

The Journal of Osteopathy

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THE JOURNAL OF OSTEOPATHY

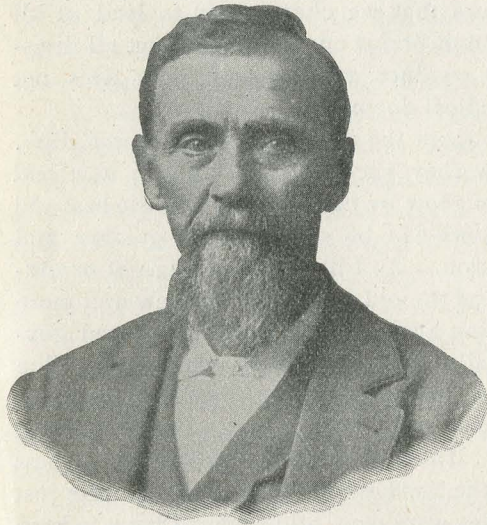
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Dr. A. T. Still's Department.

WAR, SUCCESSES AND DEFEATS.

NATIONS often go into war when friendly and wiser methods fail to adjust the differences of opinion as to rights that should be freely conceded and enjoyed by all. There are many reasons why measures of justice are withheld



from the masses by the few. One of the most positive reasons is that men of all ages have arrived at the conclusion that possession was wisdom and all else was to be set aside. They have held fast to the rulings dictated by the possessors, and people were forced to obey all edicts of the power held by the lords of possession. Nations often unjustly oppress their own subjects and extend their unjust tyranny over other nations because of the power of wealth and resources to enforce obedience to such demands.

In course of time man grows wiser even under the hand of the

tyrant's brutal ruling who hates the God of justice, but as necessity is said to be the mother of invention, the seeds of justice are planted deep in the minds of the oppressed. He begins to drop a few wisely matured words to friends whom he can trust, men who would die rather than to betray. Some say we ought to ask for mercy, but such cries have long since been handed to our rulers with effect to be oppressed the more. To rebel is death to all who oppose or assist in the struggle against the usurpers of the power that know nothing but to kill all or rule by the old tyrant whose children have been educated to hate the words or thoughts of justice. Thus the fear of worse forms

of torture holds the oppressed to continue in anguish of mind for the future of themselves and all who should be free. Thus ages roll on and on.

In mind war is long seen before it is proclaimed. A deliverer begins to enter the nightly councils of the caves and jungles. He cautiously enters the anxious crowd and after entering into the council, after testing the firmness of all, he takes names and organizes the few into a company, sworn to die before betraying another person, then sends men to other places to feel the sentiments of a few more. He desires to move slowly and find out if others feel the tyrant's lash bitterly enough to join and fight to the death for the joys of humanity; sets a day or night to report and council to move and do accordingly. Thus a wise man moves on and on and counts his host, and makes ready for a crushing blow at tyranny. His last words of counsel before his declaration of war is, "Let us enter all forts and arsenals, know the number of guns and other arms, the caliber range, and energy of their explosives, because this is a fight of greatest magnitude. The enemy has ruled so long that they think right is divine, and they will fight to the hour of death. They have been lords so long that they will lose rivers of blood long before they run up the white flag of surrender to their oppressed subjects. Thus we must use caution well matured. We must be sure that we choose men to lead in all parts of this army who have manliness and brains enough to conduct all divisions to success. Never allow a man to conduct any division who does not know whether he is an osteopath or medical doctor."

As a foundation, I give the reader about the usual process of procedure. How they come, why they come; how they succeed and establish new and better governments. I had to do this to show by comparison why the best and wisest government or any school or science can be ruined in its greatest and most useful days by lack of such caution. As I have told enough of revolution; to tell how they succeed to throw off the old and make the new and more human system of government. I will say a few words of how such good government generally fails and finally falls; here is the dangerous cause. The new rulers forget that had not the wisest council been used in all the meetings and preparations for such revolutions that all the leaders and many of the rank and file would have been put to death. In this medical revolution no less caution was safe. As I had been at the head of the revolt, I tried to use just as great caution after as before the battles were won, and to-day I have to keep an eye on all books that are admitted as text books.

I think to keep our science in line of progress and to let the world know that osteopathy is a complete and wholly independent system of treating diseases of all shades and kinds that we should not rely nor depend on old medical books to sustain its philosophy. I have caused the board to create a chair of literature for the purpose of inspection, who will provide such books as are written according to the philosophy of osteopathy from start to finish in all branches. I want to emphasize that no book clipped and copied from old systems of practice can find a place as a text book in the A. S. O. We cannot

recommend their teaching and be consistent in the eyes of the world and claim to be an independent science.

* * *

DOES NATURE THINK BEFORE IT ACTS?

It is surely in the line of reason to think so if its work is to be called as a witness. As we view the world of vegetation we see the most wonderful display of wisdom and genius. If we follow vegetation's law to the forest and from there to the vast and extended plain we see astounding wisdom speaking in such thunder tones that the most stupid of our race is made to rejoice, though their minds cannot penetrate farther than the beautiful. The greater mind stands aghast, eyes beaming with wonder and joy. He too, sees the skill that is bestowed upon vegetation all over tree and shrub. The size of bough, and trunk, powerful in form, strong in fiber, anchored to earth by roots to sustain a body erect, of many tons weight, holding its foliage hundreds of feet above earth's surface, with strength of trunk to stand the pressure of thousands of tons of angry winds. Then see the motherly kindness it shows to its children, keeps them in her bosom until ripe as food and seed, and at the proper time severs the tie that binds children to mother, they sail off with the breezes, enter the soil, and plant themselves in the earth and begin the work of building another being to take the place of their waning mother.

When we think of that wonderful engine of life that dwells in the forest and what it does, we feel that wisdom is unbounded in all nature. The searcher passes from forest and field to the briny ocean, only to see trees of greater magnitude, not only as large as the trees of the forest but with power of locomotion and minds to direct, with weapons of offense and defense, whose mind and strength command respect of man and beast of all seas. But as he is used to the old saying that "precious gems are found in small packages" he begins to turn his thoughts to that gem of all gems of the terrestrial plains, hills and dales, MAN. He sees in the study of man, that mind, motion and matter have been united in one, by the mind and hand of the Infinite, and that to study and comprehend man will call to mortal minds the days of an eternity.

Man, that machine, that biological being, calls for greater research than all the trees of the forest and the living of all oceans combined. He is the miniature universe, mind, motion and matter made to love and work as one.

REMARKS ON NEURASTHENIA.

HERMAN F. GOETZ, B. S., D. O., 318 CENTURY BLDG., ST. LOUIS, MO.

It is not my intention to review, comment on, or give in other words what has already been written; discussed time and again, but rather to state my own experience and views regarding nerve weakness, nerve exhaustion, nervous



prostration, circulatory disturbances of the spinal cord (anemia and hyperemia) and to briefly refer to the physiological effect of osteopathic treatment.

The use of the term "spinal-irritation" has been questioned by some of the later neurologists as defining a condition which does not exist. Osteopathically we are not justified in discontinuing the use of this term. When examining the muscles on either side of the spinal column, also the spinous processes, we note in "nervous patients," that they are unusually tender to pressure, there are small areas particularly around the second dorsal, 6th to 10th dorsal, first lumbar, fifth lumbar, sacro-iliac articu-

lation and coccyx still more sensitive, and not infrequently the entire spinal muscle area is in a condition of hypersensitiveness. When you find such conditions, trace carefully all symptoms anatomically, and you will decide that they are assignable to nerve irritation, i. e. "spinal irritation." Such pains along the spine are undoubtedly peripheral manifestations of more central nerve irritations, and when you find an area where the pain is constant, that is not shifting you may have an organic lesion of the spinal cord or of the vertebrae, (there is an exception to this statement, noticed in connection with lesions at the 10th rib, to be referred to.) For example: You locate a painful point or area at the 7th dorsal, a few minutes later you find that this pain has shifted and the 9th dorsal is sensitive; do not conclude that you have no spinal irritation, but by all means conclude that you have a functional nerve irritation to deal with and treat accordingly. When making this assertion, I am aware that a few neurologists differ from this conclusion, but the osteopaths will not.

Empirical treatment whether osteopathic or by other means is responsible for valuable time wasted, the *cause* of the nerve weakness or exhaustion must be diligently sought and localized, this is not always possible, but it is in most instances. Until this can be done any and all treatment is almost futile and the physician is obliged to submit the patient to treatment which can best be defined as a conglomeration of therapeutic procedures.

Regarding spinal irritation which is almost always a constant symptom of

neurasthenia, it is traceable to numerous sources and judging from the effects of osteopathic treatment, it is in some cases assignable to perversions of the circulation of the spinal cord, in some instances anemia, in others hyperemia.

In a number of my cases, neurasthenia was the effect of functional disturbances of the sympathetic nervous system—an irritation of nerve centers and fibers. This irritation seemingly being transmitted first to the spinal localization of the sympathetic nerves, thence to other cord centers and in a few cases to cerebral centers. Sympathetic nerve irritation, has been in every case of neurasthenia observed by me, due to the *displacement* of abdominal or pelvic viscera or both. Pelvic displacements are usually accompanied by variations in the position of the abdominal organs. The effects of displaced viscera continually dragging at their supports, thus causing sympathetic nerve irritation are too well known to be repeated here.

The prolific sources of nerve exhaustion (neurasthenia) are lesions of the vertebrae, especially of the cervical region from the 1st to the 4th, of the dorsal region 6th to 10th, and the 1st and 5th lumbar. In women with pelvic displacements, perfectly straight, at times posterior, lumbar vertebrae will be found.

In reporting cases or making experiments, results are guided largely by the point of view, mine has been the osteopathic in this instance, and final reasonings and conclusions are from the osteopathic view point I grant—without then being accused of unwarranted enthusiasm—I wish especially to assert that lesions of the cervical, dorsal and lumbar vertebrae are a cause of cerebral, gastric and pelvic neurasthenia respectively, and suggest that members of all schools whether medical or osteopathic investigate for themselves. Note your cases of neurasthenia, and especially for spinal lesions, correct these and base your conclusions on clinical evidence.

By spinal lesion: I mean

1st Variations in the relation of vertebra one to another.

2d " " " normal curves of the spinal column.

3d Muscles in abnormal state of tonicity, that is either contracted or relaxed.

4th Spinal irritation (due to displaced abdominal or pelvic viscera.)

In addition to these I wish to call attention to a fairly constant lesion in neurasthenia at the 10th and 11th ribs. A *constant* pain on pressure as far out as the angle of 10th rib, and a like distance on the 11th, and over the 10th and 11th vertebrae, in every case examined by me on the right side, why the right side, I am not prepared to say other than that displacements of the right kidney are more usual than of the left. In my opinion, a causal relation exists between these two conditions, that is displacements of the 10th and 11th ribs by interfering with the proper transmission of vaso-motor and other nerve currents prevents the kidney from receiving the proper nerve and blood supply, causing a relaxation of that organ, aside from a like affect caused by pressure on sympathetic nerve ganglia. The neurasthenia of such cases is due no doubt to both sympathetic nerve irritation and to perversion of

kidney function, the latter allowing poisonous products to accumulate in the blood. In one case of neurasthenia, the 10th rib was abnormally mobile, but without pain on pressure as above referred to. In this case the symptoms were assigned to uric acid, as it was found in the urine to excess. Correctly adjusting the ribs and at the same time strongly stimulating as low as the 1st lumbar, directing treatment to right kidney with the object in view of raising it, cleared the urine of marked uric acid deposit, but two days later the deposit again appeared, but disappeared the following day after a repetition of treatment as outlined.

That a relation exists between uric acid formation, deposition in tissue and joints, excessive quantities circulating in the blood, excretion, and lesions of the spinal structures, is beyond question; such lesions affecting nerve currents, and the circulation of the spinal cord through the vaso-motors. Abnormal straightening of the lumbar vertebrae is conceded to be a cause of displacements of pelvic viscera. Nervousness, whether in the form of weakness or exhaustion of nerve-centers or whether owing to venous or arterial circulatory disturbances is a symptom, a result of pelvic irritation or inflammation, caused by relaxed pelvic organs. Nerves and nerve centers then are irritated by displacements of pelvic organs, such displacements being *primarily* due to a spinal lesion. Such lesions affect motor, sensory, trophic and vaso-motor functions of the nervous system.

We are at this time especially concerned with the trophic and vaso-motor nerves; for, if these can be affected by spinal lesion, and no one can reasonably question that they are, then finally we may conclude that irregularities in uric acid formation and excretion are caused by spinal lesions. Lesions of the 10th dorsal to 1st lumbar, including the 10th and 11th ribs, seem particularly concerned with the excretion of uric acid.

Haig has shown that the symptoms of neurasthenia are very often traceable to *anemia* of the cerebral and spinal nerve centers, that *anemia* is caused by obstruction of the capillaries, that blood pressure is dependent on obstruction of the capillaries, and that blood pressure is directly proportional to the amount of uric acid circulating in the blood.

By correcting spinal lesions, as above referred to, we establish a normal balance between uric acid formation and excretion. By thus finding a cause for the uric acid diathesis, and the means for eradicating it, we can also realize the tremendous bearing this has on all uric acid manifestations. We are at this time especially concerned with the effects of uric acid, in producing the symptoms of neurasthenia, the investigations, relative to rheumatism, kidney diseases, etc., are left for future consideration. Excess of uric acid is responsible for nerve irritation, and while such excess may be due wholly to spinal lesions, it must not be overlooked that an excess of uric acid may be caused solely by DIETARY ABUSES, independent of spinal lesions; also, that displacements of abdominal viscera may be found independent of spinal lesions. e. g. Dietary abuses by constantly irritating the stomach walls may so weaken them

as to cause dilatation, (inhibition of nerve centers, following excessive stimulation, causing relaxation.) A dilated stomach is responsible for sympathetic nerve irritation, (particularly the gastric sympathetic) exerts undue strain on ligaments and omenti, and displaces adjoining viscera.

When the normal anatomical relations of the abdominal or pelvic organs are disturbed, physiological functions of such displaced organs are also perverted. Thus, neurasthenia and a host of functional so-called nerve disorders are traceable to dietary abuses followed by nerve irritation and displacements of abdominal or pelvic viscera.

Spinal irritation, i. e. painful points along the spine, sometimes changing their positions, at others constant, are always present in these latter conditions, this has been my experience in every instance.

Increased uric acid formation, may be controlled, and its excretion accelerated by adhering to a diet free from uric acid forming foods, but in such cases as are chronic, or present spinal lesion, pelvic or abdominal displacements of viscera, a correct dietary is NOT sufficient to work a cure. All anatomical relations must be restored to the normal. The point to be emphasized is this: Any treatment which is directed toward lessening nerve irritability, or attempts merely to treat that endless train of symptoms, called neurasthenia and other functional nerve diseases, or treats these disorders as "disease entities," will in every case, be almost futile.

Nerve exhaustion, or weakness, nerve irritation or inhibition, anemia or hyperemia of spinal cord, etc., can be permanently cured by first correcting the numerous lesions already referred to; the inability of medical dosing to do this, must be patent to every one.

When such lesions have been corrected, when normal relations are restored, it remains for Nature to work a permanent cure, but here again osteopathic treatment may offer additional aid, and we will mention only briefly the physiological effect of osteopathic treatment in functional nerve disorders.

Muscular contractions along the spine, are a cause of anemia or hyperemia of the spinal cord—a circulatory disturbance either general or capillary of the spinal muscles causes reflexly, disturbances in the circulation of the cord.

Sluggish circulation is usually noticeable in functional nerve diseases. The *action* of nerves may be restored or excited. If any of the viscera are displaced the effect of impeded circulation are among the symptoms that first call our attention.

The effect of osteopathic treatment—aside from the correction of gross lesions—is to remove capillary obstruction, thus removing blood stasis, and establishing a normal balance between the blood supply and blood demand. In addition, the action of nerves is controlled. Stimulating or inhibiting the peripheral nerves establishes an equilibrium between muscles and nerves. This is accomplished through motor end plates and sensory nerve terminal. By stimulating the action of trophic nerves, vaso motors, we affect and control nutrition, metabolisms.

Such effects as are gained by physiological stimulation, or inhibition are only permanent after normal relations of anatomical structures have been established.

But the effects of osteopathic treatment in nerve disorders when rationally given, are immediate and most gratifying both to the patient and to the physician. One of the first is a restful sensation, we have no way of determining what actual change the osteopathic treatment produces in these disordered nerve centers, but judging from the fact that the patients experience a feeling of added strength, that they do not fatigue so readily, that insomnia is controlled, I have always considered the effect of physiological stimulation on nerve centers to be one which enables them to store up nerve force, conserve energy.

A second effect, is a better appetite, but this should be resisted for a time at least or relapses are sure to follow. Have patients eat sparingly of easily digested foods. While it is true that osteopathic treatment produces and liberates additional quantities of gastric and intestinal ferments, absorbents increase the blood flow; these are best utilized in building up depleted organs, rather than being used in the attempt to dispose of larger quantities of food.

A third effect is on the sympathetic nervous system, and will account for that feeling of warmth, *that glow of health*, almost always noticed, first, by the patient; *this vaso motor tone*, is general, and is a remarkable demonstration of the effect of mechanical physiological stimulation.

A fourth effect is noticed after the osteopathic treatment has been continued for a time, and is an increase in the power of nerve centers to store up energy as well as a more energized discharge of nerve force. When this stage has been reached a favorable prognosis is absolutely certain. Increase in the action of trophic nerves is evidenced by nutritional gains.

I know of no greater pleasure than to observe this nerve metamorphosis, to see a melancholy, hypochondriacal, hysterical, or merely an exhausted or nervously prostrated patient transformed into a healthy, contented, *vital* one, is a satisfaction made possible by osteopathic intervention.

Resume: Neurasthenia according to my experience is due to

1st Anemia or hyperemia of the spinal cord.

2d Abdominal and pelvic displacements.

3d To anatomical variation in the relations of vertebrae; to alterations of the normal curves of the spinal column.

4th To lesions of the ribs, especially the 10th and 11th.

5th To dietary abuses causing displacements of abdominal viscera and to auto-intoxications.

The treatment should not consider neurasthenia as a disease, but attempt to remove the causes as enumerated, aided by the observance of correct dietaries and hygienic rules.

IS OSTEOPATHY LOSING GROUND ?

FRED JULIUS FASSETT, A. B., D. O.

THERE are possibly hundreds of young men and women in the United States and Canada at this time who have given the question of making osteopathy their life-work, at least, some very serious consideration. They have seen wonderful effects from its application in their own family or community and cannot deny that it has much in its results, as well as in its common sense theory, to attract attention. On the other hand they have seen a large number of "new cures" and "pathies" rise, work seeming wonders and sink from public notice, within a few months or years, at most.



It is therefore the natural question to be asked, "Is this osteopathy going to hold out?"

The writer had occasion to ask this question about five years ago and at that time the people who answered the question in the affirmative were not in the majority. To be sure the people who said osteopathy was "only for a day" came largely from the ranks of those who knew little or nothing about it, but when a large part of the community believes a thing, it some way gives the impression that said majority must have some inside information which is of more weight than any amount of demonstration that they are wrong.

At that time, as at the present, most of the arguments against the permanent value of the science were of the "ad hominem" type.

A certain osteopathist had become intoxicated, another had shown a somewhat too marked desire for the hire of which the laborer is said to be worthy, a third had claimed to do things which no sane man could believe and a fourth had failed to check the progress of some long continued constitutional disease.

But in it all there was no real fault found with the fundamental principles of osteopathy itself, except that perhaps its results were slow—exactly as slow, in fact as the progress of Nature herself, on whose processes all osteopathic results are based.

The writer determined to take up the study and await the demonstration of the weakness of osteopathy, which the public seemed to have within its metaphorical sleeve. He is still waiting.

Much that was claimed as easy work for the osteopathist has been shown to be accomplished rarely and with difficulty and a number of the more spectacular tricks of nameless old times are heard of only as myths of good old days, but as a practical and every day means of treating the typical ills of a

typical community, in the judgment of the writer, this system when well and faithfully applied has not an equal.

It is often said that the fate of osteopathy depends upon the men who study and practice it. This is true perhaps, of the fate of osteopathy in this generation, but the essential facts and the deep value of these facts to suffering men and women, are now too deeply rooted to be eradicated even by the greatest fury of our enemies or the greatest folly of our friends.

And yet a survey of the men who are influential in osteopathic fields today is far from discouraging. While it is true that marvelous results has been attained by men who have had very little of what is ordinarily considered advanced education, there is probably no safer iudex by which to judge the general tone of an institution than that of the educational advantages of its members.

An examination of the records of the American School, shows about three times as many men, who have had the advantages of higher colleges and universities, in the classes of today, as in the same number of students of five years ago.

At one time osteopathy was considered as a purely local notion and was practically unknown outside the State of Missouri. Only five years ago, not over 40 per cent of the students of the American School came from outside Missouri, while in the present classes, at least 70 per cent are from other states—in fact from nearly every state and from various parts of Canada.

A year ago it was felt that the number of students had certainly reached a high water mark but the number of students is greater today than ever before and there is no indication of any decrease in numbers. The highly satisfactory status of osteopathic legislation has been recently discussed in the Journal. It is well to notice, however, the fact that in the recent discussions, laws have been framed which look toward the future and deal with osteopathy as an institution that has come into state affairs to stay and which is as much a part of the healing agencies open to the citizens as any of the older schools.

IMPRESSIONS OF OSTEOPATHY.

HARRY A. CHASE, OF THE POST EXPRESS, ROCHESTER, N. Y.

WHEN I first heard of the new science of "drugless healing" a few years ago, I, in common with others, as I have since learned, thought, "how in the world can any one be cured of disease unless he takes medicine?" My curiosity led me to investigate and once I learned the "whys and wherefores" of osteopathy I became a firm believer and, I trust, a true disciple of the science.

Recently I had the pleasure of a month's visit at Kirksville, the "home of osteopathy," and it was with much admiration that I beheld the good work that is in daily progress at the American School of Osteopathy and the A. T. Still Infirmary. The seven hundred and more students, mostly young men

and women, who are fitting themselves for the noble work that will be theirs to perform, seemed alive with enthusiasm in their great undertaking. I saw and made the acquaintance of students from all parts of the country. The young men and women of the North and South fraternized in the most cordial and helpful way, and students from the East and West vied with one another in pursuit of the truths and knowledge they had journeyed so far and perhaps sacrificed so much to acquire. I visited many of the classes and found them an inspiration. I do not wonder that I was often asked the question, "Aren't you going to study osteopathy?"

When I reflected on the extreme youth of this science, as compared to the older schools of healing, I had to pause and wonder how it was that so many men and women had been attracted to this college from such distant parts of our fair land. A variety of reasons presented themselves when I made inquiry, but in general it was that the principles of osteopathy appealed to the students as so sound, practical and reasonable that they investigated, became convinced and resolved to better themselves and assist to alleviate suffering humanity by taking up the study as a life work. Many had friends who had faced ridicule to enter the early classes at the American School but who by their manly deportment and professional successes conquered and made friends of those who had scoffed. Not a few of those I met left home under a storm of ridicule to study osteopathy. Others came to the school invalids, depending on the wonderful science as a last resort to restore them to health. With health came new ambitions and they remained to study osteopathy in order that they might administer as they had been administered unto. Many gave up splendid positions to study and I was not a little surprised, although much gratified, to find several old school doctors, "M. D's," in the ranks of the students. They told me that they had become convinced on learning of osteopathy and witnessing its wonderful cures, that the giving of poisonous drugs was all a mistake.

The members of the faculty and treating corps I found to be able and courteous men and women. The school is well equipped for its work, and, although seemingly roomy, will not long, in its present dimensions, accommodate the ever increasing attendance, which even now taxes its accommodations.

Attending the classes quite frequently as a visitor I was impressed with the practical manner in which even the most technical studies were pursued. The students were required to take an important part in the recitations which no doubt appealed to their sense of personal pride and, by being obliged to always give close attention, added to their store of knowledge. The clinical demonstrations were most instructive to the students, and to me as a layman, were most impressive as emphasizing the wonderful worth of the science. Hundreds of clinic patients, whose ills had been pronounced incurable by the old school doctors, owe their health and happiness to Dr. Still and his school of osteopathy.

It was with extreme pleasure that I made the acquaintance of Dr. Andrew

Taylor Still, or, as he is familiarly and affectionately known to the students and faculty, the "Old Doctor." Dr. Still is thus distinguished from his sons, Dr. Charles E. Still, Dr. Harry M. Still and Dr. Herman T. Still, who were among the first students of the science of which their distinguished father is the discoverer. Although having passed the scriptural age limit of three score and ten, the "Old Doctor" is as young in spirit as his sons and students. He has a handsome home in Kirksville, a stone's throw from the school of which he is president, yet he enjoys the simple life and undisturbed quiet of his "retreat" in the country, the home of two old friends, Mr. and Mrs. Solomon Morris, near Millard. Here he spends many hours in study, writing and research. He is a tireless worker and I cannot doubt the truth of the statement I heard repeated several times in Kirksville, that "the Old Doctor will not be thoroughly appreciated until he has passed from us." It was at his country home that I first met Dr. Still. So undemonstrative is he in his ways and so generous and kind in his disposition that it seems to me as if we had been life long friends from the moment we first clasped hands. Humanity owes much to the wonderful doctor, whose patient and unceasing energy through years of bitter struggle in the face of almost unparalleled doubt, scorn and antagonism resulted in the development of a science that has already restored health to thousands and which I firmly believe will ere long conquer prejudice and misrepresentation and take its true place among the great discoveries of the age. I do not wonder at the oft repeated remark, "God bless Dr. Still." May he and osteopathy live long and prosper.

THE VITAL PRINCIPLE.

SAMUEL DENHAM BARNES, B. S., D. O., CHICAGO, ILL.

THE osteopathic principle of handling diseases is generally considered purely mechanical. The osteopath examines the body for mechanical lesion or displacement as the cause of disease. In finding and removing this cause and so curing the disease, his method is exclusively a mechanical one. But there are conditions that the osteopath may treat with equal success in which he does not find a physical lesion as the cause of the malady.

Diseases of the brain and nervous system and functional diseases of some of the organs often come under this head, and illustrations are not far to seek. America is called the nation of dyspeptics. Strong and hearty men and women abuse their digestive organs by much and frequent overloading with rich viands, and it frequently happens that a bad case of acute or chronic gastritis, or of general dyspepsia is brought on in a short time by this abuse. This country is also sometimes called a nation of neurasthenics, Americans being so fearfully addicted to habits of living that are destructive of nervous equanimity. We live at a rapid rate of speed. The population is rapidly becoming urban, and urban life is a life of nervous distraction. Neurasthenia,

insomnia, monomania, neuritis and other forms of nervous wreck are frequently seen as the results of the distressing rapidity of American life. These cases are so very frequent and their cause is often so far removed from any physical lesion that the osteopath must give careful attention to these cases and the indicated form of treatment. In these cases of functional neurosis it is the vital force of the patient that is deranged rather than any particular organ or group of cells. Pathological changes in these cells may come later as the result of the continued derangement of the vital force. The vital force is the essential part of the man himself as opposed to his physical body, and it is the vital force that must be restored to full power in this class of cases. The osteopathic treatment of these conditions will of course be largely manipulative, that being his way of appealing to nature and the vital force.

In these cases the effect of the treatment is not simply mechanical, for in them the osteopath reaches the vital principle or vital spark or vital force.

More than a century ago, Samuel Hahnemann introduced a theory of disease that the osteopath may well study. Like Dr. Still of today he pointed out that the methods of the allopaths were fallacious; that the heavy drugging of that time was not only useless, but was far worse in its results than the sum total of the diseases it was intended to cure; that the application of salves to a boil or skin disease was attacking a disease at the wrong end and resulted in driving the disease inward, whereas the cure of disease should proceed from within outward after the internal cause has been removed. The ignoring by the allopaths of this principle and their adherence to the method of considering a disturbance in a certain part of the body as simply a local condition, and treating it locally, has given to humanity a vast heritage of the taints of diseases that were repressed instead of being cured in our forefathers.

A skin disease is an attempt on the part of a diseased vital force to throw off the disease at some superficial place. Driving away the sore by a local application belies this effort of nature to rid itself of an internal disease and drives the disease onward to some more vital point. Thus pneumonia or other lung diseases may follow the suppression of a serious boil or skin disease. Driving rheumatism away from a joint makes it attack the heart and the checking of any discharge from a local surface by means of astringents simply checks a brave effort on the part of nature to clear itself of some poisoned condition. In all these things it is the vital force that is diseased, showing itself in a local condition rather than the local condition being the primary disease. The man himself is sick, not his leg or his arm or any of his separate parts.

When this condition exists and the osteopath finds no lesion as the cause of the disease he must turn his attention to the internal man, to the vital force that is deranged. The vital force may be reached in a mechanical or physical way even as it shows itself in physical conditions; in other words the osteopath's mechanical treatment of the nerves and nerve centers will show its results in the improved and revived vital force; and it is the vital

force pervading the body that causes nutrition of all the tissues to take place at the command of the sympathetic system.

I will illustrate with a case from that most susceptible of conditions, the puerperal state and its immediately following period. In acute sickness and the puerperal state, the vital force is in its most delicately adjusted condition. Mrs. S., not yet fully recovered from her first confinement, was taken suddenly sick after an effort to leave her bed and move about the house. On being called in, I found household and patient all anxious over the condition of the latter, and with some reason. She had been having a chill and fever, with intense pain in abdomen, the lumbar region of the back, and the eyes, with a general headache. All these parts were sore to the touch. The osteopath is famous for his ability to remove soreness, but it is seldom followed by the history that this case showed, for here the vital force was very generally disturbed. A more extended diagnosis than that was unnecessary; in fact, there was no name that would apply exactly to that condition; illustrating the fact *that disease is not an entity but a condition* of the vital force. Being familiar with the case I knew there was no serious lesion of the osseous system; and the treatment that was plainly indicated was not to waste time in hunting for a lesion and trying to correct it, but to appeal at once to the vital force by means of the nerve centers. A gentle treatment was given along the spinal column from occiput to coccyx, with special attention to the pain in the lumbar region and abdomen, and inhibitive treatment over the eyes. Result, as the evening wore on the fever subsided, the pain in the back and abdomen gradually reduced, but there was temporary aggravation of the headache; an aggravation being a frequent phase of the general readjustment of the vital force produced by treatment.

By morning the symptoms had all gone save a lingering trace of pain in the head, which disappeared during the day; showing that the one treatment was sufficient, for the curative process being once started so that it is plainly transpiring, nothing more need be done so long as the improvement continues. More than *just enough treatment* will always aggravate an acute case.

The recognition of the existence of the vital force in the body that orders all things properly when it is undisturbed, is essential to the full understanding of a case like the above. It is not sufficient to give as a cause that the patient "caught cold," or "over-stepped her strength," or did something else in the category of uncautious things that people are always doing; for that is simply begging the question, and after it is all said there is still something needed to explain why they caused these severe and unusual symptoms. It can be done only by saying that the woman's vital force, already in a delicately adjusted condition was so severely shocked by her exertions and exposure that it showed its disturbance in the several symptoms presented.

The condition this patient was in, while not answering the description of any particular disease, was the most favorable possible condition for an attack of any sort of disease germs that might have wandered that way. She was theirs

to command until the course of her malady was radically changed by one osteopathic treatment; this put her on her feet and enabled her to again fight her own battles against any predatory germs. These germs must find some such condition of depleted vitality in order to have any effect. The healthy skin and lining membranes are germ proof, otherwise we should all be dead.

I may recapitulate as follows:

1. All processes within the body take place as the result of the existence therein of a vital force. It is that which first becomes disordered in any disease, and then shows the symptoms. This is not contrary to osteopathic or any other philosophy, but ulterior to it, showing the agency whereby the tissues present the phenomena of life. It is not a part of the soul; for it exists in the tissues after death, and shows itself in the wonderful phenomena that may be produced by electrical and chemical stimulation, causing the body to show signs of life after life has departed.

2. In acute cases the vital force is in its most sensitive condition, and one treatment often suffices to restore it. The skill in treating them consists chiefly in not treating them too hard nor too often.

3. Disease is not an entity that can be "caught," but an ill condition of this vital force. This may be caused by abuse, lesions, or external conditions.

4. Disease germs do not cause the disease whose name they bear; it must exist before they can become effective, and it must furnish them the soil whereon to thrive. Otherwise they will either become latent or be killed by the blood and secretions.

910 McClurg Building.

GOV. ROGERS RAPS THE PHYSICIANS.

Vetoes the Brown Bill in a Scorching Message—Drugs are Evil—Give the Osteopaths a Chance to Save the Race—Hot Shot for Regulars—Drugs Stores are Perhaps More Dangerous to Humanity Than the Saloons.

From the Spokane (Washington) Spokesman Review, Feb. 26, 1901.

OLYMPIA, WASH., Feb. 25.—Governor Rogers sent to the house today a veto message that will create a sensation and probably a whirlwind of protest among the medical fraternity. He vetoed the bill introduced by Representative Brown of Spokane county, who is a physician. His message follows:

"I herewith return without my approval house bill No. 101, entitled 'An act to amend an act to regulate the practice of medicine and surgery and to license physicians and surgeons, to punish all people violating the provisions of this act and to repeal all laws in conflict therewith and declaring an emergency, approved April 10, 1890.'

"This bill appears to be an attempt to prevent the practice of the art of healing by the graduates of a new school of practitioners known as 'osteopaths,' who do not prescribe medicines to be taken into the stomach, and to

prevent the use of the title of 'doctor' by members of this school. It is objected to by them and by a large and apparently growing class of our best and most intelligent citizens that the enactment into law of these provisions would be an unwarranted interference with the constitutional right of the citizen to teach and proclaim truths regarded as of the utmost importance to the well being of society. Such vital truths the graduates of this new school claim to be in possession of and to be able to substantiate by the most convincing proofs. They argue that if their faith is founded upon a fallacy or a falsehood that it must shortly fall of its own inherent weakness, and ask merely a trial that their theories may be subjected to the most searching tests. To this the believers in free government can only reply that if it can be shown that their teachings are not inimical to the public welfare they should not be denied the opportunity to announce their discoveries.

THE SEARCH FOR TRUTH.

"We can not suppose that all of truth has yet become known or that wisdom will die with us. Truth is eternal and progressive, and new truths have always risen from without the specially favored circles of recognized belief. Always it has been decried and persecuted. Galileo recanted, it is true, but the truth he taught still lives. Luther, the poor and friendless monk of Erfurt, launched a truth upon the world and thrones and dynasties still totter with the resulting conflict. Harvey, the discoverer of the circulation of the blood, was denounced and decried with utmost bitterness by the medical fraternity. Jenner, the originator of vaccination, was regarded as little better than a criminal by orthodox physicians of his time.

"Indeed it is undeniably true that the practice of medicine and the art of healing has advanced only by the innovations of those who were looked upon with extremest disfavor by members of the regular schools. Truth is mighty and will prevail. God forbid that we of Washington should attempt to stay its progress.

EVIL USE OF DRUGS.

"The word 'doctor' means, primarily, a teacher, in the dictionary: it should mean that in practice. One of the greatest, possibly the greatest, evils of our time is the indiscriminate use of drugs, narcotics, intoxicants. It threatens the ruin of the race. Already our jails, our hospitals and our prisons are filled with a crowd of degenerates who form only a part of the ever increasing army of unfortunates, infirm of will and purpose, threatening by their weakness and consequent criminality the very existence of civilization itself.

The nursery, the recruiting ground of this horde of 'ne'er do wells' is found in the abuse of powerful agents sold by the druggists and prescribed by physicians. No license protects or can protect us from this fruitful source of moral and social ill. The physician of the regular school called to prescribe must prescribe. Some drug must be administered. Possibly it may be harm-

less. Usually in cases not really needing medication it is an alcoholic stimulant intended to make the patient 'feel better' for the time or a narcotic to deaden sensation and soothe an excitable condition. Here is the origin of a frightful evil.

"Among the ancient Romans the wife who drank wine was regarded as a criminal and treated as such. Even in that far off time they had discovered that tippling mothers meant the production of future drunkards.

"And yet in our day, physicians of the bluest blood and the highest attainments are guilty of poisoning the springs of life. The contents of the drugstore are perhaps more dangerous to the future well-being of the race than those of the saloon. 'Dope fiends' are thus created by thousands. Morphine powders administered to parents bring forth their natural fruit even to the third and fourth generation of descendants.

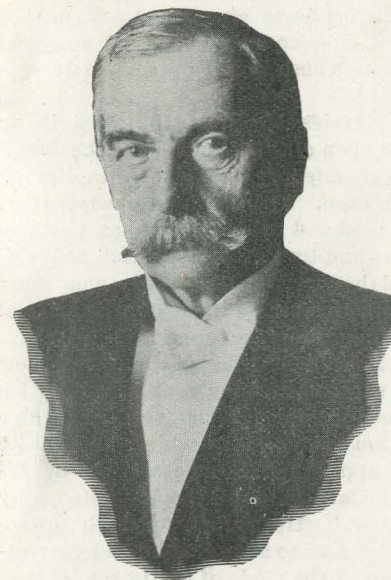
"Thus a great evil threatens us: druggists and physicians know its source and lament the ever increasing demand for narcotics and intoxicants. The wise among them do not themselves partake. Every body knows that the lawyer who pleads his own case has a fool for a client and object lessons are not wanting in proof of the opinion that the physician who takes his own pills or the saloon keeper who drinks his own whiskey, will shortly heed an urgent call to go hence and be here no more.

"If the osteopaths can show us a better way and deliver us even in the smallest degree from enormous, admitted and increasing evils, let us not deny them the poor boon of the title of teacher or doctor."

GOVERNOR ROGERS.

JOHN R. ROGERS was born in Brunswick, Maine, September 4th, 1838. At fourteen years of age he began the struggle of life, going to Boston and entering a drug store as an apprentice. In 1856, after four years of service, he went to Jackson, Mississippi, where he officiated as clerk in a drug store situated almost immediately opposite the state capitol. Here began those experiences in matters political which have influenced his character.

Although born in Maine, his life has for the most part been spent in the South and West. In 1860 he went to Illinois, where he taught school, married, became a farmer, afterward returning to the drug business. In Kansas, where he went in 1876, he was a farmer, a politician, editor of a newspaper and an office holder. Coming to Washington in the spring of 1890, he published several books and pamphlets and in 1894 was elected to the Fourth Washington Legislature. Here he was successful in having passed, after a well remembered struggle, "The Barefoot Schoolboy Law," introduced by him. This gave him a state reputation, and in 1896, he was elected Governor by 12,800 majority. In 1900 he was re-elected by a plurality of 2,188, although his ticket, the Democratic, was defeated by a majority of 12,600.



Governor Rogers has seven times been a candidate and seven times he has been successful. He has never been defeated at the polls. His long experience in the drug business especially qualifies him to know whereof he speaks in his veto message.

MARK TWAIN SPEAKS FOR THE OSTEOPATHS.

Noted Humorist Pleads for Liberty of the People—Answers the Physicians—Bearing on the Bill to Recognize the New Treatment of Medical Cases—Chairman Henry of the Assembly Committee, Notoriously Unfair in His Rulings and His Treatment of the Speakers in Favor of the Bill.

Special to the Post Express.

ALBANY, Feb. 28.—Mark Twain was the chief attraction about the capitol yesterday. The noted humorist came to Albany to speak in behalf of Assemblyman Seymour's bill which recognizes osteopathy as a regular medical school in New York state. The State Medical society and the county medical societies all over the state are fighting the Seymour bill as hard as they are advocating the passage of the Bell bill, which makes Christian Science, osteopathy, hydropathy, electropathy, magnetic healing, clairvoyance and all other kinds of faith cures or medical cults illegal.

A number of New York physicians came here primed with arguments against osteopathy. One of them confidently asserted to The Post Express correspondent that he did not believe Twain would speak after he heard their side of the case. Chairman Henry, of the public health committee before which the hearing was held, is a physician of the old school and so bitterly opposed to the Seymour bill that he found it impossible to conceal his hostility at the hearing. He was notoriously unfair to the osteopaths, while the regular practitioners were accorded every possible courtesy.

Dr. Morris, of the old school, shocked the sensibilities of the audience by throwing down on the chairman's desk a section of diseased vertebrae that he had removed from an infant on Tuesday and boldly challenged the osteopaths present to manipulate it into place so that it would so remain for even a minute.

Mark Twain in his dry, roundabout way, dealt the regular physicians some hard rap for what he termed their natural and

selfish exclusiveness. In this way he repaid Dr. Van Vleet, who opened the argument against the bill, for his savage characterization of the humorist as a man no one took seriously or even suspected him of any of the attributes comprising common sense.

It was after 3 o'clock when Chairman Henry called the hearing to order in the assembly chamber which was filled to overflowing with an audience comprising many of the smart set in Albany society, who had come to see and hear Mark Twain. Dr. Van Vleet, of the board of censors of the New York State Medical society prefaced his remarks with the savage fling at Mark Twain alluded to above. He then went on to characterize the osteopaths as charlatans and quacks and as not equal to the professional masseurs whose work they sought to imitate.

Dr. Charles M. Brown followed in an attack upon all "fake cures and healers," in which category he included the Kneipp water cure, hydropathy, electropathy, "supposed and alleged cures at Catholic shrines and by Catholic relics." He declared they were all quackery and those who practiced them were charlatans and their followers were fanatics.

Dr. Robert G. Morris, the noted New York surgeon, was the next speaker. He prefaced his remarks by reading twelve hypothetical cases to which he said he would apply the treatment advised by Elmer D. Barber in his book "Osteopathy Complete." He called upon the osteopaths present to answer if he had correctly outlined the mode of treatment.

John T. Coleman, who appeared as attorney for the osteopaths, retorted. "We

will present our side when our turn comes. We decline to answer any questions until then. Prove your own case."

Dr. Morris was disconcerted for a moment and said Mr. Coleman's reply had disarranged the thread of his argument. At Chairman Henry's suggestion, however, he read the list of hypothetical questions over and at the end of each the chairman sneered "Answer refused."

Dr. Morris did elicit one piece of information and that was that Mr. Barber's text book was not a recognized authority on osteopathy.

"They tell us Vermont recognizes osteopathy. That state, I am sorry to say, is known as the garbage barrel of the medical profession because of its weak laws governing the practice of medicine. I will say that what is good in osteopathy is not new; what is new is not good."

At this point the osteopaths were given their turn. Assemblyman Seymour, author of the bill and a cousin of Governor Fiske, of Vermont, took the floor and warmly defended his measure. He attacked Dr. Van Vleet, who, he said, had sent defamatory circulars all over his district because he had introduced the bill and said that he had not received a protest against it from any one but doctors.

John T. Coleman, attorney for the osteopaths, said they only asked for justice. They were willing to come under state control, but they did not want to be examined by a hostile board of examiners. He then introduced Samuel L. Clemens (Mark Twain,) who had sat beside him, an interested spectator during the hearing.

The noted humorist was loudly cheered as he stepped to the center of the well. Turning to Dr. Van Vleet he bowed low and said, "My general character was attacked a thousand times before you were born, sir. You have not succeeded in bringing to light more than half of my iniquities, for which I am thankful. I am not here with any defined purpose. If I ever had one these debaters have knocked it all out of me. They are too technical for me. I was touched and distressed at the exhibition here of that part of a

little child. I cannot take a child to pieces that way. It is remarkable how many diseases a man can have, according to the doctors.

"There is one point, though, that is running in my mind. It is that human nature ever delights in liberty. Liberty and philosophy combined are good, but liberty is better. I am grateful to the physicians. They have done much for me. They have done much for mankind. But my friend Poultney Bigelow, was cured of dysentery when the doctors said he would die, by a follower of a non-drug school, akin to osteopathy. The latter had no degree, he could not call himself doctor but he cured Bigelow. It may be that I am not educated to a degree where the doctors would admit that I could tell whether Bigelow was ill or not, but I took his word for it. I know that he looks as well as most men. Perhaps he is not. Perhaps the learned doctors could find something the matter with him. Verily ignorance is a great protection to us of the laity.

"I claim that I should have the right to do as I like with my own body. If I choose to experiment with it, it is my own affair. I alone will be damaged. There are two great schools of physicians, the doctors and the grandmothers. The latter often do more and know more than the former. The doctor's recognize the grandmothers and in so doing they recognize one sort of mountebanks whom they have denounced here to day. It has been the proud boast of this republic that we had religious liberty that we could choose the spiritual physician we like to care for our soul's health. Why not allow the same liberty in caring for our own bodies?

"If you drive the osteopaths from the state you will have a state of affairs like unto the garden of Eden when Adam ate the forbidden apple. It is well that the Clemens tribe was not in the garden. Adam ate only one apple; we'd have taken the whole crop. If the osteopaths are driven out, we will all want to employ them. I know I will, even if I have to go to Vermont. I might also call the doctor's attention to the fact that the 'garbage

barrel' as they call Vermont is the healthiest state in the Union.

"Whose business is it if I care to call in an osteopath to experiment on my body? I am answerable, not the state. If I fail does the state die? No. I attend to that.

"When I was a boy I lived in Missouri where dictionaries were scarce and we did not know more than one meaning for a word. I always understood that 'disputing' meant quarreling. When about ten years old I went to visit an uncle who owned twenty or thirty slaves. In his house was a picture entitled 'Christ Disputing With the Doctors.' I could not understand how Christ could be quarreling with the doctors. I asked an old darkey, who was regarded as very wise, how that could be. I particularly queried if Christ started the quarreling.

"No chile," said he, "The doctors quarreled with him because He had no license. Dey said He'd bust up dere bizness.' There's the trouble now. The osteopaths have no license and you won't let them have one. Can't you compromise matters? You both respect each other. Why not

dwell together in harmony and both seek to do good?"

Professor M. W. Pressly, of Philadelphia, followed with a vigorous defense of osteopathy. He maintained that it was not massage, but a distinct and rational school of healing, based upon scientific methods and principles. He said that there was a difference of but eight months in the length of the courses prescribed in colleges of osteopathy and the regular schools. The former consumed twenty months, the latter twenty-eight. It was true that the latter really consumed four years but that was because the medical profession was over-crowded and it was desired to limit the supply of graduates. Professor Pressly and the regular doctors engaged in an animated discussion over the methods employed in osteopathy and Chairman Henry assisted the doctors.

Will Carleton was present in favor of osteopathy but he did not speak.

It is extremely improbable that either the Seymour or the Bell bills will be reported by the committee.

PERSONAL MENTION.

Dr. Mary Markey is now associated with Drs. Spaunhurst & Kinsinger in practice at Indianapolis, Ind.

Dr. J. T. L. Morris will join forces with Dr. M. F. Hulett and wife of Columbus, Ohio, after April 1st. Dr. Morris has an excellent reputation as a practitioner and will be a valuable member of the firm.

Dr. A. G. Hildreth, who has been absent for the past three months at Jefferson City, has resumed his duties at the A. S. O.

Dr. Emeline Tappan, recently of Mt. Ayr, Iowa, is associated in practice with Dr. Edgar Culley of Flint, Michigan.

Dr. T. L. Holme, of Tarkio, Mo., is taking treatment at the Infirmary. Dr. E. D. Holme, his brother, has charge of his practice during his absence.

Dr. Joseph Wenger, of the Feb. Class, 1901, has located at Logansport, Ind.

The following alumni were visitors at the American School during the past month: Dr. C. P. McConnell, Chicago, Ill.; Dr. T. J. Collins, LaPlata, Mo.; Dr. Clara Mahaffey, Oklahoma City, O. T.; Dr. John Linder, Osceola, Iowa; Dr. R. B. Wood, Glasgow, Mo.; Dr. Chas. Campbell, Palmyra, Mo.; Dr. W. J. Conner, Kansas City, Mo.; Dr. G. W. Pauley, Gallatin, Mo.; Dr. F. L. Tracey, Andersonville, Ind.; Dr. Wm. Thorington, Memphis, Mo.; Dr. E. C. Chappell, Louisiana, Mo.; Dr. Wm. West, Centerville, Ia.; Dr. Dee Morrow, Richmond, Mo.; Dr. Phil Cain, Hannibal, Mo.; Dr. Wm. Meeks, Macomb, Ill.; Dr. D. H. Kincaid, Ottumwa, Ia.; Dr. E. C. Corbin, Stirling, Colo.

The Journal of Osteopathy.

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There are 875 graduates of the American School of Osteopathy.

* * *

THE next meeting of the A. A. A. O. will be held in Kirksville.

* * *

We are in receipt of a book entitled "The New Century Standard Letter Writer," published by Laird & Lee, Chicago, Ill. It is a handy work for all.

* * *

DR. H. S. BUNTING, of Chicago, in an article in the Inter-Ocean of March 22d, replies to Dr. Elmergreen who had made an attack in the same paper upon the osteopaths and osteopathy. Dr. Bunting gave "facts about osteopathy" and plainly showed that the doctor did not know what he was talking about. The editorial comment of the Inter-Ocean was very squarely in favor of Dr. Bunting's position.

* * *

W. H. PHALEN, Grand Sec'y of the Lincoln Legion of Honor, is among the numbers who have recently entered the American School of Osteopathy. In the last number of this lodge's official paper appeared a two column article from his pen on osteopathy and the American School. Mr. Phalen's article is interestingly written and will no doubt attract considerable attention as the paper has a large circulation and the author is well known to all its readers.

* * *

OUR attention has been called to a number of advertisements wherein parties are

fraudulently claiming to be graduates of the A. T. Still School of Osteopathy. In a number of states where osteopathy is not regulated by law but its practice is permitted these unqualified practitioners, graduates of no school, have taken the advantage of an opportunity to defraud the people and injure the science. Our special attention was directed to a certain firm in Kansas who claim to give "regular A. T. Still osteopathic treatment," who in fact were never students of the American School of Osteopathy. We have recently published a complete directory of the graduates of our school which will be sent to anyone upon application. Other regular schools will furnish the same information concerning their graduates.

* * *

In New York.

We are in receipt of a telegram from Dr. Geo. J. Helmer, of New York City, which states that the Bell Medical bill which was intended to prohibit the practice of osteopathy in New York was killed in the House. The osteopathic bill came up for a second hearing before the House Judiciary Committee last week. Dr. A. G. Hildreth of Kirksville, Mo., and Dr. Ellen Barret Ligon, of Mobile, Alabama, with a number of the New York osteopaths were present in favor of the bill. No osteopathic or medical bill will be passed this session but the osteopaths are in a strong position to secure favorable legislation two years hence. The osteopaths will continue to practice in New York. They will not be molested. Their bill was brought into much prominence for the reason that Mark Twain was present and spoke for the bill at its first hearing.

* * *

Addresses Wanted.

The present addresses of the following graduates of our school are unknown and are desired to complete our directory: Brown, John Wm., Covey, Homer P., French, Evans B., Harrington, Walter W. Harlan, Ernest L., Hill, J. D., Kellogg, Jirah Hollis, Lyda, Woodward L., Moyer, Mrs. Adella (Theopsis)

Nugent, Mrs. Emma Bruner,
Owenby, Wm. W., Rice Wm. Lincoln,
Shrum, Mark, M. D., Suter, Robert, M D
Anyone acquainted with correct addresses of either of the above will greatly oblige us by furnishing us such information.

All our graduates who have recently made a change in location and have not yet reported it will please do so at once that we may make no mistake if called upon to give your address.

Most respectfully,
AMERICAN SCHOOL OF OSTEOPATHY.

* * *

World's Fair and Osteopathy.

Fellow osteopaths, I was selected by my class (June class, 1900) to represent them in the World's Fair Committee, that committee to be formed by the selection of one from each class that has been, and is to be up to and including June class, 1903. So I will suggest a few things and would like to see others do the same thing. I think each one of the Associated Colleges of Osteopathy ought to take part, headed by our Alma Mater; also each state organization. One object is to have osteopathic headquarters, where all may register and meet one another. Of course that is one of the minor objects, but all can see the help this would be. Our first meeting will be in Kirksville during the commencement exercises. Day and hour will be given in June JOURNAL.

Respectfully,
R. B. WOOD, D. O.

* * *

Legislation.

Osteopathy has been discussed of late by no less than fifteen state legislatures. The eight states having previously recognized osteopathy made no change in their laws. Of the new states regulating it California and Montana lead with laws providing for osteopathic boards. Kansas passed a good law which allows regular school graduates to register and practice. Dr. C. E. Hulett of Topeka informs us that he is much indebted to Rep. Grattan, of McPherson, Senator Smith, of Kinsley, Senator Pestana, of Russels, and Senator Chaney, of

Topeka, for assistance in passing this act. In Indiana the new law is a little loose jointed. It permits any person to practice osteopathy who is a resident of the state and holds a diploma from any school of osteopathy in the United States. Any school will do. In Oklahoma a medical bill was passed by the legislature. This bill said nothing about osteopathy, but had their Supreme Court declared the practice of osteopathy to be the practice of medicine it would have excluded the osteopaths. Gov. Barnes vetoed this bill. In Nebraska a bill to regulate the practice of osteopathy passed the Senate by a vote of 22 to 11. It passed the House 51 to 34 and will become a law, as the governor has said he would sign the bill. This bill is somewhat similar to the Kansas law. In addition, however, it defined what constitutes a regular school and declares the practice of osteopathy to be the practice of medicine. In New Mexico, through the efforts of Martin Lohman, an osteopathic bill was passed in the lower branch of the legislature but it failed to come to a vote in the upper body although three fourths of its members were pledged to support it. The legislature adjourned with the bill unreported by an unfavorable committee. In Connecticut an osteopathic bill has been introduced in the legislature and we are informed that the prospects are fair for it to become a law.

* * *

Texas Heard From.

SHERMAN TEXAS, March 12, 1901.
EDITOR JOURNAL OF OSTEOPATHY,
KIRKSVILLE, MO.

Dear Sir:—We secured a copy of the Texas Medical Bill in typewritten form, but it is so bulky and of such length we know you could not use it, so culled out all that is of any import to us, and this with a few additional words of our own is sufficient to show how matters stand in the state. Below is the report:

As reported in the January issue of the JOURNAL, the D. O.'s of Texas met late in November for the purpose of organizing. Information had reached our ears that a bill would be introduced during the com-

ing session of the legislature which if passed would practically debar us from the state. This bill provides for the appointment of three boards, allopathic, homeopathic and eclectic respectively.

"When an applicant shall have passed a satisfactory examination a certificate signed by all members of the board shall be issued to said applicant, entitling him or her to practice medicine, surgery, obstetrics in the state of Texas. If an applicant desires to practice a system of healing not represented by any of the boards heretofore established he or she may elect for himself or herself the board before which he or she will appear for examination.

"Any person who shall practice medicine, surgery or midwifery in this state without first having obtained a license under the provisions of this act, said license to be recorded in the District Clerk's office in the county in which he or she offers to practice, shall be fined not less than \$50.00 nor more than \$500.00 for each offense, or punished by both fine and imprisonment, the latter not exceeding six months; and it shall not be lawful for him or her to recover compensation for services."

The time being limited before the legislature should convene, the association empowered its president on their behalf, to take the matter into his hands and carry on the work as he saw fit. The assistance of a friend and ex-Representative was solicited and by him telling work was done. To this man, Mr. Smith, the Texas osteopaths feel very grateful, for it was through his efforts an amendment was inserted exempting osteopaths from the "provisions of this act." The bill after having passed both houses was signed by Gov. Sayers Feb. 22d, and thus became a law.

This is all we asked, *freedom to verify our science*, and now that we have that assurance it devolves upon the individual practitioners to make the standard osteopathy shall bear in the future in the public mind of the "Lone Star" state.

Truly,

D. L. CLARK,
Pres. T. A. A. O.

Situation in Kentucky.

LEXINGTON, KY., March 11, 1901.

Osteopaths—and so called osteopaths—have been flooding the state since the decision of the Court of Appeals in the case of our leader, Dr. H. E. Nelson of Louisville. The science has greatly suffered at the hands of many of those pretenders. Our struggle is by no means at an end. We gladly welcome all graduates of reputable schools to the state. We think they should come in with us—shoulder to shoulder in the work—many have not done this, but enjoy the liberty that others have fought for, never giving a moment's time or a cent to help on the work. This is not right, it should not be so. I have consulted one of the ablest attorneys in the state, also members of the Court of Appeals, in regard to their decision in favor of osteopathy. They say that decision only protects those who are graduates of recognized schools of osteopathy who hold a diploma from such institutions. No student who has not graduated, has a right to practice under this decision—neither those who have not attended a school, as some in our state have done and are now doing. They claim they have studied at home or under some graduate and can do as good work as any one who has taken a course. No true osteopath can or will sanction such a course—there should be principal at the bottom of all our plans, and not merely aiming to get money—at the expense of our beloved science. When such a course is pursued it is looked upon as robbing the people and crippling the science, in short it is dishonesty. No one of us would sanction the following, yet it has come from more than one. Letters have been received from third term students with the following clause:

"DEAR DR.—Would you locate me at—and allow me to practice under your diploma in your name, or let me hang the diploma in my office, or put me near you, but be protected by you so I could run a business of my own, and make some money during the vacation."

This would be deception. It would be criminally wrong. It would ruin both the practitioner and the student as well as for-

ever kill our beloved science, and bring our schools in disrepute.

Our state association expects to publish a list of all graduates in the state, and see that they are in every important paper in our boundaries, as well as posted where the public can see and know for themselves.

I expect to take not less than two students in my office during vacation and do all I can for them. This is the only way our association can sanction such work. We expect to have a law to control the practice in the near future.

S. H. MORGAN,
Pres. Ky. Ass'n.

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Legislative "Words Without Knowledge."

Case and Comment, a Lawyer's Journal published at Rochester, N. Y., has the following to say in regard to the Bell Bill introduced in the N. Y. Legislature for the purpose of regulating the practice of medicine:

"A half-witted hoodlum with a loaded machine gun is not more dangerous than a reckless legislator with a copious vocabulary. The astounding possibilities of a blunderbuss enactment are vividly shown by a proposed law, which the press reports say has been introduced into the New York legislature at the request of the medical societies, to amend the statutes relating to the unlawful practice of medicine, so as to include this provision:

"Any person shall be regarded as practicing medicine, within the meaning of this act, who shall prescribe, direct, recommend, or advise for the use of any other person, any remedy or agent whatsoever, whether with or without the use of any medicine, drug, instrument, or other appliance, for the treatment, relief, or cure of any wound, fracture, or bodily injury, infirmity, physical or mental, or other defect or disease."

If this becomes a law, it will be a misdemeanor punishable by fine and imprisonment, for one friend to advise another that a hot lemonade will be good for his cold. An anxious mother would violate such a law every time she gave her child honey for hoarseness, or put goose grease on its nose for the snuffles. It would be a crime to recommend larger shoes for corns. Such a

law making it an offense to give gratuitous advice from parent to child or friend to friend respecting the use of common and simple remedies, would make the legislators who should so enact the targets of caustic ridicule. The chances of the passage of such a bill can hardly be good.

Unlicensed persons who make it a business to treat ailments for a compensation are clearly within the proper range of the police power, so far as they give any treatment that is dangerous or fraudulent in character. By general consent the right to give drugs is too dangerous to be exercised by people who have not had proper medical education. But there are kinds of treatments, such as massage, baths, etc., which are not only free from the danger that exists in the use of powerful drugs, but which actually cure serious diseases that drugs cannot wholly remedy. Cases that have baffled the most eminent physicians after years of treatment are sometimes cured by these simple natural agencies, administered by unlicensed persons. Indisputable evidence to this effect is abundant, and can be furnished by men and women of the highest character and intelligence, including clergymen, lawyers, and others who have been cured by such treatment, and also by honest physicians who have previously treated these cases and given them up as hopeless. A law that should prevent such treatment would be a crime against humanity.

It might be proper to require all who treat diseases by any agencies whatever, as a business, to be licensed. But if those whose treatment is limited to these simple natural agencies without the use of drugs are to be included in such requirement, the conditions of their licenses should certainly be very different from those established for the licensing of physicians who use drugs. To require of them such a course of study and such an examination as are given to regular physicians would be unreasonable. It would be only an indirect way to outlaw all cures without drugs. The aim of all legal restrictions on such business should be merely to protect the people. Anything beyond this would be an odious, oppressive, and unconstitutional monopoly. The proposed New York enactment is clearly in the

interest of the doctors alone, and not of the people.

* *

An Angel in Disguise.

U. M. BROWDER, A. M., D. O., SALT LAKE CITY, UTAH.

Among the many wise suggestions made by the Apostle Paul to the Hebrews, on the subject of "brotherly love," he enjoins upon them the duty of "entertaining strangers," for, says he, "Some have entertained angels unawares." To every fair-minded man this is a correct principle and should be observed, but the observation of this principle to the utter neglect of the law of differential diagnosis was not the intention of Paul's injunction. It would be well for our profession to adopt this principle, so that, in the event we should come into contact with "a diamond in the rough," we would be able to discover it.

In the Archives de Neurologie, of Paris, France, will be found a rich and elaborate discussion of mechanical therapy by Konindjy in connection with hemiplegia and locomotor ataxia. The author, Konindjy—styles the discussion "Mechanical Therapy of Hemiplegia," and declares that the importance of mechanical therapy in the treatment of hemiplegia is "largely due to the success realized by the application of similar measures to locomotor ataxia." He clearly and forcefully notifies the medical fraternity "that this treatment is not as simple as it looks on paper." "That it requires extreme perseverance, system and appropriate facilities and surroundings."

The author argues that the system of mechanical therapy is applicable in any case of hemiplegia or monoplegia, but that the motor functions are the only ones which profit, as a rule, he argues, sensory disturbances are not favorably affected. It will be readily discovered that this French author has only a mere smattering of outline-principles of the true science of mechanical therapy. If he were able to reduce to an exact science the principles he sees "through a glass darkly," he would not have separated the sensory from the motor powers, in the mechanical ther-

apy of hemiplegia. That his knowledge of the subject is superficial is proved by the fact that, he sees no "special technique" for those manipulations necessary to affect a cure for hemiplegia. In this special phase of the subject, Dr. Andrew T. Still, the discoverer and founder of osteopathy, leads the world. He not only discovered the principles of mechanical therapeutics, but he revealed to the world the correct method of application of those principles to the diseased conditions of mankind. It is a fact which now presents itself to the world that the medical fraternity of Paris, after more than a century of trial, have fully decided that hemiplegia, monoplegia, locomotor ataxia, and in fact all diseases of the nervous system will not yield to any system of drug medication. None know this better than the leading doctors of Paris, if experimentation is to be considered a factor, for they have left no stone unturned in their efforts to determine the effects of drugs in diseases of the nervous system. It is also true that the greatest test that has ever been made in the civilized world of the therapeutic value of electricity in the treatment of hemiplegia, has been made by the French doctors. The leading lights of the French systems of *Materia Medica* now regard electricity in hemiplegia as a doubtful benefit. In fact it is pretty generally dropped from the practice except in a few instances and that among the superficially uneducated, or lower class of physicians.

This great physician has wisely concluded that the mechanical treatment further possesses a considerable diagnostic value in that it gives to the operator an accurate idea of the state of the muscles, tendons and joints, of the affected limbs. The great French physician adds the following: "A point of great importance is the manipulation of each joint by itself, and the shoulder joint should always be the first to be exercised." This case evidently furnishes another example of "a diamond in the rough," "another angel in disguise;" and the writer would suggest that the management of the American School of Osteopathy send Dr. Konindjy the literature of the institution and especially a

few copies of this JOURNAL, for his enlightenment is at hand, he sees "through a glass darkly," he has a "glimpse of the holy land," but not with unobstructed vision.

* * *

A Letter From Mrs. Ellen Barret Ligon, D. O.

MOBILE, ALA., FEBRUARY, 27, 1901.

Room 23, Y. M. C. A. Building.

Dear Dr. Still:—Well! the time came, as I felt sure it would, when I would have to make a public fight for the justice of our cause. I am not a "woman's rights" woman, and I dislike publicity and fighting, but all that is in me abhors injustice, and will fight to the last ditch for what I conceive to be the right.

I don't know whether you have heard that we have just had a struggle in the Alabama legislature over a medical bill that was so autocratic as to be a reflection on the age in which it is framed, and was an outrageous blow at the liberty of the citizen. I enclose for you two clippings from newspapers—one, the Selma Times—the other the Mobile Register—that you may see what the bill was and what these papers say about it.

The first that we knew of the bill we saw in the paper of Saturday, February 9th, that it had passed the House the day before by a tremendous majority. Our attention was called to it by a number of our patients, who asked if it was not aimed against osteopathy, though that was not mentioned. I knew that it was, and understood then what had been meant, when two days before a young M. D. here had boasted to one of my patients that they "had the osteopaths about fixed, and would have them up before the State Board soon"; and an older M. D., who should blush for his ignorance, if he knew no better, and should blush for his duplicity if he does know better, had said to one of my patients (speaking of my practice) "Well, the days of faith cure in Mobile are about numbered."

Instead of coming, like men, to the osteopaths and saying to us, "If you are what you claim to be, physicians in the true sense, you will want to see a high

standard set for your profession, and will help to frame a law that will prove it, and put down fakirs," they gave us no chance at all, but like assassins, struck out of the dark a blow that was meant to be vicious.

As soon as we saw the paper, Dr. Ligon decided to go to Montgomery. On Sunday, a friend here, a lawyer, sent for me, as he was too sick to come, and said, "There's dynamite in that bill, and you had better not let the grass grow under your feet." Monday night Dr. Ligon went to Montgomery, and Monday I saw several prominent citizens that I especially esteemed for fairmindedness, and ability, and pointed out to them the manifest injustice of the measure. They volunteered to write to our State Senator, protesting against the bill. Our patients, too, as soon as they learned of the proposed measure, became indignant, and proceeded to ply the Senator with petitions and remonstrances. Protests were also sent by the County Commissioners, and the newspapers, and osteopathic patients from various parts of the state, wrote to the Senators from their several counties.

The bill had been rushed through the House before the other side could have a hearing, and men had voted for it because they did not realize what it meant.

When Dr. Ligon reached Montgomery, he found Dr. Miller from Huntsville, and Dr. (Miss) McElwain, (a graduate from the Southern School who is now practicing in Selma) Dr. McElwain has done good work in Selma, and the Senator from that county labored heroically for us. He deserved, and has, our lasting gratitude, as have several others, among them most prominently our Senator from Mobile.

The bill had its first reading Tuesday, and was referred to the Committee on Public Health. Wednesday the osteopaths had a hearing before the Committee, also the M. D.'s. One of their brightest men and best talkers had been sent for to show why they were the only safe guardians of the health of the public.

Dr. Ligon returned that night. He arrived about 4 a. m. and told me all that had been done, and that the Committee had agreed to report the bill without recom-

mendation. I decided then that I would go myself on the next train. Taking a young lady with me, I arrived in Montgomery about 7 p. m. Thursday. At supper I saw an acquaintance and asked him to find any of the legislators from our county. About nine o'clock I found them, and from then until after twelve I held a levee in the parlor of the Exchange Hotel, as these gentlemen brought members of both Houses to see me.

Dear Dr. Still, I talked as I never talked before, for life, for liberty, for progress, for justice, and for truth wherever it is found! I asked no promises, but they were volunteered over and over again, by men who were convinced of the justice of our cause.

The next morning I was to go to the Capitol to meet other Senators. As soon as I got there several that I had met the night before, asked me, if I was invited to address the Senate, if I would not do so? I was terribly frightened; I was not prepared with a "speech", but I had gone there to do the best I could for our cause, so I took my courage in my hands, and agreed. Immediately after the opening exercises, one Senator made the motion, and being quickly seconded, the necessary unanimous vote followed. There is no record of what I said, as it was entirely extemporaneous, and I don't know that any stenographer took my words down, but I will give you the substance.

I told them that I objected to the bill in question for several reasons: First: If it was being passed to protect the people, it was unjust to the people, as the people (as far as Mobile was concerned, anyway) were praying to be protected from it, as evidenced by the individual letters, protests and petitions which had been sent to our Senator, requesting him to fight the bill, he having assured me that in his entire political career he had never received so many communications concerning any other political measure.

Second: If it was not being passed to protect the medical fraternity, that would be an injustice to them, since such legislation would be a bar to scientific progress. If all locomotive experiments had been

forced under the direction of steam engine specialists, and entirely along the line of the steam engine idea, where would electrical improvements ever have come in?

Third: Such a law would not protect the people, because under the Alabama state examination we would not be examined in Materia Medica, we do not study Materia Medica, but a candidate having passed that examination would be licensed to practice what he pleased, and, entirely ignorant of drug potencies, would yet be in a position to experiment on any one he pleased.

A fourth objection was the absence of any osteopathic examiner on the State Board. Having discarded drugs, we through a knowledge of physiological centers, know what to do instead of giving drugs: e. g., if we want the liver to act, instead of giving calomel, we go after the nerves to the gland, and after the gland itself. Having discarded drugs, it is absolutely imperative that we should know exactly what to do in the place of drugs, yet having been before this board, where there was no osteopathic examiner, was no guarantee to the public that the candidate knew anything about the things the osteopathic practitioner must know, and so this afforded no protection for the public against the incompetent osteopath.

I was not fighting a law, nor a standard, my life stood as a proof of both, but I demanded a law which should be just, and a standard to suit the case, an osteopathic physician on the State Board, and the elimination of major surgery from the requirements of the osteopathic examination. I explained that it was our work to save from the knife when possible; when impossible, to recognize the case as a surgical one, and send to a surgeon, as the osteopath believes the surgeon should be a specialist, and not an occasional cutter only. That it was an injustice to force us to put down the work we claim to do, know how to do, and are doing successfully, to go off and equip ourselves in a branch of study for which we have no use; the suspension of our work being to the very great detriment of patients improving under osteopathic treatment when other

methods had failed, and liable to a relapse if forced to suspend treatment before the cure was complete.

Further, as to a standard, the mistake there, lay in the assumption of the fraternity that they were the only ones competent to say what the standard shall be, and that if the osteopathic physicians without *Materia Medica* and Major Surgery, can, as they do, cure those multitudinous cases that the old system with *Materia Medica* and Surgery has failed to cure, then the osteopathic physicians have proven themselves quite capable of saying that the standard of osteopathic qualifications shall be.

Jurisdiction without representation brought on one revolution in this country, and the American heart is ever the same. As one who had found in osteopathy the only relief, as one who had been able to convey such relief to others, in the name of liberty, of progress, of science, and of humanity, I begged their earnest deliberation, and out of my own experience, respectfully asked while the allopathic doctor with his many failures, was protecting them from everyone else, who would protect them from the allopathic doctor?

Dear Doctor—we have wise men and brave men in the South—they dared to vote against the medical bill, and the Senate of Alabama killed it by a unanimous vote—barring one.

It happened to be my lot to be conspicuous in this fight, and I am glad to champion the right, but all the other osteopaths in the state, did their part. I think I have mentioned all but Dr. Nora Chapman, here. Her patients wrote many letters, and she was ready at a moment's notice to come to Montgomery to help me, but the whole thing was over so quickly that I did not need to wire her. The Senate went into session at ten o'clock, (the bill was on the calendar) I made my little talk at fifteen minutes past ten, then caught the eleven o'clock train home, as the Senators almost unanimously came to me immediately upon the close of my "speech" to assure me of our victory. At five o'clock that same afternoon they wired me of the unanimous defeat of that bill.

If we can only keep ourselves, each professionally worthy of the science we have chosen, the beneficiaries of that science will always, as in this instance, be ready to fight for its preservation.

Wishing you, as I always do, an ever increasing realization of what your great discoveries are doing for a suffering world, I am in osteopathy, and in friendship.

Yours Faithfully,
ELLEN BARRET LIGON.

Athletic Notes.

H. J. PETTIT.

Athletics is peeping from her cocoon and will soon spread her wings over her children in this school. Dr. White, our athletic instructor, is also peeping and his experienced eye has found much promising material.

An association meeting was held on March 15th to elect officers for the present school year, resulting as follows:

President—Prof. W. D. Dobson.

Vice-President—A. X. Illinski.

Secretary and Treasurer—C. E. Ross.

EXECUTIVE COMMITTEE.

Faculty—Dr. Geo. Laughlin, Ex-officio,

Dr. Chas Still,

Dr. Will Laughlin,

Dr. F. P. Young.

1st Term—E. Tucker,

H. S. Maxwell.

2nd Term—E. C. Link,

Allen West.

3rd Term—A. W. Young,

L. W. Tindolph.

4th Term—E. M. Cramb,

C. L. Richardson.

Managers—Baseball—Richard Carter.

Athletics—Earl D. Jones.

A committee on rules and regulations consisting wholly of members of the faculty stand as follows: Dr. White, Dr. Chas. Still, Dr. Hazzard, Dr. Proctor.

Dr. White was unanimously chosen general manager of all branches of athletics.

In the diamond, Manager Carter tells me, that from the small amount of material as yet visible it is impossible to say how strong a team will be produced. Sev-

eral games are scheduled with Grinnell, Central College and Kansas. The opening game is with Grinnell on the home grounds, April 5th.

In all athletics much enthusiasm is shown. There are scores of middle and long distance men and all other events are well represented except the hurdles. There we are pitifully weak. "That must and will be remedied" quoth "Big Works."

In the sprints, Deming shows great speed and will no doubt open his contemporaries eyes at the spring meeting in May. Bumpus, Love, Daniels and Eastman are fast and competition will be hot for positions on the regular team.

Redfield shows strong for long runs, but Jones, Mayer and Dressle will push him

hard and only strict training will win the position. As to the field events, no progress has been made, due to the inclemency of the weather.

We can always count on Dobson for his event for he is our "Old Reliable."

War is waging among the fair athletes. The contention seems to be for the position of manager of the basket ball team. An attempt was made to elect at the last meeting and four candidates were presented, but technicalities prevented an election. It was then decided to appoint the four candidates, Miss Fleming, Miss Harrison, Mrs. Wilkes and Miss Brown as a committee of management.

More of the personnel of teams will appear in next month's issue.

CLINICAL REPORTS

REPORTED BY DR. L. B. SMITH & SON,
PORTLAND, ORE.

Acute Gonorrhoea:—

Young man came to me with an acute attack of gonorrhoea. My work was directed toward supplying the infected parts with a plentiful supply of healthy blood, the best antiseptic known.

In three weeks patient was entirely cured, without any of the distressing complications usually occurring in these cases, such as orchitis, prostatitis, cystitis, etc.

Stricture, Prostatitis, etc:—

Gentleman, aged about forty, had had operation for stricture, which was decidedly unsuccessful, as a great many are. In fact, this case was worse than before the operation, for the symptoms of prostatitis did not appear until after the operation.

The usual amount of scalding and pain on urinating. Sexual power very much weakened on account of the prostatitis. After two month's treatment, patient as well as ever in his life, sexual power normal, inflammation of the prostate gland and stricture entirely disappeared, allow-

ing a free and perfectly painless passage of urine through the urethra. M. D's. had said there was nothing that would cure him.

REPORTED BY O. E. MEYER, D. O., MENDOTA, ILL.

Injury Affecting Mind:—

Mr. F. B., aged 38, had taken home treatment from a noted physician for five months, and had traveled in vain many years seeking relief. Trouble was diagnosed as injury to brain. I was called to examine patient and found him unable to sleep and mind seriously affected. Examination revealed dislocation of atlas, which was readily set—and in a short time the patient was the brightest and happiest person in the house. Now he sleeps well and mind is clear and he gives osteopathy all the praise.

Acute Neuralgia of Lower Limbs:—

Miss J. H., had suffered intense pain in lower limbs for eleven weeks. She got no relief from the treatment of the physi-

cians except under narcotics, and no hope except that the disease would run its course, when her lower limbs would doubtless be paralyzed. The reflexes were entirely gone. At this stage she sent for me. I found trouble in spine and gave relief at first treatment. She took treatment 30 days. Pain did not return and now, two months afterward, she has had no return of the trouble but is attending to her housework and has better general health than before the attack. These facts are taken from a letter of hers giving an account of her experiences and recovery.

Eye Trouble:—

W. L., man aged 25, had suffered for over a year in spite of the efforts of several doctors to relieve him. He came to me saying that drugs and eye washes did him no good, and wanted to know if osteopathy would help him. On examination I found what I considered the cause of the trouble and corrected it in five treatments. This was six months ago and although I have seen him each month since, no further treatment is given or is necessary. I took the precaution of having him call to see me regularly each month as his friends all insisted that the relief would not be permanent. He says he wishes I had all the money he had spent for doctoring and spectacles. I have dismissed him now as permanently cured.

Injury to Spine:—

Mr. E— was kicked by a steer and was disabled. He had suffered seven weeks, and no relief under treatment. On examination I found second lumbar anterior. This was corrected at second treatment and he returned to work—suffering no more with the injury.

* *

REPORTED BY T. J. WATSON, D. O. PUEBLO
COLO.

Intestinal Obstruction:—

The patient in this case was a boy whom three physicians, having exhausted their skill, gave up, and instructed the attendant, "whenever the pain gets so he cannot

bear it give him morphine." I was called as a last resort and found patient suffering intensely from an obstructed bowel. Peritonitis had set in, and the abdomen was so swollen I could not locate the obstruction. On going to the spine I found, as is usually the case, at the 10th dorsal much contraction. Knowing that the nerves from this point supply the jejunum, and that the physiological action of the pneumogastrics are antagonistic to that of the sympathetic. I at once began work on them, inhibiting one and stimulating the other. I kept this up during the night, giving in addition an enema, first elevating the patient's hips. At 4 o'clock the patient had a good movement of the bowels, and his life was saved. He was well in a few weeks.

Uremia:—

Mrs. D— uremic trouble began about three years ago and at birth of child gradually grew worse in spite of constant medical treatment. When called in I found her in a precarious condition, the characteristic symptoms being present; patient could not turn over in bed, limbs would draw up on least motion, convulsions, excruciating pain, breath and room had odor of urine. I administered treatment to eliminate poison, used hot applications to assist in controlling pain and producing perspiration. I also regulated the diet, and in one week pain had all ceased, patient was up in two weeks and I hope for a permanent cure soon.

Acute Articular Rheumatism:—

A man whom the M. D's after long treatment had dismissed saying, "I can do you no more good." I found the patient unable to move in bed. I treated him three weeks in bed, then he came to my office one week, when he returned to work. He soon suffered a relapse with complications of diarrhoea, heart trouble, etc. I was called in again and have the patient almost well, but will not consent for him to return to work at present. Urine shows abundant uric acid, albumin and pus. The patient is slightly scrofula-

lous. I gave treatment for rheumatism, attended to diet and used hot applications as accessories. Although I have had many cases of rheumatism this case gave me greatest anxiety.

Tumor of Breast:—

A young lady called at my office having a tumor about the size of an egg near the breast. The trouble had been pronounced cancer by several physicians. I found on examination ribs close together and thought this the cause of the growth. I raised and set the fourth rib, relieved the intercostal nerves, vessels and glands. In three weeks the tumor was gone greatly to the joy and astonishment of the patient.

Scrofula:—

A young lady, who had taken medical treatment for four years, gradually grew worse. I found lymphatics enlarged, right knee double its normal size, and located on it three sores. Examination showed 1st cervical to left, 2d to right, 11th ribs down and 7th dorsal vertebrae anterior. I corrected these lesions; built up system, kept excretory channels open, and regulated diet. At the end of four months' treatment the lymphatics are normal, lameness gone, knee natural size, sores healed and she sings the praises of osteopathy.

* *

REPORTED BY D. L. CLARK, D. O., SHERMAN, TEXAS.

Some acute work came under my care a few weeks ago which demonstrated nicely the results of osteopathic treatment in such cases. This occurred on a Sunday afternoon and some people who were out driving met with an accident in the way of upsetting their rig. The gentleman in charge being a patron immediately brought to my office his daughter, who had a dislocated thumb and sprained wrist, and a neighboring young lady suffering from a dorsal dislocation of the head of the femur on the left side, the ulna of the right side displaced backward, and

also the fifth rib of the left side fractured two inches from its sternal end. Beside this there were slight bruises to the body.

The misplaced structures were all adjusted and the parts to their normal position within 30 minutes. Later I made two calls to see that the injuries sustained by the young lady were taking the proper course. In ten days she was around her room, in three weeks she was going over the house as she pleased, and six weeks afterward when I saw her she said there was not the slightest trace that she had been in a wreck.

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REPORTED BY A. D. RAY, D. O., BAIRD, TEXAS.

Erysipelas:—

Girl age 11, called third day, pulse was 128 and temperature 102.6° F., intense burning of left side of face and jaw, quite extensive swelling of surrounding tissues, with sub-maxillary glands enlarged and painful. Principal lesion was located at 4th dorsal vertebra. Treatment applied to liver, kidneys and bowels also. By 4th day we had swelling and fever entirely reduced, enlarged glands entirely disappeared in about two weeks, convalescence being slow but steady.

Catarrhal Gastritis:—

Man 64 yrs. old, duration of trouble 20 yrs. When called we found patient in bed unable to take any nourishment. Lesion was located at the end of 4th and 5th ribs on right side. They were all slipped up and backward at vertebral articulation. Patient got up the 5th day and returned to work in three weeks time. Two months work set the ribs and we turned him off able to eat most anything.

Young man age 18 years, uncomplicated "slow typhoid," called the 3rd day, and found fever 102.4° F. Thorough work as in case 3, entirely conquered the fever and case was discharged the 6th day, a little weak, but able to get about.

CLASS POEM.

By WM. C. WILSON, D. O., of February Class, 1901,
Eureka Springs, Ark.

(Read at Class Day Exercise, Jan. 30, 1901.)

Dear friends and schoolmates, dear old A. S. O.
The time has come at last, when we must go
From these bright halls in which we oft have met,
To them a last farewell. We'll not forget
The many happy months through which we've strove
To master this new science which we love.
While here, this vantage ground so new
Let's pause awhile and take a bird's-eye view
Of what we've passed.
The pathway has been long,
And though 'twas rough and steep, it makes us strong
To climb such mountains bold, as we have done.
As here we stand our work has scarce begun;
But we are now well armored for the fight;
Our aims—our hearts are true, our hopes are bright.

Some ask "On what foundation do you stand?
On what is built this institution, grand?"
We answer promptly, for 'tis plain to see,
'Tis built on accurate Anatomy.
All other studies are but part at best;
The structure built to stand the storms must rest
Upon some massive base; so here we start
From Nature's truths to learn the healing art.

Look back to where we studied o'er the brain,
Where weeks, yes months we toiled, though not in
vain.

There lies Rolando's Fissure, broad and deep,
Could not be dodged, so here we learned to leap
From Sphenoid's greater wing to Petrous ridge,
Though some, 'tis true, crossed old Zygoma's bridge.
Up gray old Angular Gyus, sharp and steep,
We climbed with aching hearts and tired feet.
The Aqueduct of Sylvius, flowing free
Between the lakes or ventricles we see.
In one of these a great Sea Horse is seen,
And not far off the Tree of Life so green,

Or call it Arbor Vitae if you please.
Beneath its spreading boughs the student sees
The wide Cisterna Magna full and gray
With Leucocytes so active and so gay.
We saw them chase the microbe to its doom,
And thus save many a man from early tomb.
Not far from here we saw the Isle of Reil;
Near it are shoals of Brain Sand, and a pile
Of Ear Stones, heaped perhaps in some child's play
Before he took the Drums and marched away
To help his brothers render music grand;
His brothers play the Moderator Band.

Ah! that was music sweet to every ear,
And to its strains we marched through forests drear.
Those shades of Lumbar Region chilled me through,
I'll not forget that march, comrades will you?
We hasten on, we climbed the Gluteal Ridge;
Hunter's canal was reached, we found no bridge,
So down this sportsman's path we turn our face

And soon we came to Popliteal space.
We halt, and here the teacher tells the tale
Of how Achilles' mother did but fall
To make invulnerable her dear son,
So he was killed just as he turned to run.
We saw the fatted calves, tied by their horns;
We watched the Plantars plant their crop of corns.

But not content with mere topography
We entered the deep mines of Chemistry.
Down in this lower region was hard work,
We could not "pony" there, we dared not shirk;
'Twas fun, for some at least, to tell the rule
To find the atoms in a molecule;
But when those dread equations met our gaze
We guessed and failed, we longed for better days.
'Tis wonderful, these changes that we see
All caused by chemical Affinitv.
This power is but part of Nature's plan
To keep in perfect health imprudent man.

We climbed the gentle slope Histology,
And by its side Pathology we see
We thought them two great monsters side by side,
We found them only small things magnified
Neurology—with cells and fibres small
Was studied very closely by us all;
Our written lessons showed our teacher, dear,
That examinations may be left out here,
'Twas a voluntary motion on his part
Received by each of us with grateful heart.
I'll not review the work of Senior year,
'Tis just complete and in our memory clear;
'Twas fun, I must remark, to hear and see
The lectures and that quiz on Surgery.

There is one rugged road o'er which we came
J. Martin's Physiology by name;
'Twas on this march we fought our hardest fight;
We labored all the day and half the night
To learn the action of Depressor Nerve,
Which from its path of duty does not swerve
But keeps the fountains of the heart at play
In smooth and even tenor day by day.

We tracked the Vagus Nerve and saw it run
Into the golden Plexus of the sun.
Sensation, motion and nutrition, all
Lie motionless and useless 'till a call
From some nerve center brings them into play,
Nerve impulse keeps them active night and day,
'Till something interferes with Nature's breath,
Then nervous action stops, we call this death.

Let's not forget that death is sure to come,
We know not when we shall be summoned home
To render an account of what we've done
These past two years. Those days were full of sun,
While scarce a shadow fell across our way.
Since now we've seen the dawning of our day
Of usefulness, let's crown it with success;
Do your full duty—stop with nothing less,
For when at last our race of life is run
We shall remembered be, by what we've done.

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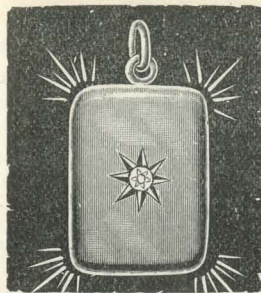
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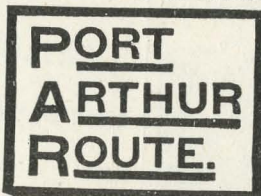
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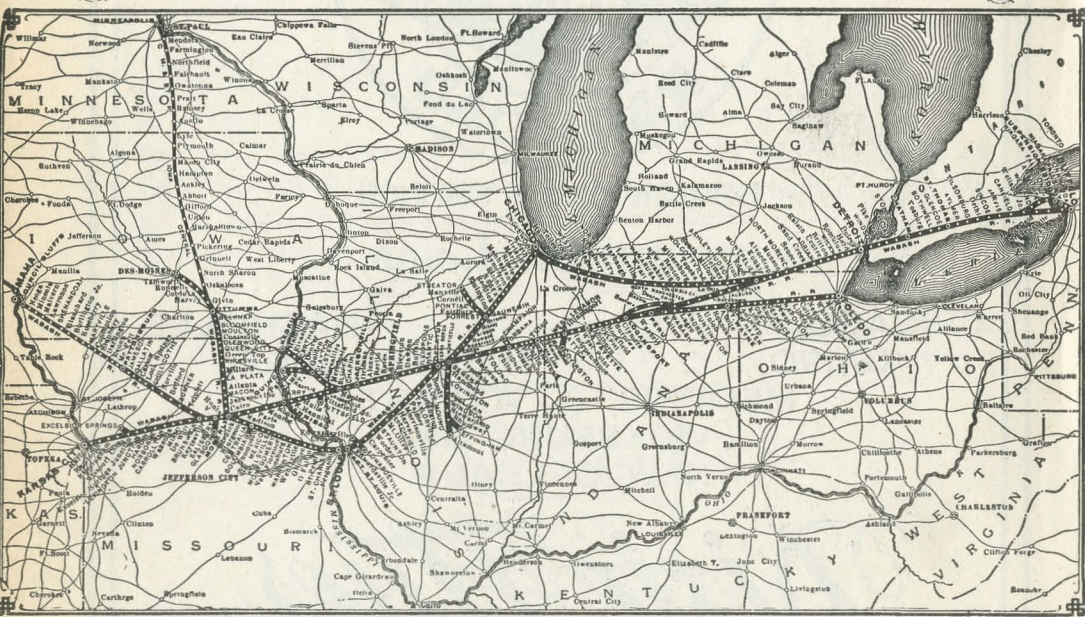
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