

The Journal of Osteopathy

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THE JOURNAL OF OSTEOPATHY

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*OSTEOPATHY AND THE PEOPLE.

The will of the people is a factor that must be considered in all cases except where they are abject slaves. The people in the broad sense of the term know no classes. They are not the representatives of capital or labor, of wealth or poverty, of learning or ignorance, of profession or handicraft. When left to themselves they are tolerant in religion and politics. They do not recognize any school of medicine. They are willing "to live and let live." To attain the first end, they will patronize those who show the best returns in the way of health and length of days. To secure the second end, they will often go so far as to throw their influence in favor of the oppressed. Hence it is that the people generally act right when they have a chance to give a subject consideration without the interference of any special selfish interest.

The people supply the sound sense and the energy that brings about reform. They generally need a leader and the leader is supplied by the natural processes of evolution, or if you please, by the Divine plan. The people of England of the time of James I, and Charles I, in their fight against the iniquitous theory of the divine right of kings, evolved John Milton to fight their battles with the pen and Oliver Cromwell to subdue their enemies with the sword. When the people act under such inspiration the work is quickly done.

We find a like condition in all the walks of life. When the people become sick at heart of misrule they apply an effective remedy. When the people want better schools they build them. When the people want to banish oppression they rise in their might and throw off the yoke of bondage. They always find a leader, but a leader is powerless if he appears before the people have evolved to the condition where they are prepared to combine so as to be led. General Fremont, by authority vested in him as commander of a certain military division early in the Civil War, issued a proclamation freeing all the slaves within the territory over which he had jurisdiction. President Lincoln had to annul that act, the time was not ripe for such a radical measure; but as soon as the people were ready for such a step he did the same thing on a much larger scale.

NOTE—*Chapter VI of Dr. E. R. Booth's "History of Osteopathy," now in course of preparation.

The same principle applies in the evolution of osteopathy. Many people had turned against the extreme practices before the present generation came upon the stage of action. The writer remembers a case or two in point when he was a boy. A neighbor had his foot injured and the doctor wanted to amputate it. The young man had ideas of his own and was not afraid to express them. He said he would kill the doctor if he cut that foot off. That useful member remained on and served its purpose till the man reached at least the age of three-score years. Another neighbor told the doctor that he would "lick" him if his calomel ever salivated one of his family. The doctor soon stopped salivating people in that neighborhood. The custom of bleeding patients was abandoned only when the people declared they would not tolerate it. The drastic and disgusting doses that used to be administered to the sick had to be withdrawn and the sugar coated pill and the placebo substituted when the people demanded the less harmful or the more innocent remedies. Recently a patient with typhoid fever said to her nurse that she would rather die comfortably under osteopathic treatment than to take the doctor's nasty medicine. Doubtless every reader of these lines could cite other instances of similar import.

From what has been said above it will be seen that the writer believes that the time was ripe for a vigorous revolt against the practices of the medical profession. If not, how can we account for the sudden growth and popularity of mesmerism, hypnotism, mind cure, faith cure, Christian Science, massage, electricity, water cure, mud baths, etc.? The enumeration of these modes of healing in the same connection is not to be interpreted to mean that they are at all similar, or that they possess equal merit. The people were ready for anything to get relief from the thralldom of the dominant medical school.

From what has been said we are justified in claiming that the growing distrust among the people for drugs as curative agents had much to do in prompting Dr. Still to greater effort to discover some means which would not only relieve suffering but also satisfy the judgment of the learned and the unlearned who had minds that could be satisfied only by comprehending the relations of cause and effect. At any rate, he, a man of the people, always in close touch with the people and at the same time a lover of nature and a profound student of her mysteries, was on the ground, so to speak, to take possession of all those forces that were battling against empiricism and seeking a more rational way. The people were in the main in the right as usual and they found a man in the person of Dr. A. T. Still to lead them.

One peculiarity of the osteopathic movement is the tremendous impetus given it by a very small proportion of the people. There is nothing of the religious element in it to create enthusiasm and give it momentum as in Christian Science or Dowieism. There is none of the mysticism that appeals to the credulous as in most of the other systems of healing. There is none of the glamour of supposed superiority of learning as when a physician looks at the tongue, feels of the pulse and inserts a thermometer, looks wise, draws from his pocket a mysterious looking scratch pad, and writes a prescription in a language that

is intended to baffle all but a select few, recommending drugs, the properties of which and their mode of action are unknown to the doctor as well as the patient. None of these things have contributed to the success of osteopathy except by contrast.

Wherever osteopathy has been introduced it has met with favor from the people. Two reasons can be assigned for this. First, in most cases when people are sick they want a substantial cure, not a temporary relief such as generally results from the use of drugs; but a relief that leaves them well and enables them to go about the performance of their duties in the full enjoyment of life. Osteopathy has met this want in thousands of cases when nothing else could. Second, the people are ready to listen to reason, especially when it is based upon indisputable facts. They do not accept as final the statements of any person with "an axe to grind." They are susceptible to reason and in the long run are influenced only by the logic of facts. We may, therefore, rest assured that osteopathy will not suffer when the people shall have been informed as to its theories and results.

The manner in which the medical trust has undertaken to influence legislatures and courts is shown in Chapters IV and V. Its members, claiming to be the only conservators of the health of the people and practically the only possessors of scientific knowledge relating to disease, have tried to place a stigma upon every act not in conformity with their dictates. It took them a long time to exhaust their venom after the passage of the first Missouri law. Their concern for the people always has a "rider" attached which shows a greater concern for some particular class of the people. Dr. Duncan, President of the Missouri and Illinois Medical Association, at its meeting in St. Louis is reported by the *Globe Democrat* of May 20, 1897, as saying:

"Recent insults offered to the people and the medical association by the chief executive of Missouri should prompt the doctors of the state to exert their influence to elect a man who would be broad enough to listen to his fellow citizens. The act of Governor Stephens (referring to the osteopathic bill) was the greatest insult ever received by six thousand professional men. It was unwarranted, inexplicable, and showed his inability to fill the position to which we have helped elect him. It gives me pleasure to speak of his predecessor in this connection, who listened to the people in this matter."

The predecessor referred to was Governor Stone who vetoed an osteopathic bill in 1895 after it had passed both houses of the general assembly by overwhelming majorities. Then after two years Governor Stephens would indeed have been acting for a class instead of for the people, had he also vetoed a bill a second time which the people demanded almost without dissension.

The *Medical Fortnightly* of St. Louis, continued the attack, with this scathing denunciation of Governor Stephens for signing the osteopathic bill and praise for Governor Tanner of Illinois for vetoing a bill of similar import, overlooking the fact that he said: "I am not unfriendly to this science of osteopathy; on the other hand I see much merit in it, but I object to the form of the bill." The *Fortnightly* said:

" * * Take the governor of Illinois, who lately has shown the medical profession what a blessing it is to have an executive who is intelligent and broad-minded. Contrast Tanner, of Illinois with Stephens, of Missouri, and you see at a glance, as we say in medicine, the differential signs of progress and poverty. Tanner, alive to the needs and good of his state, Stephens, a selfish, unstable, ambitious, inane man, alive to what may accrue to Stephens, but caring little for the state he represents. In the train of such a man's acts comes poverty to state."

It is difficult to see what accrued to Governor Stephens except the consciousness of duty done. The company of governors to which he belongs of which he would have been an early martyr if the M. D's could have had their way has steadily grown and in 1904 has attained quite respectable proportions. Neither has the state of Missouri become impoverished by his acts. What had Governor Stephens done to bring upon himself the anathemas of the medical profession of the two great states of Missouri and Illinois? He had refused to accede to the arrogant demands of a class rather than act in accordance with the will of the people of all classes except one, as known in every section of the state and as expressed through their representatives in two legislatures.

But even the common, honest, Christian people always meaning well, have often been influenced by the pressure brought upon them by those who were opposed to osteopathy. Dr. H. H. Gravett of Ohio was annoyed in various ways besides being arrested and tried in the courts. (Chapter V). But he was not disposed to submit without a contest except in so far as it seemed necessary to save his friends from embarrassment. He writes as follows concerning his experiences in Ohio in the year of our Lord, 1897:

"Imagine my surprise when within less than two weeks time, the few acquaintances I had made came to me and said, 'We will have to be a little guarded about letting people, especially the doctors, see us go to your office, or have you come to our homes.' Then came the minister of the church to which my family and myself had always belonged and attended, requested us to stay away, as 'our attendance was affecting the standing of the church in the community.' I did as he requested, (although it was hard to swallow,) and served God and man better by studying my anatomy on Sundays. In a short time after I received notice from the State board, that I was practicing medicine under the state law and to comply with the provisions of that law or move on. A good lawyer and friend fixed this matter up for me after making a few trips to Columbus.

"As before stated I was making Greenville my place of residence and naturally most of the opposition at this time came from the M. D's and their friends at Greenville. Although very much discouraged over the outlook at this time I knew I was on the right side and that I had what the people wanted and if I could prove this no power on earth could keep me from practicing. But I did need some encouragement and it was forthcoming. One day soon after

there came into my office a fatherly appearing old gentleman who introduced himself as Mr. Herndon Albright, saying he had had some satisfactory experience with osteopathy at Kirksville some time since; he had just learned of my locating in Greenville; he wanted to wish we well and take some treatments. I never was so glad to see anyone in all my life. To his influence and that of his three sons osteopathy is greatly indebted. He still lives three miles west of Greenville in Drake County."

In all ages there are found individuals who seem to embody the practical, common sense of the people. Ben Franklin was the great commoner as well as the great scientist, philosopher, and statesman of his time. He was an original thinker and far ahead of his generation. When ill he followed the dictates of his native good sense rather than the whims of doctors. His Poor Richard's Almanac contains many wise sayings pertaining to health, such as the following:

"To lengthen thy life, lessen thy meals." "Many dishes, many diseases; many medicines, few cures." "God heals and the doctor takes the fee." "He is the best physician who knows the worthlessness of the most medicines." He quotes the Italian epitaph upon a poor fool that killed himself quacking: "I was well; I would be better; I took physic and died."

"Physicians, after having for ages contended that the sick should not be indulged with fresh air, have at length discovered that it may do them good. It is therefore to be hoped that they may in time discover likewise that it is not hurtful to those who are in health." He was a firm believer in pure water and fresh air. Concerning his suffering from gout and gravel he wrote John Jay as follows: "I am cheerful, enjoy the company of my friends, sleep well, have sufficient appetite, and stomach performs well its functions. The latter is very material to the preservation of health. I therefore take no drugs, lest I should disorder it. You may judge that my disease is not very grievous, since I am more afraid of the medicines than of the malady."

Julien Hawthorne in reviewing the first two volumes of Cohen's System of Physiologic Therapeutics in the North American of August 26, 1901, said:

"If, being in the advance line of medical students, you have arrived at the conclusion that giving is a mistake and an anachronism, and that natural methods are better, and indeed the only methods worth employing as a general thing, then you cannot express the revolutionary opinion in suaver terms than those used by Messrs. Cohen and Jacoby. But whether you do the thing sweetly or sourly, you are sure to have the public on your side. They don't believe in drugs, either; and fortunes have been made any time during the last quarter century by persons, authorized or otherwise, diplomated or not, who advertised ways of getting well and keeping well that did not include buying bottles of stuff. The doctors were the last to concede the justness of the revolt—the last, I mean, to publicly confess that it was just; but they have begun to confess now, and ere long we may expect to see a stampede. And the prospects of an enormous general benefit from the change would seem, even from a perusal of these two initial volumes of the eleven that are forthcoming, to be roseate."

By reference to Chapter XII, the reader will see that "the prospects of an enormous general benefit from the change" must be, in the opinions of those for whom the eleven volumes were prepared, superlatively "roseate." They seem, just now, to be engaged in the mad rush to find some machine that will do the work just as well as osteopathy.

Mark Twain and Sam Jones have spoken in rather uncomplimentary terms of present methods of medical doctors and warned us against their encroachments upon civil liberty and constitutional rights. The last named gentleman spoke as follows of the governor's vote of the osteopathic bill in Georgia a few years ago:

"The action of our Governor in the matter of his veto of the osteopathy bill brings me to my feet with a few brief, short remarks, in my weak and feeble way. I want to say that the action of the Governor in this case was an outrage upon civil liberty and constitutional rights. I want to say again that the Governor did just what the physicians of Georgia wanted him to do, nothing more and nothing less.

"The idea of Governor Candler vetoing this bill because it would give Dr. M. C. Hardin the right to administer medicine, when the osteopathist no more pours calomel and oil down his patients than the maker of a Steinway piano would open up its chords and pour calomel and dovers powders in on the piano to put it in tune. No true, osteopathist ever gave a pill or powder. They are no kin to Christsian Scientists, and they don't run with the faith cure crowd. It is a science based on anatomy and physiology. If the Governor had seen what I have seen and knew what I know about it, he would have signed and approved that bill if every M. D. in America had been hounding at his feet."

Newspapers are generally quick to catch the trend of public sentiment. They are anxious to publish news that is in line with popular opinion and thus keep in touch with the people. They are, as a rule, neutral upon all subjects except those upon which they specialize. It is not to be expected that they will take sides in the discussion of questions that are not of vital importance to the public. Hence they generally stop with the publication of the news and leave the reading public to reach its own conclusions. But even a conservative public press has rebelled against the monopolistic tendencies of the medical profession for the last ten or twelve years. All over the country we find this dissatisfaction on the part of a long suffering public reflected through the public prints. After the doctors of Iowa had railroaded a bill through the legislature in 1897 giving them the most rigid and exclusive protection, the Dubuque Herald, in an editorial said:

"All this is designed to foster a monopoly in the practice of medicine. The legislature is asked to bar out competition in this profession, and has done so. Physicians are the only class of men in any line who ask the legislature to protect them from competition. * * *

"It is gratifying to know that while the cry for this restrictive legislation is alone demanded by physicians, yet it is only by a portion of them, and not

the best portion either. As a rule the loudest calls for shutting out the irregulars come from that portion of the profession that has not been able to work up much practice for themselves, and so seek to call in to their assistance the aid of the legislature by shutting out a portion of their competitors. Physicians, like all other classes, must in the end depend upon their merits, and here it is that hard work, study, diligence and manner will bring them what they wish, and not the enactments of the legislative body. While it is true that these rigid laws are asked for by the medical bodies and a certain class of physicians, yet it is gratifying to know that a large class of the best physicians refuse to have anything to do with urging this petty warfare, and prefer to depend upon their own exertions."

During the contest in Ohio in 1900, the Cleveland World of February 26, had this to say under the heading "The Unlovely Love Bill."

"The Love medical bill is a new name for an antiquated farce that is now being enacted before the Ohio legislature.

"It is a farce that has been enacted so continuously ever since scientific progress first began to occasion uneasiness in old fossils that its presentation in Ohio at the present might arouse no public interest or concern but for the fact that a powerful lobby has appeared at Columbus in its behalf. The personnel of the lobby discloses distinctly the class that alone would profit through the enactment into law of this relic of the dark ages. It is composed wholly of physicians of certain schools who see their field invaded and their profits lessened by disciples of newer schools. The undertaker has ceased to be the only man to whom they must relinquish their patients. Hence the tears. Hence the Love bill. Hence the lobby.

"Not very many years ago the fight was against homeopathy. Now it is against osteopathy. It is constantly waged against all other pathies than the particular pathy that happens to hold the middle of the path and wants to continue to hold it. So the farce goes on in continuous performance.

"Now, it is quite natural for an individual, or a school to assume that he, or it, knows all that is knowable. It is not natural however, for the public collectively to accept that self-estimate or individually to tolerate legislative decision as to what particular dose shall be shoved by the strong arm of the law into their sick stomachs, or what external treatment shall be applied by the same rude process to their disordered anatomy.

"That there is much quackery abroad is true. That a portion of it operates under the name of osteopathy is also true. This may be suppressed by means of a state board that shall pass upon the qualifications of applicants to practice, precisely as is now done in allopathy and homeopathy.

"But the medical lobby is content with nothing short of the statutory assertion that all are quacks except themselves.

"The Love bill is a good bill to kill."

Literary journals were not slow in recognizing the merits of osteopathy when the people began to clamor for it. One of the first was Carter's Maga-

zine for August 1898, in which the editor, Opie Reed, spoke not only of what had become established facts, but of the future and that prophesy has, in thousands of cases, been already fulfilled. He says:

"Man is a machine, and recently there has come into notice, a school of machinists to regulate the machine man—osteopathy. Most cheerfully do I subscribe to this science. I have felt the benefit of it, and I honestly believe it to be one of the most wonderful discoveries of any age. If my voice, though limited in range, may help the suffering, it is my duty to lift it. My associates know that I am a firm believer in osteopathy, and they know that I here set down what I conceive to be the truth. I have no fear of writing a "puff." I have no edge to whet, no graft to gather. In my humble way I am as earnest as Joseph Medill was when he advocated, in his great newspaper, the benefits of the Keeley Cure. Every man, not wholly vicious, would like to aid the suffering. The fear of advertising a public blessing is an evil. * * * * *

"Recently I heard a farmer say that patent medicines for his family cost him more than his taxes. Taxes upon his land and taxes upon his ignorance; and yet he is not much worse than off than the man who is constantly swallowing drugs prescribed by regular physicians. Both are victims of a time worn error. * * * * *

"It will never be a fad, for that would be like decking common sense with a ribbon; it will be the recourse of the wise. The man shut up in his office will find that he need no longer suffer from nervousness, the victim of overwork will learn that within a few moments he can be freed from weariness, and the farmer will cease to exchange eggs for patent medicines."

From personal knowledge of its methods and results, Ella Wheeler Wilcox has long been an ardent advocate of osteopathy. She spoke as follows in the New York Journal in 1903, in giving some advise to a young physician:

"The day of powder and pill and knife is nearing its end. The world is becoming too intelligent to be drugged and hacked in a search for health when more agreeable methods can be obtained at the same price.

"If you are a sensible young man you will form a partnership with some graduate of a school where cold water and massage are taught or you will supplement your old school methods by a thorough knowledge of medical electricity, and I would suggest osteopathy—even if that word offends you as a red rag offends the bull. The world wants it. It is absolutely harmless, and more in harmony with nature than drugs. Even if you do not believe in it, why not add a thorough knowledge of it to your other education? Better spend your time for the next year or two in acquiring skill in the 'New Notions' by which your competitors succeed than in cursing the folly of the public. The old time doctors bled, leeches and dosed their victims with mercury and arsenic. The later school drugged, cut and slashed them. The people are tired of both methods."

Often the "funny" man has something to say of the contest among opposing schools of medicine. Mr. Dooley says:

"Father Kelley says th' styles iv medicine changes like the styles iv hats. When he was a boy, they give ye quinine f'r whatever ailed ye, an' now they give ye strychnine an' nex' year the'll be given you proosic acid, maybe. He says they're findin' new things th' matther with ye ivry day, an' ol' things that have to be taken out, ontill th' time is comin' when not more thin half iv us'll be rale an' th' rest'll be rubber. He says they ought to enforce th' law iv assault with a deadly weepin' again th' doctors. He says that if they knew less about pizen and more about gruel an' opened fewer patients and more windows, they'd not be so many Christian Scientists. He says th' diff'rence between Christian Scientists an' doctors is that Christian Scientists thinks they'se no such thing as disease an' doctors thinks there ain't anything else. An' there ye ar're."

This unmistakable influence of the people upon the medical profession in compelling them to abandon the fad of drug medication is tacitly admitted by Dr. M. F. Pilgrim in Medical News for January 24, 1903. Among other good things he says:

"For years, our profession was reproached with the taunt from the lips of the critical if not unfriendly laity, that while surgery had made rapid and brilliant strides, therapeutics had stood still. It was measurably true. The era of slavish dependence upon drugs is rapidly giving place to advanced therapeutic methods in the treatment of a large and increasing number of diseases of the human body. No matter whether we deplore it or rejoice because of it, the fact nevertheless remains that the propulsively progressive spirit of the age appears to be back of these movements and actually forcing what may be very properly called advanced therapeutics upon the attention of our profession."

Unlike many other M. D's, Dr. Pilgrim does not consider all forms of mechanical treatment merely massage. He says of osteopathy:

"It is not massage. Nor is it similar to, or an improvement upon the Swedish movements. It embraces the beneficial qualities that inhere in all these methods, but is not subject to their limitations of usefulness."

Sometimes even the medical journals recognize the fact that "ignorant popular enthusiasm" often forces the sleepy, "lady-minded," self-satisfied, self-centered medical profession to bestir itself. But, like the man in the fable who killed the goose that laid the golden egg, they berate the dear people as "ignorant," "biceps-worshipers," and the scientist who tells them what to do and how to do it as "quack," "charlatan;" and at the same time, by appealing to courts and legislatures, try to stop the onward progress of truth. Such a view is quoted below from an article in American Medicine, entitled, "Ignoring the New Until the Quacks Force it Upon our Attention":

"An eminently sound and conscientious practitioner tried in vain for twenty years or more to arouse the profession to a sense of the value of massage and mechanical therapeutics in the treatment of certain diseases. At last he gave up in despair. It was not just then fashionable. Editors would not ac-

cept his articles, and the lazy-minded, the exploiters of the popular opinion, beguiled themselves with the old-fashioned sneer at the 'hobbies of hobby-riders'—and the world went on in its blind way. Then came the osteopaths and the biceps-worshippers of the cheap magazines, and what the profession would not listen to from its own members was willy nilly forced upon the attention by the quack. It is true that other regulars and scientists prior to the quack knew all and far more than he of the value of massage, but like so much other knowledge, it was not realized in daily practice by the leaders and by the masses of the profession. It required the compulsion of ignorant popular enthusiasm to make us actually treat our patients by these methods, and put into use the partial, veritable truth turned into an untruth by the extremism and indiscrimination of the charlatan. But why need we carry out, generation after generation, this stupid belittling and ignoring of the new truth? There are many such illustrations as the one we have cited, of our strange indifference to methods of treatment, ten, twenty or thirty years after demonstration has been made of their efficacy and value. Let us keep our minds open and flexible!"

The medical profession is naturally expected to lead in all that pertains to the health of the people; but the facts do not show that the profession is fulfilling that expectation. A cleansing material may become contaminated so it no longer possesses power to purify and an organization may become so involved that it cannot accomplish its mission. The people have looked to the medical profession for help; but, alas, too often have they been betrayed. They have asked for bread and been given a stone. Instead of a fish they received a scorpion. This is not merely figurative language but almost literally true. Instead of food the whole mineral, vegetable, and animal world has been ransacked for irritating and poisonous substances directly opposed, when taken into the system, to the established methods of nature; and the bulk of the medical profession is interested in the sale of these products. Whence, then, this cleansing power from these destructive influences? Let each reader answer for himself. Meantime the people are exerting their influence in the right direction. The whole situation reminds one of that forceful little poem by Coleridge entitled Cologne:

"In Kohln, a town of monks and bones,
And pavements fanged with murderous stones,
And rags and hags, and hideous wenches,
I counted two-and-seventy stenches,
All well defined and several stinks!
Ye nymphs that reign o'er sewers and sinks,
The River Rhine, it is well known,
Doth wash your city of Cologne;
But tell me, nymphs! what power divine
Shall henceforth wash the river Rhine?"

*ADJUNCTS IN OSTEOPATHY.

R. A. BOWER, D. O., TOPEKA, KANSAS.

The more I know of adjuncts, the more I honor Dr. A. T. Still.

We learned from Barnum that the American people like to be humbugged, and especially does this seem true in the arts of healing.

Although we have a thorough system of education in America, yet the course of study relative to the care of health is very poor, and a great many grafters have learned this weak point and are taking advantage of it.

Some seem to think that the Scripture verse, "Physician heal thyself" is spelled "heel," and proceed regardless of effect on the public, to make money.

The medical world has been unsettling science lately with its wonderful discoveries of radium, polonium, uranium, ions and radio-electric water, besides the older methods of X-rays, electric batteries, hot air boxes and vibrators.

The perfect skill with which the adjuncts have been worked upon the unsuspecting public would make a gold brick artist feel very small and unimportant.

This great confidence graft is being used by many of the medical men, and I am grieved to state, that a few of our fellow graduates have placed the hot air box, electric battery, X-ray machine and vibrator, in their offices.

The unsuspecting laity are bewildered by the wonderful machinery, and are lured into trying the treatment with a vague hope that in some mysterious way, they may be cured of their many ills.

The medical men use them with a fragile hope that they will do the work of an osteopath, and thereby hold their patients, but why the osteopath should take up adjuncts is beyond my comprehension. There must be one of two reasons, either he does not understand osteopathy, or he has not thorough enough knowledge of science and the demands of nature to grasp the significance of its basic principles.

As I understand it, state and national associations stand for honest upright work to help elevate humanity, physically, mentally and morally, to give it permanent cure of its ills, and to condemn all things which are useless or injurious to the system.

We use besides our osteopathic treatment, antiseptics, anesthetics and antidotes, hot and cold packs and fomentations, hygiene and dietetics, general care of the body with large doses of common sense.

If osteopathy is a science based upon scientific principles as solid as old Gibraltar, and has proven itself to be capable of handling all curable diseases and conditions, that do not demand surgery, then why should any one want to put in his office such adjuncts as are useless, except for temporary relief, and in no way equal to our present system?

It is true, our science is yet in its infancy, but as our present Atlantic steamers are greater than Fulton's steam boat, so osteopathy in the future,

*Read before the Kansas Osteopathic Association, Sept. 9th.

will be greater than she is at present, yet the basic principles remain the same.

Though the wisdom of man may be great, he will never be able to invent a machine that will be equal to our present monumental system. Each case is a new one, and no machine can diagnose and treat it successfully.

I hope there is no one in the Kansas Osteopathic association, who has been induced to leave scientific facts for modern fads.

No machine can set bones or restore abnormalities, and as our system is based upon restoration and re-adjustment, it seems unwise to add these things.

There was a gentleman in Topeka the other day demonstrating his vibrator, and as I was anxious to learn all I could about it, I went down to learn what I could, and in the course of conversation, he declared he had three ribs set by his machine. I didn't seem to swallow and so he explained that his first three ribs had fallen slightly and caused a hacking cough, (he couldn't explain just how they caused it) but after seven weeks of daily treatment, he succeeded by main force and awkwardness in forcing the ribs up.

He admitted that the torture was very severe, and that he was scarcely able to bear it.

Since that time I have seen a number of vibrators built on the same principle in barber shops.

We are willing and anxious to sanction any new devise or method that will aid us in restoring the human body to its normal or that will in any way be permanently beneficial, but we are not in favor of adjuncts that are useless beyond temporary relief.

If there is any one here who has fallen by the wayside, and taken up the things which are not good, may he like Moses, "go into the wilderness and study science and the laws of nature for many years" until he can read from the great book of nature, the essentials of health, and may he read at the top of each page in "large, glowing letters," that normality means health, abnormality disease, and may he read that the primary cause of disease is within the body, and to look there for its removal, and not search for some machine or concoction of drugs and chemicals that will in some mythical manner, drive away the evil spirits.

May he learn to search for the cause of disease, and when found, use his mind and hands in co-operation with his mechanical skill in the removal of the cause, restore health "and go his way rejoicing."

* * *

*CURETTAGE.

CHARLES C. TEALL, D. O., BROOKLYN, N. Y.

The osteopath's view of curettage is generally some years after the work has been done when he is called to correct what that work has failed to do, or undo some of its effects, as he is seldom a party to the crime, for such it almost

*Read before the Greater New York Osteopathic Association, Sept. 16th.

amounts to in a large majority of cases. It is looked upon by the gynecologists as a very simple matter and is one of the most frequently recommended of the simpler operations. The text-books will tell you that it is a very innocent procedure and that no apprehension need be felt as to the outcome. It is just this idea of simplicity which causes physicians with little or no training or experience in the work to undertake it and with sad results. As a matter of fact there is no operation which requires a steadier hand and better judgment than this same minor operation.

We are constantly meeting women who have had curettage ordered for conditions which, to the osteopath, seem very remotely connected. A recent case under my observation was of eczema of many years standing, and outside a slight displacement the uterus was normal as well as its functions. The case was cured with nine treatments without surgical interference, yet curettment was insisted upon by the attending physician but refused by the patient. Patients are frequent who have had the operation but have received absolutely no benefit, as well as others who have been injured by the shock if not more grave results. From our view point the conditions are few where curettage is indicated. After abortion or an adherent placenta it is necessary to know that the uterus is clear of any remaining tissue although cases without number have recovered after such mishaps without any assistance being offered nature. We are prone to meddle and forget that the uterus is a self-cleansing organ and has a marvelous faculty of taking care of itself. However, it is well to be on the safe side and clear out the debris if any. In cases of sepsis like an old gonorrhoeal infection a careful curetting would be allowed, also to remove polypus or other benign growths. Just the curative effects to be gained in interstitial or other fibroid growths as well as in degenerative changes is problematical.

The dangers are many, especially when performed by any but an experienced operator. Any uterus which has a condition that would warrant curetting is liable to be softened and congested so that gouging is easy where a sharp curette is used and with the auger-like affair it is blind chance with the greatest danger of perforation. The wet method is unsafe as fluid may enter the pelvic cavity via the tubes and cause peritonitis. Following curettment the danger from sepsis is as great as that following parturition for the reason that the capillaries are completely exposed through the scraping process and direct absorption may result. Unnecessary curetting breaks healthy membrane and it may not heal, thereby causing a lifetime of trouble. Unhealthy endometrium cannot be entirely removed without markedly injuring the uterine wall on account of the intimate relation between the endometrium and uterine wall. A very well known but conservative gynecologist considers this operation, especially in virgins, as a fruitful source of cancer of the uterus.

It is a barbarous procedure to deliberately scrape the mucous lining from a uterus and the theory of its benefits are far-fetched. The same treatment could be applied to any other mucous surface with as great expectation of success, for instance in nasal catarh or hay fever. As usual the cause of the en-

dometritis is not sought and its results are merely temporarily, if at all, done away with. Why they should not expect a return of the congestion is strange. Regular clipping of the finger nails will keep them short but it does not stop their growth.

In nearly all cases of uterine disorder for which curettage would be performed will be found a displaced ilium or tilted pelvis. This condition shuts off the nerve force to the pelvic organs and brings about stagnation of the circulation and chronic congestion. Correction with appropriate treatment will bring about health in a great majority of cases. Curettage without correction of the anatomical derangement means a return of the endometritis.

This may seem a radical statement on the subject but there can be no manner of doubt that every other means should be exhausted before a curettage is allowed.

* * *

SPASTIC PARAPLEGIA.

E. C. LINK, D. O., KIRKSVILLE, MO.

A great many cases of spastic paraplegia consult the osteopathic practitioners and the question is always asked, "Can you cure this condition by osteopathic methods?"

Before answering this question let us consider the changes in the structure of the spinal cord due to the inflammation, as has been determined by the pathologist; the prognosis based upon the pathology; then compare results that have been obtained by osteopathic methods.

The paraplegic state has been defined as the usual termination of a myelitis that does not end fatally. The motor tracts in the lateral columns of the spinal cord undergo degeneration and we are told by the highest authorities that degenerated nerve fibers in the cord are never regenerated. The sensory disturbances when present indicate involvement of the posterior columns. The inflammation may subside quickly but will always leave its marks upon the cord, or it may run a more chronic course causing disturbances which are due to the intensity and extent of the inflammatory focus.

Authorities on nervous diseases tell us that improvement may be expected up to eighteen months after the onset—that total absence of sensation and motion after six months is very unfavorable—that a return of sensation gives good hope for some recovery of motion.

Now it is seldom that the osteopath gets one of these cases until after all other methods have been tried in vain, and yet there are numerous cases that have been cured osteopathically that had long since been relegated to the list of incurables.

How do we accomplish these results? The cure of these cases seemingly refutes the theory that degenerated nerve fibers are never regenerated, but the more sane statement perhaps is that there has been a suspension of function and not an actual degeneration in the cases cured—that the lingering inflamma-

tion and resulting exudation had been removed by the removal of lesions which interfered with the normal flow of blood to and from the spinal cord and that restoration of function is the natural sequence.

Our prognosis should therefore be guarded; yet we may consistently encourage these sufferers to take a course of treatment with the hope of receiving great benefit, if not an actual restoration of function, for who is there that can positively say that degeneration has occurred?

The most common cause of the disease is injury. We find the lesions in the cervical, dorsal and lumbar regions of the spine with symptoms dependent upon the location and extent of the inflammatory focus. Early, in cases resulting from trauma or hemorrhage, the motor loss is at once apparent, the reflexes below the diseased segment abolished, control of sphincters lost and if the cord is entirely severed, they are completely lost and rigidity does not occur. In a few weeks if the cord is not completely severed there is spasticity and the increased reflexes show involvement of the lateral tracts.

In cases that have improved enough to walk the gait is quite characteristic. The knees are adducted and in some cases there is cross-legged progression, the toe drags, the body is inclined forward and the leg shaken by clonic contractions until the foot is firmly planted.

In one of my cases Mr. B., age forty-five, of Illinois, there were typical symptoms of the paraplegic state. There were both motor and sensory disturbances. The arms were somewhat affected. The legs were rigidly extended, there was adduction of the thighs and inversion of the toes.

The patient came to the A. T. Still Infirmary, Nov., 1903; was unable to stand upon his feet and when placed in his rolling chair the attendant would flex the patient's legs and strap the feet to the footboard to hold them down. There was a marked posterior and lateral curvature in the dorsal and lumbar regions, a separation of the sixth and seventh dorsal spines, muscles of the neck and back very tense, slight lateral curve through cervical region. There was loss of sensation below the waist line, loss of sphincteric control, exaggerated patellar reflex, ankle clonus, etc.

In giving a history of his case the patient said he had fallen and hurt his back about two and one-half years before beginning osteopathic treatment. Soon after his injury he was rendered helpless and consulted his family physician and took an extended course of treatment of specialists in a neighboring city without any improvement in his condition.

The first sign of improvement occurred after four months of osteopathic treatment, and owing to the rigidity and contractures, the pain was almost unbearable. His spine began to yield and by May he could stand upon his feet and move them a little. In June he was called home on account of business and did not return but steadily improved without further treatment.

Last June, one year after treatment was discontinued, he visited our school and infirmary and stated that he had planted his crops and carried on the farm work as though he had never been disabled.

At the present time there is nothing in his gait that would lead one to think there had been any disease of the cord. Upon examination we found his spine to be in very good condition, bowels and bladder performing normally, spasticity absent and the patellar reflex only slightly exaggerated.

A similar case was treated here last fall with equal success. The patient, Albert S., age twenty-four, of Missouri, fell from a tree injuring the middle dorsal and lumbar portions of the spine. When he arrived at the Infirmary about two months after the injury there were typical symptoms of the paraplegic state. Treatments over a period of six months resulted in a cure.

In our clinic at the present time is a patient whose spine was fractured. A fragment of bone pressing upon the cord was removed by a Chicago surgeon.

There are typical symptoms of the paraplegic state. The patient has been here over a year and is slowly improving.

In a recent number of the Iowa Medical Journal, Dr. A. M. Linn urges his medical brethren to pay more attention to manual therapeutics and we commend him for the bold stand he has taken.

He recites one case of transverse myelitis and another of chronic poliomyelitis that were cured by a masseur after having been given up as hopeless by specialists. He says, "that galvanism, faradism and other forms of electricity have been used and often have seemed to prove of great value and again their promised usefulness has ended in failure."

"The progress made in medical treatment of nerve affections has scarcely kept pace with that in other promising fields. Palliative treatment may be used to allay irritation. Various expedients are useful to alleviate pain, but we are practically hopeless of being able to render any permanent benefit by treatment."

"The traditions of medicine are somewhat averse to the ready recognition of unorthodox means of cure. Cures of systematic lesions of the cord by any method of treatment should arouse the attention of therapeutists. Whatever means offer good results in the treatment of serious lesions merit serious consideration. Would it not be well to investigate carefully and ascertain whether stimulation of the circulation and added physical vigor obtainable by manipulation can accomplish results like these with any degree of uniformity? The near future will probably see us making larger use of manual therapeutics for the relief of our otherwise incurable cases."

The writer above quoted acknowledged the futility of drug medication to cure this class of diseases and bases his statements upon his experience as a medical doctor, also upon his personal knowledge of the cases having been cured by massage.

Now massage is recognized by all schools of medicine as possessing some value but its field is too limited. The masseur does not take into consideration the fact that bony lesions affect organic life by causing obstruction of the circulation to and from the spinal cord, but by a system of rubbing, stroking and kneading, and various body movements he hopes to relieve his patient by

increasing the blood flow through the arterial and more especially through the venous systems.

He neither considers that sensation, motion, vasomotion, nutrition, secretion and excretion are directly under the control of the nervous system and that spinal lesions, however slight, may interfere with the circulation to the nerve centers in the spinal cord, thereby affecting function; nor thinks that grosser lesions may impinge upon nerve trunks and nerve fibers directly causing disease. The cases reported cured through the agency of massage, are probably due to the fact that in the various body movements some slight lesion was reduced spontaneously and Nature, the great restorer, was given a chance to build up the weakened tissues by a better blood supply to the cord and not because the muscles were stretched, pinched and pummeled to force along the blood mass.

The osteopathic theory of diseases being produced by lesions is true, and in our practice this is proved beyond a doubt. That our practitioners cure myelitis is attested by the hundreds of sufferers who after having tried all other systems have gone to the osteopath as a last resort and have received benefit and in many cases complete relief. The reduction of a bony lesion causing a myelitis or other disease is worth more to the patient than all the scientific massage that can be given.

LAPAROTOMY FOR THE REMOVAL OF AN OVARIAN CYSTOMA.

F. P. YOUNG, M. D., D. O., KIRKSVILLE, MO.

The following case presents some unusual and interesting features:

Mrs. G., of Illinois, aged forty and the mother of three children, applied to Dr. Chas. Still for treatment during the month of April, 1903. The case was seen at this time by the writer in consultation. The patient presented an enlargement of the abdomen. The enlargement was plainly partly due to a gravid uterus and partly to the presence of a tumor. The tumor was pedunculated and arose from the right side of the pelvis. The pedicle of the tumor could be plainly felt per vaginam. From the size of the uterus and the history of the case it was judged that pregnancy had advanced about four months and that the tumor whatever its nature had arisen coincidentally. Palliative measures were determined upon. Dr. Still treated the case by raising the ribs so as to assist respiration and also by correcting the spinal and pelvic lesions present. During the last six weeks of the pregnancy the abdominal distention became enormous. Plainly the tumor was rapidly enlarging. Obstruction to the return circulation from the lower extremities caused extensive oedema.

During the last month of the pregnancy the patient was unable to rest in bed but slept in a sitting posture.

In August the patient was delivered of a normal healthy female child. The delivery was apparently at term. The delivery was difficult but was magnificently conducted by Dr. Still. After the delivery the tumor was shown

to be an ovarian cyst. Several days after the delivery the tumor began to enlarge very rapidly. The abdominal distention became so great as to render respiration difficult. As a dernier resort and since the patient did not wish to submit to an operation the tumor was aspirated and several gallons of a thick, tough, ropy mucous like fluid was removed. Great relief followed this aspiration. Not all of the tumor disappeared from the tapping. Probably one-third of it remained. This indicated that the cyst was multilocular. The patient was treated osteopathically and the general health improved. Finally it was determined after several months' treatment that nothing but an operation would give relief. Accordingly on the 1st of December, 1903, the patient having been properly prepared—every aseptic precaution taken, an anesthetic was administered and with the assistance of Dr. Geo. M. Laughlin the abdomen was opened. The fundus of the tumor was found to be adhered to the anterior abdominal wall. This rendered the operation difficult. These adhesions extended over a large area. Below the adhesions a small opening about four inches long was made and the cyst punctured. A rubber tube was inserted in the puncture to siphon out the fluid and to prevent its becoming diffused into the abdominal cavity.

While separating the adhesions the cyst wall which yielded more readily than the adhesions was ruptured. This caused the semifluid contents of the tumor to become diffused into the peritoneal cavity. The adhesions having been separated the tumor was removed through the six inch incision in the abdominal wall. The pedicle was secured by a Well's pedicle clamp. The pedicle was transfixed by heavy pedicle silk. After the pedicle was secured the tumor was removed. The fluid which was in the peritoneal cavity was washed out by about fifteen gallons of sterile normal salt solution. The cavity was then wiped clean by means of about sixty sterile gauze pads which were prepared for the purpose. This completed the toilet of the peritoneal cavity which it should be noted is the most important point in such cases. It was deemed wise to employ drainage since there was considerable oozing from the separated adhesions and to render infection less likely. A cigarette drain was inserted after the sutures were introduced. The abdomen was closed by through and through silk-wormgut sutures. The patient rallied well from the operation. There was considerable fluid drained from the cavity during the first two days. As soon as this ceased the drain was partly withdrawn.

At the end of the first twenty-four hours the temperature arose to 101 degrees F. and the pulse to 136 but at the end of forty-eight hours the temperature had declined to 99 degrees and the pulse to 112.

The drainage was removed on the third day and the last suture which was left untied drawn upward and the wound closed throughout. The patient continued to make an uneventful recovery. The wound healed well and apparently no adhesions were formed within the abdomen.

The patient has enjoyed good health since the operation. It might be noted also that osteopathic treatment was administered to stimulate the se-

cretions and to assist the recovery. The interesting features which the case presents are the following :

1. The co-existence of the tumor and pregnancy and the successful delivery of a healthy child while there was present a tumor weighing not less than forty pounds.

2. The uneventful recovery following in a complicated case.

3. The symptoms arising which are usually combated by salines, stimulants, etc., by other practitioners were relieved by osteopathic methods.

4. No small part of the recovery of the case may be attributed to osteopathic methods combined with surgery.

5. None of these tumors should ever be tapped except as a dernier resort where an operation is impossible.

The tumor was found to be an ordinary multilocular ovarian cyst.

OSTEOPATHIC PEBBLES.

DR. J. F. SPAUNHURST, INDIANAPOLIS, IND.

Disease is not in Nature's plan.

* * *

Man seems to be Nature's great non-descript.

* * *

The more one knows, the more one simplifies.

* * *

Those suffer most who are least enlightened.

* * *

What wonder-working hands are the osteopath's.

* * *

Nature is the great physician and osteopathy is her hand-maid.

* * *

Can you ask for anything more simple, available, effectual than osteopathy?

* * *

Metal will rust if not used and the body will become diseased if not exercised and osteopathized.

* * *

If not OUTRAGED by dosage, Nature is abundantly able to cure when aided by skillful hands.

* * *

The osteopath is the good Samaritan without lotions, liniments, potions, pills; he deftly plys his hands.

* * *

Molecular change is the basis of regeneration and such change cannot possibly come from dosing.

* * *

The man who tries to find out Nature's unchanging laws, and obeys them gets the most and best out of life.

* * *

It may take little knowledge to be well, but it will require considerable knowledge, sooner or later, to keep well.

Osteopathy aids Nature to reconstruct the wrecked bodies of the sick, and the cure is a matter of Nature's handiwork, not a matter of drugging.

* * *

When you get the osteopath to clear your body of all the wreckage of disease that has been accumulating for years the bloom of health will return and you will step forth a new man.

* * *

Can any medical doctor deny that osteopathy is simple in cause, sound in ANATOMY and PHYSIOLOGY, effectual in result, and that the means of relief are in accord with Nature's plan?

* * *

The self-named osteopath is abroad in the land; he did not earn the title he claims by twenty months hard study; he is a grafter, an impostor of the most dangerous type. Shun him.

* * *

The greatest of all antiseptics and germicides is the free circulation of pure blood. It is the "Elixir of life" and no other agency known to man equals osteopathy in establishing and promoting its free flow.

* * *

The prevention of disease, through Nature's plan, is becoming more and more popular with the cultured and the intellectual and accepted as the right way to health, hence the time is not far distant till the drug dosage of today will be considered a barbarism of the past.

* * *

Osteopathy is making gigantic strides; it is rapidly disengaging the scientific world from mere theories and guess-work; with Nature as a guide, she is skillfully applying her principles and effectually proving their efficacy by the crucial test, results.

* * *

Oxygen makes life possible and without it there would be no death. It is everywhere seeking for its own; it attacks leaf and flower, stem and stalk, root and branch. The beauty of the autumn foliage is the beauty of death—it is rust, which is disintegration. It purifies and makes strong. See that you get it in abundance. Never allow yourself to remain in a poisoned or vitiated atmosphere.

* * *

In contentment we are dead. It is discontent that is ever urging us onward. We plead guilty to being discontented with the failures and abuses of old methods of treating the sick and wish to spread the gospel of Nature's plan far and wide. Osteopathy's message of health restoration without drugs should be free to every inhabitant in the land.

* * *

Animal life is a combustion; food feeds the boilers of existence; surplus food costs vital power to dispose of it, invites and cultivates disease. Feeding never arrests waste when enforced against Nature's will. All animals except man know when and what to eat. Nature protects the health of dumb crea-

tures by standing guard through their instincts but man puts all sorts of vile stuff into his stomach and not only renders himself miserable and unfit for business but makes those around him unhappy. Given a fair chance osteopathy repairs sick stomachs of the various types.

* * *

Homeopathy invades the realm of pure imagination. If you can think of things small enough to be beyond the reach of the microscope you can partially grasp their doctrine. "Like cures like"—that is, take a drug that will put you in the same fix that you are trying to get out of, will get you out. In other words, if you have anything the matter with you and take more of it, you get better.

* * *

Nature is imperial, majestic, marvelous in her restorative powers, she is ever at work, with no hours of rest by day or night, to restore the normal condition, whether the trouble be broken bone, a wound or disease. How great the conception that all that can be done to save a human life, no matter how many ailings or weaknesses, will be done by Nature, if duly guarded and skillfully aided by her hand-maid, osteopathy.

* * *

Where there is a question of success it is certainly bad policy for a doctor to look to this man, that newspaper, "cut rates" and shoddy work to help him out—look to your professional skill and make your work of such quality that the market must come to you; get results and your success is assured. Hoist the right signal—you will attract that which you desire to attract, otherwise you will lose those you aim to win. People expect a cheap article back of "bargain counter rates" and usually get it. Business builded upon questionable methods may flourish for a time but it cannot endure. "Honesty is the best policy." When sick the most skillful and conscientious are none too good. Beware of fraudulent imposters. Inquire if your osteopath is a member of the American Osteopathic association.

* * *

Sick people usually ask, "How long will it take to cure me?" The time required depends upon age, recuperative force, amount of wreckage, etc. Many cases apparently alike do not yield alike, self help is important. The patient should do his part. Be fair with your osteopath. Because his method is comparatively new do not expect the impossible. If the wreckage has been accumulating for years you must give the osteopath and Nature a reasonable time to clear it away. Do not expect a miracle. Quick cures are the exception.

* * *

Every body should know where the genuine osteopath stands. He does things with his hands and experience has taught him that the winner is he who does one thing well; he is armed only with trained hands and cultivated touch, guided by an educated brain, for royal battle against disease; he needs nothing more and does that which the "mixers" in practice absolutely fail to do. Osteopathy moves along anatomical lines which are conceded by every one to be

scientific and in perfect harmony with Nature; it is so far reaching in its beneficence to suffering humanity that its onward march cannot be checked by contrary methods or hypocrits in its own ranks.

* * *

Any doubt that obtains these days relative to the efficacy and scientific basis of osteopathy is due to impostors and ignorant pretenders who besmirch its fair name, hence we urge the public to assure themselves that those who claim to be osteopaths in their community are graduates from a reputable osteopathic school, know what to do and how to do, with their hands, that which will aid Nature to effect a cure. Not only is lasting harm done the good name of osteopathy by these fakirs but the patient is often injured and his money and time are wasted. Your body is too precious to be trifled with or entrusted to any other than a genuine osteopath who is worthy and well qualified.

* * *

It is not our purpose to antagonize any one or any system, but we must be true to our convictions however conflicting they may be with established views; they are based upon cures wrought in chronic cases which had been pronounced incurable by physicians of skill and high standing in the medical profession. We claim the right to show a more direct way of obtaining results through methods peculiar to osteopathy and to uphold our system against discrimination by law. It is in this spirit that we make comparison with other methods and we hold that credit is taken by practitioners, under various theories, for results which were neither aided nor gained by them but were accomplished by Nature in spite of their interference.

* * *

Every known element in Nature outside of man, has been used in the compounding of long-named mixtures to pour down the throats of sick people by medical men to cast out the "devil of disease," while osteopaths deal only with the inherent recuperative forces of the body itself, confining their work to the proper adjustment of the human machinery thereby strengthening human frailties and prolonging human life. When the human mechanism fails to function properly, it needs something *DONE TO IT*, not a mixture *PUT INTO IT* that would make a well man sick. Man will put anything down his throat. The first thing he did when turned loose in the garden of Eden was to eat the forbidden fruit. He begins on pins and buttons when a baby and will never let up till death closes the scene if osteopathy does not fly to his rescue. Such is our work—the grandest and noblest of all human endeavors, to rescue humanity from the ravages of drugs and disease.

* * *

All agree that man is the most wonderful piece of machinery in the world. His system of lubrication and dust proof bearings are marvelous, and his automatic steering gear is beyond imitation by the best machinists. He represents the highest type of mechanism. In every particular, man's best mechanical work can be shown to be but modifications and adaptations of processes found in the human body, a revelation of first principles used in Nature. The ad-

justments of this vitalized machine are finer and the possibilities of perversions are more numerous than those of an inanimate machine, hence it requires much greater skill to repair, regulate and rightly employ the restorative agencies of the human body to terminate disease than it does to put a man made machine in running order when it breaks down. Osteopathy is doing much to disclose the complete plans and specifications of the human machinery. When a human machine breaks down and a competent osteopath is called, he looks over the wreck and finds an anatomical derangement clogging the wheels of life; he adjusts it, liberates the vital forces of Nature and the machine again runs smoothly and without friction. It has been proven beyond doubt that all diseases have a purely *MECHANICAL FIRST CAUSE*, that any departure from the normal of the body structure means disease and that these causes cannot be removed with drugs. These structural changes may be the result of an injury, cold, inflammation, embolism, local or general depression of vitality from over fatigue or accident, impure food, air, water and every excess. This certainly makes it clear that the osteopath treats the *CAUSE* of the condition producing the symptoms, while it is undeniable that the homeopath treats *SYMPTOMS* and the allopath treats the condition producing the symptoms, that is, the *AILING PART* or organ, they fail to ply the remedy to the *PRIME CAUSE* which lies back of all symptoms and ailments. Which method is the more reasonable; which appeals to you as builded upon the rock of absolute science; which is the better able to repair the injuries to which the body structure is subjected in the process of life, the osteopath, the homeopath or the allopath?

Ella Wheeler Wilcox Finds in the "Milk Diet" and Osteopathy the Road to Health.

This is what was recently said by Mrs. Benjamin F. Taylor, of the Board of Education, Cleveland, Ohio:

"For the sake of unborn generations, the girls of to-day should be taught that disease is contemptible; that health is power; that physical perfection means beauty, grace and amiability. Women cannot be amiable when suffering tortures of pain known only to their sex. Divorce courts would lose half their cases were women educated in the direction of vigorous health."

Scores of inquiries from ailing fellow-beings come to me weekly regarding the milk diet, so often referred to in this column.

While there are many important subjects before the world to-day, I know of few subjects more important than good health.

Disease is indeed contemptible and unnecessary.

It is my conviction that a right understanding of and an adherence to wholesome and correct mental and spiritual laws will cure and prevent every disease with which mortals are afflicted. Until the scientific world lags along and establishes this fact,

however, so that the conventional mind may grasp it, we must look to the matter of good digestion and good circulation for our cures. We have learned the uselessness of looking to doctors' drugs.

Osteopathy and the milk diet are the two great bridges between the old medical school, fast becoming obsolete, and the new spiritual school, slowly becoming understood.

Osteopathy gives good circulation, besides doing many other remarkable and beneficial things for the system.

A milk diet provides the pure current of blood to circulate through condensed channels.

An organic heart trouble is, to my belief, the only disease a persistent milk diet will not cure, consumption and recipient cancer not excepted.

To all absolute invalids I would suggest several weeks at the best milk cure to be found, in order to tide over the unpleasant phases of the treatment.

After a few weeks the diet can be pursued at home and while continuing the daily vocations.

The merely indisposed, if possessed of suf-

ficient will power, can regain health, strength, good digestion, a beautiful complexion and bounding vitality by substituting milk for all other food during two months' time.

A large glass of milk slowly sipped every hour until six, seven or eight quarts are consumed in twenty-four hours, will rout disease as certainly as a continual stream of water routs dust from sewer pipes.

That is all there is to the milk diet. Persistence and regularity and self-denial, when the appetite craves other food, and as much rest and fresh air as possible daily.

Yet not one individual out of a score who attempts the diet will display the necessary character to give it the full trial.

The great lack in human nature is lack of focused will.

Obstinate and pig-headed people are to be found by the thousands; people who will do what they know to be unwise and wrong, but the people of will, who persist in doing the unpleasant, or difficult.

Right and sensible things are rare, indeed.

That explains why we hear so much of disease, poverty and suffering in the world to-day.

God made health—man makes disease—then blames God for his sufferings. Disease is contemptible and unnecessary.—New York Evening Journal.

CLINICAL REPORTS.

REPORTED BY DRs. VAN DOREN & VAN DOREN,
LEECHBURG, PA.

Appendicitis.—

Miss Anna Costella, age thirty, had an attack of appendicitis, diagnosed, by Dr. Welch, M. D. and treated by him through acute form. After two weeks' time consultation was held by Drs. Welch and Orr, M. D's of this place, and operation was advised, patient objected and the operation was deferred. Slight improvement was noted during next three weeks, but patient was unable to be up more than a few minutes at a time.

Hearing that new doctors were in town who consulted free, she sent for us.

An examination proved that lesions existed at second, third and fourth lumbar; entire spine stiff; lumbar vertebrae posterior;

ninth and tenth ribs twisted.

First treatment was given evening of Aug. 11th. Immediate relief was experienced. Ribs were replaced on August 12th. Treatments were given the 13th, 15th and 17th. Patient was then able to do light housework, and no amount of inducements could persuade her to take further treatments. No return of any pain or symptoms. The spine was given some hard treating, last three treatments, to correct the posterior condition; good movement of spine was obtained.

* * *

Inflammation of Bowels.—

September 17th a telegram called me to Appalla, Pa., to see Miss Emma D., who was suffering from inflammation of bowels.

Dr. R. Finlay, M. D., in attendance, had stated medicine would do no further good, advised patient to be sent to West Pennsylvania Hospital, Allegheny, Pa.

Found patient in bed with some fever, probably 101 or 102 degrees, suffering intense pain, had not had an operation of bowels for four days. Abdomen so tight and rigid she could bear no weight upon it, the slightest touch would cause great pain.

History of case revealed the fact that patient had fallen down a short flight of stairs some two weeks before. On examination I found 10th to 12th dorsal and 1st lumbar posterior, lower ribs on right side down, bad break between 11th and 12th dorsal.

After twenty minutes work, vomiting which had been continuous for twelve hours ceased. Under the eyes of the bewildered M. D. I had the patient turn on her left side—she had occupied a position on her right side with limbs drawn up for two days prior to this.

Inside one hour's time I had manipulated directly over a fecal tumor in the region of the caecum.

Another treatment was given on the following morning to relax muscles of the spine and to move fecal impaction in the caecum.

Sunday evening patient rested well, had taken liquid refreshments with eagerness, fecal tumor gone. Bowels moved normally Monday morning, Sept. 19. Following this the patient made a rapid and complete recovery.