

The Popular Osteopath

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The Popular Osteopath.

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of Osteopathy.

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OSTEOPATHY IN THE HOME.

MARY VANCE LINK.

Since the larger number of the homes in any community are homes where children are the center of attraction and the center of thought for the parents, an article dealing with home must of necessity have much to say of the little ones, so this question of Osteopathy in the home naturally shapes itself into the subject of Osteopathy for children.

Our grandmothers in the olden day, when looking well to the ways of their household, were careful to see that the garret was duly stocked with well seasoned herbs of various kinds and containing various medicinal qualities. Thus fortified, they felt reasonably secure against any sudden attacks of illness in their families.

In like manner our mothers did not fail regularly to inspect their medicine closets, whose rows of bottles, filled with soothing syrup, castor oil, turpentine, squills and vermifuge, were alike a satisfaction to the mother and a terror to the unfortunate child who might fall ill. Who does not remember the dreadful, uncoated pill of childhood, which, taking advantage of the victim in his weakened state, would persistently refuse to be

swallowed, and had finally to be broken up and taken in a spoon in sugar or preserves. In this state it would finally reach its destination, leaving behind an unutterably sickening, horrible taste in the mouth that would not out, and, sadder still, taking away forever the poor child's liking for "preserves." The recollection of such occasions is painful, even after one has been a stranger to pills for years.

The tendency of the present age is to do away with both the herbs and the medicine closet.

Dr. J. Martin Littlejohn, in a paper on Osteopathy, read before the Royal Society, in London, says, "Almost instinctively people in every land, seem to be turning in the same direction toward a system in which the main principle is the adjustment of the human mechanism to itself, and the harmonizing of its organic functions."

The Osteopath claims that the human body contains within itself every force necessary to maintain it in health, provided these forces have free play to do the work which nature intends them to do. Osteopathy also places nature above all drugs and claims for her,

that when unobstructed she will utilize the material given her in preserving proper harmony and equilibrium in her machine—the human body. Of these health-preserving elements the blood is chief. The blood is the life. Dr. Still, the founder of the science of Osteopathy, says, "A natural flow of blood is health, disease is the effect of local or general disturbance of the blood." When a child has croup or diphtheria there is a contracted, congested state of the muscles of the throat. Contraction of muscles of course restricts blood vessels, thus impeding free flow of blood, and disease is the result. The same is true of other parts of the body, whenever, from any cause the free flow of blood is shut off from any part, disease will set up.

So much is being said about microbes of late years that timid people are almost afraid to eat or sleep, or breathe for fear of being devoured by the terrible microbe. They do not reflect that the blood is the best germicide known, when it is in a pure, healthy condition and flowing freely through every vein and artery. The fortunate body through which flows such blood is armored against the attacks of all the hosts of disease germs.

We all desire for our children the highest intellectual attainments of which they are capable, and they are capable of infinitely more when their minds are kept sound by being housed in sound bodies. The physical culture now taught universally in schools, is of great help in keeping the body in good form, but if the mother at

home understands something of anatomy and physiology, the sound bodies of the babies are much more likely to remain sound when the little ones have grown to school boy and girl size. It would be well for mothers to think on the question of what effect medicine has on a child's organism, and to consider the fact that when she administers medicine for an ailment, the little internal economy of the child has not only the work of getting rid of the disease, but the added work of getting rid of the medicine.

It is an excellent plan also for mothers to carefully examine the bodies of their children frequently to see that they are growing straight and developing symmetrically. One mother made a practice of always visiting the rooms of her growing children the last thing at night before she retired, and after they were asleep, placing them perfectly straight in their little beds. Her sons when grown were as straight as Indians, and their soldierly bearing was the subject of remark, whether the mother's early care was the cause or not, it was without doubt a good practice.

How many serious deformities have begun in childhood, caused by an awkward twist, or by jumping, thus slipping the vertebra or other bone, it might be ever so slightly, but which when neglected would cause serious trouble later on. A mother may notice that a child has one shoulder blade a little lower than the other and think nothing of it. A spinal curvature may be an easy thing to correct when it begins, but perhaps impossible when it is a case of long standing. The

work of the Osteopath is to see that nature gets fair play, so he directs his efforts toward that end, by adjusting every member or part of the machine, that it may do its work properly. Dr. Littlejohn says, "Pain is found where a contracted muscle presses on a sensory nerve, loss of muscle function or paralysis if it presses on a motor nerve. The misplacement of a bone, ligament or muscle, or the obstruction of a blood vessel, calls for the mechanical skill of an operator to replace the misplacement or to remove the obstruction."

The question has been often asked "What can Osteopathy do in children's diseases?" I have tried to show what the normal condition of the body should be, and what part the Osteopath does in keeping the system in harmony with itself, and restoring it when from any cause the harmony is lost. As the sensitive organism of the child renders it more susceptible to changes of climate and temperature and the evils which lurk in the air so through this sensitiveness does it more readily respond to treatment;

and nowhere have more delightful results been obtained by Osteopathic treatment than in some of the sudden attacks to which children are liable.

One who has repeatedly seen severe colds in children, even when accompanied by fever, yield readily to Osteopathic treatment and the child more quickly regain its normal condition than in cases where medicine was used; who has seen a sudden attack of croup relieved in three minutes; or a case of persistent diarrhoea in four months old infant which medicine had failed to relieve cured in two treatments; or a child lying apparently lifeless after convulsions, revived in a few minutes, and numberless other cases treated with equally gratifying results, can say sincerely, that the mother who desires for her children the quickest relief from such ailments as are unavoidable in childhood, and the greatest freedom from the after effects of such ailments, cannot take to herself a more powerful ally than Osteopathy.

Knoxville, Tenn.

NOT ONLY IGNORANCE.

SAMUEL DENHAM BARNES, D. S., D. O.

The February Popular Osteopath contained an article of striking interest. It was headed "Medical Ignorance on Exhibition," and had reference to the ignorance of Osteopathy shown by M. D's. in their testimony against it in a Kentucky court. The statements therein made were a revelation to

those who have given our medical brethren credit for some degree of fair mindedness.

The fundamental difference between Osteopaths and M. D's. is in the point of view from which the human body is considered. The Osteopath, like a mechanic inspecting a beautiful machine, considers

the body as a finely-wrought piece of mechanism, whose disorders are mostly structural, and remediable by readjusting the structure and circulation in the body. On the other hand, the mind of the M. D. is quite occupied with (1) the view of the body as a laboratory for the receipt of drugs, (2) the effects of drugs on the tissues as indicated by symptoms, and (3) theories of cure. On this one difference depend all the differences between Osteopaths and other doctors with regard to the causes and cure of diseases.

This fundamental difference existing, it is not surprising that a dense ignorance of the theory and methods of Osteopathy should prevail among the medical profession. But with nearly every city and many of the towns of these United States teeming with the people who are shouting from the housetops their cures,—cures of nearly every form of disease, acute and chronic—cures that have been performed by nature and the Osteopath,—I say, with such irrepressible witnesses forcing into the light the fact that plain Osteopathy can and does cure, and in the hands of its doctors is harmless, it is little short of the ridiculous for the eminent doctors of Kentucky to depose and swear to such puerile stuff, as this: they "understand the theory and practice of Osteopathy, and it is to be feared for dangerous results which would naturally be caused thereby," and "it would likely kill patients rather than benefit them." But drugs and surgery never kill anybody (?) oh, no! dismiss the unholy thought, I beg of you.

In fact, I suspect that if the

truth were told, "ridiculous" would be found too charitable a word to accurately describe the plight of the above mentioned eminent doctors, and "malicious" would be used. It was upon such twaddle as the above quotation, sworn to by a half dozen or more of Kentucky's prominent physicians, that the case was decided against the Osteopath and his right to practice denied. Plainly Kentuckians are a versatile people—quite as handy with the oath as with the gun.

If anybody really cares to know whether Osteopathy kills or cures, let him read the reports of cases from the field, occurring in all Osteopathic journals. Let him meditate on such cases as the following, and then act accordingly: "At Havana, Ill., a man was given up to die of heart disease one night by a council of three physicians; couldn't possibly pull through the night. In desperation the Osteopaths were sent for, who proceeded to kill the patient as follows: They "found the lesion." The result reads like a verse of scripture. They laid their hands on him, and straightway he of the weak heart arose and was glad—in two weeks was entirely well. But they laid their hands, as Osteopaths have a way of doing, on the particular part of the man's anatomy that was responsible for the trouble—a displacement of upper dorsal vertebrae. The Havana doctors can tell you about it. It was the same old story that medics will not learn—a structural derangement, nerves and arteries impinged upon thereby functional death resulting therefrom. When will the world learn

that if a hard structure makes undue pressure on nerves or vessels, these cannot perform their functions?

If the Dr. Cheatham, who testified that Osteopathy is "dangerous and injurious to the eye," really believes what he swore to, let him send for the names of a couple of cases I had recently, interesting alike because of being exactly similar and occurring on successive days, and because the eye is perhaps the most delicate organ God has created.

One was the case of a woman who had been suffering for two weeks with exquisite neuralgic pain in right side of face, inflammatory face eruption, and intense inflammation of the right eye, causing complete intolerance of light and cold air. Medical treatment during the two weeks had given but slight relief.

The eye was a fiery red orb. One Osteopathic treatment stopped the pain, reduced the inflammation, and gave that woman a well eye, to the delight and wonderment of herself and neighbors.

Next day another woman wanted treatment for the same condition—prolonged neuralgic pain on right side of face and head, settling over right eye; but without the inflammation. Here also one treatment was sufficient to give the woman peace and comfort. It was not psychic, either. It was physiologic. To the Osteopath only will it be of interest to state that in each of these cases, the altus was displaced to the left—markedly so in the severe case.

Now, though ignorance is no

crime, it is a serious thing to charge men of supposedly liberal education and some scientific attainments, with being ignorant; and is still more grave a matter to suggest the word bigotry. But we are just heterodox enough, medically speaking, to do it. The vast majority of physicians have no realization of the importance of a vertebral lesion, even if they were to examine and find a vertebra out of position. The vertebral lesion is an ever-present, but never-suspected disturbing factor in medical practice. The doctor doesn't know about it—has never been instructed, and is not to blame for that. But when the very men most interested in the cure of disease—like the Kentucky Board of Health—and who should therefore be cognizant of being surrounded by people cured by the very system they denounce as "powerless" and "injurious" (they called it both, strange to say)—when these people claim to own and utilize the truth, the whole truth, and nothing but the truth, if it is not maliciousness it is bigotry. The difficulty is to tell which; a charitable view would favor the latter.

I had a little experience with that recently myself.

The January Dietetic and Hygienic Gazette contained an article by Dr. Ulrich on the subject of fads in medicine. In this article Homeopathy, Christian Science, mental healing, Osteopathy and everything else not taught in the old school colleges, were individually and collectively condemned as fads and worse. I am not disputing here with the doctor whether

they are or not. The point is that the doctor doesn't really know enough about Osteopathy to be justified in condemning it. I was impressed with this fact in reading his article. The thought naturally led to the further observation that the medical profession are not familiar with Osteopathy; both theory and results are strangely unfamiliar to them. Possibly this has been in the past in slight degree the fault of the Osteopath.

However, it occurred to me that if some of the basic principles of Osteopathy were set before the medical profession in a plainly scientific and non-controversial way, they might at least see some of the radical possibilities of cure involved in those principles. I was charitable enough,—shall I say, innocent enough—to think that possibly the D. and H. Gazette might like to publish such an article, if the matter were presented in the proper light.

Early in January, therefore, acting in the above-described kindly frame of mind, I opened my heart to the editors of the D. and H. Gazette (as many another doctor confides in the editor of the magazine he takes, when in trouble) as follows:

Editors D. and H. Gazette, New York, N. Y.

Gentlemen—For some time past I have been an interested and instructed reader of your excellent magazine; and from your freedom in publishing opposing views on disputed subjects, have always considered that it was run on a broad-minded policy. I was especially interested in Dr. Ulrich's article in your January number, on "Fads in Medicine." While the Doctor's article shows candor and habits of investigation, I believe he has not yet sufficiently investigated Oste-

opathy to be justified in the sweeping denunciation which he uses.

Now the trouble is, doctors, that the subject of Osteopathy has never been presented in a scientific way to the medical profession in any of their scientific journals, conventions or colleges. That being the case, would it not be of interest to the profession to read in your columns a straightforward dissertation on the subject, and would you think favorably of publishing an article? * * * *

Thanking you in advance for your courteous consideration of the matter, I am yours very truly, etc.

Were the learned editors of the D. and H. Gazette, like ordinary seekers after knowledge, eager for more? Did they, so to speak, receive me with open arms? Do their names add lustre to the revised list of scientific investigators?

Would these things were so.

Did they even take the trouble to send a special messenger to Chicago to assure me that, while they themselves would gladly learn more of Osteopathy, especially from one so eminently qualified, they really believed the profession at large had not yet reached such stage of advancement as to be sufficiently interested?

Far, far from it. The deep silence that has since reigned between me and them of the magazine of the unpronounceable name, has, I fear, been profane.

Uncle Sam is quite careful with missives bearing a return card, so I have no doubt the above letter safely went through the various steps to the editors' waste basket, or at least his brain. Perhaps both were so filled with other rubbish that this one made no impression. However, it was not written with a view of bringing the D. and H.

Gazette into a dispute with the Popular Osteopath on the subject of bigotry, for I really expected some sort of an answer. Though if bigotry be the subject, no doubt the Osteopath could bring ample proof in evidence. We of the

younger generation must not expect too much flexibility in those grown old in what the German would call "hartneckig"—stiff-necked—allopathy. But I withdraw my offer. *Requiescat in pace.*
910 McClurg Building, Chicago, Ill.

"ALL THE GOOD THERE IS IN OSTEOPATHY."

CHARLES HAZARD, PH. D., D. O.

The remark set down as the caption of this article was evidently not made by an Osteopath, or even by a very warm friend of Osteopathy, since its plain implication is that Osteopathy is but in part good. Yet, considering the source, let us be thankful and notice that it acknowledges some good in the science.

One of my patients accosted a young medical student in Michigan University as follows: "Why don't you doctors make a thorough physical diagnosis of the cases you take? Why don't you get down to the spine and look for the real causes of disease? Here I have doctored for years for lameness and swollen knees, and never yet did one of your medical doctors find the bad place in the lower part of my spine, treatment upon which is remedying my trouble." "Oh," replied the innocent, "they teach us at the university all there is good in Osteopathy." "They do not," was the reply.

The remark is startling, coming as it does from a student of medicine. Heretofore, most of the doctors, especially the younger genera-

tion have declared Osteopathy to be unmitigated quackery. We shall not be surprised to hear at any time, now that some good has been discovered in it, that it is, after all, in its good elements, only a part of the old system of medicine, and that it has been known and more or less taught for some years. Indeed, we are already informed, upon reliable authority, that such is actually the case.

"I have read A's book on Osteopathy" writes a doctor to me, "and am practicing it in conjunction with medicine."

Whatever place may finally be agreed upon as the logical position of Osteopathy among the healing arts; whether or not it comes to be broadly included among the systems of medicine, it is certain now that Osteopathy is not drug medicine, and that "all there is good" in it is not in the possession of the representatives of that branch of medicine.

"All methods of treatment that possess any virtue in the cure of disease properly belong to our profession," a certain physician is reputed to have said. That, like

some other things, depends upon how you look at it. My patient's reply to the student was truth. Osteopathy grew up because of the failures of medicine. It never used medicine as a prop to support its growth. Its curriculum does not contain a course in materia medica. Nor do the announcements of the Harvard, Johns Hopkins, Pennsylvania, Michigan, Rush, or North-western medical schools name the name of Osteopathy among their therapeutic studies.

It does not seem necessary to set out to prove that Osteopathy in any form or under any guise, is taught in medical colleges.

It is taught, however, in more than a score of strong institutions throughout the country. Its course of study, embracing a wide range, is twenty calendar months in length.

Such being the case, it does not seem fair to us that physicians should read a book upon Osteopathy and then esteem themselves possessors of its whole system, and start to practice it, in conjunction with medicine, or otherwise. Osteopathy must be learned by clinical experience; by demonstration.

The student who acquires it properly must work long and faithfully in the clinic department and in the demonstration classes of our schools before he can gain the delicately educated hand and the proper experience with specifically Osteopathic lesions, or causes of disease, to be proficient as an Osteopath. The standpoint from which an Osteopath looks at the causes of disease, his method of detecting and recognizing these causes, his

special manner of diagnosing a disease, differ so materially from the medical methods that without special training under experienced teachers no man can become an Osteopath.

Yet, with what arrogance, some physicians are picking up Osteopathic literature, reading it over, absorbing all the good there is in it, and then perhaps mixing in a few "pokes" of it with their potions, much in the manner that they would read in their medical journals of the latest departure in serum therapy, "goat lymph," and start to injecting it as the receipt directs!

We submit to impartial minds that such perverted uses of Osteopathy would be dangerous; that such an "Osteopath" would be the most evil quack. For the old idea that Osteopathy "can do no harm if it doesn't do good" is now exploded. Careful Osteopaths hold the contrary view, since it has often been shown that those ignorant of the science may cause much injury by bungling attempts to imitate skillful Osteopaths in the hope of gaining some of their wonderful results.

The M. D's. would not hold it fair that Osteopaths should start to practicing drug medicine after reading a few books upon medical subjects, let them then apply the same measure of consistency to their own actions.

Our manipulations do not mix with medications; "pokes" and pills together make bad doses. "No man can understand both systems and believe both to be true. As well try to believe he is going

L. G. Reed

north and south at the same time. If he pretends to believe both, it is good evidence that he knows little about either."

The above quotation well expresses the Osteopath's view of the matter. Some one has well said that medicine can never displace Osteopathy since those who at-

tempt to practice medicine and Osteopathy in conjunction, cannot succeed while a successful Osteopath has no need of medicine.

We think that these shrewd attempts of certain M. D's. to climb into the Osteopathic band wagon are in very poor taste.

86 and 87 Valpey Building, Detroit, Mich.

ON TO CHATTANOOGA.

The fourth annual meeting of the A. A. A. O. is to be held in Chattanooga, Tenn., Thursday, Friday and Saturday, July 5, 6, 7, of this year. The various committees to arrange for that meeting have already been appointed and are as follows:

Program—A. L. Evans, chairman, Chattanooga, Tenn.; D. Ella McNicol, Frankfort, Ind.; J. R. Shackelford, Nashville, Tenn.

Committee on Railroad Rates—E. W. Goetz, Cincinnati, Ohio.

News Representative—W. F. Link, Knoxville, Tenn.

Reception Committee—All members of the Tennessee Osteopathic Association.

Local Business Committee—A. L. Evans, Chattanooga, Tenn.; Charles Owens, Chattanooga, Tenn.; O. Y. Yowell, Chattanooga, Tenn.

I am instructed by the program committee to say that any suggestions by members regarding the program will be thankfully received.

This meeting promises to be one

of great importance; the location is ideal, being in a section rich with features of scenic and historic interest, and in a state where Osteopathy is dignified by being under legal regulation. The advantages of such a meeting, when its plans have been properly laid and well executed, are too well understood to need elaboration here. The week's relaxation, the summer trip at reduced rates, the meeting of old friends and the making of new ones, the interchange of ideas and the thought of aiding in the grand work undertaken by the A. A. A. O., should be sufficient to insure a large attendance.

There are many questions of interest to Osteopaths to come up at the Chattanooga meeting. In the forward march of Osteopathy, new conditions are arising; new problems are presenting themselves and their solutions may require our most earnest consideration. College course extension, the character and dissemination of Osteopathic literature, professional ethics, the lecture method in Osteopathy as an additional means for the dissemin-

ation of the principles of the science, the relation of the Associated Colleges of Osteopathy to the A. A. A. O. and their obligation to lend financial assistance in the battles, both legislative and judicial, for the recognition of the science which they teach; membership in the A. A. A. O. and the payment of the annual dues; these are all questions which are surging forward in the profession, but without doubt the weightiest question for the A. A. A. O. to consider is its finances. This leads me to mention the fact that some criticism has been offered against the Association on the ground that "it has done nothing." Just here it is some satisfaction to those who have worked hard for the Association to know that such criticism is easily traced to those Osteopaths who are either not members or being members, have not paid their dues, and do not know the facts in the case. Unfortunately they exert a harmful influence on the Association work because they find believers for their ungrounded statements. There are two ways by which members can keep posted on Association work: (1) by a personal letter from the secretary, announcing every transaction; (2) by subscribing for and reading the official organ; this is the cheaper and more practicable method but this has not been followed generally enough, hence many are uninformed. It has been my pleasure to review the official correspondence of the A. A. A. O. for the last two years and I affirm that the trustees have done the best they could, considering the limited funds with which they

had to work. A few figures here will reveal some startling facts. During the first two years of the A. A. A. O. the annual dues was but one dollar, and on May 29, 1899, out of 545 members, 88 old ones had not paid their dues up to that date. In July 1899, the annual dues was increased to \$5.00, and on January 29, 1900 (seven months later), out of the total membership, only 130 had paid their dues for the current year. If this is co-operation, the dictionary definition needs to be revised. The case stands thus: members seem to want to wait until the trustees do something wonderful before they pay in their dues, and the trustees can't do anything until those dues are paid in. The situation is serious and at the same time ludicrous.

As to the bills actually paid by the A. A. A. O. with the dues paid in by those who have been faithful, a statement follows:

Case against National School of Osteopathy	\$ 41 05
Contribution to case of H. H. Steere, D. O., S. Dakota.....	166 57
Contribution to case of W. J. Liffing, D. O., Ohio.....	200 00
Contribution to the Kentucky fight (if needed).....	200 00

Add to this the expense of a heavy correspondence, preparations for the annual meeting, salary of the secretary, and it is easy to see that but little is left. Calls for help are received almost daily. Much good could be done but there is no money in the treasury with which to do anything. Certainly this is not the idea of Association work to be held by Osteopaths. The one great trouble is a lack of funds. Trustees are powerless to act without them. Now what is

the remedy? Simply for all members to pay in their dues to Treasurer C. M. T. Hulett, 1208 New England Building, Cleveland, O.; then let all reputable Osteopaths, not already members, join at once and pay in their dues; then all would be justified in expecting much from the Association and in "kicking" if they didn't get it. Osteopaths should enlist for the war.

It has already begun. Our success depends on how well we stand together. Association work is expensive. Victory may come high but let's have it, and rally 'round our banner at Chattanooga and sing the praises of Osteopathy and those who are faithful to it.

Yours fraternally,

F. W. HANNAH, Pres. A. A. A. O.
Stevenson Building, Indianapolis.

WILL CURES BE PERMANENT?

GUY E. LOUDON, D. O.

The cures of Osteopathy are dependent upon two conditions; 1st, the location of the cause or causes of disease; 2d, the removal of the cause or causes. Hence, when a cure has been made, it will be permanent until some accident or force disarranges the anatomical relations of parts, or the patient by disobedience to the laws of hygiene and diet re-establishes the former pathological conditions. Osteopathy has no claims to supernatural powers; it merely asserts that its work is in accordance with nature. Thus, it follows that if a patient has been cured by Osteopathy, he is still subject to natural laws, and disobedience to these laws will be punished by a lessening of the vitality of the patient, or by producing disease.

The excerpts given below are taken from recent letters to me from patients, whom I treated several months ago, and serve to illustrate the permanency of the bene-

fits received from Osteopathic treatment. An interval of time, varying from three to six months, has passed since these patients discontinued treatment, which is ample for a return of their former ailments, had they not been eradicated. Two of these patients received one month's treatment; the other three months:

GOITRE.

"I can say in my daughter's case that she has been improving ever since you discontinued the treatment, though we considered her cured when you discharged her. Before consulting you, our family physician said he was unable to help her, except through surgery. You have done all you advertised to do, and it is in every way satisfactory."

PAINFUL MENSTRUATION AND SPINAL TROUBLE.

"First, I want to tell you what I've been trying to for a long time: Osteopathy forever! I seem all

made over since my treatment last summer."

PALPITATION, GOITRE, DEAFNESS.

"About nine years ago, I became very deaf as the result of a severe cold, and nearly all of this time, have had a terrible roaring and beating in my head and ears. I was treated for some time by a local physician, but was still quite deaf when I stopped treatment; and acting upon his advice, have consulted two specialists, the last, who refused to treat me, being considered the most skilled aurist in the country. I concluded there was no help for me. Last summer, however, I decided to try Osteopathy as a last resort, knowing it would do me no harm if it did not benefit me. Besides deafness, I have had since childhood, a very weak back, which with other

troubles, goitre, leucorrhoea, and looseness of the bowels, has greatly aggravated my ear trouble. Also, I have had very bad palpitation of the heart for several years. After one month's treatment, there was marked improvement in my hearing; the goitre, for which I am satisfied there is no other cure, had entirely disappeared and I was feeling much better in every way. At the end of the third month, you discharged me. It has now been several months since I stopped the treatments. The head noises and palpitation of the heart are entirely gone; the back is much stronger; I have gained several pounds in weight, and I am hearing as well as could be expected, considering the fact that cold aggravates my condition, and I am out in all kinds of weather. I cannot say enough in praise of Osteopathy."

157 So. Union St., Burlington, Vt.

REPORTED CASES.

DIPHTHERIA.

Reported by Maurice B. Harris, D. O., 403 Chemical Building, St. Louis, Mo.

A lady twenty years of age whom I had cured of spinal trouble (weak back) with which she had suffered for several years; had lost appetite; and had suffered with weariness for four days; when on attempting to rise one morning found she was too weak to dress, so she went back to bed. The family wanted to call in an M. D., at once, but she said "I will not take any medicine." But her father went for the doctor anyway, and

as soon as everyone had left the room she dressed and came to my office with great difficulty, which was only a few blocks. I found her temperature 101; bowels constipated; sore throat, flushed face. I gave her a light general treatment, and one to reduce temperature; then let her rest an hour before sending her home; in about two hours I called, and temperature was 102. I reduced it again; the throat was more inflamed; the next morning I found she had been very restless all night; could not swallow solids, throat was so in-

flamed; fever 102½. I gave her a thorough general treatment, paying special attention to bowels and kidneys. That afternoon her temperature was 103, and some eruption; white patches in both sides of her throat, and very badly swollen, so that breathing was difficult; that evening temperature was 103 2-3, and throat more swollen, breathing more difficult, could take only a little liquid nourishment. The constant treatment gave the false membrane no chance to get a good start. I gave another very thorough light treatment, and called early next morning; the patient had slept and temperature was below 100. When I called again that afternoon and gave treatment her eyes were bright, and in six days she was out. I gave her treatment for two weeks after the temperature became normal.

HAY FEVER.

Lady forty years of age had suffered with hay fever every summer for four years, so that she had to spend part of each season in the north. I was called when she had an attack the fifth summer and found a contraction of the muscles from the first to tenth dorsal and ribs drawn down. I treated her three times a week for three weeks. After the first treatment she has not felt a return of the trouble, it having been now, nearly a year since she stopped treatment.

INFLAMMATORY RHEUMATISM.

Lady forty-five years of age had suffered with inflammatory rheumatism, at times, for sixteen years. When I was called she could not

turn over in bed, and when touched below the waist, would scream with pain; her hips and legs being worse than any other part of the body; but even her hands and neck were very much inflamed. I found a lesion at the fourth lumbar, which I worked on in connection with the treatment given to open up the return circulation and carry off this congestion. The inflamed areas began to decrease with first treatment, and I treated her every day for a week, at the end of which time, she sat up and in five weeks was well, and out of doors. It has been nearly one year since I dismissed the case and there has been no return of the trouble.

MUSCULAR RHEUMATISM AND DISLOCATED SYMPHYSIS PUBES.

Mr. G— 70 years of age suffered with muscular rheumatism of left leg for several years; it had gotten so bad that this affected leg was almost useless, and Mr. G— had not walked down town, a distance of a few blocks, for nearly one year. He always used a cane when not on crutches; in the midst of his suffering he was thrown from a trolley car, which caused a dislocation of the symphysis pubes; one pubis being lapped over the other ¼ of an inch. A week after the accident he came to me; had been getting worse all the time. I found the pubes in the condition mentioned, of which he was cured in one month. He was entirely cured of the rheumatism in three months, and the affected leg is as strong as the other. He has often stood on that leg only, and hopped, to show people how strong it was;

he has been perfectly well for over one year; forgot to mention, he was very badly stooped, which was corrected almost entirely.

INCPIDENT CONSUMPTION.

Mrs. G—, lady 45 years of age. Mr. G— being so well pleased with his improvement under Osteopathic treatment, wanted his wife to try it. She had had lung trouble for years, and had painful menstruation, which was getting worse, as the menopause (change of life) was approaching. Not to go into detail, the expansion of her lungs was increased three-fourths of an inch in one month and the uterine trouble was cured inside of three months, and in four months the expansion of the lungs was one and one-fourth inch more than when she began treatment; and it has been one year since she stopped treatment. One month ago, the last time the case was reported, she was still gaining. Her daughter was also cured of a bad case of tonsillitis.

OBESITY AND CONSUMPTION.

Lady 50 years of age (will not go into detail). This case had not had a natural movement for several years and was very fleshy; the constipation was cured in three months, and in five months the flesh was reduced 23 pounds; (she naturally not being very large); the case is well, one year since.

SO-CALLED LUNG TROUBLE.

Reported by Lewis D. Martin, D. O., Miles Building, Barre, Vt.

Mr. O—, male, age about 50, weight 180. Previous occupation granite cutter. When patient came his condition was as follows:

Cough day and night (supposed to be serious lung trouble), sleep much disturbed thereby. Was subject to very acute attacks of distress in stomach occurring once a week or oftener; severe headache nearly every day, at times becoming migraine.

For years had tremor of head, voice and arms; throat irritated and left lung tender. Two ribs, ninth and tenth, on left side, had been badly twisted by a blow from a derrick handle three years before, giving constant annoyance. Also had a constant feeling as of a heavy weight upon shoulders. I found lesions as follows: Right clavicle down, second left rib twisted, ninth and tenth ribs as mentioned above. In spine 1st, 2d, 3d, 4th and 8th dorsal vertebrae were abnormal. A slight pressure on the 8th dorsal would cause patient to cough till pressure was removed. In six weeks patient had gained 23 pounds, and was entirely free from all the above mentioned distressing symptoms. Treatment consisted in correcting the above named lesions.

TILTED ILLUM.

Little girl about 2 years old playing on a porch, fell to the ground three feet, after which she was unable to walk, requiring constant attention and crying if put on her feet. This continued till parents came to get the Osteopath about two days after the injury. We went to the house and was able to locate the trouble at once as a tilted illum and replaced it in a few seconds.

Within forty minutes after the

treatment the child cried to get down on her feet and walked about suffering no pain or inconvenience thereafter.

DRAWN FINGERS.

Reported by J. A. Quintal, D. O., Unionville, Mo.

Oscar L—, aged 14, came to me on Aug. 11th, 1899, and his condition was about as follows: Fingers and thumbs of both hands two-thirds closed, due to the contraction of the flexors and to a slight extent the palmar fascia. The wrist had the drooped form similar to that following lead poisoning, though there had been nothing of that sort in this case. This condition had existed for some three years. During the first six months it had progressed most rapidly, while after that time it remained about the same. I would say that his hands are hardly so large as one of his age should be, but this may possibly be due to his inability to use them. The lesion was located in the lower cervical and upper dorsal regions, in the shape of muscular contraction, and I think, too, atrophy of the muscles surrounding brachial plexus and also the axillary artery, thus causing obstruction to the nutrition and innervation of arm and especially of the anterior portion of hand. After five months treatment the thumb and two first fingers are nearly normal, while the next fingers (ring fingers) cannot yet be fully straightened out, while little fingers can only be extended about half the distance from that in which they were when case was taken, to the normal position of extension. He can also use his hands

in carrying and lifting objects and in writing, with marked improvement. We can still note improvement in motion in the hands and wrists, and shall continue the treatment right along and feel confident that in time he will have perfect use of his hands.

This is another case pronounced incurable by local physicians. In fact, since examining the boy's hands recently they said that it was only temporary and that the trouble would return. I am sure this is the case so far as their remedies are concerned, but it does not seem reasonable that it would if the circulation can be fully re-established to these nerves and muscles.

PALPITATION, WEAK STOMACH, CONSTIPATION AND LEUCORRHOEA.

Reported by S. D. Barnes, D. O., 910 Michigan Building, Chicago.

Mrs. Marvin, age 51, came to me with the following list of complaints: very deaf and very nervous; almost constant burning pain along spine at the shoulders and in small of back; palpitation of the heart; weak stomach, constipation, displacement and leucorrhoea. I found lesions of the atlas, upper dorsal, and lumbar vertebrae, and pelvic bones. She had no further palpitation of heart after second or third treatment; the pain in her shoulders soon disappeared, followed by the lameness in the lumbar region, and the leucorrhoea. At the end of a month's treatment she felt like a different person, and had none of the above complaints except the deafness, treatment of which was discontinued until after the severe weather is past.

MAJOR EPILEPSY.

Reported by A. W. Peterson, D. O., and Ida Erford Peterson, D. O., Greenview, Ill.

Bessie S—, 13 years old, had epilepsy for over a year, following a severe attack of spinal meningitis, with typhoid fever two or three months later, which increased the severity of the case. The patient was very nervous and anemic, so weak that she was unable to be up more than part of each day and could stand but very slight exertion. When she applied for treatment she had not passed a day for a long time with less than three attacks and from that up to as high as twelve.

Lesions were found in upper cervical spine, and there was a posterior curvature from mid-dorsal region to lower lumbar with marked lesions at 6th D. and 5th L. the muscles along the whole spine being very rigid.

Her general health began to improve from the first treatment at the end of the second month her nervousness was greatly relieved, and in three weeks more treatment she had only had a slight nervous spell and that after a day of great exertion.

FLOATING KIDNEY.

Mrs. G—, age about 55 years, had been declining in health for the last 7 years during which time she had tried numerous physicians but was growing worse all the time. Diagnosic had varied from chronic enlargement of the liver to a floating kidney. At the time we were called in we found the following condition: Patient very nervous, pulse 122, insomnia, constipation, chronic pharyngitis, stomach very

weak and could not retain anything but broth and even that would sour, heavy sediment in urine, with severe pain over the bladder upon urinating—so severe that she would go as long as possible between times.

Osteopathic lesions—Lateral lesion in upper cervical, posterior curvature from 5th D. to 5th L. with marked lesions at 10th, 11th and 12th D., and 2d lumbar; the 11th and 12th ribs on right side were sub-luxated (M. D.'s. floating kidney) pressing into the liver tissue.

Patient began to improve from the first treatment, bowels regular after fourth treatment, with appetite increasing. At the end of two months treatment, appetitive good, urine normal color, she does most of her own housework and drives four miles for treatment.

WHOOPING COUGH, NASAL POLYPI, ETC.

Master W—, 5 years old, had a bad whooping cough, a high fever and a severe headache, could neither eat nor sleep and almost constant pain in the bowels. Tissues of cervical region were found very much contracted, especially the anterior muscles. There was a decided improvement from the first treatment. The case had to run its course but the severity of the symptoms had subsided, patient could eat, sleep and play as if entirely well.

Treatment was continued for two months in which time he was cured of two nasal polypi; also thread worms from which he had been suffering for some time. A few weeks after treatment was stopped he took the mumps but two treatments to the cervical region were all that was necessary.

OSTEOPATHY AND THE NEWSPAPERS.

Only a few years ago the word "Osteopathy," outside of one or two publications devoted to the propagation of the science, was not seen in print. Indeed if at that time the word had found its way into type few, very few people would have known its meaning. It may not therefore, be uninteresting as evidencing the rapid strides which this young giant in the healing art has made in public favor, to call attention to the position it at present occupies with respect to the press. Leaving out of account the score of monthly magazines which are published in the interest of Osteopathy, or in the interest of some Osteopathic institution, the science is daily being discussed in all manner of publications including scientific and medical journals and newspapers, small and great.

It is true that the references to Osteopathy are not always characterized by an understanding of the subject and fairness in dealing with it, but it is often rather dealt with in ignorance and prejudice. But when erroneous and misleading statements appear in a newspaper it usually occurs that some Osteopath or friend of Osteopathy comes forward and sets the matter right before the readers of that paper. Three instances of this kind have come to our knowledge since the last issue of the Popular Osteopath. We regret that we have not space to reproduce entire the excellent letters of these champions of Osteopathy, but will be obliged to give only extracts.

The Milwaukee Sentinel recent-

ly printed an editorial review of Judge Toney's decision in the Kentucky case, from which they quoted liberally, and seemed to agree with that remarkable production. To this, two days later, in the same paper, Essie S. Cherry, D. O., of the Milwaukee College of Osteopathy ably replied pointing out some of the false statements and fallacies of that learned judge.

We quote from her letter as follows:

* * * * *

The supreme court of Ohio ruled that the state medical law does not govern the practice of Osteopathy; that the term "medicine" in the law is intended to refer only to drugs or other agencies of a similar nature, and that Osteopathy, being based upon new and distinct theories, is entitled to separate consideration in law under a statute which the legislature may in future provide, but that it cannot be governed by any statute now in force.

The false premise upon which the Kentucky judge bases his decision is that the practice of Osteopathy is the practice of medicine. No college of Osteopathy ever claimed that it was a medical college. No Osteopath claimed that he was practicing medicine. Why, then, should the judge expect to find the American School of Osteopathy from which Nelson held a diploma a reputable medical school? They in common with all reputable Osteopathic colleges have banished materia medica from their curriculum, working along new and original lines in the cure of disease.

* * * * *

The judge presents a strange spectacle in allowing the moral character of one of the members of this family to influence him in his decision on the merits of the question. The professor whom he calls a felon, who is, by the way, a graduate of a "reputable medical college," is no longer a member of the faculty, but if he were we venture to say with no fear of contradiction, that the faculty of the American school would compare favorably with that of the ordinary medical college.

The Kentucky judge, in reviewing the

case, shows a deplorable ignorance of the legal status of the science upon which he is passing judgment, for he says that "only four or five states have authorized or allowed the disciples of Osteopathy to practice within their borders." The facts of the case are these: Laws protecting Osteopaths and placing them on the same legal basis as M. D.'s were passed in Vermont in 1896, Missouri 1897, North Dakota 1897, Michigan 1897, Iowa 1898, South Dakota 1899, Tennessee 1899. In Colorado, 1899, a veto by Gov. Thomas to a stringent medical bill, in which he reviewed the Osteopathic situation, gave Osteopaths a nominal recognition which will be followed by legal enactments. A medical bill allowing Osteopaths representation in the State Medical Board of Illinois and granting them the privilege of examination was passed in 1898, while they are not debarred from practicing in any state of the union, not excepting Kentucky, for without doubt the Nelson case will be appealed to the Supreme court, in which case it is probable that precedents established in Ohio and elsewhere will be observed and favorable decision rendered.

* * * * *

The closing sentences of the Kentucky judge's decision read like the peroration of a freshman's first essay and strangely unlike the calm judicial utterances we are wont to associate with the courts of our land. "Sorcerers and witches used love-philters, incantations and magic talismans for healing the sick, but refused to divulge what the ingredients were, or how the talisman acted. It is singular indeed that in an enlightened age like this such humbug schools and ignorant pretenders could find recognition by the laws of any state."

To those who are familiar with Osteopathic treatment or who have spent twenty months in the study of anatomy, physiology, pathology, dissecting cadavers, analyzing urine, mounting histological specimens and the like, such statements seem absurd in the extreme. Simply because instead of administering a drug for the cure of sciatica they go to the center controlling the nerve and by a method peculiar to their system and unknown to the judge remove the cause of the pain, they are called magicians and charlatans.

The methods employed by the Kentucky judge would soon remind us to the days when such things actually occurred; when individual research was impossible

because of the persecution which followed.

But, thanks to the enlightenment of the nineteenth century, any new theory may have an opportunity to demonstrate its worth, which is all that Osteopathy asks. That it is proving its ability to stand alone as a therapeutic science is evidenced by the record it has made in this city alone during the past two years, and in spite of the opposition it has met. Many men and women of influence having publicly stated that they have been cured of so-called incurable diseases by this new method.

A few months ago the supreme court of Ohio decided that the practice of Osteopathy was not a violation of the medical practice act of that state. Since this decision the medicine men of Ohio have introduced a bill into the legislature the design of which is to secure to themselves a monopoly in the healing art. It is a bill which if enacted into law will practically say to the people of that commonwealth that they must when ill either get well according to the way marked out by the M. D.'s. or—die.

The Columbus Citizen speaking editorially of this bill said:

"The (medical) law says that the practitioner shall have good knowledge of anatomy, physiology, pathology, materia medica, and the other subjects connected with the practice of medicine that are agreed upon by the schools of practice.

* * * No reasonable objection can be raised to such a requirement as this * * *

"Faith curists and Osteopaths are hit by the bill in that within its terms they will be regarded as practitioners of medicine and will have to take an examination. * * * Should the bill become a law it would lead to a considerable reduction in the number of those who get their living by pretending that there is a royal and easy road to the cure of disease by means of some short cut which does not require the practitioner to know anything except how to inspire confidence."

This brought a spirited reply

from that well known and ready writer on Osteopathic subjects, Dr. M. F. Hulett, of Columbus. Among other things he said:

The association of the terms "faith curist" and "Osteopathist" is ill-advised and unfortunate. There is no possible reason for placing them in the same class. They are as foreign to each other as are "medicine" and the "faith curist." Osteopathy is a system of therapeutics based upon demonstrable scientific facts. The Osteopathist is an anatomist; he is a physiologist. He will meet his medical rival in competitive examination on subjects of this nature at any time.

The pending medical bill requires that the board of examiners shall be composed of "medical men" of the three schools—no Osteopathist need apply. It then requires that before one can apply for examination he must have a "medical diploma from a medical college in good standing as defined by that board." The Osteopathist cannot meet this condition because his school of therapeutics is not recognized by that medical board.

The bill further provides that before anyone may be allowed to practice, he must pass examinations in, besides anatomy, physiology, chemistry, obstetrics, etc., "medical therapeutics, materia medica and the theory and practice of medicine," etc. Anyone who knows anything about our system knows that we do not need or use medicine in any sense of the word. Then why require us to qualify in subjects for which we have no use in our practice? If we can secure curative results equally well or better without the use of drugs—and we are prepared to produce the evidence in abundance—why compel us to spend a year or two in mastering this science of medicine which in its most favorable light is little less than a system of experiments upon the vitality of the patient?

The Osteopathic schools require a course of twenty months' time. All of this time is devoted to the study of subjects which will acquaint him with the human structure in health and disease. The anatomy course is thoroughly taught upon the living body as well as on the dead, in dissection. The great bulk of the medical course is the study of materia medica. We use the time required for this to an advantage in better familiarizing ourselves with the human system.

The Osteopathist is not trying to get in on any "royal and easy road." He is willing to comply with rigid qualification

rules; in fact, he is anxious that the standard be raised to the highest limit. But he denies his prejudiced enemy the right to pose as both judge and jury at once in his case. He is very willing to be judged by his peers, however.

The intent and purpose of the medical bill is to restrict practice to the three schools. These three schools have united in framing it with the express purpose of driving out those of different views. The alliance is formed not because each of the three schools thinks the others are right in their principles. For it is a well-known fact that the principles upon which they base their respective systems are none the less hostile to each other than is either system to Osteopathy. They have become recognized because each has grown until it has a strong following, and this following demands consideration. Osteopathy is now making that same growth. As a system it is recognized by special legislative enactments, giving it legal standing in eight states. No state excludes the practice. If the Dr. Love medical bill becomes a law, Ohio will be the only state which excludes our system.

Another part of your editorial reads:

"There is, however, nothing to prevent the upholders of the wildest and most absurd theories from practicing medicine, and every school under the sun may be followed, 'provided its adherents have the required knowledge.'"

Whether or not our system is "wild and absurd" we will leave to the judgment of those who have investigated it sufficiently to have an opinion. Certainly, anyone can practice "medicine" by complying with its provisions. But what about those who do not practice "medicine" and are yet as well qualified in the other branches relating to the healing art as are the medical men, and who have a system complete for the relief of every disease without the use of any drug? Anyone can enter the practice who will come in by the medical door. But how about the one who masters the human body in health and disease and then starts out to conscientiously treat disease by manual operation? Must he waste a few years' time in mastering these subjects just in order to satisfy the whims of the medical men? Just as well require of the dentist a full medical course!

If the medical man was the source of all knowledge—if he knew all there is to be known in the healing art—we might grant him this supreme authority over

mankind. But we must remember that he, too, is human. There are others who have the right, as citizens of this commonwealth, to announce discoveries; and they should not be compelled to meet the oppression of unjust laws originated by those men whose tottering castle is being undermined by modern discovery.

Progress demands freedom of action. The more we restrict the individual to narrow channels, the less is the community's, as well as his, advancement.

Perhaps the most scurrilous attack that has yet been made upon Osteopathy appeared a few weeks ago in the columns of the Lebanon, (Tenn.,) Democrat under the signature of M. D. The writer of it claims really to be an M. D. He was evidently galled by the success of the Osteopath in that place, Dr. Brown Godwin, had met with in his practice, and which had probably resulted in a diminution of his own. In his elegant article he referred to practitioners of Osteopathy as "sharks and crocodiles" and students of the science as a "group of puddin' headed loons." Such convincing and dignified argument (?) is really quite unanswerable.

Rev. W. L. Darby, pastor of the Cumberland Presbyterian church at Kirksville, Mo., which is the place where Osteopathy was cradled and is the seat of one of the largest schools of the science, wrote a letter on the subject to the above named paper. Mr. Darby has no personal interest in Osteopathy and merely wrote as an interested observer and a lover of the truth. It is proper to add that he had spent six years as a student at Cumberland University at Lebanon, a fact which aided in causing him to feel the obligation to write. From his manly and sincere letter we quote as follows:

* * * * *

During my residence in Kirksville I have frequently visited the A. T. Still Infirmary and American School of Osteopathy which M. D. characterizes as "old Still's dive." They occupy—the Infirmary and the School—a large three-story brick building with reception and treating rooms on the first floor and recitation rooms on the second and third floors and in the basement, where there is also a well-lighted and splendidly-equipped chemical laboratory. I must confess that I was astonished on my first inspection at the size and character of the School, as I had been led to believe it to be very different. It far surpassed my expectations. This year there have been over 700 students in attendance, and they come from all parts of the United States and Canada. For instance, at the table in my boarding house are representatives from as widely-separated points as Mississippi, Iowa and New Brunswick. One of my best friends is a graduate of Yale, and a number of others come from prominent institutions in various parts of the country. Many of the students are men and women in middle life who for different reasons have decided to study Osteopathy, and scores of them have already excellent educations. Just this afternoon I attended the graduating exercises of the February, 1900 class. If my good friend M. D. could have sat there and looked into the faces of these 135 graduates he would have hid his face in shame of himself for making such assertions as he did. What is to be thought of a man who calls a set of students whom he has never seen a "group of puddin'-headed loons?" I say on my honor that they were the equals, if not, indeed, the superiors (in view of the advantage in years) of any body of students that I have ever seen on the stage of Caruthers Hall to receive diplomas from Cumberland University. That is a sufficient answer to the accusation.

* * * * *

I wonder how many of your readers know what Osteopathy claims to be. For the information of those who do not I make this quotation from one of the journals, the Popular Osteopath: "Osteopathy is that science of treating disease of the human body which regards disease as the product of an obstruction or to derangement of nerve force and circulation, and undertakes by manipulation or by stimulation or inhibition of nerves and nerve centers to remove the obstruction or correct the derangement so that

nature may resume her perfect work." Other definitions will not differ in the main from this. It is not the belief, as many seem to think, that the toothache comes from a dislocated hip or indigestion from a sprained ankle, or something else equally absurd. It is simply a rational method of healing without the use of drugs. That it is successful no one could live here a year and a half, or even a day and a half, and question if he made an investigation. During the last seven or eight years thousands of patients have been treated here. Hundreds of them have been entirely cured and many hundreds more substantially benefited. I can give personal testimony as to its curative powers, inasmuch as I have had treatments for various ailments—mainly for nervousness—and always with good results. It is ridiculous to speak of it as "quackery," and the man who does so is either ignorant of what Osteopathy is and does, or so prejudiced against it that he will not believe what is really true concerning it, or he has fears that his own practice will be undermined by it, or all three together. Why the medical profession, which ought to be ready to accept everything that gives promise of being a blessing to humanity, has fought Osteopathy so bitterly I am unable to see. Yet just such scurrilous attacks as the one that appeared in your columns are being made in many places by men who ought to—and in many cases do—know better. Yet when their statements are shown to be false it only brings Osteopathy into greater prominence. It is sure to thrive on such things, because "the truth is mighty and will prevail."

The science is not, as many suppose, confined to this little city. There are schools and infirmaries in almost all the large cities east and west, and the number of such is growing fast. Remember that this school opened its doors only eight years ago and you will marvel with me at the wonderful progress made. I doubt if medicine—using the term in its narrow sense—made as much in eight hundred! The conditions are different, I grant, but if there is a school of medicine that can equal the record made here I would like to know it. The graduates of these Osteopathic schools are not "sharks and crocodiles" (shame on him who said it!), but men and women possessed of such knowledge as to the curing of diseases as anyone with good common sense can secure by hard study.

There are no secrets about the science.

It is not to be classed with faith cure and Eddyism and such things. Diplomas are secured only after two years' work of ten months each, and hard work it is for the conscientious student. The textbooks are either those in common use in all the large medical schools, except, of course, that there is no book on materia medica, as I have previously indicated, or else they have been written by the professors themselves with special reference to the bearing of the various subjects on Osteopathy. For the benefit of those who are not willing to take my word for this or other statements, or who may wish to investigate further, I have requested the authorities of the school to forward some literature, catalogues, journals, etc., to the Democrat office, and they will, doubtless, do so. Further information can be secured by writing here.

I have not time to say more, but probably I have said enough to convince my friends who have been reached by the article mentioned that they have been entirely misinformed as to the state of affairs.

In conclusion let me remark that I came here with as much prejudice against Osteopathy as I imagine most of you have, and with the determination to have nothing to do with it. I was ignorant then, but I have learned better, and am glad to make this public confession of the facts. All Osteopathy asks of anyone is an honest and thorough investigation, and that is altogether sufficient.

At a recent meeting of the Indiana Association of Osteopaths held at Indianapolis, the following officers were elected:

President—W. A. McConnell, D. O.

Vice-President—F. W. Lacy, D. O.

Secretary and Treasurer—D. Ella McNicoll, D. O.

A board of trustees consisting of five members was chosen, of which G. W. Tull, D. O., was elected chairman.

It is greatly to be hoped that every Osteopath will at once reply to the request of Dr. Goetz made in this issue. The information thus obtained will materially assist the committees in their preparation for the next meeting.

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By arrangement with the A. A. O. every Osteopath whose ad-
dress is known will receive a copy
of this number.

To the Public.

Where any doubt exists as to the
legitimacy of a professed Osteo-
path a letter of inquiry addressed
to the secretary of the A. A. O.,
Irene Harwood, D. O., 308 N. Y.
Life Bldg., Kansas City, Mo., will
bring authentic information as to
his credentials.

The following from the Chat-
anooga Times of Feb. 22, shows
that a friendly sentiment towards
Osteopathy exists in Chattanooga,
and we feel warranted in saying
that the Association when it meets
here will have fair treatment from
the local newspapers.

The American Association for the Ad-
vancement of Osteopathy, which is the
National Association of Osteopaths,
will hold its annual meeting for 1900 at
the Auditorium in this city on July 5, 6
and 7.

This organization is composed of about
700 members and it is confidently ex-
pected that several hundred of them will
attend this meeting. On one evening
during their stay the public will be in-
vited to attend, and talks on Osteopathy
will be made by the ablest speakers and
representatives of this new healing
science and art.

The programme will be so arranged
as to allow a visit to the points of inter-
est which abound in our city and vicin-
ity. To the Osteopaths as to all others
who come to this "convention city,"
Chattanooga will extend a cordial wel-
come and do its best to insure them a
royal good time.

Some men will believe nothing
but what they can comprehend;
and there are but few things that
such are able to comprehend.—St.
Evermond.

It is unfair to judge of Osteo-
pathy from the bungling work of a
pseudo-Osteopath. If you wish to
investigate it consult a duly accred-
ited representative of the science.

Bound Copies.

Copies bound in cloth of Vol. I
of The Popular Osteopath are now
ready. This volume makes a very
neat and interesting book of 296
pages. It is not only an accurate
history of our science for the year
1899, but contains instructive ar-
ticles on Osteopathy from some of
the best writers in the profession.
The low price of \$1.25 places it
within the reach of all.

We have always maintained that
there were broad minded, liberal
men in the medical profession. An
example of this kind of a medical
man is found in N. C. Steele, M.
D., of Chattanooga, Tenn. In an
article in the Medical Record of
Oct. 7, he argues for the right of
the individual to employ any kind
of healer he may choose whether
Faith Christ, Christian Scientist,
or what not. Among other things
he said:

"We are blind worshippers of tradi-
tion, faithful trailers in old ruts, and
loyal believers in the sacred and exch-
sive orthodoxy of drug medication, as
were our fathers. History reports itself.
Our grandchildren will smile when they
read of our absurdities, eccentricities,
and contradictions in these things. If a
man wants for himself or child a doctor
who does not give drugs, argue with him
if you wish, convince him of his folly if
you can, but don't talk about forcing
him with the law."

Galileo, probably, would have
escaped persecution if his discover-
ies could have been discovered and
his reasonings refuted.—Selected.

Every man feels instinctively
that all the beautiful sentiments in
the world weigh less than a single
lovely action.—Lowell.

Unsound of Wind.

Learned medical men declared
that Mr. Blues, the Fishshere ath-
lete, was unfit for service in South
Africa, owing to "unsoundness of
wind." After his medical exami-
nation, the would-be volunteer took
a turn with the Kirkcaldy Harriers
in the ten miles cross-country
championship and won it.—Lon-
don Globe.

We call attention to the card of
the secretary, appearing elsewhere
in this issue, concerning the steps
necessary to be taken to secure an
amendment to the constitution.
There are doubtless some changes
in our organic law that might prof-
itably be made, and those who de-
sire to move in this matter should
act at once.

All our possessions are as moth-
ing compared to health, strength,
and a clear conscience.—Hosea
Ballou.

The Association ought to have
power to compel the payment of
dues. If it doesn't already exist it
should be conferred at the next
meeting by amendment.

Subscribe for the Popular Os-
teopath and keep in touch with the
work of the Association. The sub-
scription price is one dollar per
year, in advance.

Patient—That medicine you
gave me for my cold, doctor, en-
tirely cured me.

Doctor (in surprise)—Did it?
Well, I'll try it myself; I can't get
rid of mine.—Tid Bits.

The Unlovely Love Bill.

Under the above caption the Cleveland World of Feb. 26 thus pays its respects to the proscriptive medical bill now before the Ohio legislature:

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 paths than the particular path 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.

From the hour of the invention of printing, books, not kings, were to rule the world. Weapons forged in the mind, keen-edged and brighter than a sunbeam, were to supplant the sword and battle-axe. —Whipple.

Special Offer.

To all who send us \$1.50 before April 10th we will send the Popular Osteopath for one year, and at the end of the year 1900, postpaid, a copy of Vol. II. bound in cloth. This offer will apply to renewals as well as to original subscriptions.

John Swanson, D. O., and wife called at our office on February 9. The doctor is a recent graduate of the Northern Institute of Osteopathy, Minneapolis, Minn., and was on his way to Atlanta where he has located.

Late advices from Ohio and Kentucky, where legislation affecting Osteopathy is pending, are to the effect that Osteopaths in those states are quite hopeful, and do not think it possible that there can be any abridgement of their rights.

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Why You Should Attend the Next Meeting.

The considerations which should operate to induce a full attendance on the part of Osteopaths upon the next meeting are many. Primarily, of course, are those of loyalty to the interests of our science and the benefit to be derived in a professional way by each individual in attendance.

These reasons and the important questions to come before the next convention, however, have been admirably set forth by our President and we will not repeat what has been so well said.

But placing the matter upon the ground purely of recreation and pleasure, no Osteopath can afford to be absent from this meeting. It is doubtful if any one more thoroughly earns a vacation than the hard worked Osteopath, and this meeting is to be held at a time when most people are taking their mid-summer vacation and when he can best get away from his business. It is to be held at a place famous in American history and renowned for the grandeur of its scenery, and we know of no more delightful way in which to spend a vacation, and none that would afford greater relaxation from the cares of an exacting profession than a reunion with school and professional friends under such circumstances and amid such pleasant surroundings.

Of the view from Lookout mountain, George Bancroft, the eminent historian said: "In all my travels I have never seen any scene to exceed this in sublime grandeur."

Rev. T. DeWitt Talmage, the famous American preacher and traveler, has this to say:

"The carriage wound its way up, up, up. Standing there on the tip-top rock, I saw five states of the Union. Scenes stupendous and overwhelming. One is almost disposed to take off his hat in the presence of what seems to be the grandest prospect of this continent. There is Missionary Ridge, the beach against which the red billows of Federal and Confederate courage surged and broke. There are the blue mountains of North and South Carolina. With strain of vision, there is Kentucky, there is Virginia. At our feet, Chattanooga and Chickamauga, the pronouncement of which proper names will thrill ages to come with thoughts of valor and desperation and agony. Looking each and any way from the top of that mountain, earthworks and earthworks—the beautiful Tennessees winding through the valley, curling and coiling around making letter "S" after letter "S," as if that letter stood for shame, that brothers should have gone into massacre against each other, while God and nations looked on. I have stood on Mount Washington and on the Sierra Nevadas, and on the Alps, but I never saw so far as from the top of Lookout Mountain."

We welcome to the ranks of Osteopathic journalism the Journal of the Science of Osteopathy, the initial number of which appeared Feb. 15. The new magazine is to be devoted especially to the scientific aspects of Osteopathy and should meet a real and important professional need. Dr. J. Martin Littlejohn, professor of physiology in the American School of Osteopathy, at Kirksville, Mo., is the editor of the new magazine. We heartily commend this journal to the consideration of all practitioners.

A moral, sensible, and well-bred man
Will not affront me, and no other can.
—Cowper.

A Card From Secretary Harwood.

I wish to call the attention of all members of the A. A. A. O. to the following amendment to the constitution passed at the last annual meeting:

"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 the association."

There yet remain certain clauses in our constitution which might be changed with benefit to the Association. Please study it carefully and frame any amendment which you think worthy of consideration. You will notice that it is imperative that the secretary have these amendments three months before the annual meeting. This makes it necessary for you to send them to me before the first of April. I would like to have them as much sooner than that as is possible, as it takes some little time to have them printed and send them out.

Please do not ignore this announcement. If you have no copy of the constitution, I shall be glad to send you one upon application.

IRENE HARWOOD, Sec'y.

The best way to keep good acts in memory is to refresh them with new.—Attributed to Cato by Bacon.

About the Directory.

The directory of members of the American Association for the Advancement of Osteopathy is published by authority of the aforesaid association for the benefit of its members.

At an infinitesimal cost per capita the Association is thus able to keep before the public not only the fact of the existence of such an organization, but also a roster of the membership, while at the same time it answers for the members practically all the purposes of a professional card.

It is coming to be a matter of great convenience and practical use among the membership in enabling them to answer queries from patrons as to where Osteopaths may be found. Therefore it is a matter of importance to each member that his name and address be correctly given therein and the publishers be notified of any changes. We are glad to make the changes when we receive authentic information as to the location of a member, but it is impossible for the officers of the Association, or for us to know where members are located unless they or their friends notify us. We therefore urge anyone who knows of errors in the directory to report the same with corrections to us.

Dr. W. D. Willard made us a pleasant call early in February. He was on his way to locate in Wilmington, N. C., for the practice of Osteopathy where we since learn he has a good practice and very flattering prospects for the future.

OFFICIAL DIRECTORY OF MEMBERS OF THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF OSTEOPATHY.

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 A. Helmer, Geo. J., 136 Madison Ave., New York.
 A. Helmer, John N., 136 Madison Ave., New York.
 A. Mattison, N. D., 170 Fifth Ave., New York.
 N. McElhaney, S. H., The Windermere, Binghamton.
 A. McIntyre, H. H., Clinton & Green, Brooklyn.
 A. Smiley, W. M., 608 Madison Avenue, Albany.
 A. Steele, W. W., 356 Ellicott Square, Buffalo.
 A. Underwood, Evelyn, Presbyterian Building, Fifth Ave. and 20th St., New York.

A. Underwood, E. B., Steele Memorial Building, Elmira.
 A. Underwood, Horton F., 107 E. 23d St., New York.
 A. Wanless, Richard, Geneva.
 A. Whittaker, Esther, Weedsport.
 N. Williams, Ralph H., Chamber of Commerce Building, Rochester.

North Carolina.

A. Willard, W. D., 418 Grace Street, Wilmington.

North Dakota.

N. Buckbee, Chas. E., Grafton.
 N. Sanders, May E., Grand Forks.
 A. West, Bertha M., Fargo.

Ohio.

A. Ash, Mary E., Kenton.
 A. Beal, Miss Tacie, 160 Park Ave., West, Mansfield.
 A. Beckham, J. J., Toledo.
 A. Conner, Mary, Bellefontaine.
 A. Dann, H. J., 42-43 Kingsbury Block, Sandusky.
 A. Eckert, Geo. J., 176 Euclid Ave., Cleveland.
 A. Giddings, Nell, 1208 New England Building, Cleveland.
 N. Gorman, Claire H., 711 National Union Building, Toledo.
 A. Goetz, E. W., 303 Neave Building, Cincinnati.
 A. Graham, G. E., Wellston.
 A. Gravette, H. H., Piqua.
 A. Hartford, I. J., Reibold Building, Dayton.
 N. Herman, C. T., Sandusky.
 A. Hulett, M. Ione, 506 Everett Building, Akron.
 A. Hulett, C. M. T., 1208 New England Building, Cleveland.
 A. Hulett, M. F., The Ruggery, Columbus.
 N. Liffing, W. J., 711 National Union Building, Toledo.
 N. Liffing, L. A., 711 National Union Building, Toledo.
 A. McAlpin, D. E., Gallipolis.
 A. Minear, N. O., 16 and 17 Gotwald & Z. Building, Springfield.
 A. Morris, J. T. L., 16 and 17 Gotwald & Z. Building, Springfield.
 A. Rhyensburger, W. J., Dayton.
 N. Schwartz, E. E., Youngstown.
 A. Seaman, W. J., Circleville.
 A. Fannie, V., Circleville.

Oregon.

A. Albright, Mrs. Grace, Salem.
 P. Alkire, J. W., 415-16-17 The Dekum, Portland.
 P. Northrop, R. B., 415-16-17 The Dekum, Portland.
 A. Rogers, W. A., Marquam Building, Portland.
 A. Smith, L. B., 403 Second St., Portland.
 A. Smith, Allie M., Oregonian Building, Portland.

Oklahoma.

A. Huston, Grace, Oklahoma City.
Pennsylvania.

A. Campbell, A. D., Philadelphia.
 A. Craven, Miss J. W., Hamilton Building, Pittsburg.
 A. Dufur, J. Ivan, Williamsport.
 A. Harding, W. C., Wilkesbarre.
 A. Hook, V. A., Simon Long Building, Wilkesbarre.
 A. Martin, Miss Clara, 419 S. Broad St., Philadelphia.
 A. Matthews, S. O., Simon Long Building, Wilkes-Barre.
 A. Miller, Robert H., Washington.
 N. Peck, Vernon W., 1042 Penn Ave., Wilkesburg.
 A. Pellett, H. L., 1524 Chestnut St., Philadelphia.
 N. Pressly, Mason W., Witherspoon Building, Philadelphia.
 N. Snyder, O. J., Witherspoon Building, Philadelphia.
 A. Turner, Mrs. Nettie, 1715 N. Broad St., Philadelphia.
 A. Turner, T. E., 1715 N. Broad St., Philadelphia.
 A. Thompson, J. A., W. Walnut St., Titusville.
 N. Towle, Anna C., 30 N. Sixth St., Reading.
 A. Underwood, H. R., Coal Exchange Building, Scranton.

South Dakota.

N. Eastman, Leslie G., Sioux Falls.
 A. Enebon, Lena, Canton.
 N. Jones, D. P., Watertown.
 N. Patterson, Lillabelle L., Bismarck.
 A. Walrod, Dora May, St. Jo St., Rapid City.
 N. Von Wedelsteadt, B., Deadwood.

Tennessee.

A. Bynum, H. R., 304-C Randolph Building, Memphis.
 A. Carstarphen, E. T., 5 Odd Fellows' Building, Memphis.
 A. Drennan, T. L., 117 E. Lafayette St., Jackson.
 A. Evans, A. L., 300-4 Miller Building, Chattanooga.
 A. Goodrich, L. J., Springfield.
 A. Link, W. F., 18 and 19 Minnis Block, Knoxville.
 A. Northrup, W. N., Memphis.
 A. Owens, Chas., 300-4 Miller Building, Chattanooga.
 A. Strickland, Cordelia L., Joppa.
 A. Swan, W. E., Clarksville.
 A. Swan, Mrs. W. E., Clarksville.
 A. Shackelford, J. R., Wilcox Building, Nashville.
 A. Shackelford, Mrs. J. R., Wilcox Building, Nashville.
 A. Shackelford, E. H., Wilcox Building, Nashville.
 A. Watson, T. J., Fayetteville.
 A. Whitcomb, H. P., Knoxville.
 A. Wilderson, W. H., 37 and 38 Southern Express Building, Memphis.

Texas.

- A. Clark, D. L., Jones and Crockett Sts., Sherman.
 A. Goben, C. L., Bryan.
 A. King, A. M., 2113 Church St., Galveston.
 A. King, H. F., 2113 Church St., Galveston.
 A. Polley, A. A., El Paso.
 A. Polley, Mabel, El Paso.
 A. Ray, T. L., Board of Trade Building, Fort Worth.

Vermont.

- A. Beeman, E. E., 64 State St., Montpelier.
 A. Brock, W. W., 134 State St., Montpelier.
 A. Corbin, C. E., 157 State St., Montpelier.
 A. London, Guy E., Burlington.
 A. Mayes, Matthew, Rutland.
 A. Martin, L. D., Miles Granite Building, Barre.
 A. Wheeler, Chas. G., 32 N. Main St., Brattleboro.

Washington.

- A. Hart, L. M., Safe Deposit Building, Seattle.
 N. Hodgson, John E., Spokane.
 A. Geo. V. Lyda, Olympia.
 A. Potter, W. A., Safe Deposit Building, Seattle.

Washington, D. C.

- A. Henninger, Grace, Washington Savings Bank Building.
 A. Patterson, H. E., Washington Loan and Trust Building.
 A. Patterson, Mrs. Alice, Washington Loan and Trust Building.

West Virginia.

- A. Doneghy, A. I., Wheeling.
 A. Ely, W. E., Parkersburg.
 A. Ely, Mrs. Anna L., Parkersburg.
 A. Kibler, J. W., Charleston.

Wisconsin.

- A. Ashlock, Thos. H., Burlington.
 N. Blaser, W. O., Madison.
 N. Cherry, Leslie A., Milwaukee.
 N. Cherry, Mrs. Essie S., Milwaukee.
 N. Crow, Louise P., Janesville.
 M. Davis, W. B., Milwaukee.
 N. Davis, Abbie S., Matthews Building, Milwaukee.
 N. Gage, Ora L., Oshkosh.
 N. Ibach, A. H., Portage.
 N. Jorris, A. U., Lacrosse.
 A. Lewis, J. L., Hingham.
 N. Lewis, Emma A., Prairie Du Chien.
 N. Lewis, N. H., Prairie Du Chien.
 N. Thompson, S. A. L., 121-123 Wisconsin St., Milwaukee.
 A. Vance, G. T., Monroe.

Canada.

- N. Dillabough, W. J. E., The Arlington, Toronto.
 N. Hitchings, John R., Winnipeg, Manitoba.
 A. Spangler, H. L., 46 King's Square, St. Johns, N. B.

Hawaiian Islands.

- A. Severson, Katherine, Honolulu.
 Members whose addresses are unknown:
 A. Chapman, Nora.
 A. Chase, W. B.
 A. Downing, D. M.
 A. Duffie, W. M.
 A. Jones, H. R. (undergraduate).
 A. Yakey, W. G. (undergraduate).

Notice.

To the Osteopathic profession in general.

It is the desire of the different committees selected by the president of the A. A. A. O. to make the annual meeting at Chattanooga July 5, 6, 7, a success in every way, and it is especially the wish of the committee on railroad rates to secure the largest possible attendance and to obtain for them the lowest rate of transportation.

To do this, I must be able to approximately state the number that expect to attend. Every Osteopath in the country should make an effort to make this trip, and whether a graduate or student, whether a member or not of the A. A. A. O. will confer a favor by notifying the undersigned, at the earliest possible time, if their attendance may be expected.

This will be a delightful trip for every Osteopath or student, and the rate can be secured for either. It will require only a postal card to make known your intentions and will not be placing you under obligations. Do not delay. Address

Eduard W. Goetz,
 303 Neave Building,
 Cincinnati, O.

Chairman of the Board of Trustees
 A. A. A. O. and committee on
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