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DR. A. T. STILL'S DEPARTMENT.

YES! AND WHY.

THE American School of Osteopathy located in Kirksville, Missouri, is without doubt or debate the best school for the purpose for which it was brought into existence, because it is prepared to teach thoroughly all branches necessary to a complete knowledge of Osteopathy. It has at the head of its management, A. T. Still, the father and founder of Osteopathy, who has devoted every day of a quarter of a century to the study and proof of the efficacy of Osteopathy in combatting diseases, during which time a sufficient amount of money has been accumulated to build, equip and run the institution. To this is added the experience of many years, both in practice and teaching. The selection of the necessary teachers for all branches cannot be done without a thorough knowledge of the basic principles of healing by this method. It is now equipped and in full running order as an institution of learning, created for that purpose. It has gone through all the trials and tests of selecting and retaining the most capable minds to impart knowledge. No position has ever been given to any professor merely by personal preference, but because of his fitness and capability to impart the necessary and most useful knowledge to advance this science. In all cases where unfitness has appeared in the person of anyone to execute with skill and exactness every demand as a teacher or an operator, that place is vacated at once, in favor of talent that is better suited for the duties for such chair, finances not being the question of this institution, but "mental qualification," at all times and in all places, the motto, and has been exacted from beginning to present date, and will so continue to be exacted during the days of the institution.

Another reason why this school is self recommending is that the graduates who leave here and go out to treat diseases, show their skill in controlling disease and they soon go into a lucrative practice, as the teeming bundles of letters which come in with every mail do testify. All, who are diplomates of this school, and are scattered to the four quarters of the earth, assure us that they are happy in their pursuit, proud of their diploma. Because of recommendation and indorsement

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of this school—their alma mater—the increasing number of students has filled the present building to its fullest extent to accommodate them. Three times during the past four years, the building has been remodeled, and made larger with each addition.

Another reason that this is the best school is that the diplomates of the American School of Osteopathy report that when they go into a new place the first question asked them is—"Where did you obtain your knowledge of Osteopathy?" and when the diplomate answers that he is from the American School of Osteopathy no further questions are asked. The significant value of his diploma, and the character of the institution, places him beyond doubt or cavil. From the first day an Osteopath from this school hangs up his diploma in any office in the United States, he is crowded with patients and business, and is honored and respected, first, because of the known character of his diploma; and secondly, because of the results and satisfaction he gives to the afflicted.

We ask no student to come to this school unless he is confident that the above is true and trustworthy. Keep your money and brains until you know you are right—then go ahead. This institution is satisfied to present the truth and abide the results.



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 offence and de-

fense, 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.



INTUITIVE CONSCIOUSNESS.

BY following a study with practical training, a person becomes acquainted with the principles to such fullness that he can do good work in all parts, and feels no farther effort will be required. He does his work well and feels so, because of his being master of his trade by practical experience and close observation to the study while an apprentice.

Another person of his apprentice class who never lost an hour, cannot do as good work, and lives a life of confused labor, but stands about par in all other branches. The first man has obtained from study something that the second man has not. The first drives through all kinds of difficult problems with ease, while number two is almost a failure in all places. Why the difference? Perhaps number one has worked for and obtained intuitive consciousness, or made all subjects to his mind beings of life, that live under laws made for their being. He who succeeds must study the law of all pursuits or trades. To observe and obey is the only way to succeed; he does succeed by obedience to such laws until mind and body becomes equally sensitive to the fact that man must feel that he is right before he can be successful.

By the law of knowledge and intuition all persons do succeed. Thus we should not be satisfied to know that we are right, but feel so, and act with energy to suit, and our successes will grow with time. We must feel an interest in all we do or we will always eat at the table of disappointment.

It may be possible that we do not think often enough of man's dual nature, and that his body is under his mind, and obeys its orders all the time. By long service under the mind the body becomes saturated so thoroughly with the telegraphy of thought that it feels premonitions of an order to execute some duty before the order is given; perhaps from the fact that the body is full of the essence of mind and its action. I will drop this thought and say, that the above is only an immature suggestion. I believe the greatest blessing we can obtain is to have sensation in union and action with mind and body if we would succeed.

PAP'S FIRST TEXT.

HONOR THYSELF THAT THY DAYS MAY BE LONG ON EARTH: Now, brethren and sisters, the greatest honor a person can enjoy is to know that he has told the truth, every pop all day, every day each week.

Now look at a few idiots who go into various kinds of business. He or she begins the day's talk by saying "this is the coldest day I ever saw," when it is scant zero, and she is an old maid of forty-five winters. He says, "My dog, he's the best dog in the world," when the truth is he's blind and has had fits for ten years. Now, son, don't tell this dog story any more. Just stop right there. If you go into business,—school, mercantile, or any other business,—tell the truth about it. Don't lie and cheat in order to make gain. A man's heart may be full of wine, but one dirty lie will sour all his joy.

Don't say you were a pet student and got a special drill on all branches, and that you were the only object of admiration of all the professors. If you do tell such trash to strangers they will set you down as a fool, and not to be trusted. Your babe is as ugly as mine, and both are as green as a mess of boiled dandelion, so just be easy about your fine qualities. People will weigh you, and give you all the credit for good that you merit.

The way of the righteous is easy, but the road of the untruthful brag is a life of remorse. If I had my choice, I would take a thousand thieves before one liar. What would the universe be if God were a liar? Be honest and God will endorse all you do and say.



"PAP."

AS I am often called "Pap" by the students and diplomates of my school, I will try and treat you as a "Pap" should his children. When he or she has received his or her parchment from the American School of Osteopathy and has earned it by faithful and hard study, and passed on all that has been required of them by the school which is of a high grade in all its branches, and when I affixed my hand to your diplomas, I did so because I thought you worthy of them. I felt you had done honor to yourself and the school.

I am proud to say of each and every graduate who has spent the required time in this school, that I feel sure they are well prepared to enter the field of labor and do good work in any climate, season or place, if they keep an eye fixed on the principles taught them by this school; they can at the close of each day be wiser and feel more joyful of the step that put them to study man, the master-piece of the works of God. I want you to feel and know that I have no "pets" I bear the same love to all. Write me often, I will be with you in sunshine or in shadows.

Lovingly yours,
PAP.

CELEBRATION OF DR. A. T. STILL'S SEVENTIETH BIRTHDAY.

DR. A. T. STILL'S seventieth birthday occurred on the 6th of August, and at that time elaborate preparations had been made by a number of his warm admirers among the students and patients of the great institution which he has built up, in concert with representative citizens of the city. Memorial hall had been beautifully decorated and a choice musical and literary program prepared, but just before the hour set for assembling a heavy thunder storm of more than ordinary violence broke loose, and prevailed for many hours so that but few assembled. It was hastily decided that the formal program should be given at a later date, and after the fall term had fully opened.

The deferred celebration was held on the evening of Saturday, October 15th, in Memorial Hall. A very large and brilliant audience was present, among whom we noted several members of the faculty of the State Normal school, a number of prominent people from abroad, some of whom are patients of the A. T. Still Infirmary, including Mrs. J. B. Foraker, who had delayed her departure to Washington in order to be present. Hon. Andrew Ellison, Judge of the Circuit Court, presided.

A few minutes after eight o'clock, Judge Ellison called the audience to order and in his own peculiarly happy manner delivered the opening address.

JUDGE ELLISON'S ADDRESS,

On any other occasion I would say: Ladies and Gentlemen! but this being a birthday, and the celebration of a birthday, pardon me if I say, boys and girls:

Something over seventy years ago, in the fertile fields of the old Dominion, in that state which is called the mother of presidents, there was born a boy baby. Tradition says that baby was very much like all other babies, with its red face, its flat nose and its dimpled chin. The old ladies remarked that it was a remarkable child. He grew to boyhood and he was a remarkable boy. It is told of this boy that he hunted coons almost every Saturday night and sometimes went fishing on Sunday, and if what some say is true, kittens found death at his hands, and he was particularly fatal to water-melons and chickens.

The boy grew into man's estate. The average man is the creature of his environment, so we become Methodists, Baptists, Presbyterians and Campbellites or Christians; we are Republicans because of the majority; Democrats because of the constitution; and Populists—the Lord only knows why! (Applause.)

The man who dominates and masters his environment, possesses the elements of strength. This man chose the profession of the healer, studied

for many years and practiced in the old style, but noted its failures and its weakness. He broke loose from its traditions and proclaimed his newly discovered science of Osteopathy.

I shall not this evening attempt an eulogy upon Dr. Still. We have him here on this platform tonight. His life work has been so marked with charity, so filled with the healing of the sick, these deeds of kindness are more eloquent than anything I can say. We are met here to-night to express our gratitude and love for the "old Doctor," and to congratulate him on his past three score years and ten, and to express the hope that he will stay with us many years more to bless mankind. We wish to express as neighbors and fellow citizens our appreciation of the grand good work he has done for humanity.

We hope that this good work, the child of his heart and brain, may go on, and that Dr. Still may continue at its head. It is the desire of every one who knows him, it is the desire of the thousands whom he has been the means of curing.

I noticed to-day our new court house. I noted the bright emblematic figure which surmounts its pinnacle. It is the figure of Justice, with her scales in one hand, to weigh out even handed justice, and with the sword in the other, to enforce the law. It seemed to me there was one thing needed to complete the whole, and that there should be the statute of this man, who has done so much for humanity, a statute to perpetuate his memory, and the discovery of the Science of Osteopathy, whereby he took the hopelessly afflicted and performed the so-called impossible, and cured the incurable, and restored to friends, life and activity, those whom death had marked for his own.

That this good work may go on, and that Dr. Still may continue in this magnificent work is the desire of everyone who knows him. It is the desire of all the thousands whom he has cured; it is the desire of their tens of thousands of relatives—mothers, fathers, brothers and sisters. I speak the voice of Kirksville, this great state, of America wherever Osteopathy is known, that it is the universal desire that he may continue to bless the world in the future as in the past, and that the five hundred students here assembled will bear the torch, when he leaves it, on to continued honor. (Applause.)

DR. WM. RICHARDSON

Of the chair of Languages in the North Missouri State Normal school, then came forward and read the following poem, written especially for the occasion:

To the "Old Doctor," on his 70th Birthday, Aug. 6th, 1898.

'Tis said:

"One touch of Nature makes the whole world kin."

Thy kindly touch—dear Master—makes us kin to health
And happiness. What power on earth can win

Of honor, gratitude and love such wealth
As follows thy imperative "be well"?

The lustful glory of the mart and bloody field—
With one exultant, where the many fell—

Is not for thee. Thy glory is a shield—
Formed by thy brain and sufferings—to save.

Mighty magician thou! Who canst, at will—
As the Great Master once rebuked the wave—

Command the throbbing waves of anguish—"Peace! Be still!"

Three score and ten! Long may it be, dear friend,

That we shall count, with thee and thine, most precious years

Of great work, grandly done; each one to blend
Joy, pride and triumph, with the coming tears!

No wreath of gold or laurel may be thine;

But, ages after thou hast laid thee down to rest,
Thy name and memory shall be the shrine

Of blessing millions whom thy noble life hath blest!

HOWARD KRETSCHMAR.

Kirksville, Mo., August 3d, 1898.

Then followed music by the orchestra of the American School of Osteopathy.

Mrs. Greenwood Ligon of Mississippi, member of the February '98 class, then recited a beautiful extract from Dr. A. T. Still's Autobiography, prefacing the recitation with a few explanatory words. The extract chosen was from the chapter which begins:

"Through all the darksome night I lay enchained by slumbers thrall, but with the first faint flushing of the dewy morn, I arose and wandered forth, etc."

The fine rendition of this grand poetical rhapsody was listened to with wrapt attention by the vast audience, and greeted with applause at its conclusion.

DR. A. T. STILL

Spoke briefly in response, taking for his text the scriptural command to "Love one Another." "Why not love one another. I know," said the doctor, "no reason why we should not. When we look at the human form we see the eye—that window of the brain; it is the secret of God and the comfort of man. We are firmly and kindly commanded to love one another."

"My father loved the souls of men so dearly that he spent his life for man, and then at about my age he passed into the gates and settled with immortality."

It was obedience to this command, the doctor explained, which prompted him to study into the mysteries of man's organism, and through which he arrived at the conclusions which form the basis and foundation of the science of Osteopathy."

"I love my fellow man," said the speaker, "because I see God in his face, and in his form. I see him in the vital action. I saw that great engine which is in the body showing the love of God in the way of locomotion and the power of giving it. I saw that love coming down through scores and tens of scores of years. I found that engine wisely placed to do its work. By reason I then concluded that the love of God was not without wisdom in the construction of man." "How was it then, I am asked, that I thought of Osteopathy? I first saw the tracks of God in the snow of time. I followed them."

The doctor then went somewhat into detail in regard to various diseases and their nature, and the philosophy of their varied manifestations, after which he thanked the audience for its presence and closed.

The next number on the program was a song by Dr. Wm. Smith. He gave "Auld Lang Syne" and in response to an ENCORE gave a comic song and recitation entitled "My Wife's Relations," which was uproariously applauded.

GRADUATION OF THE JANUARY CLASS OF 1897.

ON THURSDAY evening, October 27, occurred the graduation ceremonies of the January, '97, Class, of the American School of Osteopathy. The exercises took place in Memorial Hall, which had been tastefully decorated for the occasion. Every inch of room was occupied, and hundreds, as usual, were unable to gain admittance. Much of the confusion of former occasions was avoided, however, by the issue of tickets for admission to the building.

The following is the official program of the graduation. Lack of space on the eve of going to press prevents a more extended report:

- Music A. S. O. Orchestra
- Invocation Rev. F. N. Chapman
- Music..... A. S. O. Orchestra
- Valedictory..... Nora A. Chapman
- Address..... Dr. J. Martin Littlejohn
- Music..... A. S. O. Glee Club
- Class History..... Herman F. Goetz
- Music..... A. S. O. Orchestra
- *Address..... Dr. A. T. Still
- Music... A. S. O. Orchestra
- Presentation of Diplomas..... Dr. William Smith

Dr. Charles E. Still acted as Master of Ceremonies.

*Owing to the illness of Dr. A. T. Still, a few parting words from his pen were read to the class by Dr. Arthur G. Hildreth.

The following is the list of graduates:

- | | |
|------------------------------------|--------------------------------------|
| C. L. Brundage.....Kirksville, Mo. | J. H. Hardy.....Greensburg, Mo. |
| R. Pearl Buckmaster, " | J. K. Johnson.....Kirksville, Mo. |
| Mrs. Alta Corbin Curry, " | B. E. May....." |
| Nora A. Chapman.. Plattsburg, Wis. | J. M. Mullins.....Omaha, Mo. |
| D. L. Clark.....Harvard, Iowa. | W. A. McKeehan.....Ft. Madison, Ia. |
| H. G. Dillon.....Ludlow, Ills. | T. B. Mansfield.....Kirksville, Mo. |
| A. T. Dodson.....Kirksville, Mo. | G. V. Nienstedt.....Clarinda, Ia. |
| H. F. Goetz.....Quincy, Ills. | J. F. Reynolds.....Kirksville, Mo. |
| E. W. Goetz.....Cincinnati, Ohio. | Caryll T. Smith....." |
| C. E. Gehrke.....Kirksville, Mo. | Charles Sommer.....Sedalia, Mo. |
| H. M. Harris....." | Mrs. S. W. Wilcox.....Yankton, S. D. |

PERSEVERANCE REWARDED.

THE young lady whose portrait accompanies this sketch is a living illustration of the virtue of perseverance. Her recent visit to this city where she is so popular and where she has formed so many friendships among our young society people, has renewed public interest in her remarkable cure through Osteopathy, at the A. T. Still Infirmary.



MISS MAE CRITCHFIELD.

Miss Mae Critchfield, of Oskaloosa, Kansas, came to the Infirmary on the 17th day of April, 1895. Her home physicians advised against her coming, because her condition was such that they did not believe that she could survive the fatigue of the journey. In the preceding February she had a severe attack of cerebro-spinal meningitis, lying unconscious for fourteen days. The disease left her in a pitiable condition. One hip was dislocated and the upper left portion of the body was paralyzed from the center of the back. She could not lift her left arm, and one side of her neck being paralyzed, it was necessary that her head should be propped up when not in a recumbent position. She was unable to sit up but a small part of the time, and the left part of her body was totally insensible, so that even pin pricks were not felt. It was in this condition that Osteopathy found Miss Critchfield. To-day no more sprightly, active and happy young lady can be met with in many a day's journey. But much of the credit of this wonderful transformation

must be given to Miss Critchfield herself. Through the long months of preparatory treatment,—thirty-two, we believe,—her perseverance and faith did not waver. There was a constant and steady, though apparently slow improvement. The muscles were drawn and contracted and it took time to restore them to their normal condition. From July to November 1897 she went upon crutches, but at last her patience and perseverance were to be fully rewarded. The *Saturday Mail* of November 13th, 1897, gives the climax of the case as follows:

On last Monday something startling occurred. It was so startling that it even scared Dr. Harry Still, the operator, and all in the operating room. We don't know anything about Osteopathic or anatomical terms. We only know from our interview with Miss Mae, that the hip was set; the proper bones were put in place, and she walks to-day with only the slightest trace of a limp. A happier girl it would be hard to find. As her mother says, "it is hard to realize that what we have been hoping and praying for has come to pass. You can hardly imagine our gratitude.

During Miss Critchfield's recent visit to Kirksville, she was a frequent visitor to the Infirmary. In an interview with the writer, she kindly consented to the publication of her portrait and a recapitulation of her case. She declares that she is perfectly restored to health and activity, and that she has experienced no return of her trouble since she left for her home in Kansas some months since. It is hardly necessary to add that Osteopathy has no warmer or more enthusiastic advocate than Miss Mae Critchfield, of Oskaloosa, Kansas. At her own request we add in conclusion that she desires proper credit to be given Drs. A. T. Still, Harry Still and Dr. Landes, now of Michigan, for the first months of her treatment, and to Dr. Harry Still and Dr. Gentry for the completion of her cure.

X-RADIANCE.

D. LITTLEJOHN, PH. B., M. D.

IT WAS announced in former issues of the JOURNAL that Dr. A. T. Still had purchased an elaborate X-Ray apparatus. It is not at all out of place now that the apparatus has been installed, and is in actual working order, for us to give to the readers of the JOURNAL a few facts in regard to the subject of x-radiance, and the important part which it plays in diagnosing many of the pathological conditions to which mankind is heir.

Although this is a very recent acquisition in the field of science, there is no discovery of recent years which has secured in such a brief period, such a popular and world-wide reputation as has the X-Rays. But though this be the case, we take it as a truth, that such a subject cannot be too well understood. So that those of our readers who are familiar with all the workings of x-radiance, we hope will bear with us in going over ground, that to them may be familiar, but to many will be new.

In December of 1895, Professor Wilhelm Konrad Roentgen first brought the subject of this peculiar phenomenon before the notice of the world in a

paper which he presented to the Physico-Medical Society of Wurtzburg, Germany.

The substance of his report was this: That he had found, primarily by accident, but subsequently by investigation and research, that on passing an electric discharge from a large Ruhmkorff coil through one of the varieties of tubes which have been exhausted of air, either a Crookes, Lenard or Hittorf tube, that there was a peculiar form of light developed. He further found that if this tube was covered over entirely with a card-board covering—the room being perfectly dark—a paper which had been covered with some fluorescent material, (in this case, barium-platino-cyanide) became brilliantly lighted and showed very marked fluorescence. This proved that this peculiar discharge of radiance was able to pass through the card-board covering the tube and produce this brilliant fluorescence.

He next proceeded to investigate whether this influence was capable of penetrating other bodies, and as a result of this investigation, he found that all bodies were capable of being penetrated by this peculiar influence, or this variety of rays, but in different degrees. This difference is transparency in different bodies of the same thickness, being mainly due to the difference in density of the various substances.

He spoke of this peculiar phenomenon as rays, and not knowing the exact nature of these rays, but knowing that they differed very materially from the ordinary rays of the sunlight, he applied the term X-RAYS to them.

He further investigated in reference to the refractibility and reflection of these rays, and by experimenting with prisms of various materials, he was able to demonstrate that these rays possessed neither refraction nor reflection to any appreciable extent. This has a very important bearing on the usefulness of the radiance, for had the rays been refracted on passing from one medium to another, their usefulness is locating foreign bodies would have been very materially diminished, and their field of application would have been lessened to a very marked extent.

As to what is the exact nature of the X-Rays he was not able to accurately determine. He proved that they were not merely the Cathode rays of Hittorf as was supposed by many at first. The difference between the cathode rays and the X-Rays being that the former can be deflected by means of a magnet, and the latter are not influenced in any way by the use of a magnet. The true nature of these rays is now, as when first discovered, a question of doubt, various theories being held in regard to them, but as yet none of them have been sufficiently demonstrated to be accepted as the true explanation of their nature.

This gives us in brief, an outline of the investigation of Prof. Roentgen. But since its discovery by him it has been taken up by scientists in all parts of the world, and they have, by invention after invention, brought it up to the degree of perfection which it now possesses.

One of the most recent and at the same time one of the most valuable

additions to the department of x-radiance is the Dennis Fluorometer. This instrument is used for the locating of foreign substances in the body. By means of it, it is possible to tell with exact precision the exact location of any foreign substance in the body.

With these few remarks on the subject of the phenomenon of the x-rays, we will now very briefly consider a few of the points in regard to the possibilities of its application.

1. Fractures and Dislocations. In this branch of surgery the x-rays are of almost inestimable value, not only in making a diagnosis, but also in assisting us to formulate a plan of treatment; which it is easy for us to do when we know the exact nature of the condition and the displacement. They are also of great value in making a differential diagnosis between these two conditions, i. e., fracture and dislocation, which otherwise, many times can not be made out even by the most skilled diagnostician, on account of swelling and tenderness, or obscurity of the symptoms.

2. Locating foreign substances. It is in this field that x-radiance has proven itself to be of the utmost value. By means of it we can locate to a certainty the exact position of any foreign substance which may be present in the body. Thus doing away with the use of the probe, which even at best was always an unsatisfactory method of diagnosis.

3. Medico-legally. In this respect the use of the X-Rays will prove to be very serviceable, and photographic examination will prove very valuable in cases like the following:

(a) As evidence in cases of alleged injury, or as evidence of the presence of a foreign substance in criminal or even civil cases.

(b) As evidence in cases of action for malpraxis, for example, in case of a surgeon being sued for over-looking a fracture or dislocation, where such condition does not exist.

(c) As evidence of identification, either after death or during life.

(d) As evidence of pregnancy.

4. Abnormal conditions of the internal organs. By means of skiagraphy we are enabled early to make a diagnosis in cases of tubercular deposits in the lungs. Before it could be diagnosed by bacteriological examination or by auscultation. In pleurisy with effusion the extent of the effusion can be made out by careful fluoroscopic examination. The presence of renal and biliary calculi, calcareous deposits in the walls of the blood-vessels and aneurysmal tumors can also be detected, and many other pathological conditions.

5. Anatomy. We merely mention this subject in order to show the vast possibilities that are opened up. It is very probable that skiagraphic examinations, both of the prepared cadaver and of the living subject, may lead to many alterations being made in the anatomical text-books of the present day.

We have thus mentioned a few of the things to which x-radiance may be applied, but it must be understood that we have not exhausted the list. Many others might be spoken of, as Physiology, Obstetrics and Gynaecology, etc., but we have just taken the ones referred to as examples, in order to show the vast possibilities of this new science, and to bring it more impressively before the minds of the readers of the JOURNAL.

OCCUPATION.

PROF. WM. SMITH, M. D., D. O.

THERE are few things which conduce more to degeneration, whether mental or physical, than idleness. When a limb is adjusted in splints and left so for some weeks, on removal of the restraining apparatus it is found that the muscles have undergone atrophic change; the converse is true, when a limb is worked beyond the usual demands put upon it: hypertrophy of the muscles occurs. Make demands upon the heart for increase in its action (as is done in cases of valvular lesion) and hypertrophy takes place, such hypertrophy being the anatomical expression of the attempt on the part of Nature to compensate. What is true of the body is also true of the mind. The man or woman who uses the brain and constantly exercises it develops the mental faculties, the slothful allow what little grey matter they did possess in their mental areas to deteriorate. From him that hath not is taken even that which he hath.

The most valuable lesson which can be taught to any boy or girl is industry. Indolence of body or mind must be overcome if the individual is to be of any use at all in the world; the old saying that "Satan finds some mischief still for idle hands to do" is as true to-day as it ever was, and nine out of every ten boys who "go wrong" or "sow wild oats" do so from one primary cause: indulgent friends who allow the habit of indolence to grow. In the same way it is that girls become hysterical. The great cause of hysteria is want of definite employment, want of serious thought and, as a result, deterioration of the will power. The environments of girls differ from those of boys. The social law as regards common morality unreasonably regards as "wild oats" in boys that which would make an outcast of the girl; thus it is that the boy "goes wrong" while the girl trifles with trashy novels, moons through life with idle dreams and lays the seeds of neurasthenia. The absolute and entire responsibility is with the parent.

How often do we see a boy allowed to neglect his school lessons because he does not care to learn them, neglecting that which he would ultimately find his fortune—an education. The girl is allowed to listen to the conversation of her elders and ape them in all their sayings and doings, so that at thirteen or fourteen she imagines herself a grown woman and can discuss her various beaux. While the boy hangs around with a cigarette in his mouth, the girl lies around at home with no occupation in house work, her mother who was not cursed with such a fool for a relative as is she to her daughter, doing the work which the girl should do but which the mother is afraid may be "too much for her."

Fathers and mothers, let me give you a word of warning: if your boy or your girl has not got some physical and mental work to do, give it to

them; if the work is not to be found for them, make it. Do not allow soil to lie fallow, for weeds grow easier than grain. I know women now confirmed invalids whose sickness dates back from girlhood, the offspring of hysteria, for while hysteria at first is only mental disorder, if neglected and not treated with sharp measures it soon leads to organic disturbance.

We are accustomed to condemn the practice of allowing boys to read the "Dare Devil Dick, the Terror of the Antilles," style of book, but how many parents see that their boy is given the proper substitute, not some wishy-washy Sunday School story book about the good little boy who did all that his mother wanted him, and then as a reward died, but a good book, story of adventure or travel, tales illustrating the best side of man's character where the moral is not emblazoned on every page but where the morality is gently impressed upon the mentality. The girl is in the same way only too often allowed to read trash of the worst kind, about the "saleslady" who is rescued by the millionaire from under the trolley car and eventually marries him after triumphing, (of course through his aid) over the villain who sought to mar her happiness. Give your girls Miss Yonge's books, Miss Mulock's, Dickens, Scott, Thackeray as they grow a little older. Where is there a prettier tale than Little Women or Little Men, but how often do we see them now on the bookshelf of a young girl. It is the mother's fault the books are not selected. Encourage the habit of reading, but choose the matter which is to be read.

Let your boys and girls have hobbies, the boy who is thinking about the "Blue Demarara of '86" or something like that, is saving his money to buy that stamp, not spending on hay wrapped into a roll after being soaked with some decoction; the girl with a hobby has her mind occupied, with something other, than dress and "boys."

Exercise her muscles, for we will only find a well-developed physical body in those who have exercised. If you live in the city make your children walk in preference to riding in the street cars. Be cautious as to bicycling and note first that the saddle is of proper shape (the Christy is perhaps the best) and also that over-exertion is not produced; see that the hideous bicycle hump is not produced, but that is not "fashionable" now as it was four or five years ago. If you are not so circumstanced that you can afford an "exerciser" let your boys and girls each day practice for five minutes exercises with a mop handle (held like a bar-bell) and a pair of two-pound dumb-bells, let them practice deep breathing for three minutes and you will be astonished at the results in the way of improved figure, gait, complexion and general health. Five minutes of muscular exercise conscientiously and faithfully performed each morning has made many an incipient consumptive into a stout, strong man. My space is gone and the subject is not yet begun.

Parents, the only thing on earth is not money-getting; watch your children and guide them aright, do not drive but lead, not scold but encourage;

in that way you will save yourself many a heartache in the future. Occupation properly directed is salvation and moral and physical strength; idleness or neglect of opportunity can only end in one way, deterioration, moral, mental and physical atrophy.

KIND WORDS FOR DR. STILL.

IT was my good fortune recently to make the acquaintance of a lady who was a personal friend of Dr. A. T. Still in the days when there was slowly shaping in his brain those results of his life's experience and work which, when sufficiently finished to be of value to human kind, he named Osteopathy. This friend knew him during the long, dull years of service, which were the price of the ultimate success, the price of a name known and blessed by increasing thousands. It was in the days when he had given up the old and before he had been given credit for the new; when he had left all to work out alone, through persecution, prejudice, ridicule and scorn, principles which he believed were true.

It was about this time that the lady I have mentioned became acquainted with Dr. Still, and the impression I gained from her stories of him is that of a generous, unselfish character, giving all his time and money to relieve the sufferings of his fellow-men.

While all Osteopaths have not the inspiration coming from a personal acquaintance with the founder of Osteopathy, there is much to be gained from the story of his life. It is easy and pleasant to be an Osteopath at the present time, but to be the pioneer of the new science required sacrifices that not everyone would care to make, even as the price of success.

H. E. HUNT, D. O., Santa Barbara, Cal.
[Osteopath, Los Angeles, Cal.]

WATER.

THE *Cleveland Journal of Medicine* says: "There are no well-ascertained facts on which to ground a conclusion that dilution of the gastric juice within any limits permissible in the size of the ordinary stomach is in any degree harmful. All modern studies of gastric digestion tend to show that all excess of fluid taken at meals is promptly ejected in gulps into the small intestine (a proved fact), or absorbed by the stomach wall. Further, gastric digestion occupies a period of two to four hours, during which time the gastric juice is constantly being secreted, and all excess of fluid would be absorbed by a normal stomach in a half hour. Of course, in a stomach already crippled in motility or in secretive power these statements would probably not hold good, and it would then seem best to limit the quantity of fluid at meals. In healthy people that the above reasoning is true seems

to be readily proved by the enormous number of healthy Americans who ingest great quantities of fluid at meals for years with no apparent damage. It is easier to do harm by taking too little water than by too much, in health at least. Even supposing that in indigestion the fluid was not early disposed of, we know quite positively that both hydrochloric acid and pepsin act more freely upon proteid matter when quite dilute than when more concentrated."

PROBLEMS WE MUST MEET.

BY DR. CARL P. MCCONNELL.

I HAVE been asked by the Editor of the JOURNAL to contribute an article on Osteopathy. We all, I believe, fully realize the necessity of true Osteopathic literature and lament that more is not written and given to the world. Very likely we have not stopped to consider the matter thoroughly and ask the question who is at fault and who responsible for such a state. Is not each one of us to blame? Does not the future of our beloved science depend on you and me?

Surely, I hope, all of us have ideas, and if we would exchange theories and opinions freely what a great help it would be, not only individually, but for the future of Osteopathy.

We note with pride what a great and phenomenal growth Osteopathy is having and with what readiness the intelligent public accepts its truth. A word of caution here—are we not apt to interpret Osteopathic progress wrongly in thinking that the development of the science is in seeing how many patients we can treat in a month when we go out into the field? Should we point with complete satisfaction that Dr. B. has simply all he can do? Of course this is proper and all very well. I do not mean injury to a single practitioner. But there is something else to be considered and that is, to profit by our knowledge gained not only in perfecting the art of Osteopathy, but by developing the science. Work out the innumerable problems that are to be solved. Study the how and why of your results.

All Osteopaths recognize the JOURNAL as the official organ and what better medium could we ask for in which to air our ideas. I wish we all might become enlivened to the great demands before us and study not only how we may enlarge our practice, but how results are obtained, and cures performed scientifically in the various diseases we treat. The JOURNAL is for our use and will gladly help us, in fact urges us to take up the work in this manner. So let each of us add something to make up the great whole.

Dr. Still has given us an immense start and would be glad to see our various views in print. Remember he is still with us, body and soul, in the philosophy of Osteopathy. We cannot have him always to direct us in our efforts. At the present Dr. Still reasons more in the philosophy of our

science in one day than most of us do in a month. We should appreciate this fact and begin to realize our exact position.

One of the great problems before the medical world today is the lack of a scientific classification of diseases. Hardly should it be called an attempt at a scientific classification. In fact, it is mere rubbish. Possibly it has served our medical brethren in good stead but I doubt it, for the confusion it brings to an active practitioner is enormous. Especially to the Osteopath is it of very little use, the name of a disease presents so little to him of the actual cause of the disorder. An Osteopath in most instances cannot have much of an idea what the real trouble is by hearing that a stated patient is suffering from a certain disease, medical practitioners differ so widely in their diagnoses, besides the name given to a disorder oftentimes implies so little; moreover the disease may really belong to an entirely different division in the classification.

Our medical brethren are awakening to the real state of affairs in that we need a scientific system of naming diseases. In an article presented to the American Medical Association at their annual meeting held in Denver the fore part of June last, Dr. Robert G. Eccles, of Brooklyn, N. Y., said in regard to our present nosology, "Our present lack of system is a sad hotch-potch that if merely useless might be tolerated, but that being positively misleading should be consigned to oblivion as quickly as possible."

Owing to the exactness and the demonstrable truths of Osteopathy our school will necessarily take the initiative in this problem and give to the world a scientific naming of diseases.

Whether or not we can classify all disorders under mechanical, chemic, biologic, and errors of development as Dr. Eccles suggests is a question we should consider. We find mechanical disorder is the great predisposing cause of disease. In connection with this great underlying principle we should recognize such important exciting factors as chemical and biological changes. Of greater importance to us than these factors are the various lesions and their effects (chemic, biologic, etc.,) to the nervous structure, cells and fibers of the motor, sensory and other systems; the lymphatics; the arteries; the veins; and other vascular channels. The extent of a disease depending upon the location of the anatomical disorder (mechanical.) Here I would suggest might be the true solution of this problem, i. e. naming diseases according to the nervous or vascular region involved. In reality there is no such thing as distinct diseases but such a grouping would be of great aid to us.

Other important problems should not escape our study and research and in which all are vitally interested. I would ask, what part does stimulation and inhibition play in the cure of diseases Osteopathically? In fact, does mechanical stimulation and inhibition enter to any great extent in our work? Perhaps we view this matter wrongly and think we stimulate or inhibit when in reality all that we usually do is to correct the disorder found

and Nature performs the rest i. e., brings the nerve force and all parts dependent upon it to the normal. All that Osteopathy or any other system can do is to correct and alleviate the disordered tissues and Nature equalizes the vascular and nervous systems.

Another point closely related to the latter might be suggested: to what extent do we effect the various centers along the spinal cord; is not work along the cord largely to correct displacements of the vertebrae and ribs which are obstructing or irritating nerve fibers at points between their peripheral and central ends? thus the lesions are not primarily affecting the various centers along the cord. *Tabes Dorsalis* illustrates this point nicely. Instead of the sclerosis of the posterior column being a primary systemic affection, it is simply a sequence to the cause. The primary affection, being in the peripheral sensory nerves as the protoplasmic processes to the spinal ganglia and sensory tracts are derived from these nerves.

This being the state in one of the common chronic diseases of the cord, how far may the theory be carried to other disorders. That spinal diseases are not necessarily a primary affect of the cord centers and tracts but due to lesions of the nerve fibers to and from the cord,

Is not a large percent of lesions of the spinal column involving the legs and pelvic organs found below the second lumbar vertebra where there are no centers in the cord, in fact the cord proper terminates? Thus the lesions must be to the nerve fibers passing through the intervertebral foramina. This being the case in the lower lumbar region why not throughout the entire vertebral column.

I have given hardly a mere outline in these few problems brought to your notice. My idea being to awaken your opinions on these and various problems that we must meet to uphold Osteopathy to a scientific basis. Let each one of us observe and reason. Dr. Still has given us the great underlying philosophy of Osteopathy. It is the duty of each of us to add links to this great chain of truth.

AFFAIRS MUSICAL.

UP TO last term of the American School of Osteopathy nothing had ever been done toward developing the musical talent with which the school is so abundantly supplied. Heretofore everyone was so impressed with the enormous amount of work on hand and in store that the mere thought of spending an hour here and there in rehearsal brought visions of flunks and o marks and caused rigors to playfully chase up and down their spines. But at last a few brave spirits begun to realize that the time could be spared and profitably spent. So, very soon an organization was completed and the "A. S. O. Glee Club" began active work. At the same time an Orchestra was formed and later a Mandolin Club.

But the summer vacation was near at hand and the only effort was a

largely attended concert in Memorial Hall, given by the Orchestra, assisted by the Glee and Mandolin Clubs, Quartette and some outside talent, the proceeds going for the purchase of instruments to be the property of the school organization. The success this concert and the many compliments showered upon the performers, gave the necessary impetus to put these organizations in the best possible condition for the coming winter terms.

When it is known that there are about 550 students from nearly every state and territory—from the British possessions and even from the islands of the Pacific—from which to draw talent, it can be readily understood that the task of organization was a comparatively easy one. The faculty have shown a liberal spirit in placing a pleasant room at the disposal of the clubs furnishing music, and giving every encouragement possible. Dr. G. A. Wheeler was elected conductor of both the Glee Club and Orchestra, and it is largely through his fine talent as a leader, and his untiring efforts that the high standard of the organization is due. Active rehearsals are now in progress preparing for concert work in the near future. The Clubs are contemplating a number of short tours through the country.

The personnel of the Glee Club is:

FIRST TENORS.

G. A. Wheeler, Feb. '99, Randolph, Vt.
G. D. Wheeler, June '99, Barre, Vt.
K. K. Smith, June '99, Clarinda, Ia.
T. E. Regan, June 1900, Lincoln, Neb.
J. W. Forquer, Sub. June 1900, Kirksville

FIRST BASS.

W. B. Howells, June, '99, New York.
M. E. Clark, Feb. '99, Petersburg, Ill.
G. D. Chaffee, Feb. 1900, Shelbyville, Ill.
F. J. Fassett, June 1900, Montpelier Vt.
W. W. Harrington, sub. June 1900, Clarinda, Ia.

SECOND TENORS.

H. Woolery, June '99, Bloomington, Ind.
J. D. Wheeler, Feb. '99, Randolph, Vt.
C. V. Kerr, Feb. '99, Kirksville, Mo.
H. B. Sullivan, June 1900, Chicago, Ill.
J. H. McGee, Sub. June '99.

SECOND BASS.

H. Vastine, Feb. 1900, Sunbury, Pa.
S. D. Burns, June 1900, Chicago, Ill.
W. C. Harding, Feb. 1900.
A. M. Willard, Feb. 1900, Kirksville, Mo.

OFFICERS:—H. Vastine, Pres.; C. V. Kerr, Vice Pres.; H. Woolery, Sec'y.; W. C. Harding, Treas.; C. C. Teall, Feb'y '99, Business Manager.

Before coming here the following gentlemen were identified with the musical organizations of various colleges and universities:

Woolery, University of Indiana; Reagan, University of Nebraska; Barnes, University of Chicago; G. A. Wheeler, Philadelphia Dental College; Fassett, Yale University; Smith, Wabash College; Harding, Wabash College; Clark, Shurtleff College; Chaffee, Va. Military Institute; Forquer, Prof. of Music State Normal School, Kirksville.

A quartette composed of First Tenor, G. A. Wheeler; Second Tenor, G. D. Wheeler; First Bass, H. Vastine; Second Bass, S. D. Barnes, adds greatly to the strength of the combination.

The Orchestra is also hard at work and is as follows:

First Violin, Geo. E. Graham.
 Second Violin, J. D. Wheeler.
 Second Violin, T. E. Reagen.
 Flute, A. D. Barnes.
 Clarinet, G. A. Wheeler.

First Cornet, U. G. Helm.
 Second Cornet, G. D. Wheeler.
 Trombone, A. M. Willard.
 Double Bass, M. E. Clark.
 Piano, Miss McIntyre.

Nearly all are members of the Glee Club also. Although so short a time has been devoted to the work the school can well be proud of the position it has taken in the musical world.

C. C. TEAL.

THE RELATION OF OSTEOPATHY TO SURGERY.

THE advocates of Osteopathy have the highest respect for the science of surgery, which they regard as a true science, and one which has been so regarded in all ages.

As defined by Dunglison, "Surgery is that part of the healing art which relates to external diseases, their treatment and especially to the manual operations adapted for their cure."

A little more definite is the wording in Chambers' Encyclopedia, "Surgery signifies the manual interference, by means of instruments or otherwise, in cases of bodily injury, as distinguished from the practice of medicine which denotes the treatment of internal diseases by means of drugs."

The object of Osteopathy as has been before stated, is to improve upon the present systems of surgery, midwifery, and the treatment of the general diseases; in other words Osteopathy is a system or a science of healing which reaches both external and internal diseases, by its own methods and operations, without the use of drugs.

In the common acceptance of the word, as popularly used and understood, Surgery means "cutting," and any reference to a surgeon's work calls up a mental picture of such instruments as the knife, scalpel, and the lance, and their use upon the human body. The Osteopath accepts that reasonable and necessary part of surgery, as of great use and benefit to suffering humanity and will avail himself of the surgeon's methods as readily as the skilled carpenter would use the saw to remove a useless piece of timber. The Osteopath recognizes the necessity for bandages, lint, splints, stays, and anesthetics, in their proper place, because they have proven their beneficial uses.

But when, say you, should the knife of the surgeon be used? Never, answers the Osteopath, until all the nerves, veins and arteries have failed to restore a healthy condition of the body in all its parts and functions. The great fault and failure of many who enter the field of surgery, is their too frequent use of the knife and anesthetics; where chloroform is used a hundred times, ninety-nine times it might have been avoided with beneficial results to the patient.

Many are the sufferers who go through life disfigured, maimed, or deprived of some essential organ, who should have had their body restored to a perfect condition without mutilation. The oftener the knife is used upon the limbs, body or head for any purpose, not absolutely unavoidable, the more positively is shown an inexcusable ignorance of the natural law able to restore any and all parts where death of the tissues has not occurred.

INFINITE PERFECTION.

(Extracts from Dr A. T. Still's Autobiography.)

IF we acknowledge the intelligence of a God, we have placed ourselves in a position that we are called upon by all that is great, good and intelligent to investigate all the facts in the works to ascertain if they are worthy the belief in an Omnipotent. Make no assertion previous to investigation. If it be the machinery of life, justice would say careful and thorough investigation is unavoidable, because we have now on trial the mechanical works of the mind of the Infinite, and we are oath-bound to tell the truth, nothing but the truth. To become qualified jurors in this case we must remember the apprenticeship, the days of which have been those of a constant worker, through all eternity. And if time and experience have anything toward perfection in knowledge and operative skill, God has had it all.

* * * *

Could we afford to say that the God and mind of all skill did not know and do his work to the full measure of perfection? First, do you not think that His foundation is not only good but very good? Beneath the whole superstructure, man, can you suggest a change in locality for the head, neck, spine, limbs? Could you add or subtract a single bone, nerve, vein or artery that you know would be an improvement on the original? If not, can you add and get beneficial results? Could you put machinery in there that would make better blood, or any other fluid necessary to life? Can you improve on the general covering (or skin) or any other part of the body? With all your wisdom can you improve on His hair making machine? Any improvements on the secretions? lymphatics? any organ, gland or muscle? Do you not see at once that you have not the mental ability to conceive the laws of construction, much less the mental power to conceive and construct a complete machine and endow it with the principles of mind, and motion of the voluntary, involuntary, motor, sensory, nutrient and sympathetic nerve system? Have you ever found under the most crucial examination a single flaw as shown by the most powerful microscope? Has chemistry ever detected a failure in the normal process in preparing the fluids of life? Has it ever found imperfection in the fluid itself or in any part or principle of the whole economy of life? If those fluids are differ-

ent in quality and kind, who is warranted to come forward and destroy the harmonious process of life by the addition of any noxious or innocent drug?

* * * *

Either God is God or he is not. Osteopathy is God's law, and whoever can improve on God's law is superior to God Himself. Osteopathy opens your eyes to see and see clearly; it covers all phases of disease and is the law that keeps life in motion. As an electrician controls electric currents, so an Osteopath controls life currents and revives suspended forces.

* * * *

An observation upon our surroundings this morning, of budding trees, growing grass, opening flowers, too plainly tells that intelligence guided and directed and controlled this wonderful creation of all animate and inanimate things. Deity, the greatest of all creators, made this mighty universe and with such exactness, beauty, and harmony, that no mechanical ingenuity possessed by man can equal the mechanism of that first great creation. Botany, astronomy, zoology, philosophy, anatomy, all natural sciences, reveal to man these higher, nobler grander laws and their absolute perfection. Viewed through the most powerful microscope or otherwise, no defects can be found in the works of Deity. The mechanism is perfect, the material used is good, the supply sufficient, the antidote for all frictions, jars and discords are found to exist in sufficient quantities to the materials selected; the machine put in motion and properly adjusted, to maintain active, vigorous life, is marvelous. Man, the most complex, intricate, and delicately constructed machine of all creation, is the one with which the Osteopath must become familiar.

* * * *

God's pay for labor and time is truth and truth only. If it takes him a million years to make a stone as large as a bean, the time and labor are freely given and the work honestly done. No persuasion whatever, will cause that Mechanic to swerve from the line of exactness in any case. Therefore I can trust the principles that I believe are found in the human body. I find what is necessary for the health, comfort and happiness of man, the passions and all else. Nothing is needed but plain ordinary nourishment. We find all the machinery, qualities and principles that the Divine Mind intended should be in man. Therefore let me work with that body, from the brain to the foot. It is all finished work, and is trustworthy in all its parts.

THE PSYCHOLOGY OF HABITUAL CONSTIPATION.

THERE is much that is suggestive to the Osteopath in a paper on this subject, read at the meeting of the *American Medical Association*, by Dr. Albert H. Burr, who lays great stress on the psychical influence over the rhythmic forces of Nature.

"Among the great phenomena of Nature," he says, "One of the most interesting is that of the rhythmic action of her forces in obedience to ever constant laws. The cycle of darkness and light that measures a day; of recurring seasons that calendar a year; of ocean's tidal ebb and flow that mark her throbbing pulse; all these are but so many demonstrations of a universal law of rhythm. In our bodies similar laws of periodicity are essential to organic health or even to life itself. Restful sleep must follow wakeful toil in just proportion and at proper intervals. Respiration and circulation are dependent upon ever constant, regulated muscular impulses. The processes of digestion, assimilation, and excretion obey this same law of rhythm. So long as these periodic forces are undisturbed in their rhythm by careless or vicious habits of the individual, or by accidental and pathologic changes beyond his control, healthy, organic functions are assured.

MENTAL CONTROL OF RHYTHMIC FUNCTIONS.

"The control of these rhythmic forces is for the most part, outside of and beyond our conscious mental appreciation. They act with automatic precision whether we wake or sleep, little influenced by our wills, our desires or our reasoning faculties. They are said to be controlled by the great sympathetic nervous system which connects the various organs of the body in their functions, with ganglionic and cerebro-spinal centers. This is not true in a literal sense, for this wonderful system is itself only a mechanism; an intricate coordination of communicating lines, sensitized for the transmission of impression to and orders from a central governing intelligence. Whether we accept the theory of a dual mind or not, we are forced to the conclusion that this marvelous labyrinth of communicating sympathetic nerves and the organs to which they are distributed, and hence the functions of these organs themselves are dominated by a never-sleeping, ever-acting intelligent entity.

"Since we know these functioning organs and their special nervous systems act for most part independently of our objective primary consciousness and violation, we are impelled to the belief that they are controlled by a sub-conscious, instinctive faculty of the mind which regulates all the automatic movements of the nonstriated muscles; that it presides over the functions of every organ of our bodies, and that it is capable of being reached and directed itself by psychic influences from within and without. To show this psychic relation and control over the peristaltic action of the bowels

and the function of defecation, as well also the practicability of relieving habitual constipation, of non-pathologic origin, by psychic methods are the problems set before us in this paper. We are confident, if their solutions are made evident, a flood of light will be thrown upon many other functional derangements and their rational treatment make plain; a treatment too little appreciated and too often flippantly ridiculed and dismissed by thousands of good physicians who have not investigated the worth of suggestive therapeutics.

PERISTALSIS AND DEFECAATION.

"The essential physical element in the act of defecation is peristalsis. A clear understanding of this function is of vital importance in this discussion. Peristalsis may be defined as a peculiar rhythmic contraction of successive muscular fibers of the intestine. This undulating movement extends through the length of the canal and is called the peristaltic wave. It is less active in the large than in the small intestine. Its function in the upper bowel is, (1) to assist in mixing the food from the stomach with bile and the digestive ferments of the pancreas and intestinal glands; (2) to bring nutrient matter in contact with large absorbing surfaces, and (3) to impel waste material toward the lower bowel. In the large intestine and rectum its function is chiefly that of evacuating their contents. The rectum receives its innervation through the rectal plexus of the sympathetic system. Its communication with the cord and spinal ganglia lies through the sacral plexus. Its communication with cerebral centers lies through the hypogastric and the solar plexus, and reaches the brain through the pneumogastric nerve. Thus the muscular structure of the intestines is connected by two routes with the central nervous system, from which all primal impulses emanate.

"The fact of defecation is accomplished by the increased peristalsis of the descending colon, sigmoid flexure and rectum upon their fecal contents, assisted by the fixation of the diaphragm and voluntary pressure of the abdominal muscles. We have said the essential physical element in the evacuation of the bowels is peristalsis. Let us bear in mind that normally it is a rhythmic, physical force; that the mechanism, nervous and muscular, by which the phenomena of peristalsis and defecation are accomplished are necessarily dominated by an intelligent, regulating mentality, which sends out these impulses to rhythmic action.

PERISTALTIC STIMULI.

"Any agent which promotes peristalsis will favor evacuation of the bowels. This stimulus may be: (1) *Mechanical*, acting on the peripheral termini of the sympathetic nerves, which convey their impressions to the central intelligence, which in turn sends out its motor peristaltic impulses. Such a stimulus is normally excited by the presence of feces in the lower bowel, by foreign substances like seeds, bran of wheat, oats or corn, by

ptomains from bacterial life or protozoa, by massage and physical exercise. (2) *Thermic*, as seen in excessive peristalsis of diarrhea from extremes of atmospheric temperature. Brief applications of hot and cold compress or enema will arouse peristalsis. (3) *Electric*. (4) *Chemical*, by the physiologic action of drugs, the details of which would be out of place here. We may dismiss them all as temporizing expedients, whose effects are fleeting while the habit remains uncured. It is safe to say the bulk of the drug trade centers about aperients, laxatives, cathartics, and purgatives, exploited by the commercial enterprise of proprietary-medicine men, self prescribed by the laity or directed by the apothecary or profession, all for the relief of chronic constipation.

And so the drugging goes on as it has for ages, while the specific drug is yet undiscovered that will cure the constipated habit. Why? For the simple reason that it *is* habit. Habits are psychic affairs and not amenable to the physiologic action of drugs. This leads us to the most important agent of all. (5) *Psychologic*. Every-day experience teaches us that the intestinal canal is often profoundly acted upon by mental states. Many nervous people have peristaltic unrest. The excitement of certain emotions, anxiety, fear, anger and the like are soon followed by an action of the bowels, which may even become a diarrhoea. Many actors, singers and publishers are greatly annoyed in this manner as a result of "stage fright." Emotional people sometimes have what is termed "hysteric diarrhoea." When a person is in a proper state of susceptibility it is possible to cause defecation by the suggestion that at a given time the *feeding* or desire (peristalsis) or desire for stool will occur. All these are purely mental influences and show conclusively that the mind in its manifold properties has a faculty which presides over the function of peristalsis and that it is susceptible to both internal and external psychic influences.

ETIOLOGY OF HABITUAL CONSTIPATION.

"(a) 'Torpidity of the bowels' (Osler) is usually given as a cause of constipation. This is an explanation which does not explain. It is like the logic used before the laws of gravity were understood, when water was said to flow down hill because of its aqosity. Torpidity simply means sluggish or absent peristalsis. The *why* it is so is the *real* cause. This lies beyond appliances of a controlling force in the brain. (b) 'Sedentary habits, particularly in those persons who eat too much and neglect the calls of Nature' (Osler). One habit may induce another, but sedentary habits are not the primary cause of constipated habits. Over-eating, on the contrary, should stimulate peristalsis by reason of more bulky stools. In the neglect of the calls of Nature, however, lies the *essential cause* of functional or habitual constipation. "With constipation from pathologic causes this paper does not deal.) Contributing factors there may be, but without this neglect, which

has its origin in the mental processes of the individual, and hence is psychic, there would be no habit constipation. What is this 'call of Nature'? We take it to be the periodic, rhythmic peristaltic impulse which has been directed by that subconscious faculty of the mind which controls the sympathetic system, and is incited to action by various reflex stimuli for the physiological purpose of defecation. The voluntary co-operation of the individual with these 'calls of Nature' must be reasonably prompt or the rhythm becomes disturbed, the 'calls' less imperative, less regular, in the end functional constipation is the penalty. Nature defeated in her plans becomes inhibitory. The patient must now resort to many artificial expedients to coax the 'feeling' back again. Dietetic and hygienic measures, physical exercise and massage, electricity and drugs may be contributing aids, but the essential factor in setting up once more the disturbed rhythmic impulses must necessarily be the re-establishing of *psychic* control. This fact is overlooked in our text books in the treatment of this ailment.

"To speak of chronic constipation as a mental and not a physical disorder may at first thought seem rather amusing. Some who have given the subject little consideration, will dismiss the idea as ridiculous. Let them still be joined to their cathartic idols. The overwhelming proof that it is so, is the fact that psychotherapy is capable of re-establishing the function in a great many individuals without the aid of drugs or accessories. The truth of my proposition that habitual constipation is psychic and not physical in its causation is half way acknowledged (though unconsciously) in the conventional instructions given patients to observe faithfully a regular time for going to stool, and whether the desire is present or not, to persist in going through the motions, with the hope that the 'feeling' will eventually return with regularity. Did it ever occur to these practitioners that such a method is very effective mental suggestion? That in their therapeutic wanderings they had finally erected an altar to the unknown God? Him would we declare to you.

"Osler says, 'Much may be done by systematic habits, particularly in the young. The desire to go to stool should always be granted.' A careful inquiry into the habits of constipated people will elicit the fact that they have been negligent in this very essential. Especially is this true of women patients, who are the greater sufferers from constipation. For psychologic reasons they sin grievously against themselves in neglecting a function which can be normal only when its rhythm is heeded. A woman, for trivial considerations, easily defers this call 'to a more convenient season.' By environment and disposition she is less systematic than a man. A neighborly gossip, a household affair, a feeling of repugnance or downright indolence will often interfere with this important duty. Front-door vanity and cosmetic effects are often more important to her way of thinking, than back-door sanitation and rules of health. She is quite apt to look upon defecation as a disagreeable nuisance, to be avoided when possible, to be

hurried through with or incompleting when necessity arises. No wonder a function which normally should be a real pleasure, and productive of a sense of comfort and well-being, becomes an irregular, straining, pile producing effort. And so with the established ills of induced constipation the victim resorts to cathartic teas, syraps, powders and pills for a relief which can only be temporary.

THE seventy-two races inhabiting the world communicate with each other in 3004 different tongues and confess to about 1000 religions. The number of men and women is very nearly equal, the average longevity of both sexes being only thirty-eight years, about one-third of the population dying before the age of seventeen. Moreover, according to the most careful computation, only one person in 100,000 of both sexes attains the age of one hundred years, and only six to seven in one hundred the age of sixty. The total population of the earth is estimated at about 12000 million souls, of whom 35,214,000 die annually—i. e., an average of 98,848 a day, 4020 an hour, and 67 a minute. The annual number of births on the other hand, is estimated at 39,792,000—i. e., an average of 100,800 a day, 4200 an hour, and 70 a minute.

Generally, taking the entire world, married people live longer than single, and those who have to work hard for a living than those who do not while also the average rate of longevity is higher among civilized than uncivilized races. Further, people of large physique live longer than those of small, but those of middle size beat both.—*Medical Record.*

THE influence of all drugs which affect the nervous system, must be in the direction of disintegration. The healthy mind stands in clear and normal relations with Nature. It feels pain as pain. It feels action as pleasure. The drug which conceals pain or gives false pleasure when pleasure does not exist, forces a lie upon the nervous system. The drug which disposes to reverie rather than to work, which makes us feel well when we are not well, destroys the sanity of life. All stimulants, narcotics, tonics which affect the nervous system in whatever way, reduce the truthfulness of sensation, thought and action. Toward insanity all such influences lead; and their effect, slight though it be, is of the same nature as mania. The man who would see clearly think truthfully, and act effectively must avoid them all. Emergency aside, he cannot safely force upon his nervous system even the smallest falsehood. And here lies the one great unanswerable argument for total abstinence; not abstinence from alcohol alone, but from all nerve poisons and emotional excesses.—Prof. D. S. Jordan, in "Popular Science Monthly."

VALUE OF A DIPLOMA FROM THE AMERICAN SCHOOL OF OSTEOPATHY.

THE value of a diploma from the American School of Osteopathy with the signature of its founder, A. T. Still, finds daily illustration. The following are samples of recent letters sent this office.

The first comes to us from the Pacific coast, and is dated at Rodondo, Cal., Sept. 7th.;

"Please send me the mid-summer number of the JOURNAL—the one containing the list of graduates and roster of students. There are a great many men professing to be D. O's that I am afraid are fakes. I am interested in Osteopathy and would like to give it a trial on some of my family if I were sure of a good doctor. * * * * *

If I were in Kirksville I should like to have two members of my family treated by Dr. Still. Could you give me the name or names of any GENUINE D. O., in or near Los Angeles, that I might trust."

The next is from the far east, being dated at Frostburg, Maryland:

"I address this to you as I am desirous of getting some important information immediately, and believe you will likely be able to furnish me with it. I have, with the assistance of the JOURNALS OF OSTEOPATHY you have so kindly been sending me, been able to interest some of my friends and acquaintances in Osteopathy; a gentleman friend of mine, who is afflicted with being paralyzed on one entire side of the body has been corresponding with a gentleman in Washington, D. C., who claims to be a graduate of the American School at Kirksville, and he promised to come here and examine him and some others. His name is _____ Now as I have been instrumental in bringing this new science to the attention of these parties, I am anxious that they be not imposed upon by anyone that may not be prepared to do the science justice. Will you please make inquiry concerning this D. O., as to whether he is a graduate of your school, in which year, and class he graduated; also any information as to his ability as an operator will be thankfully received."

To all such letters we send in reply copies of the JOURNAL and refer the writers to the directory of graduates for the desired information.

The next letter is dated at Evanston, Ill.. September 18th and is self-explanatory:

"The package of JOURNALS came safely to hand a day or two since. I shall certainly try to make good use of them in furthering the interests of Osteopathy. I shall use them as I said before in trying to convince people—sick people especially, that there is nothing better for them to try than Osteopathy. I believe in it so thoroughly myself and have been so greatly benefited by it, that I am so grateful to all who are practicing it, and cannot keep silence in regard to its wonderful results. Every sick person I see, appeals to me to make an effort to get them to try it, and I find people everywhere eager to get away from doctors and drugs, and to find something better. Long may the banner of Osteopathy wave, and may it gather under its folds many people from near and far, that shall be made well and strong and saved from suffering. I shall most certainly work for it, and shall not cease to tell people of its wonderful efficacy.

METABOLISM IN OVEREXERTION.

S. D. BARNES, B. S.

OVEREXERTION may for ordinary purposes be classified as either mental, physical, or a combination of both, which is by far the worst condition of the three; but we here use the term "overexertion" in its physical sense.

The exact point at which ordinary fatigue becomes overexertion is difficult to locate; it may be approximated graphically in diagrams, and by analysis of the physiological processes involved. A little mathematical illustration, therefore, may not be uninteresting before discussing the metabolism.

It is true that what is overexertion for one under certain conditions, would only slightly weary another, and would be entirely within the strength of the person if he were trained or accustomed to the work. But taking an ordinary healthy muscle, lifting a weight commensurate with its strength, its exertion may may be represented by a curved line, A B (Fig. 1.) starting from a center A, which is the point at which the work

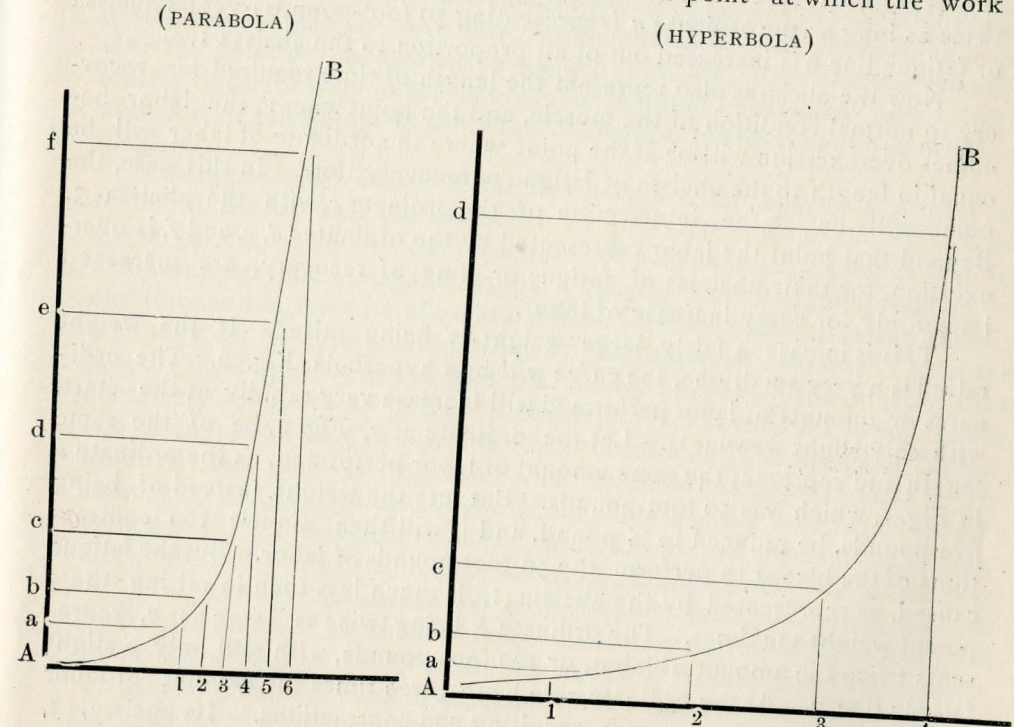


Fig. 1. begins and where the katabolic and fatiguing process starts. Let us sup-

pose the curve A B to represent the energy exerted by the biceps muscle in raising a five-pound weight in the hand repeatedly to a height of one foot. Let the ordinates or horizontal lines at *a*, *b*, *c*, etc., represent the amounts of work done with succeeding numbers of contractions; and let the abscissas, or vertical lines at 1, 2, 3, etc., represent the amounts of fatigue in succeeding contractions of the muscle. The curve will be one half of a parabola, a parabola being a curve that tends always to become a straight line. The ordinates or lines of work will at first increase more rapidly than the abscissas or fatigue lines after which the latter will increase enormously for every slight increase in the ordinate. Thus, let the ordinate *a* represent the work done in raising the weight 10 times, which would be 50 foot pounds of labor; and the abscissa at 1 would be the amount of fatigue. At *b* the 5-pound weight has been raised 12 times, the ordinate being one-fifth longer than *a* and representing 60 foot pounds; the amount of fatigue caused thereby is the abscissa at 2. At *c* another fifth of *a* has been added to the length of the ordinate, and it represents 14 contractions of the muscle, or 70 foot-pounds; and its abscissa at 3, the amount of fatigue. The ordinates *d* and *e* represent 16 and 18 contractions of the muscle respectively. The ordinate at *f* represents 20 contractions or 100 foot-pounds; and though it is only twice as long as the ordinate *a* (representing 50 foot-pounds) yet its abscissa or fatigue line 6 is increased out of all proportion to the abscissa 1.

Now the abscissas also represent the length of time required for recovery to normal condition of the muscle, and the point where the labor becomes overexertion will be at the point where the ordinate of labor will be equal in length to the abscissa of fatigue or recovery time. In this case, the point will be at the intersection of the ordinate *c* with the abscissa 3. Beyond that point the labor represented by the ordinates *d*, *e*, and *f*, is overexertion, for their abscissas of fatigue or time of recovery, are increased immensely for every increase of labor.

This is in case a fairly large weight is being raised. If the weight raised is a very small one, the curve will be a hyperbola, Fig. 2. The ordinates or amounts of labor performed will increase very rapidly at the start, with only slight weariness. Let the ordinate at *a*, Fig. 2, be of the same length and represent the same amount of labor performed, as the ordinate *a* in Fig. 1, which was 50 foot-pounds. But let the weight, instead of being five pounds, be reduced to $\frac{1}{2}$ pound, and it will then require 100 contractions of the biceps to perform the 50 foot-pounds of labor. But the fatigue caused, as represented by the abscissa 1, is much less than in raising the 5 pound weight ten times. The ordinate *b*, being twice as large as *a*, represents twice the amount of labor, or 100 foot-pounds, with still only a slight fatigue line, 2. At the ordinate *c* we have three times the amount of labor performed, or 150 foot-pounds, requiring 300 contractions. Its abscissa, 3, is still relatively short; and not till we get to *d*, four times the length of *a*, and representing 200 foot-pounds, do we find the abscissa equalling the ordi-

nate. Here then will be the border point between fatigue and overexertion, performing 200 foot-pounds of labor without exhaustion where the weight is light as against only 70 foot-pounds where the weight was heavy. Beyond this point in each case, any work done is in the realm of overexertion and the muscle requires an unduly increased time for recovery to the normal condition.

Of course if the muscle is trained or accustomed to perform the labor, the curves will be changed, and the ordinates or work lines will be very much longer at first than the abscissas. But the same principle would apply in the end, except that in the case of a well trained athlete the curve would be a quarter of an ellipse whose major axis was horizontal, so that the abscissas never would come to equal the ordinates.

In other words, an athlete who is trained to the finest "edge," even though using his utmost energy in a contest, can hardly exert himself sufficiently to bring on muscular overexertion.

It is very easy to say, however, that at first the labor will increase more rapidly than the fatigue and after a certain point the fatigue will increase disproportionately to the work performed. The importance of the discussion lies not in stating the fact, but in striving to answer the questions suggested therein, namely, why does fatigue increase so much more rapidly after the point of overexertion is reached? and, why does training enable a muscle to perform so much more labor without exhaustion? and thirdly, what sort of physiological processes distinguish overexertion from ordinary fatigue?

In suggesting an answer to the first question, it is necessary to call attention to the fact that the katabolism or breaking down of the muscle tissue is accompanied by the formation of poisonous compounds that are thrown off into the blood and lymph. These are the "fatigue products" of exertion; and in the case of great exertion they are produced more rapidly than they can be either carried away by the blood or excreted from the blood. Consequently as the muscular action continues the muscle tissue contains a quantity of fatigue products not yet carried off by the blood; and at the same time the arterial blood returning to it brings the fatigue products that were in excess of what could be excreted. Thus as the amount of fatigue products in the blood increases the muscle is not only robbed of part of its nutrition but is bathed in fatigue products, the combined effect of which is to reduce the strength and irritability of the muscle. The greater the amount of fatigue products accumulated, and the longer the excess of katabolism over anabolism is continued, the greater will be the rate of this reduction of the strength and irritability of the muscle.

Again, great weariness is accompanied by a fall in the body temperature. As heat is necessary to the nutritive processes, this fall in temperature further interferes with the recuperating of the muscle between contractions. These facts together, we suggest, account for the disproportionate increase of fatigue in overexertion.

The fact that the fatigue products carried in the blood are distributed to all tissues of the body, accounts for the fact that even if only a single set of muscles is being exercised, the fatigue will be felt over the entire body. For all the tissues and nerves are depressed by the poisoned condition of the blood resulting from katabolism in the one set of muscles.

In regard to the second question, as to the reason why training brings increased endurance, we have the answer that applies to so many physiological questions, "It is not fully known." One reason, although by no means a sufficient one, is that the well exercised muscle has an increased and well developed blood supply; so that the increased demand for nutrition in prolonged labor is more fully supplied. This is exemplified in the proverbial "rubbing down" of athletes, whereby the circulation of blood and lymph in the muscle tissue is increased, and whereby the approach of fatigue can be retarded and recovery from exhaustion hastened.

At the same time, by much exercise the nerve terminations in the muscle cells are strengthened, and the nerves are trained and strengthened by repeated transmission of stimuli to the muscle. In this way the irritability of the muscle or power of responding to stimuli, is maintained during a long strain, and the muscle cells are trained to rapid absorption of nourishment under the stimuli of the trophic nerve fibers.

This strengthening of the nerve fibers and cells is a very important element of the training, for it is the nervous system that breaks down first in exhaustion. After all voluntary control of the muscle is lost through exhausted nerve fibers and cells, the muscle is still capable of performing much labor under electric stimuli. The muscle tissue thus endures longer than does its corresponding nerve tissue.

Third, as to difference between the metabolism of ordinary fatigue and that in overexertion. In ordinary muscular exertion the substances broken down in the muscle tissue are the proteids, carbohydrates and fats that form the muscle structure. There is no phosphorus involved in this process, and in normal katabolism there is but little phosphorus excreted. Such as there is comes from the nervous system. But in extreme fatigue, or in overexertion there is an increase of phosphates in the urine. This comes in part from the nucleo-proteids of the nuclei in the muscle cells. For it is indeed the nuclei of the cells that are attacked in extreme fatigue. The nucleo-proteids contain from one half to one per cent of phosphorus, and when the destruction of muscle tissue reaches the nuclei of the cells, the result shows itself in increased phosphorus excretion as indicated above. With the cell nuclei being destroyed, small wonder that too much labor at one time is accompanied by soreness of the muscles.

This then constitutes the difference between the metabolism of ordinary exertion and that of overexertion. In addition, the discussion brings out several points from which the following deductions may be made:

1. Since any labor performed after the overexertion point is reached

causes katabolism and fatigue out of all proportion to the amount of work done, the promptings of a wise Nature should be heeded, and further exertion under such conditions be postponed.

2. Since the nervous system controls the muscular and is the first to break down, it must be the first to be built up; and since the nerves and the nuclei that are broken down in overexertion require phosphorus, in cases of great weariness they should be fed by a diet containing much phosphorus, as salmon, lobster, ham, prunes, barley, etc.

3. Since in overexertion there is a reduced temperature, the body in such cases should be kept artificially warm to assist nutrition, aside from the well known danger of taking cold.

4. Since exhaustion can be retarded, and the time required for recovery of fatigued muscle can be shortened by increasing the circulation of the blood and lymph in the muscle, the circulation should be accelerated in prolonged physical strains and in recovery from overexertion. In the lack of an Osteopath to do this, ordinary massage may be invoked. Treatment to this end may be employed to advantage, not only immediately after the strain, like the athlete's "rub down," but at frequent intervals until recovery is complete.

THE LEGAL SIDE OF OSTEOPATHY.

BY M. F. HULETT, D. O. COLUMBUS, OHIO.

EVERY Osteopath familiar with the history of his science may feel well gratified with the results obtained through the legislative bodies in the different states in the past three years. Not that in every case we got what we wanted, but the fact that legal recognition is made is a step which yields an enormous influence in procuring more and better recognition. Some of us are dissatisfied, perhaps, with what we have, because it does not allow enough freedom, or because there are not enough restrictions, etc. Some of us are prone to find fault, and how easy it is to formulate in our mind a better law than the one in existence. But we don't all see alike, and as no two pathological conditions are the same—an oft demonstrated fact in Osteopathic practice—so, too, no two minds are the same.

In view of these facts I think it an excellent idea for Osteopaths generally to discuss the subject through the mediums that are at our command.

I desire to mention a few points along this line that may be of interest. They may be old, but at least a part of them I have not seen in print.

Fix a Standard.—The first law passed recognizing the science (as also do several of the others) does not require of the Osteopath any qualification other than that he be a diplomate of a certain school. Of course, if we know the grade of such a school, and know that that grade is maintained, the law might be sufficient in some respects. Yet there is a ques-

tion of unfairness and discrimination, and of constitutionality. And if we want anything, it is that our laws be safe ones, subject to as little criticism as possible, and fair, honest and above board, and stated in language that will admit of but one construction.

The Time Limit:—Most of the laws have incorporated in them four terms of five months each as a required length of course of study, making a course of practically two years. One of the first laws passed had only the time limit to regulate the standard of schools of Osteopathy. Anyone could conduct a school without regard to his qualifications or what he taught, so long as he required of his students this amount of time before issuing them a diploma. (In justice to the law, however, it may be said that it cited a certain school as the standard.) It is evident that this alone is hardly sufficient. There are persons in the profession, I am sorry to say, who manage to fulfill this part of the requirement, at least sufficiently to evade the intent of the law, while omitting many of the necessary educational qualifications. We must know that the school is teaching such subjects as shall familiarize the student with all that pertains to health and disease, and that he is qualified to administer the remedy which shall restore health according to Osteopathic principles. There must be some standard of excellence which shall bring schools to an equality on a high plane.

Then, it is manifestly best to incorporate in the law *An outlined course of study.*

Our best laws do this, requiring qualified instruction in such branches as are in any way helpful to a perfect knowledge of the human structure in health and disease. One of the main materials benefits from this is to prevent incompetent persons giving Osteopathic instruction. We see that a corps of teachers is required on different subjects, in fact too many to be handled by one or two persons; that men of recognized educational standing are necessary, because the branches taught are those which are found only in institutions of high and efficient quality.

A Penal Clause:—It is essential, by authority of the Supreme Court, that every law have attached the penal clause in order to make it operative. The law might be sufficient to protect us from statutes already on the books, if it were constitutional; but there is little use in having a law unless it shall operate to protect the public from frauds and quackery in Osteopathy.

I do not call attention to inaccuracies of existing laws to discredit any of the grand and noble work that has been done, because I think we all realize that what has been gained by legal recognition is a manifestation of a wonderful growth in Osteopathy. We all learn by experience, and if the first attempts are not just what we like, we make no growth unless we profit by that experience. And the Osteopath who fails to live up to the requirements as they now stand is unworthy of the name. But I do desire to bring out a discussion that shall touch upon the important and essential points in Osteopathic laws. We all realize, I think, that there are more

laws to pass before our science is fully recognized, and if we can frame those laws so that they will give us what we want, prevent quackery in Osteopathy, and put their constitutionality above question, then will the public unite with us to push our beloved science to the front as never before. We need unanimity of intent and action in our laws as well as in our work.

It might be of interest in this connection to note some of the inaccuracies of existing medical laws. It has long been held by some of the best legal authority that much of the medical legislation is unconstitutional, and would be so held if carried to the Supreme Court. I am glad to note that steps are being taken by some of our persecuted Osteopaths to prove this. And as a profession we ought to lend them as much encouragement and assistance as lies in our power.

In the October, '97, *Law Review*, there is this statement:

"In the case of *Allgeyer v. Louisiana*, the Supreme Court of the United States, at the last term, held that the word 'liberty' as used in the Fourteenth Amendment of the Federal Constitution, comprehended not merely the right to freedom from physical restraint, but also the right to pursue any livelihood or calling; and for that purpose to enter into all contracts that may be proper. This decision is unquestionably in line with the drift of modern thought."

While this opinion does not directly apply to medical legislation, it is held by some writers on the subject that if a test case were made the decision would in a very material manner affect a court's judgment upon a direct medical statute. Those who contemplate carrying a case to a higher authority will do well undoubtedly, to direct their lawyer's attention to this decision.

I quote again from the *Boston Journal* of July 19, '97:

"The Appellate Court today handed down an opinion, in which it is held that Christian Scientists are not medical practitioners in the legal sense of the term. This is the case in which Messrs Mylod, Anthony, and Tafft appealed from a decision of the lower court on constitutional grounds. The court did not pass upon the constitutional question. They were charged with practicing medicine without a permit."

While Osteopathy is not in any sense related to, or similar to, Christian Science, it must be conceded by even the enemies of our science that this opinion will apply equally as well to Osteopathic practice.

With these suggestions I will bring this communication to a close, trusting that we may hear from others on this and other topics of vital interest to us all.

CONSUMPTION AND MARRIAGE.

IN an article in a London weekly paper on consumption and heredity, Dr. Wilson says: "I suppose in a higher era of things we may hope for disapproval of marriages between those who come of a tuberculous stock, or between any healthy and any tuberculous individuals—that is, assuming the taint to be present on one side only. The danger of unions of the latter type is that the affected partner may infect the healthy one. Affections are the last items in the category of human emotions to bear being talked to or advised by science, and I have, therefore, discounted any criticism of my opinions by assuming that it would only be in a higher era of things when the value and nobility of health are better appreciated, that people will refrain from unions that can only result in the propagation of disease. What applies to tuberculosis in this aspect of affairs applies to many another hereditary ailment. I often think of the sarcasm with which a philosopher from another planet might greet our practice on this, when he witnessed the intense and jealous care with which we insure the health and physical perfection of our horses, cattle, sheep, dogs, and even our pigeons, while as regards our own hereditary history we are absolutely careless. It is an old, old story this, the problem of inheritance; but despite the plain evidence that disease can be and is transmitted often to the utter undoing of a family, we proceed placidly to ignore all the teachings of science in the matter and raise races of weaklings, born only to die prematurely.

COLD air, it would seem, possesses great possibilities as a medicine. A Russian physician has had some very satisfactory experiences with it. He placed a dog in a room with the temperature lowered, states the *London Engineering*, to 100 degrees below zero. After ten hours the dog was taken out alive, and with an enormous appetite. The physician tried the test himself. After ten hours' confinement in an atmosphere of still, dry cold, his system was intensely stimulated. So much combustion had been required to keep warm that an intense appetite was created. The process was continued on the man and the dog, and both grew speedily fat and vigorous. It was like a visit to a bracing northern climate.

The Journal of Osteopathy.

KIRKSVILLE, MISSOURI.

PUBLISHED MONTHLY UNDER THE AUSPICES
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judgement in these matters.DISEASE is not an entity but an effect.
Osteopathy deals with causes.

THE Montpelier (Vt) Daily Record published the course of study of the American School of Osteopathy in full in its issue of October 19th. It was furnished the Record by Dr. E. E. Beeman.

LARGE numbers of the delegates to the recent Baptist State Association which convened in this city availed themselves of the opportunity to visit the A. T. Still Infirmary, and the American School of Osteopathy.

FAITH in drugs, like other old superstitions, which become ingrained in the mental fabric of the race, dies hard. This is one reason why those who patronize Osteopathy at the present time are, as a rule, the more intelligent and progressive.

IT is believed that a number of states are ripe for the legal recognition of Osteopathy and when their legislatures meet will voluntarily enact just laws for its practice within their borders. An interesting article on Osteopathic legislation appears in this number of the JOURNAL. Read it.

THE Journal of Physical Culture is the name of an extremely handsome and

interesting monthly, the second number of which has reached our table. It is published at Columbia, Mo., at \$1 per annum. Y. P. Rothwell is editor and publisher. The half tone illustrations in the October number are especially commendable.

THE Journal of Osteopathy aims to be an original JOURNAL of research in the field of Osteopathy and will not fill its columns with clippings and puffs from outside sources of no particular use or value to anybody. Such articles as we may quote from our contemporaries will be used only for their scientific or historical value, or for their bearing on the questions in which Osteopaths are vitally interested.

ONLY the best of reports of progress and success come from the recent graduates of the American School of Osteopathy. They are scattered in a score of commonwealths, and from the Atlantic coast to the Pacific, but the results are the same wherever they may be, the afflicted are relieved, and disease and suffering are lessened, and the so-called hopeless invalid, restored to health, happiness and usefulness. Osteopathy is making warm friends and new champions wherever it is introduced.

CORRECTION.

SOME errors will occur in the most carefully conducted magazine and when they do the perversity of fate seems to place them in the most annoying places possible. In our notice of Osteopathic marriages last month the name of C. H. LeRoy was translated by the intelligent compositor into C. H. Ray, and the blunder was overlooked by the equally intelligent proof reader. It is such things as this that make life a burden to the editor.

U. M. HIBBETTS, D. O., of Brooklyn, Iowa, is having a regular ElCaney time with one of the M. D's of that city who has attacked him, and through him, the science of Osteopathy. The discussion runs through several numbers of the Brooklyn Chronicle and is decidedly interesting. Dr. Hibbetts seems to have gotten his learned

antagonist pretty badly rattled for his shots at Osteopathy and Osteopaths are as far from the mark as the average Spanish artillerist who is only able to hit the ocean.

THE effort of some rival institutions to make it appear by innuendo if not by direct statement, that students of the American School of Osteopathy have not ample opportunities of learning dissection for lack of material, is utterly without foundation in truth. The institution is, and has been amply supplied with all the material necessary for full and thorough instruction in actual dissection. The prompting motive of such baseless insinuations is too plainly apparent to influence sensible students who desire to get their Osteopathy from the fountain head of the science.

THE popularity of Osteopathy especially in the adjacent states of Iowa, Illinois, Indiana, Kansas, Nebraska, Kentucky and Arkansas is having one result that is far from desirable, and that is the increasing crop of fake Osteopaths, who have never taken a course in any reputable school and who are really ignorant of the first principles of the science. Some of these fakes are ex-M. D's who, proving failures in their own profession, hope to profit by the rapidly growing popularity of the new science. The friends of Osteopathy everywhere, should insist upon the genuine article and should demand that the professed Osteopath should make good his claims to confidence by the possession of a genuine diploma from some reputable school where the science is thoroughly taught. Diplomates of the American School of Osteopathy are in demand everywhere, as will be seen by correspondence in this issue, and wherever this JOURNAL circulates freely there need be no mistake in the matter on the part of the afflicted. They need only consult the list of graduates, which appears with each issue.

SOME ANCIENT REMEDIES.

PERHAPS in the coming time many of the favorite prescriptions, used by the medical doctors of today will appear quite as absurd as those mentioned by Geike, as in use

during the time of Jesus. Here is a partial list as given by that writer:

"Ashes of wolf's skull, stag's horn, the heads of mice, the eyes of crabs, owl's brains, liver of frogs, viper's fat, grass hoppers, bats, etc. These supplied the alkalis which were prescribed. Physicians were accustomed to order doses of the gall of wild swine. It is presumed the tame hog was not sufficiently efficacious. There were other choice prescriptions such as horse's foam, woman's milk; laying a serpent's skin on the afflicted part, urine of crows, bear fat, still recommended, as a hair restorative, juice of boiled buck horn, etc. For colic, powdered horse's teeth, dung of swine, asses' kidneys, mice excretion made into a plaster, and other equally vile and unsavory compounds. Colds in the head cured by kissing the nose of a mule. For sore throat, snail slime was a favorite prescription, and mouse flesh was considered excellent for diseases of the lungs. Boiled snails and powdered bats were prescribed for intestinal disorders.

LAST year, the Medical Age, a so-called medical journal, owned by Messrs. Parke Davis & Co., Detroit, Mich., and published by William M. Warren of the same town, contained an article in which Dr. William Smith was stated to be a fraudulent character and that he claimed to come from medical schools which had no existence.

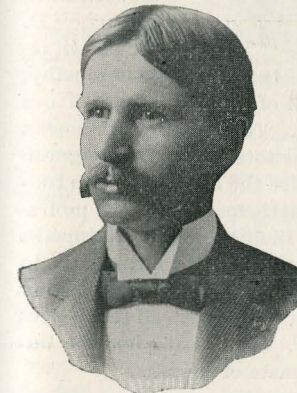
Dr. Smith soon heard of this article, and after ascertaining who owned the paper and that they were worth suing instituted suit against them, through Messrs. Carroll Turner and Kirwin of Grand Rapids, for \$25,000. The Medical Age is now making a grandstand play and trying to drag the medical profession to its assistance to down Osteopathy. Let it be understood that Osteopathy has nothing to do with the matter.

Dr. Smith merely happens to be a teacher in this school and any attempt to state that he is not what he represents himself to be, a man with a scientific education and legally qualified by legally existing medical schools, is met by him as a personal matter, affecting his professional reputation. It is his fight for his character. Osteopathy is not

on trial; it was tried in the legislature of the state. We do not refer in any other manner to a matter which is now in the courts. Dr. Smith asks neither "sympathy" nor "support" in defending his professional ability.

DRS. STILL & RIDER, SHERMAN, TEXAS.

DR. HERMAN T. STILL, and Dr. C. L. Rider have formed a partnership and have opened an office for Osteopathic practice at Sherman, Texas.



Dr. Herman T. Still is the youngest living son of Dr. A. T. Still, the discoverer of Osteopathy, and as such has enjoyed rare privileges in the matter of careful Osteopathic instruction and training. He

has had great experience in practice, not only in connection with the great A. T. Still Infirmary, but also abroad. He is also connected with the American School of Osteopathy as a member of its faculty, and officially as one of the trustees of the Institution.

Dr. C. L. Rider, has also been an active and efficient member of the faculty of the American School of Osteopathy, of which he is a graduate. At the beginning of the year 1897-8, he was elected to the position of assistant to the chair of Anatomy, and has acted as demonstrator in the clinics of



the institution. His experience as prosector to the chair of Anatomy has given him unusual advantages in the close study of the human structure.

IN MEMORIAM.

THE grim reaper has visited our school in the past few days and has taken from among us one of the best-hearted and most manly of our pupils; a boy without an enemy and a host of friends; a boy whom I never heard say an unkind word of another, whose devotion to his father, his brothers and especially his sister, was one of the most beautiful traits that I have ever seen.

I got to know Ed Eckert better out of school than I did in it; we spent two vacations together. His classmates know only one side of his character, the happy-go-lucky, jolly, laughing, dare-devil boy; the boy of whom they all said "No one can bluff out Ed Eckert", but there was a far other side to his character, the mind of a man of experience in the world, the gentleness of a woman; the tender solicitude and kindness of a nurse; the unselfish devotion of a true friend.

Poor boy, cut down on the threshold of manhood; dying just as life was beginning; he died as he lived, without fear, held up by indomitable courage and grit. Suffering cruel pain, the pain of peritonitis, he bore it like a man, fearing to give utterance to a groan lest it would distress his father and sister. Half an hour before his death Dr. J. B. Littlejohn and I called to see him. As we came in at the door he smiled and said "come in, Doc., come in Dr. Littlejohn, take seats." I asked him how he was feeling and he answered me "Fine,—at least that's to say pretty tough," but no word of complaint, nothing but the smile that was always on his face. His schoolmates, men and women, girls and boys, accompanied his body to the grave. No classes were held on the day of the funeral for neither teachers nor students would have had pleasure in their work; the wheels of the school ceased to turn out of respect for the lad who was never again to enter its portals. The Faculty appointed a committee to draw up a resolution upon the day of his death; it is appended:

Whereas Edward C. Eckert having been a good and dutiful student in the American School of Osteopathy during the past three terms of the school session, and having after a period of extreme suffering bravely and patiently borne, passed away to be at rest and peace, the Faculty of said School, this day in session, resolved as follows:—

“That the Faculty of the American School of Osteopathy hereby express their deep and sincere sorrow at the untimely death of Edward C. Eckert, feeling that the school has lost a good student, the teachers and students a kind and thoughtful friend, who thought more for others than for himself, and that this expression of sorrow be communicated to the relatives of the deceased, together with the heartfelt sympathy of the entire Faculty.”

And so passes out of our school history one of the best, bravest, kindest-hearted boys whom I have ever known, and I feel that there is a blank in my class room which it will take months to fill.

WILLIAM SMITH.

DR. W. J. CONNER, of the A. T. Still Infirmary operative staff and a mem-

SCHOOL NOTES.

Dr. Charley Still spent a portion of his October vacation at St. Louis.

J. W. Mullins, of the January Class, will practice at Broken Bow, Nebraska.

Dr. and Mrs. J. E. Owen, of Indianola, attended the Lobban-Gentry wedding.

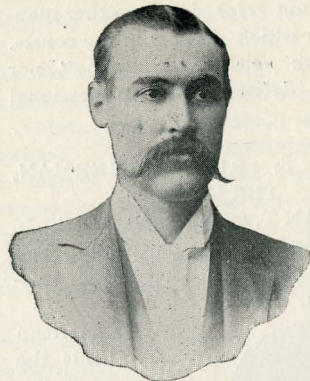
Dr. Vance who is enjoying a nice practice at Muscatine, Iowa, was a recent caller at this office.

D. L. Clark, who graduated last month, expects to open offices for practice at Sherman, Texas.

Drs. Swan & Kyle, of Evansville, Ind., report business good and Osteopathy steadily gaining ground.

Dr. Benton Gentry, of Wayne, Iowa, attended the

ber of the Faculty of the American School of



Osteopathy, leaves the present month for Phoenix, Arizona, where he will spend the winter months. In connection with his brother, D. L. Conner, D. O., he will re-

open the Phoenix Infirmary of Osteopathy, the announcement of which appears in our advertising pages. The people of Phoenix and the winter visitors are to be congratulated that they have the opportunity to consult with and avail themselves of the professional services of such thorough Osteopaths as the Drs. Conner. Their infirmary is in operation during the season from November to June, enabling invalids to avail themselves of its advantages, while enjoying the unrivaled winter climate of Arizona.

Lobban Gentry marriage on the evening of October 12th.

W. A. McKeehan who has just graduated will open an office at New Orleans for the practice of Osteopathy.

Miss Nora Chapman and Harvey G. Dillon, graduates of the January Class, '97, will locate at Mobile, Alabama.

M. D. Cole, D. O., who is located at Cairo, Ill., was a visitor at the American School of Osteopathy recently.

C. K. McCoy, D. O., of the Sioux City (Iowa) Osteopathic Infirmary, was visiting his mother in this city recently.

Geo. V. Neinstedt, who has just completed a full course is Osteopathy, has decided to locate at Bloomington, Indiana.

Dr. J. T. Rankin, of Lenox, Iowa, was united in marriage to Miss Carrie V. Wilson, of that place on the evening of Sept 26th.

J. D. Wirt, D. O., has disposed of his practice at Cherokee, Iowa, to Dr. Otis C. Hook, and is now located in Sedalia Mo.

Mrs. Sadie Hart Miller, who spent her November vacation with friends in Kirksville, has returned to her practice at Columbus, Nebraska.

Miss Tacie Beal, D. O., who has just completed her course, will open an office soon in Mansfield, Ohio, for the practice of Osteopathy.

Mrs. J. B. Foraker, and little son and niece, who have been spending several months at this place have gone to Washington city for the winter.

Effie Sisson, D. O., of the late graduating class, is practicing at Belvidere, Ill., with a branch office at Genoa. She is meeting with excellent success.

Mrs. Alta Corbin Curry of the American School of Osteopathy will join her brother Dr. Chas. E. Corbin at St. Johnsbury, Vt., sometime in the present month.

The well known Chicago Physician's Supply House of Chas. Truax, Greene & Co., will remove on or before Nov. 1st to their new building 42-44-46 Wabash Avenue.

Caryll T. Smith, who has just received his diploma, goes to Portland, Oregon, to join his father L. B. Smith, D. O., who has opened an office in that city. Card appears in this issue.

Dr. Chas. E. Corbin, has removed from Montpelier to St. Johnsbury, Vermont, where he has opened an office and will be joined by his sister, Mrs. Alta Corbin Curry of the January '97 Class.

Dr. Mac F. Hulett, and his wife, who is also an accomplished Osteopath, are pleasantly located at the "Ruggery," Columbus, Ohio, and are rapidly gaining a lucrative practice.

Mr. and Mrs. D. M. Turner, of Towanda, Pa., spent several days in Kirksville recently. Mr. Turner is a brother of Mrs. A. T. Still, and is a newspaper man of many years experience at Towanda.

Agnes V. Landes, D. O., who has been in practice for several months at Newton, Kansas, was a recent visitor at the A. T. Still Infirmary. She reports a very satisfactory and successful practice at Newton.

M. W. Bailey, D. O., of Council Bluffs, Iowa, recently visited Kirksville and his alma mater. We are glad to learn that the doctor is enjoying a fair measure of success and that he is pleasantly located.

Drs. W. and Mrs. L. O. Ammerman after several months successful practice, at Mexico, Mo., have decided to locate further south. They will open the Madisonville Infirmary of Osteopathy, at Madisonville, Kentucky.

Dr. Ernest P. Smith, President of the Fargo College and Infirmary of Osteopathy, at Fargo, North Dakota, was married to Miss Anna Hilderbrand, of Topeka, Kansas, on the evening of October 3d. Rev. M. C. Hardin of the fourth term class, went out to Topeka and officiated on the happy occasion.

Louis E. Wyckoff, located at Bay City, Michigan, reports a good practice. The Recorder at Bay City, required Dr. Wyckoff to file his diploma in the Recorder's office, which is unnecessary; the law requires presentation of the diploma so that it may be recorded, but filing it in the office is not required by the law.

We have received a two column clipping from the Daily Recorder published at Petoskey, Michigan, giving the history and philosophy of Osteopathy. It is the result of an interview given that journal by Dr. H. E. Patterson shortly before his removal to Washington, D. C.

Mrs. Alice N. Willard, D. O., who has spent a very successful term of months in active practice at Petersburg, Ill., has returned to Kirksville. Mrs. Willard speaks very enthusiastically of her experiences and success as a diplomate of Osteopathy. Her patrons at Petersburg are anxious that she should return and resume her practice at that place.

Dr. Roberts, of St. Louis, editor of the X-Ray Journal, spent several days in Kirksville recently assisting in the installation of the magnificent X-Ray machine lately purchased by Dr. A. T. Still for the use of the institution which bears his name. Dr. Roberts was astonished at the extent of the Osteopathic movement and the school, which it is building up in Kirksville, and the thoroughly scientific character of the institution in every respect.

Dr. Edward W. Goetz will locate for the practice of Osteopathy at Terre Haute, Ind., in or about December 1st. Terre Haute is Dr. Goetz's birth place and former home. Immediately previous to studying Osteopathy he had been a resident of Cincinnati. Up to the present, Osteopathy has been little known in Indiana, but wherever introduced has gained warm and enthusiastic endorsement. Dr. Goetz locates there by urgent solicitation.

Another periodical of like kind is the Columbian Journal. This seems to be a medico-osteopathic literary magazine. The editor gifted with a vivid imagination or with a highly "stimulated" mind. He can see Osteopathy in ancient Greece; he recognizes Dr. Ward as the discoverer of the science, and yet he is willing to marry the ancient and yet newly rediscovered science to the ancient and highly developed humbug of medicine. The dog to his

vomit, the sow to her wallow, and the pseudo-osteopathy to medicine.—Southern Journal of Osteopathy.

* * *

Memorial Adopted by April Class.

A second time the April Class is called to mourn the loss of one of its members, death having claimed on the 19th inst., one of its best known and popular members—Edward C. Eckert. The blow was a sudden one, coming almost without warning, and the shock to his classmates great. In token of the esteem in which he was held, we, the members of the April class of the American School of Osteopathy, hereby tender his parents, brothers, sister and friends our heartfelt sympathy. It is also our desire that this be published in the JOURNAL OF OSTEOPATHY, the Osteopathic Reporter, and spread on the records of the class.

OPATHY, the Osteopathic Reporter, and spread on the records of the class.

CHAS. C. TEALL,
J. D. WHEELER,
ETHEL MCKECHAN. } Com.

Kirksville, Oct. 24th, 1898.

* * *

Marriages.

Oct. 12, 1898, at St. Louis, Mo., Wm. E. Swan, D. O., and Florence Camille Nelson, D. O. They will reside in Evansville, Ind., where Dr. Swan has an excellent practice.

Field Notes and Letters From Graduates

Drs. Strong & Mahaffay, Helena, Montana,

Drs. Strong & Mahaffay write us that Osteopathy is flourishing in that mountain state. Our high latitude seems favorable to its development. "You know altitude affects everything in Montana!" The Montana Institute of Osteopathy, at Helena, under the Messers Strong & Mahaffay, uses the JOURNAL liberally in its business, and is prospering accordingly.

C. E. Hulett, D. O., Topeka, Kansas.

Dr. Hulett writes: "Interest in Osteopathy in this city is on the increase. Business is increasing and results are flattering." State Auditor Morris, a sufferer from muscular rheumatism, after three months at Hot Springs, Ark., tried Osteopathy and is recovering. Dr. Hulett also reports excellent results in a case of gall-stones which yielded readily to treatment after two weeks; also a case of malarial fever which the regulars had left to run its course; cured in six treatments.

Matthews & Hook, Wilkes-Barre, Penn.

After complimenting the JOURNAL very highly, so much so in fact that modesty forbids a literal quotation say: "People here do not know anything about Osteopathy. Many of them never heard the word before. So anything that explains it helps us. No matter how tired people around Kirksville may become from reading what Osteopathy is, that is what we want to know here—not only what it is but what it is doing. Send us more copies, etc.

S. H. Morgan, D. O., Canon, City, Colo.

S. H. Morgan who uses a hundred copies a month says: "Keep me on the list until I order otherwise. I find the JOURNAL the best means of advertising that I can get. The people wait for them like hungry children for bread. They read them and pass them along." Dr. Morgan has had very gratifying success during the three months he has been in Colorado. He has enrolled eighty patients since the first of August and while many have been cured, others are enrolling for treatment nearly every day.

Miss Effie Sisson, D. O. Belvidere, Ill.

Miss Effie Sisson, in a brief business note adds. "Have been very busy since leaving our *alma mater*. Have had no failures. Each case is an interesting study—no two alike. There is no monotony and it is such a satisfaction to relieve those who are afflicted. Thanks to our beloved Dr. Still."

D. Ella McNicoll, D. O., Frankfort, Ind.

"Dear Dr. Still:—I've had a letter in my heart for you these many days. I know how busy you are and how "the children" all claim just a little of your time, yet I know you are always glad to hear from a member of your great family.

"I am pleasantly located as this is one of Indiana's best towns, My work is growing. My success in every case has been all that I expected, often more than I even hoped for.

"I have had thrust upon me a number of patients whom the M. D's had damaged all

ANNOUNCEMENT.

DISEASE AND CURE.

A Philosophy Suited to Osteopathy.

BY A. T. STILL.

THIS work which is now being written by Dr. A. T. Still, sums up the results and conclusions of more than twenty-five years experience and experiment with man, as nature formed him. This Philosophy is based on a belief that man was equipped by his Creator with all necessary remedies within his own body when he was created. It covers all diseases of climate and season, and gives, in addition, the laws of speedy and easy child-birth, which laws have been tested and have proven to the mother that child-birth need not be considered a period of torture almost equivalent to death.

This work will be ready for the press early in the coming year. It will be a work of about five hundred pages, of the size of those in this magazine. The price will be \$25 per copy.

As it desirable to know approximately how many copies will be needed before the work goes to press, it is requested that all who wish to secure a copy send their names and addresses at once. Address

A. T. STILL,

Book Department,
Kirksville, Mo.

within their power and then discharged more dead than alive.

Sometimes I feel like Moses must have felt when he smote the rock, yet I assure you I've never been so selfish in any success but that my whole soul turned with a loyal bound toward you.

"I doubt not that the various reports coming in from your many students are the same as the experiences given in a good old Methodist class meeting. I'm just bubbling over with good reports, but have such high appreciation of your valuable time that I will not allow myself the privilege of specializing.

The medical law gives us a back seat but while I am keeping very quiet I am secretly determined to sit in the front row soon.

R. M. Buckmaster, D. O., Moncton, N. B.

Dr. Buckmaster writing of "Osteopathic Diagnosis by Cause and Effect" says: "The inexorable law of cause and effect governs all things; silently its operations are carried on throughout the universe with unflinching precision."

"The Osteopath is governed largely by it in his diagnosis of disease. He reasons from cause to effect and by his familiarity with the avenues through which the vital forces of life are distributed, he is enabled to follow these channels or tracks from the effect back toward the centers from which the life-giving fluids emanate, until he has discovered the primary cause of the disease and by the proper application of the principles of Osteopathy removes that cause. Nature removes the effect and the disease is cured."

As an illustration, Dr. Buckmaster cites the case of a recent patient of his, Rev. John Price, Supernumerary Methodist Minister at Moncton, New Brunswick.

The patient was 78 years of age, who had for many years been unsuccessfully treated for complicated chronic troubles—one of which was incontinence of urine. "Osteopathic examination revealed the fact that "Cystitis," for which he had been treated without relief, was produced by retention of urine which was due to enlarged prostate, as the primary cause. Proper Osteopathic treatment reduced the gland to its normal size and a speedy recovery was the result. Mr. Price was also afflicted with eczema, constipation, indigestion, hernia, and facial paralysis.

In a signed certificate Mr. Price speaks in the highest terms of the benefits he has received through Osteopathy and says it has been a blessing to him in many ways and he recommends others of the afflicted to give it a trial.

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To Separate Addresses if Desired.

September Class, 1898.

The following is a revised list of the new September class.

- | | |
|--|--|
| Abernethy, Mallie May..... Troy, Miss | Crawford, John S..... Gibbs, Mo |
| Abernethy, Margaret F..... " " | Crawford, Dwight D..... " " |
| Aldrich, Wm..... Vroman, Neb | Cobb, Henry M..... Pattonsburg, Mo |
| Abernethy, John U..... Troy, Miss | Carter, Walter C..... Kirksville, Mo |
| Buckmaster, O L Moncton, New Brunswick | Campbell, Cora..... " " |
| Bowker, Elsworth..... Panora, Ia | Curry, Etna K..... " " |
| Bowker, Celia..... " " | Davis, Ida..... " " |
| Bishoff, Fred..... Montavista, Colo | Dawson, James B..... Des Moines, Ia |
| Burbank, Mary A..... Chelsea, Vt | Donahue, Edward I..... Sycamore, Ill |
| Bunting, Harry S..... Chicago, Ill | Daley, Chas I..... Ft. Madison, Ia |
| Bodine, Rufus H..... Paris, Mo | Dwiggins, Walter, E..... Rossville, Ill |
| Beall, Francis J..... Memphis, Tenn | Davenport, Bert M..... Hiawatha, Kan |
| Beall, Clara P..... " " | Dinsmoor, Prof Silas..... Kirksville, Mo |
| Burke, Arthur A..... Kirksville, Mo | Doane, Adele..... Parsons, Kan |
| Benneson, Harry K..... Kirksville, Mo | Denniston, Elmer L..... Kirksville, Mo |
| Bullard, John R..... Memphis, Mo | Ewing, Bess B..... Baltimore, Md |
| Bartholomew, Elmer J..... Chicago, Ill | Fletcher, Clark F..... Montpelier, Vt |
| Bushart, Eli E..... Bethany, Ill | Fassett, Fred J..... " " |
| Berger, Theodore P..... WilkesBarre, Pa | Fryett, Solomon J..... Chadron, Neb |
| Bohannon, Frank B..... Anna, Ill | Furnish, W M..... Granville, Mo |
| Bledsoe, James W..... Kirksville, Mo | Fitzharris, Peter J..... Brooklyn, N Y |
| Barnes, Chas W..... " " | Forquer, Jas W..... Kirksville, Mo |
| Barnes, Mrs Jennie..... " " | Fellows, William B..... Des Moines, Ia |
| Brown, John W..... " " | Greenwood, Victor H..... Brashear, Mo |
| Barrett, Caleb D..... Loydsville, O | Gill, John L..... Fresno, Cal |
| Billington, Henry T..... Kirksville, Mo | Graves, Anna M..... Redding, Ia |
| Booth, Emmons R., Prof..... Cincinnati, O | Gamble, Harry W..... Wayne, Neb |
| Beavan, Leslie N..... Fulton, Mo | Gates, Mary A..... Leon, Ia |
| Burton, Bennie Otto..... Kirksville, Mo | Gayle, Birdie L..... Monroe, La |
| Bowman, Gertrude..... " " | Griffin, Clyde..... Kirksville, Mo |
| Brown, Alexander C, Jr... Canon City, Colo | Gillman, Carrie A..... Honolulu, H I |
| Browne, Elva M..... Gallatin, Mo | Graham, Geo W..... Brooklyn, Ia |
| Chesney, Ernest N..... Kansas City, Mo | Hiett, Alva..... Berwick, Ill |
| Conner, Sallie..... Kirksville, Mo | Hook, Mathias..... Wellfleet, Neb |
| Cochran, E Gertrude..... Chicago, Ill | Hayes, Lola L..... Princeton, Ill |
| Curl, Lewis F..... Gallatin, Mo | Harris, Miss B Rees..... Aylesford, N S |
| Cheatham, Edna..... Rollins, Wyo | Hamilton, Nellie M..... Kirksville, Mo |
| Coons, Jessie M..... Kirksville, Mo | Hathhorn, Chas C..... Livingston, Mont |
| Cain, Emma E..... Kirksville, Mo | Harlan, Myrtle D..... Kirksville, Mo |
| Cain, Phillip R..... " " | Harding, Ada..... Jacksonsville, Ill |
| Cain, Asa D..... " " | Hoover, Mable..... Lawn Ridge, Mo |
| Covey, Homer P..... Miltonville, Kan | Hulett, Guy Dudley..... Manhattan, Kan |
| Campbell, Chas. A..... Kirksville, Mo | Hollingsworth, Fred..... Phoenix, Ariz |
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 Jackson, Mary E.....Kirksville, Mo
 Kennedy, Seth Y.....Lake Como, Pa
 Kimball, Sherman.....Northfield, Vt
 Killgore, Joseph M.....Kirksville, Mo
 Kellogg, J Hollis.....Kirksville, Mo
 Keyte, Ivy A.....Kirksville, Mo
 Kennedy, Ralph V.....Rochester Minn
 Kelso, Sophronia B.....Auxvasse, Mo
 Laughlin, George M.....Kirksville, Mo
 Lewis, Richard G.....Chillicothe, O
 Linder, John F.....Nefy, Mo
 Lincoln, Fred C.....Buffalo, N Y
 Lund, Mrs Genevieve.....Kansas City, Mo
 Lyda, Levi W.....LaPlata, Mo
 Linhart, Curtis C.....Browning, Mo
 Landes, Henry E.....Kirksville, Mo
 McFall, Frances.....St Joseph, Mo
 Mayhugh, Ina T.....Rothville, Mo
 McDougal, John P F.....Ottowa, Canada
 McClannahan, Mabel M.....Kirksville Mo
 Moyer, L Edna....." "
 Morris, Thomas C....." "
 Miller, Chas Z.....Mt Ayr, Ia
 Mitchell, M Louise.....Weedsport, N Y
 Meyer, Otto E.....Quincy, Ill
 Merkley, Edwin H.....Syracuse, N Y
 McRae, Ira W.....Shibleys Point, Mo
 Maxwell, Milton, L.....Kirk ville, Mo
 Maxwell, Elizabeth....." "
 McClung, Bert....." "
 McCormick, Blanche A.....Ruston, La
 McChesney, Ernest.....Kansas City, Mo
 Mahaffay, Ira F.....Brashear, Mo
 Macgeorge, Florence, Dunedin, New Zealand
 Mahaffy, Mary I.....Kirksville, Mo
 Morgau, Richard M.....Watson, Mo
 Moss, Joseph M.....Miltonville, Kan
 McGurvey,.....Xenia, Ohio
 Nisbet, Robert E.....Bullion, Mo
 Nugent, Emma B.....Bedford, Ind
 Oliphant, Adath Pearl.....Kirksville, Mo
 Peters, I F....." "
 Putnam, Harrison A.....Sioux City, Ia
 Putnam, Daniel P....." "
 Pemberton, Stanley D.....Kirksville, Mo
 Proctor, Arthur C.....Pocatello, Idaho

Pennock, David S B.....Lansdown, Pa
 Reesman, B F.....Bullion, Mo
 Reagan, Thomas E.....Lincoln, Neb
 Rickart, Emma V.....Quincy, Ill
 Reesman, Arthur J.....Bullion, Mo
 Roberts, Katherine.....Kirksville, Mo
 Roland, Arthur A.....Greenville, O
 Reesman, Victor H.....Kirksville, Mo
 Reed, Wilmont.....Kirksville, Mo
 Sigler, W D Jr.....Kirksville, Mo
 Shackelford, Natt H.....Lewistown, Mo
 Spencer, John J.....Kirksville, Mo
 See, Samuel D.....Granville, Mo
 Smith, Benj P.....Miltonville, Kan
 Sullivan, Henry B.....Chicago, Ill
 Sheldon, Tristram W.....Fitchburg, Mass
 Sigler, H Roy.....Kirksville, Mo
 Strait, Hiram H.....Minneapolis, Minn
 Skeen, George S.....Jacksonville, Ill
 Shrum Mark,.....Bloomington, Ind
 Sutherland, W G.....Mapleton, Minnesota
 Stephenson, Troy C.....Brooklyn, Ia
 Shackelford, Joseph W.....Lewistown, Mo
 Shackelford, Jennie T....." "
 Staff, Gambetta.....Kirksville, Mo
 Sisson, Ernest.....Genoa, Ill
 Suter, Robert E.....Palmyra, Mo
 Sabin, Henry W.....Montpelier, Vt
 Snavely, John W.....Leon, Ia
 Sisson, Ada B.....Gena, Ill
 Traughber, Wm F.....Centralia, Mo
 Taylor, Mignon Aura.....Columbus, Miss
 Thornbury, Harry A.....Memphis, Mo
 Tappan, Emeline.....Baldwinsville, N Y
 Thompson, Harvey B.....Kirksville, Mo
 Vanburen, Gertrude.....Weedsport, N Y
 Warren, G S.....Kirksville, Mo
 Walrod, Burton E.....Beresford, S D
 Woltmann, Frederick,.....Neeper, Mo
 Wheeler, Mary A.....Blue Rapids, Kan
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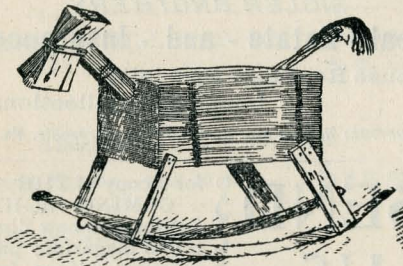
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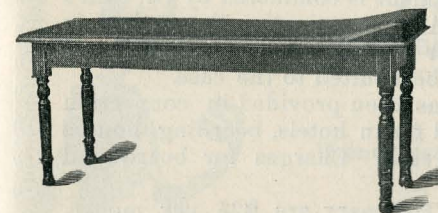
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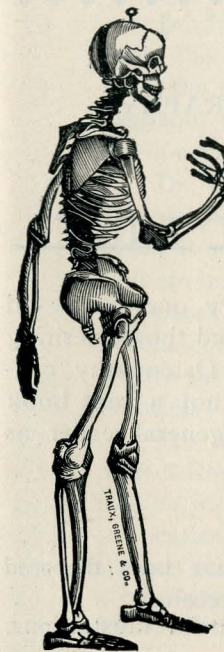
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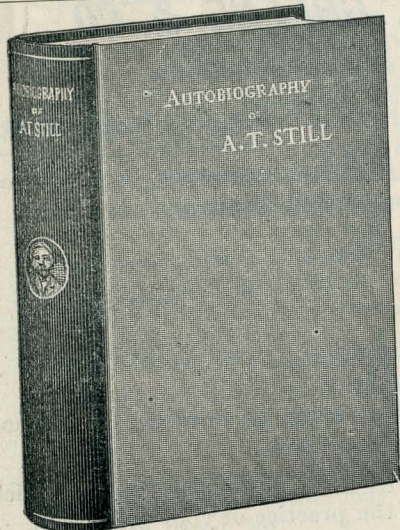
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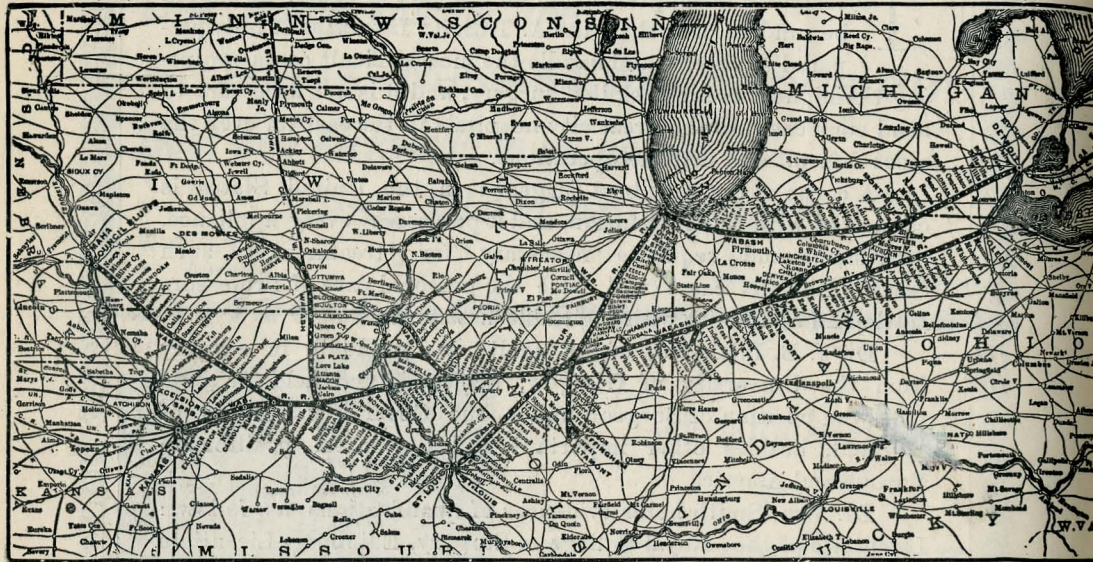
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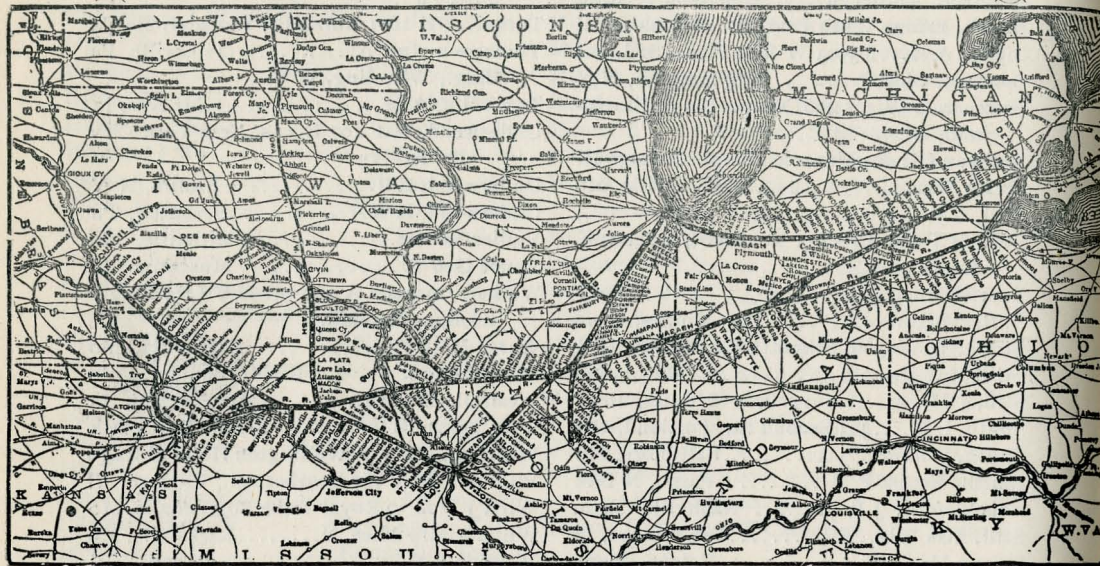
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