

VOL. VIII

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# The Bulletin of



## Atlas & Axis Clubs



DEVOTED  
TO THE



### SCIENCE OF OSTEOPATHY

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FEBRUARY, 1907.

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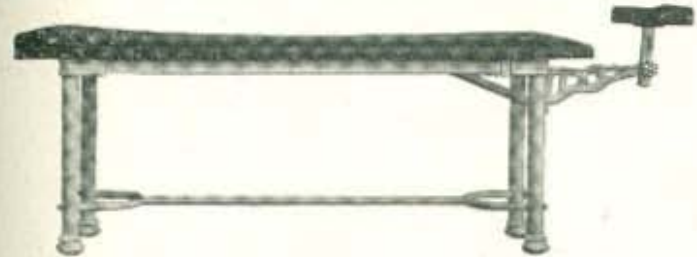
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FIG. 1

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FIG. 2

# The Bulletin

OF THE ATLAS AND AXIS CLUBS

VOLUME VIII

FEBRUARY, 1907.

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## INFLAMMATORY RHEUMATISM.

BY C. W. YOUNG, D. O., ST. PAUL, MINN.

THERE is no meaner disease to treat, if you do not know how to treat it, than inflammatory rheumatism, and yet few diseases will respond so readily, promptly and fully and thereby entitle a natural physician to the title M. D. (Master of Disease) as this dread disease, if rightly handled. It is caused by a saturation of the body tissues with foreign or impure matter, and the cure is secured by driving out the foreign matter.

Most of the victims are full of vitality and will react beautifully to the appropriate healing forces. They generally are plethoric and overfed, and ninety-nine out of a hundred have a colon loaded with feces. Do not be misled by the statement that the bowels have moved one or more times every day. You can take it for granted, the bowels need cleaning. Ninety per cent of all civilized human beings are habitually carrying loads of filth that breeds disease. Cooking of food and sedentary life and other causes lead to abnormal accumulations. The Old Doctor says that "drugs are a failure" and he is right. You should not make use of any cathartic to clean out a bowel. You cannot thereby clean out the old hardened masses, adhering to the side of the bowel. A cathartic produces a flood of mucus, leaving the bowel depleted of its mucus, and less able to cleanse itself after the cathartic is eliminated. The cases where water rightly used will not in time, clean out the bowels thoroughly are very far apart. Have your patient with inflammatory rheumatism begin holding a mouthful of cold water, until it becomes warm and then swallow it. Keep this up several hours, every day for a week. In most cases it will soften the bowel contents and cause copious movements. In a few cases the water all goes through the kidneys, especially if it is swallowed too rapidly. In such cases, thorough enemata



should be given. If the patient can stand it, or does not get too sick of it, he should be given a gallon or two of warm water twice a day. Inject as much as he can hold conveniently, let him pass this, and then inject more. Some patients may clean out best by both drinking water and the enemata. Give them detailed instructions, how to clean out the bowel, and then at subsequent visits see to it that they make headway. Sometimes injections of olive oil will soften hardened matter better than water. Sometimes it may be well to use glycerine in the water. Massage of the bowel, lifting it up and straightening out the kinks, while the patient is in the dorsal, or knee chest position, and while water or oil is being injected, may aid materially in clearing out, in stubborn cases.

One suffering with inflammatory rheumatism should eat no food until he is keenly hungry. He may need to fast a week or more. Water and lemon juice without sugar should be the diet. Great care should be exercised on resumption of eating. Orange juice is good to use in breaking a fast. Fruit and raw food should be the sole diet for several days and the amount should be greatly restricted.

Sometimes osteopathic manipulation works wonders, and sometimes manipulation alone is a very unsatisfactory treatment, at least I found it so, in some of my earlier cases. I used to dread to be called to treat the disease, until I learned how to use water. The results in my later cases have invariably been highly satisfactory. I always can give some manipulative and adjustive work, that is helpful. But one must be very careful in treating highly inflamed joints. Sometimes you will have to let them pretty well alone. Whenever possible, without giving too much pain, it is well to extend or spread the joints as advocated by the Old Doctor. Sometimes one can give a good spinal treatment to good advantage, and sometimes there is so much infiltration in the spinal muscles, as to make it necessary not to manipulate them very much. Sometimes a vertebral or rib lesion can be reduced, so as to bring very satisfactory results in a short space of time, but some of the patients with whom I have had to deal, did not seem to be in a condition, at first, where I could secure effective reduction of bony misplacements.

My trump card in inflammatory rheumatism is the cold wet sheet pack. You must not consider the use of water as being a simple and easy matter. One needs accurate knowledge, and he should be thoroughly versed in the technique of application. A cold pack may do great harm if not rightly given. The pack may be described as follows: Spread six woolen blankets on a couch. Wring out two sheets in cold water and spread over the blankets, with the lower sheet extending

about five inches above the upper one. Have the patient lie on top of the sheets. Fold the upper sheet over the body so as to extend below the arms. Let the arms fall on top of this sheet, and then fold the other sheet snugly around the neck and over the arms, so as to envelop the top sheet. Draw the blankets over the sheets, thereby packing the patient in so as to shut out the air. It is highly important that the sheets and blankets be made to envelop the patient snugly so as to exclude the air. If you have doubts about his reactive powers, you can increase the number and thickness of the blankets. Comforters will do as well as blankets. If your patient is anæmic or one who greatly dreads cold water, the sheets may be wrung out of warm water or water moderately warm. After the pack, which should last from an hour to an hour and a half, the patient should be sponged off, so as to remove the foul matter thrown to the surface through the skin. Success in application of the wet sheet pack depends on the way you talk to your patient (explaining what will happen, and what you expect to accomplish and encouraging him), on the thickness and number of blankets, the coldness of the water and the thoroughness with which you wring out the sheets as corresponding to the vitality of the patient, and on the speed of application and careful and effectual folding of sheets and blankets. When the pack works all right, it will open the pores of the skin, and relieve pain in a wonderful way. A physician does not need morphine or any opiate in inflammatory rheumatism, if he understands how to treat his case. The entire pack may need to be given only two or three times. Merely packing of the part affected, such as an ankle joint or knee, will often relieve the pain and be all that is necessary to do in the way of packing.

By the above methods a bad case of inflammatory rheumatism, that usually was for six weeks can be cured in one week. If pleurisy follows the abatement of the inflammatory condition, it is well to pack the chest in antiphlogistine after lifting up the ribs and adjusting the spine and vertebrae.

When the patient gets well, tell him he must avoid subsequent attacks by keeping his bowels clean. Take exercise, drink lots of water, (ten or twelve glasses a day) and eat a good deal of raw food. Even after correcting the habits of life, it may be necessary to take copious enemata once in ten days or two weeks for a year or more. An osteopath fully understanding his business can beat West Baden, or Hot Springs or Mount Clemens all to pieces in the treatment of this widely prevailing disease.



## LIFE'S LESSONS AS TAUGHT BY OSTEOPATHY.

DR. A. G. HILDRETH, ST. LOUIS, MO.

Address to the graduating class of the American School of Osteopathy, Kirksville, Mo., Jan 24, 1907.

**S**TANDING to-day, as you do, upon the threshold of a new life, fraught with so much to you, and with much to those with whom you are to come in contact, it seems to me there is nothing I could say that would be of as much value as to outline briefly a few of our experiences. How I long for the power to impart to you the richest and best of the incidents that have come to us in actual contact in the few short years of our existence in the practice of osteopathy, in order that you may avoid the shoals on which some of us have stranded, and grow stronger with us through participating in the experiences which have contributed so much toward our success.

From the time the first school was constructed, upon the very spot where this building now stands, and the first class was organized, less than fifteen years ago, until the present hour, ours has been a record of a character so rare and varied that it is hard, very hard, even for those of us most intimately associated with every feature of our growth to grasp, comprehend and utilize the rich lessons, moral, social, intellectual and professional that have been so lavishly and profusely heaped upon us.

Our growth has been so meteoric and our successes so far-reaching that we are compelled to weigh well the events which have led up to our present position in order to be best qualified for what is yet to come.

You to-day are graduating, as you know, from the parent institution; the centre from which has emanated all that we possess. This is the nucleus around which clusters most, at least, of the historic happenings which must go down throughout all time as the beginning of a science destined to live forever.

It is here that he who gave osteopathy to the world made his life and death struggle for our system. Dr. Still won the victory, and osteopathy lives not only to crown his career with glory, but to bless countless millions yet unborn.

The classes that have matriculated in this school from year to year beginning with the original seventeen that constituted the first class of its kind on earth, in October, 1892, on down to the present time, have been composed of men and women from all walks in life: the rich, the poor, the farmer, the mechanic, the merchant, the lawyer, and even the

doctors of other schools have from time to time joined our forces; and each according to his or her caliber have added their mite either in helping to make us what we are, or by their mistakes, have added an additional burden to be borne and overcome.

In the woof and warp of the garment we are still making, we find all kinds of material. And strange though it may seem, oftentimes the man or woman that seemed to promise most has proven the poorest clay, and he that seemed valueless, has proven to be a diamond in the rough. Year after year these men and these women have spread from village to village, from town to town, from city to city, from state to state, until they have proclaimed the glad tidings throughout this broad land, that mankind is not only of divine origin, but too sacred to be butchered needlessly, and too holy to be poisoned.

They have gone forth from this knoll teaching a higher and a better way, until to-day two-thirds of the states of this Union have, by acts of their legislatures, made us welcome citizens within their borders.

But ah! all of this has taken work night and day. Eternal vigilance has been our watchword, and victory our goal. We have been compelled in many states to fight malicious persecutions from the lowest to the highest courts. And in legislatures state after state has been won by the most persistent effort. Ignored at first by the older schools of medicine, then persecuted whenever possible, then fought on every inch of ground in all legislatures, as well as courts, until they have been forced to acknowledge our strength and our worth, until they condescended first to tolerate us; and now they are saucily inviting us into their fold. "Come in and be one of us. You are good fellows, and we need you with us provided you will let us guide you, and you will aid us to fight the next thing offered that threatens our bread and butter."

God forbid that our people may ever be thus persuaded. You young men and women step from this institution to a field of labor that presents wonderful opportunities. There is a harvest before you, and before all of us, undreamed of, if we but keep our heads and make most of our opportunities. From this hour we count upon you as a part of our strength—and do not fear disappointment.

Think not that the battles have all been fought and the victories all won. For very far from that condition of affairs are the facts. At this time in some twelve or fifteen state legislatures our people are doing valiant service for our cause with good prospects of success in several states. Problems of the greatest import have been presented, and some of them are now pending before the American Osteopathic



Association, the solving of which can only mean most to the profession, provided cool heads prevail, and the same power and wisdom which has ever stood by us and guided us aright in our most difficult places is still with us.

Our growth has been so stupendous and our onward march has carried by storm so many, many strongholds of the enemy and brought us such wonderful success, that some of our brainiest men at times seem to me to be threatened with a progressive dementia, which not only endangers their individual equilibrium, but the welfare of the profession as well.

Looking back over the fourteen short years of our professional existence our beginning reminds me of the history of this country only a few years ago, when the ox team and the prairie schooner were the only means of conveyance of all this Western wilderness. Think of it—less than forty years ago even—the first steel rails were extended across this continent from ocean to ocean. Oh, the hardships, the sufferings and lives it has cost, to make of all this vast territory the veritable garden of comfort and peace and happy, beautiful homes it is to-day!

As it was with this country, so it has been with us. In fact, when we study carefully the history of the past, we find there has never been given to man one single thing worth having that has not had to battle for its existence. And the harder the battle and the hotter the fight, the purer the mettle if but born of truth and if proven of value to the human race. Osteopathy has proven no exception to this rule.

Hence, instead of complaining of our hardships and condemning our persecutors, rather let us be grateful for divine guidance, and forgiving to our enemies, for they knew not what they were doing. We owe much to the men and the women who, year after year, have stood unshaken, undaunted; to those who have never wavered from the first principles as taught here upon this hill; the product of the brain of that one man whom we all love to honor, Dr. Andrew Taylor Still, the source from which has emanated a truth which has been the means of bringing success into more lives, and happiness into more homes and to more people more and greater blessings than any discovery of the nineteenth century.

As I look at him to-day and think of all he has accomplished, and the spirit he has ever manifested toward mankind throughout all of his struggles with them, there comes to my mind a few lines composed by a personal friend of mine, Mr. A. S. J. Lehr of St. Louis, entitled "Triumphant," in which he says:

No more is mine the cowards' story,  
The weakling's plaintive moan—  
The brave will fight through conflicts gory,  
And from defeat rise up in glory,  
To triumph and a throne.

The coward trembling in despair,  
Succumbs to craven fear,  
Afraid to fight, to work, to dare,  
And, giving up, he fails to share  
The joys of hope, and prospects fair,  
And, cringing, loses all most dear.

He who would gain the true success,  
Must conquer as he goes;  
Right onward toward the goal must press,  
And vanquish all his foes,—  
Life's greatest prize—and nothing less—  
Must be his aim, through storm and stress:  
A grand Idea he must possess,  
A faith that knows, a hope that glows."

To those men and women who have stood unshaken by him and with him osteopathy owes much. They are the ones who have rode in ox wagons and camped on the plains of osteopathic pioneer hardships; without shelter and friendless they have struggled on. You inherit the railroad, the telegraph, and the telephone—the osteopathy of to-day. Some have strayed from our fold, and not a few are following false gods. But the great majority are standing up like men and those who are are meeting with success even beyond their fondest anticipations.

It is the fellow who has studied medicine or mental therapy, or who has his office full of hot air appliances, electric blankets or vibrators that complains of a poor practice; or that osteopathy is not what it should be, or what he supposed it was. Now mark you, I am not condemning the people who do these things. This is a free country and they have a right to study and practice what they please. Neither am I condemning any man or woman for wanting more knowledge, for God knows that he who professes to heal the sick should strive for all there is to learn. But I cannot help but feel sorry for those who have come in contact with this great science and have failed to grasp all that it means, and all the opportunities which have been placed in their hands.

Cast your eyes across this continent; yes, visit every osteopathic



office in this country, if you will, and tell me who the men are that are making a success of their lives and are adding strength to our profession. You will find them to be men and women with offices equipped with a table and a stool, and better still, you will find them capable of grasping at least a part of the great principle that has made us what we are, minds at ease and from which there shines forth a confidence in their own work, a knowledge and a satisfaction that only comes through results obtained; and too, you will find hands educated in the sense of touch to a degree that never has or never will be equalled by any manufactured mechanism on earth. You will find also if you will look up the records, that it has been these genuine Simon pure osteopaths who have fought our battles and won our victories. They have borne the brunt of our burdens in many ways. Their friends, made through results, have ever rallied at our call and fought like heroes for our cause. They have contributed unstintingly of both their time and their money, for the reason that they not only had the caliber to know what had been given to them through osteopathy, but the ability as well to see the wisdom of contributing from their substantial blessings in order that others might aid in spreading the good work destined to benefit so many. They are the kind of people that are not afraid of competition. They are looking for more of the right kind of osteopaths; and they are always ready to bid you welcome to the field. And too, you will find as you pass them all in review that it was not always the most polished or wealthy, or the one with the longest string of letters attached to his name nor he who comes with the blare of trumpets or the beating of drums when he matriculated here or elsewhere, that has made the most eminent success of his life; but rather you will find occupying the highest degree of success and confidence, the men and the women, who came here cool headed, conservative, earnest students, hungry and anxious to learn all there was in osteopathy, willing when they graduated to undergo whatever hardships were necessary to establish themselves upon the right footing. Satisfied with a small beginning, and truly grateful for the privileges they enjoyed. They came here in earnest; they came to master the science; they were seeking a life's profession; and when they graduated they knew they had not come in vain.

To these, and such as they are, is the profession indebted now, and always will be for the pioneer work which has done so much to place osteopathy upon the right basis before the world.

Our success has come to us first through the cure of diseases pronounced incurable by the older schools of medicine; and second, through

our ability to demonstrate that we could stand side by side with practitioners of all other schools in general practice, and not only secure as good, but even better results than they.

And, again, it has come because our treatment is strictly scientific, and not a cut and try method; a science as correct as mathematics so far as we have gone. Men may talk to you of adjuncts and tell you osteopathy is not a complete system. It is true, we have not so far performed operative surgery, and the average physician of other schools should not be allowed to do so; for surgical cases should go to men especially qualified and licensed to do that kind of work. We recognize surgery as a science distinct and separate. But let me tell you something: should we strike surgery from our curriculum and never even advise its use, the patients who would die for us through lack of surgical attention, would number far less than the deaths that now occur, due directly to operations that should never have been performed, or else due to operations performed by men unskilled in surgery. Mark you, I am not advocating the abolishment of surgery, but I am telling you what experience has taught us as osteopaths, and instead of encouraging a desire on your part to hunt for an excuse to operate—I want you to know that you possess in those fingers of yours a better way than even surgery for countless hundreds of cases that are now called surgical by the average physician of other schools; in other words, you are striving to avoid operations and not seeking excuses to perform them.

While in Kirksville recently it was my privilege once again to witness the Old Doctor give a treatment before a dozen or more students and hear him explain in his own way his treatment. And I truly wish that every osteopath on earth could have heard him, and after hearing him could have been able to apply his reasoning. It was a case of enlarged mammary gland, and in the simplest, plainest possible way, he demonstrated how a twist of the fourth and fifth ribs on that side had interfered with the action of the nerves that controlled the circulation of the gland. He corrected the ribs, relieved the nerves that controlled the mammary circulation; in other words, he re-established the drainage to the gland. He illustrated the fact that the power within was equal to the emergency, and in fact was the only means on earth powerful enough to accomplish the work necessary to be done. The principle demonstrated there and then by him was the truth in a nut shell. It is the beacon light that beckons us on, and we must possess the secret of its unfoldment in order to be capable to unravel and to become proficient in a knowledge of the sublime mechanism of life as demonstrated in the human body. It is the immortal spark of our existence.



His demonstration was so simple, yet it carried with it a weight of sacred knowledge that I can liken to nothing other than the growth and unfolding of a beautiful flower. The life principle we know to be there. Its beauty and its fragrance captivate us, and we stand with heads bowed in reverence to the law of its creation.

This principle is applicable to every part and particle of the human structure, and if you but know as you should, the origin of the nerves that control every function of the body, you will never have any trouble to locate causes, or to re-establish normal conditions whenever you are given a proper opportunity. This is the knowledge you need, and if you possess it as you should, as the years roll by and you learn more and more of the perfection and power of recuperation possessed by the structure with which you are dealing, the higher will be your conception and the greater your confidence in your creator.

Allow me to make this assertion, and I realize it to be a radical position to take and a little in advance of our growth at this time. It is this: Osteopathy is to-day the most complete system of medicine taught in any school on earth. It is not the system that is incomplete. The fault lies in the men and women who undertake to practice it and who fail, either through a lack of knowledge they should possess, or from a lack of ability to comprehend it in its entirety.

Members of the graduating class, you have reached a period in your lives. After two long years (and I expect they seemed much longer to you when you matriculated than they do now) of hard, earnest labor, you have reached the stepping stone from which you are to climb life's rugged ladder. The wisdom of your choice in professions can only be known as the years roll by. In my judgment you have chosen wisely and well.

The Faculty of this institution have placed their seal of approval upon your efforts and through me here and now extend to you one and all their hearty congratulations, and bid you Godspeed. Your college work may end here but your search for knowledge has but begun and can never cease. You simply change from one school to another. From the one for literary and scientific development to the greater one of contact. No men or women were ever graduated in any profession, from any school on earth, who have had opened before them greater opportunities than lie before you. I would not for the world raise one false hope within your breasts, nor do I want to over-encourage you, but I would to God I could be given the power of speech to convey in words to each one of you the all that belongs to you, if you can but realize and know your opportunities, and can be given the judgment and the wisdom to benefit by them.

I know that in the hearts of many of you to-day there is a feeling of uncertainty and an anxiety to know what the future has in store for you. Have courage! there opens to you the best there is on earth, moral, social and professional. You will be welcomed as honored guests in the best homes of this country; you will be looked up to and respected for the knowledge you possess.

Through the work that has been accomplished in your profession, your professional position ranks second to none. You stand side by side in the eyes of the public with the schools that have been in existence for hundreds of years. At one leap in the passing of your college days, you have landed yourselves in an enviable position. Few can realize what they possess when they stand where you do, and so many have thrown their opportunities away. Your future lies in your own hands. You have attained much. But now, you are face to face with the real problem: The ability to keep and add to what you have gained. Your task is not an easy one, for with your golden opportunities come the grave responsibilities that enter into every walk of life. With you the burden is even greater than in most vocations or professions, for in your hands are placed the responsibility of knowing that the human lives entrusted to your care have and are given every opportunity possible to guarantee their complete and ultimate restoration to health. A human life is a sacred trust, and should only be accepted with a full knowledge of the responsibility you owe both to them and to yourself.

The question upon which your future hinges is: Do you know what you came here to learn; are you in possession of the key that unlocks the secret of the cause of all diseases?

It seems to me that Ella Wheeler Wilcox in her beautiful lines entitled "Which Are You" comes near placing us where we belong when she says:

"There are two kinds of people on earth to-day,  
Just two kinds of people: no more, I say.  
Not the sinner and saint, for 'tis well understood  
That the good are half bad, and the bad are half good;  
Not the rich and the poor, for to count a man's wealth  
You must first know the state of his conscience and health.  
Not the happy and sad, for the swift, flying years  
Bring each man his laughter, and each man his tears.  
No; the two kinds of people on earth that I mean  
Are the people who lift and the people who lean.  
Wherever you go, you will find the world's masses  
Are always divided into just these two classes.



And, oddly enough, you will find too, I ween,  
 There is only one lifter to twenty who lean,  
 In which class are you? Are you easing the load  
 Of over-taxed lifters who toil down the road?  
 Or are you a leaner who lets others bear  
 Your portion of labor and worry and care?"

There can be no question but what every osteopath should be and is a lifter; certainly he should never be a leaner.

Another responsibility that you owe not only to yourselves but to the profession as well, is loyalty to your Alma Mater. It matters not if at times there may have come some differences of opinion between you and the members of the faculty, which I hope did not occur, or even with the management, the fact remains that this institution is now, and ever has been the solid foundation upon which and from which so much has been builded. And this is said with all due respect and allowance toward the many good, able men associated with and graduated from other colleges of osteopathy. It makes no difference whence we came. The fact remains that we all, of all schools, owe our origin to this institution, and at this time when courses are being lengthened and subjects discussed which tend to scatter our energies, it behooves you—yes, and every graduate of this school, as well as every osteopath on earth, to be mindful of the hand that has made him what he is. I wish you could know the number of men and women who stand high up in our professional world who owe their all to this institution and to osteopathy; and I wish, too, that they could be awakened—not but what they are grateful for the many blessings they enjoy, o that they a e unmindful of the source from which they came—but they should be aroused to a more active, earnest effort of duty toward the parent institution. This is our source, and as such deserves much at our hands.

In conclusion I know of nothing better to wish you than the "Success" so beautifully expressed by Mrs. A. J. Stanley:

"SUCCESS."

"He has achieved success who has lived well, laughed often and loved much; who has gained the respect of intelligent men and the love of little children; who has filled his niche and accomplished his task; who has left the world better than he found it, whether by an improved flower, a perfect poem, or a rescued soul; who has never lacked appreciation of earth's beauty or failed to express it; who has always looked for the best in others, and has given the best he had; whose life was an inspiration, whose memory a benediction."

NOTES FROM AN ADDRESS BY DR. F. P. YOUNG OF THE A. S. O.  
 DELIVERED BEFORE THE ATLAS CLUB.

The Relation of the Osteopathic Physician to Practitioners of Other  
 Schools; to Trained Nurses; How to Manage Nurses; Professional  
 Ethics, etc.

(We publish the following notes from Dr. Young's address, believing that they contain many suggestions which will prove of value to our members in the field—Editor.)

THE position occupied by the osteopathic physician is in some respects unique. He is the champion of a system of therapeutics so radically different from any heretofore practiced that he would have much reason to be surprised if people did not at first look upon him and his science with but little respect and perhaps with disdain. In order to overcome obstacles which under such conditions are bound to present themselves he should, in addition to being thoroughly equipped to practice his science, study human nature, and the conditions by which he may expect to be confronted. He frequently may find himself in charge of a case where either the patient or the patient's friends have little or no faith in osteopathic methods; where the nurse (firmly entrenched in medical ideas) is anything but friendly, and where failure on his part would be cause for exultation by practitioners not friendly to his system of therapeutics. In just such cases as the one described, it is essential that the osteopath make as favorable an impression as possible, not merely as a physician but more particularly as a gentleman, for by courteous conduct and careful consideration of the feelings of his patients he may the sooner hope to win their respect and esteem, and this accomplished, his hopes of success in a therapeutic way, will be greatly enhanced.

PHYSICIAN'S ATTITUDE TOWARD TRAINED NURSES.

The physician should avoid familiarity with nurses. Keep them a certain distance from you; maintain a certain amount of reserve. It is well to order, but as a rule do not take them into your confidence. They sometimes suggest different treatment. This is detrimental to physician and to patient. It is necessary that to obtain the best results the nurse as well as the patient should have implicit confidence in the physician. You should do things in a way that will impress the nurse that you know your business; this will go far toward creating in her confidence in you and also in your system of therapeutics, and if you have



her confidence she often can be of almost invaluable assistance to you in gaining the confidence of a doubting patient.

Always sustain pleasant relationship with nurses. Sometimes they think they know more than you, but seek to overcome such conditions in a diplomatic rather than in a domineering way. Trained nurses usually know how to catheterize, give enemas, hot and cold applications, cleanse the mouth, give baths, dress a wound, roll a bandage, etc., and careful attention to these details means a great deal to the physician in handling a case. However, it is the duty of the physician (to his patient and himself) to make sure that the nurse is competent.

Never complain of a nurses' work before your patient, even though certain things may not have been done as you wished.

If the patient complains of the nurse, always protect the nurse as much as possible. Moreover, see that the nurse is paid for her services, even if you are not. Nurses work hard for what they get and should be paid. In time your attitude toward nurses as a class will become known and appreciated and they in turn may do you an immense amount of good in a professional way.

After nurses have been practicing for a time they become very skeptical as to the value of medical treatment. They know somewhat of anatomy and physiology and make good and ready converts to the osteopathic system of therapeutics, and those who study osteopathy usually do well in the field. They have had a splendid training under a very shrewd class of people, viz.; the average medical practitioner, and consequently learn how to meet people—a feature necessary to the success of the physician.

Usually the nurse is as well up in practice as the medical doctor is in theory, and a great many of the latter get practically nothing but theory while in school.

Osteopaths may have to contend with nurses who will attempt to aid them by giving manipulative treatment. But not many nurses will do this. It is a good plan to let the nurse know that she should not do this as injury to the patient might result from improper treatment. You might, however, instruct the nurse how to administer massage and direct when it should be done.

Don't get angry; always be cheerful, good natured in the presence of patient and nurse too.

Sometimes it may be well to demonstrate a gross lesion to a trained nurse. This may aid in winning her confidence in you and your science.

#### RELATION TO OTHER PHYSICIANS.

The A. O. A. code of ethics is a good guide for the osteopathic practitioner. The substance of it is: Do unto others as you would that they should do unto you.

But even though the physician means to do right by his fellow-practitioners, and those of other schools, there are times when, if not very careful, he will be lead into doing things that will cause a great deal of unpleasantness and perhaps trouble.

Persons will come to you and want to know your opinion as to whether they ought to bring suit against some other physician for malpractice. Always discourage such things. In the first place it may develop, when the other side of the story is heard, that they have not got a good case against the physician in question, and this would place you in an exceedingly bad light in the eyes of your professional brethren of all schools. If they want you to testify, ask a good fee and often they will leave you alone.

If medical physicians testify against you don't retaliate. They are of the "small" caliber type and would testify against members of their own school almost as readily as against you.

Never speak disparagingly of a medical doctor, or of any other. If you cannot say something good about him, avoid saying anything.

If a patient leaves an M. D. and comes to you tell him he has exercised good judgment in making a change in therapeutics, but that the physician he had was good and his school. You, however, cannot agree that his system of treating disease is a correct one.

Avoid entanglements with your fellow-practitioners. Be courteous, gentlemanly. If they do things that you do not like, don't abuse them for it.

If they advertise and do other unethical things, tell your patient you would like to see other practitioners do things as you do, treat as you do; but don't make any personal criticisms—avoid personalities. However, if you are attacked, treat with "ungloved" hand. But it is well to suffer a great deal before resorting to protective or retaliative measures.

You will meet those who are "knockers" from habit. Leave them alone; keep out of their way.

If a patient of another practitioner comes to you ask him of his relations with the other physician; if he has paid his bill. If his bill has not been paid don't treat him until he settles it.



Don't call on another physician's patient unless invited to do so. If you should call without invitation do not express an opinion as to how the case should be treated, etc.

Should a fellow-practitioner endeavor to get your patients to go to him point out to them that a person who would use such questionable means to get patients would also be capable of and likely to mistreat said patients after going to him, e. g., he might treat them longer than necessary.

#### ATTITUDE TOWARD PATIENTS.

The physician must be a diplomat; he must study people. The average M. D. is a diplomat, and you may learn many valuable points by observation. One must be especially shrewd in dealing with neurotics. You will find that the best student as to theory is not always the most successful. His classmate who is not so well up in theory may know much more about handling people.

Don't tell your patients all about themselves, or what you are doing. Don't talk too much. Don't tell them there is a certain bone out of place, they may tell their friends or an M. D., and as a result you will be ridiculed and they made to doubt. Tell them there is a lesion, or a twist, or that nerve or blood supply is interfered with.

Never discuss one patient's affairs or physical condition with another patient. Even should a patient inquire what is wrong with another patient do not tell. People do not care to have others know about their troubles and to be a successful physician one must treat each patient's affairs as a sacred trust. There is no one who comes in as close contact with and learns as much of the inner life of people as the physician, and he should under no condition betray the confidence reposed in him.

Be particular about the "little" things for careful attention to matters of seemingly small importance is bound to favorably impress your patients.

Always be dignified, courteous. Though you may not think so your "measure" is being taken by your patients and others, and the result will be helpful or detrimental to you just in proportion to the impression you have made—favorable or otherwise.

# THE BULLETIN

OF THE ATLAS AND AXIS CLUBS.

ASA WALMSLEY, D. O., EDITOR.

MISS EVA L. MAINS, REPORTER FOR AXIS CLUB.

Entered as second class matter, Oct. 12, 1903, at the post office at Kirksville, Mo., under act of Congress of March 3, 1879.

Readers of the Bulletin are urged to send the editor prompt notice of their addresses on making their first location, and on making any change in their mailing addresses thereafter. Only by doing so can the reader provide against loss of some of the copies.

When the Bulletin has been sent to the earlier address, through neglect to inform the editor of the change, the number may generally be secured by sending a stamp (within 30 days) to the postmaster of the place, with a request to forward it.

Copies lost through change of address without notification can generally be furnished by the editor at ten cents per copy.

KIRKSVILLE, MISSOURI, FEBRUARY, 1907.

#### EDITORIALS.

**Osteopathic Missionaries.** Some idea as to how a knowledge of osteopathy is being disseminated far and near can be gathered from the fact that in the class of January, '07, there were representatives from thirty-two States of the Union, from Mexico, England, Australia and Canada. The class mentioned was almost two hundred strong. Of these about 115 have been heard from and their choice of locations embraces twenty-seven States, England, Australia and Canada. There still is a goodly number to hear from of those who have gone to take up the practice of osteopathy, in addition to those who entered the post graduate class and who will leave here in a few months. Literally, students come from the four corners of the earth to imbibe osteopathic truths and principles at the scene of its development.

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**Dr. C. H. Murry Resigns.** Early in February, Dr. C. H. Murray of Elgin, Ill., resigned his membership in the Atlas Club. Dr. Murray's action relieved the club of an unpleasant duty as charges had been preferred against him which were being acted upon when his resignation was received. Dr. Murray has for some time pursued a method of advertising which has been regarded by Atlas members and others as not only unethical but odious.



Nearly a year ago charges were brought against Dr. Murray as a result of his methods of publicity, but it was found that our Constitution was not sufficiently definite on such matters as to permit of action being taken. Immediately this was recognized. Section I, Article VII, of our Constitution, which relates to conduct of members, was so amended as to embrace the code of ethics adopted by the A. O. A.

It is to be sincerely regretted that any man honored with membership in the Atlas Club should so conduct himself as to become odious in the eyes of not only his brother members, but of the profession at large.

For the benefit of our members we quote Article I, Chapter II, of the A. O. A. Code of Ethics, special attention being called to Section 6 of said article:

#### CHAPTER II.—THE DUTIES OF PHYSICIANS TO EACH OTHER AND TO THE PROFESSION AT LARGE.

##### Article I.—Duties for the Support of Professional Character.

Section 1. It is equally inconsistent with the principles of science for physicians to base their practice on any dogma or unsupported theory on the one hand, or, on the other hand, to float about with every wind of doctrine following experience or precedent alone. The vast sum of knowledge of health and disease accumulated by the labors of the past should have its consistent and scientific development and application under the organizing principle of the fundamental therapeutic laws of nature, and as our knowledge of these becomes greater the logical effect of their operation, rather than the arbitrary limitations of any system of human devising, should be the effacement of all those empirical heterogeneous and disconnected methods arising in the infancy of the science of medicine. The physician should, therefore, pre-eminently among men, be a student of nature and her laws, that he may be able to avoid either contravening laws or superposing upon them that which is needless or harmful. Entering the profession and thereby becoming entitled to full professional fellowship, incurs an obligation to uphold its dignity and honor, to exalt its standing and to extend the bounds of its usefulness.

Sec. 2. The physician should observe strictly such laws as are instituted for the government of the members of the profession, should honor the fraternity as a body, should endeavor to promote the science of medicine, and should entertain a due respect for those seniors who, by their labors, have contributed to its advancement.

Sec. 3. Every physician should identify himself with the organized body of his profession as represented in the community. The organization of local and state societies, where they do not exist, should be effected so far as practicable. Such local societies, constituting as they do, the chief element of strength in the organization of the profession, should have the active support of their members, and should be made the instruments for the cultivation of fellowship, for the exchange of professional experience, for the advancement of knowledge, for the maintenance of ethical standards, and for the promotion in general of the interests of the profession and the welfare of the public.

Sec. 4. There is no profession from the members of which greater purity of character and a higher standard of moral excellence are required; and to attain such emi-

notice is a duty every physician owes alike to the profession and to patients. It is due to the patients, as without it their respect and confidence cannot be commanded, and to the profession because no scientific attainments can compensate for the want of correct moral principles.

Sec. 5. It is incumbent on physicians to be temperate in all things, for instant readiness in the exercise of a clear and vigorous understanding, and in emergencies—for which no physician should be unprepared—a steady hand, an acute eye, and an unclouded mind, are essential to the welfare and even the life of a human being.

Sec. 6.—It is incompatible with honorable standing in the profession to resort to public advertisements or private cards inviting the attention of persons afflicted with particular diseases; to promise radical cures; to publish cases in the daily prints; to invite laymen (other than relatives who may desire to be at hand) to be present at operations; to boast of cures; to adduce certificates of skill and success, or to employ any of the other methods of charlatans.

Sec. 7. It is equally derogatory to professional character for physicians to assist unqualified persons to evade the legal restrictions governing the practice of medicine or to use or to advocate the use of any secret methods or appliances; for if they be of any real efficacy, any concealment regarding them is inconsistent with beneficence and professional liberality, and if mystery alone can give them notoriety, such craft implies either disgraceful ignorance or fraudulent avarice.

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The name of Dr. H. L. Gamble, January, '07, has been dropped from membership in the Atlas Club, he having forfeited right to further recognition as a member by becoming a member of one of the local fraternities just prior to leaving Kirksville.

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#### LOCATIONS OF JANUARY GRADUATES.

The following Atlas and Axis members of the January, '07 class, have thus far been heard from, directly or indirectly. Quite a number of them are already permanently located and waiting an opportunity to charge \$2.00 per. Those indicated with a \* are, we understand, only temporarily located.

Amussen, Heber S.....	Logan, Utah
Bakehouse, Clara.....	Doniphan, Mo.
Banker, Chas. Freemont.....	184 Albany St., Kingston, N. Y.
Banker, Minerva Kellogg.....	184 Albany St., Kingston, N. Y.
Bashline, O. O.....	Boyles Bldg., Grove City, Pa.
*Bell, Annie E.....	Care Standard Bank, Bradford, Ont., Canada
Best, A. E.....	Mount Sterling, O.
*Broderick, Kathryn.....	28 Jackson St., Torrington, Conn.
Chappell, W. F.....	Main St., Hannibal, Mo.
Clouse, D. H.....	Loveland, Colo.
*Burrus, M. C.....	New Franklin, Mo.



Ecker, F. L.....	4042 Snyder Blk., Carthage, Mo.
Ecker, Myrtle L.....	4042 Snyder Blk., Carthage, Mo.
Fechtig, Louis R.....	37 Madison Ave., New York, N. Y.
Follett, E. G.....	541 W. 123rd St., New York, N. Y.
Forsee, E. W.....	Loveland, Colo.
*Gaddys, Cyrus J.....	Shenandoah, Iowa
Griggs, Lizzie.....	Wheaton, Ill.
Goehring, Frank L.....	R. F. D., Unity, Pa.
Hardy, Thomas C.....	Ontario, Calif.
*Holmes, Frank.....	1221 Sheridan Road, Chicago, Ill.
Horn, George Francis.....	76 Arlington St., Haverhill, Mass.
Horn, Mary B.....	76 Arlington St., Haverhill, Mass.
Herdman, Sara F.....	Denison, Texas
Johnson, H. C.....	Barry, Ill.
Knight, Delia Gazley.....	41 West 105th St., New York, N. Y.
Lake, Agnes.....	21 Ellery St., Cambridge, Mass.
Lycan, Jessie V.....	413-15 Grand Opera House Bldg., Macon, Ga.
Lee, John H.....	Benton Harbor, Mich.
Martin, Frank C.....	1088 Franklin Ave., Columbus, Ohio
Mason, Hubert B.....	Mineral Wells, Texas
Murphy, J. W.....	Sherwin Bldg., Elgin, Ill.
Newton, G. H.....	657 Park Place, Brooklyn, N. Y.
*Proctor, Glenn J.....	Fairdale, Ill.
Rude, C. C.....	Mount Carroll, Ill.
Shell, Nelle M.....	Tampa, Fla.
Sims, Mary Lyle.....	Union, S. C.
Skyberg, Alice.....	201 Pennsylvania Block, Riverside, Calif.
Smallwood, George S.....	657 Park Pl., Brooklyn, N. Y.
Swift, N. L.....	Buffalo, N. Y.
Temple, Stephen.....	Prarieville, Mich.
*Thompson, Dessa Blackman.....	Cincinnati, Ohio
Thompson, H. E.....	South McAlester, Ind. Ty.
True, Minnie W.....	3563 Jefferson St., Kansas City, Mo.
Urban, H. L.....	Maquoketa, Iowa
Wakefield, William Howard.....	Union Savings Bnk. Bldg., Oakland, Calif.
Whitcomb, Harriet R.....	"The Van Dyck," New York, N. Y.
Wynne, Ionis K.....	Denison, Texas

The following Atlas and Axis members of the same class are taking the post graduate course: C. A. Arand, Anna Balfe, Williannic Breden, Robert M. Echols, Wm. F. Hilliard, Mell S. Slaughter, Wilden Penn Snare, Henry M. Stoel, Asa G. Walmsley.

## OSTEOPATHIC GLEANINGS.

(Compiled by the Editor.)

### The Blues—Nerve Exhaustion.

(Excerpts from a work by Albert Abrams, A. M., M. D., Heidelberg, Germany).

Stimulants, like drugs used for the relief of nervousness, have been invented for both the patient and the physician. They relieve the former of obeying the laws of hygiene and the latter of inculcating them. They assist in the early death of foolish neurasthenics so that their fellow sufferers may learn the correct path to health.

"They who would be young when they are old, must be old when they are young." Everything which promotes the general health will promote recovery from neurasthenia, for anything that will influence health will have a corresponding effect on health.

\* \* \* The fact is, that a number of neurasthenics owe their infirmity to indiscretions, and a still larger class to morbid organic functions, which, if corrected, would cure their disease.

\* \* \* Physicians now recognize that certain predisposing influences exist to induce neurasthenia, even though an inherent weakness of the nervous system can be excluded.

\* \* \* Dunin, in 1891, demonstrated that habitual constipation is associated with a train of neurasthenic symptoms, but be cautious, and in my experience wisely, against the regular employment of purgatives which only aggravate the symptoms. \* \* \* In the majority of neurasthenics, there is a partial intestinal atony with or without constipation or intestinal catarrh.

\* \* \* Some one organ, however, it may be the stomach, heart or liver, usually bears the brunt of nervous exhaustion. Why this is so is difficult to say, other than by supposing that every person like Achilles, has some vulnerable spot. Some persons when they have a "nerves storm," center all their abnormal sensations in the heart, others in the stomach, others in the head.

\* \* \* Deranged bodily functions are often responsible for the neurasthenic state, and their recognition demands unusual diagnostic acumen on the part of the physician. The latter will heed the trite remarks of Sir William Savory: "Consciousness of one's ignorance may do much to avert the errors of carelessness, and he who has confidence in his own judgment should of all men be most careful in inquiry."



\* \* \* Christian Science is suggestion plus absurdity; divine healing, suggestion plus faith in God; Doweism, suggestion plus prayer and holy terror; Weltmerism, suggestion plus imagination, pure; magnetic healing suggestion, plus imagination, also; osteopathy, suggestion plus massage; homeopathy, suggestion plus nothing; allopathy, suggestion plus tubfuls of drugs that either kill or cure; regular or rational medicine, suggestion and medicine mixed with the best quality of brains obtainable. No suggestion in this that the quality of brains is indisputably good in all cases—or perhaps any.

\* \* \*

#### Spinal Irritation.

QUERY.—Where there is irritation of a nerve, or insufficient nerve force, causing an increased irritation of the spinal cord, would an osteopath be the most competent person to handle the case, or in time, would Nature take care of it? 2. What causes a spinal irritation? 3. Must it be caused by a lesion, or could it come from any other cause?—C. G. D.

ANSWER.—No one could tell beforehand whether any given case of nerve deficiency or spinal irritation would recover spontaneously or not. In most cases right living and a favorable vocation would restore such patients.

As to osteopathic treatment, whenever the nerve irritation is dependent upon a slight displacement of the nerve, or pressure upon the nerve, either by tendon, bone or muscle, the osteopath would be undoubtedly the right sort of a doctor to employ.

I could not give any general answer to your question, which would apply in all cases. Sometimes a few doses of the right drug will do wonders in such cases. Sometimes Tissue remedies, or especially prepared foods. Each case presents a separate problem, and deserves separate consideration.

2. There are many causes for spinal irritation. They are not all necessarily caused by a lesion, which is only another word for injury, or at least organic change. Whenever a spinal irritation results from an appreciable lesion, or mechanical derangement, the remedy is naturally of a mechanical nature, such as the osteopaths use. The osteopath attempts to fix up derangements of the human body the same as a skilled mechanic would fix up a machine that is out of order.

3. There are cases, however, of spinal irritation that do not depend on any appreciable change in the structure of the human body (lesion). The irritation may be due to anemia, or depression, or debility. In such

cases rest or tonics, or a supply of vital restoratives are necessary. No general answer to this question could be given that would apply to all cases.—February Health.

\* \* \*

“The confession and absolution of sanitary sins is a constant physical force in medical practice. The physician is the priest of health; his gospel is the one of right living.” (Dr. H. C. Sawyer.)

\* \* \*

“The attitude of a patient should be that of a voyager who resigns himself to the captain, and does not look for the further shore until the time comes.” (Beard.)

\* \* \*

“There is wisdom in this beyond the rules of physic. A man's own observation, what he finds good and of what he finds hurt of, is the best physic to preserve health.” (Bacon.)

\* \* \*

“We are all prone to forget—that we are dealing with human beings whose hopes and fears are played upon by our every word and act as subtly as the most wonderful musical instrument is touched by the fingers of the master performer. We may thus be the creators of the sweetest strains of human feeling, or insensible performers upon sweet bells jangled out of tune.” (Dr. Geo. M. Gould.)

\* \* \*

“Any physician who neglects to approach physical symptoms through the mind will find the practice of medicine a sorry task. The physician is often compelled to conciliate the mind of the patient while nature is affecting the cure.” (Cornaro.)

\* \* \*

“For my part, when I see a fashionable table set out in all its magnificence, I fancy I see gout and dropsies, fears and innumerable distempers lying in ambuscade among the dishes.” (Addison.)

\* \* \*

“Let me diet a person and I can give him almost any kind of disease known,—long life or short life.” (Dr. T. R. Allison.)

\* \* \*

“Pathology is the physiology of the sick.” (Wunderlich.)



## ATLAS NOTES.

## Recent Initiates:—

Twelve members have been added to our number since last issue, eleven of whom are of the freshmen class. They are excellent material and the making of representative osteopaths.

\* \* \*

Frank N. McHolland of Portland, Oregon, is a member of the junior class and has a high school education. Through friends in the profession Mr. McHolland was induced to study osteopathy. His previous business was that of contractor and builder.

\* \* \*

Millard J. Grieves, of Lacon, Ill., has a high school education and was preparing to study medicine, but he heard of and investigated osteopathy which resulted in his coming to Kirksville.

\* \* \*

Wells J. Howard of Miles City, Montana, has a high school and business college education. Mr. Howard has been engaged at stock ranching but through the influence of friends in the profession and a knowledge of what osteopathy can do decided to study the science.

\* \* \*

Walter Mayes of Jackson, Tenn., has a high school education and prior to coming to Kirksville was engaged in mercantile business.

\* \* \*

T. W. Lloyd of Winona, Minn., is a graduate of Wisconsin Academy at Madison, Wisconsin. Satisfactory results obtained from osteopathic treatment induced Mr. Lloyd to study the science.

\* \* \*

Harry T. Miller of College Springs, Iowa, was educated in the public schools and academy of that place. Mr. Miller's occupation was that of farming. He has a brother in the profession which in part accounts for his decision to study osteopathy.

\* \* \*

E. C. Murphy of West Lebanon, Ind., has a high and normal school training and before taking up the study of osteopathy was engaged in teaching. Investigation of osteopathic methods strengthened Mr. Murphy's belief in the science. He has an uncle in the profession.

\* \* \*

Albert F. Brown of Mt. Clemens, Mich., has a high school education and previous to entering school was a professional masseur. Seeing the results of osteopathic methods led him to take up the study.

B. R. Sprague of Hemet, Calif., has a high school education and has been employed as railroad agent and telegraph operator. As the result of personal benefit from osteopathic treatment, Mr. Sprague decided to study the science.

\* \* \*

Granville B. Waller of Louisville, Ky., has a high school education and was in the book business prior to taking up the study of osteopathy. Mr. Waller is a cousin of Dr. Richard N. Coke of Louisville, Ky., also an Atlas member.

\* \* \*

Richard A. Prindle of Bon Air, Virginia, has a high school education and also has taken special work in chemistry at Harvey Medical School at Evanston, Ill. Farming was Mr. Prindle's business prior to entering school.

\* \* \*

Frank Austin Kerr, of Kansas City, Mo., has a high school and business college training and has been engaged as accountant for railroads and advertising lines. Mr. Kerr first heard of osteopathy through the press and on investigation decided to study the science.

\* \* \*

Mr. Louis A. Hilbert of the '08 class was called to St. Louis early in February on account of the death of his sister. While there Mr. Hilbert became ill but has recovered sufficiently to permit his return to Kirksville. We hope he will have a speedy return to health.

\* \* \*

Dr. L. R. Fechtig, January, '07, who at the time of commencement exercises was suffering from a severe attack of scarlet fever is, we are pleased to say, again able to be about. The doctor in speaking of his experience with the fever said he had had it with all of its "trimmings."

\* \* \*

Dr. Henry M. Stool, January, '07, who had arranged to enter the post graduate class was called to Montana some weeks ago owing to illness of his mother. We trust that his mother will soon have sufficiently recovered to permit the doctor's return to Kirksville.

\* \* \*

The program committee of the Atlas club is to be commended for the excellent programs that are being given at the club every second Saturday night. On Saturday night, Feb. 9th, a splendid program consisting of music, solos, etc., and an address by Dr. Gerdine of the A. S. O. was given. The doctor took for his subject the necessity on the part



of osteopaths of a thorough education in order that the greatest possible success might be attained. He pointed out that since the adoption of the three-year ruling a much more thorough course was being given; that subjects which previously for lack of time were omitted were being studied, and that established subjects were being dealt with at greater length and more in detail than heretofore. The doctor said it was nothing short of criminal for persons to assume charge of human life who were not qualified for so responsible a position. We hope to report Dr. Gerding's address in an early issue.

\* \* \*

Saturday night, Feb. 23, was program night at the club and in addition to music, etc., some excellent case reports were given by Dr. K. F. Vyverberg of the post graduate class. We often wish that our brothers in the field could be with us on program occasions and enjoy the many good things we are privileged to hear.

\* \* \*

#### ATLAS FIELD NOTES.

Dr. W. H. Elmore has recently moved from Bowling Green, Mo., to Chula, Mo., where he reports prospects good for a nice practice.

\* \* \*

Dr. John W. Robinson formerly at Cambridge Springs, Pa., is now practicing at 924 Pearl St., Erie, Pa.

\* \* \*

D. L. M. Goodrich, Hackensack, N. J.: "Am doing very nicely here. Best wishes for the Club's success."

\* \* \*

Dr. Geo. Tull, Indianapolis, Ind., who for eight years has had offices in the When Building has recently moved to rooms 727-30 the Pythian Building.

\* \* \*

Dr. J. P. McCormick of New Castle, Pa., formerly at 150 Highland Ave., is now located at 506-7 Lawrence Savings and Trust Bldg. Dr. McCormick is now practicing alone, having bought the interest of Dr. Dr. Annie McCashin who had been associated with him in practice.

\* \* \*

Dr. Richard Wanless, Cairo, W. Va.: "Hope the Club is flourishing and maintaining its high character and standing and that its members are studying hard."

Dr. Robt. B. Johnston, who since graduating in June, '06, has practiced at London, Ohio, is now located at Webb City, Mo.

\* \* \*

It is with deep regret that we chronicle the death of several members and of relatives of members of the Atlas Club, and the Bulletin in so doing extends its heartfelt sympathy to the bereaved ones.

The Albany Argus of Saturday, February 2nd, in speaking of the late Dr. Sylvester W. Hart's death said:

Dr. Sylvester W. Hart, one of the most prominent osteopaths in this State, died at his home, 140 State street, last night after a week's illness. His death was due to a complication of diseases. A week ago yesterday Dr. Hart took to his bed and never left it. He was troubled for some time with Bright's disease, and this took an acute form a few days ago. Yesterday a consultation of prominent doctors was held. Dr. Hart was born in Fonda 48 years ago. He received his early education in the public schools there and after completing his education in the schools he went to Kirksville, Mo., where he graduated in 1901 from the American College of Osteopathy. Dr. Hart came to Albany a few years ago and began the practice of his profession here. He was very successful in his work here. He was prominent in the State and national osteopathic organizations and last year was president of the New York State Osteopathic society, which met in this city. Dr. Hart was married in 1885 to Miss Mae Van Deusen, who survives, as do also two sisters, Mrs. George Smith, of Amsterdam, and Mrs. Richard Grandy, of Charlestown, this State. Dr. Hart has been a prominent figure at the State Capitol in all matters relating to osteopathy. His voice and convincing argument have been heard before committees in support of the measures which osteopaths of the State and country favored. Dr. Hart was a prominent member of the Masonic fraternity. He was a member of James Ten Eyck Lodge No. 831, F. and A. M.; Capital City Chapter No. 242, R. A. M.; De Witt Clinton Council No. 22, R. and S. M.; Temple Commandery and the Shrine. He was also a member of the Scottish Rite bodies. Beside this, he was a prominent Odd Fellow, being a member of American Lodge, a Red Man and a member of Sanford Camp of Modern Woodmen and Fort Orange Chapter, Order of the Eastern Star.

\* \* \*

After an illness extending over two years, Mrs. E. R. Larter, wife of Dr. E. R. Larter, died at the home of her parents in Tippecanoe City, Ohio, on January 25th. The immediate cause of death was heart failure due to asthenia. Some months ago Dr. Larter removed from Niagara



Falls, N. Y., (where he had been practicing) to Mrs. Larter's home at Tippecanoe City, Ohio, that he might the better care for her and everything possible was done to improve her condition but to no avail.

\* \* \*

In mentioning the death of Dr. M. E. Pearson of Louisville, Ky., in last issue we did not give particulars as they had not been received. The Courier-Journal of January 23 made mention of Dr. Pearson's untimely end as follows:

Dr. M. E. Pearson, a young osteopath of Louisville, was struck by a Pewee Valley car at Park and Frankfort avenues at 7 o'clock last night, and sustained injuries which resulted in his death at St. Anthony's Infirmary three hours later. When struck he was thrown a distance of several feet and his head was dashed against the stone curbing with such force that he became unconscious. He was taken into the Crescent drug store at Park and Frankfort avenues, but later he was removed to St. Anthony's Hospital. He died at ten o'clock.

Dr. Pearson, in company with Dr. Evelyn R. Bush, with whom he had been associated for the last five years, went to Creseent Hill last night in order to visit a patient. It was in returning home that the accident occurred. Dr. Pearson and Dr. Bush were attempting to cross from the north side to the south side of Frankfort Avenue in order to board an inbound car, when the Pewee Valley car bore down on them and struck Dr. Pearson. In crossing the street Dr. Pearson looked up the track for an approaching car, without noticing the approach of the Louisville and Eastern traction car. When the sounding of the gong announced its approach it was too late. The car, it is said, was going at a rapid rate of speed, and before Dr. Pearson could jump in an attempt to avoid being struck the car bore down on him. \* \* \*

Dr. Pearson was thirty-five years of age and was a native of Iowa Falls, Ia. He was reared and educated in that place, and five years ago, after he had completed his education as an osteopath, took up his residence in this city, associating himself with Dr. Bush. For several years they had offices at Fourth Avenue and Breckinridge street, where Dr. Pearson also lived. Dr. Pearson was a graduate of the State University of Iowa, and also of the American School of Osteopathy at Kirksville, Mo. Shortly after he came to Louisville he took a course at the Louisville School of Medicine. Dr. Pearson is survived by his mother and two brothers, who were telegraphed the news of his tragic death last night.

### AXIS NOTES.

Dr. Gerdine gave the Club a most excellent talk on the question: Whether or not a better knowledge of the human body was needed in order to correctly diagnose and treat the many difficult cases which would confront us when out in the field. He thought it little short of a crime to go out and practice osteopathy without being fully equipped with all possible knowledge of the pathological conditions in disease. He also intimated that more conscientious osteopaths are needed. He looks upon the three year classes as Missionaries to preach the need of a better education and a more complete knowledge of all subjects that will throw light on our science.

\* \* \*

Dr. Julia V. Frey is attending classes again after spending a few days in the hospital.

\* \* \*

Mrs. Johanna Young was absent from classes on Wednesday and also from the Club. She had recovered sufficiently to meet the "Eating Club" the next day.

\* \* \*

Miss Harriet F. Cornell has been entertaining the close friend of many at this time of year, "La Grippe."

\* \* \*

#### Recent Initiates:—

Dr. Iona Hulett of the class of 1898, is now in the post graduate class. She has always known of osteopathy. Her mother and Mrs. A. T. Still being sisters. When Dr. Still's family discouraged him in his work, her mother urged him to go on for she was sure he had a good thing. At sixteen, Dr. Hulett spent four months in Kirksville and became very enthusiastic about osteopathy. She went home to talk about it. Later her brother came to Kirksville for treatment and stayed to take the course. Dr. Hulett graduated from the Kansas State Agricultural College, B. S. degree, and then from the A. S. O. before the Axis Club was organized. She has been practicing in Cleveland, O.

\* \* \*

Dr. Lizzie Griggs was educated at Monmouth, Ill. She was in business in Chicago for a time, then went to Enid, Oklahoma, where she was treated by Dr. Triplett and persuaded to take treatments at Kirksville and study the science of osteopathy.



Mrs. Sarah J. Most received most of her education in French. She attended the high school of Lead, South Dakota. Dr. Most, her father-in-law, was much benefited by osteopathy and her husband was cured of typhoid here in Kirksville, three years ago.

\* \* \*

Miss Maude F. Barger of Chattanooga, Tenn., received a high school and business education. She suffered much from ill health and the M. D's. could not relieve her. Six years ago when the A. O. A. met in that city, she was taken to them and felt better after the first treatment. She immediately desired to know more of its healing power, and now the way has been opened for her to take up the study.

\* \* \*

Mrs. Alice S. Sawyer, Cleveland, Ohio, received her early education in that state; she also attended Oberlin College. The fact of her being acquainted with Dr. Conger is perhaps explanation enough as to why she is studying osteopathy.

\* \* \*

Miss Rose Wismer, a graduate of the Oskosh Normal of Wisconsin, is a sister of Dr. Tillie Wismer of Lead, South Dakota, an Axis member.

\* \* \*

Mrs. Nelle L. Marey, Columbus, Ohio, when a girl lived and attended school at Sterling, Ohio. She saw some interesting results from osteopathic treatments and decided to study the science.

\* \* \*

Miss Edna Earle, Peterborough, Ontario, Canada, attended the public and high school of that place. She also received the Nurses' Training at Dr. Meyer's Hospital, Deer Park, Ontario.

\* \* \*

Miss Carrie M. Mundie, Mendota, Ill., after attending the schools of that place completed her preparatory education at Knox College, Galesburg, Ill. She has a brother-in-law, Dr. J. C. McGinnis of Aurora, Ill., a graduate of the A. S. O., who taught her the benefits of osteopathy.

\* \* \*

Mrs. Belle Givens, Kirksville, Mo., has kept in touch with osteopathy ever since the work began in this city. She has known of many remarkable cures, among them a brother-in-law, who is now an osteopath. She received her preparatory education at the Kirksville Normal.

\* \* \*

Mrs. Florence Bowles, Malvern, Iowa, has lived in that place except

two years spent in Colorado. Graduates of the A. S. O., have been located in Malvern for several years, and their family physician is an osteopath. She had a nephew graduate two years ago.

\* \* \*

#### AXIS FIELD NOTES.

A conscientious but ambitious young lady osteopath, graduate of the January, '07, class, desires a position as assistant. Position with lady practitioner preferred. Address H., care of Editor of Bulletin, Kirksville, Mo.

\* \* \*

Dr. Daisy Pennock, D. O. San Angelo, Tex.: "Should like so much to meet with you some afternoon. I enjoy the Bulletin so much. Success to the club and to you all."

\* \* \*

Dr. Julia M. Sarratt, Waco, Tex.: "Best wishes for the club and 'you all.'"

\* \* \*

Dr. Eliza M. Culbertson, Appleton, Wis.: "The Bulletin has just arrived and as I was glancing through it, I happened to think, it is time for me to pay my dues."

\* \* \*

Dr. Josephine A. Trabue, Pittsburg, Kansas: "The Bulletin is a welcome and interesting visitor each month. Whatever interests the Axis girls attracts my attention. Best wishes to each club sister."

\* \* \*

Dr. Nora L. Thompson, Littleton, N. H.: "I am glad to receive the Bulletin and note the improvement from year to year. Wishing the club continued success."

\* \* \*

Dr. Catherine McWhorter, Chicago, Ill.: "Best wishes to all the girls."

\* \* \*

Dr. Julia A. Johnson, has moved from Lancaster, Pa., to Manasquan, N. J. In writing to the Bulletin she said: "I am always glad to get the Bulletin, which I find very interesting and helpful. Success to it."



Dr. Ella F. Bissell, Madison, Wis.: "The Bulletin always seems good to me and my best wishes are with the club."

\*\*\*

Dr. Katherine Broderick, '07, after a week's rest has decided to "take up the burden of life again."

\*\*\*

Dr. Lallah Morgan is now pleasantly located in her office in Providence, R. I. May her imaginary picture of the approach of patients be realized.

\*\*\*

Dr. Mary Lyles-Sims is located where the spring flowers are all in bloom. She has been treating patients since the 2nd day after reaching Union, S. C. She sends love to the Axis girls and friends.

\*\*\*

Dr. Sarah C. Wardell in writing to the treasurer expressed best wishes for the success of all the Axis girls and the club.

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