

Osteopathic Truth

July 1916

Vol. 1, No. 1

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OSTEOPATHIC TRUTH

A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

Pledged to the TRUTH which Father Andrew saw,
No favor sways us, and no fear shall awe.

Volume I

JULY, 1916

Number 1

A Message from Dr. Still

(Reprinted from A. O. A. Journal Supplement.)

THERE is an alarm at the door of all osteopathic schools. The enemy has broken through the picket. Shall we permit the osteopathic profession to be enslaved to the medical trust? As the Father of osteopathy, I am making an international call for all Simon Pure D. O.'s who are willing to go on the fighting line without being drafted into service.

There will be no trenches in which to hide. This battle will not be a peek-a-boo game. I unfurled the osteopathic flag of freedom over forty years ago. For many years I had to fight the battle alone. For a time I received hearty support from my friends, which I appreciate; but in my declining years my boys and girls have been on the defense instead of the offense. My physical condition will not permit me to take the generalship, so I make this appeal to my children. Every line of the enemy's defense is full of dynamite, so we must have re-enforced support, and put ourselves on the offense. We need at least five thousand generals at the front with their guns loaded with osteopathic wisdom and philosophy, whose truth is stronger than the Rock of Gibraltar. We must weed out the chocolate spines, drones and misfits, as their support only gets back to us in the way of a boomerang.

Hold up the pure and unadulterated osteopathic

flag. Do not allow it to be trampled in the mud by the feet of our enemy. By winning this battle we have established the greatest truth unfolded to suffering humanity. Millions of lives can be saved annually. Osteopathy is yet in its infancy. I have only brought forth the principles and truth, which

I have turned over to the profession which has wisdom and enough moral backbone not to offer any compromise with the enemy.

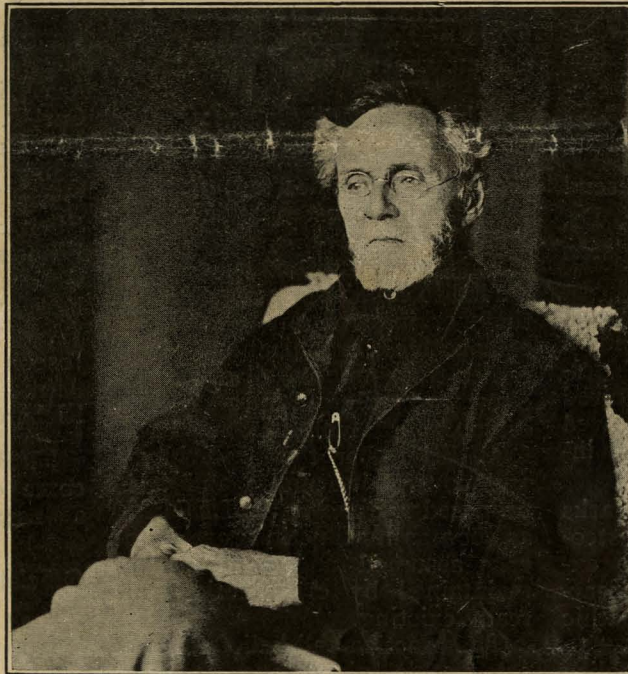
Stand behind all legitimate research institutions. Give them your support. The treatment for insanity and results obtained at Macon the last year, seem to be nothing more than natural. I have always said that at least twenty-five per cent. of all insane cases could be cured by osteopathic treatment, and I am thankful to be able to see this truth demonstrated.

There are other fields of research. May my grand army march on. If we cannot have the pure osteopathic principles taught in our schools, I hope the faithful will rally around the flag and we will build an international school that will offer no compromise unless it is the golden truth.

D. O. means DIG ON.

(Signed) A. T. STILL.

KIRKSVILLE, Mo., August 1, 1915.



DR. A. T. STILL

ORIGIN OF THE A. T. STILL OSTEOPATHIC LEGION AND OF OSTEOPATHIC TRUTH.

The letter from Dr. Still, printed on our first page, is as pertinent today as it was when written a year ago.

Because of their menace, and in order to formulate plans for united action, several conferences have been held, the outcome of which was a circular letter which we reprint below.

The letter was accompanied by a pledge, a copy of which is appended for preservation, and another copy is enclosed with this issue in card form.

The response to the letter was immediate and hearty, as shown by the list of sponsors which follows.

These introductory remarks comprise the reason for Osteopathic Truth. We offer no excuse nor apology for its appearance on the scene of osteopathic activities.

An outline of the general policy by the chairman of the advisory committee is found on another page, and editorial discussions are elsewhere printed.

We confidently ask the support of A. T. Still Osteopaths, believing that such support will be eagerly given.

We shall welcome also the support in the shape of the subscription price of fifty cents—of those who cannot see things as we do.

The circular letter follows:

Dear Doctor:

The increasing tendency toward mixed therapeutics by the osteopathic profession must be considered as a menace which can result in nothing less than the gradual undermining and disintegration of the organized profession.

To combat this menace and to promote the growth of fundamental Osteopathy, a number of efforts have been made to arouse the profession to the dangers which are imminent.

Announcement may now be made of the fusion of these several movements under the name of

The A. T. Still Osteopathic Legion

organized for concerted effort to maintain basic osteopathic standards.

This organization is not intended to conflict or compete with the workings of any established osteopathic organization, but rather to re-enforce all organized efforts standing for a normal osteopathic evolution.

The practice and beliefs of true osteopathic physicians are undoubtedly in accord with the teachings of Dr. Andrew Taylor Still. The LEGION has been inaugurated to give expression to the thought of the Osteopathic profession in the proper educational development of pure Osteopathy.

THE A. T. STILL OSTEOPATHIC LEGION HAS FOR ITS AIM THE UNIFICATION

OF THE OSTEOPATHIC PROFESSION ALONG OSTEOPATHIC LINES.

The sole requisite for membership in the LEGION is adherence to the DECLARATION OF PRINCIPLES and the signing of the pledge of membership as expressed in the enclosed pledge.

Further particulars may be obtained of any of the undersigned temporary committee.

Do Not Delay.

It is imperative that organization be completed at the earliest possible moment. Osteopathy needs us to-day.

Temporary Committee.

- George F. Burton, California, Nettie Olds-Haight, California, Asa Willard, Montana, Carl P. McConnell, Illinois, W. Banks Meacham, North Carolina, Harry M. Vastine, Pennsylvania, Ellen L. B. Ligon, Alabama, Francis A. Cave, Massachusetts, George W. Goode, Massachusetts, E. Florence Gair, New York, W. W. Steele, New York, Joseph H. Sullivan, Illinois, Alfred W. Young, Illinois, Richard Wanless, New York.

N. B. You are invited to become one of the committee of sponsors for this movement.

Official Pledge of the A. T. Still Osteopathic Legion.

WE HEREBY REAFFIRM our loyalty to the Fundamental Principles of Osteopathy as set forth by Dr. A. T. Still.

WE PLEDGE OUR MUTUAL CO-OPERATION for the purpose of insisting that the A. O. A. adhere to those Principles as its guiding policy, knowing that the basic cause of most of our professional ills is the incorrect teaching of Osteopathy in our colleges.

THUS SHALL OSTEOPATHY be known and accepted for what it is—a complete system of healing.

NAME ADDRESS

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Following is a list of those who responded together with names of the Editorial Staff and Committees.

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NURTURE THE OSTEO-PATHIC TREE.

J. A. VAN BRAKLE, D. O.

Dr. A. T. Still in 1874 gave to the world Osteopathy.

He did not announce a platform demanding "Academic Freedom" in the treatment of disease.

He did discard a system of medicine identical in principle with that of today.

And in its place he advanced a new theory for the alleviation of mankind's diseases, separate and apart from anything which had gone before, deliberately antagonistic to much of what was "orthodox" then and now.

If he was no fool, then that is also the Osteopathy of today.

Now, every osteopathic physician is of necessity a disciple of Andrew Taylor Still.

The one function of those disciples is to develop and broaden the science of Osteopathy from within.

It is emphatically *not* to make it academically free by seeking to wrap about the kernel of Os-

teopathy the husk of empirical medicine.

The prop that supports a tree through a passing storm, after all adds nothing to the life and vitality of that tree.

But rather, the sap drawn up by its own roots from the soil below gives it the strength for the passing years.

What shall it be with the science sapling of Osteopathy?

Shall we take the match-wood of the Academic Freedom Platform for props and obviously rest in this fancied security?

Or shall we boldly knock out these props of punk and bravely thrust against the storms the true inherent strength of Osteopathy as it has been given us?

A FEW EXCERPTS.

If Osteopathy is but the lengthened shadow of *The Old Doctor*, we are in sore need of a man to take up his cloak before the sun sets and the shadow is no more.

—J. A. VAN BRAKLE.

I am more than glad to know

that some osteopaths have the "guts" to advocate Osteopathy as a complete system. Long live "Osteopathic Truth", and may it help us to get back to first principles. It is refreshing to know that we have orthodox osteopaths and a medium in which to express the real truths of Osteopathy.

—J. A. DE TIENNE.

I am with you on this move, and believe it to be the only way to maintain the standing of Osteopathy. If one can excel in osteopathic principle and practise he will have little time left to become a mixer. That man never lived who could attain success by following two masters.

—GRANT E. PHILLIPS.

There has been too much of the "watchful waiting" policy on the part of the A. O. A. in regard to our schools. See where it has brought us today! Anyone visiting our schools may well wonder where we stand.

—E. FLORENCE GAIR.

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DECLARATION OF PURPOSE AND POLICY.**A STATEMENT OF PRINCIPLES BY THE CHAIRMAN OF THE ADVISORY COMMITTEE.**

The paramount business of OSTEOPATHIC TRUTH shall be the dissemination to the profession of the great basic truths of Osteopathy as conceived and correlated into a system of therapeutics by Dr. A. T. Still.

Some lesser minds have essayed to interpret the philosophy of Dr. Still, circumscribe its scope, and in various ways to state what Osteopathy is and is not.

This would matter little if it affected only themselves; but they have so persistently urged their opinions as to influence not a few of the profession, and to seriously impede the normal growth and development of Osteopathy and its institutions. This publication will attempt, with all the means at its command, to aid the profession to overcome the tendency to defection; to awaken it to a realization that certain definite conditions confront it—conditions which cannot be lightly brushed aside, but must be courageously met; and to assist it to open a new era for itself, by preaching with vigor the doctrines of real Osteopathy, and thus make its institutional growth and development a reality.

There are several problems that we see, and probably many that we do not see; but whatever they are, or wherever they exist, we must set ourselves at the work of solving them; that we may build a right organization, which, while it has grown to some proportions, is still structurally weak as an institution. We are not measuring up to our opportunities as a great profession. We cannot close our eyes to these facts. We have been so absorbed in our practices or selfish interests that we have failed to properly promote the welfare of Osteopathy as an Institution. The most rudimentary form of reasoning would make plain the fact that this neglect cannot obtain without the certain failure of both, sooner or later. You cannot tamper with or destroy the trunk, Osteopathy, without killing the branch, which is yourself.

Our colleges represent one of

our problems. So long as they are maintained as dividend payers we are in great danger. The natural goal is the dividend, and not osteopathic advancement. There are too many colleges. Consequently there is a wild scramble for students, by reason of which the institutional welfare of Osteopathy is imperiled. We attempt to support eight or ten colleges which are without endowment. The number of medical colleges of the dominant school has in six years been reduced from 160 to less than 100, all of which are heavily endowed. There must be a reduction of the number of our colleges by merging or otherwise, and endowments must be provided. The colleges must be subject to some form of professional control and coordinated as a part of the general developmentary plan. So long as our schools operate under private control, are run to suit themselves, teaching anything they see fit, Osteopathy can but fail as an institution. "An house divided against itself cannot stand." The question is, does Osteopathy exist for the dollar, or for the purpose for which it was created—"The healing of the nations"?

The motive which prompted the conception and birth of Osteopathy was the recognized inadequacy of drugs as remedial or curative agents; and the known inherent power of the forces of the great human machine to reconstruct itself if unhampered. Hence the policy of this publication shall be on the same positive or constructive lines; it will endeavor not only to point out a way to eliminate the toxins that are slowly and surely asphyxiating us, but as well to urge on the profession the need of a positive and progressive plan of action. We exist too much on a policy of negation. We cannot simply denounce things, we've got to offer something in their places. To accomplish this we must build from the bottom by educating the profession to see these needs, and apply the remedy. We purpose citing Osteopathy as the therapeutic marvel of the ages, and freely heralding its achievements. For, incongruous as it may seem, we believe that a large element of the profession does not fully appreciate the powers of the philosophy it possesses and therefore

has shamefully undervalued it. Contrary to the belief which many entertain, that we have exhausted its riches, we have but entered the portals of this great Treasure House of Truth. We purpose, then, to lead the profession not into alien fields, but into this Treasure House (whither we must go for true development), and help to uncover the wealth it holds. We purpose advocating the CAUSE of Osteopathy above the individual or any single institution, and to aid in correlating all factors that will accomplish this end. Then and not till then will our progress as a profession be assured, and our mission as a publication be fulfilled. For with the rise of Osteopathy as an Institution, will come the certain rise of the individual practitioner, who is but a branch of the Osteopathic Tree.

We refuse to believe that many of the profession are wilfully wrong—that, knowing the truth, they have turned to less potent systems, which evolve theories today only to discard them tomorrow. No, it is because they do not know the value of the law they seek to make operative (the science of Osteopathy), or have failed in the application of the art of Osteopathy that re-confers the power to that law. Osteopathy stands for anatomic and physiologic perfection, and if perfection, completeness. It stands for this or for nothing. It rests with the individual practitioner as to whether the science and art respectively are correctly conceived and accurately applied.

Our failures then, are chargeable chiefly to the individual and not to the science. But back of this what makes the individual fail? There is but one answer. He is either of unfit timber or his training must have been faulty. The art of Osteopathy must be emphasized, then, co-extensively with the science. What we lack is a great working plan, and a united profession pushing that plan to accomplishment. It has never been thoroughly wrought into a big systematic, cohesive scheme for systematic development. The cogs in our machine don't mesh.

We propose the formation of a great central committee to evolve that plan, and to put it into force

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A MONTHLY JOURNAL OF
OSTEOPATHIC PROGRESS

EDITED AND PUBLISHED BY
OSTEOPATHIC PHYSICIANS for
the OSTEOPATHIC PROFESSION

JULY, 1916

SALUTATORY.

With no smug sense of superiority do we undertake the thankless task of setting down and presenting in tangible form the thoughts of many leaders of the osteopathic profession. Only a deep conviction of TRUTH as we see it and a supreme desire to see that truth perpetuated could animate us in this manner to address our colleagues.

That certain radical and revolutionary principles constitute the sole reason for the existence of Osteopathy as a separate and independent school none will deny.

That these principles were overlooked or rejected by other schools is history.

That the practise of these principles and nothing else brought amazing success and enduring fame to Dr. Still and others everybody who reads this well knows.

That these principles are as potent today as ever we have positive knowledge.

That they may be infinitely amplified we are absolutely sure.

That the business of the Osteopathic profession is to Dig On, as Dr. Still says, applying these principles, earnestly seeking further knowledge, acquiring better methods, perfecting technique of operation—all this would appear so obvious as to need no pointing out.

That these fundamental osteopathic principles are comprehensive enough to engage all our powers of work and thought is the conclusion of those who most fully understand their scope.

For these reasons we are willing to be called narrow, if that shall follow our stand for Osteopathy and Osteopathy alone.

SHARPEN TO A POINT.

Some well-meaning osteopaths advocate a "broader" practise, a "broadening" of osteopathic teaching, meaning by this an inclusion of *materia medica*.

If they confined their beliefs to the better teaching of osteopathic foundations we should be with them heartily, for this would produce what we wish to see, broader and more capable osteopaths. We do need more real osteopathic teachers, armed with osteopathic text-books, and we need both books and teachers sorely.

The world has little use for hermaphrodites. It follows eagerly the virile man and does homage to the real woman.

The "jack-of-all-trades" commands no respect and gets little business. If a man can do a fair job of carpentering, mend shoes, repair umbrellas, paint a house and tinker with waterpipes, his wife generally takes in washing to keep the family.

The man who can do one thing well is kept busy doing it, "though he builds his house in the woods", and though his ability in other lines may be exceedingly small.

Specialization and concentration are the qualities demanded of a physician.

You can't write with the big end of a pencil. And if the fame of Osteopathy is to be writ large in the therapeutic world we must get away from the "broad" ideas of the mixers and sharpen to a point.

A LESSON IN THE NEW YORK EPIDEMIC.

To those osteopaths who would "be prepared to meet all emergencies" through the use of drugs and serums there is much that might be said regarding the dreadful scourge of infantile paralysis that as we write continues unabated in New York and contiguous territory.

For a number of years we have been reading frequently of research and experiments that were so far advanced as to enable the medical school to "almost" announce the discovery of means of prevention if not cure of poliomyelitis.

The actual announcement has always been postponed.

Now, in the face of the worst epidemic seen for years, it is claimed by some that the germ has been isolated, but nothing definite is known as to the mode of infection or the carriers, and no certain means of prevention has

been found. Thus any hope of a cure is apparently as remote as ever.

Acute anterior poliomyelitis is by no means the only disease before which the medical profession stands aghast, helpless, impotent. This is not written as a reflection on medical practise. It is only to comment on the insufficiency of any method to "meet all emergencies". No system of practise can successfully deal with all disease.

Let us then commend study and research in our own field to those who wish to remain identified with the osteopathic school. For while we have scored brilliant success with numerous classes of disease not successfully treated by other methods, in many directions osteopathic possibilities are undeveloped.

Declaration of Purpose and Policy

(Continued from Page 5)

by placing a reorganized profession back of it working as a unit. We have slept too long, drifting before any wind or with any current. This must stop. We must navigate our ship or a pirate crew will do it. For proof of this contention witness the decadence of other systems, which, through a policy of weakness or failure to develop, have fallen under the control of the dominant school of medicine. They are now but a fading memory. Looking toward the formation of a systematic plan of development, we suggest, and purpose advocating:—

1st—The purifying of Osteopathic teaching.

2nd—A new standard for membership in our organizations, and their cooperation—local, district, state and national.

3rd—Uniform legal regulation in the several states and nation; in order to obtain which, a comprehensive definition of Osteopathy must be evolved. This is absolutely essential for a satisfactory legal status.

4th—The establishment of free clinics in all the great centers of population.

5th—The creation of a fund to place our colleges on an endowment basis. Then and then only will it be possible to secure private endowments and state appropriations, both of which are neces-

sary for successful conduct of any great college.

6th—The close study of Dr. A. T. Still's philosophy as embodied in his several books, and as well all other standard osteopathic works. To encourage the preparation of osteopathic text books for use in the colleges, and discourage the use of medical texts.

7th—The cardinal importance and necessity of maintaining the same strict independence which marked our advent as a system of therapeutics in order that our development may be unimpeded. With surgery, we can rightfully claim completeness, and hence Osteopathy is entitled to be reckoned as a comprehensive system of therapeutics.

8th—The financial backing of the profession to secure and make possible this plan. Would it be an unwise policy to spend liberally to insure the life of Osteopathy? That's what's at stake. We are very short-sighted if we fail to see it.

Recognizing that to prepare such a plan and secure its fulfillment will require all the best brains of the profession acting unitedly on the one great object, and cognizant also of the necessity of a strong advocate to speak for this great movement toward that object, we have launched "Osteopathic Truth". Through it we are addressing the profession, asking it to cooperate with us toward achieving these ends. Always we shall stand for and foster the healthy and permanent growth of pure and undefiled Osteopathy, and all of its institutions. This is our chief and only claim for existence, for we shall not operate this enterprise for private profit. And we believe that we can be kept so busy promoting genuine Osteopathy, and reciting its marvelous achievements, that we cannot find time or space to chronicle the few successes of minor systems of therapeutics—systems which at best are largely empirical.

We purpose to cover the news of the profession, and invite the cooperation of every member in the way of sending to us news items of all sorts, such as personals, locations, removals, births, deaths, reports of local, city, state, or national meetings. We ask for the dates and programs of all

meetings long enough in advance to help give them the best publicity. We shall be glad to report notable cases whenever space permits, and to receive original articles, which we shall print as nearly in the form submitted as space and the policy of the paper will allow. Any clipping bearing directly or indirectly on the one great theme, Osteopathy, will be much appreciated. We shall endeavor to stand on the high ground of principle, arguing things from this standpoint, and avoiding personalities; laboring untiringly, with all the contributing forces we can mobilize, for the progress of Osteopathy—by virtue of, and for the promotion of which, we exist.

H. M. VASTINE, D. O.
Chairman.

Harrisburg, Pa.
July 17, 1916.

A LETTER FROM DR. McCONNELL.

With supreme gratification Osteopathic Truth prints a ringing communication from Dr. McConnell. With his usual clear vision Dr. McConnell sees and points out some of the basic errors of those who are clamoring and yammering for academic freedom, and urges the things which this journal is founded to promote, namely, creative thinking, the development of our art, and a definite constructive policy. The full text follows:

CHICAGO, July 8-16.

To the Editor of Osteopathic Truth:

I am pleased to see that a new independent osteopathic publication is about to make its debut. In my opinion such a project is practically assured provided it ever remains true to the spirit of osteopathy. In the past, with some of our publications, there has been a woeful short-sightedness of their mission or reason for existence (if indeed there has been really any legitimate excuse for either) to say nothing of their very evident personal grinding of axes. The proverbial bull in the china shop can "accomplish" a great deal, of a certain kind, with his ignorant and splenetic horns. No one can question that a certain iconoclasm may be a health-

ful sign of the times, but when it is saturated with innuendo all reasonable bounds are exceeded. Osteopathy has always stood for progress; a progress that constantly attempts to make real its own ideals. In this attempt there has been more than enough actual realization to fully warrant a continuance of constructive efforts. This is the mission of Osteopathic Truth, as I see it.

When everything medical is progressing and converging toward the goal of our cherished ideals the osteopathic historian of the future will perforce write a curious chapter of some of the recent happenings in our school. There can be but one answer, lack of acumen due to the narcosis of academic salt meat. Test tubes and crucibles and microscopes have their place as instruments of precision, provided the results are correctly interpreted and evaluated and relegated to their proper place, but no farther. They can not supplant, by far, other measures, and very often more important measures, in determining the condition of the patient. In a word, too often test-tube diagnosis alone takes the place of other diagnoses. The history, the anatomical condition, and clinical findings are all part and parcel of a unified whole. Then there is the influence of traditional medicine which is the worst narcotic of all. Not that traditional medicine should not be studied and to a certain extent even revered, but again the true test rests with its interpretation and evaluation.

There has been some tendency to ignore the *art* of osteopathy, the art based upon the fundamentals of our science. This is deplorable, for it shows that lack of comprehension and incisiveness that represents the very essence of our past as well as our hope for the future. As I have said laboratory and other tests have their place, but all at best contain an element of crudeness with consequent inexactness, and unless interpreted and applied in accordance with the personal equation can assist comparatively little. The entire history of medicine reflects this viewpoint. Too much one-sided science leads to sterility. It is notorious that there are fashions in medicine as

in other things. And, as I say, when we ignore our art we are not getting down to the gist of things osteopathic and developing our work as it should and can be done. Neglect our art and our creative work is emasculated, for our art reflects, in fact, is dependent upon, our definite and distinctive findings in each case. The practice of osteopathy is not and can not be a science detached from art and personality. Every case is individual, and for this very reason efforts at rectification must be creative. Each case for the time being contains the center of all things. This touches the poetry and the rhythm of life if you will, but even in osteopathic science it can not be or should not be ignored, though back of all this are the basic laws of science.

Osteopathy, like all great movements, centers about the personality, the ideals and the discipline of a commanding genius. At the same time we benefit by the unselfish devotion of many great scientific minds. But let us be true to what we have already accomplished, and which without doubt is pregnant of future probabilities; this is Osteopathic Truth. Osteopathic anatomy and physiology is the keystone.

Faternally yours,
CARL P. McCONNELL.

"STILL I AM LEARNING."

GEO. W. REID, D. O.

"Still I am learning". It is said that this was one of the mottoes of the celebrated Michael Angelo. If this is true, then we have a key by means of which we are able to unlock the door to the inner chamber of his mind and behold the mental processes which brought him success and fame.

"Still I am learning!" How deeply significant is this sentence of four words. This motto is worthy to be adopted by every individual, young or old, no matter what his station in life may be. There is no need more apparent or urgent than that of knowledge. This, indeed, is the panacea for all our ills. How essential, then, that every one, from infancy until death, should unceasingly seek after wisdom. The Great Teacher said, "Ye shall know the Truth and the Truth shall make you free". In addition, therefore, to making for usefulness and effi-

ciency, truth liberates. We have all drunk deep enough at the fountain of Truth to appreciate these facts. We can see by our own personal experience how we have profited individually by coming into possession of certain fundamental truths.

And then, we have witnessed times without number the benign influence of Osteopathic Truth as applied in daily practice. We have seen how it not only liberates the body from disease and suffering, but it liberates the mind from many of the therapeutic beliefs and superstitions, as well. We have all been able to bring about results by the application of osteopathic principles that were almost unbelievable. Some of the results we have accomplished have bordered on the miraculous. And yet, is there one among us who feels that he comprehends the whole of Osteopathic Truth? Is there one who feels that he has exhausted all the resources of the Osteopathic School? Certainly the most advanced and enlightened ones in our profession make no such claims. They realize that all the valuable resources of Osteopathy have not been brought to light, and, hence, each day finds them pressing forward, adding to their knowledge, improving their skill. So they may truthfully say with Michael Angelo, "Still I am learning".

Those members of the Osteopathic profession who have had the most extensive experience—those who have had the opportunity of making the greatest number of observations—those who have not been influenced by entangling alliances, almost without exception, grow more enthusiastic, more earnest, more steadfast in their zeal and devotion to Osteopathy with each succeeding year. Indeed, their experience and observations all confirm them in the conviction that in Osteopathy we have the therapeutic pearl of great price and that whatever else of good there may be in the therapeutic world, nothing should be allowed to minimize or detract from the most valuable therapeutic asset within our power to possess.

There is too great an inclination on the part of many people to settle down into a rut after completing their college training. Many seem to feel that the zenith of their educational possibilities has been reached when their receive their sheepskin and so settle down to a

life of mental inertia and consequent atrophy. This applies with a great deal more force to the medical than it does to the Osteopathic profession. The average medical man does practically no thinking for himself, but leaves that for those higher up—the so-called "authorities"—to do for him. The mind of the average Osteopath is inspired and enthused by the principles instilled in him during his college course. So, instead of accepting with childlike credulity anything that is handed to him, he first subjects it to the test of reason. Thus, his mind by the mere fact of its being active, continues to grow and he, too, with the celebrated Michael Angelo, can say, "Still I am learning".

With individual members of the profession using their gray matter and growing in consequence thereof, we can justly lay claim to the title of a *growing* profession. In other words not only are we a learned profession, we are a *growing* profession. We have but to look back only a few years and witness the developments that have taken place within our ranks, to be convinced of this fact. So-called finger surgery, originated, developed and perfected by members of the Osteopathic profession, is one of the greatest therapeutic innovations of this or any other age. It simply works miracles. It clears up many conditions heretofore considered as a necessary evil. Consider the marvelous results that have been obtained in the treatment of hay fever, catarrhal deafness, etc. Our record, truly, is wonderful, unparalleled by any system of treatment known to man.

We have been accused by some of our critics as being fanatics, a profession with one idea, etc. But what care we, so long as our one idea is the therapeutic pearl of great price? Our enthusiasm in the light of truth is permissible even though at times it may seem to border on the point of fanaticism. But are we a profession with only one idea? If so, then I am badly mistaken in my conception of Osteopathy. To be sure, we are a system with one central idea or fundamental principle, but that fundamental idea is not at variance with any therapeutic agencies of real merit. In other words, Osteopathy comprehends the whole field of therapeutics. It is a complete system of treatment, with adjustment as the fundamental and

guiding principle. The principle of adjustment is universal in its application, and, therefore, we are not obliged to limit it simply to the mechanical or structural field.

Some members of our own ranks seem to entertain a little fear lest, in our enthusiasm for Osteopathic fundamentals, we ignore certain measures which seem to them to be highly important. It is quite possible for such to be the case. But the opposite is more likely to occur. That is, in giving our attention to less important matters, we are likely to forget or minimize the main issue. It is not always an easy matter to form the proper estimate or relative value of any group of ideas or principles. The Great Master realized this when, after proclaiming the principles that should guide His followers, He admonished them to "seek first the Kingdom of Heaven and His Righteousness and all these things shall be added unto you." As the Kingdom of God and His Righteousness come first in the spiritual realm, so the Osteopathic fundamentals come first in the therapeutic world. Thus, as Osteopathic physicians, we must seek first to understand and apply the teachings of Osteopathy in all their purity and all the other things of worth will find their proper place in our therapeutic activities. Our great mission is to develop, exploit and defend those things peculiarly Osteopathic. In doing this, we will find sufficient not only to occupy our whole attention and demand all our resources, but we will find, in addition, unspeakable satisfaction, and remuneration sufficient to sustain ourselves and our families.

Let the history of past Osteopathic attainments inspire us, as indeed it should, to greater earnestness and effort in the work in which we are engaged. Let us not be unduly influenced by any criticisms that may be levelled at us. We are still, in a measure, pioneers. Osteopathic science is young and the field of Osteopathic therapy still contains much virgin soil awaiting development and cultivation. We do not know what the future has in store for us, but it is generally admitted that the past is prophetic of what the future is to be and if this is the case, we have nothing to fear. Our prospects are bright and encouraging. While we, of course, must welcome Truth from whatever source it may come, let us first, last and all the time have in mind the

development and defense of our own grand science, and whatever else may be said of us throughout the coming years, may each and every one of us at all times be able to say without reservation, "Still I am learning—Osteopathy".

DR. LOUISA BURNS CALLS A CONFERENCE ON OSTEOPATHIC TEXT-BOOKS.

A copy of the following letter was sent to those who are presumably interested in real osteopathic educational affairs, and Dr. Burns has asked Osteopathic Truth to print it. We gladly do so, and shall hope to see many at the conference.

"The chief need of osteopathy is good osteopathic students; and the chief need of students is good osteopathic text-books.

"Where are our good osteopathic books? Mostly, they died a-borning, because nobody wanted them; partly they were murdered by jealousy and buried in neglect. Partly, nobody knows; and nobody cares but you and me.

"Read the report of the Educational Department of the A. O. A. in the supplement to the September, 1915, Journal; tell me what you think of that plan—the Institute to arrange for the publication of books, to be prepared by the collaboration of representative members of the profession and of teachers.

"Will you join in an informal discussion of books and plans, at Kansas City? Monday evening, July 31st, is to be devoted to a reception and ball; will you meet at 7:30, and talk books for half an hour or so, before the social swing gets into its rhythm?

"WE CAN work together in a common purpose for the common good, forgetting everything but the urgent need for honest work in the preparation of honest books for honest Osteopathic education; WE CAN begin a great work; WILL WE?

"YOU TELL ME; WILL WE?" Please write me what you think of the matter. You can share your "gray matter" by letter, almost as well as by speech; do both if you can.

"If I knew any stronger way to say these things, I would say them that way. If this invitation lacks 'pep' please bring that important article with you, when

you come to this meeting. 'Let us now be up and doing'; write to me first, then arrange to come and talk; then 'we will see what we will do'."

"LOUISA BURNS, D. O."

"Honest work in the preparation of honest books FOR HONEST OSTEOPATHIC EDUCATION". Who is there among us that does not want to be counted in? This is so thoroly in accord with the special line of work for which Osteopathic Truth is founded that we feel a sort of paternal interest in the conference. We hope that Dr. Burns will find a way to extensively advertise the place of meeting.

DIG DOWN TO BED-ROCK AND BUILD NEW SUPER-STRUCTURES ON OLD VITAL PRINCIPLES.

E. FLORENCE GAIR, D. O.

We are now at the parting of the ways. Either we must *en masse* retrace our footsteps to that solid foundation of truth laid down by the Old Doctor forty-two years ago, or we will continue to flounder in the quagmire into which we have allowed ourselves to be led by the baneful influence of too many medically trained men teaching in our schools and thereby influencing the student body.

Today we are sending out a hybrid body of men and women, unstable and uncertain of the great truths in which they should be immersed.

The root of our trouble lies in the school situation. There must we start afresh. We must dig down deep to the old foundation and build up anew. We must place in our colleges only teachers who are well grounded in the truths and principles of Osteopathy. This is the only way.

I believe that this is a movement by a body of men and women who have heard the "call to the colors" and will respond and see that Osteopathy is again placed on its own firm foundation of truth.

The osteopath seeks first physiological perfection of form, by adjusting the osseous frame-work, so that all arteries may deliver blood to nourish and construct all parts.—A. T. STILL, in *Philosophy of Osteopathy*.

SEPARATE BOARDS, AND NO MIXING.

GEORGE W. GOODE, D. O.

That Osteopathy will sink into oblivion as a distinct science is very evident unless those practicing it hew more to the line and give specific treatments. Mixing seems to be the curse of the profession. The more we mix and use adjuncts the better for the pseudo-osteopaths. Their leaders have watched our mistakes in hankering to be all-around physicians and mixers without the proper training, and consequently have urged their followers to cut out vibrators, stretchers and adjuncts of all kinds and concentrate on their ten-finger treatment.

I believe in keeping osteopathy apart from medicine and that each state should have a separate board of osteopathic examiners. Just think of it! In the Old Bay State of Massachusetts every D. O. making application for a license to practice must take the same examination as the graduate in medicine. No osteopathic questions are asked; yet we have an osteopath on the board of examiners, who has also a medical degree.

Massachusetts has established a precedent in many things and is a leader among the states. It is never backward in contributions to funds for floods, famines, missionary work, or catastrophies of all kinds. Its troops were the first to arrive at the Mexican border, so quick was the response to the President's call.

Now, with conditions like the above existing in one state of great influence (as well as in others I might mention) why should we not see the handwriting on the wall and confine ourselves to the principles set forth by Dr. Andrew Taylor Still?

I have no patience with the muscle-rubbing osteopath. Many of us have much to learn in doing specific work.

BACK TO THE SPIRIT OF THE TRIPLE A-O.

GRACE WYCKOFF, D. O.

In our new A. T. Still Osteopathic Legion, we fight not men but the wrong method that they

are following. Those of us who were associated with the American Osteopathic Association when it was first organized, realize that the purpose for which it was organized was explained in its very name (American Association for the Advancement of Osteopathy).

The same old problem confronts us—What is *Osteopathy*? What is *Osteopathy*?

Among the early graduates there has never been a shadow of a doubt as to what *Osteopathy* is, or what it could do. We should never condemn *Osteopathy* for our failures. The principle is as infallible as Nature's laws, so let us strive to reveal what Nature has concealed from those who are not seeking *Osteopathic* truth. By our ambition to carry the M. D. title, to use any and all adjuncts, such as the vibrators, violet ray, electricity and too frequent use of serum, the hypodermic for any severe pain, we have proven that we are short on *Osteopathic* knowledge. Herein lies the real danger. We must keep our house in order. There is nothing to fear from without; our danger is from within.

Osteopathy has withstood years of persecution from the M. D., and it has been counterfeited by imitators, all of which have but strengthened it.

Hardships and persecution draw men together.

Let all of us who are true *Osteopaths* be united for one common good. This can be done only by driving the enemies out, then guarding, yes, doubly guarding the doors that they may never again enter. Then and only then can we be rightly called an Association for the Advancement of *Osteopathy*.

FIND IT, FIX IT AND LEAVE IT ALONE.

ALFRED W. YOUNG, D. O.

Dr. Still's above quoted philosophy seems simple, concrete and to the point and so it is in all but the simplicity. *Osteopathy* grows more wonderful every year just in proportion to its development by its students and practitioners. This is the day of the specialist and the *Osteopathic* specialist may stand at the head in the accomplishment of good work rightly done if he will.

No man can perfect himself in all branches of the healing art, and do the work of one who is devoting his entire time to one thing. Hence specialists can attain much higher efficiency than any general practitioner who attempts everything and blunders over fifty per cent. of the time.

The same certainly applies to the *Osteopathic* profession. Let the man or woman who wishes to develop it to its highest efficiency study and practice it only.

It is no admission of weakness if you cannot handle everything that comes to your door. No man of reason believes he can occasionally do the work of one who is devoting his life to one thing. Efficiency and service to the patient is the first consideration always, not the physician's income. Hence if a patient needs a surgeon or some particular class of specialist we should be frank and honest enough to refer him. He will be our friend always. But if he does not appreciate it we have done the only thing for a conscientious physician to do.

A Few Excerpts.

(Continued from Page 4)

I always have been, and expect to always be, tetotally against "pussy footing" osteopathy.

—A. H. PAUL.

You didn't even have to ask if I would be in on this proposition.

You can count on me for anything that fights for pure osteopathy. I believe in it.

Hastily yours,

—RALPH H. WILLIAMS.

As soon as I learned the purposes of the A. T. Still *Osteopathic* Legion I wanted to sign the pledge, and almost signed it twice in giving my two addresses.

—LOUISA BURNS.

[By wire.] Have been under weather. Don't wait for my article. Will say something later.

—F. A. CAVE.

I want to be known as an A. T. Still, Simon-pure osteopathic physician and I don't care who knows it, for I'm proud of it.

—CHARLES S. GREEN.

SACRIFICING FUNDAMENTALS FOR INCIDENTALS.

ASA WILLARD, D. O.

Along in 1874, after years of independent thinking there came to Dr. A. T. Still a conception of the basic principles of a great truth. In the years thereafter he devoted his whole thought to the development of those principles, which were to benefit humanity. He endured hardships of soul and body, he made many sacrifices, all to the end that his discovery be the greatest possible blessing to humanity. And then as an old man he placed upon us the responsibility of further developing in their purity the great principles, and of making it understood by the public that through the development and practice of these principles the greatest possible good might come to mankind in the least possible time.

We are not worthy of the trust if we are not willing to make some sacrifices to so great an end. We should be more than willing to forego some incidental privileges rather than place osteopathy where its progress may be interfered with and curtailed through the regulation of those avowedly hostile to and prejudiced against it. Yet some of our people during the past year have actually advocated that we abandon our stand for independent boards of examiners and other forms of regulation through which we have opportunity of independent professional development, and enter upon a general campaign for minor representation on medical boards with "no restrictions" for us in practice. They argue that now that our colleges have gone on a four year basis we should demand this with the contention that our colleges are equaling medical standards. Under present conditions such an arrangement would be the beginning of our professional end. The medical profession has been raising their school standards during the past ten years avowedly with the object of cutting down their numbers through cutting down their student attendance. In this they are successful.

Last year the students in their colleges numbered 14,389, one-half of what they numbered in 1904. If our profession fights for

and gets regulation on the ground of meeting their standards we will be in no position to make effective objection if they further raise those standards to a two-year preliminary collegiate requirement—a requirement which their heavily endowed colleges can still work under; but which would practically put our unendowed osteopathic colleges out of existence. Our osteopathic colleges would very shortly dwindle to chairs in medical colleges.

Even as conditions are, for the years of 1913 and 1914 complete records show that less than one-third as many osteopaths per population were licensed to practice in states regulated by medical boards on which we had representation as were licensed in the states where our profession more directly influenced the licensing. In those years eleven osteopaths were licensed for over 9,000,000 people in New York (composite board). The same ratio carried out would mean that in 1913 and 1914 but about 110 osteopaths would have been licensed over the United States. Indiana (composite board) licensed nine, Kentucky (composite board) licensed twelve, while their neighbor, Ohio, through their osteopathic committee, licensed forty-eight. Wisconsin (composite board) licensed six for nearly two and one-half million people, while across the river her neighbor, Minnesota, about equally populated, licensed fifty, and Michigan, across the lake, one hundred and ten. Utah (composite board) licensed one D. O. in the two years, while her neighbor, Montana, of practically exactly the same population, licensed under osteopathic regulation thirty-one, and Idaho, under like economic conditions and in the same population class, licensed fifteen under osteopathic regulation.

With the bars put up higher for legitimate osteopaths, and their numbers kept down and the blood of those left watered through continued preparation for medically-toned examinations, while at the same time the "chiros" and other pseudo-osteopaths overrun the earth, there can be but one result; the degradation of the osteopathic principle.

Incidental privileges, acquired

at the sacrifice of loss of opportunity for professional increase and development are dearly bought.

Fundamentals must not be sacrificed for incidentals!

What shall it profit an osteopath if he gain the whole world and lose his osteopathy (even if the world includes unlimited drug giving privileges)?

Privileges gained are of little value, if in the end there are none to avail themselves of those privileges.

To launch ourselves into a campaign for incidental privileges ("no restrictions") irrespective of all other considerations would be suicidal. There are but seven thousand of us all told. We must stand together and insofar as is possible stand legally independent, and we must make our practice such as will cause the public to look upon us as distinctive, if we would make the greatest possible professional development; if we would make osteopathy the greatest possible service to humanity in the least possible time.

IGNORANCE AND SUPERSTITION VERSUS CULTURE AND REFINEMENT.

GEORGE F. BURTON, D. O.

Periods of darkness, gloom and uncertainty precede periods of renaissance, enlightenment and reformation.

Nations, associations, institutions and individuals are governed by the same rules of decadence or uplift.

Inactivity, supination and no heralding of individual application spell the insidious lettering of decay. Activity, scientific alertness, and the utilization of correlated products combined with self-abnegation of personal aggrandizement make for weal.

Reactionary clouds of superstition, ignorance, guess-work and the poisonous suggestions of materia medica are looked-for and wholesome combatants. *The insurgent force is the deadly enemy.* "The foe within the gates," the "worm embedded in the core of the apple," the Dr. Jekyll and Mr. Hyde representative;—these are the malignant growths that destroy our vitality.

A decade of lethargic self-satis-

faction under the unrestrained commercialism of our colleges has led our profession away from the hitching-post philosophy of our faith, and instead of applying accurate physiological functioning, we are floundering in the quagmires of uncertainty or else reposing peacefully in the labyrinthine shades of empiricism.

Comrades! Hear ye the bugle call! Let the great osteopathic profession, unified in its national body, the American Osteopathic Association, have a definite and established osteopathic policy to pursue! Let our colleges furnish practitioners worthy the name of our belief! Let the zeal and enthusiasm of our membership abetted by the experimentation and demonstration of our Research Institute fairly make our journals and periodicals hum with new life! And, finally, let the basis be established for an era of *Literature and Law* which will signalize our profession with dignified honor, elevate the public to a higher plane of gratitude and immortalize the name of our great *Philosopher-Founder*.

"BROADER" OSTEOPATHY NOT EVEN A FAIR IMITATION.

LOUISE A. GRIFFIN, D. O.

Why all this clamor for a "broader osteopathy" that will include anything that may give relief?

There are practitioners who, having found their own limitations in osteopathy because of their want of success in the brand of osteopathy that they practice, reason that the A. T. Still osteopathy has its limitations and want it officially diluted with the "truths" of the other systems of medicine, deluding themselves with the idea that such a proceeding would broaden osteopathy, in that it would give them another chance at their patient.

They are unwilling to give up the name Osteopathy and call themselves Eclectics because they know only too well that Osteopathy stands for success, in the minds of the public, in the treatment of disease. They know the success that the "Old Doctor" and his early followers made for it and they wish to reap the bene-

fits of the reputation that Osteopathy has acquired from the successes of these early practitioners, and so cling to the name.

That these osteopaths do not meet with the success of the early practitioners is not the fault of the system, but of the brand of Osteopathy that they are so unfortunate as to have acquired.

Osteopathy, typifying as it does the principle of the mechanical cause of disease—the lesion—cannot embrace these "truths" of drugs and serums and the like *and still be Osteopathy*.

Mixing up with it these "truths" of the other systems, which today are and tomorrow are not, will not tend to advance Osteopathy along osteopathic lines. But such mixing will obscure the real lesion so that no attempt at adjustment will be made. Then, without the lesion and its adjustment, where will Osteopathy be?

If our schools are not teaching the lesion and its adjustment (and judging by the cry for a "broader osteopathy" it would seem they are not), so as to make everything else they teach subservient to that, how can we expect that they will graduate A. T. Still—osteopathic-lesion osteopaths?

These graduates will have a brand of Osteopathy that will not only *not* bring success, but will cast a shadow on the fair name of Osteopathy. "Broader" Osteopathy, the ambition of the mixers, is not Osteopathy.

NOW IS THE TIME

This publication can exist only if it has financial support. The price of subscription has been fixed for the present at only fifty cents a year, and we urge all who receive this first copy to send in their subscriptions on the blanks enclosed for that purpose.

The sponsors have "dug up" generously in order to get it started, and now it is up to the readers. A subscription filed at once will insure your receiving all numbers as they come out.

Please fill out the form and send it, together with the amount of the subscription, to Dr. George W. Goode, 687 Boylston St., Boston, Mass.

WE WELCOME CRITICISM.

In this initial issue of Osteopathic Truth we have presented some serious thoughts of serious-minded osteopaths on some phases of the current trend of a certain element of the profession.

Not all of us are accomplished writers, and these pages may not shine with rhetorical brilliancy. We trust that notwithstanding any faults of diction we have succeeded in making plain our belief in the adequacy of osteopathic principles to fully engage the osteopathic student and practitioner.

If in homely phrasing we have thus succeeded, and if our platform meets the approval of a very large majority of the profession, as we confidently believe it will, we shall be gratified.

If we have failed in our estimate of the number of the kind of osteopaths who believe in and practice and get results through the methods employed by Dr. Still, we shall be only the more anxious to raise our voices to oppose those who would emasculate osteopathy.

Gentle words and felicity in expression are all right in their proper place, but sometimes man-size words and phrases have to be employed in order to get a hearing. We hope to at least have no misunderstanding as to what we mean to convey.

We are far from satisfied with this first issue. We do not expect to be satisfied with future numbers. But we shall make each one count, so far as our powers permit, for the truths to which we have dedicated our service.

It will give us pleasure to hear from our friends, whether with approval or criticism. Indeed, we shall especially welcome criticism that will show us how and where to improve. For always sincere criticism of constructive character is helpful.

In fact it is through this very medium that we hope to make Osteopathic Truth a help to the profession.

We shall not criticize measures or institutions unless we can point a way to improve them. Only by so doing can we make good our purpose to unselfishly strive for the real advancement of the osteopathic school.