

Kansas City Osteopathic Magazine

Vol. I No. 3

May 1898

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OF

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VOL. II

MAY, 1898.

No. 3.

KANSAS CITY

OSTEOPATHIC MAGAZINE

DEVOTED TO
INTRODUCING,
EXPLAINING
AND ADVANCING
THE SCIENCE OF OSTEOPATHY.

PUBLISHED MONTHLY

BY THE

National School and Infirmary of Osteopathy,

418 Keith & Perry Building,
Telephone 2814,
KANSAS CITY, MO.

OSTEOPATHY is a method of healing diseases by scientific manipulations, without the use of drugs or surgery, and recognizes dislocations or obstructions to the blood or nerve supply as the primitive cause of pathological conditions.

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Kansas City Osteopathic Magazine.

VOL. I.

MAY, 1898.

No. 3

OSTEOPATHY AND HYGIENE.

BY W. FRANK ROSS, A.M., M.D., RANTOUL, ILL.

Osteopathy is a jewel. All I know of it I have learned from Dr. E. D. Barber's books. While I was in England and Germany I visited large sanitariums where they cure all curable diseases without medicine. They use the diet cure, water cure, Swedish movements and massage.

I use all these in my practice. As to diet, I tell everybody to entirely avoid tea, coffee, tobacco, cheese, crackers, white bread, pepper, pickles, mustard, and catsup, and to eat meat only once a day. Eat graham bread instead of white. What the bakery sells for graham bread is a vile stuff made of white flour, bran and molasses. To get healthful bread make it thus: set the sponge of white flour same as for white light bread. Let it raise, then fill in with the best graham flour instead of white flour. Eat pie, cake, and other so-called "good things" only for Sunday dinner. Of course, special diseases require special diet. For example, Bright's disease people must avoid all animal food, while people who have diabetes must live largely on animal food, vegetables, and sour fruits. Eating only two meals a day is a great help for all diseases. As to the water cure, I tell all sick people to drink a cup of water (hot or cold) half an hour before each meal and also just before going

to bed, and to take a warm bath twice a week. If they have constipation or stomach trouble. I advise them to use the syringe for the bowels every other day. There are twenty different forms of simple baths which can be taken in any home. The hot sitz bath or the hot wet sheet pack, used every day, will cure all ordinary sick spells in a few days. Ordinary croup is quickly relieved by a cold wet cloth around the throat with the feet in hot water. I have cured scores of cases of sick headache by having the patient avoid tea, coffee, sweet and fat stuff (molasses, jelly, fat meat, grease gravy, cheese, large quantities of butter, etc.). I tell all patients to eat plenty of fruits, grains, and vegetables, and to put the butter on their bread as thin as their conscience will allow.

If you wish to know all about hygiene, send to the editor of this magazine for a book called "Medical Hygiene; or, Cures for All Diseases without Drugs."

Here is a curious case. A young lady has a double curve in her spine, quite noticeable when she sits erect, but when lying down on the operating table, her spine is perfectly straight. Therefore, examine the spine both sitting and lying.

The rules I have given above in regard to diet and baths will be a great help to the Osteopathic treatment.

CONSTIPATION.

BY E. D. BARBER, D.O.

In discussing the subject of constipation, from an Osteopathic standpoint, it will be necessary to refer to the anatomy and physiology of the parts involved, as upon a thorough understanding of these branches depends all results achieved by this method of treatment.

Constipation may result from various causes, all of which, however, may be traced to the splanchnic or pneumogastric nerves, which, forming the solar plexus, control directly or indirectly the entire alimentary canal; regulating with the utmost precision, when unobstructed, the blood-supply and action of the secretory glands of the stomach. Lieberkuhn's, Brunner's, and Peyer's glands of the small intestine, the liver and pancreas, also the peristaltic action of the bowels.

As soon as the food enters the stomach the gastric glands begin to secrete, in considerable quantities, the juices which, commingling with the food, convert it into chyme, in which condition it passes through the pyloric orifice into the duodenum. As the average daily secretion of the gastric juice is from ten to twenty pints in the adult in a normal condition, it is very essential that the blood- and nerve-supply to the stomach be unimpaired. In case of dyspepsia, which often accompanies constipation, we find a condition in which the secretions of the stomach are diminished to

such an extent that gas forms and particles of undigested food pass into the duodenum. This condition and its accompanying evils are easily overcome and the circulation of the blood to and through the stomach promoted by vibration, which quickens, stimulates, and strengthens the organ. This may be done by placing the hand lightly over the stomach and making a quick succession of movements with a perfectly loose wrist-joint; the movements of the wrist are abduction and adduction, while those of the elbow are flexion and extension. This treatment should be given every other day, occupying about five minutes.

The function of the secretions of the intestinal glands is not definitely known. The chief purpose seems to be to supply the loss of fluid which is absorbed as digestion proceeds. The secretions should at least be kept active as a preventive of impaction of the feces.

The pancreas plays an important part in secreting juices which are discharged by the pancreatic duct into the duodenum, where they are mingled with the bile from the liver. It is always well, therefore, to manipulate and vibrate the pancreas in constipation.

The most important factor in this condition is the liver; that immense chemical laboratory which secretes the bile and stores it in a bladder attached to its low-

er surface. The quantity secreted daily is from twenty to forty ounces, according to the amount of food taken. The alkaline reaction of the bile aids the pancreatic and checks the pepsin digestion; it aids in the emulsion of fats; moistens the mucous membrane; acts as a natural purgative and as a natural antiseptic, and is in this way indispensable to the proper performance of digestion. In all cases of constipation we find the liver at fault, and by thorough manipulation and vibration stimulate it to action. Place the hand upon the ribs over the liver; press gently at first, gradually increasing the strength until the ribs are pressed strongly downward upon the liver, relax the pressure gradually. This operation should be repeated two or three times each treatment, as it assists very materially in stimulating the liver to renewed activity. In this treatment it is well to work as deeply as possible under the ribs over the liver.

After thorough treatment of the above named organs, the bowels should be kneaded; beginning on the right side at the ileo-cecal valve and following the colon its entire length to the rectum, gently at first, gradually working deeper until lumps of feces may be detected, gently crushed and moved toward the rectum.

In stubborn cases of constipation it is advisable to flush the bowels a few hours before each treatment.

Having stimulated the blood-supply and the glands to renewed action by manipulation and vibration, we will now turn our attention to the nerve-supply. At the origin of the splanchnics, between the sixth and tenth dorsal, a ten-

der spot will usually be detected, caused by a congested condition of the spinal cord at this point. The congestion results from an obstruction to the escape of the venous blood from the cord. The muscles in this region will be found more or less contracted; thorough manipulation, moving them upward and outward from the spine with a circular motion, relaxes them, thus permitting the escape of the venous blood and relieving the congested condition which is obstructing the nerve current between that great dynamo, the brain, and a very important branch office.

In all cases of constipation it is advisable to give thorough extension of the spine and neck, rotate the head gently but strongly from side to side, thus freeing the circulation of the blood to and from the head and at the same time freeing and stimulating the pneumogastric nerves.

The above treatment should occupy fifteen or twenty minutes, should be given every other day, and will cure very stubborn cases of constipation, often after all other known methods have been tried and failed. Mild cases are very often cured in a very few treatments, while the most stubborn usually yield in from one to three months.

Great care must be exercised in regulating the strength of the treatment to correspond with the strength and condition of the patient. Many Osteopaths fail to effect cures in different diseases, not through any fault of this method of treatment, but from an inability to discriminate as to how often and how strong a treatment should be applied in different diseases and individuals.

RESPIRATION.

If the reader opens this page in expectation of discovering something new, he will probably close it with disappointment. We do not esteem ourselves capable of disclosing anything that is fundamentally new. We regard most things which are called new as morphological aspects, so to speak, of some principle or thing that is old. In other words, we regard new things as chiefly the property of the present moment, occupying a place in the pathway of causation; and containing some characteristic type or trade-mark that identifies them with some *fundamental* simplicity of form or action. Do not misunderstand us. While we are looking for principles, we are not disdainful of intervening facts. We would not allow it as justifiable to say that transient phases are illusory or unreal, or that they are the products of "mortal mind"—no. But, on the other hand, we would regard them as true if they correspond to the causes that produced them; and we would also say they are real if they have power to act and react. Such would be our proof of reality, and such would be our test of truth. In this connection, it is the unity within the variety, the simplicity back of the complexity, the cause concealed within the effect, the old within the new, and the string wheron the beads are strung—these are the subjects of our inquiry.

Unfortunately, the old things we are seeking are sometimes obscure in the stately dignities of science. We may also find them

dissected into fragments, and scattered like the body of Osiris into the four corners of the world. But, however and wherever they may be, it is our desire to rediscover and reorganize, if we can, some old things. This is a ponderous task, and if the reader finds our style ponderous, we hope to have his indulgence.

The first old thing we discover is an hypothesis, a supposition, that a designing and sufficient cause of some kind (God) formed the body of man out of matter—and it is still matter—and breathed (exercised) into it the breath of life, and (it) he became thereby a living soul, actuating a respiring body.

Respiration was the typical example of the creative energy, and the fundamental law (rule of action), and still abides in his life. When that law ceases to abide in his life the man ceases to be a living man. This law is observed all along the line from the animating cause down to present fact. It is seen in the primal stuff—protoplasm, and then in the primal organism (cell); then in the associated cells (organs); and again in the interrelation of organs, and in the normal functional aspects of the whole man. Cognate with this form of action we have periodicity, and also rhythm and likewise vibration. A measurable persistence and perfection of this old life example in all physiological functions means a state of wholeness, ease, health. On the other hand, a broken, disturbed or obstructed state of this, however it may be produced, means ill-

ness, disease, in some degree, for body and mind.

We entertain no hostility to organic chemistry, or vito-chemistry, and for the purpose of this essay, we accept every fact, every theory, every consequence, set forth in the books, excepting one: the one which makes the essence of life, or life itself, a chemical essence. We cannot tolerate the hypothesis that the thoughts to which we give utterance are (exclusively) the expression of molecular changes in matter.

We are not unmindful that our doctrine of the spiritual source of life will also be regarded by some as heresy to science, but we will now pledge in good faith to disavow it "in open court," if anyone holding the chemical theory of life will show a corn-sheller or wind-mill, for example—any artificial structure or any natural association of chemical atoms—except protoplasm and the nucleated cell—that shows life, that selects matter from without and elaborates it into young organisms, patterned and endowed with its own nature; we want to be shown a generating mechanism or chemical element; then we will recant our mysticism, and accept a rock-quarry as the source of life; sincerely we will. Until then we must hold that the old essence of life is spirit (something lacking material properties): that our life on earth consists of spirit associated with matter, and that spirit is the cause and matter the tangible agent of life.

We are mindful also that some readers will object that we are unscientific because we begin with a supposition.

It is true that we begin with a bold undisguised supposition, but we cannot agree that we are there-

fore unscientific. For so does every science begin with and hang upon a supposed cause.

Every scientific fact is a member of the series; it is a bead on a string of beads, so to speak—the first of which series is an hypothetical bead, and is old, remote and lofty, *sublimis*. Our senses may not perceive it. It is hyper-natural to our present state and capacities. We are led to this point by every science, physiology, biology, morphology, chemistry—all science. The only possible way we can avoid going back to an unknown cause is by some act whereby we lose or break the series, or forego our journey at some way-station, saying we will not search or follow further. And if we do that, we abandon science and cease to be scientific. We cease to desire science, and therefore cease our scientific respiration.

Note.—Every man is a storehouse of unconscious desires which are quite willing to cooperate if they are given a proper suggestion.

Ceasing to respire; we die, such is the law. Excuse our repetition; our theme is respiration. We would prescribe for the whole man—material for his body and spirit for his mind. Some people inspire, then hold their breath—carbon dioxide follows, then intoxication, then jaundice, perhaps, then death. Do not stop halfway. Respiration is the word for science as well as for air.

We must dwell a little while longer with suppositions. We have said that every known fact is a member of a series of facts. It is oftentimes more: it embraces a series of series. We have systems composed of systems of systems. Such, for example, is the constitution of man; but

not man alone, for it is true of nature outside of man. And still further it is true of systems of thought which are sometimes called abstract sciences. But these statements are enough for our present purpose; if we add more, we are liable to muddy the waters of science. These systems within systems and series within series are not suppositions, but verified facts, which are solid and sure as the bricks in the wall of your house, but they all depend upon a supposed but unknown cause of some kind. We therefore devise or invent an hypothesis for the purpose of explaining away our lack of knowledge. The hypothesis is a diplomatic device which often leads to the ascertainment of the actual relation of effects to their cause, but it has never succeeded in finding out the primal element at the fountain-head of causation.

Let us illustrate: A condition is apparent—a fact exists—a fever: periodic type: quinine administered: time elapsed: type vanished: result.

Now what produced the result? Quinine. (Excluding, of course, all factors not stated in the proposition.)

What caused the result? A potency. What is a potency? The quality of being able.

What is quality? An essential property. What is the essential property of a potency? Ability.

What is able? Power.

What is power? That which is endowed with ability. Endowed by what? By a supposed ability.

We cannot reason farther. We are stuck fast in a supposed ability, and our scientific light is extinguished. Power and its endowments resist causal solution.

There are many courses and

methods, starting from present facts, leading back or up to the primal cause, but no eye sees it and no thought comprehends it. A suppositious cause endowed with suppositious abilities, supposed to be adequate to produce the effect which we observe—such is the uttermost beginning-point of all science.

But all this should not dishearten us. We remember that the physical structure of man was actually sustained by a supposed something that did not exceed 1-120 of an inch in diameter, and which gave birth to innumerable lesser ones that were about 1-1500 of an inch in diameter; and every one respired—excuse us, respiration is our subject. These cell-suppositions were later proven to be as veritable as the femur bone in your leg. Are we using words without scientific consideration and exactness? It may seem so, but we are trying to state a scientific truth. We state the truth as to the relation of science and the cell up to 1838. The cell was a suppositious thing to science; and any thesis respecting it was an hypothesis. In all this we are leading up to the proposition that an hypothesis is valid, provided it exemplifies a truth, and does not conflict with other truths.

We believe that our respiratory theory exemplifies a series of physiological activities and is *persona grata* to all other facts. We understand what the books state as to the office of respiration, in importing oxygen and exporting carbonic acid and other products, also its rôle in other vital processes, all of which we accept as true.

We would, however, go beyond the books and say that an object of Nature is attained, completed,

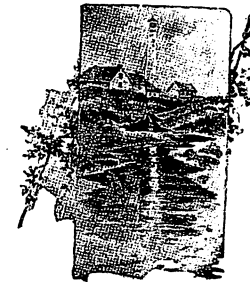
achieved, up to any given moment, regardless of whether the state existing is what we call healthy or morbid. This may seem to be paradoxical, but we must accept it or impeach Nature, and if we impeach her, then in what court?

The solution is perhaps in this: She orders processes according to laws of *respiration, sensation, and motation*, for one supreme physiological object. This object we call nutrition, or the process by which growth is promoted and waste repaired. This is the physiological end, and all physiological good, even reproduction, is within this idea of nutrition. But there are other objects and processes in Nature, which are sub-physiological, let us say; and since sensation is endowed with a volitional privilege (called free-will in theology), these two series, the physiological and sub-physiological, do not at every moment coördinate, hence there is trouble, and this trouble we call sickness or disease. Even disease is natural, but not normal. We must associate the idea of normal with the more fundamental laws. Nature appears to *order* affairs through one set of laws, but controls through some other set.

However that may be, she is continually arbitrating disagreements, though she is not arbitrary in the sense of being inflexible in physiology. Here her restoring power is clearly observed by every physician. She is, however, extremely arbitrary in many of her sub-physiological affairs, as seen in chemistry, for example; and except for this arbitrary character the physician would be without sail, chart, compass or rudder.

We must not hold to the conception "arbitrary" when we enter the department of physiology, for there we have flexible, yielding, compromising processes, throughout, but they probably lead up to some arbitrary finale of some kind. In short, we believe her objects do not fail.

It is not allowable to assign to any one of the vital processes the exclusive office of sustaining nutrition, life, or health, but we are probably justified in assigning the preëminence to respiration, sensation, and motation (lungs, nerves, muscles), and as between these three we would give the preëminence to respiration, believing that thereby we import something more vital than nitrogen and oxygen.



OSTEOPATHY AND MEDICINE.

BY D. R. NEVILLE, D.O.

It is a matter of regret that so many Osteopaths are drifting into the narrow channel of prejudice and denounce all methods of treatment but their own. They denounce practitioners of the medical schools for their narrow-mindedness in trying to prevent the introduction of new remedial agents, while in our own profession we find that many are very pronounced in their prejudice against medicine and all curative methods that are not in direct line with Osteopathy. I believe there is a vast amount of humbuggery in medicine, but I also believe there are many diseases which need medical treatment. Osteopathy has opened up a new field for scientific research, but that it is yet in its infancy is not disputed by even the founder of the science. No honest M.D. will deny the fact that there are many forms of disease which baffle the best of medical skill, and experience will soon teach the Osteopath the inefficacy of the science in combating many acute and a few of the chronic diseases. Our science is yet too young to know its limit of usefulness, but enough has been developed to convince any fair-minded Osteopath that his science is not infallible. The allopath too often claims his theory of practice to be the only correct one: the homeopath oftentimes denounces everything that is not of his school; the surgeon too often resorts to the knife as the only correct method of combating disease, and so it is in every line of practice, when in reality there is no very great difference in the per cent of success and failure. If we denounce this one-idea method of practice in others, should we

not guard against a contracted method ourselves? I believe medicine has its field, and I also believe surgery is practical in many instances, and because of the abuses of these time-tried methods we should not denounce them as a whole. Osteopathy has its field, and it is especially effective in the cure of chronic diseases. Not discrediting our science the grand results that have been obtained in acute diseases, I believe that line to be the natural field of the followers of *materia medica*. Let us build upon a broad foundation, and not close our eyes and ears to truths that are as solid as the rock of ages. As the "child is father to the man," so may Osteopathy be to the practice of medicine, and it is evident that the M.D.'s as a class are not slow to recognize the merit of Dr. Still's discovery. Those who oppose the introduction of Osteopathy into the different States are not the ones we should emulate by drifting into the one-idea rut that excludes investigation of the merits or demerits of other theories of practice. He of the church who declares that all must perish who follow creeds differing from his own is promptly denounced as a fanatic and crank. There is merit in all creeds and all denominations are bound for the same heaven. There is merit in every established method of treating disease, and all honest doctors are working to the same end—that of restoring health. There are hypocrites in the church, and there are "quacks" in the medical profession, but I am not of the opinion that *materia medica* is all wrong because a few of its followers are blind to outside truths. Our science has had

a phenomenal growth upon its merits, and will continue to grow until it has been recognized in every land of civilization, but to ridicule the honest opinions of others is to show a weakness that is far below the status of our profession. To claim more for the

science than it can accomplish is to retard its growth, and as boastfulness is little short of rowdyism, Osteopaths should let results do their talking to a very great extent, and should, above all things, avoid too great pretensions for their ability to combat disease.

DIETETICS.

DR. ANDREW E. KNUTSON.

(Continued.)

If we were to not only look with a searching inquiry into the body-reparation shop and endeavor to discover the more obscure laws governing nutrition, but also take cognizance of and thoughtfully consider those that are manifest, with a purpose of obeying the teachings, we should soon find wherein we err; and, complying, bring order out of chaos, bring a healthy condition out of an unhealthy one.

The majority of human disorders are of a dyspeptic origin, or, at least, conjoined with a dyspeptic condition.

Dyspepsia or indigestion of food is generally caused by an overtaxing of the digestive organs; either too much food is used, and the entire system burdened by the excess; or meals are taken at irregular hours, when the fluids are not ready; or a hearty supper is eaten when the body, wearied with the day's labor, demands rest.

The appetite does not crave food when the digestion is enfeebled, but stimulants and condiments excite it, and the unwilling organs are oppressed by that which they cannot properly manage.

An unbidden meal is eaten, and after all available power has been

called into exercise over the food masses, the chemistry of decomposition sets up in the temporized laboratory, converting the stomach and other organs into the foulest of sewers.

Too great a variety of dishes, rich food, tempting flavors, all lead to an overloading of the stomach. This patient, long-suffering member at last wears out. Pain, discomfort, and disease of the digestive organs are the penalties of violated laws.

But consider that the digestive apparatus is sufficiently strong for some time to urge no thought of cutting down the excess of *su* to meet the actual demands of expenditure, what is the result? At each meal more fat and lime is taken into the system than the vital machinery has the remotest need of. What becomes of it? Fat people oppressively realize what becomes of most of it; but some of it—some of it—at the next mortem, will be found in the life-pipes, after the clots have been removed.

A thoughtful engineer would not attempt to force the limit of water through his old, weak, water-hose. To prevent a rupture he would work it at low pressure. But this simple mechanical principle is seldom adhered to by those

who have reasons to believe the vessels of their brain are becoming weak and brittle. They eat as often and as much as they feel inclined to, and sometimes a little more.

If the digestion be strong and the products are absorbed, an excess of nutriment is thrown into the blood, and the circulation overloaded, to the yet further distension of the vessels already over-dilated. The result is obvious—this high-pressure style of living produces high-pressure results.

There are too many people with severe mental work, who continue to live bountifully, taking their meat with a liberal hand, disregarding signs of structural decay, forcing their brain to do what it had once done with spontaneous ease, until suddenly, under a greater effort and tension than usual, a weak vessel gives way, and floods the brain with blood.

If the quantity of food taken exceeds the demands of the system caused by waste tissue, the immediate results are lethargy, heaviness, and sleepiness.

The digestion of a meal is an operation in chemistry with the conditions immutable. When the food mass exceeds the capacity of the stored-up energy of the gland-cells, the chemistry of digestion is succeeded by the chemistry of decomposition, and this involves a waste of power, and therefore an evolution of physical, moral, and mental disease and debility that is frightful to contemplate when its largely avoidable character is clearly realized.

If food is not expended in force, the natural alternative is its accumulation in the system, producing plethora and abnormal increase of tissue. This is accompanied by congestion of important organs, mal-assimilation of nutri-

tive material and increased proneness to derangement and diseased action. The excretory processes are likewise certain to be disturbed, which often leads to the retention of waste products, with perversion and poisoning of the blood, and a train of evil consequences.

When more food is taken than can be stored or consumed, the burden of disposing of the excess falls upon the liver, which may itself become diseased from overaction, or its secretions be thrown into the blood, giving rise to a bilious condition of the system.

Digestion also makes a continuous call for power upon the brain centers, involving a marked loss of mental and physical activity during the operative stage. The mind is dulled while it is going on. If mental work is pursued simultaneously with digestion, there has to be a division between the working forces of the mind and the working forces of the stomach, of that nerve-force that each wants in full, for perfect work.

The system cannot do two things at the same time, as well as it can do one thing. No one can meditate upon a poem and drive a saw at one time without dividing his force; he may poetize fairly and saw poorly; or he may saw fairly and poetize poorly; or he may both saw and poetize indifferently. Brain work and stomach work interfere with each other if attempted together. The digestion of a dinner calls the force to the stomach, and temporarily slows the brain.

Dr. Hutchison says (in his "Physiology") that "the practice of eating at short intervals . . . robs the stomach of its needed period of entire rest, and thus overtasks its power." Note the word "entire."

(To be continued.)

OSTEOPATHY.

In the method of treatment known by this name, the human body is regarded as a finely constructed machine, containing within itself organs, supplying nutrition, motion, sensation, and reproduction.

Laying aside the technical terms of anatomy and physiology, the structure may be said to consist of a framework of bone, in which the vital organs are enclosed, and to which are attached the muscles, by the action of which the powers of motion and locomotion are given to the machine. Also enclosed in the framework is the brain, from which conductors called nerves are sent out through openings to the muscles which they innervate, and to the vital organs whose functions they control. By the action of the heart the fluids of the body are kept in circulation through the arteries, veins, and ducts, giving nutriment to and building up the entire structure, and carrying off accumulations of waste and refuse matter from the tissues.

The theory on which the science of Osteopathy was founded is that if every part of the bony structure is in place and the passage of the nerves and blood-vessels is unobstructed, so that each part of the mechanism is receiving its proper nerve- and blood-supply, the machine will perform its work correctly, and we have the condition known as health, which should continue until the machine is worn out by natural processes. On the other hand, if any part of the framework or its muscular attachments become dislocated or misplaced so that a pressure is put

on a nerve, or a blood-vessel is partially or fully obstructed, the condition known as disease will make its appearance in that part of the structure supplied or drained by the nerves or blood-vessels involved. The Osteopath looks on the latter condition as the result of a mechanical defect, and experience has demonstrated that, armed with a comprehensive knowledge of the anatomy of the structure, and a close acquaintance with the physiological manifestations of disease, he is enabled to trace effects to their causes and remove them without the use of any of the poisonous drugs that are so freely used in the practice of medicine. Osteopathic treatment would appear to any one of any intelligence to be more reasonable than the methods of the medical school, as a comparison will show.

A good machinist, when he discovers that the machine under his charge is out of order, does not attempt to correct its irregularities by introducing into its mechanism any foreign matter in the shape of metallic, mineral, or vegetable substances, but makes a careful examination of the whole machine and removes the cause of the trouble.

When anything is passed into the alimentary canal of the body, it is stopped in the stomach, which begins the process of digestion; from the stomach it is passed into the intestines, where, by the aid of the liver and the pancreas, the process of digestion is completed.

The result of operation is filtered through the walls of the intestines into the lymphatic system, and by the way of the thor-

acic duct is emptied into the veins and mixed with the blood, and by its circulation is carried through the entire system.

The refuse of the substance digested remains in the intestines and is excreted from the body. All medicines introduced into the body through the alimentary canal must take the same course, so that creosote, which is prescribed for pulmonary affections, strychnine for nervous derangements, bismuth, pepsin, and hydrochloric acid for stomach troubles, sulphuric acid, muriatic acid, morphine, cocaine, belladonna, aconite, digitalis, and nitro-glycerine for diseases of different organs or parts of the body, not only go to the parts affected by disease, but to every other part of the system except where they are prevented by an obstructed blood-vessel. The same thing happens when medicine is passed into the system through the skin by hypodermic injections, as it finds a lodgment in the lymph, in the subcutaneous tissue, and is carried into the blood through the lymph channels and thoracic duct.

The larger number of medicines used at the present time are classed among the poisons, and the terrible effect of their use can be seen in the mental and physical wrecks of men and women who become addicted to the use of morphine and cocaine by the continued prescription of them by their medical advisers. It does not appear reasonable that the addition of a poison to the blood could repair a diseased tissue in one part of the body and not have a bad effect on that part that still remains in a healthy condition. In Osteopathic treatment there is no foreign substance introduced, but, by perfectly rational and rea-

sonable methods, the effort is made to put the machine in such condition that each part will do the work for which it was designed by its Creator.

Fully ninety-five per cent of all persons who apply to Osteopathy for relief have for years been seeking relief from medicines and have not received it. If Osteopathy benefited no more than ten per cent of this number, it would be entitled to recognition; but the fact is that eighty per cent of the total number treated have been cured, while not over five per cent failed to receive any benefit at all, and these cases are those where the nervous system has so degenerated through the continued use of drugs that there is nothing left to build on.

The only opposition to Osteopathy is from some of the doctors of medicine who have never investigated it or its work, and look upon it as an intruder in the field of treatment that is likely to interfere with them financially. But there are numbers of men in the medical line who are prominent in their profession, who have seen its work, and have spoken many kind words for it, and are prescribing the treatment for some of their patients whose cases they have failed to reach by medicine. There never has been a treatment placed before the people that has produced the good results that have been reached by Osteopathy, nor one that has made as many friends among its patrons. Its use is being extended daily, and with the new discoveries constantly being made by bright practitioners, it cannot fail to ultimately have conceded to it the right to occupy the position it now has at the head of all the different forms of treatment.—*Northern Osteopath.*

PARALYSIS.

BY DR. SANDFORD T. LYNE.

Paralysis manifests itself in various forms and degrees; and, being no respecter of localities, every muscular tissue and organ of the body is subject to its attack. It is a condition wherein the nervous system is particularly involved, and to deal successfully with this system is a perplexing problem to most schools of practice. Notwithstanding the importance of the subject, and its manifold diversities, our deliberations must be largely confined to generalities, as to particularize would require more time and space than is here contemplated.

Paralysis may be defined as complete loss of the power of muscular action. If there is weakness of this power with certain movements still possible, the condition is known as *paresis*. When it is confined to one side of the body, it is known as *hemiplegia*, and is usually of cerebral origin. If confined to the lower half of the body, it is called *paraplegia*, and is usually of spinal origin. If confined to one limb or group of muscles, it is known as *monoplegia*, and may have its origin in the brain, spinal cord or a nerve-trunk, and is usually located accordingly. If it exists in symmetrical parts of the body, as both arms or both sides of the face, it is called *diplegia*.

Paralysis is due to injury of the motor centers in the brain, spinal cord or a lesion in the course of a nerve or in the periphery cells. It may be caused by embolism, thrombosis, hemorrhage, congestion, tumor, abscess, sclerosis,

trauma of the vertebræ, traumatism, indurated muscles, myelitis, neuritis; in fact, anything which impairs the powers of the generating nerve-centers or the conducting nerve-fibers. The most conspicuous symptom is *loss of muscular power*. The muscles may retain their normal volume and nutrition or may be atrophied; if there is atrophy, the lesion is in the ganglion cells or the periphery nerves; if there is no atrophy, the lesion is in the motor fibers between the cortex and the cells of the anterior cornua. There may be impaired sensation. There is usually incoördination of movements and changes in the reflexes. If the nerves of special sense are involved, it is pathognomonic of cerebral lesion. If there is a "girdle sensation," it points to spinal lesion. If the condition is confined to muscles or groups of muscles supplied by certain nerves, it indicates a lesion in the course or periphery of the nerve or nerves in question.

The prognosis of paralysis depends largely upon the cause. It also depends upon the general condition of the system as to its powers of *action* and *reaction*, which are prime factors in the success of Osteopathic methods.

No method of treatment can be truly scientific unless the operator keeps in mind the mechanism of the structure and function of the parts involved. Osteopathy concerns itself especially in the natural laws or agencies engaged in the production and maintenance

of normal structure and function. Therefore, in order to intelligently consider the condition in question, as well as to understand the means proposed for its correction, it is necessary to make a brief reference to the essential physiological principles of the nervous system.

For the purposes of this article our investigation may begin with nerve-centers, which we find are composed of nerve-cells (principally) and nerve-fibers bound together by connective tissue. The cells are the centers of activity; originating impulses and conducting them as well; besides this, they are the physiological centers for reflex movements, also for the sensory and secretory functions. The nerve-fibers are chiefly conductors, and largely constitute nerves. They connect the center and periphery cells, carrying impulses to and from these points in response to stimuli. According to their functions, nerve-fibers are classified as afferent—carrying centripetal impulses, and efferent—carrying centrifugal impulses. The afferent fibers carry impulses from the periphery to the center; when the impulse occasions perception they are known as sensory fibers, and when action is implied without exciting mental perception they are known as excitoreflex. The efferent fibers carry impulses from the center to the various textures and organs of the body; when carrying impulses to muscles exciting them to action they are known as motor fibers, when carrying impulses preventing or diminishing activity they are known as inhibitory, and when carrying impulses exciting the activity of a gland they are known as secretory.

Although physiologists agree that the spinal cord is capable of

arranging and discharging nerve impulses with a very definite degree of purpose, and that the movements of muscles are largely dependent upon the cells contained in the cord, they concede that the brain contains a "motor area," situated in the convolutions about the "fissure of Rolando," and that excitation of this area by stimulation produces coordinated movements of the muscles. This center may be excited *reflexly* through the spinal cord, which is not only an instrument of conduction between the brain and the periphery nerves, but the *origin* of reflex action is one of its principal functions; it furthermore contains many subordinate centers which are *capable of action independent of the brain*. The spinal cord gives rise to thirty-one pairs of nerves, each containing both motor and sensory fibers; the anterior branches are distributed to the body in front of the spinal column, also to the extremities, and the posterior branches to the muscles and integument of the back. Each of these nerves sends communicating fibers to a neighboring sympathetic ganglion, closely connecting the sympathetic with the cerebro-spinal system. The motor power of the spinal nerves is derived from the *motor ganglionic cells* in the anterior horn of the gray matter of the cord, and the sensory power from the *sensory cells* in the gray matter of the posterior horn. An action which results from an afferent impulse passing to a nerve-center, and there converted into an efferent impulse, is known as a *reflex action*. Stimulation applied to the spinal nerves distributed to the muscles and integument along the spinal column sends an impulse through the afferent or sensory fibers of these nerves, which

spreads to the cells in the same segment of the cord, and reaching motor cells, is transformed into an efferent or motor impulse, excites to action the muscles or glands supplied by the center thus operated upon, and at the same time sends an impulse through the cord to the brain, and there may or may not give rise to a perception of the effect produced. The action of the cells in the cord is independent of the will and occurs before the mind is aware of it.

The nervous system is amply provided with blood-vessels which terminate in minute capillary plexuses, the vessels of which pierce the perineurium and usually run parallel with the nerve-fibers. These vessels are under the control of the vaso-motor fibers, which form a net-work about them.

It is a physiological principle that the normal action or excitability of the nervous mechanism of the body is dependent upon *nerve continuity* between center and periphery, also a *free circulation of blood* of the essential quality and quantity to insure proper nourishment of the nervous structure and to remove the deleterious effete matter produced by its molecular changes. Hence, anything interfering with these two agencies causes derangement of the nervous function, while, on the other hand, *to excite them to proper action is to promote the normal function of the nervous system*.

Although the property of contraction is inherent in the muscles, their movements are incited and controlled by the *motor fibers* of the nerves innervating them; it is also a physiological fact, well worthy of acceptance and of vital importance to the method herein proposed, that it is more effectual to apply a stimulus to the nerve supplying a part than to apply it

directly to the structure involved.

The application of *mechanical stimuli* to nerves is a well established principle among physiologists, who say that pinching, pressure, a blow, tension, etc., will produce this effect, and when applied to a motor nerve causes motion in the muscles supplied by it. Osteopathy appears to be the only school of practice that has adopted this method of stimulation, and has combined the various manipulations into systematic and scientific movements.

No fixed treatment for paralysis can be prescribed, as much depends upon the cause and variety of the condition, so that the principles of Osteopathy can be applied here only in a general way.

It is unreasonable to expect stimulation of the nerves by mechanical, chemical or electrical methods to overcome the difficulty until an *uninterrupted communication* between the nerve-center and periphery cells is established, and the ganglion cells *restored* to their powers of generating *nerve-energy*. After locating the seat of the affection, the nerve supply of its area should be traced from periphery to center in search of the *cause*, which also being located, the treatment must comprehend its *removal*. Special effort should be directed toward freeing the circulation of blood about the site of the lesion, that morbid processes may be neutralized and the nerve structure receive proper nourishment. A free flow of blood not only furnishes the materials necessary for the construction of vital force by the ganglion cells, but acts as a powerful stimulant to nerves. If the lesion is spinal, thorough manipulation of the muscles of the back and rotation and extension of the entire spinal column should be given to free the circulation

and to remove any compression of the spinal cord or its nerves; also give thorough vibration over the area or segment of the spinal cord constituting the seat of the lesion. These vibrations pass through afferent fibers into the cord or nerve-center, and in a measure stimulate the rhythmical movements peculiar to the cells, thus arousing their powers concerned in the generation of vital energy, and stimulating them to action. If the lesion is cerebral, there should be very thorough manipulation and extension of the neck, together with elevation and gentle rotation of the head. Manipulate and vibrate alternately the nerves about the orbital cavities, the facial nerve where it passes over the ascending ramus of the inferior max-

illary, also the nerves at the infraorbital and mental foramina. If too much blood in the head is indicated, apply pressure and vibration alternately to the occipital nerves at the base of the skull, and vibrate along the longitudinal sinus, also manipulate the abdomen.

While accessory treatments will usually be indicated in paralytic conditions, they must depend upon the good judgment of the operator. In any event, before a cure can be anticipated, there must be *continuity* between center and periphery, and a *free circulation of the nutrient fluids* whereby the *ganglion cells* are *nourished and incited to the production of nervous energy*. By *mechanical stimuli, active and coordinated muscular movements* can then be established.



THE IOWA LAW.

A BILL FOR AN ACT TO REGULATE THE PRACTICE OF OSTEOPATHY IN THE STATE OF IOWA.

Be it Enacted by the General Assembly of the State of Iowa:

Section 1. Any person holding a diploma from a legally incorporated and regularly conducted school of Osteopathy of good repute as such, and wherein the course of study comprises a term of at least twenty months or four terms of five months each, in actual attendance at such school, and shall include instructions in the following branches, to-wit: anatomy, physiology, chemistry, histology, pathology, gynecology, obstetrics and theory and practice of Osteopathy, shall, upon the presentation of such diploma to the State board of medical examiners and satisfying such board that they are the legal holders thereof, be granted by such board a certificate permitting such person to practice Osteopathy in the State of Iowa, upon payment to said board of a fee of twenty dollars, which certificate shall be recorded by the county clerk of the county in which the holder desires to practice, for which he shall receive a fee of one dollar.

Section 2. The certificate provided for in the foregoing section shall not authorize the holder thereof to prescribe or use drugs in his practice, nor to perform major or operative surgery.

Section 3. Any person who, for the purpose of securing such certificate, shall falsely represent him-

self or herself to be the legal holder of any such diploma, shall be deemed guilty of a misdemeanor, and on conviction be fined not less than fifty nor more than one hundred dollars.

Section 4. Any such certificate may be revoked by the State board of health upon satisfactory proof of fraudulent misrepresentation in procuring the same or for any violation of the provisions of the certificate and for any gross immorality by the holder thereof.

Section 5. The system, method, or science of treating diseases of the human body, commonly known as Osteopathy, is hereby declared not to be the practice of medicine, surgery or obstetrics within the meaning of section twenty-five hundred and seventy-nine (2579), title twelve (12), chapter seventeen (17) of the Code.

The above law goes into effect July 4, 1898. The board will issue certificates only when in actual session, and its meetings are held on the first Thursday of February, May, August, and November. Examinations are held on Tuesday and Wednesday two weeks prior to each board meeting.

All correspondence relating to the practice of Osteopathy in the State of Iowa should be addressed to Dr. J. F. Kennedy, secretary, Des Moines, Ia.—*Editor*.

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TO CONTRIBUTORS.

The columns of this Magazine are open for the discussion of all questions of interest to public health. Preference will be given those of an Osteopathic nature.

Contributions regarding the history of difficult cases successfully treated by Osteopathy solicited.

Copy must be in hand not later than the 15th of the month preceding the issue for which it is intended.

In the art of freeing and equalizing the circulation of the blood, Osteopathy is without a formidable competitor.

The National School of Osteopathy leads all others in points of completeness in course of study, thoroughness, and special advantages to students. Read its announcement on page 92, this issue.

The "text-book" question seems to have *disturbed* some of the *cherished delusions* hitherto lying in peaceful repose and fancied security in the bosoms of a few *non-progressive* Osteopaths.

We publish elsewhere in this issue a copy of the bill recently passed by the Iowa Legislature, regulating the practice of Osteopathy. This bill has been signed by the governor and will go into effect July 4, 1898. By this act a great field has been opened to Osteopathy, and we predict that the science will soon be well represented in the State.

Osteopathy is fast commanding the consideration of the progressive minds of the medical profession, many of whom have already been convinced of its merit, and bid it a welcome into the healing art.

The rapid growth of our subscription list, on which now appear names from England to California and from Canada to Texas, as well as the many congratulations we are continually receiving with reference to the merits of our magazine, are certainly very encouraging.

Osteopathy has gained public favor and confidence more rapidly than any other method of treatment yet proposed, and it never fails to get the attention and endorsement of the most intelligent classes where it is properly introduced.

The amount of stimulation which can be given the capillary circulation of the entire body by the method employed by the Osteopath is simply surprising. * * *

Osteopathy must rank as one of the most important measures known for the relief of all forms of chronic ailments.—E. H. Pratt, A.M., M.D.

Mr. F. B. Duffey, the genial representative of the Pacific School of Osteopathy at Los Angeles, Cal., made us a pleasant call recently, on his way to the coast. Mr. Duffey impresses us as being the right man in the right place. He reports the Pacific Institute prospering.

The human body is an epitome in nature of all mechanics, all hydraulics, all architecture, all machinery of every kind. There are more than three hundred and ten mechanical movements known to mechanics to-day, and all these are modifications of those found in the human body. Here are found all the bars, levers, joints, pulleys, pumps, pipes, wheels, and axles, ball and socket movements, beams, girdles, trusses, buffers, arches, columns, cables, and supports known to science. At every point man's best mechanical work can be shown to be but adaptations of processes of the human body, a revelation of first principles used in Nature.—*Ladies' Home Journal*.

Subscribe for the Kansas City Osteopathic Magazine, one dollar per year. Whatever may be your occupation or profession, you will find in it many valuable suggestions and tangible facts with reference to Osteopathy.

Dr. H. M. Sheeks was a caller at our office recently. The doctor is a graduate of the National School, and has had phenomenal success in his practice in Montana. At present he is at Atchison, Kas., on account of the illness of his father. Dr. Sheeks has proven himself a fine operator, and is well worthy of public confidence.

We publish in this issue an article on the subject of "Respiration," contributed at our request by a writer of unquestionable ability, and whose vast research has especially qualified him as an able exponent of the vital principles of man. This article is well worthy of careful consideration.

A marked improvement is observed in the recent issues of *The Osteopath*, published by the Pacific School of Osteopathy, Los Angeles, Cal., both in appearance and in instructive articles contained therein pertaining to Osteopathy. *The Osteopath* is a progressive publication, and withal, ably edited.

We notice from a Kirksville paper that Dr. McConnell, a member of the faculty of the American School of Osteopathy, has recently returned from Chicago, where he has been completing his course at the National Medical College. It will be found on examination that the leading professors in most of the Osteopathic schools are graduates in medicine as well as Osteopathy. This appears significant, and must indicate that to be a graduate in medicine carries with it some *advantages* as an *instructor*, and if so, as an instructor why not as a *practitioner*?

Osteopaths, as well as their patients, should bear in mind that the results of Osteopathic treatment are not always immediate. This should not be discouraging, as the method depends upon *natural agencies*, rather than *artificial*, and if the *active* and *reactive* powers of the system are much lowered, it may require some little time for Nature to *complete* the work of a cure begun in the system by Osteo-

pathic treatment. Not unfrequently is it the case that a complete cure becomes apparent some time after the treatments are stopped, when there was hardly any perceptible benefit during the time of treatment.

Speaking of letters of inquiry regarding various Osteopathic practitioners, the Pacific School of Osteopathy says, it "can give no information about the abilities of the graduates of other schools." This is a potent fact applicable to every school, and in pursuing such a policy the Pacific School certainly shows good judgment, and a disposition to deal fairly. There are others who would do well to emulate the example.

Doctor Helen M. Barber, vice-president of the National School of Osteopathy, has opened an office at her residence, 1106 East Eighth Street, Kansas City, Mo. Doctor Helen is a graduate of the American School of Osteopathy, and was among the favored few who were in close touch with Doctor Still—receiving her Osteopathic instruction from him in person. She is the only lady Osteopath in Kansas City, and makes a specialty of diseases of women and children.

Osteopathy Complete is the title of a volume of nearly six hundred pages, written by Elmer D. Barber, D.O., of Kansas City, Mo. Osteopathy is the fad of the hour. That there is truth in it must be admitted. That its merits are exaggerated is to be taken for granted. It has ever been thus when new truths are promulgated. A good portion of this book is taken up with the description of diseases. We notice that he enumerates several diseases to which Osteopathy is not applicable. For

diseases he gives minute directions.

A superficial consideration of this fad leads us to think that the conservative portion of the profession will be brought to place a proper estimate upon it, and humanity will in the end be benefited.—*People's Health Journal, Chicago.*

The (Kirksville) *Journal of Osteopathy* pretends that at some "convenient season" Prof. Smith contemplates going to Chicago to vindicate himself in the matter of charges of burglary and criminal libel. Was the professor "at himself" when he made this impression? Talk is very cheap; and, as "we are from Missouri, you will have to show us." Although the professor seems to be resting under the ban of an "armistice" at present, we would not be surprised at any time to hear that he "awakened" one morning and found himself in Quincy, Ill., after one of those notorious evening jags and famous cab-rides; and on that auspicious (?) occasion he may rest assured that it will require more than his usual preparation for "armed intervention" to establish for himself even a moderate degree of "autonomy," to say nothing of "absolute independence."

Who weeps with you when you are sad, and laughs with you when you are glad, and swears with you when you are mad? The editor. Who has to be both kind and wise, and never (hardly ever) lies, and when he does, creates surprise? The editor. Who owns a heart as well as cheek, is possessed of a spirit proud and meek, and lives on forty cents a week? The editor.—*Weekly Enterprise, Hamilton, Va.*

From the beginning our policy has been to never undertake a proposition unless we could occupy perfectly tenable grounds. In our recent discussions of certain subjects our positions have been so well fortified with incontrovertible facts that, after dealing with the subjects in question, we have not expected any replies. The fact is, that we have "dissected" these subjects so thoroughly that nothing has been left on which a reasonable opposition could be based.

Calling people "names" is a low species of rowdyism not indulged in by refined and high-minded people. Such a practice is sure to meet with the contempt and detestation of all unprejudiced minds.

We are greatly pleased to be able to make mention of the wonderful results accomplished by osteopathic treatment in the case of Mr. S. W. Hurst, a very prominent business man of this city, who for the past four years has suffered with so-called heart disease. Recently more alarming conditions developed in the nature of Bright's disease, enlargement of the liver and dropsy. About four weeks ago a consultation of leading physicians pronounced his case hopeless. An Osteopath was called in, and Mr. Hurst is now convalescent, and calls at our office regularly to take treatments.

Doctor A. L. Barber, eldest son of the editor of this magazine, and secretary of the National School, has enlisted in Company K of the Third Missouri regiment, and will no doubt be ordered to the front before we leave the press. The doctor will doubtless enjoy the

distinction of being the only Osteopath in the United States Army, and the Kansas City Osteopathic Magazine will be the only publication of the kind with a war correspondent on the field of battle. We expect the doctor's articles will be very interesting and instructive from an Osteopathic standpoint, as a variety of cases will certainly come under his observation not met with in ordinary practice. He not only expects to kill and scalp a few Spaniards, but also to test the merits of osteopathy in yellow fever, cholera, etc. We predict that his fondest ambitions will be realized, and that the Third Missouri regiment will cover itself with glory.

It has long been conceded by the medical profession that heart difficulties are most rationally treated by passive and active movements. The Swedish movement cure has been recommended for dilation of the heart, hypertrophy of the heart, fatty heart, sclerosis of the heart, neuroses and palpitation. The physiological action of Swedish movements is very simple, the whole aim of the treatment is purely mechanical, and as a result the patient improves. The average, M.D. recognizes the benefits of the Swedish movements, but will not recognize Osteopathy, which is to Swedish movements as science is to art. The Osteopath understands diagnosis as well, and in many cases better, than the ordinary practitioner; he is capable of judging what is best for his patient, and, to sum up, as a manipulator he is an artist, and as a physician he is a scientist, his science directing in all cases how to apply his art.—*The Osteopath.*

Missouri newspapers have named the present "war fever," "Spaindecitis"

"So poor Cottenham is gone!"

"Yes, the doctors said only a Spanish blister could save him, but he wouldn't have it."

Doctor do you believe that the use of tobacco tends to shorten a man's days?

Doctor.—I know it does; I tried to quit once and the days were about eighty hours long.—*Indianapolis Journal*.

What a difference one letter makes in a word.

Doctor Jones was quickly summoned, who, after examining the patient's pulse, decided that the case was hopeless.—*Medical Times*.

NEW TREATMENT FOR HICCOUGH.

Hiccough is a spasmodic contraction or convulsive affection of the diaphragm arising from any cause that may irritate or excite the nerves controlling its action. The phrenic nerve (which controls the diaphragm) arises chiefly from the fourth cervical with a few filaments from the third and communicating branch from the fifth. It descends to the root of the neck, running obliquely across the front of the scalenus anticus muscle, passes over the first part of the subclavian vein, and as it enters the chest, crosses the internal mammary artery near its origin. Within the chest it descends nearly vertically in front of the root of the lung between the pericardium and the mediastinal portion of the pleura, where it divides into

branches which separately pierce the diaphragm and are distributed to its under surface.

We were taught by our Alma Mater that a pressure in front of the transverse processes of the third, fourth, and fifth vertebrae would immediately stop hiccough, but in many instances have known this method to fail. We have recently discovered that the following additional treatment will relieve this condition, and have not known it to fail in a single instance: Place the patient upon a stool, the operator standing behind places his knee between the shoulders and grasps the wrists of the patient, raise the arms high above the head, pressing hard with the knee, at the same time instruct the patient to fill the lungs to their fullest capacity, hold in this position thirty to fifty seconds; repeat once or twice. This treatment places a pressure on the diaphragm and checks its action, thus relieving the spasmodic contractions, and quieting the action of the phrenic nerves.

NEW TREATMENT FOR NOSE-BLEED.

The nose being supplied principally by branches from the facial artery, nose-bleed may be almost instantly stopped in the following manner: Pass the thumbs from front backward along the lower edge of the inferior maxillary bone (jaw-bone) on each side until a little notch in the bone is detected, here the facial artery bifurcates and passes up over the bone to the face and nose and its pulsations may be felt. Press the artery at this point against the bone for a few moments; this shuts off the flow of blood and permits it to coagulate in the nose.

A GRATEFUL PATIENT.

Without solicitation or the knowledge of Drs. E. D. and Helen M. Barber, of the National School and Infirmary of Osteopathy, who so efficiently represent the science of Osteopathy, I desire to state to the public generally what, through their treatment, this science has done for me—after 66 years of age.

Some three years ago I became afflicted with dropsy of the feet and legs, caused by a gunshot-wound through my thigh and hip. I consulted my family physician of this place, and the Board of Pension Examiners at Columbus, Kas., also three other physicians of our city, and all of them gave me the same advice, which I followed strictly, although to no effect, and the swelling, or bloating, still increased, until it reached my knees. By this time I became considerably alarmed, so I went to Columbus, and consulted Dr. Baxter—who is known both far and near to be an eminent physician—and rigorously conformed to his advice, but the swelling increased. I then obtained a recipe from the president of the Eclectic Medical College of Cincinnati, O. This I also followed closely. Still the swelling continued, until it was about half way between my knees and my body.

Finally, by the advice of friends, I called on Dr. Barber, who, my friends said, gave no medicine, but would surely cure me. I showed my legs to the doctor, and asked him if he could do anything for me, and he said, "O yes, I can cure you in a short time." (By this time the pain was intense, and my joints and muscles were so stiff, it was with difficulty that I could walk about, and could not get into my buggy or go up stairs without assistance.)

Well, this was the first encouragement I had received, so I concluded to try the new science—still I had not the least thought of receiving any help.

To my astonishment, after the first treatment, the swelling began to recede. After the next three treatments, I could get into my buggy, and go up and down stairs two steps at a time.

Dr. Barber treated me at intervals—some three months, at which time the swelling and soreness was all gone—and after two years has not returned.

For the past two years I have had so much labor to perform and exposure to endure that my system had become very much debilitated, together with rheumatism, soreness of the muscles, catarrh in the head, etc. Meeting the doctor one day, a couple of weeks ago, he remarked to me, "Why, Mr. Harris, you seem to be considerably afflicted; what in the world is the matter?" I explained to him. He said, "Come over to our school, and I will have some of our students give you a few treatments, and they will make you feel quite young again." I went, and received in all about a dozen treatments, by different ones of the students; and I surely feel twenty years younger than when I first stepped inside the college doors.

And now I wish to say a word to the ladies of this and other communities about Dr. Helen M. Barber. She thoroughly understands the science of Osteopathy, is a perfect woman, a good Christian, and a lady in all that the word means. Ladies in any way afflicted, call and consult Dr. Helen M. Barber, and, my word for it, you will never regret it.

Leander W. Harris.

From the Baxter Springs (Kan.) News.

MORE ABOUT TEXT-BOOKS.

The April number of the (Kirksville) *Journal of Osteopathy* makes an exceedingly weak attempt to explain away the necessity for Osteopathic text-books, so that to defend our position at this time seems almost unnecessary, especially before an intelligent public. The fact that the position taken by the *Journal of Osteopathy* is without any semblance of logical conclusion removes any occasion for a contest of arguments. We cannot refrain, however, from calling attention to the unreasonable and inconsistent position in which the *Journal* has placed itself before intelligent people.

The *Journal* says: "Anatomy, physiology, and chemistry are all the text-books he [the Osteopath] wants and needs." "I [the *Journal*] consider the above the most perfect text-books that can be given to man." We are not sure whether the *Journal* means that the subjects of anatomy, physiology, and chemistry are all the text-books the Osteopath needs, or whether it means that *text-books* on these subjects are all he needs. In any event, we freely admit the importance of the text-books not only on the subjects of anatomy, physiology, and chemistry, but on any other subject of importance comprising principles and philosophy; and although the student may pass his examinations in the various branches with grades of 100, he still needs the *text-books* for reference, and the intelligent, progressive and successful practitioner never gets too old to continue to learn something from standard text-books.

The *Journal* further says:

"Gray's 'Descriptive Anatomy' is the greatest text-book that any student or operator can have with him." This is indeed true, so far as anatomy is concerned, but we have failed to find where Gray says anything about *Osteopathy*, formulates or makes any application of its principles. Gray confines himself to anatomy, and to intimate, as the *Journal* does, that Gray was an *Osteopath*, and that the principles of Osteopathy are formulated and promulgated in text-books on anatomy, physiology and chemistry, is to deny Doctor Still's claims as a discoverer, or that he has evolved any principles with reference to the science.

The *Journal* also says, in effect, that after the student has received instructions in the various branches referred to, and understands them, "he is ready to enter the rooms of the clinics, and receive instructions on the principles and philosophy of Osteopathy." By oral methods only? Why not a *text-book* on this important branch as well as the others? Is it of less importance? Can the student comprehend the principles and philosophy of this branch so easily and clearly that he will never forget them, or need to refer to them in his practice after they have been once suggested to him? You had as well say that the practitioners of law or medicine need no text-books on the vital subjects of their respective professions.

If the *Journal* could only know how many of the graduates of the American School are procuring a *text-book on Osteopathy*, it would certainly have cause to believe that

there was great need of such text-books.

In another article of the same issue the *Journal* says: "Doctor Still long hesitated, because he was prosecuting the science, and wished to have it as near perfect as possible, before he proceeded to publish his book," and that the doctor "has recently made new discoveries in the science." Does the *Journal* mean to intimate that Doctor Still is contemplating writing a *text-book* on Osteopathy after what it has said in the article formerly quoted from? That the doctor is continually making new discoveries in the application of Osteopathic principles is not to be doubted, for the same is equally true of every other intelligent Osteopath engaged in research and practice; and if Doctor Still waits until all the discoveries are made before writing his book, he will certainly never write one.

No text-book is supposed to include every possibility in reach of the science it represents. New discoveries in the way of methods and remedies will never cease, yet the principles and philosophy of the science applying them will remain the same, provided they are founded upon truth and natural laws.

Dr. Still stated, according to the January number of the *Journal*, that not one new principle in Osteopathy had been evolved since 1874. This being true, why wait for new discoveries in the application of these principles? Why has he not given the public these principles, which are as unchangeable as the multiplication-table, in book-form long ago: and the new discoveries, which are but new manifestations of these same principles in their application to abnormal conditions, in later edi-

tions? In answer to these questions many people have their private opinions, which, should they be expressed, would not corroborate the *Journal's* reason, that the doctor was "waiting to perfect the science."

A disposition to promote or to perpetuate a science intended for the public good by traditional or secret methods finds no favor with intelligent people, and is sure to impress them in one of two ways: first, that such promoters or advocates are actuated by purely selfish motives; or, second, that the principles of the science are not well founded, or are not original. Any science having distinct principles and real philosophy is certainly eligible to publication form, and to deny the right of Osteopathic publication is to discredit it as well-founded science.

Dr. Barber does not claim that his text-book comprehends all the possibilities in Osteopathy; neither is it possible for any other book to do so. He does not claim that his book is all that is needed to constitute an Osteopath, any more than that a text-book on the principles and practice of medicine would make a person a doctor of medicine. Any one who presumes that he would make such claims certainly has a very superficial knowledge of Osteopathy, and no conception of what really constitutes an Osteopath.

The doctor simply offers his book to the public on its actual merits, and claims, without the fear of successful contradiction, that it is an honest and conservative presentation of the principles and practice of Osteopathy, and its rapid sale and the excellent endorsements it is receiving are convincing proofs that his efforts have not been in vain.

Letters from Correspondents.

DELIGHTED WITH "OSTEOPATHY COMPLETE."

Dear Dr. Barber:—I am delighted with your book, "Osteopathy Complete." It is a big surprise to me. You are the *hero* (instead of Dr. Still). You are the one to whom time and posterity will award the honors instead of Dr. Still. Your books will give you a certain kind of immortality.

May God (and the gods) bless you.

W. Frank Ross, A.M., M.D.
Rantoul, Ill., March 21, '98.

The writer of the above is a graduate of five colleges, including the Indiana State University and the Barnes Medical College of St. Louis. He is a fellow of the American Association of Physicians and Surgeons; late chief physician and surgeon of the Bethany Park Sanitarium, special lecturer on hygiene in the American Medical College of Indianapolis, Ind.; author of "Medical Hygiene"; professor in the Central University Correspondence School of Indianapolis; editor of the medical department in *St. Louis and Her Suburbs* (a monthly magazine).—*Editor.*

THE IMPORTANCE OF TEXT-BOOKS.

Dear Doctor:—I am highly pleased with "Osteopathy Complete." It has the advantage of being the first complete text-book on the science, and is destined to

occupy a place in medical literature as a standard work. It gives due credit to other branches of the healing art; and the policy of the author, and the connection of his institute with a first-class high-grade medical college, will hasten the popularity of the book, and commend it to the confidence of the medical fraternity, who will find in its methods a *specific* for many conditions which drugs positively fail to reach.

On medical questions we would be at a loss without a standard text-book, and an Osteopath without a text-book is *virtually without authority* and not in a position to question the methods of another, as no two individuals can see, hear or perceive the same thing in exactly the same light; neither do we expect all authors on the subject of Osteopathy to be without some differences in theory and method; *the principles*, however, will ever *remain the same*.

As a branch of therapeutics Osteopathy has come to stay, and it will work out its highest honors through those who make it a specialty. The principles of Osteopathy are both *reasonable* and *scientific*, and any one familiar with anatomy will at once see that Osteopathy occupies a place entirely independent of all other movement-cure systems, being not only superior to, but absolutely divorced from them. It has opened up a new field in methods of diagnosis that is indispensable to the progressive physician, and he cannot afford to allow profession-

al prejudice to rob him of valuable knowledge.

Success to your efforts in disseminating Osteopathy.

R. P. Hansen, M.D.
Oshkosh, Wis., April 11, 1898.

PARALYSIS CURED.

Dr. E. D. Barber, Kansas City, Mo.:

Kind Friend:—I received your handsome present, and thank you many times.

It is both an elegant and useful book.

I hope that you will make all the people well by your wonderful work.

Again I thank you for your present.

Olive Turkington.
Cherokee, Kas.

The above from our little friend we appreciate very highly. Two years ago we were called to her bedside and found her in almost a dying condition, suffering from complete paralysis of the lower extremities caused by curvature of the spine, breaking the nerve current between the brain and sacral plexus. She also suffered with heart trouble caused by pressure of the ribs over the heart; also stomach trouble from pressure on the splanchnic nerves at their origin.

For eight years Mr. Turkington had sought in vain for a cure, or even temporary relief, for his little daughter. After exhausting all other remedies, Osteopathy was tried as a last resort. The bones of the thorax were soon adjusted in a manner that relieved all pressure on the heart; in two weeks' treatment the curvature was partially reduced, and all signs of paralysis disappeared.

The framework was gradually adjusted, the nerve and blood supply was freed and equalized. The appetite improved and the stomach trouble entirely cured. After four months the treatment was discontinued, since which time Miss Olive has attended school regularly, passing grades of 100 in most of her examinations.—*Editor.*

"MECHANO THERAPY."

Dear Doctor:—Before me is your magazine, which I have perused with much interest and pleasure. We think you have pursued a wise course in the arrangement perfected with the Homeopathic University of Kansas City. This will be the means of obtaining the recognition for Osteopathy it rightly deserves.

Regarding the name of this new science referred to in Dr. Welsh's article on "Neuralgia," I would say the terms "mechano therapy" would be a more appropriate name, since it can be found in our dictionaries, and is suggestive as a remedial agent. "Mechano therapy" covers or includes all the mechanical manipulations of the bones, ligaments, muscles, nerves, arteries, veins, and lymphatics, so Nature can carry on her work successfully. The more we practice so-called Osteopathy, the more are we convinced of its common sense, and that it is the most scientific method of curing disease known to the nineteenth century. It appeals to one's reason, it proves itself by its works, and when a demonstrator does not obtain results, he is not worthy of the name Osteopath.

A. T. Noe, M.D., D.O.
San Francisco, April 8, '98.

REMARKABLE CURE.

Dear Doctor:

We received the Kansas City Osteopathic Magazine, and think it the best of the kind ever published; dealing, as it does, not only with the promotion of the science of osteopathy, but giving new discoveries and treatments. It is an up-to-date paper and a credit to its publisher.

We have recently successfully treated a gentleman who was troubled with insomnia, chronic indigestion, nervous prostration and chronic constipation for twenty years. He had tried various specialists without relief, and had given up in despair. The first two treatments relieved all the conditions, and in two months he was entirely cured. We also treated his 8-year-old son, who had been troubled with constipation from birth, and cured him in less than one month.

We are now treating a railroad man 39 years of age, who had his right foot turned up on the shin and his spine injured in an accident. He grew continually worse under the usual treatment until he had lost all sensitiveness to cold, heat and touch from the seventh dorsal to the foot. The right hip was swollen, and the

reflexes exaggerated. His condition was diagnosed by the leading professors in the colleges and hospitals as a clot on the gray matter of the cord, and they could do him no good. We found one of the dorsal vertebra dislocated, and begun treating him April 5th. He now sleeps well, sensation is returning, the swelling in his hip disappearing, and the exaggerated reflexes subsided; he can walk all over the city, and is very enthusiastic in his praise of osteopathy.

J. T. Crisp, D.O.

Baltimore, Md., April 13, '98.

PLEASED WITH "OSTEOPATHY COMPLETE."

K. C. Osteopathic Magazine:

Gentleman, enclosed please find money order for \$1.00 in payment of one year's subscription to your magazine from April 1898 to April 1899.

"Osteopathy Complete" came to hand some time ago and am very much pleased with it. It has helped me for catarrh very much, and now I am trying it with others, and have more faith in it than all the drugs.

Address,

J. P. Freek,

Barrie, Ontario, Canada.



PROFESSIONAL ETIQUETTE.

An eminent physician had a valuable cow which became sick and seemed likely to die. He asked an Irish servant, who lived with him, if he knew anybody who followed the cow doctoring. The doctor's groom said: "There 's Jemmy Lafferty, who can cure any cow in the world." "Well, then," replied the doctor, "go for Lafferty." The cow doctor accordingly came and treated the brute for four or five days, and on the lapse of due time he waited on Dr. Lewis and pronounced her cured.

The doctor, greatly delighted, put his hand to his pocketbook, "Well, Lafferty, what do I owe you?" "Owe me!" replied Jemmy, drawing himself up with dignity, "nothing, sir; we doctors niver take money of one another."

"My first impulse," said the doctor, while telling the story, "was to throw his fee after him, but on second thought, the whole affair seemed so ridiculous that I bowed him my acknowledgements with as much gravity as I could assume."—N. Y. Ledger.

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Kansas City Osteopathic Magazine,

415-18 Keith & Perry Bldg.,

Kansas City, Missouri.

Gentlemen: Enclosed please find draft or money order for \$1.00, in payment of one year's subscription to your magazine.

From....., 189... To....., 189...

Address,

Announcement of the National School of Osteopathy

The National School of Osteopathy of Kansas City, Mo., begs to announce that it has recently perfected an arrangement with the College of Homeopathic Medicine and Surgery of the Kansas City University, whereby it is able to offer to those contemplating an Osteopathic education the most complete and thorough curriculum yet proposed by any school of Osteopathy.

The College of Homeopathic Medicine and Surgery of the Kansas City University is one of the most thoroughly equipped institutions in the United States in which a medical and surgical education can be obtained; hence the arrangement referred to carries with it special advantages that cannot be remotely approximated by the combined facilities of all other Osteopathic schools.

The course of study will combine both didactic and clinical instructions. The student will be brought face to face with diseases in all departments; clinics being well supplied with material from the hospitals of the city. Surgery will be taught in all its branches, including "official surgery." Dissection will be a special feature; each student being required to actually dissect the entire human body, which means vastly more

than "a bird's-eye view of a dissecting arena." The advantages derived from the obstetrical department will be exceptional, fitting the student for the management of such cases to a degree that will justify him in undertaking obstetrical practice, which is not within the province of the Osteopath of to-day.

The Osteopathic branch will be taught in a more thorough and systematic manner than is proposed by any other school of Osteopathy. This is the only school thoroughly equipped with Osteopathic text-books, and the location in Kansas City of the immense packing-houses, railroad-shops and stock-yards furnishes an abundant supply of clinical material for demonstrative purposes as well as for the actual practice of the students.

Students will be graduated in Osteopathy in twenty months; and can finish the medical and surgical course without additional charge by completing the time required for same; otherwise, at the end of twenty months they will receive a certificate from the medical college which will entitle them to a credit of two years on the course in any like medical college should they desire at any time to complete said course.

"Osteopathy Complete,"

BY DR. E. D. BARBER.

"Osteopathy Complete" is the first and only book written on the subject of Osteopathy, with the exception of the small book, "Osteopathy," by the same author. Its production is the result of the many letters received from those who have purchased this small book, which contains 176 pages. The satisfaction, enthusiasm, the suffering relieved and cures effected by the methods as laid down in this volume, though crude and gotten up hastily, and the large number of questions regarding subjects that were not mentioned in the small book, all justified and necessitated a larger and more complete work.

The arrangement of "Osteopathy Complete" is entirely new, but immensely practical. The following will give an idea of its arrangement:

Preface. Introduction. Osteopathy. Skeleton adjustment. Glandular activity.

Free circulation of blood.

Co-ordination of nerve force.

Preliminary miscellany.

Researches of Dr. Elmer D. Barber.

Osteopathy in a nutshell.

How to apply Osteopathy.

How to make the examination.

A few important questions and answers.

Man as a machine. Principles of Osteopathy.

Anatomy and physiology of organs of respiration.

Diseases of the organs of respiration.

(Medical terms as applied to each disease of the organs of respiration.) Definition of same.

Symptoms, cause and treatment.

Anatomy and physiology of the heart.

(Medical term applied to each disease.)

Definition of same. Symptoms, cause and treatment for all diseases of the heart.

The above plan is carried out as nearly as possible throughout the entire work. Special attention has been devoted to the Gynecological and Obstetrical departments. A short treatise upon Dietetics is also included.

"Osteopathy Complete" contains nearly 600 pages, including 51 etchings and colored plates, printed upon the best of paper and strongly bound in cloth. All the principles of Osteopathy are fully explained, together with treatment for over 500 diseases. The index is complete, covering 20 pages.

The special features which render this book invaluable to the Osteopath not a regular graduate of medicine are the definitions of all medical terms, together with symptoms, which, with a perfect index, enables the operator to instantly turn to any point in doubt.

The special feature which we desire to call particularly to the attention of the M.D. is the fact that the principles of Osteopathy are so clear, concise and exhaustively explained, and the treatment so fully explained and illustrated, that wonderful results may be attained by those at all familiar with anatomy. "Osteopathy Complete," fully illustrated, is now ready for distribution, and will be mailed to any address upon receipt of the price, \$10.00.

"Osteopathy, the New Science of Drugless Healing," 176 pages, price, \$3.00. Address,

E. D. BARBER, D.O.,

418 Keith & Perry Building,

KANSAS CITY, MO.