

The Popular Osteopath

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The Popular Osteopath.

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of Osteopathy.

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THE OSTEOPATHIC TREATMENT OF RHEUMATISM.

CHARLES HAZZARD, PH. B., D. O.

Of a certain city the remark was made that its population was three hundred thousand, and that of those three hundred thousand people, about one hundred thousand had rheumatism.

The question is often asked how Osteopathy, a "treatment of the bones," could affect such diseases as do not depend upon any bone derangement; and how it is that diseases dependent upon conditions of climate, of which rheumatism may furnish a good example, are expected to yield to a treatment of the body by manipulation.

A reply might be made in kind by inquiring how it is that rheumatism, a disease not consequent upon any disorder of the stomach, may be expected to be cured by placing medicines in that unoffending member. The reply might be that the medicine was supposed to reach the system through the stomach; but the champion of Osteopathy would show at once that to reach the system was the object accomplished by Osteopathy, a consideration of the "bones" being but incidental thereto. The discus-

sion would very soon open up the whole subject of the theory of the cause and the pathological conditions existing in the disease in question.

"Nothing succeeds like success," and the record of Osteopathy made in curing cases of rheumatism is a clear demonstration of this familiar maxim. Discussions of theory sometimes end in hard words, and remembering that sick people want to get well, and care nothing for the theory upon the lines of which the treatment proceeds, it is the object of this paper simply to point to the fact of cures of rheumatism by Osteopathy, and to say what may be expected of this treatment in the several forms of this common ailment.

Of the common forms of rheumatism, acute articular (rheumatic fever), chronic articular, and muscular; and of such special forms as lumbago, sciatica, pleurodynia, etc., many cures have been made by practicing Osteopaths.

It is said that sciatica furnishes more pain to the square inch than any other disease. A case of this

troublesome complaint, under treatment at Evanston, Ill., was unable to walk into the office at the first, and had to be carried in. After several treatments the patient could walk, and at the end of one month all pain had disappeared, not having returned a number of months later. But all cases of sciatica are not thus quickly cured, while some refuse to yield, though few are not benefitted.

In a case of sciatica treated by the writer at Kirksville, Mo., the cause was hard labor, exposure, and muscular strain. The patient being a miner. He was able to walk only with difficulty, could not bend over, and was obliged to sit in a certain position. The trouble gradually yielded to treatment, and the patient was discharged after two months. Some six months later the man was still well, and performing his usual labor without return of the pain.

A prominent business man of Chicago was so afflicted with chronic rheumatism that he said, describing his case, "I was practically a dead man, that is, I had lost all desire to live, so great was the constant pain with which I suffered, but today I am a well man, cured by Osteopathy." He was the embodiment of health, and was the active manager of a great business represented in this and in a foreign country.

It is a well known fact that articular rheumatism first attacks the larger joints in the body, and may spread from joint to joint, involving those of the spine, limbs, hands, feet, etc., until the patient is rendered helpless and immova-

ble. Many of these sufferers might be spared their burden of pain, or be restored to their wonted usefulness to society if their cases could be brought under treatment soon enough.

What is said of the three cases mentioned above may be applied to rheumatic cases of all forms, for rheumatism, being a common disease, has frequently come, in all its forms, under Osteopathic treatment. It has been demonstrated time and again that Osteopathy cures rheumatism. It is not claimed that Osteopathy is a cure-all for such cases, but it cannot be denied that it succeeds in many otherwise hopeless cases, and it must therefore be looked upon as a valuable treatment in this class, as well as other classes, of disease.

86 and 87 Valpey Building, 213 Woodward avenue, Detroit, Mich.

Physical Exuberance.

There is no exhilaration in champagne like that of the thrill of oxygen coursing along the nerves when drawn in, compounded and compacted in the tissues. Our bodies are pressed upon by the most exuberant forces, that seek entrance into the avenues and corpuscles of life. Let them in! Think what one can do when in the fulness of life. No obstacle can long stand in the way of physical exuberance. This is the power which Osteopathy cultivates and liberates in the body. It awakens, enlivens, strengthens, and brightens physical existence. It gives freedom and fulness of action and expression to all life's forces and fluids. It gives exuberance.—Philadelphia Journal of Osteopathy.

OSTEOPATHY IN THE WHISKEY AND OPIUM HABITS.

M. C. HARDIN, PH. D., D. O.

The whiskey and opium habits, among other drug habits, have long been considered diseases. The recognition of alcoholism as a disease dates further back than the recognition of insanity as a disease; for when insanity was considered a spiritual madness and those so afflicted were looked on as possessing a devil, inebriety was looked on as a disease. Herodotus, five centuries before the Christian era, wrote that "drunkenness showed that both the body and the soul was sick." Plutarch asserted "that the drink madness is an affection of the body which hath destroyed many kings and noble people." In 1747 Condillac, a French writer, declared that the drink impulse is like insanity, an affection of the brain. Dr. Rush, of Philadelphia, in 1790 affirmed the same theory and supported it by a long train of reasoning in two lengthy essays, and urged that special measures should be taken in treatment of it. Buhl Cramner, of Berlin, defined inebriety as a state of irritation of the brain and nervous system, to be cured by physical means, because it was purely of physical origin.

There have been many methods devised to eradicate this disease. Many of these so-called cures by means of strong medicines are almost as injurious as the disease itself. Besides they often fail in their purpose because they merely stimulate the nerves temporarily, instead of building up the system. Osteopathy has not been long enough before the public to try its

virtues in every disease, and, so far as I know, the treatment of the opium and whiskey habits by this method has not been attempted outside the following experience.

Case 1. A young man about 35 years of age came under my treatment for "nervous prostration" at the suggestion of a medical doctor, who makes a specialty of treating drug habits. The young man appeared to be a wreck generally, having all the symptoms of "nervous prostration" and showing that most of the organs of the body were more or less involved. He was not able to sleep, could not digest his food, and had palpitation of the heart. The lungs were involved and the kidneys affected. There were frequent attacks of sick headache and constipation was present. His left leg was in a varicose condition. He suffered much with melancholy, so much so that life was of small value to him. When in deeper morbid fits than usual the craving for drink or opium was unbearable. Previous to coming to me he had taken Keeley cure once, another cure twice and still another five times, all without any permanent benefit. After a course of Osteopathic treatment he now sleeps well; he has gained fifteen pounds in weight and feels strong, and he has absolutely no desire for an intoxicant.

Case 2. A woman with a trouble of several years' standing came to me for treatment. She was taking a course of medicine at this time and I advised her to continue the

medicine for a few days and then drop it. The day after she left off her medicine she sent for me hurriedly stating that she was in great pain. I did not reach her for an hour, when I found her in great agony with "pains all over the body" as she expressed it. I knew that the pains did not belong to her disease and hardly knew what to make of it at first, but recalling the "old doctor's" advice about fever, "not to wait to see how hot it is, but to put the fire out," I set to work to relieve the pain, which I succeeded in doing in a few minutes. After an investigation I learned that she was addicted to the opium habit and that she had left it off with her medicine. Having relieved her pains successfully I was only too anxious to see what Osteopathy would do for the case. I arranged that no opium be given her and instructed her to send for me whenever the pains came on. I always relieved the pains successfully and as time went on, they became less frequent and less severe. In this way I built up the general system and soon strength returned

and the nerves were quiet and the desire for the drug ceased.

These two cases under the application of Osteopathy have yielded fine results. I believe that Osteopathy will in time prove itself to be the best possible treatment for all drug habits. To build up the body without the biasing influence of drugs would seem to be the most common sense way to accomplish it. This is nature's method of ridding the body of such things, and Osteopathy is only an application of nature's laws.

In conversation with an educated physician of the old school, a short time ago, he told me that the latest and most successful method of handling drug habits, as far as permanent results were concerned, was by the water cure and massage method. In harmony with this latest method of medical practice of thus leaving off medicine in treating drug habits, Osteopathy might reasonably be expected to accomplish much more than massage and water.

704-705 Lowndes Building, Atlanta, Ga.

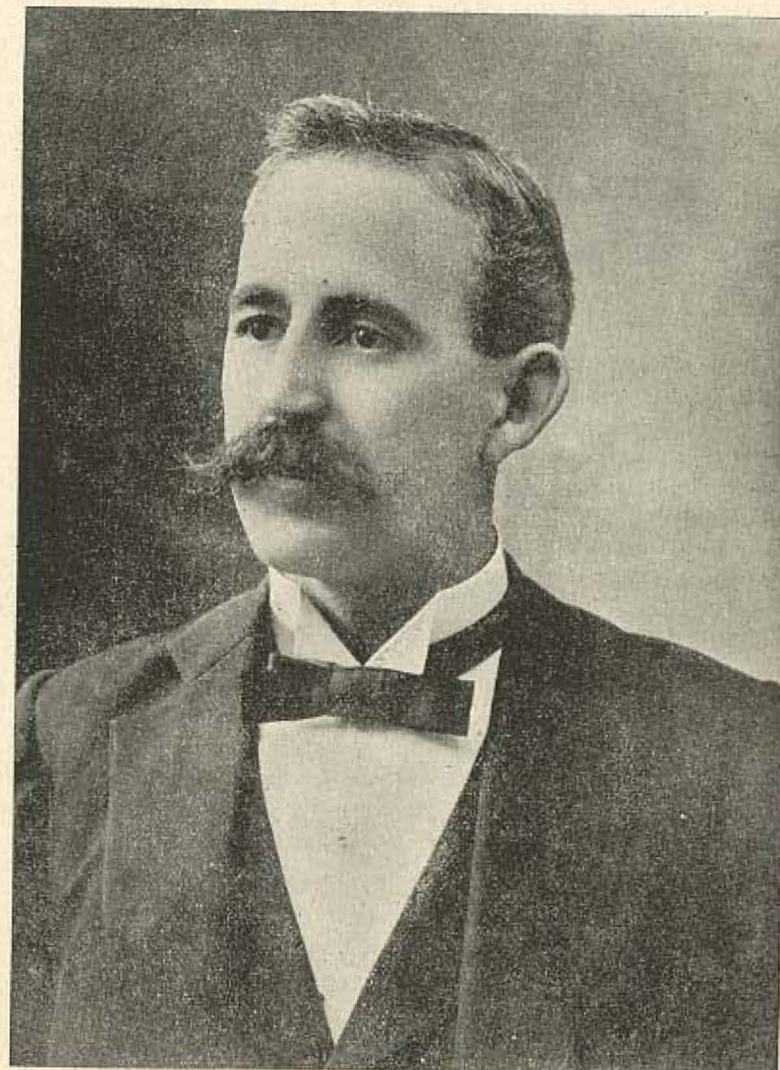
OUR NEXT MEETING.

PRESIDENT HILDRETH.

The Popular Osteopath having been chosen as the official organ of the American Association for the Advancement of Osteopathy, I wish to use its columns to say a few words to the members of the Association, and to all other graduate practitioners that are eligible to membership in the A. A. A. O.

At its recent meeting at Indianapolis the Association conferred upon me the high honor of the presidency, a distinction which I fully appreciate. I went to the convention, hoping that I might be of service to my profession, but certainly not seeking any honors. Indeed I would have much preferred it

had some other leader been chosen; might well be laid upon other shoulders. I feel, however, that with the



ARTHUR G. HILDRETH, PRESIDENT A. A. A. O.

responsibility which, since I had already seen considerable service in advancing the cause of Osteopathy, hearty co-operation of the members of the Association, and of the rest of the profession, my work and

that of the able corps of colleagues which the Association has chosen, should be comparatively easy.

With this thought in mind I earnestly urge every member of the Association to forward the annual dues (\$5) to Treasurer C. M. T. Hulett, 1208 New England Building, Cleveland, O. Also forward your address to Secretary Irene Harwood, New York Life Building, Kansas City, Mo., and in case you change your location advise the secretary of the change. By so doing, you will help us in the preparation of the official directory which was proposed at the Indianapolis meeting. I frequently have inquiry for Osteopaths from various parts of the country, and can often be of service to you if I know where to find you.

Furthermore, I ask that you report any unprofessional conduct in our own ranks, or any quack who is pretending to practice Osteopathy. This, in order that we may deal suitably with such offences.

I also urge each graduate of every reputable college of Osteopathy to present his application for membership in the A. A. A. O.

Now, a word about our next meeting. While at Indianapolis I recommended Kirksville as the best place, for the reason that, as I believed, a larger attendance could be secured there than any where else on earth. Dr. A. T. Still, the founder of the science of Osteopathy, whom many Osteopaths have never seen, resides there, and knowing his fondness for home I questioned whether we should be able to get him to meet with us elsewhere. But with the close of the

convention I ceased advocating the claims of Kirksville; and I wish to say that wherever the trustees shall decide to call the next annual meeting, I shall work with a will to make the meeting a splendid success. I have no desire but to administer my office impartially, for the good of all; and to bring together into a great strong and efficient fraternity every honest Osteopath in the country. With this end in view I urge you all to cooperate with, and sustain the officers of the Association in their effort to achieve harmony and execute the most effective work. We cannot do everything in a year, but we can do much if we have your encouragement and support; and in the end we shall have an organization of which every Osteopathist can be proud, and one that shall mean more for the cause of Osteopathy than all other influences combined.

Again, let me urge that you send your annual dues (\$5) to Treasurer Hulett, and your address to Secretary Harwood; and that you begin to make preparations to attend the next annual meeting.

708 Commercial Building, St. Louis, Mo.

A Great Surgeon Protests.

I do not believe in operating on all cases of appendicitis. I'd rather have a live man with an appendix than a dead one without one. I do not believe with the witty Frenchman that no case is complete without a post-mortem. If the patient is no worse after forty-eight hours of observation, let him alone; let him get well.—W. W. Keen, *International Journal of Surgery*.

UTERINE DISORDERS.

MRS. S. S. STILL.

In earlier times there were great differences of opinion on uterine pathology.

This was due to the fact that each writer insisted that his particular discovery was the keynote to all uterine diseases. For instance, one practitioner considered the trouble due entirely to inflammation, another to misplacement, while still another attributed all derangements to diseases of ovaries, so that no matter what the ailment was, the one who believed in inflammation attributed all the trouble to that source, while the one who believed in the displacement theory insisted on that as the cause of trouble; so likewise with ovarian disease, showing how people will follow one line of thought to the exclusion of all others.

Many of these writers have made valuable contributions to the literature of gynaecology, but many times have they been inclined to follow a fad so that even when both inflammation and misplacement occurred, the one who especially insisted on inflammation would claim that if you cured that condition, you would also cure the misplacement and insisted upon that theory. But since that time it has been proven beyond a doubt that misplacements often cause the congestion and inflammation, and that by correcting the misplacement you cure the other troubles.

Even one of the late writers takes an extreme view and attributes all pelvic troubles to flexions or deformities of shape. Of course

no one of experience will question the fact that mal-position of uterus will often result in subsequent disorder to nutrition and sensibility. But admitting this, is merely admitting the propriety of regarding misplacements as one of many untoward influences which may cause disorder through the innervation, circulation, and nutrition of uterus, not making them the chief factors in the production of uterine diseases.

We find then that the ordinary complications may be either the cause or effect of the displacement, so that it is always necessary to discover the cause before we can decide upon the correct treatment. Where the so-called complications are the primary cause they should be treated with the misplacement, but when the complications are due to the misplacements the latter should be treated even if the complications are inflammatory.

The fact is, displacements may, but rarely do exist without causing symptoms. They usually cause more or less serious trouble by disturbing uterine circulation, thus causing congestion, also rendering the escape of secretions impossible and causing disturbance of neighboring organs through dragging, pressure and friction, sometimes exciting local peritonitis. Misplacements often secondarily affect the nervous system bringing about reflex neuroses and after a time general neurasthenia.

We have a condition spoken of by some authors as "softening" of

uterine tissue which seems to be due entirely to mal-nutrition of the organ and cannot be termed a disease, but is a condition which can certainly be a very potent factor in bringing about disease, for the uterus being in a pliable condition, is apt to become altered in shape, and if the trouble is not corrected we may have it continuing after the softening has disappeared. This complaint is found most often in young subjects and has yielded very nicely to Osteopathic treatment.

The symptoms which usually accompany this undue softening are pain on locomotion, or even produced by movements of the body; there is sometimes extreme nausea, anorexia and headache. The muscles of other parts of the body are affected, especially lumbar and lower abdominal regions, and in order to effect a cure there must be a general upbuilding of the entire system, especial attention being paid to the pelvic region, stimulating nerves to action and bringing about a perfect circulation. In these cases very little local treatment is needed, simply to see that as the system builds up the organ assumes its natural shape and position.

Among the many cases I have in mind is one of special interest. A young lady came to me for treatment, complaining of backache, headache and great abdominal pain, especially when taking any exercise; she had no appetite, eating but twice a day and then but little. One could easily see that she was poorly nourished. I made a careful examination of the spine and found a posterior condition of

lumbar region while the upper dorsal was anterior.

There was considerable congestion through the pelvic region and extreme tenderness. I found the uterus much softened. My work consisted in relieving the spinal conditions, and as this was done the congestion and tenderness in pelvis disappeared. The patient's appetite returned and at the end of two months she was able to walk any ordinary distance without inconvenience. In this case I had relieved the irritation to the hypogastric plexus of nerves and the congestion of the pampiniform plexus of veins.

The pelvic viscera were then in a condition to be nourished and as the general health was re-established, all the other disagreeable symptoms subsided.

Gen. Wood Doesn't Take Any.

In the evidence of Gen. Leonard Wood before the war investigating commission, January 13, 1899, as reported in the Boston Journal, we find the following:

Originally the army was supplied with enough medical officers; but people lost sight of the fact that medical officers are also susceptible to malaria, and for a while the number was deficient, but there was no cause for complaint.

"Perhaps," suggested Capt. Howell, "it was well that the men did not take any too much medicine."

"I always have made it a practice," replied Gen. Wood, who was formerly an army surgeon, "not to take any myself."—From the Boston Osteopath.

TWO GYNECOLOGICAL CASES.

MINNIE OSENBAUGH, D. O.

For some time I have been thinking of sending a small contribution to the Popular Osteopath with the hope that it may, in a slight degree, benefit and encourage some reader as the writings of other practitioners have helped and inspired me.

First, however, allow me to compliment the management of this journal on the rapid strides it is taking in advance, both as regards its appearance and its practical value. That is a word full of meaning to every Osteopath in the field. Theory is good, but utterly valueless unless it can be rendered practical and be applied to the cases we meet each day.

The first case I will refer to is unusual and rather peculiar; but it is one which all will recognize as coming within the special domain of Osteopathy. It is a case of tumor located at the orifice of the vagina. The patient had been a sufferer from female troubles for years, but the tumor had only appeared about four months previous to her coming under my observation. There was severe headache, pains in back and limbs, and, upon extra exertion, a fullness and heavy feeling in the tumor which at such times would enlarge perceptibly, but which would shrink again after the patient remained in a recumbent position for a day or two. The tumor was not fibrous, but contained a fluid, the increase or decrease of which determined the size of the tumor. Examination showed a misplaced uterus pressed

on structures which retarded both venous and lymphatic circulation. When the patient was on her feet a great deal the pressure was greater and naturally the cause of the trouble being intensified the result—the tumor—would be exaggerated. A lesion in the lower part of the spine was probably responsible to a great degree for the existing conditions. A month's Osteopathic treatment almost entirely relieved this trouble and at the end of two months the case was discharged as cured.

The other case is common enough and is remarkable only in the speedy manner in which it yielded to Osteopathic treatment. The patient is a young married lady and for five years had suffered so intensely at her periods of menstruation that she was in miserable health all the time. A profuse and offensive leucorrhœa was a bad feature of the trouble. During the five years, one week of each month was invariably spent in bed and her suffering was extreme. She would hardly recover from the effects of one period until the next made its appearance. On examination this case was found to be an antelexion of the uterus which retarded the menstrual flow to such an extent as to cause the trouble. This constantly recurring condition kept the local and general nervous system on a constant strain which could only result in invalidism. After two weeks' Osteopathic treatment the lady passed through a period without being compelled to go

to bed, and practically without pain. She continued treatment four weeks longer and then was obliged to return home, but she

writes she is so much improved that she considers herself cured.

Kirkville, Mo.

FUNCTIONAL PARAPLEGIA TREATED OSTEOPATHICALLY.

CLARENCE VINCENT KERR, D. O.

The term Paraplegia was originally applied to a paralysis of the lateral half of the body, or what is known now as Hemiplegia. In the present acceptation of the term it denotes a paralysis of the lower extremities. The disease is divided into several classes and each derives its name from the cause of the malady.

As alcoholic paraplegia is due to chronic alcoholism, paraplegia dolorosa, due to pressure on the spinal cord as in disease of the vertebrae. Functional paraplegia where no organic lesion is ascertainable, etc., etc.

It is a case of the latter which came under my observation and care, some months ago, that I wish to review for the readers of the Popular Osteopath.

J. A. McF.—, of Ryan, Iowa, a well known cattle buyer of Delaware county, was driving along the country road one morning in May '98, when his horse became frightened and unmanageable, overturned the buggy and threw him into a ditch by the roadside.

Falling backwards the brunt of the fall was received by the spine in the lower dorsal and lumbar region or popularly speaking—the "small of the back." For the first few weeks he suffered no special in-

convenience, aside from muscular soreness, but thereafter he began gradually to lose the use of his limbs. He first noticed that in walking he would kick up the rugs and strike his toes on the porch step.

The condition gradually grew worse until the first of January, when he was confined to his room, practically helpless. He was taken to and from the dining room and about the house in a rocking chair, which was pulled about after the fashion of a sleigh.

The attending physician appreciating the virtue of physiological rest, ordered that the patient lie down for a few hours each day and avoid worry and excitement; and he left such drugs as he hoped would aid in the restoration of health. By the first of April Mr. McF.—was wholly unable to move a muscle of either limb and as the prospects for gaining locomotion were slim by the regular treatment, he concluded to try Osteopathy.

The history of the case brought out the facts mentioned above, and that father and mother were both living.

No tuberculosis in family could be traced back. Two years previous to the fall which resulted in paralysis, patient had undergone

two operations for tuberculosis. One for tubercle of ankle joint, the left limb being amputated half-way between knee and ankle—Teall's operation—and one for tubercular glands of left breast, which were freely incised and scraped.

The conditions of the spine upon first examination would lead one to believe, in view of the fact that patient had been tubercular, that case was one of paraplegia dolorosa, due to Pott's disease, or caries of the spine. The ninth and tenth dorsal vertebrae were displaced backwards very markedly, giving the spine the appearance of one typical of Pott's disease. The latter disease being one generally of tubercular origin and having a history of tuberculosis in the patient, the case became one of unusual interest. However strongly the objective symptoms pointed toward Pott's disease, the subjective symptoms indicated equally as strong that such was not the exciting cause of the paralysis.

Excluding tuberculosis as a factor in the causation of this paralysis, the case fell under the head of functional paraplegia. Further examination of spine revealed a marked contraction of the muscles of right side from the ninth dorsal down, drawing the spine slightly to the same side. At the junction of the fifth lumbar vertebra, and the sacrum there was great tension with a slight lesion.

All the vertebrae seemed to be bound tightly together, making the spine very rigid. This was no doubt due to contraction of the ligaments. The bowels were constipated; upon the chest, abdomen, and between

the shoulders appeared in irregular patches little brownish yellow spots. This affection of the skin was puzzling, but I think I am safe in saying it was pityriasis versicolor, which is found in diseases where there is defective nutrition and impaired vitality.

I need not go into detail as to the modus operandi of the treatment given in this case. We know from such lesions as were found that nerve life emanating from the cord from the eighth dorsal down, was being interfered with, and that the circulation to and from the cord was obstructed or greatly impaired. The work of the Osteopathist was to replace the displaced vertebrae, relieve the contracted muscles and ligaments, liberate nerve life, and establish a normal circulation. That we were successful in doing so, I am happy to relate.

After a few treatments, motion returned and the patient was enabled to go about on crutches. The bowels were loosened without the aid of cathartics. After the third treatment the eruption began to vanish by desquamation.

McF.— made rapid improvement under the treatment, and the 5th of May, when I called to give him his last treatment, I found him up in town. A few days ago I received a letter from Mrs. McF.— and she writes that her husband now goes about every place with the aid of a cane and is able to drive about the country in the prosecution of his business.

Thus it is that Osteopathy winds itself about the affections of its patients.

321 Bank & Ins. Bldg., Dubuque, Ia.

ENIGMA NO. 6—ANIMAL GUARDS AT EARGATE.

W. A. BOLLES.

First. The animal is native to the Old World, generally white or gray, sometimes black, has hoofs and long shaggy hair, its horns are directed upward, backward, and outward, and its tail generally short.

It is strong, active, very nimble, bold and curious. In some species its hair hangs in long beautiful ringlets and furnishes material for the finest shawls and other fabrics, its pelt for mats, and its flesh and milk for food. It feeds on grasses, weeds and other coarse herbage which other animals reject.

In a wild state it will frequently turn on its pursuer, rear upon its hind legs and come down upon him head-first, hurling him to the ground with terrific force. Even in the domestic state, the males, if provoked, defend themselves and their mates and young in the same way, sometimes stealthily advancing upon their enemy from behind and surprising him with an energetic forward movement.

Its young are very playful and also expert in climbing rocks, stumps, and other high places. The oracle at Delphi was said to have been discovered through their excessive frisking near the mouth of that wonderful cavern.

An unpleasant odor or pungent musky smell renders its near approach disagreeable, and this is another reason for not molesting it. However, the juveniles of Holland do not seem to mind the odor very much, as they frequently harness

three or four together to draw children's coaches.

A very curious and heavy tuft of beard of long hair hangs from the lower jaw of the male giving him a dignified masculine appearance well calculated to command respect.

Second. In mythology, a female ———, named Amalthea, was said to have suckled the infant Jupiter with her milk while he was concealed on the island of Crete to prevent his father, Chronus (Kronos) from swallowing him alive. When he was grown he wore on his breast a shield or aegis (Greek aigos which means ———) made from the skin of his foster mother. He afterwards gave the shield to the goddess Minerva (Athene or Pallas) who fixed on it the snaky head of the horrible Medusa, and this gave her the power to petrify all who looked on her. Jupiter also broke off one of the horns and gave to his nurses, endowing it with the power to fill itself with any gifts the possessor might wish, and hence we have the poetic idea of the "Horn of Plenty" or Cornucopia, the beautiful symbol of peace, plenty, and concord. He then placed the animal among the stars as one of the constellations called Capricornus which is the southern limit of the vertical rays of the sun, and hence called by the ancients the "Southern Gate of the Sun."

"The lurking satyrs, a wild brood
Of gamesome deities; or Pan himself,
The simple shepherd's awe-inspiring
god."
—Wordsworth, "Excursions in Greece."

Their heads were crowned with short sprouting horns of the same animal.

The ——— was the especial favorite of the goddess Diana. The Chimera, a destructive female monster breathing fire, and killed by the famous hero Belerophon, was

"A mingled monster of no mortal kind;
Behind a fiery dragon's tail was spread;
A ———'s rough body bore a lion's head;
Her pitchy nostrils flashy flames expire;
Her gaping throat emits eternal fire."

The Fauns were human-like creatures with pointed ears, and tails and feet like ———s. These fictitious beings were a sort of middle link connecting brutes and man. They were the deities of the fields and shepherds, and regarded as the patrons of wild animals.

You are now ready for the classification. Since the Greek for a wild ——— is aigagros, its species is ae-gag-rus. Since the Latin for a wild ——— is caper, its Genus is Ca-pra. Since the Latin for hoof is ungula, its order is Un-gu-la-ta. Since it suckles its young and the Latin for breast is mamma, its class is Mam-ma-li-a. Since it has a backbone or spinal column, and the Latin for a turning or yielding joint is vertebra, its Branch is Ver-te-bra-ta. Since the Latin animo means to breathe, its Kingdom is An-i-mal.

Scientific name: Capra aegagrus. What is its common name?

Third. Just above the lobe of the ear and forward is a rounded portion of cartilage pointing backwards which you can easily feel with the fingers. Opposite is another similar prominence directed forward. The larger one usually

bears a tuft of hairs directed inwards to prevent the entrance of dust. Since this tuft of hairs suggests the beard of a ———, and since the Greek for ——— is tragos, these prominences are called tragus and antitragus, and these are the Animal Guards at Ear-Gate.

You will be interested to know that when you frolic and leap about as does a playful capra, you "cut capers." If you play a piece on the stage in which death is pretended, you act like a tragos, and your play is a tragedy. Thus is our wonderful language honey-combed with words which are derived from animals and plants, and thus made easier and stronger.

Answer to Enigma No. 5—Spider.
1027 Steele street, Denver, Col.

Shakespeare's Unkind Advice.

The late Dr. Bliss was for many years Gen. Sherman's physician. Once when the general complained "Your stuff's doing me no good;" Dr. Bliss replied: "Take Shakespeare's advice, then, and throw it to the dogs." "There are too many valuable dogs in our neighborhood," replied Sherman.

The Reversible Prescription.

The Doctor—"What you need is a tonic. Take quinine and iron at each meal."

Patient—"But I am taking it every day and I don't get any better."

The Doctor—"Ah! Then what you need is to stop taking it."—
From Le Petit Journal Pour Rire.

AT INDIANAPOLIS.

Report of Proceedings of Annual Meeting of the A. A. A. O., Prepared
From the Minutes of Secretary Harwood.

The second annual meeting of the American Association for the Advancement of Osteopathy was held at Indianapolis, July 5th and 6th.

President Matthews was unable to be present and the convention was called to order by Vice-President S. H. Morgan. Prayer was offered by Rev. Dr. Constables.

The Governor of the state and the mayor of the city, both being out of town, Hon. John R. Kern, representing His Honor Mayor T. T. Taggart, delivered the address of welcome.

Dr. Hildreth, of St. Louis, responded to these addresses on behalf of the Association.

It was decided, by vote, to allow those having papers to read them entire, irrespective of the time so occupied.

Dr. F. W. Hannah, of Indianapolis, read an excellent paper on the A. A. A. O. Dr. Hildreth led in the discussion of this paper, after which Dr. H. F. Goetz, of Quincy, Ill., presented a scholarly paper on "Degenerations of the Spinal Cord." The paper showed independence of thought as well as careful study, and was illustrated by appropriate charts.

President Rheem, of the Northern Institute of Osteopathy, read a paper entitled "Standards of Excellence" in which he dealt in a practical and interesting way with the methods of presenting Osteopathy to the public. Mrs. Wil-

liams, of Chicago, led in the discussion of this paper.

Dr. Dain L. Tasker, of the Pacific School of Osteopathy, Los Angeles, Cal., presented a strong discussion of the "courses of study" as at present pursued in colleges of Osteopathy. He thought the day was coming when the course of study would be extended both as to subjects taught, and as to time required for completing it. This paper provoked more discussion than any other read. Drs. Shackelford, Liffing, Gravette, Taylor, Thompson, Rheem, Hatton, Hildreth and S. S. Still participating in it.

Dr. D. Ella McNicoll, of Frankford, Ind., read an able and interesting essay on "State Organizations" which she regarded as important for the advancement of Osteopathy as a science, for fellowship, and for protection. The discussion was led by Dr. M. F. Hullett, of Columbus, Ohio.

President S. S. Still, of Des Moines, talked on "Osteopathy as a Profession." It was a bright review of the history of the profession from its recent early infancy down to the present day. President L. E. Cherry, of Milwaukee, read a masterly discourse on the "Future of Osteopathy."

An interesting paper on the "Associated Colleges of Osteopathy" by Mrs. Bolles, of the Bolles Institute of Osteopathy, of Denver, was read by Dr. Rhynesburger, of Day-

ton, Ohio. This closed the first day's session.

The banquet was held on the evening of July 5, and proved a highly enjoyable event. Judge Andrew Ellison, of Kirksville, Mo., gracefully did the honors as toast master.

Toasts were responded to by Drs. S. H. Morgan, S. S. Still, Chas. E. Still, L. M. Rheem, and Mrs. Butler.

The convention was called to order on July 6 at 9 a. m. The convention proceeded according to programme, with the business meeting. The minutes of last meeting were read and approved.

The following amendments to the constitution, which had been proposed at the last meeting, were read and voted upon separately. Each of them was adopted by motion, and declared a part of the constitution.

To amend Article III, Section 2, by substituting the words "five dollars" in place of "one dollar," making said section read:

The amount of the membership fee shall be five dollars per annum, payable in advance.

To amend, by striking out Sections 2 and 3 of Article I, and substituting the following:

Sec. 2. The membership of this Association shall consist only of graduates of reputable colleges of Osteopathy.

Sec. 3. A reputable college of Osteopathy in the meaning of this constitution shall be one which is a member in good standing of the Associated Colleges of Osteopathy.

To make Section 5 of Article I read:

This constitution may be amended at any regular meeting by a majority vote, provided a copy of said proposed amendment be deposited with the Secretary at least three months before the regular annual meeting at which the said amendment is to be voted on. Upon receiving a copy of said amendment it shall be the duty of the Secretary to have the same printed in circular form and mail a copy of said circular to each member of this Association.

To strike out from Section 6, Article I, the following words: "A Board of Trustees consisting of seven members," and to insert "A Board of Trustees consisting of nine members, three of which shall be elected for three years, three for two years, and three for one year. At each succeeding annual meeting three trustees shall be elected for the term of three years."

The question having been raised as to the eligibility of members who had been expelled from a school of Osteopathy, it was decided by vote of the convention, to ask the trustees to so interpret the constitution that the status of members should depend upon their relations with their respective schools. This, of course, can only affect those who joined the Association while they were yet students, and who have not yet graduated as under the constitution now only graduates can become members.

After due discussion, a salary of one hundred and fifty dollars per annum was voted to the secretary. Hitherto, the by no means easy work of that office had been performed without compensation.

The nominating committee which consisted of H. F. Goetz, F. E. Moore, Miss McNicoll, S. S. Still and J. R. Shackelford through S. S. Still submitted their report. The report was duly adopted, and the following officers were elected in accordance with the recommendation of the committee:

A. G. Hildreth, President, St. Louis, Mo.; F. W. Hannah, First Vice President, Indianapolis, Ind.; A. S. Burgess, Second Vice President, Minneapolis, Minn.; Irene Harwood, Secretary, Kansas City, Mo.; C. M. T. Hulett, Treasurer, Cleveland, Ohio.

The trustees chosen as prescribed by the constitution as amended, are as follows, for three years:

E. W. Goetz, Chairman, Terre Haute, Ind.; L. A. Liffing, Minneapolis, Minn.; A. L. Evans, Chattanooga, two years; D. Ella McNicoll, Frankford, Ind.; E. W. Plummer, Redlands, Cal.; J. R. Shackelford, Nashville, Tenn.; one year: A. T. Hunt, Atlantic, Iowa; J. D. Wheeler, Boston, Mass., and H. A. Rodgers, Minneapolis, Minn. At this juncture the convention adjourned for dinner.

Upon reassembling at 2:30 p. m. Dr. E. W. Goetz read an interesting paper upon "Osteopathic Literature" which contained many wholesome suggestions.

Upon motion of Dr. Hildreth, the Popular Osteopath was adopted as the official organ of the Association for the following year.

The following motion prevailed: Moved that it be the sense of this convention that the trustees give to a paper—preferably the Popular Osteopath—a directory of the

members of the A. A. A. O. for publication.

In addition to the events of the regular programme there were interesting short addresses as follows: R. M. Buckmaster, "Compromises;" C. M. T. Hulett, "Pseudo Osteopathic Schools and the Remedy;" H. E. Bernard, "No Cure, no Pay."

An invitation to hold the next annual meeting in Chattanooga was presented by Shackelford and Owens. H. E. Bernard performed a similar service for Detroit, and Achorn and Hildreth spoke in favor of Kirksville, Mo. No action, however, was taken and the matter as to the place of holding the next meeting rests with the trustees.

The committee on resolutions consisted of Pressly, Steele, and Moore. They submitted suitable resolutions which were adopted. The following was unanimously adopted and sent by telegraph to Dr. A. T. Still:

The second annual meeting of the A. A. A. O. sends greetings to Dr. Andrew T. Still.

We desire to assure you of our profound and sincere admiration and loyalty; of our undivided respect for you as the father and founder of Osteopathy; of our determination to develop and defend the principles of Osteopathy as announced to the world by you alone.

We look to you as our sole and sufficient leader and shall strive to maintain the high standard of truth which you have set. We shall unfurl no flag on which your name is not inscribed. Long life to you and may Heaven's best blessings ever attend you!

REPORTED CASES.

M. C. HARDIN, ATLANTA, GA.

Case 1—Muscular Rheumatism.—Mr. W.—was taken with muscular rheumatism following an attack of malarial fever. The form it took was that of torticollis, or wryneck. The family physician treated him for about a month and a half and, seeing no change, told him that there was no use to treat him any longer, that he would have to wait for nature to do the work. A friend of his who was taking Osteopathy advised him to take the treatment. He took it up and improved from the first treatment and in three weeks was well.

Case 2—Chronic Diarrhoea.—Mr. G.—, a man 55 years of age, had been troubled with chronic diarrhoea more or less for the last twenty years. For the last five years he was troubled all the time, sometimes better and sometimes worse. When Osteopathy found him he had been confined to his bed for four months, going to stool from eighteen to twenty times in twenty-four hours. Along with this diarrhoea he had a very bad case of indigestion. After the second treatment he never went to stool more than twice in twenty-four hours. At the end of two

months he was strong and well, having gained twenty-one pounds in weight during this time.

Case 3—Dysentery.—A gentleman stepped into my office one day and asked me to go out to his home and treat his wife for dysentery. Being a stranger to me and not making any inquiries about the new treatment, as is usual with most persons calling the first time, I asked him where he had heard of Osteopathy. He then informed me that he was himself a physician and had practiced long enough to find out there was not much in the use of drugs in disease. He said he had been in the drug business for several years and had had enough of drugs to satisfy him. He said that during all this time he had only used a very small amount of drugs in his own family and that he never wanted to use any more. He had received some literature several times on Osteopathy, and from what he had learned of it he was satisfied it was efficacious. Two treatments relieved his wife entirely of the dysentery. This gentleman is one of the leading business men of Atlanta, the president of a large lumber company.

Death Would Have Been Cheaper.

Florida Times-Union.

A New York doctor has charged a patient \$1,000 for ten visits. The patient possibly thinks it might have been money in his pocket had he died.

Why He Got Well.

King Louis: "What do you do with your doctor?"

Moliere: "We converse together. He writes prescriptions which I do not take, and I recover."

Insomnia.

An exchange gives the following excellent advice on insomnia: "One who has been wakefully considering the wooing of 'nature's sweet restorer' asserts that there is nothing so good as lighting a candle and reading mild fiction which soothes and distracts the mind without exciting it.

"Any specifics for sleeplessness should be carefully avoided, as in the end they are sure to bring trouble.

"A big bed for a sleepless person is a necessity, for it gives unrestrained change of position.

"A warm bath at night, with a good rubbing, is also most beneficial.

"So is a water cracker, eaten to draw the blood from the head.

"But beware of employing artificial means of inducing sleep.

"Any drug is bound to lose its effect sooner or later, and it entails eventually much greater discomfort.

"Discard everything of the sort, and though you may never be called a sound sleeper, by calling philosophy to your aid and accepting the situation, you will really suffer less from sleeplessness than you used to when you tried everything that was suggested as a cure."

When these simple hygienic measures fail, as they often will, a short course of Osteopathic treatment will usually relieve the severest case.

No Assistance Whatever.

Doctor to little boy—"Good morning sonny, how is your father?"

Little boy—"Oh, he's dead."

Doctor—"Dead! What doctor did he have?"

Little boy—"He didn't have any doctor at all. He just died himself."

Why She Got Sulphur and Molasses.

Doctor—"James, did that lady in the waiting room come in her own coach or a trolley car?"

"Trolley car, sir."

"Thanks. I couldn't tell from her dress whether to prescribe three months at Newport or sulphur and molasses."—Puck.

Proof of Real Merit.

Pedestrian—"You say that the remedy which you advertise to cure rheumatism in three days really gives satisfaction?"

Sidewalk Medicine Peddler—"Why, sir, I have customers who have been taking it steadily for six years!"—From La Caricature.

Then She Was Still Sorrier.

Wife of Patient—I'm so sorry, doctor, to bring you all the way to Hampstead to see my husband.

Doctor (from Mayfair)—Pray, don't mention it, my dear madam, I have another patient in this neighborhood, so I'm killing two birds with one stone.—Punch.

The Popular Osteopath.

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ASSOCIATE EDITORS.

What Can Osteopathy Do For Me?

This question is doubtless in the minds of many sufferers from physical ailments, who are considering the claims of Osteopathy as a science of healing.

You will never know, kind reader, what Osteopathy can do for you until you have consulted a competent Osteopath; and possibly not then, until you have given the Osteopath a chance to demonstrate his skill upon your case.

In a general way you may be assured that comparatively few cases are hopeless under Osteopathic treatment. The majority are cured or greatly benefitted. The percentage of utter failure is small.

We would advise, therefore, that you consult an Osteopath no matter how serious or how trivial your complaint may be.

First, however, satisfy yourself that the practitioner you consult is a genuine Osteopath and not a fakir. If you have any reason to doubt his credentials, a letter of inquiry should be addressed to Miss Irene Harwood, Secretary American Association for the Advance-

ment of Osteopathy, N. Y. Life Bldg., Kansas City, Mo.

If, however, you see the professional card of an Osteopath in the Popular Osteopath, you may rest assured, without such inquiry, that he is a reputable practitioner. This magazine is a foe to all quacks and will not advertise any but genuine graduate Osteopaths.

Dr. Hazzard Goes to Detroit.

This month Dr. Chas. Hazzard, who for the past two years has been a teacher in the American School of Osteopathy at Kirksville, Mo., and one of the regular staff of operators in the A. T. Still Infirmary, will open an office for private practice in Detroit.

Dr. Hazzard is a graduate of the American School and was practicing Osteopathy in Chicago when he accepted a position on the faculty of that institution. He holds the degree of Ph. B. from the Northwestern University, Evanston, and the degree of D. O. from the American School of Osteopathy. He is the author of a text book on the "Principles of Osteopathy," and was one of the founders of the Popular Osteopath, to which, as well as to other journals of Osteopathy, he has been a frequent and valued contributor. Dr. Hazzard is one of the brightest and best men in the profession, and we predict a brilliant success for him in his new field of labor.

Dr. Frank G. Cluett, who has been practicing at Sioux City, Iowa, has moved to Detroit, where he occupies suites 53 and 54 in the

McGraw Building. Dr. C. O. Hook now has charge of his practice and office at Sioux City.

The A. C. O. Meeting.

Representatives of the Associated Colleges of Osteopathy met at Indianapolis July 5th and 6th and transacted some routine business. All of the colleges embraced in the organization were represented except the Bolles Institute, Denver. One new college, the Boston Institute of Osteopathy, was admitted to membership in the Association. The following officers were elected:

President, L. M. Rheem, of the Northern Institute of Osteopathy, Minneapolis; Vice President, C. E. Still, of the American School of Osteopathy, Kirksville, Mo.; Treasurer and Secretary, C. M. T. Hullett, of Cleveland.

The annual meeting at Indianapolis last month of the American Association for the Advancement of Osteopathy, was an epoch-making event in the history of Osteopathy. The convention attracted a representative body of Osteopathic practitioners from all parts of the country; and the meeting was characterized by a most admirable spirit of earnestness, enthusiasm and harmony.

The various committees in charge of the details of entertaining the convention deserve especial credit for the manner in which they performed their duties. A vote of thanks is also due the railroad companies for quickly recog-

nizing the national character and importance of the convention and for their liberality in the matter of excursion rates to delegates from all parts of the country.

The officers elected for the ensuing year were wisely chosen and their names are a sufficient guaranty that there will be a wise and vigorous administration of the affairs of the association. Secretary Harwood, of Kansas City, who has most capably served the Association for the last two years, and is thoroughly familiar with its work, was re-elected. Dr. C. M. T. Hullett, of Cleveland, who was formerly dean of the American School of Osteopathy, and whose service in the cause of Osteopathic education is well known to a majority of practicing Osteopaths, was chosen treasurer.

Dr. F. W. Hannah, who has long stood high in the profession, and who had much to do in making the Indianapolis meeting a successful and enjoyable event, was chosen first vice president.

Dr. Arthur G. Hildreth, who has been in the thick of the fight in every battle for the legislative recognition of Osteopathy, and who on account of his ability, character and experience as a practitioner is regarded as one of the pillars of the profession, was unanimously chosen president. An exceptionally able board of trustees will co-operate with him and his colleagues in the administration of the affairs of the Association. Thus officered, we confidently predict that the coming year will be an important and prosperous one for the national Association and for the cause of

Osteopathy all over the country. For the details of the convention the reader is referred to the report published in another column.

Among the things done at the Indianapolis meeting which will result in good to the association may be mentioned, first: The raising of the annual dues from \$1 to \$5. Enough money will now be raised from this source to accomplish something. Hitherto lack of funds has prevented any action for the good of the cause being taken which involved the expenditure of any money. It is to be hoped that all members will promptly remit this amount to the Treasurer.

Then, the amendment which was adopted relative to the manner of changing the constitution was a wise one. Instead of a proposed amendment lying on the table for a year as formerly, it may now be deposited with the secretary as late as three months before the annual meeting, and the secretary gives notice to the members by letter that such amendment is pending.

The change in the number of trustees, and the plan of electing three each year, is an improvement over the former method, as now there will always be experienced trustees in office who are familiar with the work on hand.

The action taken in regard to an official directory is proper and timely, and we hope that the plan will be promptly carried out. We think it best that such a work should be prepared under the direction of the secretary. This

gives it the seal of authority. Then it being published by the association in some professional paper, every member can have a copy at a cost which will be merely nominal—practically nothing.

These are a few of the good things done at Indianapolis. Of course, those who were in attendance and listened to the papers, and the discussions following them, and who caught the inspiration and enthusiasm there prevailing, got the greatest amount of good from the meeting.

Before we had any idea of there being any contest over the place of holding the next annual meeting of the A. A. A. O., we extended an invitation to the Association to meet in Chattanooga in 1900. We did this on behalf of the Tennessee state branch of the A. A. A. O., who felt that inasmuch as they had been to the trouble and expense of winning another state for Osteopathy that they had some claim to the assistance which such a convention might be to the section of the country in which it is held. We thought too, that every Osteopath is entitled to at least a few days vacation during the year, and that he ought, and probably will, henceforth, arrange to combine his vacation with an attendance upon the annual convention. If this is done, a place of meeting ought to be selected that will afford the highest measure of enjoyment to those attending. For this reason we presented the claims of Chattanooga, confident that while some other city might equal it, either in scenic or historic inter-

est, no other city in the country combines in such a high degree these two elements of attraction. For these and reasons mentioned in the July Popular Osteopath we asked for the convention for Chattanooga.

The Popular Osteopath reserves the right, of course, to express its opinion upon any question that may arise, but, being the official organ, it desires to avoid even the semblance of "offensive partisanship," and now that other cities are asking for the convention we feel that it would not be proper for us to say anything further on the subject. Wherever the trustees may decide it shall be held, the Popular Osteopath will use its best endeavors to secure the largest possible attendance of members.

A case recently reported from the hospitals of Kansas City illustrates the unreliability of many of the diagnoses of the medical doctors. A physician was called in to see a patient who was suffering with the usual symptoms of appendicitis. A diagnosis was made and the disease promptly pronounced appendicitis. A consultation of the wisacres was held and an operation was decided upon. The patient was put under the influence of the anaesthetic and the place where the appendix should have been located was laid bare, when, horrors, there was no appendix there. The man had either been born without one or it had been removed by a former operation. The patient died all right according to the approved orthodox method and the case is sagely

regarded as one of the most peculiar ever coming under the observation of the hospital authorities. The Osteopath, fortunately, has no sins of this kind to atone for, and if an Osteopath had been called in, he would probably have found the trouble and the patient would have recovered. But the profession would then have been without the knowledge that people are sometimes born without an appendix, and which in this case recompensed the "regular" for the life it cost to make the discovery.

It sometimes happens that people are induced to take so-called Osteopathic treatment of some man who is not a professional Osteopath by the representation that he "can do just as well as an Osteopath."

In such cases it usually happens that results are unsatisfactory, and we insist that Osteopathy should not be blamed with the failure. People who are thus hoodwinked, should blame rather their own simplicity for believing that a man without thorough education and training in Osteopathic practice could apply Osteopathic treatment as efficiently as one who had such special education and training. Sometimes the pretender is a practitioner of some other school of healing; but in any case, unless he who essays to practice Osteopathy can produce evidence of having acquired his knowledge of the science at a reputable college of Osteopathy, he is a fakir and knows nothing of that which he pretends to practice. No one would think of employing an Osteopath to prescribe drugs, and it is equally ab-

surd to employ a medical doctor to treat Osteopathically.

We excerpt the following from the Kirksville Journal of June 8. It is highly significant of the attention Osteopathy is attracting among scientific men throughout the world.

"And the fame of Osteopathy has not confined itself to the limits of our own beloved land, for upon the invitation of the Royal Society of Science of London, England, J. Martin Littlejohn, Dean of the A. S. O., will deliver a lecture before that body on the evening of July 19th, upon the subject of 'Osteopathy.' The session of the society will be held in the Crystal Palace, and will last for one week."

Dr. Littlejohn is capable of doing justice to the subject and the occasion.

We are pleased to announce that The Popular Osteopath was again adopted as the official organ of the A. A. A. O. at its recent meeting at Indianapolis. We appreciate this action on the part of the association and shall endeavor to prove worthy of the honor conferred. As has been said before, however, an official organ is valuable to an organization only in proportion as it is read by its members; therefore we would suggest that the proper thing for the members to do is to subscribe for it. The Popular Osteopath will do its part. Will the members do theirs?

In order that every one interested may get the official report of

the proceedings of the A. A. A. O. meeting recently held at Indianapolis, we mail a copy of this issue to every member of the Association, and to all graduate Osteopaths, so far as their addresses are known to us. We cannot reasonably be expected, however, to continue to mail the magazine to all members without some compensation, and those who wish to keep posted on the affairs of the Association, should become subscribers. The subscription price is \$1.00 per year, in advance.

Those desiring copies of the August number can have them at the following prices:

Single copy	\$ 10
10 copies	80
20 copies	1 20
50 copies	2 50
100 copies	4 50
250 copies	10 00
500 copies	17 50

For \$2.00 additional we print on the covers of all ordered at one time the professional card of the party ordering.

If desired we will mail from our office to addresses furnished. Send cash with order.

Address:

The Popular Osteopath,
Chattanooga, Tenn.

Henceforth the Western Institute of Osteopathy, Denver, Col., will be called the Bolles Institute of Osteopathy. We wholly approve of this change of name, for it affords a better identification of the school with its founders, Drs. N. Alden and Nettie H. Bolles, both of whom are well known for their splendid abilities as practitioners and teachers of Osteopathy.

The present proud position which Osteopathy occupies as a healing science was attained on account of the wonderful success achieved by its practitioners in the treatment of chronic cases. To those unfamiliar with its practice we desire to say, that it is equally potent in handling acute diseases.

It is true that it does not so often have the opportunity to demonstrate its powers in this class of cases, but when it does, it has not been found wanting.

Dr. J. A. Quintal, who for several months occupied the position of assistant secretary of the Popular Osteopath Publishing company, has associated himself with Dr. Fannie Foster, and located for practice at Unionville, Mo. Dr. Quintal will be found faithful and efficient in every undertaking, and we cordially commend him and his co-laborer, to the good people of Unionville.

From advices received from several colleges of Osteopathy, we are able to report that in June a class of 101 was graduated from the American School of Osteopathy at Kirksville; a class of 13 from the Pacific School of Osteopathy at Los Angeles; a class of four from the Bolles Institute of Osteopathy at Denver, Col; a class of nine from the S. S. Still College of Osteopathy, at Des Moines.

To the practitioner of Osteopathy who is opening an office in a new place, we would say, that there is no more effective way of getting the merits of Osteopathy before the people of your community than by circulating the Popu-

lar Osteopath. This remark will apply to any Osteopath who desires a larger practice than he now enjoys. Write us for terms, etc.

The article by Mrs. S. S. Still in this issue of the Popular Osteopath is of especial interest and value from the fact that the writer holds the chair of Gynaecology and Obstetrics in the S. S. Still College of Osteopathy, Des Moines, Iowa.

On the evening of July 6, Dr. Mason W. Pressley, of Philadelphia, delivered an entertaining public address upon the "Scientific and Professional Implications of Osteopathy." This closed the exercises attending the second annual convention.

The move on the part of the A. A. O. to print an official directory of the members is a good one, and if done by the Association the cost to the members will be small. We presume this work will be taken up and completed soon.

The Osteopaths of California formed a state association on June 9. The president is A. H. Potter, D.O., 603 Sutter St., San Francisco, and the secretary is D. L. Tasker, cor. 10th and Flower Sts., Los Angeles.

The Osteopath, published by the Pacific School of Osteopathy, Los Angeles, Cal., will henceforth be issued quarterly.

Word comes from all quarters of the field telling of the success Osteopathy is having in its battle with disease.