

VOL. VIII

NUMBER 5

The Bulletin
of



Atlas & Axis Clubs



DEVOTED
TO THE



SCIENCE OF OSTEOPATHY

JANUARY, 1907.

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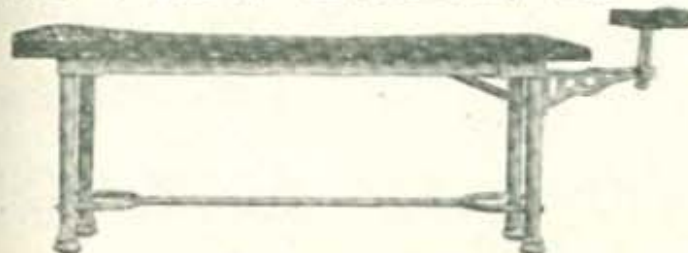
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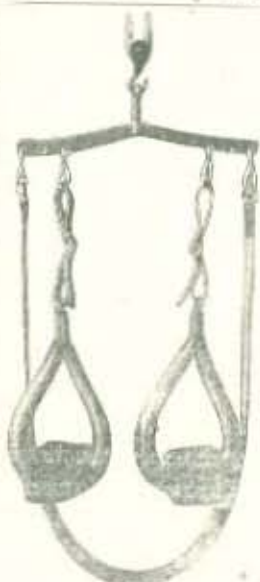


FIG. 1

FIG. 1 introduces a device with which the Osteopath can administer the most scientific and beneficial manipulation with the greatest ease to operator and in the most delicate and unembarrassing manner to patient. Is constructed of good light colored harness leather, strong and durable; all steel parts nicked; automatic hoist and neat in appearance and detail.

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FIG. 2

The Bulletin

OF THE ATLAS AND AXIS CLUBS.

VOLUME VIII

JANUARY, 1907.

NUMBER 5.

THE GIFT OF OSTEOPATHY.

CLASS REPRESENTATIVE, J. A. WILLIAMSON.

"**O**STEOPATHY, Given to the World by A.T. Still, A.D. 1874." These words painted in bright letters across the roof of our Alma Mater are so plain that "all who read may run;" but their import varies with those who read them. To the sick and afflicted, they are the glad tidings proclaimed from the house-top; to the medicine-man, they are the hand-writing on the wall, and this is the interpretation thereof: Your drugs are weighed in the balance and found wanting; to the student of osteopathy, they are the plain, simple statement of one of the most important facts of modern times.

Although but a third of a century has passed by since Dr. Still turned his back on the old medical theories of the past and took upon himself the obligation of giving to the world a new and a better system of therapeutics, yet so faithfully has he labored and so successful has he been that if a man's life were measured by his deeds, the "Old Doctor" has lived a thousand years while developing the science of osteopathy.

Osteopathic schools springing up here and there all over our country, thousands of practitioners in the field, and hundreds of thousands of patients successfully treated by the system, all testify to the rapidly growing popularity of the new science.

Before one can fully appreciate the gift of osteopathy to the world he must first understand the world's great need of it. Looking back over the history of medical practice we find that from the earliest records down to the present time doctors have theorized and experimented upon their fellow-men in their earnest efforts to discover some reliable system for the treatment of disease; and while their object was always praiseworthy their methods were often questionable, to say the least, and their results most deplorable. It is true that every system of therapeutics must necessarily pass through the experimental stage, but the world is entitled to know the results of the experiments. It is not my intention

to-day to go back into ancient history to recount the fallacies and failures of the doctors of those early days, but will confine my observations to comparatively recent times.

Among the doctors of the last hundred years many strange and erroneous ideas have prevailed concerning the cause and treatment of disease, and some of them still exist. Dr. Oliver Wendell Holmes said that the older doctors, even as he remembered them, thought that disease was a distinct entity, apart from the process of life,—a kind of demon to be attacked and driven out of the system with things of odious taste and smell. The modern bacteriologist declares that he has found the demon of disease, and that his name is Legion, for they are many. It is a well known fact that microscopic forms of life are found in connection with certain diseases, but just what relation they bear to the disease process going on in the body is still a debated question. Are these germs by their destruction of tissue, or by their poisonous excreta, the primary cause of the disease, or is the existence of pathologic conditions responsible for their presence in the system? Leaving these questions for the germ specialist to settle, we turn again to the history of medical practice to see what has been accomplished by the doctors in their conflict against these microscopic demons of disease, and we learn that in most of the so-called germ diseases nothing has been found sufficiently ill-smelling or ill-tasting to drive the demons out of the system. Even the faith of the christian scientist falters when he comes in contact with the deadly pneumococcus; the thunderbolts of the electrotherapist are powerless against the tenacious typhoid bacillus; the hydrotherapist cannot drown him, and the drug therapist cannot poison him, without killing his patient at the same time. But let the leaders of the profession speak for the medical men concerning the virtue of their drugs. Osler, the foremost medical authority in the United States, says: "Pneumonia is a self-limited disease, which can neither be aborted nor cut short by any known means at our command." Again, he says, "The profession was long in learning that typhoid fever is not a disease to be treated mainly with drugs. Careful nursing and a regulated diet are the essentials in a majority of the cases..... In hospital practice, medicines are not often needed. A great majority of my cases do not receive a dose." Thus we see, that in the battle against infectious diseases like these, the general has ordered his lieutenants to cease firing, and has wisely placed his trained nurses in the front line of battle. Many other leaders are doing the same thing. Of course, the rank and file of the "regulars" are still in the woods firing away, shooting their allopathic

doses of poison into their patients with a zeal worthy of a better system. Fortunately some of the more merciful ones are beginning to use blank cartridges in the form of placebos.

A few decades ago, as some of you older people will remember, "blood-letting" and violent purgation were frequently resorted to, because the doctor thought that disease was due to an excess of vitality. It is needless to say that this treatment decreased the vitality, but it did not help the patient. When this fallacy was exploded, the doctor concluded that disease was usually a condition due to deficient vitality, and he initiated the practice of drug stimulation, which has been carried to such an extreme that it has become one of the greatest curses of modern times, for when the system fails to respond to the ever increasing demands of business and society, a drug is often administered, which acts as a whip to the tired horse. No wonder that we are rapidly becoming a race of neurotics! No wonder that insanity is increasing at such an alarming rate!

Samuel Coleridge, the eminent English metaphysician, said that all medicines will be found specific in the perfection of the science. This being true the number of specifics that has been discovered should furnish an accurate index to the progress that has been made in the "exact science." Careful research reveals the fact that no "regular" medical authority claims that there are more than three specifics known to the profession to-day. I have here a copy of the September, 1906 bulletin of the Northwestern University Medical School, and with your permission I will read a paragraph on "specifics," written by the president of the Alumni Association: "My attention has been strongly called to the fact that therapeutics are no longer taught in our school. Is this a wise change, and why was it made? In the vain striving for specifics, the art of medicine has been neglected. Climatology, balneology, electricity, and mental suggestion deserve far more attention than they receive. A recent graduate knows little of therapeutics. "Therapeutic notes" in our journals are misleading. They are only a string of prescriptions. Materia medica and pharmacology are not therapeutics. As has been remarked, the therapeutic nihilism of the teaching in our schools is very largely responsible for the development of christian science, osteopathy, and the nostrum evil. The fact that there is no specific for diseases is not evidence of the uselessness of drugs, but it is the strongest argument for the employment of the doctor. If there were specifics for the treatment of diseases, any layman could do as well as the physician. There is no specific course across the ocean, or through the rapids, therefore

we trust only skilled navigators. We cannot have "specifics" because the constitution and surroundings of patients vary." This remarkable paragraph is worthy of careful scrutiny, especially by any osteopath who may be considering the advisability of taking a course in a medical school. We can readily appreciate the importance of climate, bathing, electricity, and mental suggestion, but we cannot understand how drugs, that are not specifics, can be of any value to the skilled navigator in his efforts to guide a frail human barque across life's stormy sea. For, according to Gould's Medical Dictionary, a specific is a medicine that has a distinct curative influence on an individual disease. Why then does the doctor give drugs if they have no curative influence on disease? This question was answered by Dr. Goodhart, in the annual address on medicine, before the 1901 meeting of the British Medical Association. He said, "Why do we give drugs? Often, not because the disease demands them, but because the patient is not happy till he gets them; too often he is not happy then. They are sometimes given to hide our ignorance, I fear, or to mark time while we watch and wait. They are sometimes given as a gambler on the Exchange speculates in futures, an enhanced reputation being the windfall that is hoped to secure; and then we often give drugs as an experiment, in the hope that they may do good." Thus we might go on indefinitely, quoting recognized medical authorities, who have added their testimonies to the uncertainty and futility of drug therapy, but sufficient has been given to answer our purpose and to show that the leaders of the medical profession are beginning to understand what Dr. Still discovered nearly fifty years ago, i. e., that internal medication is unreliable and unscientific.

The closing years of the nineteenth century found many conditions existing which had a direct influence on the healing art. Many of our foremost medical doctors, discouraged in their vain search for specifics, were deserting the drug for the surgeon's knife; the followers of Mahan had proven that a small dose of medicine would do just as much good as a big one, and less harm; the laity were losing their blind superstitious belief in the pill doctor, and many of them were practicing the empirical method, by treating themselves with nostrums; the patent medicine men were reaping a richer harvest than ever before; the use of opium, cocaine and other alkaloids was increasing at a frightful pace. The better class of physicians of all schools were taking up the cry, back to nature in the treatment of disease. The time for a revolution in medical practice was at hand, in fact a revolution had already begun, and when the portals of the twentieth century swung open, Osteopathy stood at the threshold;

this young giant of the west, born of reason and common sense, and dwelling close to the heart of nature, had discovered the fundamental principles underlying the primary cause and the rational treatment of all diseases, and had come to establish a system of therapeutics based upon those principles.

Governed by the principles of osteopathy the skillful practitioner is able to assist nature in overcoming all curable diseases. Instead of antagonizing the symptoms of disease, he removes the cause, and nature does the rest; instead of administering anodynes to stifle nature's cry for help, he adjusts the structural disorder and the pain disappears; instead of giving poisonous germicides, he frees up the circulation and the protective properties in the blood destroy the disease producing bacteria, for "the rule of the artery is supreme."

It is fortunate for the science and for humanity that osteopathy came at a time when woman was reaching out to widen her field of activity, for she was quick to recognize in the practice of that profession an opportunity to render most valuable service to her own sex in particular, and to humanity in general. In this connection I would modify Pope's celebrated statement, and make it read: the proper study of woman-kind is woman; for when woman studies and understands her own physical being, and learns to rely upon osteopathy, both as a therapeutic and as a prophylactic measure, much of her suffering will be alleviated. And when these principles are applied to the treatment of children during the growing period of life, many slight deformities and mal-positions of structures which predispose to disease will be corrected, and a stronger and a healthier race of people will be the result. Furthermore, when osteopathy becomes generally accepted by the world, the use of drugs will be reduced to the minimum, the nostrum evil abolished, the number of drug fiends and inebriates greatly diminished, temperance promoted, surgery restricted, and many invalids who have hitherto been considered incurable, will be restored to health and strength.

Classmates and fellow students, it will become our privilege and our duty to help educate the world to osteopathy. The gift has been offered and many have received it with gladness, but many more are still ignorant of its merits. We should be proud to represent a system of therapeutics that appeals to the intelligence and education of the people, and not to their ignorance and superstition, a system that is specific and not empirical, scientific and not theoretical. And let us not forget that the people of the community in which we practice will judge the entire system by what we are and by what we do. Hence, the character and the

preparation of the individual osteopathic physician are both of the utmost importance. It has been well said that when we have to do with an art whose end is the saving of human life any neglect to make ourselves master of it is a crime.

Osteopathy as a growing science is like a building in course of construction. The plans and specifications have been prepared and are complete in every detail. Its foundation rests upon the principles of anatomy and physiology. Its cornerstone is the etiology of disease. The material for its superstructure is being hewn out in the broad field of experience, and every piece that is measured by the scientific rule of osteopathic mechanics, fits into its place in the superstructure without the sound of a hammer. Already the building has assumed magnificent proportions, and into its open doors the suffering ones of earth are crowding for relief. But we cannot see it in all its grandeur yet, for it is incomplete. Here and there numerous sheds are seen projecting from the main walls; these are the adjuncts of osteopathy, and they mar the beauty and symmetry of the building; but by and by the workmen will learn to be more specific, and hew to the line of pure osteopathy; then all these useless adjuncts will be cleared away, and the building will stand out complete in every part, the most useful, the most scientific, the most magnificent temple of healing the world has ever seen; and on its corner stone, engraved in letters of never fading beauty, will be the name of the architect and master-builder, ANDREW TAYLOR STILL.

NARCOTICS.

DR. NANNIE J. CHAPPEL, ST. LOUIS, MO., AXIS, '07.

IT is a pitiful and humiliating confession that medicine is not an all sufficient science, when the physician resorts to the common practice of administering narcotics. Often he does it out of pity for the suffering patient, but oftener with the belief that sleep by any means is better than no sleep at all. He reasons that the evil effect of the drug on the system is less injurious to the patient, than the continued insomnia, which in time would produce insanity or death; his skill is not sufficient to produce natural sleep, and he resorts to artificial means, knowing well the great risk he is taking and the immediate harm he is doing, in order to secure the good at which he aims.

The number of women brought annually under the influence of narcotics and stimulants of different kinds, generally prescribed by physicians of the old school for temporary relief from pain, attest their

failure to relieve the disease, and the urgent need of a treatment that will restore the patient her health, and at the same time leave no evil results. Osteopathy is filling that need; the osteopath, by skillful manipulation, can relieve the patient of pain and induce natural sleep; not only can he give relief, but almost invariably can prevent further attacks, as it is the cause he must treat, and not the effect alone.

In some cases the physician informs his patient what preparation he is giving her, advising her that it is necessary as she is in great need of sleep. Believing this, it is no wonder she soon learns to rely on the artificial relief, and then becomes confirmed in the habit. Who is responsible in this case, the physician or the patient?

Again, the physician will conceal the drug in the prescription, and she is not aware of taking it; also, it is not a rare case to have the patient resort to sedatives, without her physician's knowledge or sanction, simply because they are easy to get and inexpensive. The average woman is not aware that the little tablets, wafers, salts and pellets she carries with her for their soothing effect on the nerves, or to ease a headache, are destructive sedatives or stimulants, whose true nature is concealed under an attractive name; she little dreams that she is taking opium or morphine, or, worse still, cocaine, one of the most dangerous of poisons.

The narcotic habit, conscious or unconscious, particularly in chronic cases, presents stubborn difficulties; as not only the disease has to be cured, but also the overcoming of the narcotic habit and its evil effects on the system. It is easy to comprehend the evil effects of all drugs that alleviate pain and induce sleep.

The nervous system controls every function of the body, and is the force that renders possible everything that we are or do. Pain is nature's notification that something is wrong, which demands immediate attention; or, according to the definition that was given us in school,—"Pain is the crying out of a nerve for more blood," and is the evidence that the nerves are alive to their duties and are faithfully discharging them. Pain is absolutely necessary to an intelligent care of the body, and to keep it from harm. Destroy that capacity, and a thing vital to our self-protection and self-preservation is destroyed; that is simply the effect of drugs that are given to alleviate pain and induce sleep and is the effect that osteopathic treatment will counteract.

It is on the integrity of the nervous system we must depend for a perfection of every part, organ and function of the body. The drug that numbs pain or induces sleep lowers the tone of the entire nervous system, and of necessity impairs its integrity; then a physical deteriora-

tion and an aggravation of the disease present is an unavoidable result. This is not only true with regard to physical conditions, but may also be applied to the mind. Relieve the brain of the work that Nature intended it to perform, and eventually the power to do its work will be destroyed.

The use of drugs to induce a stupefaction resembling sleep, in reality produces a condition radically different, and one that is generally worse than wakefulness. Nature will not be forced; if she is forced, more harm will invariably result than arises from the condition the physician is endeavoring to ameliorate. Narcotics are a form of violence to the brain functions, and their effect is paralysis; they create an abnormal brain condition, or more plainly speaking, a diseased condition.

A rational course is the one that will bring about natural sleep and ease from pain, and this the osteopath can easily do by adjusting the structures of the body and facilitating a free circulation of blood. The osteopath seeks the cause of disease and usually finds a bad spine, a rib luxated, or a slipped innominate; and even though he may fail to get a complete history of the case, yet the tightened muscles will guide his fingers to the abnormal conditions that indicate to his practiced touch the direct cause of the patient's ill health.

Remove these conditions, which is the osteopath's first aim, and the nerves are given a chance to perform their mission to all parts of the body; the blood will be distributed as it ought to be, and tissues will be fed that before were starved; the patient revived, with a vitality that joyfully pulses a bouyant sense of renewed health, and an increased power to enjoy life to its fullest extent thereby, must concede to osteopathy its just due; that to it, and it alone, she owes everything in life worth living for.

THE VALUE OF SUGGESTION AND HYPNOTISM IN THERAPEUTICS.

(Excerpts from a paper read by Dr. Francis A. Howe before the Axis Club. Dr. Howe graduated in 1904 and is a member of the Axis Club.—Editor.)

TIME was, and not so long ago, that we looked with suspicion upon the person who advocated hypnotism and upon the hypnotist himself as though he was a dangerous person, to-day if we are keeping abreast with the times we have laid aside our prejudice and adapted to our needs just so much of the new, old therapeutical agent as we find will be beneficial. * * * *

We wish to call your attention to two facts: First, that in a certain class of cases hypnotism is advisable, and second, that suggestion is of value in all cases. Therapeutic suggestion is not infallible, the cause of failure is inherent, sometimes in the disease, sometimes in the subject. It often succeeds where other means have failed; it often accomplishes marvels. * * * *

The action of suggestion on the brain centers is greatly intensified when the subject is in the hypnotic state because hypnotism reduces the subject first from his normal condition, which is one of polyideism, a state in which ideas or information are received from all the avenues of sense, and these balance and control each other, to one of monoidism and finally to a state of vacancy in which the mind is blank. Dr. John D. Quackenbos of New York has recently said "Investigations extending over many years have led me to believe in the dual personality of man, that is, each human unit exists in two distinct states of superior consciousness. One of these states is called the primary or superliminal, the personality by which the man is known to his objective associates, which takes cognizance through the senses of the outside world, and carries on the ordinary business of every day life. The second, or subliminal personality is the superior spiritual self, the man's own over-soul, which automatically superintends all physical functions and procedures, and influences mental and moral attitudes. It happens to be a fact of mind that in sleep, natural or induced, this subliminal or submerged self may be brought into active control of the objective life. My experiments have forced me to the conclusion that there is no difference as regards suggestion given during natural sleep and the so-called hypnotic trance. In the induced sleep the subject is enrapport, exclusively with the operator, in natural sleep only with his own objective self."

The dangers of hypnotism are exaggerated, for no one can be hypnotized against his wish, and when in the hypnotic state the tendency is that only good suggestions are assimilated, bad ones are rather rejected, or to be more explicit the subject refuses to be brought to a lower plane than his normal waking morality.

Dr. R. Krafft-Ebing, Professor of Psychology and Nervous Diseases at the University of Vienna says, "Hypnotic suggestion is all that can really benefit the patient in certain ailments and as a rule only suggestion coming from a second person, and that by means of hypnosis promises success in these cases. A prerequisite is of course the possibility to induce hypnosis of sufficient intensity. It is unfortunate in

these very cases of neurasthenia that this often proves impossible since the subject is often excited, embarrassed and in no condition to concentrate the thoughts."

Prof. James H. Hyslop, the director of the American Institute for Scientific Research, says that in the near future the Institute will take up the application of hypnotism as an agent for healing, and that a hospital is to be opened where the effect of mental states upon the body may be studied.

The extensive statistics of Liebault have shown that almost anybody can be hypnotised, the susceptibility to suggestion being influenced by the willingness of the subject, his passibility and the power to concentrate the thought or attention on the intended sleep. * * * * The mind is psychodynamic and must be regarded as a force like light, heat and electricity which operates for good or evil on the bodily functions. Strong mental impressions may actuate disease, and even death, or they may act by curing disease. Joy and hope stimulate, whereas grief and despair depress the bodily functions.

There is no sensation, whether general or special, excited by agents acting on the body from without, which cannot be excited also from within by emotional states affecting the sensory ganglia, such sensation being referred by the mind to the point at which the nerve terminates in the body. * * * *

One of our reliable text books says, "Suggestion, is a mighty aid to the physician, and without producing hypnosis, positive and intelligent assertion can accomplish all that is likely to be done by hypnotism short of the somnambulistic stage. The frame of mind goes far toward determining whether there shall be an open door to healing, or time and power lost through the obstructive tactics of adverse suggestion. A fair realization of the part suggestion plays in therapeutics is one of the recent achievements of the most progressive minds."

The employment of suggestion belongs as much to the osteopath as to the practitioner of any other school of therapeutics.

Instruction from reputable sources and the application of such knowledge combined with his osteopathic training will make him a power indeed in the alleviation of human suffering.

THE BULLETIN

OF THE ATLAS AND AXIS CLUBS.

ASA WALMSLEY, D. O., EDITOR.

MISS EVA I. MAINS, REPORTER FOR AXIS CLUB.

Entered as second class matter, Oct. 12, 1903, at the post office at Kirksville, Mo., under act of Congress of March 3, 1879.

Readers of the Bulletin are urged to send the editor prompt notice of their addresses on making their first location, and on making any change in their mailing addresses thereafter. Only by doing so can the reader provide against loss of some of the copies.

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KIRKSVILLE, MISSOURI, JANUARY, 1907.

Correction. In mentioning the officers elected for the present term in our last the name of Mr. Clement Woolson was given as Sacrum, and the office of Receptaculum was not mentioned. Mr. Woolson is Receptaculum and Mr. Louis A. Hilbert is Sacrum.

* * *

New Prospects for a large Post Graduate class at the A. S. O. **P. G. Class.** are excellent. Several practitioners have arrived from the field and quite a number of the class just graduated have matriculated. It is expected that the class will number 25 or 30. The schedule for this course is as follows: Clinical Osteopathy, Gynecology, Operative Surgery, Clinics, Differential Diagnosis, Diseases of the Eye, Ear, Nose and Throat, Skin and Venereal Diseases, and several other important subjects.

* * *

Resolutions. When resolving at the beginning of the year did you resolve to write to the Bulletin at least once every six months? If not, why not? We like to hear from you, so does your brother practitioner and you like to hear from him. When you read this just sit down and write us and let us know how you are getting along. We would much appreciate such a pleasant surprise.

Well Done. The term just completed has been one of, if not the most, successful in the history of the club and Noble Skull. Charles F. Banker and his able lieutenants are to be congratulated on their splendid administration of the club's affairs. The business sessions of the club were characterized by good feeling and a noticeable desire for the advancement of our science and club. The program committee was not idle and many good programs embracing features of an edifying as well as of an entertaining nature were given. A number of good members were added to our number, and last, but not least, the administration turned over a nice bank account to its successors.

* * *

Osteopathic Inventions. Dr. M. C. Burrus has an adv. on page four of this issue which every reader of the Bulletin should see. Burrus' Gynecological Sling is a very complete device, is simple in construction and is constructed with a view to making the handling of heavy patients much easier than heretofore. We believe it will do what is claimed for it and that it is worthy of investigation.

Dr. J. V. McManis of Baird, Texas, has invented a table with movable parts which he claims will greatly lessen the work of the osteopath, especially in treating heavy patients. A number of osteopaths have examined the table and pronounce it excellent. The doctor expects to place his table on the market in the near future.

* * *

Atlas and Axis Directory. It is the desire of the Atlas and Axis clubs to get out in the near future a complete directory, in convenient form, of their members. In order to have this directory as accurate as possible we should like any of our members who have changed their address to notify us of the same, or if you know of any member who has recently changed his or her address and who through failure to notify us is not getting the Bulletin, kindly let us know.

* * *

Reporter for Axis Club. The editor extends his thanks to Miss Katherine Broderick for her efficient services as reporter for the Axis club during the term just closed, and in doing so would call attention to the fact the Axis reporter can not present to the readers of the Bulletin a newsy department if "news" is not forthcoming. The Axis reporter, as well as the editor, will be pleased to hear from Axis members. Miss Eva I. Mains of the Junior class succeeds Miss Broderick and we bespeak for her your hearty support.

Farewell to Seniors and to Dr. and Mrs. Clark.

On Monday evening, January 21st, the junior members of the Atlas and Axis clubs gave a farewell reception to the senior members of said clubs and to Dr. and Mrs. M. E. Clark. An excellent program was provided and was much enjoyed by those present.

Noble Skull Shipman, who presided, said that as representative of the under classes as well as personally he wished to assure the guests of the occasion of their hearty welcome. We are delighted to have this privilege of entertaining the seniors, also of entertaining Dr. Clark who is the "Big Senior" of the occasion. We who are to remain here are moved tonight with feelings of pleasure mingled with regret. Pleasure, because we know a body of representative men and women are leaving their Alma Mater to go into the field and bring blessing to mankind and honor to themselves and their science; regret, because we have learned to love you and will miss your associations very much. But we know that it must be thus, so we wish the Seniors and our "Big Senior" a hearty Godspeed, and trust that your path may be strewn with manifold blessings.

The following is the program as rendered:

Piano Solo	Mr. F. M. Turner
Vocal Solo	Mr. M. W. Sterns
Whistling	Mr. Grieves
Piano accompaniment by Miss Dashiell.	
Reading	Mrs. Ewing
Guitar Solo	Mr. E. R. Smith
Vocal Solo	Mr. Carroll B. Morrow
Guitar and Mouth Organ	Mr. F. G. Carlow
Address	Dr. M. E. Clark
Present@ion to Dr. Clark	Mr. C. J. Gaddys
Male Quartette	Messrs. Sterns, Carlow, Smith and Hatch

DR. CLARK'S ADDRESS.

My mind carries me back to ten years ago at which time I had decided to enter the medical profession and was preparing to enter Rush Medical College. But it had had been otherwise decreed, as it was at that time that through a brother-in-law of mine I heard of a man in Missouri who was doing wonders in curing disease in its various forms without the use of medicine. At first these reports did not impress me favorably—I thought it was magnetic healing. But I kept hearing more about this wonderful man and the result was that I started for

Kirksville. It was raining when I arrived in Kirksville—and I came over the O. K. too—so you can imagine how I felt. (Laughter.)

I succeeded in getting a boarding house and next day went to school. The first persons I met were Mr. Patterson and Mr. Conger, later I met the Old Doctor. You know how I felt. I held him in awe; thought there was something supernatural about him, but I soon learned differently.

It was an effort for me to decide whether I should study osteopathy. But having decided to study and after reaching Kirksville my faith in science got stronger and stronger until in my "Soph" term I felt quite confident, but toward the end of my senior term I felt somewhat weak, a feeling with which some of those present tonight are perhaps familiar. But I decided to "do or die."

Just here I might mention that my father was much opposed to my studying osteopathy. He said I might as well throw my money into the river as go to Kirksville. I have never regretted my steps. We have a system that does more than any other for suffering humanity. Of course we cannot cure everything, but there are few conditions that we cannot benefit.

Confidence is a necessary asset to the young practitioner—confidence in your science and in your self—but be not over confident.

Osteopathy is just the same now as it was ten years ago, but we interpret it somewhat differently. But the bony lesion is still and will remain the foundation of our philosophy. The Old Doctor claims that the law of power that will cause a diseased condition ought to be able (if given an opportunity) to effect a cure. Disease begins by disturbance to blood supply. So explain the principles of osteopathy in a simple manner and it will have its effect. Be enthusiastic about osteopathy—talk it—entuse others.

In osteopathic, as in other educational institutions, some of the students "come," while others are "sent." Those who "come" occupy front seats and are enthusiastic workers. These people succeed, are bound to do so if they stick to the principles as laid down by the Old Doctor. The Old Doctor has given us something the value of which we cannot estimate. I am not given to flattery, or to eulogy, but if there is anyone that I feel like eulogizing it is the Old Doctor. He has given us a science whereby we can relieve the afflicted and at the same time earn an honest and honorable livelihood. Our reward is greater than money.

As to the future of osteopathy: that depends on our schools and

our practitioners. The Alumnae can kill a school, or strengthen it. We should be right and should work for the advancement of our science, and for our alma mater to get good material for the osteopathic ranks. There is no question as to where students should be sent. The A. S. O. is the place. There is an osteopathic atmosphere here, this is the fountain head. By sending good students here you will help the science, your alma mater, and the student. Our science is so often judged by the conduct of a practitioner that it behooves us to walk circumspectly, to do that which is right both as physicians and as citizens. We should practice the golden rule toward all but if precedence is given to any it should be to our patients and our fellow practitioner.

To the Seniors who are to leave here in a few days, I with the president, wish you success. Your success is mine and mine is yours.

The Atlas Club was organized a long time ago. It was founded on worthy principles and had for its object the upbuilding and elevating of the science of osteopathy, and I am pleased to be able to say that it is carrying out the purpose for which it was brought into existence in a most splendid manner. I have always had a kindly and peculiar interest in the welfare of the Atlas and Axis Clubs and am glad of the success they have attained. I have many friends in them and they are and always have been friendly to me and I wish to assure you that my interest in their clubs will not cease on my departure from Kirksville. In conclusion let me say that I wish success to the Atlas and Axis clubs, success to the Seniors, success to the A. S. O., and success to our beloved science. I thank you.

PRESENTATION TO DR. CLARK.

A most pleasant feature of the evening's entertainment was the presentation to Dr. M. E. Clark by the Atlas and Axis Clubs of a bronze Statuette of Venus and Cupid as a token of their high esteem for him. The presentation was made by Mr. Cyrus J. Gaddys, who said that the clubs could not permit Dr. Clark to remove from our midst without giving expression in a tangible form to the love and esteem in which he was held by members of the Axis and Atlas Clubs, and also of the regret the members of these clubs felt at his removal from Kirksville. The speaker expressed the assurance that Dr. Clark would continue to bring honor to his profession in his new field of labor, as he had done in Kirksville, and extended to Dr. and Mrs. Clark the good wishes of the Atlas and Axis Clubs.

Dr. Clark in response said he could not and would not attempt to

express his feelings of gratitude and pleasure, but that he was sure those present knew just how he felt.

GOOD-BYE SENIORS—SUNG BY MALE QUARTETTE.

(Tune—Good Night, Ladies.)

Good bye, Seniors,
Good bye, Seniors,
Good bye, Seniors,
You're going to leave us now.

CHORUS:

We will have to set the bones, set the bones, set the bones;
We will have to set the bones
After you are gone.

Good night, Seniors,
Good night, Seniors,
Good night, Seniors,
You're going to leave us now.

CHORUS:

Sadly we see you go, see you go, see you go;
Sadly we see you go
From our club and school.

Farewell, Axis,
Farewell, Atlas,
Farewell, Doctors,
You're going to practice now.

CHORUS:

Merrily you go your way, go your way, go your way;
Merrily you go your way
O'er the wide, wide world.

OSTEOPATHIC GLEANINGS.

(Compiled by the Editor.)

Lameness from Small Dislocations.

Many little slips of the small bones of the ankle and wrist occur which physicians and surgeons never diagnose at all and the result is life-long disability and perhaps persistent soreness or tenderness. The osteopaths, of course, make a specialty of correcting these dislocations, from which they have sometimes been called "bone-setters" or "bone doctors."

I knew of one case that had existed for forty years—a man of na-

tional prominence who, as a union soldier, sustained the partial dislocation of one foot while storming a hill—and for whom the best surgeons of the land never found any relief. He had taken for granted all these years that "something was broken" in his foot and could never be fixed. Accidentally, near the end of his life, while he was being treated for paralysis by an osteopath, the foot injury was referred to and the osteopath corrected the injury on the spot with one delt manipulation.

Another recent case was reported of a dislocated "cuboid bone" in the arch of the foot—a little cube structure about the size of a dice. Here again surgeons in an up-to-date hospital were unable to define the trouble or correct it. A New York City osteopath did both in five minutes—found out what was the matter and corrected it. Nor are such experiences in these minor dislocations so very unusual. A great many cases of persistent soreness and disability of joints are caused by dislocations that have never been discovered.—Osteopathic Health.

Constipation not Usually Hard to Cure.

Constipation sufferers constitute a ripe field for converts to the osteopathic idea. Most of them have run the gamut of drugs, only to find out that the more drugs are consumed, the more stubbornly chronic becomes constipation; while digestion, too, is rapidly deranged under most drug treatments for sluggish bowels. This ill is often started by drugs.

Now, it is the simplest thing in the world to understand that bowels become torpid and defective in secretion because of wanting a due supply of blood to feed the digestive organs—stomach, liver, pancreas, bowels, etc., that the nerve supply controls the blood supply in this as in all other regions; that mechanical disturbances are sufficient to overthrow the normal operation of the nerves; and that osteopathy makes a specialty of rectifying these errors of anatomy and is thus able to cure.

Then why should sufferers from constipation continue to nurse this affliction when, more than likely, an osteopath can relieve them? Probably nine out of ten cases of constipation are permanently cured by this treatment. Are you willing to be a convert? Give an accredited osteopath the chance to convince you.—Osteopathic Health.

How They Fake It Abroad.

Dr. H. H. Walpole sends us the following very funny want ad from the London, England, Chronicle, showing some new way they seem to have discovered for faking osteopathy abroad:

Osteopathy, the New Profession—Vacancies for one or two ladies with small capital. Interesting and most lucrative work. Full particulars from Secretary, 10, Bentinck St., W.

What on earth can they do with those "ladies" and their small capital? Probably open shops and dispense the new profession as bottled goods. We consider osteopathy strictly a profession here at home; but the English sharper seems to find it negotiable as an article of commerce.—Osteopathic Physician.

* * *

By the Oneida Humorist.

I want to give you an interesting case report: My landlord had been having a great deal of trouble with his right arm, the shoulder finally becoming so lame and stiff that it was impossible to raise his hand to his head. After the third treatment he raised my rent \$5 a month. I had another case probably as interesting as the foregoing one. This was a very bad case of insomnia. All attempts to secure relief had proven futile, and it had become almost impossible for him to get any sleep whatsoever. He finally placed himself under my care and after taking five treatments he slept with his fathers. Yours for osteopathy, pure and simple—the simpler the better.—James T. Drake, D. O., Oneida, N. Y.—In Osteopathic Physician.

* * *

So Long, Kirksville.
(TUNE—"So Long, Mary.")

I.

We Seniors are preparing for a fast out going train.
So long, Kirksville.
Perhaps you think that we'll care to come back here again.
You're wrong, Kirksville.
We admit you've touched us tenderly
At the shoe-shop and the grocery
Till our pockets open empty
And we can only say:

CHORUS:

So long, Kirksville!
Will you mourn and miss us here?
Of course you will!
You've the coin we held so dear;
And we'll warmly recollect you, Kirksville, everyday.
So long, Kirksville, we can't coax ourselves to stay.

II.

We test the tissue thinness of our bygone Sunday clothes,
So long, Kirksville!
We feel the wind of winter as it wails and wildly blows;
'Tis strong, Kirksville!
How we've fretted, worried, figured, fussed
O'er the coal we've burned,—also the dust!
So we bid you fond farewell, we must!
It's time to get away—

—RALPH H. BURDICK.

ATLAS NOTES.

Dr. F. R. Heine of Pittsburg, Pa., was a visitor in Kirksville and at the club early in January.

* * *

Dr. R. B. Johnston, June, '06, who has been practicing at London, Ohio, spent a week in town the early part of the month.

* * *

Dr. M. E. Clark and Mrs. Clark and family left on Monday, January 28, for Indianapolis, Ind., where the doctor will practice.

* * *

Dr. Franklin Fiske of Portage, Wis., who graduated in 1904, is taking a post-graduate course at the A. S. O. Dr. Fiske is an ex-editor of the Bulletin. We welcome him among us.

* * *

Personnel of Recent Initiates

Mr. Francis Muir Turner of the Junior class comes from Savannah, Georgia. Mr. Turner has a high school, business college and preparatory school education and was engaged as private secretary previous to taking up the study of osteopathy. A brother, Dr. L. N. Turner, is practicing in Savannah, Georgia. Benefits derived from osteopathic treatment in Mr. Turner's family caused him to study the science.

* * *

Mr. Carroll B. Morrow is a Philadelphian, has a public school education, and for a number of years has been engaged as a commercial traveler. Through benefit received from treatment and due to the influence of relatives and friends in the profession Mr. Morrow became convinced that he should be a D. O.

* * *

Mr. Eldon S. Detwiler is a Canadian, Berlin, Ontario, being his home. He was educated in the public school and collegiate and technical

institutes of Berlin and after completing his education was engaged as teacher and physical director. Mr. Detwiler has an aunt, Dr. S. B. Detwiler of Guelph, Ontario, in the profession. Like many others, Mr. Detwiler saw the superiority of osteopathic principles and therapeutics to those of other systems and decided to study the science.

* * *

Mr. Joseph A. Gilman of the Freshmen class is from Boston Mass., He was educated in Waterville, Me., and won his A. B. degree at Colby University of that place. Prior to taking up the study of osteopathy Mr. Gilman was engaged in promoting, brokering and journalism. Mr. Gilman is a cousin of Dr. F. W. Sherburne of Boston, Mass., who is a graduate of the A. S. O., and through whom he became interested in osteopathy.

ATLAS FIELD NOTES.

Dr. G. E. Thompson has moved from Washburn, Ill., to Elmwood, Ill. In sending dues for 1907 Dr. Thompson says: "I think of the club often and would like very much to meet with you some Saturday night. I wish the club a very prosperous 1907."

* * *

Dr. A. E. MacGalliard, Granite City, Ill.: "I have opened an office in Granite City and have splendid prospects here. Would like very much to be with you again. Regards to all the boys." The doctor has been practicing at Las Esperangas, Mexico.

* * *

Drs. C. W. and Alice Proctor gave an "At Home" on Monday evening, Dec. 31, from 8 to 11 o'clock at 12 Bidwell Parkway, Buffalo, N. Y. The occasion was the celebration of the twentieth anniversary of their wedding. The Bulletin wishes the doctors many more years of wedded happiness.

* * *

Dr. M. W. Pressly has become associated in practice with his father, Dr. M. W. Pressly, at Suite 401-402 Hale Bldg., 1236 Chestnut Street, Philadelphia, Pa.

* * *

A a meeting of the Louisville osteopaths held January 23, 1907, the following resolutions were adopted:

Whereas: On the 22nd day of January, 1907, through the sudden and untimely death of our beloved brother, Dr. M. E. Pearson, we have sustained a grievous loss; and

Whereas: The profession has lost a representative of sterling worth, suffering humanity a skillful practitioner, his associates a most estimable colleague, and his intimates a most loyal, open hearted friend; therefore be it

Resolved: That we, deploring our loss, share with the bereaved family of Dr. Pearson their sorrow and grief and hereby tender our heartfelt sympathy, that copies of these resolutions be sent to the afflicted family, to the local papers, to the osteopathic journals and to the Bulletin of the Atlas and Axis Clubs.

Committee:

DR. W. C. McMANAMA,
DR. DORA WHEAT,
DR. SILAS DINSMOOR,
DR. S. N. EPPERSON,
DR. R. H. COKE, Ch'm.

The Bulletin extends sympathy to the bereaved relatives and friends.

AXIS NOTES.

The departing Seniors left the work of the Club with the following officers:

President	Mrs. Eleanor R. Dashiell
First Vice-President	Miss Genoa Sanborn
Second Vice-President	Miss Helen Kinsel
Recording Secretary	Miss Elva J. Lyman
Corresponding Secretary	Miss Lorena Kagay
Financial Secretary	Miss Mary E. Alspach
Treasurer	Miss Sarah E. McRoberts
Chaplain	Miss Clara DeGress McKinney
Escort	Mrs. Nora M. Brown
Janus	Miss Mary W. Peery
Historian	Miss Harriet F. Cornell
Librarian	Miss Leona A. Harper
Assistant Librarian	Mrs. B. R. Dyer

* * *

The Club feels grateful to Dr. Burrus for demonstration of his swing, also to Miss Larrimore for her demonstration of self-treatment of the throat, and Dr. Holmes for an interesting case.

* * *

Dr. Julia V. Frey, one of the Club members from Alliance, Nebr., has entered the Post-Graduate class.

Dr. Gertrude Forrest of Albia, Iowa, is here after her severe illness, for rest and treatment.

* * *

Dr. Mary Walters at the A. S. O. Hospital has been fighting lagrippe for some time but is able to be about again.

* * *

Greetings for the new year were received from the other Clubs connected with the A. S. O.: The Atlas, Delta Omega, Phi Phi Omicron, Theta Psi and Iota Tau Sigma.

* * *

Several of the Seniors left Thursday, Jan. 24: Dr. Mary Lyles Sims for her home at Union, S. C.; Dr. Marie Day for her home in Portland, Maine; Dr. Lallah Morgan for Providence, R. I.; Dr. Delia Knight for New York City; Dr. Harriet Whitcomb for New York City; Dr. Katherine Broderick for Torrington, Conn.; Dr. Edith F. Cooper for Buffalo, N. Y., for a month's rest; Dr. Ionia K. Wynne and Dr. Sara F. Herdman for Denison, Texas; Dr. Bell for Ontario, Canada; Dr. Nelle M. Shell for Tampa, Florida; Dr. Grace Stauffer, 30 Holly St., Lyons, N. Y.; Dr. Breden takes Post Graduate work; Dr. Shupert for Elkhart, Indiana; Dr. Belle Brake to sail from St. Johns, New Brunswick for London, Feb. 2nd, then will go to her home in Melbourne, Australia by way of the Suez Canal and India. Some of the others leave one at a time.

* * *

AXIS FIELD NOTES.

Dr. Alice Patterson Shibley, Washington, D. C.: "Success to the Bulletin."

* * *

Dr. Catherine P. Compton, Bloomington, Ill.: "I think the Bulletin very fine and helpful. Vive la Bulletin."

* * *

Dr. Annie M. Roberts, Axis '06, was chosen secretary and treasurer of the Rhode Island State O. S., which was recently organized.

* * *

Dr. Pauline R. Mantle, Springfield, Ill., writes of the rush of work day and night, and Sundays. Says that acute work takes time and energy and tests one's endurance and skill.

* * *

Dr. Nellie M. Fisher, Youngstown, Ohio: "Enclosed find my club dues for the year. Would like so much to attend some of the club meetings and become acquainted with the members. My best wishes are yours for a happy New Year, and many of them."

Dr. Waller of Alliance, Nebraska, made a short visit in Kirksville during January.

* * *

Dr. Annie McCaslin, Axis, of Newcastle, Pa., has dissolved partnership with Dr. McCormick of that city.

* * *

Dr. Martha Petree, Paris, Ky.: "I wish you a prosperous year in your club work. Every day I think gratefully of our dear old doctor, who by his earnest labor made it possible for us to do this work, and realize that we are merely following a well marked trail, which was not even blazed for him. There is a great work ahead for each of you, and I wish for you all every possible success."

* * *

Dr. Frances M. Butcher of Greenville, S. C.: "I send most cordial greeting to all my sisters of the Axis Club, it is a great satisfaction to receive the Bulletin each month. The case reports are always interesting and helpful to us in the field. Accept my heartiest congratulations on the club's officers for the present year, and my best wishes for continued success."

* * *

Dr. R. T. Dowell and Dr. Annie McC. Brownlee located at 719 E. 25th St., Paterson, N. J., have dissolved partnership. Dr. Dowell remains in charge of their successful practice. Dr. Brownlee returns to her old home at Edina, Mo., to superintend the bringing up of her brother's motherless children, to sweeten the declining years of an aged and beloved relative, and to practice her profession. The chair of Gynecology in the Philadelphia College and Infirmary of Osteopathy was offered to Dr. Brownlee but was declined because of the present duty calling her to Missouri.

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THE AMERICAN SCHOOL OF OSTEOPATHY

Has instituted a seven months' post-graduate course for two-year graduates. The next term begins January 29, 1907. The length of this course has been arranged so as to give our practitioners, together with the twenty months they have already had a twenty-seven months' course, or a course equivalent to three years of nine months each.

There will be no Senior Class, so the time of the Faculty can be given to the Post Graduates. It is our intention to give in this course practical instruction along osteopathic lines with special attention to diagnosis and treatment, so as to more completely equip our graduates to conduct a general practice.

Our new hospital is now in operation. Post-graduate students are given special instructions in the treatment of surgical and acute cases.

The tuition for this course is \$150. There are no extra expenses of any kind for laboratory fees or dissection, and the student is permitted to attend all cases and operations at the hospital without extra charge.

Graduates of recognized osteopathic colleges who have attended twenty months before graduation are eligible to attend.

For further information, address

DR. WARREN HAMILTON, Secretary.

Kirksville, Mo.