osteopathy as announced to the world by you. Alone we look to you as our sole and sufficient leader, and shall ever strive to maintain the high standard of truth which you have set. We shall unfurl no flag on which your name is not inscribed. Long life to you and may heaven's best blessings ever attend you.

IRENE HARWOOD, Sec'y.

\* \* \*

The Baccalaureate Sermon was delivered June 25th by Rev. W. H. Black, D. D., President Missouri Valley College. The sermon was an inspiring one, abounding in good advice and wise counsel to the outgoing class. Both halls were filled to their utmost and many could not gain admittance.

\* \* \*

In the graduating class of June '99 many of the professions and vocations were represented; there were ministers, lawyers, teachers, graduates of medicine, merchants, and traveling men. A number of the class were college or university graduates.

The JOURNAL OF OSTEOPATHY will be out on the *first* of the month from now on. This does not mean that it will go to press on the tenth or fifteenth, but it means it will be ready for mailing the *first day of the month*.

\* \* \*

Class Day exercises were held June 28th. The program was as follows:  
Invocation,.....Rev. Pierce  
Music.....Quartet  
Class History,.....T. L. Drennan  
Solo,.....Miss Stafford  
Class Poem,.....Mrs. J. E. Gregory  
Music—Instrumental.....Willard Bros.  
Class Prophecy,.....Brown Godwin  
Solo,.....Charles Payson  
Class Representative,.....J. F. Farmer  
Music,.....Quartet

The class-poem is printed in this issue. Both halls were filled by a large and appreciative audience.

### Some Recent Cases.

Mrs. Fred Coon, wife of Judge Fred Coon, a prominent attorney of Princeton, Mo., returned to her home a few days ago rejoicing in the fact that her little son, Port, twenty-two months old has had both hearing and speech restored after six weeks treatment at the infirmary. Up to the age of eighteen months, little Port was a healthy child and had learned to say many words. At this time his parents saw a change come over him; instead of the noisy, happy little boy, he became listless, and would sit quietly for hours, making no attempt to speak and apparently not hearing when spoken to. He was treated by the best physicians, but to no avail; his case seemed hopeless. When he attempted to cry, his voice was but a husky sound and he made no effort to speak. The ear-wax entirely disappeared, and altogether it seemed a hopeless case. But anxious to leave nothing undone that might help their child, they decided to give Osteopathy a trial and Mrs. Coon brought her little son to Kirksville six weeks ago. Dr. Charlie and Harry Still took charge of the case; improvement was noticed from the first; at the end of two weeks the child began to make sounds and to look about him; after four weeks treatment he began to say words and his hearing im-

proved daily and at the end of six weeks he talked as well as he did before his illness and hearing was almost perfect. The reporter called upon Mrs. Coon the day she left for home and found Port playing and running about the room. Mrs. Coon said "I am the happiest woman in the world, I think. My child was deaf and dumb and now, after six weeks treatment, I can return with him, restored. I shall shout the praises of Osteopathy as long as I live—it is a wonderful science."

Another case of interest is that of Mrs. A. M. Woods whose home is in St. George, Kan. During the winter of 1897 Mrs. Wood was visiting her daughter, Mrs. Geo. F. Hall, wife of Rev. George F. Hall, the famous lecturer and evangelist of Decatur, Ill. On the 23rd day of December Mrs. Wood fell on the ice-covered pavement and injured her hip; for eighteen months following this she could only walk by using crutches, and then was only able to limp about the house. She was treated in Decatur by the best physicians, but she did not get any better; they pronounced it a case of torn ligaments or possibly a fracture, and after several months treatment told Mrs. Woods the injured place would never heal and that it would only be by using crutches that she could ever walk. Mrs. Woods then went to Manhattan, Kan., where she again took treatment—the doctors here said it was probably a fracture, but gave her no relief. About this time Dr. Dudley Shaw, a graduate of the American School of Osteopathy, had located in Decatur and Mrs. Wood's daughter urged her mother to return and give Osteopathy a trial. Mrs. Woods went back and consulted Dr. Shaw, he pronounced it a dislocated hip and advised her to come to Kirksville for treatment; not having an assistant Dr. Shaw did not want to undertake the case. Mrs. Woods started for Kirksville, arrived here June 6th. Dr. Harry Still gave her one treatment on the day of her arrival, set her hip and Mrs. Woods sent her crutches back to Decatur June 8th. She is now able to walk several blocks and will return to her Kansas home in a few days. In

speaking of her case, Mrs. Woods said: "I would have soon become paralyzed had I not come to Kirksville. I felt my limb growing weak and numb, I was unable to lie upon that side and my sleep was much broken. Now I can sleep all night upon that side and it does not trouble me at all. I want to go back home and let all my friends see what Osteopathy has done for me."



T. J. G. Sheehan who graduated with the last class is one of those progressive M. D.'s who is not satisfied with merely trying to learn all about Osteopathy within the period allowed by the laws of the state of Missouri (ten months) to graduates of medicine, but instead he spent the full term of two years so as to acquire the diploma in Osteopathy. Dr. Sheehan is a graduate of Trinity College, Dublin, Ireland and also received the medical and surgical courses in the Royal College of Surgeons and in the King's and Queen's College of Physicians in Dublin. He practiced medicine and surgery in Buffalo, N. Y. for upwards of nine years. He also practiced in South Dakota where he was a member of the Board of Health. Dr. Sheehan has had exceptional advantages in acquiring Osteopathic knowledge, being assistant operator to Dr. A. T. Still, the father of Osteopathy, and to his able son, Dr. Charles E. Still, clinician in chief of operative staff.

Dr. Sheehan is now located at Great Falls, Mont., where we are sure he will enjoy a large and lucrative practice.



## PERSONALS.

Dr. Harry Still after a couple of week's illness is able to be on duty at the Infirmary again.

\* \* \*

Dr. Charles E. Still is in attendance at the A. A. A. O., Convention held in Indianapolis, Ind., July 5-6th.

\* \* \*

Dr. C. P. McConnell, instructor in Osteopathic therapeutics, will spend the summer on the Pacific coast.

\* \* \*

Mrs. Frank Smith, registering clerk of the A. T. Still Infirmary, is spending a few weeks in Bloomington, Ind.

\* \* \*

Dr. D. B. Macauley, late of St. Paul, Minn., has opened offices in Yonkers, N. Y., and is much pleased with his prospects.

\* \* \*

Dr. Herman Still spent a few days here during Commencement week. Dr. Herman has an excellent practice in Brooklyn, N. Y., and is assisted by Dr. Chas. F. Bandle.

\* \* \*

Dr. Arthur G. Hildreth, of St. Louis, came up for a few days Commencement week. Dr. Hildreth has a large and lucrative practice in St. Louis and is doing much good Osteopathic work.

\* \* \*

Drs. J. Martin and J. B. Littlejohn sailed for Europe from New York July 1st, to spend the summer. Dr. J. Martin Littlejohn will make an address in London on "The curative and prophylactic value of the new therapeutic science—Osteopathy."

\* \* \*

Dr. Frank G. Cluett, proprietor of the Sioux City Infirmary of Osteopathy, has opened an office in Detroit, Michigan, suites 53-54, McGraw Building and has received a certificate from the authorities to practice Surgery and Osteopathy. His prospects are good for an excellent practice.

\* \* \*

Dr. A. M. King who has for the past two years been upholding the banner of

Osteopathy in Utah and Idaho, dropped in to see his friends at Kirksville and visit his Alma Mater for a few days during the graduating exercises of the class which has his brother H. F. King for a member. While in the west Dr. King did much good work and has many friends who will long remember him for the good he was able to do. Dr. King and his brother H. F., will locate in Galveston, Tex., for the practice of Osteopathy.

\* \* \*

Among the many visiting their Alma Mater during Commencement week we noticed: Miss Kate Huston, of Hawarden, Ia., Miss Tacie Beal, Mansfield, O.; Mrs. Flora Notestine, Jacksonville, Ill.; Miss Lena Cresswell, Huntsville, Mo.; Miss Alice Edwards, King City, Mo.; Mrs. Elizabeth Harlan, Boulder, Colo.; Mrs. Ginevra Green, Creston, Ia.; Mrs. Anna Burke, Monroe, La.; Mrs. Georgie Carter, Petersburg, Ill.; E. E. Westfall, Mt. Pleasant, Ia.; Geo. Fout, Ft. Madison, Ia.; W. A. McKeehan and Herschel Conner, of New Orleans, La.

## OSTEOPATHIC NOTES.

J. F. SPAUNHURST.

Come with us and we will do you good.

\* \* \*

When health is gone everything is gone.

\* \* \*

Stones and sticks are flung only at fruit bearing trees.

\* \* \*

Help for the ailing—Still's Infirmary, Kirksville, Mo.

\* \* \*

Osteopathy is the diamond that scratches all other curative arts.

\* \* \*

The cures wrought at the Still Infirmary avail, and not what is said about them.

\* \* \*

Osteopathy is from first to last an appeal to nature, for it is nature's aid to affect cures.

It is not necessary to be bed-fast before being in need of Osteopathic treatment, and there are few, if any, diseases entirely hopeless under this healing art, for it has given abundant evidence of its ability to combat with disease and put the enemy to flight.

\* \* \*

This is a fast age which wears out the machinery to the core. When the natural strength begins to fail, a toning up by an invigorating Osteopathic treatment becomes necessary for it stimulates and strengthens the weakened organs and gives renewed vitality. Be careful and repair while there is time.

\* \* \*

It is well known that proficiency is necessary to success in Osteopathic practice, and it behooves us to prepare for all emergencies, learn how to strike the quickest and most effective blows against disease. Give the common enemy no advantage. Be prepared for its attacks, and when an onslaught is made meet the enemy face to face, and enter into a conflict that only the cruelty of disease can maintain.

\* \* \*

Ambition is essential for noble achievements. Men and women who have ambition to become some body in the world of thought bend their energies in achieving noble distinction. Such men and women are enrolled in the American School of Osteopathy with soul and body enlisted in scientific research to ferret out the secret of disease, to master her processes and confer health upon suffering mankind which is the grandest of all human endeavors. Perfect health is the natural heritage of all, and a familiarity with the simple laws of nature and the wonderful principles of Osteopathic Science, as inculcated by the American School, enables one to overcome disease and establish normal conditions.

\* \* \*

Osteopathic treatment stimulates the flow of life-giving currents through the infinitesimal tubes that permeate all the structures of the living body. Thus

more active life will be inaugurated. The cold, pale skin can be made warm and red, the flabby muscles harder, the weak stomach stimulated to more rapid digestion, and the torpid liver and intestines to quicker action. Keep the head cool, the feet warm and the bowels normal by an occasional Osteopathic treatment, and you defy disease.

\* \* \*

Proficiency in Osteopathy is the lever which lifts men out of the ruts of ignorance, corruption and disease and gives to humanity a power that is Godlike in its potency for curing the sick; leaving no doubt of the exactness and precision with which it achieves desired results, for it is in perfect harmony with nature and the cures are permanent because they are natural.

\* \* \*

The method of treatment to *heal slightly* is quite popular in the world to-day. Immediate effect is what many want. They wish to feel well when they *are not well*. The hurt is relieved for the *moment*. Physicians of most schools are spending their energies trying to remedy the *effect* and paying little or no attention to the *cause*. Not so with Osteopaths. They go back to the *cause* and ply the ax at the root of the tree of disease. Simply dopping with headache powders to smother the sad reminder of a wretched dinner, merely rubbing liniments on a painful rheumatic joint to get rid of the pain does not remove the *cause*; yet doctors, who can prescribe something that will instantly allay the headache or dull the rheumatic pain, do not look in vain for business because people see only the outward, the superficial, and the first thing a man wants when he gets sick is to get rid of the annoying symptoms which are simply danger-signals that nature hangs out in the form of aches, pains, and sleepless nights. He calls the old school physician and these symptoms are arbitrarily smothered without considering their *cause*. To effect a cure the remedy must be more potent. It cannot be done by swallowing sundry pills and drops. The Osteopath will set about to rebuild



the wreck instead of simply smothering the symptoms which are merely indicators of the condition. He will bring back the patient into harmony with the laws he has violated by co-operating with nature and by the use of her simple remedies.

We give such balms as have no strife  
With nature or the laws of life;  
With blood our hands we never stain,  
Nor poison men to ease their pain;  
We know full well we cannot reign  
A permanent conqueror of human pain  
Unless we apply all of our energy  
Upon the *causes* of this world's misery.

#### Pseudo-Osteopaths.

How entertaining to the legitimate Osteopathic practitioner to meet up in his daily career with the various devices of the pseudo-Osteopaths—devices born with a view of making money at the expense of Osteopathy and the sick.

We see it advertised that one of these fakirs for a few dollars can place in your hands a book which by looking through, studying the pictures and reading carefully, you will make a *full-fledged Osteopath*. Think of one of these charlatans handling a thyroid dislocation of the femur or a psoas abscess! And yet many such people are at large doing these very things. Of course, they all give what they term a general treatment, lasting an hour (providing no other patient is waiting.) No matter what the disorder, you are asked to don a bathing suit and lie upon a table about an hour while they massage you and call it Osteopathy—poor Osteopathy!

If some of these fakirs were as scientific as they are good canvassers, it would be well indeed. For one of my patients, an invalid, has been called upon at her home several times by one of them who asked permission to treat her. She was finally compelled to tell the intruder that she did not engage her physician on the street. The calling ceased.

The future of Osteopathy is in the hands of those of us now practicing and we are not to lose sight of the fact. By attending

strictly to business, by being in our offices at regular hours, and showing no partiality in our work, we shall win good opinion and Osteopathy will take her proper place as a healing art. The pseudo-Osteopath sees only the almighty dollar and will sacrifice Osteopathy or any other pathy to secure it. Hence we must undertake to give our beloved science a dignity and prestige to enable it to withstand the effects of the hippodrome tactics of the pseudo-Osteopaths. "By their fruits ye shall know them" applies splendidly to the Osteopath. The successful Osteopath is such today because he has been conscientious, faithful, studious and patient. The last, I believe, means much. If one settles in a place and after a month moves, he does himself an injury. Locate somewhere and be patient, then all must be well. You will certainly get results in your work but this takes time; and when your fame does begin to grow you have no occasion to change your location. Osteopathy is the same in one section as it is another; provided you enjoy an established reputation, success will attend your efforts in the east or in the west. Never let the pseudo-Osteopaths disturb you. They resort to characteristic methods, simply to throw dust, not having credentials other perhaps than the diplomas purchased or the fact of their having read the book referred to, which places them on a par with the person who reads a book on how to play the piano. Imagine the style and technique of such a pianist!

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#### An Osteopathic Prophetess.

\* \* \* When the doctors had done  
All the harm which they dare do with powder and pill,  
They ordered a trial of Dame Nature's skill.  
Dear Nature! what grief in her bosom must stir  
When she sees us turn everywhere save unto her  
For the health she holds always in keeping; and  
sees  
Us at last, when too late, creeping back to her knees  
Begging that she at first could have given! \* \* \*

—ELLA WHEELER WILCOX'S "Three Women."





### CLASS POEM.

MRS. JOSIE E. GREGORY.

There is poetry, there are poets in every land and clime!  
 Some of them lose naught of fame from ravages of time;  
 But for me it is sufficient if I can make a rhyme  
 In naming the "Immortals" of the June Class '99.  
 And if I lose the jingle in many a line or word  
 I trust there'll be but kindly smiles—no criticism heard.  
 We know our friends always make amends and our hearts are light and free.

And it being the case that we have no A's—we'll begin with the busy B's.  
 Not among them all a drone,  
 Bower, Bumpas, Barnes, Beckham, all are students number one!  
 And the C's are much in evidence,  
 There's the merchandizing Chase  
 In the management of the "Book Store"  
 O! who can fill his place?  
 A lawyer he would make and that a number one,  
 He'd make a man convict himself if it possibly could be done.  
 Crenshaw, Coons, Cupp, Crawford, Carlock ready with a query.  
 Mr. Coffman always witty, with his own unstudied theory,  
 When to thoughts of Physiology our minds are lent  
 Waves of ether-electric fishes—surely will bring thoughts of "Kent."  
 How many one must mention! Damerons, Detienne, Drennan, Downing,  
 Dodson, Dann and Davises the two

Always ready with their lessons, not afraid the right to do.  
 Ellis, Finch, Foncannon, Farmers—of our John we're justly proud.  
 Kindly, thorough, unassuming, by no difficulties cowed,  
 Goodrich, Glasgow and Godwins, call him "Brown" leave off the "J."  
 He can pray and preach and treat you in goodly christian way.  
 Mrs. Godwin is splendid at diagnosing a case  
 Gives strict attention to study of patient's face,  
 Helny and Hart not far apart! Hickman the photograph man,  
 If any claim double duty performed, he and Hazzard can.  
 H for Hester, Hicks and Hardy, never very far from Ross,  
 Who sometimes seems abstracted and to tender glances lost.  
 Jones, Jennings, Jamison—Vernons—yes that name fits nicely here,  
 And I'll leave you all to ponder why suggested to me there.  
 K for Kretchmar and the Kiblers—we shall often think of "Joe;"  
 And how when our class-meeting was visited  
 He helped the intruders go.  
 Homer King, "ladies man"! the most unselfish alive.  
 Not escorting just one girl, usually he takes five.  
 Loudon, the peace-maker, and a Lyda in every class.  
 (Perhaps that's exaggerated, please let it pass.)  
 M for Mattison, McIntyre and medal by the Dr. won,  
 McFee, Mayhugh and Morris—with M, I'm not yet done,  
 For there is our "politician," McManama is his name,  
 When he undertakes a venture, he gets there, just the same.



Nuckels, Oldham, Peterson who sent his partner on  
To work up a practice and wait for him to come.  
Miss Proctor who last June on the five train did not go,  
Because Marsteller was driving and the pony went too slow.  
Quintal is of our number and it was understood.  
He "wouldn't graduate with us, unless we were good."  
Riley, Rice, Reese, Rogers and Reid the poet—didn't you know it,  
Whose patients sing his praise.  
Slavin, Sherburne, Strickland, Seaman, Sigler, Switzer,  
Shrum and Suter adopting Osteopathic ways.  
The Smiths, and athletic Strother who won for us the famous cup,  
In the battle with disease may he keep his record up.  
Thomas, Tracy, Underwood and White now are ready for the fight.  
Wheeler, Woolery and Wait, with such a name is not slow.  
He may "meekly wait" but is ready to go.  
Willard, Wilson, Walrod looking bright and happy  
Tho' we have had grievous troubles.  
Had our souls bowed down with care—  
Sweet that song our singers warbled in the cadaver laden air,  
Sweetest words our ears e'er hearkened as our names were read up there!  
Yes, we have borne our share of burdens.  
In that, over every class we rank.  
But for selfish disappointments, each has but himself to thank.  
The Golden Rule is the best at school, and as the journey of life we tread,  
We will find it pays as we wend our ways to cultivate heart and head.  
Of our band who started together, some are loitering by the way,  
Others have been called up higher into bright eternal day;  
And so, amid our gladness there is a tinge of sadness!  
And "our little barques are sailing o'er a light and mystic sea,  
Meeting and hailing, then parted are we."

## Clinic Reports from the Field.

REPORTED BY H. E. BAILEY,  
LOUISIANA, MO.

### Partial Paralysis of Legs.

Master W, two years old since Christmas has had a waddling gait and unable to raise the body after stooping over to pick up an object: could not step over the railing of railroad crossing. Diagnosed by physicians of two towns who prescribed strychnine and a blood medicine. To cinch their diagnosis the physician read from his books that this disease progressed

and often proved fatal. The father listened to the reading further and heard this soothing comfort, "cases cured two out of seventy treated." The father replied "I guess this is a case for the Osteopaths." Great credit is due the physician for saying "they'll do you no harm if they do you no good." The Osteopathist located the trouble as a lateral slip of the 5th lumbar vertebrae and proceeded to treat accordingly. After first treatment child could run and walk better, and is gaining the lost nerve force quite rapidly.

### CASE NO. 2.

#### Anterior Displacement of Atlas.

Resulting in stomach trouble and sleeplessness and much emaciation, child seven months old, weight 7 pounds. Weight at birth ten pounds. A severe diffused rash covered the body which was puzzling to the former physicians. The child had been well supplied with physicians having had four in attendance, also well supplied with drugs too. It had been treated for brain fever, malaria, stomach trouble, child's consumption, spasms and colic. Under Osteopathic diagnosis and treatment the child within a week began to mend and was cured in three months. No spasms after first treatment. When case began treatment it cried constantly, not sleeping over 10 minutes at a time even under the influence of strong sleeping powders. In fact the rash was a "medicinal rash" caused by prolonged administration of bromide of potassium for sleeplessness. Osteopathists would do well to watch out for this kind of rash in cases long treated for wakefulness. Where there is some spinal lesion causing a rise of temperature. I find it in many respects resembling scarlet rash—minus the extreme temperature and desquamation; the tongue even resembling the "strawberry tongue." The child has completely recovered and when one year old weighed 19 pounds. This case was treated last summer and is still all right.

#### A Case of Amenorrhoea Complicated with Functional Derangement of the Kidneys,

Miss R——, a young lady aged twenty years, small of stature and of a chlorotic temperament, not having menstruated. She came to me "as a last resort." Had been taken out of school by her father who was advised she would not live long and to make her as comfortable as possible. Her mother, the year previous, had died of consumption. In this young lady's case there seemed to be a general inhibition of the trophic nerves caused by a state of chronic contracture of the spinal muscles resulting in malnutrition. There was a slight lesion at the nerve center governing the kidneys which was easily fixed as also

there was contractures about the hip joint resulting in lameness of one limb. I call attention especially to this case, where there was not only a delay of menstruation much greater than ordinarily on record, but a general malnutrition of the whole body. This undoubtedly was of hereditary origin. It is remarkable that at this age—twenty years—the young lady grew  $2\frac{1}{2}$  inches taller and gained 16 pounds and is now a woman in keeping with her years. She now menstruates regularly and is well. She received twenty treatments in all, and these a year ago.

REPORTED BY J. F. MINEAR, D. O., LE  
CLAIRE, IOWA.

#### Small-pox:

About the first of April we had an epidemic of small-pox—and of the sixteen or eighteen cases I was called to treat two of them. Under careful Osteopathic treatment they got along well and in about twenty days both were able to be out and neither had a mark or scar. The old family physician said to the mother of these children, "You say these children have taken no medicine?" She answered, "not one drop." The doctor responded, "That beats me; I do not understand how that Osteopath can treat fevers and such cases as these without medicine."

#### So-called Malignant Cancer.

Mr. H., a very prominent business man of LeClaire, Ia., has been afflicted with stomach trouble for several years; a short time ago he was taken suddenly with spasmodic cramps of stomach and bowels; at once their family physician was sent for and he began to treat by injecting morphine. This treatment, along with using other medicinal remedies, continued for three weeks, the patient gradually growing worse. After a consultation, it was decided Mr. H., had malignant cancer of the stomach and his wife was informed that he could live but a few days—that no power on earth could save him. Mrs. H— however, decided to call in an Osteopath and on the 4th day of June I made an examination. I found Mr. H— a very sick man with a very large tumor or growth on the



anterior wall of the stomach, accompanied with inflammation of bowels—and great tenderness over the entire abdomen: the bowels had not moved during his sickness except when forced. The spine was what we Osteopaths term a “straight or smooth spine”—and muscles in splanchnic region much contracted. I, of course, had to work very carefully, but he soon began improving from the first treatment and in three days his bowels moved naturally, and ten days after his first treatment he walked to his place of business and at the end of the month his tumor (or malignant cancer) had entirely disappeared with all the soreness and tenderness. At the end of another month I expect him to be a well man.

REPORTED BY H. P. ELLIS, GRADUATE OF THE JUNE '99 CLASS.

#### Asthma:

Mrs. Emma McGarr, of Beatrice, Neb., was a constant sufferer from Asthma for fifteen years—accompanied with chronic bronchitis, emphysema and tubercular trouble in her right lung. Three years ago she was given up by the medical doctors to die of consumption; about this time she heard of Osteopathy and decided to come to Kirksville for treatment, arriving here Dec., 1898. She was placed under the care of H. P. Ellis—member of the senior class; she improved from the first and has now entered the American School of Osteopathy—being a member of the 2d term. Mrs. McGarr is now at her home in Beatrice, Nebraska but will return in time for the September class.

REPORTED BY S. H. MORGAN, D. O., LEXINGTON, KY.

#### Rheumatism:—

Mrs. B. of Lexington, Ky., has been sufferer for four years. Her left knee was swollen and very painful. On examination the knee was found to be considerably bent, and turned in. This limb was half an inch longer than the other as there was a partial dislocation of the hip. The innominate I found tilted backwards. After relaxing the muscles the hip was

set; the knee straightened at once and the pain abated. The innominate is also yielding nicely. The patient is now able to walk about after six weeks of treatment.

REPORTED BY D. L. CLARK, D. O., OF SHERMAN, TEXAS.

**Facial Paralysis from Twisted Atlas:**—A woman came to me suffering with facial paralysis on the left side with mouth drawn to the side, left eye and forehead uncontrollable, had been suffering eight months; also very nervous and functional heart trouble. On careful examination I found the atlas to the left and anterior, causing muscles of that region to be very tense and interfering with facial nerve. The 4th dorsal vertebra was also to the left and the 4th rib of left side was slightly twisted. I treated patient three weeks, and one not knowing of her recent malady could not now detect a thing wrong with her.

REPORTED BY M. B. HARRIS, OF KANKAKEE, ILL.

**Melancholia:**—A woman 30 years of age, suffering with melancholia, had taken drug treatment in Chicago for one year. I found a slipped atlas; the ligaments and muscles of the left upper dorsal region very badly contracted, causing heart trouble; a slip at the 3d lumbar vertebra, an enlarged spleen, and a bad prolapsus of the uterus. She was benefited very little while in Chicago and came home expecting to die. Osteopathy cured her in two months. She is now one of the most cheerful women I know.

REPORTED BY MORRIS & M'ARTNEY SPRINGFIELD, OHIO.

**Eczema of the Ankles:**—Mr. C. 49 years, 170 pounds, has had eczema of the ankles for a year or more, and could find nothing to relieve it. We found both ankles in a very irritated condition with fever extending to the knee, marked tenderness about the saphenous opening. After loosening the tissues in and around the saphenous opening and popliteal space and giving the lower limb a general treatment, the eczema entirely disappeared, three weeks being the time required for treatment.

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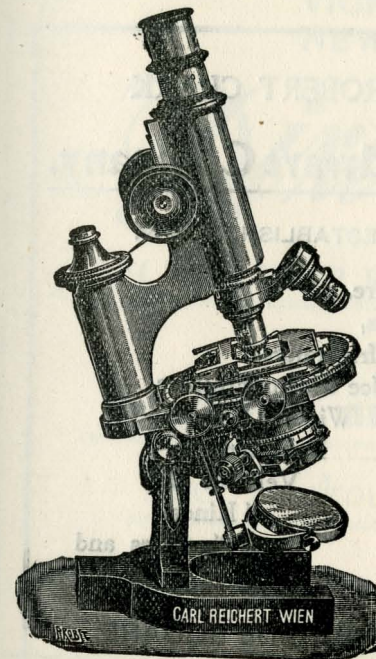
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