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AN ILLUSTRATION.

E. PRESTON WOOD, D. O.

You have perhaps experienced the sensation of having an arm or leg or a hand or foot "go to sleep," a condition usually brought about by sitting or lying with the limb in some cramped position. For instance, lying with an arm twisted up under the head. This position is apt to throw a muscle tightly across nerves and blood-vessels running down the arm, compressing them and obstructing the flow of blood through the vessels and of nerve force along the nerve. As a result, the arm beyond (i. e., toward finger-tips) becomes numb and lifeless, the degree depending upon the firmness and duration of the pressure. Firm pressure kept up for some time results often in a degree of sleep that we might almost describe as a condition of temporary paralysis. The effect is not always produced, of course, exactly in the way I have described; but this much explanation will suffice for the purpose of illustration.

Now, suppose you had fallen asleep with an arm in the cramped position described, and that you awake to find it in this condition of being "asleep." Let me ask you what you would do to restore it?

You might reason that if the

condition is due to lack of blood and nerve force, and if these factors are stimulated, you might be relieved of the difficulty. So, leaving the arm in the same cramped position, you might, in order to stimulate the circulation, take a dose of some drug that would increase the force and frequency of the heart's action, thus raising the blood pressure and forcing blood past the obstructing muscle. Then, you might take a dose of some nerve stimulant to arouse the sleeping nerves. Or, still not moving the arm, you might temporarily arouse the arm by means of a current of electricity or the application of heat. By means of drugs or electricity or heat, then, you might without moving the arm get temporary relief. You might artificially stimulate the bodily activities enough to enable them to temporarily overcome the obstruction.

I say you might have reasoned in this manner, and might have treated the arm accordingly. But of course you did not. The very supposition is ridiculous. What you really did was to give that arm an Osteopathic treatment. And now, I do not mean by this that you gave it a rubbing; for, in the

first place, rubbing is not Osteopathy, and in the second place, that is not the first thing you did. The first thing you did was to move your arm and place it in a more natural position, thereby removing the cause of the difficulty. That is why I say that you gave it an Osteopathic treatment.

When you moved your arm, and the pressure of the muscle was released, you felt the warm blood fill the arteries and veins, and the tingling of the awakening nerves to your very finger-tips. Nature cured the condition as soon as you removed the obstruction and permitted her to. No amount of digitalis nor strychnine nor electricity nor rubbing could have cured it. It could never have been cured until that cause was removed.

What I have meant to convey by this simple little illustration is a conception of one of the methods by which Osteopathy reaches disease, viz.: by removing direct pressure from nerves and vessels. We find this pressure on nerves acting as a cause of disease every day in our practice. Sometimes the pressure is due to a contracted muscle, sometimes to a displaced ligament or bone. Often the pressure has gone on for years and has been the cause of chronic disease.

Just suppose, for example, that instead of the nerves and vessels of the arm, those supplying the stomach or the kidneys or the bowels or the liver were pressed upon. Those organs are just as dependent on their nerves and arteries as the muscles of the arm are dependent on theirs. These nerves and arteries

are surrounded here and there by various structures, by bones, by muscles, by ligaments, etc., some of which structures are liable to displacement. For instance, if some structure lying in close relation to one of the nerves supplying the liver were displaced so as to press upon this nerve, the liver would be disturbed. The liver would not "go to sleep," as we said of the arm; but so much of the function of that organ as was under the control of that nerve, would be impaired. Would you expect drugs to do any more for this condition than for the arm. The Osteopathic treatment would be exactly the same in both cases—the removal of the cause. When the Osteopathic physician finds a disordered stomach or liver or kidney or any other organ, he seeks the cause. Knowing, as he must, where to find the nerves and arteries supplying these organs, and knowing how they are surrounded, he traces them back until he finds the obstructions if there be any. They are not, of course, so easily located as in the illustration of the arm asleep, nor when located, so easily removed. In the case of the arm, a general motion of the whole arm in almost any direction was sufficient to release the nerves and muscles from the abnormal pressure; but in practice the Osteopathist finds often that the fault is with a single structure. This must be restored to its normal position by definite, specific movements. When the obstruction is removed, Nature, ever ready, proceeds to cure.

Bristol, Tenn.

IMPRESSIONS OF OSTEOPATHY.

REV. W. L. DARBY.

I remember well the first time I ever heard the word "Osteopathy." It was during my school days in Lebanon, Tenn. Judge Goodnight of Kentucky, who was a friend of our family, had been seriously ill and had almost despaired of recovery. Some friends had induced him, almost as a last resort, to go to Kirksville, Mo., a little place I had never heard of before, to be treated there for his trouble, which was, I believe, of a nervous character. Of course, the new word sounded strange in my ears, and I had a hearty laugh over what seemed to be such a queer name for the method of healing practiced there. Naturally, all I thought of in connection with it had reference to bones, and I imagined that those foolish folks in the Missouri village supposed that whenever a man was sick he had something wrong with his bones, probably that they were rotting away and would soon leave the poor unfortunate a mass of flesh and blood somewhat like a jellyfish!

Further information I could not get. I knew of no way of getting it. So I treated the whole matter as a huge joke, and felt deeply sorry in my soul for the deluded people in the distant town.

After a bit I learned that our friend the Judge was recovering and might soon be well. I was amazed. At the same time I heard also that there was a school in Kirksville where about 500 students were preparing for the profession of an Osteopathic physician.

And someone said that there was a large infirmary there, and that scores of people went to it suffering from various diseases, many of whom were entirely cured or greatly benefited. My astonishment increased, but I was still incredulous.

Somewhat unexpectedly, about this time a correspondence began between a well-known Kirksville citizen and my father. I was almost through my Seminary course, and desirous of undertaking work somewhere. The result of this correspondence and further investigation was that I was called to the pastorate of a church in Osteopathy's home. Two years ago my work began, with many misgivings. I could not appreciate the situation. It was all so unusual and so full of strange sights and scenes. Although the church to which I had gone bore an enviable reputation, I wondered whether I was not getting settled down among a set of ignoramuses or idiots. (The words are strong, but they tell exactly the sensation I had.) It all seemed so extraordinary as to be unreasonable to my critical judgment. Besides, I thought it was wise to heed the advice of a friendly physician of the old school at my former home: "Don't monkey with Osteopathy." The frequent talk about treatments, and all their "bone-business" (as I called it) amused me greatly. Still, I thought that the residents, and the students as well, looked like at least fairly intelligent people. But I would have none of their antics tried on

me. I had too much respect for myself and too much regard for my old theories.

Finally, one day I had a severe attack of neuralgia after being out some time in a cold wind, and one of the Osteopaths at my boarding place solicited a trial of his powers. After some discussion I agreed, taking my place in a chair with the remark, "But I know your rubbing won't do me any good." Notwithstanding my assured conviction (I might almost say, my determination), I arose in a few minutes after his careful manipulations were completed, comparatively free from pain.

This was the beginning of better things for me. I laid aside my prejudices and entered upon a careful investigation of the claims of the science. Before this I had supposed that there was little sense and less science connected with the strangely-named healing art. But "in the course of human events" I found out better. I had a thorough examination of my own anatomy followed by frequent treatments. As a result my incipient nervousness, which had caused me considerable uneasiness and threatened more serious things, was relieved. I found that many about me, as I became acquainted with them, bore testimony to the good they had received.

Thus did my good impressions of Osteopathy begin to replace the bad and to take root in my mind. Since that time I have seen and heard many things as I have conversed with hundreds of patients and students and have listened to numerous lectures by the profes-

sors. "The sweet reasonableness" of the science has taken firm hold of me, and I rejoice constantly that my lot was cast here.

Preposterous statements are made concerning Osteopathy, ridiculous stories are told, and extravagant claims are heard. But when traced to their source these will almost invariably be found to come from some opponent or from someone who has been misguided or misinformed. Such was the case with the early tales that came to me, and such is the case still. The Osteopath himself is generally a man of better judgment than to say such things as he is sometimes reported to have said.

After two years' residence in Kirksville, and a consequent close association with men of all classes, I have come to understand better what Osteopathy is and does. I have come to believe that thorough treatment by skilled operators will cure a large proportion of curable diseases. Of course, I do not believe that Osteopathy is the only thing in the world worth thinking about, nor do I believe that all M. D.'s are quacks or fools, or that any large number of them are. But I do believe that Dr. Still has discovered, and that he and his disciples have investigated and practiced, principles in the art of medicine too long forgotten, overlooked or neglected.

Osteopathy is one of Nature's best assistants. She has others, doubtless, but it lays rightful claim to a large place. I am firmly convinced that this fact will be recognized by the medical profession when it is more clearly understood;

and I am persuaded that when the many afflicted inhabitants of our planet see before them in actuality comparative if not absolute freedom from the use of noxious drugs, they will look upon the Osteopath not as "a suspicious character," but as "a friend in need" who is "a friend indeed." Experience and observation have led inevitably to this conclusion.

I have not time to go into the subject at greater length. My impressions are favorable, exceedingly so; and I look for greater things ere many more years have passed. Perhaps my own sentiment is best expressed in these words from the pen of one of Osteopathy's staunchest and most scholarly advocates: "Osteopathy is not mysticism; it is mechanism. It is not prayer; it

is physics. It is not Christian science; it is scientific manipulation. It is not faith; it is work. It is not magnetic; it is dynamic. It is not faith cure; it is fact cure. It is not massage or mere manipulation; it is the mastery of the matter and motions of the body by trained hands and brains. It is not mental; it is mechanical. It is not pharmaceutical; it is physiological. It is not artificial; it is natural. It is not ideal; it is real."

These clear and true contrasts are sufficient. My own impressions are those of an increasing number of honest investigators. I do not hesitate to give them, hoping that they may be helpful to others who have not had my opportunities.

Kirksville, Mo.

A CASE CONFESSED.

W. A. BOLLES.

In Lexington, Ky., forty years ago, I wore slippers in the schoolroom to be quiet. On several occasions I stepped into the snowy yard or onto the icy sidewalk. I caught a cold, or rather a cold caught me. For a year or more I had elongation of the uvula and tried to swallow it (the elongation). Dr. Allopath, my family physician, said: "Let me clip the uvula." But I would not.

At length I lost my voice, spent a year of rest in Minnesota, and returned to the schoolroom. I coughed and coughed, straining the muscles of the throat and neck, and irritating all the air-passages

of the head and lungs. Pharyngitis set in; and oh! the awful headaches to the top, back and front during the years and years that followed. Teach, sing, suffer, rest, change of occupation for a year or so, then teach and suffer some more. La grippe gripped me five times. Partial deafness came on, with ringing in the ears, great prostration in the lower limbs, swelling for twenty years on the right side of the neck almost as hard as a bone—thought it was bone. At 60 I was broken down, and bade farewell to the schoolroom.

What! No treatment all this

time—almost a lifetime? Yes, medicine, and lots of it. Doctors, nostrums patented and unpatented, and Cleveland water cure three months. Some quacks physicked me, some blistered me, some packed me, and one placed me in an iron box and pumped the air from me to give his medicine more force. One homeopath called for a list of all the diseases and deaths in my father's family, and then, because I had had the itch when I was a schoolboy, caught that happy idea and said: "I will treat you for the itch, as the virus is yet in your system." And he did. But the unwilling "scabies" did not show their little heads. "Similia" did not produce "similibus." The bacteria backed farther in instead of coming to the front. Other doctors prescribed ointments, liniments and poultices for the swelling, but the swelling continued. Breathing tubes, compounded oxygen and other confounded compounds of jellies, oils, snuffs, and so forth, too numerous to mention, failed to give relief. I inhaled inhalants and exhaled exhalants till I rivaled a miniature steam engine! I was magnetized and galvanized and mesmerized and hypnotized and atomized until I was almost paralyzed. Cramps and numbness in my limbs were frequent.

When I had reached nearly three score and ten, and malformations of the cervical vertebrae had become well-nigh permanent, three weeks' treatment by an Osteopath, my son, Dr. N. A. Bolles, of this city, reduced the swelling of my neck and revealed to me the surprising discovery that the vertebrae

of the neck had been pulled into a double curvature by the straining and swelling of the muscles in years of coughing, so that the nerves threading the air-passages of the head and lungs had been under pressure for nearly half a century! What is the reason that the learned allopaths and homeopaths and hydropaths and eclectics who doctored me did not find out that the bones of my neck were out of place? The reason is that they trusted to drugs or water, and doctored the symptoms. They laid no hands upon me to find if any of the human machinery was out of order. A dislocated shoulder or hip would be too prominent to be overlooked; but a slight displacement of a vertebra or rib—how should they know it or replace it? If a string of a piano, violin or banjo were out of tune, a master musician could easily bring it into harmony; but here is a "harp of a thousand strings," each string (nerve) of which a wise Creator has caused to come near the surface of the body somewhere, where the skilful operator may control it.

The Osteopath by his "educated touch" can detect a displaced or malformed bone or disordered organ as easily as a skilled dry goods clerk can, with his eyes shut, determine the material and quality of cloth by running his fingers rapidly over it. A misplaced organ is held in position after replacement by exciting its muscle through the proper nerves.

The nerves originate in the brain or in the spinal cord, and approach the surface in the neck or in the

back, where they may be "treated." They divide and subdivide as they proceed—upward to the head, outward to the arms, and downward to the noble organs and the lower limbs—until every point of the body is reached. How easy, then, for the Osteopath to "touch the button," and let Nature do the rest! It seems as if the Creator had purposely placed the nerves where man might control them with as much facility as a telephone operator controls his lines at the central office. What need, then, for medicine?

Men and women have suffered and gone down in agony to death while doctors have guessed at causes and experimented with precious lives; surgeons have cut and slashed and are still cutting and slashing while their victims writhe and wail in piteous lamentation, or find a home in the "Narrow House!"

If I could have had Osteopathic treatment thirty years ago, I might today be well, strong and hearty, instead of dwelling in a feeble tenement of clay and trembling on the verge of the grave. I could still be doing service in the profession I love and to which I clung until too weak to climb a stairway or to use the vocal organs for any considerable time. The wonder is that I still live, and by Osteopathic treatment, good nursing, and the Ralston practice, have just bid defiance to a sixth attack of la grippe without a drop of medicine of any kind. Pharyngitis yielded instantly to treatment of the nerves leading to the pharynx, and cramps and numbness have ceased.

When the vertebrae are all in place again, chronic pressure on the sympathetic nerve will relax, congestion of the ear-drum will be relieved, and then the ringing in the ears will discontinue, the deposition of pus in the bronchia will be prevented, and with it the daily grippe cough will "go." My "wry neck" is almost straight, and the "crack" of returning vertebrae is no longer heard.

If so much can be done for an old man of three score and ten, what might have been done for him in his young manhood? Though youth will not return, the relief from the pain of a living death has been accomplished in two years' treatment!

A neighbor asked me: "What is Osteopathy, anyhow?" I said: "If you want your horse to go to the right, what do you do?" He said: "I pull the rein on that side." If you want him to go to the left, what do you do?" "I pull the rein on that side." "If a part of your wagon gets out of place, what do you do?" "I put it in place again." "Well, that is what the Osteopath does. He excites a certain nerve which controls a function as you would pull a rein, and the effect is just as certain, if the treatment is not too late, as the response of your horse. He can tell by feeling if a bone or muscle is out of place, and if not deformed, he can replace it, and then the human machinery will run again about as well as before."

It is not a matter of surprise that disordered functions so often occur. The wonder is that this "harp of a thousand strings" should keep in

tune so long," while accidents of all kinds, from the most trivial to the worst, are continually besetting us in a thousand ways. Sins against the body by ignorant or unnecessary exposure to heat or cold, motion or moisture, labor or play, eating or drinking, position and rest—all the circumstances by which we are surrounded and from which we

cannot extricate ourselves—are at work to throw something out of balance, and we may not know it until we feel the friendly pain. How important, then, to have someone at hand whose intelligent touch will locate the trouble, and whose common-sense treatment will set matters right again.

1027 Steele St., Denver, Col.

OSTEOPATHY.

J. HOMER DICKSON, D. O.

[FROM THE RAVEN, LOS ANGELES, CAL.]

"One touch of nature makes the whole world kin." To the earnest seeker after truth the above quotation has been demonstrated many times, for

"To him who in the love of Nature
Holds communion with her visible forms,
She speaks a various language."

But as one looks back over the history of medicine it would seem that humanity was not included in the category of Nature by the exponents of the healing art. To all other products of natural law mankind has ever bowed in admiration and pronounced perfect. The great discoveries and inventions that today crown the genius of man and bless humanity had their beginning in Nature's law. Mankind has not been slow to comprehend and utilize the forces of Nature in business and commercial life. We have learned to rely upon them without question or fear; our only endeavor being to understand them better that we may use them more. Only man has been overlooked in the

search for natural perfection. Yet we are taught in holy writ that man is the masterpiece of God's handiwork. Human nature is the only product of natural law that science would presume to improve upon. It is true that no other product of Nature is seen to be so full of imperfection today as this same masterpiece of the Author of nature and natural law. But why is this true? Might it not be the natural result of the folly of presuming to improve upon Nature? The forces of Nature are both constructive and destructive.

Ever since

"Man's first disobedience and the fruit
Of that forbidden tree whose mortal taste
Brought death into the world and all our
woe:"

the healing of human ills has been relegated by common consent and legal sanction to the medical profession. By common consent, partly in accordance with the law of division of labor, and partly on account of a natural inclination to

place the responsibility of the lives of loved ones on others than ourselves, acknowledging our own ignorance of natural laws concerning life and health, and vainly hoping the medical profession understood them. But alas! from priestly craft, through blood-letting and blistering, on through rivers of drugs extracted from the animal, mineral and vegetable kingdoms, to the application of heat and cold, electricity and massage, Eddyism and hypnotism—all aiming at the preservation and prolongation of human life and the cure of disease, but all necessarily experimental and unsatisfactory because not based on natural law—not "reckoning with their host." But finally the watchword is heard, "Away from drugs and experiments and back to nature and natural law!" and we have the science of Osteopathy, newly born, yet justly claiming to be the legitimate child of Nature and the heir of all that is scientific in the past history of medicine; repudiating drugs as foreign to the organism, substituting therefor the therapeutics of Nature, and proving its right and title by winning victory over disease and bringing health and happiness to thousands of afflicted and discouraged people. The fundamental principle of this new champion of natural law is "that health is the natural condition of man, and that disease and death, between birth and old age, are unnatural"; and that Nature has endowed man with powers and forces unlimited for maintaining that "natural condition," provided her laws are known and obeyed. Not one improvement can

be suggested in the whole machinery of man. He is Nature's best work, and shows forth the perfection of Nature's God. He is subject to and governed by natural laws, the knowledge and observance of which will keep him in health as surely as the ignorance and violation of them will produce disease. In no other respect do men set at naught and openly defy natural law as they do the laws of health. But, thanks to Dr. Andrew Taylor Still, the champion of natural therapeutics, who formulated the principles of this new science of healing and gave to the world as the result of his life work the science of Osteopathy, the dawn of a new era in the healing art is upon us, which will dispel the cloud of ignorance and superstition and restore Nature to her rightful domain as the one trustworthy physician.

It is not the purpose of this article to enter into an explanation of Osteopathy farther than to show the natural foundation of its principles. Much has been written by able writers and more experienced Osteopaths fully explaining its principles. Anyone desiring such literature may obtain it upon request from any practitioner of the science. I wish to sound one word of warning to those who would investigate its merits, and whose unbiased judgment will either help or hinder its progress on its mission of mercy to mankind. It is this: Everything genuine has its counterfeit. There are those who are base enough to impose upon the public in any calling, and there is no exception with Osteopathy.

Hence it is only just and fair to the public, as well as to the science of Osteopathy, that some means be taken for the exposure of these pretenders. For this purpose the American Association for the Advancement of Osteopathy was organized, to which every reputable Osteopath who has the interest of the science at heart belongs. There is also an organization known as the Associated Colleges of Osteopathy, which includes all schools of Osteopathy which conform to a definite standard in requirements for matriculation, course of study,

etc. Now the official organ of the A. A. A. O. contains the names and addresses of all graduates of these schools who are members of the organization. As it is very much to the interest of all interested in the future of Osteopathy, every practitioner who is entitled to membership in this organization keeps on hand literature containing this Osteopathic directory, which he will cheerfully furnish upon application—providing his name is written there.

"A word to the wise is sufficient."

PERMANENCY OF OSTEOPATHIC CURES.

A. L. EVANS, D. O.

People who are taking Osteopathic treatment, as well as some who contemplate taking it, sometimes inquire, "If I get well, will I stay well?" Naturally to such persons this question is an important one, and deserves more consideration than a mere affirmative answer.

No Osteopath makes the claim that his treatment renders one immune from disease; but keeping in mind the distinctively Osteopathic idea both of the cause of disease—that it is, in a great majority of cases, the result of the obstruction to a free flow of the nervous force and vital fluids of the body—and the Osteopathic idea of the cure of disease—a removal of the obstruction, and we see no reason why a person who gets well through the

application of Osteopathy according to these principles will not remain well.

One of the best illustrations of the principles upon which Osteopathy is founded that has yet been published, in my opinion, appeared in the *Popular Osteopath* for October, 1899, under the caption "An Osteopathic Fable," and was copied from *Osteopathy*, a magazine published in Seattle, Wash. Who the author is I do not know.

This fable went to to tell of a little spring on the mountain side in a basin of solid rock hollowed out by the hand of nature. It was kept fresh and pure by a little stream which flowed into it, and by another which flowed away from it. One day it chanced that a stone rolled into the stream that fed the

spring, and changed its course. The water in the spring soon became stagnant, and green scum formed upon it. A wise city doctor was called, who took specimens of the scum back with him to his laboratory, and after many scientific tests discovered strange micro-organisms in it, and also after much labor succeeded in compounding a poison that would destroy them. The newspapers of the country proclaimed far and wide this last great triumph of science whereby the waters of stagnant streams could be purified.

But it so happened that before the great doctor got back to his patient, an Osteopath came along, gave one treatment by removing the obstruction to the natural flow of the little streamlet, and when the wise medicine man did arrive upon the scene, the nasty scum had vanished! Of course, the great man waxed exceedingly wroth, but it is not recorded whether or not he followed the example of so many of his craft in similar circumstances and had the offending Osteopath arrested for "practicing medicine without license," in order that the credulous people who follow after strange gods might be protected from such impostors.

Now, while it is possible for the operation of the same cause to produce the same result, it is no more likely to happen to the patient who has been cured than to someone else. And so, when we say that Osteopathy effects permanent cures we mean so far as that particular case is concerned. Indeed, a "cure" that is not permanent is not a cure. It might be temporary relief, but

it is not a cure, and it might be well to state that occasionally a case comes to an Osteopath that has run the gamut of all the known treatments for disease, that even Osteopathy cannot cure. But in a majority of such cases relief, which is all the patient can expect, is afforded.

Sometimes the remark is heard, "Oh, yes, rubbing will make you feel better for awhile; but you will soon feel as bad as ever." It is evident that if such remarks come from an honest person, it is one ignorant of Osteopathy. It might be true if Osteopathy were "rubbing," but it is not. The man who removed the stone from the stream and restored circulation to the mountain spring did not "rub."

While to those who are close readers of Osteopathic literature it may seem trite, yet for the great number who may be reading about Osteopathy for the first time it is well briefly to state some of its cardinal principles:

Osteopathy is based upon a thorough knowledge of the sciences of anatomy and physiology. Some of its theories are that if the body is anatomically perfect—all of its parts in harmonious adjustment—all of the organs will perform their functions in a physiological or healthy manner. That "a natural flow of blood is health." That often the sub-luxation of a rib, the mal-position of a vertebra, or the contraction of a muscle, interferes with the normal blood and nervous flow, and thus produces disease. We hold that the correction of these abnormalities results in a permanent restoration to health, and

this without either "rubbing" or drugging.

The efforts of the Osteopath are not directed to the masking of the symptoms of disease, but to a removal of its cause.

While many cases illustrative of the above principles or theories might be given, the two following treated by the writer are sufficient for the purpose:

Over a year ago a young man, a bookkeeper, called to see about his eyes, which were very weak and necessitated the wearing of glasses. The Osteopathic idea was not to adjust more powerful glasses which would enable him to see with his weakened and failing vision. The trouble was found to be a slight lesion in the cervical vertebrae, which interfered with the circulation to the eye. The treatment, of course, was directed to a correction of the lesion, with the result that in about six weeks the glasses were laid aside and have not since been resumed. While it might be possible for this young man by overwork and overstraining of his eyes to bring back the weakened condition, it has not been done; and I feel justified in calling it a "permanent cure."

In the winter of '98, a few months before my graduation, I

Not Fitted For It.

Visitor—When you are grown up, will you be a doctor, like your father?

Bobby—Mercy, no! Why, I couldn't even kill a rabbit!—*Brooklyn Life.*

began treating a young lady who for a long time had suffered periodical attacks (every few weeks) in which all of the distressing symptoms of gall stones were present. A sub-luxation of the lower ribs was found, and my efforts were directed not so much to giving relief during the paroxysms of pain, though that of course was attended to, as to readjusting the ribs, the mal-position of which it was reasoned was responsible for the unnatural deposit in the gall bladder and ducts. After several months' treatment the attacks ceased, and have not since recurred.

It sometimes happens that a patient after a few treatments begins to feel better, and for one reason or another abandons the treatment without being discharged as cured by the Osteopath, and later the trouble returns. But according to no rule of fairness could such a case be charged as a failure to Osteopathy.

So apparently wonderful have been the results of Osteopathy, and so lasting the benefits, that it has become an axiom among those who know most about it that "Osteopathic cures are permanent because they are natural."

300-304 Miller Bldg., Chattanooga, Tenn.

But Still a Bird.

"I wouldn't call the doctor a quack."

"Why wouldn't you?"

"It suggests a duck, and there are lots of birds with bigger bills than that."—*Cleveland Leader.*

A REMARKABLE CASE.

Dr. Calvin M. Case, of Wheeling, W. Va., late professor of clinics and practice in the Southern School of Osteopathy, reports one of the most curious cases in the history of Osteopathy.

The patient, Mrs. Geo. K. Barnes, of Franklin, Ky., aged 30, jumped from a carriage last September and sustained what were supposed by the attending physician to be internal injuries, resulting in great constant pain and a marked loss of flesh and health.

January 4, when life was well-nigh despaired of, she was placed under Osteopathic treatment, Drs. Case and Oldham of Franklin, Ky., attending her. During the following five weeks steady improvement was noted. Then the progress of the case was interrupted by an attack of measles, and the patient was once more brought to the verge of the grave, the measles being complicated by hemorrhages from the bowels.

On February 12 occurred a most extraordinary incident. The patient coughed up a thorn that she had inhaled seventeen years previously. It measured one and a half inches long and one-half an inch wide (from tip to tip of side prongs), and was in an excellent state of preservation.

The patient continued under Dr. Case's care for four months, and was discharged completely cured.

The above facts are taken from a letter written by the patient. Dr. Case's remarks on the case are as follows:

"Franklin, Ky., May 26, 1900.

"The attached letter partly explains itself. It refers to a case that is the queerest, and in some respects the most interesting I have ever come across.

"Accounts of it from a non-professional standpoint have appeared in the daily papers of Louisville and Nashville and have been extensively copied.

"I spent the day last Sunday at the home of the patient, and feel warranted in saying that the cure is complete.

"The hemorrhages from the bowels of which she speaks seemed to be vicarious menstruation rather than dysentery, or perhaps both combined. At any rate, she has never menstruated fully and properly in her life, her mother tells me, until May 5th just past. And this is strange, when we remember that she is the mother of three healthy children.

"Bleeding from the nose, vomiting blood, coughing it up, and having it pass from the rectum, have been present at various times, and there have been times at which there was a very lame effort at normal menstruation.

"She has a retroflexion. I do not know how long she has had it, nor does she. It was there when I first examined her.

"What she says about the thorn is correct. I have it now. The doctor who attended her at the time she inhaled it says she bled freely from the lungs, and has had more or less trouble at times ever since from awfully severe spells of

coughing, asthma, etc.

"This case is so far out of the ordinary that I thought it well to

send you a report of it.

C. M. Case.

Wheeling, W. Va.

REPORTED CASES.

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

SCIATICA

Dr. M—, a distinguished professor in a theological seminary in Chicago, suffered intensely of sciatica, mainly in right side; after sitting an hour, he could hardly rise without help on account of the great pain; his sleeping and waking hours were alike disturbed with suffering. After receiving only eight treatments, an unusual stress of work compelled him to discontinue treatment with the following letter:

Chicago Theological Seminary,
Feb. 3, 1900.

My Dear Doctor Barnes—I was sorry I could not come to see you last Monday; but I am glad to report that the pain you have been treating me for is almost entirely gone. I consider myself practically cured. Thanks to you and your energetic treatment. Enclosed find check.

I am yours faithfully,

W. Douglas MacKenzie.

RHEUMATISM, CONSTIPATION, CYST AND CATARRH.

Mrs. P., aged 51, an invalid for eight years with many ailments, among them gastritis, gastric ulcer, floating kidney, ovarian cyst, constipation and intense catarrh. On being called in I found her in

the following condition: Had suffered tortures for two months with inflammatory rheumatism; extremely nervous, slept but little; so constipated as to be absolutely dependent on cathartics; had become inured to opiates, allopathy, and her ovarian cyst. Her daily course in medicine consisted of the following: Eight large capsules of strong, bitter drugs, two or three rounds with a "fizz" of effervescent salts and an occasional dose of whiskey to restore her from the others. Some of these I ordered discontinued at once, the others gradually. She took treatment for six weeks, with marked improvement from the very start. She slept much better; bowels moved regularly after second week; by end of third week she had stopped her drugs and was able to go down town shopping with her nurse. The latter was without my knowledge, and she caught a cold, which event always gave her a several days' siege of extremely sore throat, coughing and catarrh. I arrived that evening to give her regular treatment, and treated the throat and afflicted limbs so successfully that the irritation of the throat was entirely relieved and the siege of sore throat averted, and the rheumatism little, if any, worse for the exposure. By

the fifth week I was entirely unable to find any trace of her ovarian cyst; which remarkable disappearance would have made me doubt my diagnosis, though I felt it distinctly at the first treatment, had it not been also the diagnosis of her several expert physicians who had preceded me. In the early part of the course of treatment, on reaching her home I often found her intensely nervous and irritable, and ready to cry out; but left her soothed and ready for sleep. By the end of sixth week of treatment she felt so relieved in every way as to discontinue treatment, and is now an enthusiastic friend of Osteopathy.

Reported by W. J. Rhynsbarger, D. O., Suite 35, Davies Bldg., Dayton, O.

TORTICOLLIS.

Miss M— for many years suffered with a painful case of torticollis, caused by a fall, and augmented by cold in affected parts. The head was drawn to the right, the muscles were contracted and extremely tense and rigid; the cervical vertebrae badly curved and twisted, and the entire cervical region painful and tender. Patient suffered constant pain in the head, neck and eyes, especially during the night, thus greatly disturbing sleep and rest, and causing general nervous debility. By Osteopathic treatment I succeeded in greatly relieving the twisted and strained vertebrae and the tensely contracted muscles, thus freeing the circulation of blood through the head and neck and removing the pressure and disturbance to the nerves. Although not entirely cured, the pa-

tient was relieved so much that life is no longer misery and pain, but comparative comfort and ease. Years of medical treatment failed to help this case.

GOITRE.

A boy 14 years old had quite a large goitre for one of his age. His neck measured 15 inches around. The goitre had been present about two years. Iodine had been applied for a year without benefit. I gave the boy one Osteopathic treatment a week for twelve weeks, and the goitre disappeared. A lowering of the right clavicle and a muscular lesion in the lower cervical and upper dorsal region seemed to be responsible for the trouble.

Reported by J. R. Shackelford, D. O., Wilcox Bldg., Nashville, Tenn.

ST. VITUS' DANCE.

The patient, a little girl 10 years old, had been under medical treatment constantly for four years, gradually growing worse. The first sign noticed was squinting of the eyes, then a twitching of the facial muscles, which extended to the muscles of the neck and back, causing a shrugging of the shoulders. She was very nervous generally. After four months' Osteopathic treatment she was discharged cured. Examination showed marked lesions at atlas, third and fourth cervical and from second to sixth dorsal vertebrae, irregular, with lateral curvatures, and fifth lumbar posterior, correcting these conditions, relieved all symptoms.

APPENDICITIS

A gentleman who has had his third attack, and every symptom

of another attack, came to our office to see what Osteopathic treatment could do in such cases. He had been advised by his home physician, and had just returned from Boston, where he had been examined by two very eminent physicians, both advising an operation at once. After examination and explaining his condition and our treatment for appendicitis, he said, "That sounds reasonable, and certainly is better than an operation." He began treatment at once, was greatly relieved by the first treatment, and after two weeks' treatment the approaching symptoms have about all disappeared. His bowels move fairly well without the use of medicine or enema, which had not been the case in years. The patient will continue treatment for awhile for this and other troubles.

BRONCHITIS

A lady had suffered the annoyance of a bronchial trouble for several years. Her friends thought she was going into consumption. For the past eighteen months she had coughed very hard. Paroxysms of coughing would come on during the day and night and would last for several hours at a time. After two months' Osteopathic treatment the cough was entirely relieved and the patient gained in flesh and strength. Examination showed the third cervical vertebra anterior, decided muscular tension from second to sixth dorsal, second rib on left side greatly depressed.

Reported by Dr. J. O. Hatten, Odd Fellows' Bldg., St. Louis, Mo.

INDIGESTION.

More than a year ago Mr. H— of this city brought his wife to me. She had been suffering from indigestion for ten years. Her physicians told her the only thing that would cure her was change of climate. I treated her one month, and today she is well; has gained flesh, and looks at least ten years younger than when I first met her. Mr. H— is so proud of his wife's health that he tells me to refer to him anyone who is in doubt of the good effects of Osteopathy.

APPENDICITIS.

Mr. H—, late of Georgia, came to St. Louis for treatment; called on some of the most prominent physicians, and they diagnosed his ailment as appendicitis and advised an operation. But fearing that death would be the result of an operation, he was slow in making up his mind. In the meantime he talked of his case to a friend of mine, who advised him to come to me and be treated Osteopathically. He did so, and in one month he was cured of habitual constipation, appendicitis, and all his aches and pains. That was last August, and yesterday he came to the city and called on me, and was feeling well and happy. He is now in business in Topeka, Kan.

SICK HEADACHE.

Thomas McDonald when 16 years of age fell from a wagon, causing luxation of the third cervical vertebra and atlas. From that time on he suffered from sick

headache until he came to me last fall. He is now 30 years of age. I gave him relief at once, and now he is well and working every day, and says he is one of the happiest men in St. Louis. He has sent me several patients, and talks Osteopathy with all sufferers with whom he comes in contact.

OVARIAN TUMOR.

Miss Minnie —, a niece of Mrs. H— (Report No. 1), was in a New York hospital, suffering from ovarian tumor, and the M. D.'s advised her to let them operate on her. She went to her aunt and asked her advice, and her aunt came to me to know if I thought I could cure her; told her I thought I could, and on my advice the aunt went to New York and brought her niece home with her; and when I examined her I felt more like telling her I could do nothing for her than like treating her; but nevertheless I commenced treatment at once, and in two months I made her a well woman. She has gained very much in flesh, and is now married and an ardent advocate of Osteopathy.

Reported by J. S. Baughman, D. O., Burlington, Ia.

ACUTE ARTICULAR RHEUMATISM.

The patient, a woman aged 83, had suffered for three months;

could not dress or undress without aid; could not sleep for pain; appetite not good. Lesions in upper dorsal and in lumbar regions. Pain in hips and knees. Treatment directed to the lesions mentioned, and careful attention to spleen, liver and kidneys gave the patient a fair night's rest after the first treatment. One month's treatment has enabled the patient to be about the house without a cane, and she eats and sleeps well.

CHRONIC RHEUMATISM AND LA GRIPPE

The patient, a lady aged 71 years, coughed severely; had been in bed for two weeks. After seven treatments the patient was up and shopping. La grippe cured and rheumatic pain much reduced when patient moved out of city.

A FRESH DISLOCATION OF HUMERUS.

Patient had called in a physician, who anointed the shoulder with liniment and informed patient it would soon be all right; but pain increased. Upon examination we found it to be a subcoracoid dislocation. After careful inhibition of the brachial plexus the dislocation was reduced, the arm placed in a sling, and in a few days all soreness had gone and the patient, who had only one arm, had free use of it, much to his satisfaction.

"If you don't believe in doctors, why did you call me in?"

"I can guess at what ails me, doctor; but I want you to shoulder the responsibility for the drugs I take."

Authors from whom others steal should not complain, but rejoice.

Where there is no game there are no poachers.—Marie Ebner-Eschenbach.

RECOVERS TUITION FEE—MORE ABOUT BARBER.

A jury in Judge Henry's court gave Mary C. Johnson a verdict for \$50 against E. D. Barber, president of the National School of Osteopathy. The amount was claimed by Miss Johnson to have been paid by her to the school for tuition, and afterward she was denied admission. The defendant attempted to prove that the suit was instituted by the American School of Osteopathy, a rival concern, but was unsuccessful.—Kansas City Times, May 19.

The item above recorded is a part of the second chapter of crookedness, as appears from court proceedings, in the history of the "National School of Osteopathy" at Kansas City, Mo. The first chapter ended with a suit to revoke the charter of the above-named corporation on the ground of its having sold a diploma to Dr. Wm. Smith, alias Stewart.

The Court of Appeals of Missouri summed up the matter so far as the guilt of the accused was concerned in these words: "The defendant, then, in our opinion, was guilty of a violation of the law when it issued to Smith, alias Stewart, the diploma in question." For technical reasons, however, the charter was not revoked.

In explanation of the item copied from the Kansas City Times we quote the language of our correspondent as it appeared in The Popular Osteopath of October, 1899:

A Mrs. Mary Johnson, of Chicago, wrote to Barber asking about tuition, etc., preparatory to entering his school. Barber replied, giving her his regular terms. She then wrote him, saying that she could not raise the necessary money at that time, so would let the matter rest until she could arrange to enter the school. She considered the matter at an end, not knowing anything about his fraudulent practices. However, he wrote to her, saying that she could pay him \$50 and he would send her a diploma, then

she could come and take the course at any time she wished. She sent him the money and received a diploma dated at Baxter Springs, with the explanation that the Kansas City school would not issue any diplomas "on the side" for a year. Mrs. Johnson apparently did not realize what the diploma was, considering it merely a certificate entitling her to instruction. She made no attempt whatever to practice, but merely held the diploma, thinking it would entitle her to tuition. When she finally made the satisfactory arrangements to come to Kansas City and take the course, she wrote to Barber, saying that she was coming. He replied that in order to enter the school she would have to pay an additional \$250.

This was of course a surprise, as her correspondence with him shows that he gave her to understand that \$50 was all that she would have to pay. Therefore, she brought suit for \$50 and the cost of the suit. It was tried in a justice's court and she got judgment in her favor. The attorneys for the defense first showed that the school now is not the same one that issued the diploma. Barber has changed his charter three times, evidently for the purpose of evading such suits, since the charters are practically the same and are granted to the same people. The defendant attempted to show that he had given the plaintiff instruction by mail. This Barber was forced to admit to be false. Then they tried to show that she had been a party to the fraud, but the correspondence shows that she was an innocent party. They were not able to make any kind of defense, and I am told that it was plainly evident to anyone that Barber had deliberately cheated her out of her money.

Barber has appealed the case to the circuit court.

It is not pleasant to chronicle such things about any institution bearing the name of Osteopathy, nor about any man claiming to be an Osteopath. But as neither the institution nor the man above mentioned are members of nor connected in any way with any of the organizations for the advancement of Osteopathy, we disclaim any responsibility for them. We give publicity to such action as the foregoing only to repudiate them, and

to assert that no reputable practitioner of Osteopathy can in any way be held responsible for such devious methods.

Don't Diagnose the Case Till You See the Patient.

The following advice given by Jake Noyes, an old doctor's man-of-all-work, to a young, though unlicensed practitioner of medicine, is good. Barring the possibility of the administration of "saffron tea," it would apply to the Osteopath as well as to any other kind of doctor. The quotation is from "Jerome," a novel by Mary E. Wilkins:

"There's one thing I want to tell ye, J'rome, and I want ye to remember it," Jake Noyes had said, "and that is, a doctor had ought to be like jurymen—he'd ought to be sworn in to be unprejudiced when he goes to see a patient, just as a jurymen is when he goes to court. If ye don't know what ails 'em, don't go to speculatin' as to what 'tis an' what ye'll do, on the way there. Ten chances to one if you're workin' up measles in your mind and what ye'll do for them, ye'll find it's mumps, an' then you've got to cure your own measles afore ye cure their mumps; an' if you're hard-bitted an' can't stop yourself easy when you're once headed, you may give saffron tea to bring out measles whether or no. Think of the prospect, or the gals, or your soul's salvation, or anythin' but the sick folks before you get to 'em the first time, an' don't know what ails 'em."

Praises Chattanooga.

Senator Cullom was enthusiastic in his praises of Chattanooga. "This is the grandest scenery in the country," he said. "Do you know that in looking over the prospect from Lookout mountain and your surrounding heights I am reminded of Palestine; this is a veritable Holy Land."—Times, Nov. 24, 1899.

The march of progress through all the ages has been strewn with the discarded opinions of wise men. A man is a moral coward who, through love of consistency, and pride of opinion, continues to embrace an error when the God who made him has given him light to see it.—Hon. Josiah Patterson, ex-member Congress, Tennessee.

The Popular Osteopath solicits contributions not only from practitioners, but from any others who may have something interesting or enlightening to say about Osteopathy.

To be available for our columns such contributions should be short—500 to 1,500 words or fewer—original, not technical, carefully written on one side of the paper, and signed by the author.

Practitioners are invited also to describe in terms not too technical for the intelligent reader, any cases of unusual interest that he may have treated.

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Chattanooga, Tenn., is the place; July 5, 6 and 7 is the time, and the annual meeting of the A. A. A. O. is the occasion. Don't forget it.

There is inspiration in numbers. Help swell the attendance at the Chattanooga convention.

Among the Osteopaths who will spend a well-earned vacation in Europe this summer are Drs. M. B. Harris, St. Louis, Mo.; W. W. Steele, Buffalo, N. Y., and Geo. J. Helner, New York City.

Error cannot be permanently enthroned, though it may have the patronage of the great, and the aid of sustaining laws. Truth, though it may have the opposition of kings, parliaments, governors and legislatures, cannot be suppressed.

"In a multitude of councilors there is safety." Every member of the A. A. A. O. should attend the annual meeting and give his talent to the solution of problems that arise in the onward march of our science.

One of the best evidences of the value of a thing is the fact that it is imitated; but the counterfeit Osteopath is one evidence of the genuineness of Osteopathy which the profession would gladly do without.

Rev. W. L. Darby, who contributes the excellent article on "Impressions of Osteopathy" to this number of The Popular Osteopath, is pastor of the Cumberland Presbyterian Church at Kirksville, Mo., and President of the Missouri Christian Endeavor Union. He is a young man of growing prominence in his church, and what he says will naturally carry with it considerable weight.

The Times and News, the leading papers of Chattanooga, have both published the programme of the A. A. A. O. meeting in full, and much interest is being manifested by the people of this city in our Convention.

The July number of the Popular Osteopath will appear shortly after the annual meeting, and will contain a full report of its proceedings. Those who are not subscribers should arrange to have their subscriptions begin with that number.

Osteopathy is a protest against the growing practice of taking drugs. It offers a more rational means, and bases its promises of cure upon the fact that in a healthy organism in perfect repair there is no pain, no weakness, no disorder and no disease. The laws of nature are immutable.—Prof. Riggs, in "Theory of Osteopathy."

Prospects for a good attendance at the annual meeting of the A. A. A. O. grow brighter every day.

Dr. H. E. Nelson, of Louisville, Ky., writes: "I hope to be there on the 5th of July and see the whole thing through. I am going to do all I can to bring the larger part of the Kentucky Association with me."

We trust that all other active members will do as well.

From the Journal of Osteopathy we learn that the Osteopaths of Ohio have decided to stand by their guns and to resist to the uttermost every effort to drive them from the

state. This is what we expected of the Ohio Osteopaths.

We call attention to the addition to the programme for the A. A. A. O. meeting of a discussion of "Vertebral Lesions" by W. L. Riggs, D. O., author of the "Theory of Osteopathy," and professor of physiology in the Still College of Osteopathy, Des Moines, Iowa. The subject is a vast one, and of infinite importance to the Osteopath, and we can assure our readers that it will be ably handled by Dr. Riggs.

Local Arrangements for Annual Meeting.

Headquarters have been established at the Read House. This hotel, which is one of the leading ones of the city, is within three blocks of the Auditorium, where the Convention will be held.

One large room appropriately furnished will be constantly at the disposal of the Association for committee meetings, or other purposes.

The Read House and the Inn, a magnificent hotel on the summit of Lookout Mountain (a cut of which is given in this issue), are under the same management, and those in attendance at the Convention may stop at either place they may desire, or may take part of their meals at one place and part at the other. The rates will be the same at either place.

Arrangements have been made by these hotels with the street railway and incline companies by which their guests may make the round trip from the city to the mountain for 30 cents. A rate of \$2.00 per day has been secured.

Higher priced rooms may be had at a reduction of 50 cents per day from the rates usually charged.

Other hotels have made the following rates for this occasion:

	Per day.
Southern	\$2 00
Aldine	2 00
Rossmore	1 50
Russell House	1 50

We have made no arrangements in regard to sight-seeing which are in any way binding upon the Association, but should it be found that there will be time for any excursions to points of interest adjacent to Chattanooga, as we hope there will, we feel safe in saying that reasonable rates will be secured.

A. L. Evans,
Charles Owens,
O. Y. Yowell,
Committee.

Tennessee Osteopaths.

The Tennessee branch of the A. A. A. O. met in the lecture hall of the Willecox building, Nashville, on May 10, and was called to order by the President, Dr. J. R. Shackelford.

Minutes of last meeting were read by Assistant Secretary, Dr. Charles Owens, and approved.

The following new members were admitted: Drs. Brown, Godwin, T. L. Drennan and Bessie A. Duffield.

It was moved that the word "twenty" be struck out of Section 2, making it read "five dollars for membership fee," instead of twenty-five. Motion carried.

Moved and carried that the following clause be added to Section 9:

"Any member who shall adver-

tise on stationery, cards, or in any manner, anyone as an assistant who has not attended a reputable school of Osteopathy, shall be, after due notice, dismissed from the association."

The officers elected for the ensuing year were: President, Dr. Ed. H. Shackelford, Nashville; First Vice-President, Dr. Brown Godwin, Lebanon; Second Vice-President, Dr. T. L. Drennan, Jackson; Secretary and Treasurer, Dr. Bessie A. Duffield, Nashville; Assistant Secretary, Dr. H. R. Bynum, Memphis; Trustees, W. F. Link, Knoxville; J. R. Shackelford, Nashville; A. L. Evans, Chattanooga.

Osteopathic Victory in Pennsylvania

J. A. Thompson, D. O., who is practicing in Oil City, Pa., was recently arrested at the instance of a medical society for the "unlawful practice of medicine and surgery," he having no license from the state medical board.

After the evidence was all in and the case argued, the court instructed the jury, in effect, that the medical laws of Pennsylvania did not contemplate the prohibition of the practice of Osteopathy, and that they should find the defendant not guilty. The verdict of the jury was rendered accordingly, and the costs of the prosecution placed upon the county.

Associated Colleges of Osteopathy.

Representatives of the above organization will meet in Chattanooga at the time of the meeting of the A. A. A. O., July 5, 6 and 7.

It is expected that much important business will be transacted at that time.

There are other good schools in the country which it seems should be members of the A. C. O., and we have no doubt that such as are honestly conducted, and measure up to the standard of qualifications for admission, will be elected to membership therein.

Osteopathy Defined.

Osteopathy is a method of treating disease by manipulation, the purpose and result of which is to restore the normal condition of nerve control and blood supply to every organ of the body by removing physical obstruction, or by stimulating or inhibiting functional activity, as the condition may require.—"Theory of Osteopathy," Riggs.

A Correction.

Editor Popular Osteopath.

I notice in your May number the statement is made that "The failure of the legislature of Ohio to pass the Osteopathic bill * * * is not to be taken as evidence that Osteopathy is without friends in that state. Its defeat was due to the determined opposition and political juggling of the medical doctors."

Please allow me to correct an impression that may be made from the above. No such conclusion is justified. The real cause was lack of time.

It was the original intention of the friends of Osteopathy in this state to seek no recognition this year, fearing that our strength was yet insufficient to justify it. But adverse legislation was presented late in the session, and to offset this the Osteopathic measure was introduced. It passed the House on the third to the last working day of the session by a vote of 60 to 3. It reached the senate calendar for third reading, and was left there with about fifty other bills for lack of time. Had there been two more days' session it would have passed that body, and would now be a law. This is no conjecture. We "counted noses" and know exactly where we stood.

Not only is this true as to our own measure, but in the Senate the medical men had to have the votes of our friends before they could pass their bill. This they secured by attaching an Osteopathic amendment and representing it as a compromise satisfactory to the Osteopaths, although cunningly framing it so as to be out of accord with Osteopathic colleges.

Your statement that "the people are with us" is doubly true. Not one of "the people" fought our measure. Most of the "political doctors" did.

M. F. HULETT, D. O.

We cheerfully give space to the above correction; and while it still seems to us that there was some "juggling" in regard to the Osteopathic amendment, Dr. Hulett is undoubtedly right, and if there had been more time, the devious methods of the supporters of the medical bill would have been exposed and all would have been well for Osteopathy in Ohio.

IMPORTANT NOTICE.

To those who expect to attend the meeting of the A. A. A. O. at Chattanooga, Tenn., July 5, 6, 7, I desire to make the following statement:

A fare and one-third has been secured for the round trip to Chattanooga, good going three days before the beginning of the meeting, and good returning four days (including Sunday) after the close of the meeting.

Purchase your ticket from the agent over whose line you expect to travel, and call for a certificate.

Buy your ticket going one way only, and upon presentation of the certificate at Chattanooga, after being signed by the Secretary of the A. A. A. O., you will be entitled to a return trip ticket at one-third the regular fare. No reduction of

fare will be allowed unless accompanied by a certificate properly signed.

Consult your agent in advance of your starting if he has the certificates. If he has them not, you will buy a local ticket to the nearest point where the same may be had, and there you will take up your certificate. Your agent will instruct you where the certificate can be had.

The reduction of fare is conditioned upon there being an attendance at the meeting of not less than 100, except in the territory of the Southeastern Passenger Association, which limits the attendance to fifty.

E. W. Goetz,

Committee on R. R. Rates.

A lady who is taking Osteopathic treatment relates that her gardener overheard her telling a friend of that fact. He straightened up, looked at her pityingly, and said:

"Don't you know that there hasn't been a divine healer on earth since our Saviour was here?"

Such astonishing ignorance of the principles and claims of Osteopathy, which we find is by no means confined to gardeners, shows the need of missionary work among the people. We know of no more effective method of spreading the truth concerning our science than by a systematic circulation of good Osteopathic literature. Even by this method it will take time to acquaint the people of a community with the common-sense ideas upon which our science is based.

"Osteopathy, in my opinion, is all right if the Osteopathist is all right."—Prof. E. B. Warman.

AN EXPERIENCE.

For the Popular Osteopath,
I was a puny kid,
'At somehow didn't grow,
Nor have to do as I was bid,
Nor swing the weedin' hoe.
The doctor named my ail
The most confusin' terms,
But gran'pap said he'd "bet a bale
Of cotton it was worms."
Ah, me! the weary days
In boyhood that I knowed;
I couldn't join in sports or plays,
Because I never grewed.
Aunt Katy would prescribe
A scorchin' ginger atow,
Aunt Em condemned the doctor tribe,
For pennyrite an' rue.

When I was ten, in fact,
I wasn't half a boy,
Like some of six I couldn't act,
An' sow distress and joy.
I had no bloom in' cheek,
No dimpled chin, alack!
It took me half a sunny week
To get my shadder black!

The doctors give me stuff
With lockjaw in its names;
Of Latin I have took enough
To give me college claims.
Old Doctor Green at last,
He says to pap, says he:
"I'll salivate them symptoms fast"—
He salivated me!

In nothin' I found fun,
An' nothin' I could do,
But pine a lot for No. One,
An' grunt enough for two.
I heard old Tray at night
A howlin' at the moon,
An' told myself in chronic fright
It meant my summons soon.

Pap got a yearlin' mule,
The sort no feller steals,
An' told me only some kid fool
Would monkey at its heels.
I monkeyed, though—I thought
It was an easy way
To turn that old disease to naught,
An' sleep low in the clay.

I never knowed jes' where
Its hind feet struck, kerslam!
But there seemed need of most repair
About my diaphragm.
The people said, "He'll die,
Moskeeters kill such folks,"
An' pap he 'lowed he wouldn't try
No doctor's whims or hoax.
I fooled 'em all, got well,
An' plumped out big an' fat,
An' in a year, I'm here to tell,
I'd licked each rival brat.
Let M. D.'s know, that mule
By kickin' fixed a bone;
He kicked because he was a fool,
An' thus let truth be known!

—N. J. S.

ANNUAL MEETING OF THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF OSTEOPATHY,

TO BE HELD AT THE AUDITORIUM, CHATTANOOGA, TENN., JULY 5, 6, 7, 1900.

Programme.

Thursday Morning, July 5, 9 O'clock.
Invocation, Rev. J. W. Bachman.
Address of welcome, Mayor Joseph Wassman.

Response, by President F. W. Hannah
Reports of officers of Association and
chairmen of committees of board of trustees.

Noon.

Unfinished and new business.
"Osteopathic Ethics," C. E. Achorn, D.
O., Boston, Mass.
"Relation of Osteopathy to the Law,"
S. D. Barnes, B. S., D. O., Chicago, Ill.
"How Shall We Educate?" F. W. Hannah,
D. O., Indianapolis, Ind.
"The Fake Osteopath, How to Deal
With Him," S. C. Matthews, D. O.,
Wilkes-Barre, Pa.

Night

Reunion.

Friday Morning.

Ten-minute reports of the Osteopathic
situation and needs in various states:
M. F. Hulett, D. O., Columbus, O.
H. E. Nelson, D. O., Louisville, Ky.
M. C. Hardin, D. O., Atlanta, Ga.
C. W. Little, D. O., Lincoln, Neb.
W. W. Steele, D. O., Buffalo, N. Y.
F. M. Hibbets, D. O., Grinnell, Ia.
J. D. Wheeler, D. O., Boston, Mass.
J. H. Sullivan, D. O., Chicago, Ill.
D. Ella McMeoll, D. O., Frankfort,
Ind.

Discussion of, and vote on amendments
to constitution.

Selection of next meeting place.

Choosing official organ.

Election of officers.

Noon.

"Gynaecology," Louise P. Crow, D. O.,
Janesville, Wis.

"The Nature of a Sub-Luxation," D. L.
Tasker, D. O., Los Angeles, Cal.

"Puerperal Sepsis," N. A. Bolles, D.
O., Denver, Colo.

"Obstetrics," C. E. Still, D. O., Kirks-
ville, Mo.

Night.

Public meeting at auditorium.

Music.

Address: "The Scientific Basis of Osteo-
pathic Therapeutics," Mason W.
Pressly, A. B., D. O., Philadelphia, Pa.

Address: "The Small Beginnings of
Death," Mrs. Ellen L. B. Ligon, D. O.,
New Orleans, La.

Music.

Address: "The Coming Physician," J.
F. Spaunhurst, D. O., Indianapolis, Ind.
Address: "Osteopathy in 1900," Helen
De Landrecie, Fargo, N. D.

Saturday Morning.

"Differential Anatomical Features in
Paralysis," Wm. D. McNary, M. D., D.
O., Milwaukee, Wis.

"Importance of Correct Anatomical
Position of the Ribs," A. G. Hildreth, D.
O., Kirksville, Mo.

"The Relation of Free Abdominal Play
to Health," Charles Hazard, Ph. B.,
D. O., Detroit, Mich.

Noon.

"Can it be learned from a book?" S. S.
Still, D. O., Des Moines, Ia.

(Subject not yet received), C. P. Mc-
Connell, M. D., D. O., late of A. S. O.,
Kirksville, Mo.

"Vertebral Lesions," W. L. Riggs, D.
O., Des Moines, Iowa.

Balance of time to be used as conven-
tion may direct.

We suggest that time be given after
each number for a full discussion by
members.

Night.

Banquet.

It is possible that some re-arrangement
of the programme will be necessary to
meet the exigencies that may arise, but
this can better be done by the Associa-
tion itself.

Owing to the great amount of work
which the committee has had to perform
in connection with the programme and
other duties, and the impossibility of
knowing without a vast amount of cor-
respondence just who will be in attend-
ance, members have not been appointed
to lead in the discussion of papers. It
is confidently expected, however, that
those who expect to attend the meeting
will give some thought to the subjects
announced, and will be ready promptly
to take part in the discussion of subjects
in which they are most interested, and
thus doubtless the exercises will be more
interesting than if assignments were
made by the committee.

PROGRAMME COMMITTEE.

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FOR THE ADVANCEMENT OF OSTEOPATHY.

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Ba. Boston Institute, Boston, Mass.
M. Milwaukee College, Milwaukee, Wis.
N. Northern Institute, Minneapolis, Minn.
P. Pacific School, Los Angeles.
S. Still College, Des Moines.

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 A. Dufur, J. Ivan, 40 Trust Building, Williamsport.
 A. Harding, W. C., Wilkesbarre.
 A. Hook, V. A., 17 Ross street, Wilkesbarre.
 A. Martin, Miss Clara, 419 S. Broad St., Philadelphia.
 A. Matthews, S. C., 17 Ross street, Wilkesbarre.
 A. Miller, Robert H., Washington.
 N. Peck, Vernon W., 1042 Penn Ave., Wilkesbarre.
 N. Pressly, Mason W., Witherspoon Building, Philadelphia.
 N. Snyder, O. J., Witherspoon Building, Philadelphia.
 A. Tevebaugh, Mrs. Inez, Kittanning.
 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.
- Rhode Island.**
 Ba. Wall, Clarence H., Providence.
- South Dakota.**
 N. Eastman, Leslie G., Sioux Falls.
 A. Eneboe, Lena, Canton.
 N. Jones, D. P., Watertown.
 N. Patterson, Lillabelle L., Bismarck.
 N. Prindle, Nell A., Arlington.
 N. Steere, Harold H., Huron.
 N. Von Wedelstadt, B., Deadwood.
- Tennessee.**
 A. Bynum, H. R., 304-6 Randolph Building, Memphis.
 A. Carstarphen, E. T., 5 Odd Fellows' Building, Memphis.
 A. Cupp, H. C., 5 Odd Fellows' Bldg., Memphis.
 A. Drennan, T. L., 117 E. Lafayette St., Jackson.
 A. Duffield, Bessie, Wilcox Building, Nashville.
 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. Northrop, W. N., 4 and 5 Johnson Bldg., Memphis.
 A. Owens, Chas., 300-4 Miller Building, Chattanooga.
 A. Reynolds, J. F., Trenton.
 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. Tull, H. B., Hartsville.
 A. Vance, G. T., Brownsville.
 A. Watson, T. J., Fayetteville.
 A. Whitcomb, H. P., Knoxville.
 A. Wilderson, W. H., 37 and 38 Southern Express Building, Memphis.
 A. Wingard, Adher, Wilcox Bldg., Nashville.
 A. Wood, E. P., Bristol.
 A. Wood, Mrs. E. P., Bristol.
 Yowell, O. Y., Temple Court, 205-S, Chattanooga.
- Texas.**
 A. Clark, D. L., Jones and Crockett Sts., Sherman.
 A. Clark, Wm., Houston.
 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. Loudon, Guy E., 157 So. Union St., Burlington.
 A. Mayes, Matthew, Rutland.
 A. Martin, L. D., Miles Granite Building, Barre.
 A. Wheeler, Chas. G., 32 N. Main St., Brattleboro.
- Washington.**
 A. Braden, A. E., Walla Walla.
 A. Hart, L. M., Safe Deposit Building, Seattle.
 N. Hodgson, John E., Spokane.
 N. Johnson, Robert S., Walla Walla.
 A. Lyda, Geo. V., Olympia.
 N. Nichols, Grace M., Spokane.
 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. Case, Calvin M., Wheeling.
 A. Chappell, Geo. G., Wheeling.
 A. Doneghy, A. L., Wheeling.
 A. Ely, W. E., Parkersburg.
 A. Ely, Mrs. Anna L., Parkersburg.
 A. Kibler, J. W., Charleston.

Wisconsin.

- N. Blaser, W. O., Madison.
 A. Chaffee, Geo. D., Appleton.
 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. Geissel, M. P., Reyalton.
 N. Ihach, 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.

Wyoming.

- A. Walrod, Dora May, Cheyenne.

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.

We will be under obligations to anyone who will furnish the address of any member given below, and the school from which graduated, where same is not given, and also any other information which will enable us to correct errors where any occur in directory.

- Beal, Isaac M.
 A. Eaton, Francis A.
 A. Graves, Murray.
 A. Jones, H. R. (undergraduate).
 A. Larrimore, F. B., Jr.
 A. Lindsay, Linnie.
 A. Minear, A. N.
 — Murphy, F. J.
 A. Trenholm, A. M.
 — Vernon, J. H.
 — Watson, W. F.
 — Wiles, A. M.
 A. Yakey, W. G. (undergraduate).

WARNING!

In the interest of genuine Osteopathy, its legitimate practitioners, and of the public who may want the services of an Osteopath, we feel constrained to call attention to

the fact that in many parts of the country there are fakirs pretending to practice Osteopathy who are as ignorant of the science as they are devoid of principle.

In the judgment of its founder and those who have devoted the most time to its study and advancement, Osteopathy is a science which requires of those who would practice it, at least twenty months of preparation.

The American Association for the Advancement of Osteopathy requires of all its members that much study of the subject in and graduation from a reputable school of Osteopathy. When the name of an Osteopath is found, therefore, in the directory of members of the above organization published in this magazine, the public may be assured that that Osteopath has had the necessary training.

There are many graduates of good schools, however, who have not yet become members of the A. A. A. O., and whose names do not appear in the directory. In order, therefore, to make sure that an Osteopath is what he professes to be, we would advise that a letter of inquiry be addressed to Miss Irene Harwood, D. O., Secretary of the A. A. A. O., 308 New York Life Building, Kansas City, Mo., who will give you reliable information.

This step is necessary from the fact that many persons without any sort of claim to the title of Osteopath are pretending to have a knowledge of the science, and are obtaining money from people for which they render no just equivalent.