

# **The Popular Osteopath**

Vol. 1 No. 1 January 1899

with Index

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The Popular Osteopath.

Vol. One--1899.

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Every great institution is the lengthened shadow of one man—EMERSON.

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THIS VOLUME PRESENTED BY

# THE POPULAR OSTEOPATH

A MONTHLY MAGAZINE

VOLUME ONE-1899.

## HISTORICAL.

THE POPULAR OSTEOPATH was instituted in response to a demand for an independent magazine—one wholly unidentified with any school of Osteopathy, and which should be conducted in the general interest of the profession.

It was the idea of the projectors to publish a magazine which would combine matters of interest to the profession with literature which would explain Osteopathy to the people; which would strengthen and build up the profession, as well as entertain and instruct the public.

Before the first issue had appeared it had been adopted as the official organ of the American Association for the Advancement of Osteopathy by the Trustees of that organization. At the annual meeting held at Indianapolis, Ind., July 5 and 6, 1899, it was again adopted as the official organ.

In accordance with the initiative taken at the Indianapolis meeting, the Trustees of the Association perfected arrangements for printing a directory of the members in this magazine. Accordingly the directory was published for the first time in the October number, and has appeared in all issues since.

Beginning with the December number, THE POPULAR OSTEOPATH was enlarged from a 24 to a 32-page magazine.



DEVOTED

TO THE

INTERESTS

OF OSTEOPATHY

Published by the  
Popular Osteopathic  
Publishing Co.  
CHATTANOOGA  
TENN.

## OSTEOPATHY DEFINED.

**T**HE science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which if corrected, will allow nature to resume perfect work.

*Legal:* "A system, method or science of healing." (See statutes of the States of Missouri, Iowa, Michigan, Vermont, North and South Dakota and Tennessee).

*Historical:* Dr. A. T. Still, of Kirksville, Mo., a "regular" practitioner of medicine, is the founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

*D. O., Diplomat or Doctor in Osteopathy:* The degree conferred upon graduates from a School of Osteopathy, corresponding to the degree of M. D., conferred by a medical school.

# The Popular Osteopath.

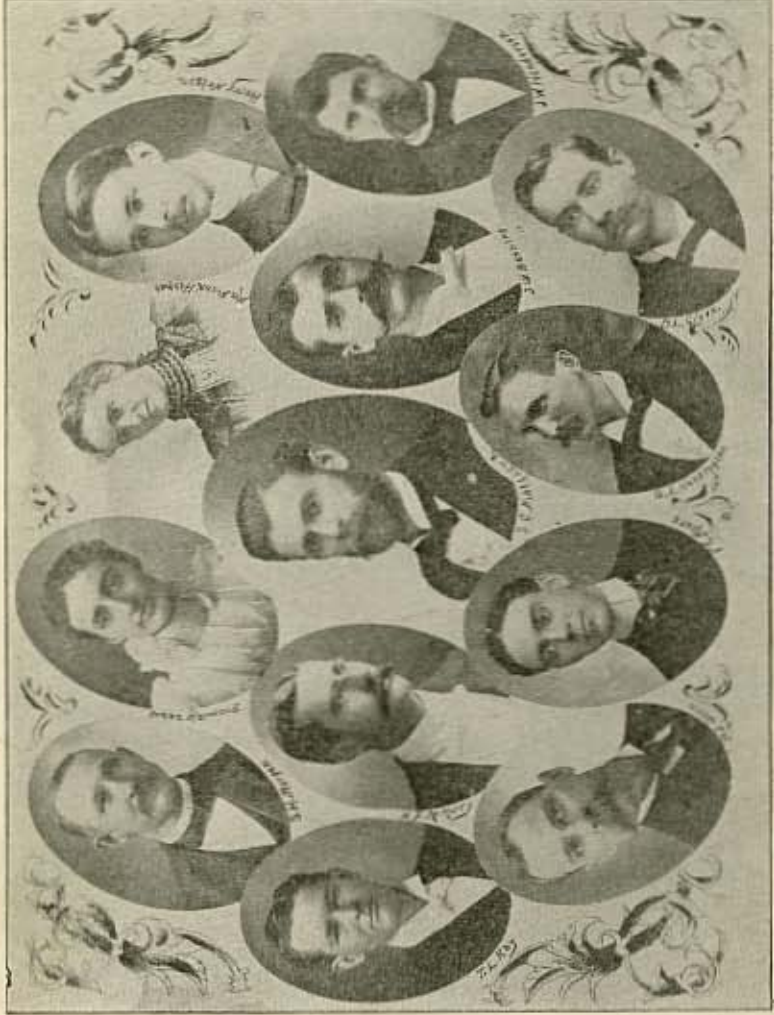
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**O**STEOPATHY is that science of treating diseases of the human body, which regards disease as the product of an obstruction to, or derangement of, nerve force and circulation, and undertakes by manipulation, or by stimulation or inhibition of nerves and nerve centers, to remove the obstruction or correct the derangement, so that nature may resume her perfect work.



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# The Popular Osteopath.

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## THE POSITION OF OSTEOPATHY.

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

THE position occupied by Osteopathy is a unique one, into which it has been brought chiefly by the number of remarkable cures that have been made by it during the twenty-five years in which Dr. Still and his followers have practiced according to its principles.

It has been said that Osteopathy has passed through its first stage, that in which Dr. Still labored alone to demonstrate to an unwilling world the worth of his system; and its second stage, in which a meagre few of students and patients were attracted to the "Old Doctor" and his work, forming the beginnings of a college and infirmary of Osteopathy. It is said now to have reached its third stage, in which it is asking and obtaining a recognized place among the schools of healing.

It may be as truthfully said, however, that Osteopathy is now in its popular stage; for through it more sick are seeking health, more colleges are opening their doors,

and more students throng the halls of these institutions, than at any time before. Numbers beget numbers, and at this time the truths of this science are being spread broadcast by multitudes of patients and students who realize its value.

The first stage lasted about nineteen years, so that for only about six years has the teaching of Osteopathy, and its practice by others than Dr. Still and his sons, gone on.

The fact that this system of healing is built upon Anatomy and Physiology; that it has a definite set of principles which may be taught, and that it depends for successful operation upon technical skill which may be acquired, renders its position as a science secure, and guarantees its permanency.

It scarcely need be said that Osteopathy does not stand in favor with the members of the medical profession. They have always looked askance at any new comer

into the field of healing. The history of medicine shows that progress has been made, as a rule, only against the greatest opposition. For example, hydrotherapy and electricity, now generally used by the profession, were at first savagely attacked. Now against Osteopathy do they point the finger of scorn and wag the tongue of infamy. But all wisdom has not been given to them; their most valued prescriptions, it is now found, have often retarded or prevented a cure. Dr. Paris, quoted by Buckley in, "Faith Cure, Christian Science and Kindred Phenomena," says: "The file of every apothecary would furnish a volume of instances where the ingredients of the prescription were fighting together in the dark." He further quotes from Dr. Marshall Hall: "Of the whole number of fatal cases of disease in infancy, a great proportion occur from the inappropriate or undue application of exhausting remedies."

It is to be expected that in proportion to the violence with which the new science is assailed shall be the measure of value placed upon its healing powers when its true worth has been made plain to prejudice. It is certain that the physician who professes to be anxious for the welfare of the sick and the alleviation of human ills places himself upon untenable ground by persecuting the practitioner of a method of healing which has been time and again, demonstrated

to cure cases of disease which have baffled his own skill. The people have recognized this point.

Within two years the legislatures of five states have given Osteopathy legal recognition equal with that given medicine. In other states Osteopaths are seldom molested except at the instance of physicians, even then the people, in the form of the jury, have often interfered in behalf of the defendant. Before the law Osteopathy stands as a system of healing, declared to be apart from that of medicine in its usual meaning; it stands as an honest means of livelihood, and as a *bona fide* means of curing disease.

This science is not Massage, Faith Cure, Christian Science, Magnetism nor Hypnotism, because it uses none of the methods or appliances of any of them.

With the people Osteopathy has an enviable position. They have become its champions because it is they who were sick and suffering, and through it found relief. They, by their representatives, have supported it with the authority of the law; they have sent their sons and daughters to study it, and have encouraged its practice in their communities.

Before the people, before the law, and in the realm of science the position of Osteopathy is secure. It stands alone in the nature of its method, in the rapidity of its growth, and in its wonderful cures.

## DIAGNOSIS AND TREATMENT FROM TWO STANDPOINTS.

BY CHAS. OWENS.

MRS. G— was taken violently ill at dinner, with cramping and extreme pain in stomach and bowels, accompanied by vomiting.

A medical doctor was summoned and upon his arrival found the patient suffering greatly. He immediately administered a hypodermic injection of morphine, which relieved the pain to a considerable extent.

Upon examination he found the pulse very rapid, temperature slightly above normal, tongue not coated, bowels sore, especially on left side, and stomach irritated. The case was diagnosed as inflammation of stomach and bowels.

This occurred on Tuesday, and the patient continued vomiting at intervals until the fourth morning thereafter. The only way in which it could be stopped during the entire time was by placing the patient on her back, having the head lower than the body, with ice held against the roof of the mouth, and even then, so extreme was the nausea that the rattle of a spoon against the side of a glass would cause a recurrence of the vomiting. Throughout the whole of this time the patient was kept under the influence of morphine in order to subdue the pain.

Saturday the patient was taken much worse, and by consent of the

doctor in charge, an Osteopath was called to see the case.

He found the patient lying on her back in bed, writhing with pain and praying for death or relief in some manner.

Upon examination along the spine, he found the nerve centers for the left kidney and ureter very sore on pressure, and the muscles thickened along the course of the ureter. These symptoms led him to the certain conclusion that some obstruction lay, either in the kidney or along the course of the ureter, causing irritation to the centers which control them, and that the vomiting and pain in stomach and bowels were merely reflex or sympathetic.

He therefore diagnosed the case as renal calculus or gravel, and immediately treated the affected centers causing the ureter to dilate, setting free the gravel and letting it pass into the bladder, producing instant relief from pain. As soon as this was accomplished he treated the nerves controlling the stomach, reducing it to its normal condition.

In five minutes the patient had recovered from the nausea; in thirty minutes she drank part of a glass of broth; and within a few days was fully recovered. The diagnosis was sustained by the passage and finding of the gravel the following day.

## PROGRESS.

BY N. J. SCURLOCK.

HE wizard, Time, in his relentless sweep,  
O'erturns the fondest shrines and proudest thrones ;  
He sinks or raises landscapes in the deep,  
And changes even gods to graven stones ;  
He tunes the pæan down to chorus moans,  
And tricks with chaos and ephemeral light  
The fairest hemispheres and darkest zones ;  
He mimes it o'er the stage with Wrong and Right,  
And leaves the puzzled world in doubt of day or night.

Bear witness, mighty Scandinavian Thor,  
Bear witness, Memnon, marvel of the Nile,  
Bear witness, Jove, the avalanche of war,  
That frowned defeat, or rescued with a smile,  
Bear witness, most mysterious Blessed Isle,  
And rare Atlantis, like a sunbeam lost—  
Bear witness, all that man has dreamed the while  
On heavy seas of dismal doubt he tossed,  
With hope to urge him on, and failure to exhaust.

Truth slowly thrives, and error dies at last,  
But mutability perplexes still ;  
We con the lessons of the mighty Past,  
Those glimmering flash-lights thrown on Science Hill,  
And pause dismayed to weigh the good and ill :  
Creeds fallen, temples crushed to vulgar earth,  
The owl and bat where sages used to thrill,  
The feast of reason followed by a dearth—  
Thus runs the varying page since history had birth.

Confucius and Plato lived and taught,  
And Islam's prophet rose to wondrous sway,  
While ductile mortals hung upon their thought,  
And hold it sacred to the present day ;  
Yet Bethlehem's meek Shepherd makes his way,  
Through city slum and continental wild,  
The truth embodied, known of sinful clay ;  
Though spurned and crucified, and yet reviled,  
The Morning Star of earth and Heaven's appointed Child.

Assertion and negation seem to leave  
A narrow isthmus for secure belief,  
But all in vain conflicting billows heave,  
Where Faith's Gibraltar mocks at reason's thief,  
And Faith has chosen demonstration chief.  
Mere idols fall, and sophistry expires,  
Mock revelation comes at last to grief,  
But star-eyed Progress holds aloft her wires,  
And lights at flame above her everlasting fires.

Of stern stuff is the hardy pioneer,  
Unlike Rousseau, who flinched while he defied ;  
He knows nor timid doubt nor anxious fear,  
But braves the wilderness or stems the tide,  
And little reck's if hounded or decried,  
Attest it, Jenner, Galileo, too,  
And great Copernicus, the eagle-eyed :  
The man who sweeps horizons with his view  
Must baffle envy's shafts and scorn all folly's crew.

Yes, Progress lives, despite the sullen doubt  
Weak teachers and false prophets widely sow ;  
Time swings his unrelenting scythe about,  
But never lays this hope of nation's low.  
Regimes and systems still may come and go,  
But onward, upward, she will proudly move ;  
To fad and fallacy a constant foe,  
She shuns dull custom's unavailing groove,  
And works her problems out for later time to prove.

The medic world—ah, whither may we go  
To seek for evolution's broader field ?  
Mankind has battled with the last dread foe,  
Resolved but inch by inch the ground to yield,  
Since death to erring Adam was revealed.  
Men sought the fountain of eternal youth,  
Old Galen strove for mines of lore concealed,  
And Hahnemann and Thomson claimed the truth,  
Yet flourished fell disease with its envenomed tooth.

The Indian doctor tried his herbs and roots,  
Phlebotomy and massage had their day,  
The sick relied on drugs and air and fruits,  
And, thus relying, wasted more away ;  
The healer came, his bill was soon to pay,  
By convalescent or by those bereft,  
And homicide was often hushed in clay ;  
Heaven was accused of one more angel theft,  
And of a great mistake an epitaph was left.

But all is changed to-day ; the weak and lame  
Have found a school where science leagues with skill ;  
A school of growing use and widening fame,  
That holds it right to cure, and crime to kill !  
A school whose drugs no toxic dews distill,  
Whose methods set the vital forces free,  
Instead of checking them with dose and pill ;  
Its truths are spreading over land and sea,  
Its very name means health—'tis OSTEOPATHY !



## ANOTHER TRIUMPH FOR OSTEOPATHY.

BY W. F. LINK.

ON May 16, 1898, the *Daily Herald* newspaper of Peoria, Illinois, printed a column article regarding the remarkable case of W. J. Graham of Wheeling, West Virginia. Mr. Graham had been a brakeman in the employ of the Baltimore and Ohio railroad. He was a member of the Brotherhood of Trainmen and had come to Peoria to be examined by Dr. DuMars, the chief examiner of this benevolent organization, so that he might claim the allowance accorded to members who are adjudged to be totally disabled. So very rare and interesting was Mr. Graham's case that Dr. DuMars examined it in the presence of fifteen other physicians of Peoria. None of the doctors had ever seen anything like it and when they learned that Dr. Jacoby of New York, a distinguished specialist in nervous diseases, had treated Mr. Graham without benefit, they were still further impressed; and finally, they were heartily unanimous in the opinion that the patient was totally disabled and therefore clearly entitled to the allowance which he sought, and later obtained.

In the July number of the *Journal of Mental and Nervous Disease*, the official organ of the American Neurological Society, Dr. Jacoby, has a very interesting and scholarly paper discussing the case of Mr. Graham, which he had treated

in 1897. The text is illustrated by photographic views of Mr. Graham's legs and of the microscopic appearance of various sections of Mr. Graham's muscles, which were excised for purposes of examination. It should be stated that in May 1898, Dr. Jacoby had read the paper before the American Neurological Society.

The essential points of popular interest about Mr. Graham's case as detailed by Dr. Jacoby may be thus briefly summarized: Recovering from an attack of typhoid fever ten years previously, the patient was troubled with severe but painless cramps in the calves of both legs; though otherwise he made rapid gain in weight and strength and his muscles grew to be unusually large. Two years later his legs would stiffen and cramp and cause him to fall on stubbing his toe. As the patient expressed it, his leg would "stick to the ground" and he would fall. Matters went progressively worse, and other muscles were involved, though in lesser degree. Dr. Jacoby found no sign of organic disease; but from the enlargement and the stiffness and cramping of the muscles and from their peculiar reaction to electrical stimulation he was enabled to diagnose the disease as a typical case of myotonia—a disease so rare that only about fifty cases have been

recorded in all medical literature.

Though the distinguished doctor could readily name the disease he could affect nothing toward curing it; and in July, 1898, his patient, as a last resort, put himself under the treatment of Mr. A. I. Doneghy, a member of the Senior class of the American School of Osteopathy, who was practicing in vacation under the supervision of a diplomate of this institution. Mr. Doneghy diagnosed Mr. Graham's condition as due to a spinal injury and applied Osteopathic treatment as the case required. Let Mr. Graham tell of the result. Here is a part of his letter to Mr. Doneghy:

WHEELING, W. VA., Sept. 10, 1898.

"I wish to express my sincere thankfulness for what you have done for me; \* \* \* \* After Dr. Jacoby of New York, had me in the hospital for nearly two months under his own supervision, and then under Dr. Diller in the Pittsburgh hospital, and in both cases they told me to go home as they could give me no relief and I would remain an invalid the rest of my days, I had resigned myself to live or die a physical wreck. I will never forget when you told me that you had found the cause of my trouble—that my trouble originated from an injury to the spine and that you could restore my health. I could not believe it, but thank heaven! I took you at your word and to-day I am a well man.

Gratefully Yours,

W. J. GRAHAM,  
2636 Chapline St.

The superiority of the Osteo-

pathic diagnosis and treatment were never better illustrated than in this case. With all the learning, skill and authority that pertain to a man who stands in the front rank of specialists in nervous diseases in this country, Dr. Jacoby pronounced the case hopeless; and Mr. Doneghy cured it!—a success which any physician in the world might well be proud to achieve. Why did Dr. Jacoby fail in this case? Because, notwithstanding his profound study of the symptoms of Mr. Graham's trouble, he did not find and treat the cause of those symptoms. Nor could he have done so without a good practical course in Osteopathy, which we trust he will take at no distant day.

## A Suggestion to the Public.

When a person claiming to be an Osteopath locates in your community and you desire his services, first learn whether he holds a diploma from a reputable college of Osteopathy. This information will be cheerfully furnished to inquirers by Miss Irene Harwood, 934, Topeka Ave., Topeka, Kansas, the secretary of the American Association for the Advancement of Osteopathy. This suggestion is made in the interest of genuine Osteopathy. Not every man that calls himself an Osteopath is an Osteopath. Indeed numerous ignorant and unprincipled fakirs who pretend to be Osteopaths are abroad in the land. See that you are not imposed upon.

## THE ASSOCIATED COLLEGES OF OSTEOPATHY.

BY M. C. HARDIN.

IT will be of interest to the public to know to what extent the science of Osteopathy is represented by organizations composed of responsible men and women. Aside from the American Association for the Advancement of Osteopathy, mentioned elsewhere in this issue, the Associated Colleges of Osteopathy represents a movement which we believe to be in the right direction. This preliminary organization was formed with the idea of associating all *bona fide* colleges of Osteopathy in the work of setting and maintaining a high standard of instruction in such institutions. It is intended that all the schools which furnish proof of teaching the science pure in a thorough manner, shall be members of this organization.

This idea originated at the American School, and letters were written to the other institutions, inviting them to be represented by delegates at a conference to discuss the need and value of such an arrangement. This conference was held in Kirksville on June 28 and 29, 1898, the six colleges, mentioned elsewhere in this issue of the POPULAR OSTEOPATH, being represented. At this meeting a constitution was adopted and officers for the ensuing year were elected. The chief discussion concerned the course of study to be required in colleges becoming

members, and an excellent course was outlined.

As we understand it, this organization is as yet purely provisional, it being expressly stated that the schools represented at the preliminary meeting were not to be considered charter members. It is evident that such an arrangement contains possibilities of great good to the profession, and it is to be hoped that the organization may be perfected, with the character of the schools composing it thoroughly established; and that other colleges may be admitted to the Association upon the same terms, until all are thus leagued together to uphold the excellence of the course and the reputation of the science.]—ED.

### Schools of Osteopathy.

TWENTY-FIVE years ago Osteopathy was but an idea in the mind of one man. To-day this idea is the fundamental principle of a new school of healing which promises to revolutionize the present methods of handling disease throughout the entire medical world. Dr. A. T. Still, the discoverer, spent more than forty years in research before he was able to establish it. His own experience as a "regular" practitioner, had convinced him that the drug system was wrong. He determined to get close to nature

and learn from her the exact truth. His conclusions were that every pathological condition not occasioned by a specific poison could be traced to some mechanical disorder, which if corrected, would result in the restoration of harmony and health, without the use of drugs. A case here and another there, became his means of advertising. Kirksville began to get a reputation and patients for Dr. Still poured in from all quarters. Those who received the benefits of his treatment desiring to become students of the new science, Dr. Still mapped out a course of study and started a private class in his humble home. There were nine students in his first class.

### THE AMERICAN SCHOOL OF OSTEOPATHY.

An outgrowth of this first class, is a legally chartered college in this state. It is the *alma mater* of all other schools of the science.

Thirty-six months ago there were but twenty-six students enrolled. They represented six states and were the only class in school. When the regular fall term opened in September of 1898, there were 537 students from 31 states, 4 Canadian provinces, New Zealand and the Hawaiian Islands. This school was chartered under the laws of Missouri in 1892. There are now 241 graduates of this school, in active practice. Of these 9 graduated in '93, 10 in '94, 16 in '95, 24 in '96, 45 in '97, and 137 in '98. With Dr. A. T. Still

at its head as President, the faculty is as follows: C. E. Still, D. O., Practice of Osteopathy; H. M. Still, D. O., Practice of Osteopathy; H. T. Still, D. O., Practice of Osteopathy; A. G. Hildreth, D. O., Lecturer and Demonstrator in Clinics; William Smith, M. D., D. O., W. J. Conner, D. O., Demonstrator in Clinics; C. P. McConnell, D. O., M. D., Theory and Practice of Osteopathy and Osteopathic Diagnosis; C. W. Proctor, A. B., Ph. D., Chemistry; Chas. Hazzard, Ph. B., D. O., Principles of Osteopathy; J. Martin Littlejohn, Ph. D., LL. D., Physiology, Psychology and Psychiatry; J. B. Littlejohn, M. A., M. D., Histology, Pathology and Minor Surgery; W. R. Laughlin, Ph. B., D. O., Descriptive Anatomy; Judge Andrew Ellison, Medical Jurisprudence; C. L. Rider, D. O., Prosecutor to Chair of Anatomy; Miss Clara Proctor, Assistant in Chemistry; C. M. T. Hulett, D. O., Dean.

### THE NORTHERN SCHOOL OF OSTEOPATHY.

This well known school was established June 1, 1896, by Drs. Edwin C. Pickler and Frank D. Parker. It has grown steadily in public favor since its organization, and is now one of the best-equipped and strongest institutions in the country. It has graduated forty-six students, and now has upward of two hundred students in attendance on its classes. The faculty of the school as it is

at present composed is as follows: Edwin C. Pickler, D. O., President, Osteopathic Symptomatology and Diagnosis; Frank D. Parker, D. O., Practice of Osteopathy; L. M. Rheem, D. O., Dean, Osteopathy and Demonstrator in Clinics; C. E. Henry, Ph. G., M. D., D. O., Descriptive and Demonstrative Anatomy, Minor Surgery and Osteopathic Therapeutics; O. J. Snyder, A. C. and M. S., Chemistry and Microscopy; T. K. Smith, M. D., D. O., Physiology and Physiological Psychology; Louisa M. Hayes, M., D., D. O., Gynecology and Obstetrics; J. B. Bemis, D. O., Osteopathy and Demonstrator in Clinics; Emma A. Lewis, Librarian.

#### PACIFIC SCHOOL OF OSTEOPATHY.

"Westward the course of empire takes its way." In May, 1896, some of the graduates of the American School of Osteopathy who had crossed the Rocky Mountains to practice the new science on the Pacific slope, found such a welcome as to be induced to start a school. The school was first organized in Anaheim, California. In May, 1897, it was moved to Los Angeles. Two classes have graduated from this school, one in June '98, and the other in September '98. The school is incorporated, under the laws of the state of California, having the following faculty: C. A. Bailey, M. D., D. O., President; D. L. Tasker, D. O.; Robert D. Emery; Geo. F.

Burton, D. O.; Frederick Karl Strasser, M. D.; Estella M. Strasser, M. D.

#### MILWAUKEE COLLEGE OF OSTEOPATHY.

The Northern School of Osteopathy has likewise become *Alma Mater* to other schools of which the Milwaukee school situated at Milwaukee, Wisconsin, is one. It was incorporated in May 1898, and closes its first term with this month. Dr. L. E. Cherry, the President, is a graduate of the Northern School of Osteopathy, as are two other members of the faculty. Dr. Cherry had been located in the practice of Osteopathy in Milwaukee, before the organization of this school. We copy the following from the *Evening Wisconsin*, one of the Milwaukee papers:

"The Milwaukee College of Osteopathy opened September 1, in Milwaukee with a class of promising pupils, and a faculty of five members. There are occupied a large, pleasant suite of rooms fitted as class rooms, with the latest equipment and apparatus, and private offices for the treatment of patients. There are in the faculty besides Dr. Cherry, who is President, Dr. Essie S. Cherry, Vice-President; Dr. W. B. Davis, Secretary and Treasurer; Prof. T. P. Pond, late director of the Y. M. C. A. physical training in Milwaukee, and Dr. William D. McNary, B. S., A. B., M. D."

#### THE S. S. STILL COLLEGE OF OSTEOPATHY.

This well-known institution, which occupies a fine new building in Des Moines, Iowa, was incorporated last June by Dr. and Mrs. S. S. Still, Col. and Mrs. A. L. Conger, Prof. W. L. Riggs and Mr. W. W. Helm. Both Dr. S. S. and his wife had been popular teachers in the American School of Osteopathy at Kirksville. Col. Conger was a prominent Ohio manufacturer, who had been treated successfully at the A. T. Still Infirmary for a case of paralysis that had been prognosed as inevitably fatal by some of the best specialists in Boston. Mrs. Conger, Prof. Riggs and Mr. Helm were students in the American School. The new institution was opened Sept. 1, '98, and it has every prospect of brilliant success. It has 65 students under the following faculty: S. S. Still, D. O., President, Descriptive Anatomy and Practice of Osteopathy; A. Still Craig, D. O., Osteopathic Diagnosis, Symptomatology and Therapeutics; J. W. Hofsess, D. O., Principles and Practice of Osteopathy; Mrs. S. S. Still, D. O., Gynaecology, Obstetrics, and Practice of Osteopathy; Wm. N. Northrup, D. O., Practice of Osteopathy; Miss Georgia Stewart, M. D., Demonstrator in Dissecting Room, and Assistant to the Chair of Demonstrative Anatomy; C. M. Proctor, M. D., Pathology; L. Miller, M. D., Psychology; Miss

Blanche I. Thoburn, A. B., Chemistry; W. P. Macy, A. M., Biology, Hygiene and Dietetics; Judge Chester C. Cole, LL. D., Medical Jurisprudence; W. L. Riggs, Dean, Histology and Physiology.

#### THE WESTERN INSTITUTE OF OSTEOPATHY

Is one of the six colleges in the Associated Colleges of Osteopathy in the United States. This Institution was established in 1895, at Denver, Colorado. As we have not received data as to faculty and other matters of interest pertaining to the school, before going to press, we are not able to give further information with respect to this school.

There are other schools of Osteopathy in different parts of the country which have not yet become members of the Associated Colleges of Osteopathy. As they become members of this Association we shall be pleased to note the fact in these columns.

THE total time spent in the two years' course of a recognized school of Osteopathy lacks about eight months of equaling the four years' course of the foremost medical schools. Remembering that the medical course has been but recently lengthened to four years, and that it required years of development to bring it to the present standard, it will be seen that the Osteopathic course is starting well.

## PURPOSE AND POSSIBILITIES OF THE A. A. A. O.

BY S. C. MATTHEWS, D. O., President.

THE purpose of the American Association for the Advancement of Osteopathy is well expressed in its name. To labor to the end that Osteopathy may be advanced to its rightful place as a healing science, is reason enough for our organized existence. In accomplishing that we will incidentally secure to each practitioner the peaceable pursuit of his profession undisturbed by threats of Boards of Health or contact with courts of law. The necessity then of such an organization must be apparent to all who have thought on the subject, and now that it exists, the question is how to make it the most effective.

I believe it would be an important and a wise step for the Trustees to adopt an official organ; and for three reasons I believe it would be the duty of each member to support it to the extent of his ability. First, it would give us a forum wherein ideas might be suggested and plans discussed for the furtherance of our work. Secondly, it would afford a medium whereby the officers might keep in touch with the membership and the members with one another. Thirdly, it would keep before the public the requirements of the genuine Osteopath, and thus help to keep the standard as high as it is set by the Association.

I have heard the following suggested as a plan for the advance-

ment of our cause, and will lay it before you without comment.

Let the Association employ by the year, a lawyer of recognized ability and established reputation.

It would be his business to fight our battles in court should one of our members, who is practicing in accordance with our regulations, be arrested on a charge of violating the medical laws. Only cases would be taken up however where good might accrue to all in the way of establishing a precedent or having the law of a state declared.

While not thus engaged our attorney might be utilized in looking after our legal interests around state capitals during sessions of the legislature. And especially would this be desirable, if Osteopathic or anti-Osteopathic legislation happened to be pending.

The foregoing plan would naturally involve the expenditure of considerable money, an article by the way with which our treasury is not at present burdened. But I believe the time is near at hand when the membership fee and annual dues should be increased. I believe too that money for special work can largely be raised by donation from those most directly interested. But whether the plan of hiring an attorney be adopted or not, we should never let the opportunity to make a winning legal fight escape us. Whenever it seems possible to capture a state

for Osteopathy, let us all put our shoulders to the wheel, and by distributing Osteopathic literature and by other legitimate means create the proper kind of

sentiment. Let us not scatter too much, but concentrate our energies on some objective point and our possibilities for good are immeasurable.

WILKES BARRE, PA.

## WHY OSTEOPATHY IS POPULAR.

BY A. L. EVANS.

IT is a fact that the Osteopath in a few weeks or months obtains a standing with the best people in his community, that it would take an M. D. years to acquire.

The reasons for this are many and obvious. In the first place, the theory of the science of Osteopathy is a rational and common sense one. There is nothing vague, mysterious or occult about it, but being based upon the laws of nature, commends itself to the unprejudiced and thinking mind.

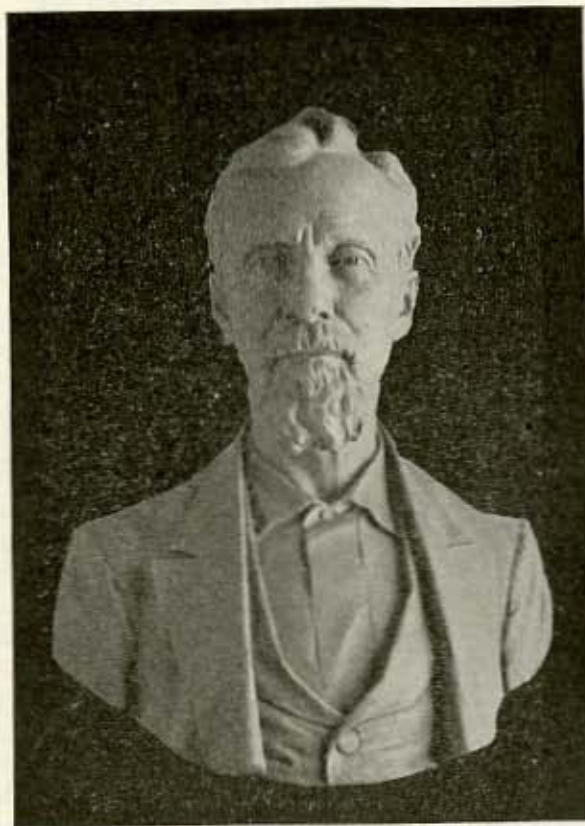
Another thing that tends to popularize it is the plain and reasonable system of charges usually adopted by the Osteopath—a system whereby the patient is enabled to tell approximately what it is going to cost him to regain his health. The treatment is undertaken with the knowledge that there will be no bill at the final reckoning for medicines, extra visits, etc.

Almost everyone dislikes to take medicine. There is hardly an adult to be found who has not many times been depressed and sickened by heroic doses of nauseating drugs, and as the Irishman expressed it, "felt sick a long time

after he got well." If Osteopathy did nothing but abolish experimental doses of poisonous drugs and curtail the number of bloody operations it would be worthy of the gratitude of countless sufferers.

And finally Osteopathy has loyal defenders and warm adherents among all classes because of the results attained by its practitioners. Nothing succeeds like success. It is results that tell.

What the invalid wants is to get well. He is not so much interested in the name of the school of healing to which his doctor belongs as he is in the fact that he can do what he claims to do. It is by this standard that Osteopathy asks to be judged. While the claim is not made for it that it is a cure-all or that it has eliminated death from the world, yet the fact remains that it has brought health and vigor to the body, and cheer to the heart of many an invalid from whom all hope had vanished. These are but a few of the reasons why Osteopathy has firm, loyal and able friends wherever it has been introduced by competent and conscientious Osteopaths.



DR. ANDREW TAYLOR STILL,  
The Father and Founder of Osteopathy.

## HISTORICAL.

Up to the year of 1890, Dr. Andrew Taylor Still, the founder of the science of Osteopathy, was the only Osteopath in the world. Hence, apart from the biography of Dr. Still, Osteopathy may be said to have no history prior to that year.

Dr. Still's discovery of the essential principles of Osteopathy dates back to the year 1874 when he was living at Baldwin, Kansas, and practicing medicine after the methods of the regular school of physicians.

From that time to this he has given his days and nights to the development and proving of his theories of disease and its treatment by Osteopathic means. And by Osteopathic means is meant, chiefly, the specially trained hands of an operator that knows the mechanism of the human body in health and in disease.

In his autobiography, published in 1897, which, by the way, is one of the most readable autobiographies ever printed, Dr. Still narrates in his picturesque and characteristic style the incidents of his early search after the truths which have been systematized in the science of Osteopathy.

The first pupils whom Dr. Still instructed in Osteopathy were his own sons, whom he naturally wished to perpetuate his discoveries. But in 1892, others sought instruction of him and he organized a school and infirmary of Osteopathy.

Then the fame of Osteopathy began to spread visibly; and in 1895, the American School of Osteopathy, which was at that time distinguished as the only institution of the kind in the world, received its charter from the state.

What has happened since Osteopathy was then magnificently housed and put upon a permanent and scientific basis? History must now take account not only of the great parent institution at Kirksville, and its venerable founder. It must record that in the past four years five States of the Union have by legislative enactment recognized Osteopathy as a legitimate system of healing; that Osteopathy is achieving a literature of its own, as yet consisting mainly of periodicals of an ever widening circulation; that from the parent institution a half dozen other growing colleges of Osteopathy in as many different states, have sprung, either directly or indirectly; that several hundred graduates of these colleges of Osteopathy have gone forth to practice their chosen profession; that upward of 1000 students are now studying in the associated colleges of Osteopathy; and that the new science counts as devoted friends an unnumbered multitude of those whose cases have been cured by the Osteopathic method of treatment when other methods had miserably failed.

All of this, for which history furnishes no parallel, has been

achieved not by an organized propaganda with all the resources wealth and station at its command; not by advertising; not by the influence of great names (though great names are not lacking); but simply by the results of Osteopathic work upon afflicted humanity.

\* \* \*

### A Distinguished Osteopath.

Dr. A. G. Hildreth, one of the best known and most successful Osteopaths in the practice, severed his connection with the A. T. Still Infirmary and the American School of Osteopathy on Dec. 1st. Inasmuch as the doctor has been connected with this school and infirmary since the science was first taught, himself being a graduate of the earliest class, he is well and favorably known wherever patients and graduates have gone from this institution. By his departure, Dr. Hildreth's patients lose a most kind-hearted and painstaking operator; the students lose one of their truest and most valued friends and instructors; and his colleagues in the faculty of the school and on the operating staff of the infirmary, lose a most genial associate. The doctor assures us that he wants the trustees and students of the school to feel that, while he has resigned as operator and member of the faculty, he still has a living interest in the institution, and that he

will always support it as long as its present high standard is maintained. We are satisfied that Dr. Hildreth, both as a worthy representative of the profession and by his active efforts, will use every effort to further the interests of Osteopathy and of the profession generally. The doctor's faithful services to the institution have been to it a strong sustaining power. Feeling that he has well earned release from further duty here, he yet takes this new step reluctantly, being compelled by reasons of health to first rest and then to seek a little lighter burden of work. After January 1st, he will open an office for the practice of his profession at 708, Commercial Building, S. E. Cor. Olive and 6th streets, St. Louis, Mo., whither the best wishes of his numerous friends follow him, with hopes that he may there enjoy a pleasant practice. God speed and good luck to the genial doctor!

\* \* \*

ALL that Osteopathy asks in the way of legislation is an equal chance with other systems of healing. The people certainly have a right to demand that they be allowed to choose for themselves the kind of doctor they will employ.

\* \* \*

OSTEOPATHY keeps you warm in winter and cool in summer by building up a perfect circulation.

## ☪ The Popular Osteopath. ☪

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CHAS. OWENS, CHAS. HAZZARD,  
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### Greeting.

THE nineteenth century has been one of progress. Even in the memory of now living men inventions for the betterment of humanity have been so many and so great as to seem almost miraculous. In these discoveries the science of healing has not lagged. From the time when the medicine man brewed his herbs with charms and incantations, to the present age of profound research into the laws of nature, the human race has been seeking to free itself from the bonds of suffering. To what extent it has succeeded can only be known when we contrast the death rate of the smallpox infected districts of Europe in years gone by and the hundreds of people dying daily from the deadly plague, with the death rate of those same districts to-day, the sanita-

tion of a city of the sixteenth century with that of our modern cities; or when we recall the days of suffering and anxiety without anesthetics or antiseptics. The x-ray, a factor undreamed of a few short months ago, has made possible to the medical world things then absolutely beyond their knowledge. Indeed so common have become the uncommon things in science that Osteopathy when once known, will scarcely seem more wonderful than other things. But as yet this new school of healing is comparatively unknown, and even among those to whom the word Osteopathy is known, many have a remarkably perverse conception of its theory and practice. Others educated for a life time to the use of drugs are incredulous of any means of healing save that of powders and pills. This being true, there is a legitimate place for such a journal as THE POPULAR OSTEOPATH. Again, there is need for a medium of communication between the large number of Osteopaths who have gone out into active practice and who may desire an exchange of ideas helpful to one another and tending to the advancement of our science. Therefore, to those who know nothing of Osteopathy and to those who would know more, to those who seek the aid of Osteopathy and to those engaged in its practice, we commend this journal for kindly consideration.

"The Osteopathic Arena," a highly suggestive and appropriate title is the proposed name of a projected magazine which is to appear about Feb. 1. This new magazine is to be strictly scientific and is intended for Osteopathic practitioners only. It will be edited by Prof. J. Martin Littlejohn, assisted by Drs. Chas. E. Still, William Smith, J. B. and David Littlejohn, H. F. Goetz and Mr. H. S. Bunting, all of the American School of Osteopathy. It would be difficult to find a more capable group of men for such an enterprise. The new magazine will meet a genuine need of Osteopathic practitioners everywhere and we cordially commend it to our friends. The subscription price is \$5 a year. Were it ten we would still be on the charter list of subscribers.

\* \* \*

Dr. H. J. Jones, who is practicing Osteopathy with marked success in Indianapolis, Ind., seems to have aroused the ire of our medical brethren there who through the State Board of Medical Examination and Registration are threatening to prosecute him. So far as we are informed it has assumed no more serious proportions than a newspaper war wherein Dr. Jones seems to have more than held his own. We regret that we have not sufficient space to reproduce much that has been printed in this controversy. We propose, however, to keep in touch with Indiana Osteopaths and will keep our readers informed as to the course of events there.

It is almost a year since the Iowa statute legalizing and regulating the practice of Osteopathy was enacted, yet for reasons known only to themselves the State Board of Medical Examiners have uniformly held back the license which the law commands them to issue to Osteopaths who properly apply for it. The latest excuse offered by the Board for its perverse disregard of the law, is that there are several points in the Osteopathy statute that are "not clear" to the Board. Hence they have referred these points to the attorney general with a request for his opinion on them; and at their special meeting, December 28, "the matter will be definitely determined." So says the Secretary of the Board. This looks like a mere pretext for sufficient delay to allow the medicine men to organize their forces for the purpose of securing anti-osteopathy legislation. We respectfully call the attention of the governor, the legislature, and the people of Iowa to the action of the Board of Health in respect to the Osteopathy law. This board have practically nullified the law ever since its passage, and it is entirely pertinent to inquire whether the legislative, executive and judiciary branches of the government are to be supreme in Iowa or whether the Board of Health are to sit high enthroned above them all.

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THE purpose of this magazine is not to antagonize any institu-

tion or other magazine, but simply as its name indicates, to bring Osteopathy before the people in articles which shall make clear to them what this science is and what it does. It is the desire of the editors to conduct the magazine on an entirely non-partisan basis, and to afford graduates and students of bona fide schools, as well as patients and friends of Osteopathy further opportunity of telling others about this science.

\* \* \*

We take pleasure in announcing that the trustees of the Association have adopted the POPULAR OSTEOPATH as its official organ. It is our purpose to use every effort to advance the interests of Osteopathy and of this organization, and we believe that in many ways this action of the trustees will result in great good. We propose to devote as much space as possible each month to discussions by members of plans and policies, and of the ways and means of doing the most effective work. Our columns will always be open to the officers for any notice or announcement that they may wish to make. Aside from these features, which will be valuable, we believe the fact that all legitimate Osteopaths have a common publication, pointing out their common needs, working for their common interests, and fighting their common battles, will foster a spirit of brotherhood and have a unifying effect upon those

who otherwise through prejudice or jealousy might become antagonistic.

\* \* \*

On Sept. 27, last the Grand Jury sitting in Toledo, Ohio, were prevailed upon to return an indictment against Dr. Wm. J. Liffing, a graduate of the Northern Institute of Osteopathy, who was and is practicing in that city. He was charged with unlawfully practicing "medicine" without having obtained a license from the proper authorities, and "against the peace and dignity of the state." It being purely a question of law, no facts being in dispute, a jury was not needed but the matter was brought to an issue by a demurrer filed by the defendant's counsel. This demurrer was sustained by the court on Dec. 6, which, in effect, means that the practice of Osteopathy is not a violation of the medical law of Ohio, and that one who engages in its practice there is not a criminal. The prosecution thinking the court erred have taken exceptions and appealed to the Supreme Court of the State. While this may temporarily inconvenience Dr. Liffing, we believe it will result in great good to the cause of Osteopathy and eventually to him as a matter of advertising, for it will finally determine the law of that state. We have no fears that the Supreme Court will reverse the judgment of the lower court.

## DIPLOMA-SELLING ILLEGAL.

State ex. rel. Attorney General, Plaintiff.

vs.

The National School of Osteopathy, Defendant

THE above is the style of the famous case against Barber, instituted by Attorney General in the Kansas City Court of Appeals, which was recently decided.

In this case it was sought to have defendant's corporate franchise taken away for an alleged abuse of it in granting a diploma to Dr. Smith (or Stewart) without a previous personal attendance by him at defendant's school. Believing this to be a case of interest and importance to all Osteopaths we have gone to the trouble and expense of securing the court's opinion in advance of its publication through the regular channels. We have not space to give it entire but the vital part of it including a statement of the facts is as follows:

"In arriving at the facts of this case, we are forced to rely on the deposition of one William Smith, taken by the attorney general, and as opposed thereto the depositions of E. D. and A. L. Barber taken by the respondent. While these witnesses have not in all things agreed, the following facts are not controverted: The transactions giving rise to this litigation, occurred at Kansas City during the first part of August, 1897. At that time there existed, it seems, the two schools of Osteopathy—one called the American School of Osteopathy at Kirksville, Mo., and the other, this respondent, the National School of Osteopathy located at Kansas City. The Kirksville school is one of several years standing, and may be called the mother institution of Osteopathy, while the Kansas City school was

then only lately organized. The parties brought to our consideration by the proof are William Smith, a man of extensive learning in the medical profession, a graduate of two of the foremost medical colleges of Europe, as also a graduate of, and professor in, the Osteopathic school at Kirksville. The other parties are E. D. Barber, Helen M. Barber and one Cormack, who were called professors in the Kansas City school. In the fore part of August 1897, said Smith concealing his identity and pretending to be a Dr. G. H. B. Stewart of Springfield, Mo., appeared at the offices of the Kansas City school and opened negotiations with E. D. Barber for a diploma of the school. He seems to have made a full disclosure of his varied accomplishments, informed Barber of his attendance and graduation in the various colleges and readily convinced Barber (which was the fact) that he was most thorough in everything pertaining to Osteopathy. Smith made the second visit within ten days to Barber's office and at the last, on payment of \$150 as a graduation fee, secured a diploma of that school, which certified that he (Smith, under the name of Stewart) had "completed the full course of study prescribed by the National School of Osteopathy."

"Smith testified that Barber had him promise that the manner of obtaining the diploma—that it was issued without a school attendance—should be kept secret, while Barber swore that there was no secrecy and that the diploma was issued in the usual open and public manner and after a thorough examination wherein he found Smith so very proficient in all branches taught in the school.

"1. The first matter we are called on to decide is, whether or not the defendant was guilty of an illegal act in issuing the diploma in question without a previous school attendance by the applicant Smith. It seems to have been a matter

of some controversy whether or not one practicing Osteopathy should qualify as a practitioner of medicine and surgery under the state law as prescribed by Art. 1, Chap. 110, R. S., 1889. This however, was put at rest by an act of the legislature approved March 4th, 1897, (Laws 1897, p. 206). The first section thereof in effect declares that the treating of diseases by the system or science known as Osteopathy should not be considered the practice of medicine and surgery within the meaning of Art. 1, of chapter 110, and expressly exempts the Osteopathist from the provisions of the act. The next section reads as follows:

"Sec. 2. Any person having a diploma regularly issued by the American School of Osteopathy, of Kirksville, Missouri, or any other legally chartered and regularly conducted school of Osteopathy, who shall have been in personal attendance as a student in such school for at least four terms of not less than five months each before graduation, shall be authorized to treat diseases of the human body according to such system, after having filed such diploma for record with the clerk of the county court of the county in which such person proposes to practice; and having filed with such clerk an affidavit that the diploma is genuine, and that he or she is the person to whom the same was issued, and that all the provisions of this act were fully complied with before the issuing of such diploma; whereupon the clerk shall record such diploma in a book to be provided by him for that purpose, and shall endorse upon such diploma the date of filing and recording same, for which he shall receive from such person a fee of \$1.00.

"The only remaining section of the act provide for a penalty for its violation.

"A careful reading of this statute forces the conclusion, that by it the legislature meant to impose, as a condition precedent to the issue of a diploma, that the graduate must have attended the school

as a student four terms of not less than five months each. The diploma, supported by the affidavit of the graduate, serves, when filed with the county clerk, as the party's license to practice the system or method of healing known as Osteopathy. These schools and their graduates have been relieved of the stringent regulations imposed on those of the ordinary medical and surgical practitioners. But in order to protect the public from frauds and quacks it was in effect here provided that the diploma of one of these schools of Osteopathy should not be issued except to a person who had devoted not less than twenty months to the study of said science, and that a diploma has been furnished the party bears evidence of that fact. The diploma is made a voucher to the holder's proficiency.

*"We think we give effect to the legislative intent by holding that a school of Osteopathy, chartered under the laws of this state, shall not issue a diploma except in a case where the diploma has, in the language of the act, 'been in personal attendance as a student in such school for at least four terms of not less than five months each before graduation.'*

"The defendant then, in our opinion, was guilty of a violation of the law, when it issued to Smith, alias Stewart, the diploma in question. But it does not follow, because defendant has committed a legal wrong, that this court should decree a forfeiture of its corporate franchise. It is not every violation of a corporate charter that justifies a judgment of revocation."

Then follows an argument with citation of authorities showing that in order to revoke the charter of a corporation, there must be clear and preponderating proof of willful—and some authorities hold



—repeated, abuse of its franchise.

The court found that the element of willfulness in this case was wanting, as it seems from the evidence that the defendant had consulted attorneys and was acting under their advice in the matter complained of.

After further reviewing the evidence and showing the lack of preponderance on the part of the plaintiff the court concludes: "At all events the case made by the testimony is not of that clear and convincing character as to justify the revocation of defendant's corporate franchise."

This decision is an important one in as much as it plainly holds that the law regulating the practice of Osteopathy applies also to schools and regulates them. This decision makes it as much the duty of a school to insist upon a twenty months personal attendance of its diplomates as though it were expressly enjoined by statute. While the defendant in the case under discussion escaped a revocation of its charter the reasons given in support of that judgment would not apply, should it again be brought into court on a similar charge and especially for matters occurring since this decision was rendered. Indeed we do not see how any institution engaged in the sale of diplomas to those not complying with the law in the matter of attendance could henceforth escape a revocation of its charter. We hope to see the law in this matter rigidly enforced.

RECENT events in Indiana betokened a battle royal in that state between the State Board of Health and the Osteopaths. Indeed some warmth already characterizes the proceedings. This is well indicated by the columns of the *Indianapolis Journal*, the leading newspaper of the state and one of the most influential journals in the country. In November, in an interview published in the *Journal*, one of the members of the Board of Health gave it out cold that the Board was going to begin a crusade against unlicensed practitioners, including of course, the Osteopaths, most of whom are unlicensed because they cannot obtain a license in Indiana unless they happen to hold a medical diploma. In the *Journal* of November 25, Dr. Bertrand E. May, of Crawfordsville, Ind., a graduate of the American School of Osteopathy, makes a strong and timely plea against the prescriptive measures about to be adopted by the Board of Health in reference to the practice of Osteopathy.

MR. N. J. SCURLOCK, the author of "Progress," the fine poem appearing in this issue, by his work in this line, is justly entitled to be called the Poet Laureate of Osteopathy. We hope in future issues to be able to present other poems from his pen.

"IN union there is strength."  
Every Osteopath should be a member of the A. A. A. O.

## OSTEOPATHY DEFINED.

The science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which if corrected, will allow Nature to resume her perfect work.

*Legal:*—"A system, method, or science of healing" (see statutes of the State of Missouri.)

*Historical:*—Dr. A. T. Still, of Kirksville, Mo., a "regular" practitioner of medicine, is the original founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

*D. O., Diplomat or Doctor in Osteopathy:*—The degree conferred upon graduates from a school of Osteopathy, corresponding to the degree of M. D., conferred by a medical school.