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THE JOURNAL OF OSTEOPATHY

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DR. STILL'S PHILOSOPHY.

C. M. Turner Hulett, D. O., Cleveland, Ohio.

DR. STILL's latest work, "The Philosophy and Mechanical Principles of Osteopathy," is characteristically unique. Like all his writings, to be properly understood and appreciated, the peculiarities of his methods of thought and of expression, his abundant use of figure and illustration, and especially his impatience of elaborate discussion of minor points, if tending to prevent the reaching the essential point in the shortest and quickest way, must be kept clearly in mind.

People whose experiences are bounded by the horizon of convention, to whom the sublimest truth appeals only when the dress in which it is presented is attractive, will hardly appreciate Dr. Still's real grasp of the problems of organic life. As was said of Cecil Rhodes, that he thought in continents, so Dr. Still's mind seems to go by leaps and bounds to the highest culmination of the truth he is seeking. That quality of mind was necessary to him in following truth as revealed in nature, with but little if any regard to the guideboards of other men's erecting. That it was which made of him a discoverer. He felt no fear in getting away from the beaten paths, in following new and untried lines of thought, so long as he felt assurance of their consonance with truth. This quality was necessary to the accomplishment of his great work. A different mental quality, seeing only the next thing in advance, which must be led inch by inch over all the detail of the way, would get lost in attempting to follow Dr. Still. So long had he thought and labored for complete assurance that he was right, so well had he proven every point, and so completely had he perfected the system, that when he did give it to the world its acceptance was instant and almost universal. He had more followers that could be properly instructed. As a consequence some have strayed off, and may be heard from the jungles of "adjuncts" or "stimulation and inhibition," or even circling in the whirlpool of "all methods combined." Or perhaps, not appreciating the height to which Dr. Still is beckoning them, or despairing of reaching it, they would mount some little foothill of their own and proclaim it the goal.

Recognizing God as the divine architect and framer of all living forms, and as the origin of that force in them called life, he says that, "We know that life can only display its natural forces by the visible action of the forms it produces," and he makes it clear that the osteopath has only to do with this material organic form. "We must arrange our bodies in such true lines that ample nature can select and associate by its definite measures and weights, and its keen power of choice of kinds, that which can make all the fluids needed for our bodily uses."

Speaking of the motor, sensory, and trophic nerves, he says, "They have no motion, no sensation, no nutriment, they are simply roads for the convenience of executing the orders as found in the plans and specifications of life."

"We have found nothing that would warrant us in saying that the brain has any power to create nerve fluid or force. We can talk about the brain of the head, the abdominal brain, the brain of the liver, and go on with such speculative divisions and find a new brain in every ganglion of the body, but we have only found storage batteries from the heart that are new to our observation."

The relations of the parts of the body to each other must be "infinitely correct." "All abnormal changes have a cause in suspension of arterial or venous blood or lymph, the excretory system, or by their nerve supply being cut off at some important point."

"To find the obstruction of the blood and nerve-functioning, is the object of the person who reasons and cures by osteopathy."

"The osteopath cures disease by skillful adjustment of the parts of the body that have been deranged."

"I began to realize the power of nature to cure after a skillful correction of conditions causing abnormalities had been accomplished so as to bring forth pure and healthy blood, the greatest known germicide. With this faith and by this method of reasoning, I began to treat diseases by osteopathy as an experiment; and notwithstanding I obtained good results in all diseases, I hesitated for years to proclaim my discovery. But at last I took my stand on this rock where I have stood and fought the battles and taken the enemy's flag in every engagement for the last twenty-nine years."

These extracts illustrate the fixedness of purpose with which Dr. Still has adhered to the one basic principle as it was developed in his investigations, that the forces operative in growth, maintenance and repair are automatic in all the requirements of the organism, and that the province of the physician is to prevent and remove obstructions to their normal manifestation. In this conception lies the revolutionary character of the osteopathic system, as it applies not merely to anatomical structures gross or minute, but in the last analysis always to molecular activities as exhibited in the metabolic cycle, the sole content of all functioning and the sole source of all structure. All other therapeutic systems seek to qualify these forces themselves, to lay unholy hands on the arcanum of nature, to put her under lease, and to supersede, in

the direction of her operations, the wisdom of the Infinite by the ignorance of the finite. Nature knows her work; she is not inefficient; she is not laggard. It is therefore presumptuous, almost sacrilegious, for us either to attempt to take her work in our own hands, or to stand over her with check rein and whip in hand to regulate her operations. As we progress in our task of sifting, re-arranging and re-organizing the world's heritage of facts of structure and function, normal and abnormal, in the human body, in accordance with this principle, the conception of its greatness grows upon us. If osteopathy is to continue to develop in the future as in the past, it will be because of continued interpretation of nature's unfoldings in the terms of this basic principle.

DISEASES OSTEOPATHICALLY DESCRIBED.

Carl P. McConnell, D. O., Chicago.

SIXTH PAPER.

Gall-Stones.

Next in frequency to the operation for appendicitis (appendicitis being the most common operation today) comes that for gall-stones. And for the present the operations for appendicitis and gall-stones are keeping the American surgeons busy.

To remove the vermiform appendix on the least provocation and to drain the biliary tract when the slightest occasion presents itself are certainly surgical fads. Of course, no one desires to deprecate the good and brilliant work of our surgeons, but there is both a time and a point where a line must be drawn discriminating between justifiable work and faddishness. At the same time no one expects a surgeon to be infallible; mistakes will always be made as long as our mentalities are finite.

Surgical interference in a few cases of gall-stones is absolutely necessary, but these cases are few and far between. The surgical idea, to operate in all cases, is neither logical nor good surgery. In the first place, operating from a logical view-point, an operation does not cure the disease; it only removes the stones already formed but does not prevent the formation of others. In other words only an effect for the time being is eliminated. True it is, a case of gall-stones may be a long time, even several years, developing before the stones or concretions are of sufficient size to cause any trouble, and if they can be completely removed it will be some time before they form again. However, this is not good grounds to take for it may be absolutely impossible, in fact improbable, to remove every vestige of the concretions; and thus other stones are left to rapidly develop the same trouble again. Then the diseased liver and the impaired general system show no improvement, at best not to any great extent, for the poor general health and the sluggish digestive organs are factors of first importance in the causation of gall-stones.

In the second place, operating in all cases of gall-stones not being good surgery, is a strong argument against the indiscriminate use of the knife.

Surgery should never be employed unless tissue destruction has gone beyond a point of repair or life is endangered. And this is not the case in many sufferers from gall-stones. Why! even cases are operated on simply because the surgeon has suspicioned that the patient has gall-stones, and when the biliary tract is laid open it may be found perfectly healthy. If this is not butcher surgery, then what is it?

Gall-stones are concretions that form in the gall-bladder or bile ducts. Gall stones are to the liver, gall-bladder and biliary ducts what renal stones or kidney stones are to the kidneys, the ureters and the urinary bladder. The stones in either instance may be small like gravel and cause but little if any trouble. But by virtue of the make up of the concretions they tend to increase in size and many of them become hard and stone like, and then when they attempt to pass along the ducts to become lodged and cause severe colic.

The cause of the formation of the gall-stone is due to a precipitation of certain ingredients in the bile (largely cholesterin), thus the different substances collect about some nucleus and a concretion is formed. In other words some solvent is lacking in the bile that prevents this ingredient or ingredients from remaining in a state of solution. This means that probably the blood is not properly elaborated in the spleen, an organ that has considerable to do in purifying and elaborating the blood before it reaches the liver.

The stones more often form in the gall-bladder although they are often found in the various ducts, even in the ducts well up in the liver tissues. The bile in the gall bladder is very apt to become stagnant and thickened, which, of course, favors the stone formation. Especially in cases where there is a sluggish liver and a tendency toward "biliousness," the bile in the bladder may remain for some time and get much thicker than fresh bile, possibly five or six points higher in specific gravity. Thus one can readily see that osteopathic treatment in these cases is a specific treatment. It keeps the liver active, the gall-bladder bile replenished often, and the bowels open. There is no other organ where osteopathic treatment is so peculiarly applicable, that is, where the physician can so readily and directly stimulate function, control blood supply, and positively drain the secretions. It is an every day experience with the osteopath to immediately and completely empty the gall-bladder and its accompanying ducts. Our work not only restores the nervous equilibrium to the liver and equalizes the biliary circulation, but direct manipulation squeezes stagnant blood and bile out of the organ and its ducts.

There are several factors that go to influence gall-stone formation such as sedentary habits which tend to constipation, a poor digestion, and a weak circulation; improper and highly seasoned foods which favor liver torpidity directly as well as indirectly by causing indigestion; lack of sufficient water drinking which prevents the normal amount of liver stimulation as well as hinders the removal of waste products—there is no liver stimulant equal to pure water, in fact, it is the natural stimulant for the liver; eight or ten glasses of water a day would prevent a large percentage of liver ailments.

Persons may have gall-stones for years and enjoy, for some time, fair health. They would probably suffer occasionally from "biliousness," constipation, etc. But when a stone attempts to pass through the duct into the intestines that is a little too large for the lumen of the duct and gets stuck, then the real suffering begins and we have what is called gall-stone colic.

Gall stone colic in a frightful pain. It comes on very suddenly and will leave as suddenly if the stone becomes dislodged. Thus the pain may last from a few seconds to several hours. This severe pain is a radiating pain, beginning usually a little above and to the right of the umbilicus and radiating through the abdomen and liver areas and up the right chest and shoulder. The patient gets weak rapidly and there is more or less nausea and probably vomiting. There will be some fever and very likely chills will occur. If the stone is a large one and firmly lodged surgical means will probably be required.

As heretofore stated the osteopathic treatment is especially applicable. Skilled fingers can usually remove the stone quickly and the present suffering is immediately over. But simply removing the stone will no more cure the patient or prevent other stones from forming than a surgical procedure. The liver and splenic functions have to be remedied and made perfect so the gall-stone ingredients will be kept in solution or the bile will not be normal. This can be done and is being done daily by the osteopath, and what is more, even if several stones are already fully formed and the bile rendered normal they will soften and break up.

The osteopath always finds certain so-called vertebral and rib lesions in these cases, corresponding to the innervation of the liver and spleen; and a correction of these lesions will absolutely cure gall-stones, provided that conditions are not such that extensive ulceration and tissue destruction along the biliary tract have taken place. Then, of course, surgery would be necessary.

As suggested, the diet must be regulated, especially the fatty and saccharine foods. Plenty of exercise and fresh air is absolutely essential; also large amounts of pure water must be drunk.

There are several diseases that may simulate gall stone colic, so that even the experienced physician may be puzzled. Still there is one point every one should remember, and that is, no matter what the symptoms are, no one can be absolutely positive of gall-stone formations until a stone is found in the stools. More than one skillful physician has made this mistake as well as mistakes in an analogous point of diagnosis in intestinal worms. Never be positive until you are "shown."

Case I. Mr. I., age 56, gall stones. History of the gall-stone colic for past ten years. Attacks occurred from three to five times a year for first two years. Hygienic treatment caused disappearance of colic for about a year or thereabouts. During the last year attacks became more frequent—about one a month. It is an interesting fact to note that his habits were quite sedentary for the last two years of his disease.

The stones were frequently found in the stools after a severe attack of the

colic, so there was no question as to the diagnosis. Of course, surgeons advised immediate operation at several different times.

The first treatment was given at the time of a colic attack. The stone was easily felt in the common bile duct and quickly dislodged. Immediate relief followed. His spine was considerably posterior in the middle and lower dorsal region. The ribs on both sides corresponding to the curved spine were depressed and dropped down parallel with the spine.

Six months treatment corrected the anatomical trouble. Attention was given to diet, water drinking and exercise. The result was a complete cure. Six years later he was in splendid health.

Case II. Mr. N., age 43, gall-stones. The first two or three attacks of gall-stone colic were light and the physician thought it nothing but intestinal colic and "biliousness." But later attacks were more severe and lasted longer. He was seen by an osteopath at this period and stones could be detected in the gall-bladder. Care was taken not to disturb the stones, and treatment was given to disintegrate them. Stones that had passed were very hard and solid in consistency.

A marked twist was noted between the eleventh and twelfth dorsal vertebrae with a corresponding disturbance of the ribs on either side. Liver and spleen somewhat congested. Slight jaundice and some catarrh of the stomach.

After two months careful treatment, osteopathic and hygienic, the liver, gall-bladder and ducts, spleen and stomach were in perfect health. A watch was made for the stones in the stools but none were found, evidently they had disintegrated.

Case III. Mr. O., age 53, gall-stones. History of chronic constipation of eight years standing. Six months previous to treatment he had had typhoid fever. Right lateral curvature from ninth to twelfth dorsal vertebrae. History of hard fall and strain ten years ago. Positive knowledge of gall-stones dated back only four months.

Thorough treatment was given to the spine, liver and bowels. This caused a passage of stones which at times was very painful. In two weeks thirty had passed. In six weeks patient was discharged cured. Absolutely well three years later.

On this case thorough treatment was given over the bile ducts at each and every treatment. It is extremely doubtful whether this is a wise treatment in many cases. Better take things slower, readjust the causative factors first and not take too many chances in forcing out, especially the hard concretions. Wait until they soften and break up, unless the case be an emergency one.

Case IV. Mrs. A., gall-stones. History of gall-stone colic of five years standing. Chronic constipation for twenty years. On examination the common bile duct was so swollen that it could be readily detected. Lesion between tenth and eleventh dorsal vertebrae. Entire dorsal region posterior. Lower ribs displaced downward. Treatment was given to correct the spinal and rib lesions, but very light work over the bile ducts and liver. Three treatments a week for two months resulted in a complete cure. This was two years ago and patient has had no return of the trouble since.

THE DRUG EVIL.

There is an Insidious Habit Which is Sapping the Strength and Vitality of Our Nation as Absinthe is Rotting Paris.

By W. E. Graves, Ph. G.

RECENT investigations have disclosed the fact that if all the people in this country who are habitually addicted to the use of morphine, cocaine and opium were gathered together they would comprise a ghastly army larger than the whole force of Regulars and Militia throughout the United States.

The full meaning of this condition of affairs has not been generally grasped. The drug habit is an insidious evil which is sapping the strength and vitality of our nation as absinthe is rotting Paris.

Moreover, a careful computation of figures shows an annual expenditure of twenty-five dollars for each "fiend."

I purpose in this article laying bare the whole horrible situation, in the hope of arousing public sentiment against this cancerous affliction with which our land is suffering.

The most unfortunate aspect is that both here and in Europe there is a rapidly increasing appetite for morphine and the allied "habits." Say what you will, it is the worst form of intoxication—and the most hopeless. All classes and both sexes are numbered among its victims.

There is no doubt, too, that the evil is much more prevalent than my opening paragraph intimates. For these fiends are as sly as a lynx (that's part of the disease), and to the general run of observers they exhibit no evidence of the fearful malady which has clutched and holds them in an octopus grasp.

It is wholly a secret vice.

Morphine fiends are represented in every occupation, though some are particularly favored. Of three hundred victims selected at random, twenty-five trade classifications were made.

At the top of the list in numbers—everywhere, here and abroad—are physicians and their wives! Oh, paradox of paradoxes, that this profession should count thirty-three and a third per cent of its victims! And equally sad and significant is the discovery that pharmacists and their wives hold third place in this diabolical enumeration.

Following these, like convicts in a chain-gang, are litterateurs, artists, college professors and men of affairs.

In every condition cause must precede effect, and we curiously hunt for the reason underlying this pernicious and fatal habit. There is no "reason" in it. It is utterly devoid of any trace of this God-given faculty of the human intellect.

A pseudo-psychology may be traced in the acquiring of the morphine and cocaine habits.

Above all other ages and nations this is a time and a land of tension. We are a high strung people. The briskness and bitterness of competition force us to the utmost limits of endurance. Then, either as a relaxation from the severe strain incident to success, or as a consolation for the bitterness of failure, thousands upon thousands turn to the imaginary oblivion found in the secret intoxication of these concoctions of hell.

Before attempting to fix the responsibility for this widespread evil elsewhere than the individual "fiends," we ought to ask whether there is any law—other than the moral—restricting the sale of those poisons—among many other less harmful? Yes, there is a law in most states, but it is flagrantly abused and violated. Therefore it becomes very easy to fix the responsibility and point the Nathan-finger at the criminal, saying—"Thou art the man!"

First and foremost we should arraign and bring to justice the physicians who unscrupulously prescribe morphine, opium, or cocaine. The number of cases in which it is necessary or advisable as a palliative is ridiculously insignificant compared with the number of victims. There are physicians whose practice is almost exclusively confined to writing prescriptions for drug fiends, and they find it a source of lucrative income.

There are no words strong enough to condemn such conduct. It is far beyond the charge of "unprofessional," and should be classed among the most serious of penal offenses. There is no excuse for the physician. Above all men he knows the full effect of the drug mania. He knows that it is a habit which quickly passes through the four stages from initiation to cachexia, and that it becomes an enemy impossible to conquer.

Hand in hand with the physicians in culpability are the pharmacists. They calmly ignore a law which proscribes the sale of these drugs without the prescription of a recognized practitioner. Or, if a little less bold, they sell the first time, to a new customer, only on prescription, but thereafter violate the law calling for a new prescription at each time of purchase.

Thus it will be seen that the chances for anyone's obtaining the drugs at any store are easy. The thing most needed is tact, in which case even the most reputable pharmacist will grant the request.

Furthermore, the customer finds as little difficulty in buying the hypodermic syringe, which is a necessary adjunct to some forms of the habit. In Paris even the jewelers carry the needles as a side line, and find it a profitable industry.

A third contributory source to the ever increasing host of drug fiends is the patent medicine business, particularly that branch of it which deals in quack catarrh and throat remedies. Most of these are nothing more or less than vehicles for cocaine. An innocent public is humbugged into a worse than fowler's snare, from which eventually it is wholly unable to disentangle itself, and is left to die by inches.

Alleviators of pain are advertised by the wholesale, and many sufferers are unconsciously sucked into this maelstrom.

Now all this argues the crying necessity for laws which will protect the life and health of the nation; and where proper laws exist, their strict enforcement in the interest of both the present and future generations.

And these words of mine, coming out of a full knowledge of the subject, ought to sound a note of warning to thousands of present and prospective victims of a habit worse by far than alcoholism or than other unmentionable vice which, like the drug evil, kills manhood and womanhood and leaves only the beast.—Fair Play.

THE ISLE OF SOPHISTRY.

Asa M. Willard, D. O., Dillon, Montana.

Being an extract from the memoirs of one Charles J. Rennef, member of the American Association for the Advancement of Science.

The United States ship Roosevelt, Jr., under command of Captain Broadhead, was gracefully gliding through the waters of the South Pacific at the rate of twenty-seven knots an hour. It was in the spring of 1953.

The vessel had been chartered by a group of scientists who wished to make certain barometric observations at various points in a given latitude in the Southern Hemisphere. The course was one entirely out of all routes of travel and the vessel had been steaming along for two days with no sight of land. Captain Broadhead, a pleasant faced, sunburned man of about sixty years of age, was leaning against the railing at the forward end of the ship conversing with several gentlemen.

It was a beautiful day. A gentle breeze blew across the bow of the ship and fanned the faces of the group.

The captain grew reminiscent.

"One would not suppose," he said, "judging from appearances to-day, that this part of the ocean is one of the most storm infested areas of any part of the globe. I have five times been within some one thousand miles of where we now are and this is the first whole day that I have ever seen in which there was no foul weather."

"The barometer certainly indicates that we can expect almost anything," interpolated one of the hearers. The captain nodded and proceeded:

"In 1901 or '02, I have forgotten the exact date, the British ship Majestic sailed from San Diego, California, with a company of colonists for Australia. I have often heard my father mention the ill-fated expedition, for he had a brother on board who was a mining expert. The Majestic was hailed about one thousand miles north of this point by the German vessel Kaiser Wilhelm and nothing more was ever seen of her."

"Land, ho!" came from the lookout.

The captain looked amused, then nettled. "That fellow up there must have recently had stimulating liquid refreshments. There's no land within one thousand miles of here and the bottom of Davy Jones' locker must reach down pretty close to Hades."

"Land, ho!" again came from above.

"Where away?" shouted the captain.

"To starboard, sir."

The captain raised his glass in the direction indicated. "There's something, there, sure, and it's much too large for a derelict."

We steered our course farther to the right and made for the unknown, the outlines of which became visible as we drew nearer and resolved themselves into an island of some considerable size.

"There's a flag of some sort waving from that promontory," said the captain, "the place seems inhabited."

Although it was twilight before we reached anchorage, a boat was lowered and the captain, ensign, six sailors and myself started for the shore on which we could now plainly see figures moving to and fro and gesticulating in apparently wild excitement. As we drew near we could see that these signs were friendly.

Upon landing we were no little surprised at being surrounded by nearly five hundred white people. I say surrounded; they kept at a distance of about one hundred feet. I noticed that they all appeared to be suffering, some leaning on the arms of others and all looking pale and haggard.

Five gentlemen who, judging from the attitude assumed by the others toward them, appeared to be persons of importance, came forward and speaking in our own native tongue greeted us. They introduced themselves as, Dr. Dosum, Dr. Dosum, Jr., Dr. Swallow, Dr. Swallow, Jr., and Dr. Profundus. I immediately asked Dr. Dosum the cause of the apparent distress of the people.

He replied: "They were a short while ago inoculated with a prophylactic preparation conveying immunity from the bubonic plague. It acts quickly and seems to be affecting some a little severely. We did this as a precautionary measure upon sighting your vessel some two hours ago."

"Mr. Rennef, punch me so that I can tell whether I am dreaming," spoke the captain to me in an undertone.

We were escorted up a hill, then through a narrow defile, and came to a village of neat wood and stone houses and several buildings of quite pretentious dimensions which seemed to be built of white pressed brick.

It was now quite dark and we entered one of these latter. After we were seated, the captain, in response to an interrogation from Dr. Dosum, told who we were and how we happened to be in those parts. "And now," continued he, "would you be kind enough to unravel for us the mystery of this community's existence?"

Dr. Dosum then talked to us until 12:00 p. m., telling how the British ship *Majestic* had some fifty years before been wrecked upon the island with nearly three hundred passengers after having been deserted by her crew. The vessel was thrown upon the rock in such a manner that when the storm subsided its occupants had all been able to escape to land and later had rescued its entire contents. The history of the island during those fifty years was in-

deed interesting. A number of attempts had been made to escape by means of boats, but because of the fierce hurricanes they had all been fatal. No ships had ever been sighted. The island was fertile and the colonists had, with implements secured from the wrecked vessel, developed it. When telling of the progress made, the doctor would quite often come to the remark, "our grandest strides have been in a professional direction." The captain always happened to have a question which diverted the narrator and, as the clock struck twelve, Dr. Dosum said: "Gentlemen, it is with the deepest regret that I have occupied your time for three hours with, comparatively non-essentials to the exclusion of that which has been all important in our development, namely, our medical and surgical progress. But we will meet you again in the morning."

After a comfortable night's rest I arose, the captain having returned to the ship for the night, and started out for a morning stroll. I had gone but a few steps when I was overtaken by Dr. Dosum. After we had exchanged greetings I made some remark about the evident progress of the island.

"Fifty years ago," said the doctor, "when Dr. A. H. Swallow and myself took passage upon the *Majestic* bound for Australia, we had just graduated from college. We were filled with enthusiasm. You remember that the treatment of diseases by antitoxins was then occupying the minds of the greater number of our medical experimenters. These principles had been thoroughly instilled into us at college and we had shipped with us a complete laboratory equipment which included cultures of all the disease producing micro-organisms, it being our intention, after locating, to further pursue our investigations independently. That is our hospital," pointing to a long stone building. As he spoke three dead men were being borne out followed by a small crowd of weeping women and children. I asked about the incident. "Those," replied my companion, "are three patients who succumbed to the administration of the bubonic plague antitoxin."

"Do you not think, doctor, that there were fifty chances to one that we would not have the plague aboard?"

"But my dear sir, granting that, it is always best to be on the safe side."

"As those three men are?"

"Sir?" And the doctor straightened up with indignation. I begged his pardon and urged him to proceed with his story.

"After finding," Dr. Dosum continued, "that we were destined to make our abode upon this island for probably a life time, Dr. N. U. Swallow, Dr. Profundus, another physician who was a passenger on the *Majestic*, and myself held a number of consultations and we decided that science should not falter in our little community because of lack of contact with the world. Our pharmaceutical paraphernalia had all been rescued from the stranded *Majestic* and we determined to farther advance those magnificent principles of the treatment and prevention of disease by means of inoculation of certain especially prepared animal matter."

The doctor grew enthusiastic. "And, my dear sir, although I say it myself it is with due honesty, I consider that we have almost reached the acme of this history of therapeutics."

We had stopped and were sitting upon a stone by the wayside. I could plainly see the hospital and noted quite a number of persons who had gathered there and were standing in a line extending out from the doors of the building. It reminded me of scenes often witnessed at the post-office in small places in the United States some years ago, and before free delivery had been established in the smaller towns and hamlets.

In response to my interrogation the doctor explained that this was the morning for the village to be inoculated with a substance for the prevention of rabies, or hydrophobia.

"We use," he said, "a glycerin emulsion of the diseased spinal cord of rabbits. The immunity conferred will last about three months and we inoculate the first of April, July, October and January. The eastern part of the island is quite inaccessible and a variety of wild dogs have been discovered there which we have every reason to believe are hydrophobic; hence we take the precaution to have the inhabitants at all times immune from the highly deleterious morbid condition which their bites might probably produce."

"Have a great many been bitten, doctor, during the past year?"

"None sir; and that merely shows how thoroughly careful we have been of the public health. We have used the same precautions as though many had been bitten."

"My son, Dr. D. O. Dosum, and Dr. A. H. Swallow, the son of Dr. N. U. Swallow, learned their professions from their fathers. This gives us five physicians. We each have our specialties. My own specializations are orificial surgery and administration of antitoxins for the prevention of amœbic dysentery, Hodgkins' disease, cancer and bubonic plague. My months of regular inoculations are January and July."

"Have all of the diseases appeared upon the island?"

"Oh, no, but quite a few of them have and some forty years ago the janitor of the laboratory allowed some children to get into the place and disturb some of the germ cultures which resulted in quite a spread of diseases."

"At first we introduced the preparations only upon the appearance of a pathological manifestation; but later we established the procedure of infecting the veins regularly without waiting for the diseases to appear. We now inoculate about every six months for the majority of epidemic disorders. I had some differences with my colleagues at first upon this what they termed going to 'a possible extreme,' but I convinced them that 'an ounce of prevention was worth a pound of cure,' and we are all in harmony on this point now."

"Do you have any contagious or infectious diseases at all?" I asked.

"Oh, yes; in some inexplicable manner they crop out. There is a case of tetanus now in the little house across the way. At first the child had

diphtheria and Dr. N. U. Swallow was called in. He immediately introduced the prescribed antitoxin and the child developed tetanus and is now in charge of Dr. Profundus, one of whose specialties is the administration of antitoxin for tetanus. We have found that the injection of this latter virus often produces an excessive and peculiar atonic condition of the muscles, which we have designated as paralysis atonica.

"My son, Dr. D. O. Dosum, has made a specialty of the antitoxin for this. Ah, there he comes. The condition has probably developed."

I wanted to ask the doctor through how many different diseased states the average patient was metamorphosed at one sickness but forbore.

We were just starting back to the village when we encountered a number of negroes carrying baskets of fruit and vegetables. I had noticed a number of people the evening before, but now as I saw them in daylight I noticed their appearance more closely. They were not as ignorant of feature as some of their race that I had seen in Central Africa, although possessing quite a low cephalic index and pronounced prognathism. They wore no clothing except a small apron suspended from a string loosely hung about the hips. The peculiarities which drew my attention were, their extremely emaciated condition and certain oddly placed scars. Each individual had a long scar above the right groin and another perpendicular one over the stomach. They resembled marks from sword cuts. I turned to the doctor for information.

"Those cicatrices, sir, chronicle some of our glorious advances in surgery. The islanders have all been brought under our health regulations. At the age of six the appendix vermiformis is removed, thus taking time by the forelock and anticipating the possibility of future attacks of appendicitis; hence the lower abdominal mark. At the age of eight the stomach is removed."

"The stomach!" I ejaculated in astonishment.

"Yes, we noted the gastric disturbances were the most common of all ailments which we encountered in our practice. If you are familiar with medical history you are probably aware that the operation for the removal of the stomach was successfully accomplished as early as the latter part of the nineteenth century."

"But do you not lose many patients with the operation?"

"We have reduced the mortality rate from the operation to fifteen per cent."

"Fifteen per cent! But, doctor, there was not surely that great a death rate from stomach troubles."

"No, sir, but a mere comparison as to number of deaths would be an erroneous hypothesis upon which to base the benevolence of the operation. You must take into consideration the absolute eradication of all gastric maladies."

As we now passed through the village I noted these signs:

—DR. N. U. SWALLOW—
SURGEON AND SPECIALIST
IN
ANTITOXINS FOR
DIPHTHERIA, MEASLES, SCARLET
FEVER, ERYSIPELAS,
PAROTITIS.

—DR. D. O. DOSUM—
SURGEON AND SPECIALIST
IN
ANTITOXINS FOR
TUBERCULOSIS, PNEUMONIA,
INFLUENZA, PERTUSSIS,
PARALYSIS ATONICA.

—DR. A. H. SWALLOW—
SURGEON AND SPECIALIST
IN
ANTITOXINS FOR
TYPHUS FEVER, TYPHOID FEVER,
YELLOW FEVER, MALARIA,
SEPTICAEMIA.

—DR. G. H. PROFUNDUS—
SURGEON AND SPECIALIST
IN
ANTITOXINS FOR
TETANUS, MALIGNANT CHOLERA,
CHOLERA INFANTUM, HYDROPHOBIA.

—DR. W. E. DOSUM—
SURGEON AND SPECIALIST
IN
ANTITOXINS FOR
AMOEBIC DYSENTERY,
HODGKIN'S DISEASE, CANCER,
BUBONIC PLAGUE.

The village was in a bustle of excitement. Captain Broadhead had hurriedly transferred the immediate belongings of as many as could be accommodated to the Roosevelt, Jr., and these favored ones were bidding good-bye to those left behind. Dr. Dosum's effects had already been taken aboard.

"My dear sir," said he, as we were being rowed to the ship, "I have kept exact data of all of our scientific investigations along the lines of antitoxins and radical surgery and I can scarcely await the moment when I can appear before the world's medical societies and demonstrate that, in spite of isolation, we have kept abreast of modern medicine."

As soon as we were aboard I sought the ship's surgeon, Dr. Spang, and told him Dr. Dosum's story and of his expectations.

"As a member of his profession, it is doubtless my duty to break the news to him," said Dr. Spang. "I shall greatly regret his disappointment for he seems to have been sincere in his work."

The captain, the ship's surgeon, Dr. Dosum, several other gentlemen and myself assembled in the captain's room.

The subject of medicine was mentioned and immediately Dr. Dosum engaged the attention of Dr. Spang with his experiences and views upon radical surgery and antitoxins. Our surgeon, who was a kindly and generous hearted old gentleman, listened with respectful attention. After the talk was finished, in a gentle and courteous manner he informed Dr. Dosum that while surgery had been greatly improved and had indeed most wonderfully progressed, it had been along conservative lines, and that it had come to be recognized that in many cases where formerly organs would have been removed, (appendices he especially mentioned) that correction of the nerve and blood supply to those parts would heal the diseased conditions. There was one operation where fifty years before there had been three.

As to antitoxins, treatment by means of them was a matter of history,

and they had been cast aside with other fallacies which had, from time to time, been discarded during the march of progress.

"The reaction began early in the century," said the doctor.

"The very radicalism of the antitoxin adherents precipitated it. I remember of my father telling me of an incident which happened at our old home in St. Paul, Minn. A physician was treating three cases of diphtheria in a family by the name of Poucher. One was a weakly child who had endured several quite severe surgical operations. That child died; the two others recovered. The health commissioner refused to recognize the death certificate and the practitioner was charged with malpractice. He had not administered antitoxin. In a few weeks just across the river seven cases of diphtheria developed in the Le Brun family. Antitoxin was administered. Four children died. Such occurrences made people think, and the reaction began. The great scientist and philosopher, Herbert Spencer, was one of the first to sound the note of alarm. Other eminent men took up the cudgel in favor of more rational and less harmful therapeutics. The report of the Registrar General of England made about 1903 showed that the mortalities from diphtheria in England and Wales during the ten years between 1881 and 1891 before antitoxin was used was one hundred sixty two (162) per million. During the next ten years when antitoxin was used the deaths were two hundred sixty-two (262) per million. It gradually came to be recognized that the theory of the cure or prevention of disease by the inoculation of various forms of virus was theoretically erroneous and in practice a failure, besides being pernicious in its ultimate, if not immediate, effects upon the organism."

During all this talk I had been watching Dr. Dosum closely. At first he had shown indignation but as the story proceeded his manner changed. He was visibly agitated. His countenance paled then became flushed. His eyes assumed a far away look. He had lost consciousness. The shock had been too great.

Ice packs were applied to his head and hot moist applications to his extremities. The surgeon administered treatment designed to divert the blood from the congested brain area. While we were at work we felt the ship tremble. We had cast anchor and the "Isle of Sophistry" soon faded away in the distance.

THE EVOLUTION OF AN OSTEOPATH.

E. C. White, M. D., D. O., Watertown, N. Y.

THAT a physician of the "old school" should give up his drugs, and betake himself to a system nearer akin to work, is a matter of great wonder to the average mortal.

The action of drugs is not understood by him, therefore any person who is supposed to know how they work, is looked upon as a superior being.

It is very hard for most people to tear themselves away from the beliefs

that have been implanted in the human mind for ages. Alternating with their mother's milk, they have taken soothing syrups and various decoctions, supposed to be good for their numerous ills. Getting older, they learn that rightly chosen medicines will cure any disease. To them, "drugology" is worth a life-time study, and is a great factor in healing human ailments. Hence the "whys and wherefores" of the change from "drug-doctor" to osteopath can not fail to be of interest to reasoning people.

The writer is the son of a homeopathic physician and was raised in the belief that "like cures like" if taken in small enough doses. He received his medical education in that school which professes allegiance to no one theory of healing, but proudly boasts that it is a "free-lover" in the therapeutic fields. He has had ample opportunity to become familiar with the drug methods of healing.

It is the purpose of this article to consider briefly the theory and practice of drug therapy as it appears to the writer, for its inadequacy paved the way for the embracing of a more rational system. It is not our purpose to make osteopathy greater by belittling another school, but simply to show the change was rational and hence unavoidable.

We will consider our former associates, the allopaths, though these "jack-of-all-trades" of the healing profession usually object to being given that title. This name was given the "old school" because its practice was, and is now to a great extent, based upon the theory that to cure a disease you must give a drug which will create an opposite condition in the body. For instance, if the disease is characterized by an excess of blood to a part, a drug would be given, which in the normal body tends to render that part anæmic. If the heart is too fast, give a drug which slows the normal heart. While this is very beautiful in theory, and seems to be more rational than its opposite, the "like-cures like" theory of the homeopath; yet in actual practice it resolves itself into treating symptoms—the thing condemned in homeopathy—or in giving a drug because it is said to good in the disease, a procedure hardly scientific.

The first concern of the average doctor is naming the disease, and if that is correctly done all is plain sailing. He then prescribes one or more of the various drugs recommended for the malady. If the patient recovers, medicine saved his life; if he dies it is in spite of the best (?) efforts of medical science. The usual practice is to allay the various symptoms until the proper drug has been found by experiment. In a great many diseased conditions, the most prominent symptom is pain, and in treating this the doctor has earned his title of "Knight of the Syringe." There is no doubt that medicines to allay pain have caused more harm than good, for the habits resulting, are fast undermining morally, physically, and mentally, the American people.

While there may be a limited field for drugs, they usually hinder the patient's recovery. A physician, with a large practice, once told the writer that, "A doctor is a fool not to use drugs—the patients get well too quickly."

The leaders in medicine are cutting one disease after another out of the realm of drug therapeutics, and this process would be far more rapid but for the so-called conservatism of the profession, though in this case that is but a polite name for "pig-headedness." While this improvement is gladly noted in the authorities, yet the rank and file are, as usual, about fifty years behind the times, and dose with hardly commendable zeal.

It is estimated that one hundred million of dollars is spent yearly for patent medicines. Thus are liquor and other habits fastened upon the poor sufferer, for most medicines of this class contain from twenty to eighty per cent. of alcohol to say nothing of numerous other drug poisons.

This extensive use of patent medicines is condemned by most physicians because it hurts their business though the logical results of their teachings and practice. For the sufferer believes that he can try the various remedies himself, and not have to pay another man for giving him the same thing.

Of course the allopath has other means of aiding the invalid besides drugs, for there are the so-called natural methods, exercise, massage, diet, nursing, water, etc. While these aid nature in throwing off the disease, they are too general and not specific enough to suit this scientific age.

Then there is the court of last resort, surgery. There is no fault to find with conservative and rational surgery but its reckless application to all kinds and classes of diseases is to be deplored. The surgeon believes in following the old testament injunction—"If thy eye offends thee pluck it out," etc. The worst side of surgical practice is the mutilation and unsexing of women for troubles which can be satisfactorily handled by more rational methods.

Last but not least there is the microbe theory. Diseases that can't be explained in any other way are laid onto these "little jiggers." According to this theory, the people of the older times were not so far out of the way when they claimed that disease is the manifestation of devils residing in the body. A scientifically correct picture of the "Bedevilment of the Gaderene swine" would show countless millions of microscopic organisms streaming from the poor porker (who afterward plunged into the sea) instead of the conventional devil with horns, cloven hoofs, and forked tail. Thus, are the "scriptures verified by modern science."

It is agreed by all that the microbe cannot get a foothold in healthy tissue. Even when they get located in a weakened area their presence is so obnoxious that the whole body rises in arms to expel the invaders, and we have what is called an inflammation. God has furnished weapons within the body for such warfare, which will be successful if nature is given half a chance.

The doctors try to fight the microbic diseases in four ways: 1st, keeping the organism out of the body; 2nd, killing him after he is in; 3rd, antidoting his poison; 4th, helping the body to do these three things.

The first three methods are those followed by most medical men but are limited in their application, and cannot be trusted to handle the majority of

diseases. So we have to depend upon the fourth method, it is not only rational but natural.

Take for example, typhoid fever, which is undoubtedly a microbic disease. Keeping these organisms out of the body is good preventive medicine. The killing of the *B. typhosus* after its entrance into the body is the object of the antiseptic treatment, but it is impossible to reach them in the tissues without injuring the latter. Likewise the third or antidotal method is not practical, therefore the wise physician is back to the fourth and only reliable methods, i. e., helping nature.

In 1790, Samuel Hahnemann, a German physician, while experimenting with Peruvian bark (quinine) found that a dose of this bark produced in himself phenomena like those exhibited by intermittent fever. He then experimented with other drugs, and finally thought he had discovered the general law, that "like cures like" or as it is stated in Latin, *similia similibus curantur*.

The homeopath give a drug to a person in health and minutely notes the symptoms, these together form what he calls his "drug picture." His theory is, then, that a disease that gives a certain set of symptoms (disease picture) will be cured by a drug which gives a similar set of symptoms in the normal body. You see this theory is just the opposite of that of the allopaths, and does not seem so rational.

These principles are exceedingly difficult to apply because of the constantly changing "disease picture" and the numerous drugs with almost identical drug picture. We are told that there are very few physicians practicing pure homeopathy, most of them are "mongrels," mixing their practice.

This practice has the advantage of giving drugs in such minute doses that it certainly can work no harm even if it does no good. The homeopaths are the only drug physicians the writer has met, who are enthusiastic over their theory of practice. It is claimed that their success is due in a great measure to what amounts to their non-use of drugs.

The eclectics are hardly to be considered for they occupy nearly the same place as the allopaths.

Then we have the school called biochemistry. This method of treatment can hardly be classed as drug-therapy. The followers of this system claim that there are twelve inorganic salts in the composition of the cell, and the absence, partial or complete, of any one or more of these salts is manifested by certain symptoms intelligible to the biochemist. It is admitted that these salts are in the ordinary foods but claimed that they are not in a finely divided state enough for the body to use them. Hence they are especially prepared and are given in the place of drugs. It is simply curing by administration of needed food in proper form. The followers of this system are mostly homeopaths and claim great results. The writer has seen something of the practice and believes that it contains more than a grain of truth but is assured that the field cannot but be greatly limited.

Having come to the conclusion that the giving of drugs is in most cases

at least futile, if not harmful; that many physicians sail under false colors and are but a hindrance to nature; the writer was prepared for the acceptance of a more rational and satisfactory system of healing.

While at Columbia, Mo., we often heard of osteopathy, and the wonderful cures accredited to it. We found that the treatment was based upon the study of the human body, a matter that has but little interest for the average practicing physician. The theory seemed more reasonable than that advanced by any other school of medicine. It is particularly fascinating to consider the human body as a complex machine, and that most diseases have maladjustment as the causative or perpetuating factor.

We came to the conclusion that if osteopathy is as effective in practice, as it is beautifully logical in theory, all other therapeutical agents cannot compare with it.

After three years experience, we find that our respect for this discovery of Dr. A. T. Still's has greatly increased; it is wider in its application and more wonderful in its results than we had ever dreamed.

It can not be denied that unhindered nature has the power to handle all diseases, and it is found that this power is most often interfered with by some contracted or misplaced tissue which obstructs the flow of blood, lymph and nerve force—the essentials for the correct functioning of the body.

The osteopath does not claim that every disease is due primarily to osseous, ligamentous or muscular lesion but that these maladjustments have a vast influence in retarding or preventing recovery—be they primary or secondary.

The growth of osteopathy has been marvelous. Ten years ago the first school was founded with a handful of pupils—today there are ten colleges with at least fifteen hundred students and nearly three thousand physicians practicing in the United States and Canada.

No school of medicine has ever made such wonderful strides. This progress is due in part to the woeful inefficiency of regular practice and partly to the remarkable success of osteopathic methods.

Our practice is based upon an intimate and exhaustive knowledge of anatomy and physiology, and as there is yet a great deal unknown in these fields we are greatly handicapped in our work. As knowledge increases, our success will become greater.

Reader, look around and behold the thousands of invalids who exist in spite of the one hundred thousand physicians. Carefully consider the facts laid before you and then certainly the change here accounted will seem rational.

PROGRESSIVE PHYSICIANS.

New School Pays More Attention to New Ideas Than to Powders and Pills.

By Ella Wheeler Wilcox.

A YOUNG physician graduated from the regular school of medicine two or three years ago and put up his sign in a fashionable portion of a large American city.

He had excellent financial and social backing, and believed he would soon find a large following.

He is an earnest advocate of powder, pill and the surgeon's knife, according to the modern orthodox idea of medical science.

Meantime his patients are few and scattering. Across the street during the last year an unknown physician has opened an office and advertised that "Electricity, massage and cold water treatment" are all given within.

Carriages stand in line before this office, and the door bell rings the whole day long.

Our young physician of the "regular school" gazes upon the procession as it goes to and from his competitor's door and says with a sneer: "People love to be humbugged."

Ah, my dear young man, that is what the stage drivers said when they heard a railway was coming through the land—it is what the mail carriers said when the telegraph was talked of—it is what settled conservatism and old fogyism always says of progress.

You may as well take down your sign and go into commercial business at once unless you change and broaden your methods.

The day of powder and pill and knife is nearing its end. The world is becoming too intelligent to be drugged and hacked in a search for health when more agreeable methods can be obtained at the same price.

If you are a sensible young man you will form a partnership with some graduate of a school where cold water and massage are taught, or you will supplement your old school methods by a thorough knowledge of medical electricity, and I would suggest OSTEOPATHY—even if that word offends you as a red rag offends the bull.

The world wants it. It is absolutely harmless, and is more in harmony with nature than drugs.

Even if you do not believe in it, why not add a thorough knowledge of it to your other education? Better spend your time for the next year or two in acquiring skill in the "new notions" by which your competitors succeed than in cursing the folly of the public.

Perhaps if you wait ten or fifteen years you may obtain an established practice among old-fashioned people who want their doctors to powder and pill them even if they kill them.

But if you will broaden out your ideas a little and accept new methods as a part of the progress of the world, and if you will adapt yourself to them and adapt them to your needs, you will not need to wait ten or even five years to make your profession a success.

Curb your propensity to show your skill in using the knife—let it be the last resort, instead of the first. The tide of public opinion has turned against medical butchery. No matter how enthusiastic you are on the subject, you will be slow in gaining a practice among the intelligent classes unless you advocate other and more agreeable methods before the knife.

If the world wants massage, cold baths, a health diet, electricity, be prepared to give what it wants.

Some other more up-to-date and sensible physician will, if you do not.

The world moves—and it is moving rapidly away from the old school of medicine.

And let me whisper a final word in your ear. Do not sneer at the idea of mental or spiritual healing. You will be much wiser if you assure your patients that they can aid you in restoring their health by their mental attitude toward themselves. Establish a feeling of mental comradeship between them and yourself—tell them to think and talk health while you treat them.

It is too late in the wonderful new day which we are dwelling in to cling to old mouldy methods, however "established," and to decry the new schools. Put yourself in line with progress and march on to success. You can obtain it no other way.

Occasionally the skilled surgeon's knife is needed; wonderful operations are performed now and then, and this department of medical science is worthy of our respect and admiration.

But the reckless slashing of the human body upon the slightest provocation by the ambitious surgeons and the removing of important organs temporarily diseased have had their day.

The physician who shows an eagerness now to "operate" wins the distrust of his patients.

The old-time doctors bled, leeches and dosed their victims with mercury and arsenic.

The later school drugged, cut and slashed them.

The people are tired of both methods, and they prefer baths, electricity and massage is not to be wondered at.

Humor them. They will be the better and you the richer for it.—New York Journal.

Poor Millionaires.

Vigorous work is better than European trips to cure the troubles that come from the responsibilities of wealth. The pitiable ignorance of the average millionaire as to the needs of his body, makes him a prey to all the scientific adventures. They must have the best, and the latest discovery, and the result is they are much experimented upon by the so-called discoveries that the great (?) doctors of today are continually unearthing.

There is poor Rockefeller, who would

no doubt give by far the larger part of his fortune for a good stomach. Carnegie is another, who is continually complaining of his physical troubles. Schwab, the Steel Trust President, has been traveling over Europe for his health. If he had taken daily for the troubles that come with the responsibilities of wealth, some of the vigorous work that first gave him his once rugged physique, he would have been benefited far more than by all the European trips.—Bernarr Macfadden in "Fair Play."

Mongrels.

CHARLES C. REID, D. O., DENVER, COLO.

Physically a mongrel is a progeny resulting from a cross between two breeds. Professionally we seem to have a variety of mongrels in the osteopathic ranks. We have the medico-osteopath, the hydro-osteopath, the electro-osteopath, the suggestion osteopath, the magnetic healer osteopath and the masseur osteopath. By such terms we mean medical men who pose as practicing osteopathy for the sake of prestige, and osteopaths who hold to and believe in drug remedies and secretly advocate them, yet use osteopathy because of its growing popularity; magnetic healers, electrotherapists and masseurs who have put the name "osteopathy" on their literature, knowing very little about it, with the hope that the good name of the science would bring them increased business. Many who have actually gone through the course in some of the osteopathic schools are mongrels; about half osteopathic in their belief and practice. They have failed to comprehend fully the deep principles of the science. How could we expect anything different from them? If, by some incident or chain of incidents it should happen that for a season, osteopathy should become unpopular, adversity should come upon us, we would see these hybrids striking the name from their cards and leaving the profession. With a bright sunshine, a gentle breeze, and heaven smiling upon us, we will always readily have a great following, but when the firmament be overcast and the dark clouds of adversity come upon us and all of these supposed supporters forsake us, we will not be discouraged, but will fight on for what we know to be truth and right with an unlimited faith that we will win at last. Osteopaths, don't be "on the fence." Learn your science and you can't be if you have any stamina. Osteopathy is right and has the true basis of therapeutics. You that feel a little shaky and are agnostic osteopaths, had better study the science a little more, and for a time leave off drugs and adjuncts in your investigations.

Sometimes people say to me, "If you would just put medicine, (drugs) and osteopathy together, you would have a complete system." If I can do all the good that drugs can do and even more without their evil effects, by other and more natural means, is it not best to leave off drugs? By osteopathy the kidneys may be stimulated, the activity of the liver increased, the circulation regulated, a fever may be controlled, a rapid heart slowed, a weak stomach strengthened, the bowels moved and the nerves soothed. All this without any danger of ill effects which so often result from drug medication. When one has a safe and natural way to do a thing, he is warranted in leaving off the unreliable and unsafe ways of doing it.

Will osteopathy cure everything? No. What systems will? But osteopaths could cure more ailments than they do if they understood their science better. If they would put less time and study on drugs, electricity, etc., and more on osteopathy they would much increase their faith and proficiency in the great work with which they stand identified.

Success depends not much upon the great array of knowledge one may have as knowing well how to use what he has. Know the facts of anatomy and physiology, the laws of the human system and make them osteopathic in your thought and practice. If one has a case of constipation where the bowels are very weak and do not readily respond to mechanical stimulation, true, he might use water injection to promote bowel action until by stimulation the bowels may become strong enough to move without other assistance. If one has a paralytic condition of a limb, for example, and the circulation is very poor with consequent coldness of the part, thicker clothing may be worn on that limb or artificial heat applied, till by manipulation a normal circulation and heat formation may be established. True, in inflammation one may sometimes use cold water to stop exudations or heat to promote absorption and aid circulation while resolution is taking place and manipulation is given to remove all lesions and obstructions to nerve force and blood supply. True, fresh

air, pure water and nourishing food in right quantities should be had; proper clothing should be worn; exercise and rest should be taken according to the needs of the individual; hygiene and sanitation should be practiced. We are all agreed on these things, call them adjuncts or not. But none of them stand in the way of or take the place of osteopathic manipulation. It is the medico-electro-hydro-osteopathy that we dislike. The one who knows so little about osteopathy that he will in some cases advocate drugs and leave off osteopathy, and in others, use electricity, or hydrotherapy and forget osteopathy. The one who tries to be everything and is proficient in nothing. The half-hearted, half loyal osteopath—mongrel. Osteopathy will blend and co-operate with all scientific therapeutics as all truth must, but it is the core of all true therapeutics. All who understand it will recognize that fact. What ever you study, in regard to therapeutics, let it rest upon the basic principles of osteopathy. If you do this, no one will have occasion to criticize you for using adjuncts unscientifically or to the exclusion or detriment of osteopathy.

The Fight In Minnesota.

As the smoke of battle clears away from the war the Minnesota osteopaths have successfully waged for recognition, I think a brief account of the fight may be of interest to the profession. At the outset, it was the unanimous sentiment of the entire State Osteopathic association that we ask the "powers that be" for a straight osteopathic measure. We wanted no law giving us one member on a medical board. Our observations had been that such boards were very unsatisfactory and in the majority of instances unfair to our profession; hence our bill as framed called for an osteopathic board of five members, separate and distinct from all other boards, and with the same power that is conferred upon the other boards in the healing art. The osteopathic association appointed a legislative committee of seven members, of which Dr. J. B. Bemis of St. Paul, was chairman. This committee

was given almost unlimited power to use its discretion in any matters which might arise from time to time, and the results show that this confidence was well deserved. In Dr. Bemis the committee had an able leader, an earnest worker and at all times he proved himself well able to meet and overcome the obstacles which arose, and I assure you they were not few. What I say of Dr. Bemis I think can truthfully be said of every osteopath in Minnesota. I have never known such united, persistent effort, and the committee never had to ask an osteopath twice when they wanted any thing done. The bill was introduced in the House by Representative Stephens of Hennepin County, who at all times ably supported it; and was championed in the Senate by Senator Hiler Horton, one of the cleanest, clear cut fighters of the upper house. Of the ups and downs, the vicissitudes, the anxieties and the hopes, which alternately buoyed and depressed us, I will not speak. I will only say that when any thing came up to disappoint us, we simply refused to let go, and were found after each skirmish hanging on with greater tenacity and vigor than before. In the lower house the committee having the bill in charge reported it out with the recommendation that it pass, which it did by a handsome majority. It was referred to the Judiciary Committee in the House, but during the absence of Representative Stephens, an effort was made by our enemies to have it re-referred to the committee on Public Health, which committee was composed very largely of allopathic physicians. This was done, and the bill after some hard work on our part, came back from this committee without an adverse report, which was the best we had hoped for. The bill after going to the Senate, lay there until the *last day* of the session, and our anxiety can possibly be imagined. It was on this last day taken up and passed by a large majority, and it was then our turn to feel good.

That same night, however, our joy was again changed to grief by the report that the Governor would veto our measure, not from any hostility to the bill, but because

he considered a separate board ill advised. We thought we had been busy at times prior to that night, but as I look back at it now, I can see that we never got *really busy* until then. Delegation after delegation called on his excellency. Telephones were ringing, telegrams poured in, the Governor's mail next day showed large increases, and I doubt if any measure ever had stronger efforts put forth to save it. As it afterward proved, the report that the Governor would veto the bill was not authentic, but it gave us a chance to try our friends, and for them to demonstrate to us how intensely they were interested in our success. The bill is now a law, and the osteopaths of Minnesota are today a united band, ready and anxious to press forward to better things, and to show the people of the state that their confidence has not been misplaced.

Our efforts are of course the culmination of those that have preceded them in the past ten years, and the results of the good work that has been done in the state by osteopathic practitioners. When we take into consideration the fact that our results were accomplished without a cent of money, and a *total* expense of less than two hundred dollars, it illustrates in a striking way what can be done with an honest legislature and a fair broad minded liberal Governor. It has taken years of persistent effort, but the results are, I believe, the best osteopathic bill in the world today.

Volumes could be written of the incidents which have arisen in connection with this fight, some of them very funny and some not so humorous, (to us), but lack of time, and a suspicion as to your readers' patience, bids me bring this to a close.

E. C. PICKLER, D. O.
Minneapolis, Minn.

The Self-Drugging Habit.

Perhaps the greatest foe to the health of the present generation is the pernicious habit of self drugging, so we are warned by Dr. T. L. Stedman in *Everybody's Magazine*. Of the nerve tonics, blood-

purifiers, sleep-producers, and laxatives that are consumed by the gallon and hundredweight, he speaks in terms of distinct condemnation. Says Dr. Stedman:

"The primary effect of any of these poisonous mixtures is seemingly good; the nervous fidgets, the 'tired feeling,' the insomnia, or the constipation is promptly relieved by the first few doses. Naturally, when the symptoms return, as they are bound to do, the sufferer turns again to the bottle or the pill-box. Again he gets relief, and again he is driven back to his drug, taking larger and larger doses as the habit is forming, until at last the fetters are forged and a new 'drug fiend' is created. It is cheaper than calling in a doctor, and is less trouble than systematic exercise; but how many could be saved from this bondage, and how many slaves could be freed by rational physical culture, only the physician who knows the prevalence of this evil can guess. The nervous, the sleepless, and the neurasthenic are of all persons the last who should seek relief from drugs or from alcohol. Their very disease predisposes them to drug addiction, and once having experienced the lethe which drugs may bring, only the most heroic exhibition of will power—which, alas! they have not—can save them from thralldom. And yet these shattered nerves are calling only for rich red blood, for pure air, good food, and the healthy stimulus, without reaction, of the bath. The rest cure for some, active exercise for others will bring the reality of health while drugging can only for a brief moment stimulate.

"Dyspepsia and constipation, when due to lack of muscular tone in the walls of the stomach and intestines or to deficient secretion of the digestive juices or to a sluggish liver, are often miraculously relieved by properly directed physical exercises. The overfat also are good subjects for 'reduction cures' by dieting and exercise, and so are the gouty and those suffering in other ways from what is called rightly or wrongly the 'uric acid diathesis.'"—Literary Digest.

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WHAT are your politics—Osteopath.

**

ATTEND the Cleveland Convention, July 15-18. It will pay you.

**

FROM present indications the summer school at St. Louis will be well attended.

**

MORE anatomy than ever before at the A. S. O. Fifty cadavers in the dissecting room indicates business.

**

ANATOMY first, last, and all the time is the way the A. S. O. students are instructed by Dr. A. T. Still to cast their votes.

**

Brush up. Don't go to seed. Attend the summer school at St. Louis. Drs. Hildreth and Clark are prepared to give you a special course in osteopathy that will pay you.

**

SHIPMENT of the June Journals of Osteopathy was unavoidably delayed on account of the floods throughout the country that interfered with railroad traffic. This explanation is given for the benefit of those who received their packages later than usual last month.

GET right with osteopathy—get converted.

**

OUR new illustrated catalogue, recently published, has elicited general favorable comment.

**

THE JOURNAL OF OSTEOPATHY assumes responsibility in no manner for opinions contained in contributed matter and signed by the contributor.

**

GYNECOLOGY and obstetrics will be given special attention at our St. Louis summer school. An abundance of clinical material has already been provided for. Keep up the procession and attend this school.

**

THE summer school at the A. S. O. has already started off with about 150 in attendance. Dr. Young has about 100 in his dissecting class and a large number are taking chemistry under Dr. Dobson. A class is also being conducted by Dr. Hoisington in pathology and bacteriology. Drs. C. E. Still and Geo. M. Laughlin are looking after the clinical department.

**

SECRETARY Hamilton of the A. S. O. says, that next September the school will, without a doubt, enroll by far a larger number of students than at any previous time in its history. Correspondence from prospective students, particularly from the East, has shown a marked increase.

**

AT the recent state examination in North Carolina, the state board discriminated against the osteopaths and refused to pass a single osteopath. Quite a number took the examination as provided by the osteopathic law recently passed by that state, but the board turned them all down. A spirit of prejudice and unfairness was evidently manifested in the board as the applicants who took the examination were to our personal knowledge well qualified to pass a reasonably fair examination. The osteopaths have decided to carry the matter into the courts for a settlement.

THE article of Ella Wheeler Wilcox taken from the New York Journal and reproduced in this issue of the JOURNAL is especially interesting to the osteopath as it is one of the many indicators that points out the fact that the people are getting tired of being drugged to death and are looking for newer, better, less harmful ways to be doctored. Almost any system of practice or even no practice is better than drug giving. Osteopathy, electricity, hydrotherapy, massage—all are an improvement on drugs, but osteopathy is the *summum bonum* of all non-drug methods of healing.

* *

THE new osteopathic law of Michigan, goes into effect Sept. 10, 1903.

The new law provides that any person engaged in the practice of osteopathy in that state on the above date, who holds a diploma from a regular college, who applies before January first, 1904, to the state osteopathic board, upon the payment of a fee of five dollars, shall receive a certificate from the board without examination. The old osteopathic law is operative until the time for the new one to go into effect as above stated. Under the old law registration of your diploma with the county clerk is the only requirement. Diploma must be from a regular school with a two years course. After Sept. 10th, the new law requiring a three years course goes into effect. Unless you are a graduate of a school having a three years course and have taken that course, or unless you have engaged in the practice of osteopathy for five years, you cannot under any circumstances go into Michigan for practice after Sept. 10, 1903.

* *

A. S. O. Alumni Association Elects New Officers.

AT the recent meeting of the A. S. O. Alumni association, held in Kirksville, June 24, Dr. H. F. Goetz of St. Louis was unanimously re-elected president for the ensuing year. Dr. G. S. Hoisington, president of the graduating class, was elected vice-president and Dr. E. C. Link of the A. S. O. faculty was chosen to fill the office of secretary-treasurer.

IT was the pleasure of the editor while in St. Louis attending the Missouri Osteopathic association meeting to visit the St. Louis Osteopathic Sanitarium conducted by Dr. A. G. Hildreth at 803 N. Garrison Ave. The sanitarium is situated in the very best part of the city for such an institution, it being easily accessible from both the business and residence part of the city and not too far out. In the same locality are a number of hospitals and other public institutions.

We were first impressed with the pleasant, homelike surroundings of Dr. Hildreth's sanitarium, in that everything is arranged for the comfort and good care of the patients. The building is large and roomy, furnished in the latest and best style. There are porches and shade trees and green grass and plenty of yard so that you do not have that farmer-in-town feeling that you are too crowded to get your breath. We were shown through the building and found every thing to be fitted up with new and expensive, up-to-date furnishings for the complete equipment for a modern sanitarium. In talking to Dr. Hildreth he expressed much enthusiasm at the success of this new enterprise, he said, "Although we have only been here a little over a month our sanitarium is already filled with patients and we have made a success from the start. You see we have this fine building here that cost not less than \$50,000 and with our new equipment for which we have laid out \$5,000 we are in a position to take care of a first-class sanitarium practice."

Dr. Hildreth certainly is the right man in the right place when it comes to the management of an osteopathic sanitarium. His affability, experience in practice, and his ability to succeed at whatever he undertakes give assurance of the permanent success of this new enterprise.

* *

"Wants Publishers Enjoined."

"Sterling B. Toney of Louisville is complainant in a bill filed in U. S. Circuit Court in which he charges that Callahan & Co. are publishing and selling in book form certain notes which he furnished for

the private use of his son a few years ago. He asks to have the book concern restrained from publishing or selling the notes."—Chicago American.

The above suit resulted from the publication of a pamphlet entitled "Osteopathy"—A Judicial Inquiry into its Claims." By Judge Sterling B. Toney.

The pamphlet was freely circulated by several medical societies with the idea in view of injuring osteopathy, but like other attempts in this direction it has resulted in placing another club in the hands of the osteopath.

* *

Notice of Postponement.

Our St. Louis summer school announced to begin July 6th, has been postponed to July 20, to accommodate those who wish to attend the National Convention at Cleveland, July 15-18. This course will begin Monday, July 20, and continue for six weeks. For particulars address

DR. A. G. HILDRETH,
803 N. Garrison Ave., St. Louis, Mo.

* *

Notice.

Tubercular trouble in my family compels me to leave Illinois. \$500 cash will buy office outfit and practice with introduction of purchaser. Practice established three years and is, and always has been, a strictly office practice, netting from three to six hundred dollars per month. It could easily be doubled by taking acute work.

This is fine location for lady and gentleman to work together. For further particulars address T., care of

JOURNAL OF OSTEOPATHY.

* *

Osteopathic Examiners Appointed.

The governor of Arkansas, in compliance with the provisions of the new osteopathic law of that state, has appointed the following as the state board of osteopathic examiners:

Dr. B. F. Morris, Little Rock.
Dr. C. E. Ross, Fort Smith.
Dr. Lillian G. Higinbotham, Pine Bluff.
Dr. Jessie Gildersleeve, Texarkana.
Dr. Elizabeth Broach, Hot Springs.

PERSONAL MENTION.

Dr. Chas. M. Sigler has recently located at Dunkirk, N. Y.

Dr. E. H. Laughlin of the last graduating class has located at Fayette, Mo.

Dr. D. M. Kline has changed his location from Madelia, Minn., to Carson, Ia.

Born—To Dr. and Mrs. Ralph A. Sweet, of Pawtucket, R.I., May 16th, a daughter.

Born—To Dr. and Mrs. Forrest Preston Smith of Montclair, N. J., June 1st, a son.

Dr. Floyd Pierce, formerly at Hardy, Nebr., is now located at Nelson, same state.

Dr. Vina Beauchamp has changed her location from Centerville, S. D., to Avalon, Mo.

Dr. J. Elmer Snyder has changed his location from Columbus to Valentine, Nebraska.

Dr. Kilts & Kilts of Mt Clemens, Mich., have opened their new offices in the Hoffmann Bl'k.

Dr. H. D. Morris, formerly of Berlin, Wis., is now permanently located at Boise City, Idaho.

Dr. J. Evelyn Wilkes has located at Hartford, Conn., with offices in the Brown-Thompson Bldg.

Dr. T. E. Reagan has opened an office at 308 E. 11th St., Indianapolis, Ind., for the practice of osteopathy.

Dr. Dora Wheat has opened an office at 897 Ellicott St., Buffalo, N. Y., for the practice of her profession.

Dr. Nellie A. Runyon, recently located at Stewart, Nebr. She was formerly in practice at Beaver City, Nebr.

Dr. Kate Louise Norr's has opened an office at 703 Green Ave., Brooklyn, N. Y., for the practice of her profession.

Dr. Robert E. Peckham, of Colorado Springs, Colo., has been appointed examining physician for the Y. M. C. A. of that city.

Dr. J. M. Kibler has changed his location from Richmond to Danville, Va. He succeeds Dr. Craig in the practice at Danville.

Married—At Kanawha, Ia., June 24th, Dr. Leslie M. Beaven of Salt Lake City, Utah, and Miss Ada Newell of Kanawha, Iowa.

Drs. Novinger and Murray of Trenton, N. J., have dissolved partnership. Dr. Novinger bought Dr. Murray's interest in the practice and the Eastern Osteopath and will retain the present offices while Dr. Murray will open a new office at Suite, 804 Broad St. National Bank Bldg.

Married—On June 1st, at Kansas City, Mo., Dr. F. E. Moore of LaGrande, Ore., and Miss Hezzie Carter Purdom of Kansas City, Mo.

Married—On May 28th, at Kirksville, Mo., Dr. O. L. Buckmaster, of Lexington, Ky., and Miss Aida M. Evans of Kirksville, Mo.

Married—On June 30th, at Cleveland, O., Dr. Charles Leroy Richardson to Miss Mary Louise Grace Lottridge. Both of Cleveland, O.

Dr. J. A. Reesor of Toronto, Canada, is taking a six months tour of Europe. During his absence Dr. H. C. Jaquith will attend to his practice.

Married—On June 24th, at Kirksville, Mo., Dr. W. R. Lauhlin of the A. S. O. faculty, and Miss Belle Cash, a member of the Junior class.

Married—On June 26th, at Grand Island, Nebr., Dr. Francis Millikin of Grand Island, Nebr., and Miss Rosa Niedermiller of Kirksville, Mo.

Dr. Mab A. Blake, formerly of Dwight, Ill., has gone to Chicago, where she will practice her profession with offices at 57 Washington St.

Dr. L. C. Deming and wife have gone to Rawlins, Wyoming, where they will spend the summer, later they expect to locate in California.

Dr. J. D. Cunningham of Bloomington, Ill., announces the change of his office location from the Unity Bldg., to Rooms 501-2, Livingston Bldg.

Drs. J. W. Henderson and W. H. Ivie have formed a partnership for the practice of osteopathy with offices in the Emma Spreckles Bldg., San Francisco, Cal.

Dr. C. P. McConnell and wife of Chicago, expect to spend several months in Europe, leaving this country immediately after the National Convention at Cleveland, O.

Dr. Wm. C. Wilson has moved his office from the Blockson Bldg., to the Ellis-Rosewater Bldg., Eureka Springs, Ark., where he is enjoying a good practice.

Dr. C. E. Hulett of Topeka, Kas., desires to dispose of his practice. He has been located in Topeka for five years and has made a success of the practice. Write him for particulars.

Dr. May Walrod has recently returned from a western trip and is again associated with her brother, Dr. B. E. Walrod in the practice at Wabash, Ind. They have offices in the Bigler and Dickens' Block.

Dr. A. R. Waters, who several years ago graduated from the A. S. O., has since taken the B. A. course in the Nebraska State University, graduating June 11th,

last. He will again enter upon the practice of his profession.

Drs. F. J. Harlan, recently of Louisville, Ky., and J. T. Novinger, of Chicago, have gone to Charlevoix, Mich., where they will practice during the summer months. Dr. R. R. Elmore has succeeded Dr. Harlan in his practice in Louisville.

Dr. Kathryne M. Severson visited the A. S. O. on her return from Honolulu, where she has engaged in practice for several years. She will return to her old home at Utica, N. Y., where she will continue in the practice of her profession.

Dr. Robert E. McGavock of Saginaw, Mich., has been appointed by Gov. Bliss as a member of the new osteopathic board of that state. Dr. McGavock received the five year term and is to be congratulated upon receiving this well merited honor.

The following Alumni visited the A. S. O. during the past month: Drs. C. W. Proctor, Buffalo, N. Y.; John W. Jones, Cumberland, Md.; C. L. Kirkham, Greencastle, Pa.; C. E. Ross, Ft. Smith, Ark.; F. J. Harlan, Charlevoix, Mich.; Bert Albright, Havana, Ill.; C. W. Barnes, Louisville, Ky.; W. S. Corbin, Malvern, Ia.; Homer Elsea, LaHarpe, Ill.; Mollie B. Clay, Clarence, Mo.; Geo. C. Farmer, Chicago, Ill.; Emma Fager, Havana, Ill.; G. L. Noland, Springfield, Mo.; Carrie Ashlock, Kansas City, Mo.; Alta Corbin Curry, Terre Haute, Ind.; Mattie Corbin Sommers, Muncie, Ind.; Oscar H. Ryon, Rome, Ga.; J. S. Barker, LaHarpe, Ill.; Lena Kate Barker, LaHarpe, Ill.; J. F. Walker, Quincy, Ill.; Daisy Walker, Quincy, Ill.; Job Dodson, Milan, Mo.; H. F. Goetz, St. Louis, Mo.; Kathryne Severson, Honolulu, H. I.; Chas. E. Williams, Ironton, O.; Lorena Mae Shrock, Unionville, Mo.; J. F. Minear, Council Bluffs, Ia.; Mary Noonan, San Antonio, Tex.; Minnie F. Miller, Gallatin, Mo.; John A. Bell, Anna, Ill.; A. G. Hildreth, St. Louis, Mo.; Angie W. Greeno, Granger, Mo.; Julia Storm, Palmyra, Mo.; Frances Hudson, San Antonio, Tex. and Jos H. Osborne, Carroll, Ia.

Montana Examination.

The Montana Osteopathic board will hold its next examination beginning with the first Tuesday in September. Subjects: anatomy, physiology, chemistry, symptomatology, hygiene, gynecology, obstetrics, pathology, histology, principles and practice of osteopathy.

ASA M. WILLARD, D. O.

Program of Commencement Exercises at the A. S. O., June, 1903.

DOCTORATE EXERCISES, SUNDAY, JUNE 21.

Hymn	Cronation
Scripture Reading	Rev. H. L. Weeks
Prayer	Rev. H. A. Northcutt
Male Quartette—"Lead Kindly Light,"	(Dudley Buck)
	Evans, Loving, Pontius and Love.
Sermon	Rev. F. N. Chapman
Benediction	Rev. G. W. Preston

CLASS DAY EXERCISES, WEDNESDAY, JUNE 24, 9 A. M.

Music	Orchestra
President's Address	G. S. Hoisington
Music	Orchestra
Class History	E. J. Breitzman
Ladies' Double Quartette, "Old Kentucky Home,"	(Foster)
Class Prophecy	{ Mrs. Virginia White Graham
	{ J. A. Overton
Music	Orchestra
Poem	Miss Margaret Mathison
Music	Orchestra

A. S. O. ALUMNI ASSOCIATION MEETING, WEDNESDAY, JUNE 24.

AFTERNOON SESSION, 2 P. M.

Invocation	Rev. J. A. Crow
Address of Welcome	Dr. A. T. Still
Address of President of Alumni	Dr. Herman F. Goetz, St. Louis
Music	
Paper	Miss Margaret Sheridan, senior class, 1903
Paper	Dr. Arthur Hildreth, St. Louis
	Dr. Chas. E. Still,
	Dr. Chas. Hazzard,
	Dr. G. D. Hulett,
	Dr. E. C. Link.
Practical Experiences, Clinics	

EVENING SESSION, 7:30 P. M.

Invocation	Rev. A. L. Wilson
Introductory Address	Dr. A. T. Still
Paper	A. L. Ovens, senior class
Music	
Paper	Dr. Geo. Laughlin, Dean A. S. O.
Paper	Dr. M. E. Clark, A. S. O.

GRADUATING EXERCISES, THURSDAY EVENING, JUNE 25, 8:00 P. M.

Music	Orchestra
Male Quartette—"Soldiers' Victory March,"	Evans, Loving, Pontius and Love
Address—Class Representative	G. F. Burdette
Address—Faculty Representative	Prof. G. D. Hulett
Presentation of Diplomas	Dr. A. T. Still
Music	Orchestra

ROSTER OF GRADUATES.

JUNE 25, 1903.

Abell, Wm. Pearl
 Abbott, Mrs. Ellen E.
 Adams, Walker W.
 Adams, Wm. J.
 Allen, Lewis W.
 Ament, Lytton Gray
 Armstrong, Miss Eugenia
 Atkinson, Miss Grace
 Baker, Harvey N.
 Barnes, Perry James
 Bennett, C. E.
 Blocker, Mrs. Bolling L.
 Bartlette, Miss Laura F.
 Boyer, George Rowland
 Boyer, Mrs. Minna Riker
 Breitzman, Edward J.
 Bridges, Jas. P.
 Bright, S. H.
 Bruce, Miss Alma L.
 Bruce, J. B. Oliver
 Burdette, Gabriel F.
 Campbell, Christopher A.
 Chatfield, Mrs. Lenna Turner
 Chemark, Joseph
 Coffman, John Marvin
 Coke, Richard Henry
 Copper, Miss Lydia N.
 Cosner, Earl H.
 Cottingham, Vaspashion P.
 Craig, Dale
 Craig, Wm.
 Collins, Ira W.
 Crowley, Forrest G.
 Dameron, Mrs. Malinda E.
 Deming, Mrs. Edith H.
 Downey, Sylvester Wm.
 Downing, John E.
 Downs, Henry A.
 Dorrance, Mrs. Julia K.
 Drake, Seward Lincoln
 Durrett, Mrs. Carrie F.
 Easton, Melroy W.
 Edwards, Miss Eliza
 Edwards, Miss Myrtle D.
 Elam, Miss Ollie R.

Evans, Mrs. Genevieve V.
 Fitts, Fairfax
 Flory, Miss Nellie M.
 Fox, Miss Ida M.
 Fox, John De
 Gates, Otto B.
 George, Miss Eye Helen
 Glascock, Alfred Dean
 Glenn, J. Orlin
 Graham, Richard Fred
 Graham, Mrs. Virginia White
 Gray, Chester W.
 Gray, Mrs. Estella
 Grow, James A.
 Hale, Mrs. M. E.
 Hansen, Edward N.
 Harris, Edwin Lewis
 Harrington, James Samuel
 Heagney, Wm. Henry
 Henderson, Edward Emmett
 Herbert, Miss Erie V.
 Herbert, Miss Lulu J.
 Heyenga, P. Harren
 Heyer, Frank
 Hoisington, G. S.
 Holland, Miss Addie J.
 Howell, Russell Dean
 *Johnson, Phay Arthur
 Jones, Miss Urania T.
 Kaiser, Florian John
 Knapp, Lester I.
 Laughlin, Earl H.
 Lichter, Solomon
 Lindsay, Arnold
 Lindsey, Clement B.
 Love, Samuel Robert
 Loudon, Harry M.
 Lynn, Mrs. Ollie Allen
 Malone, Eugene
 Mathison, Margaret Jane
 Matsen, Jesse E.
 McCreary, Joseph R.
 Miller, Mrs. Adaline
 Mills, David A.
 Montague, Edward

Montague, Hardeman C.
 Montague, Wm. Cartwright
 Morse, Mrs. Sarah E.
 Moseley, Jas. Robert
 Mossman, Harry A.
 Nevius, Mrs. Zeula A.
 Noonan, Wm. E.
 Ovens, Albert N.
 Overton, J. Albert
 Overton, Mrs. Sylvia R.
 Phelps, Fannie J.
 Pigott, Mrs. Adalyn K.
 Pluss, Miss Margaret Elizabeth
 Powers, Mrs. Ada Wilmans
 Rice, Miss Harriett Florence
 Richardson, Horace J.
 Robinson, Schuyler Colfax
 Robinson, Mrs. Iva W.
 Rohacek, Wm.
 Ross, Andrew I.
 Schrock, Jos. B.
 Sheridan, Miss Margaret
 Shumate, Chas. R., M. D.
 Smith, Norris Allen
 Smith, Oren E.
 Snedeker, Frank S.
 Starr, Philo T.
 Stewart, Mrs. Elmina
 Taylor, Sam'l. M.
 Tucker, A. R.
 Vallier, Samuel W.
 VanDoren, Frank
 Wakefield, Miss Etta C.
 Walker, John C.
 Wallace, Herbert Chase
 Werkheiser, Amos E.
 Wheeler, Miss Myrtle B.
 Wilson, Arthur L.
 Worley, Wm. Henry
 Wrigley, Mrs. Lina J.
 Yewell, Algernon S.
 Youngquist, Miss Ida W.

*Deceased.

St. Louis Osteopaths Organize.

About twenty St. Louis osteopaths met at the offices of Dr. A. G. Hildreth at 803 N. Garrison Ave., June 3rd and organized the St. Louis Osteopathic association.

The meeting was called to order by Dr. William Smith, who acted as temporary chairman. Those present were Drs. H. E. and M. W. Bailey, C. M. Case, E. T. Carstarphen, Josephine DeFrance, W. H. Eckert, A. Edwards, H. F. Goetz, A. G. Hildreth, J. O. Hatton, Elizabeth M. Ingraham, E. V. Parrish, William Smith, J. C. Stone, L. S. Staufer and Minnie Schaub.

Dr. M. E. Clark of Kirksville was present and spoke of the object of the summer course to be held here for six weeks beginning July 20. This course will be open to graduates and advanced students and will be conducted by Dr. Clark, aided by Dr. Hildreth and other St. Louis osteopaths.

Dr. Hildreth spoke of the way the St. Louis Sanatorium is to be conducted, what the A. S. O. hoped to do in the future, etc. He gave an invitation to the St. Louis osteopaths to meet at the sanatorium at regu-

lar intervals during the summer and discuss points of interest to the profession.

Those present then proceeded to organize the St. Louis Osteopathic association. The following named officers were elected: Pres., Dr. A. G. Hildreth; 1st vice-pres., Dr. Minnie Schaub; 2nd vice-pres., Dr. C. M. Case; sec'y., Dr. Josephine DeFrance; treas., Dr. Alfred Edwards.

The president then appointed an executive committee as follows: Drs. E. M. Ingraham, H. E. Bailey and J. O. Hatton.

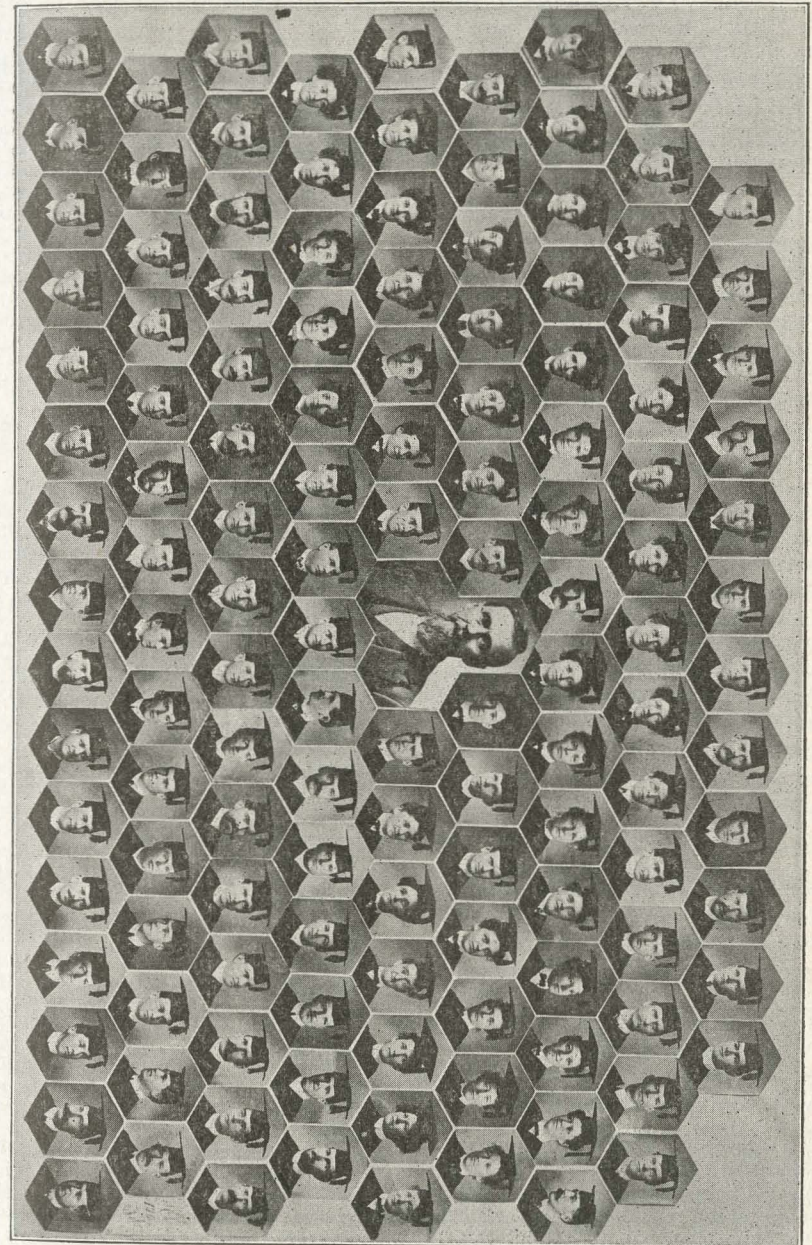
This committee is to report at the next meeting on a constitution, etc.

Officers and members of the association expecting to attend the Cleveland meeting were instructed to carry an invitation to hold the next meeting of the A. O. A. in the World's Fair city.

Our host and hostess then bade us lay business aside and give our attention to refreshments.

After a vote of thanks to Dr. Hildreth for a pleasant and profitable evening enjoyed, we adjourned to meet two weeks later at the same place.

JOSEPHINE DEFRANCE, D. O., sec'y.



GRADUATING CLASS, JUNE, 1903.

SYSTEM

**FOURTH ANNUAL MEETING OF THE MISSOURI
OSTEOPATHIC ASSOCIATION.**

Best Meeting Yet Held.

The fourth annual meeting of the M. O. A. convened at 2:30 p. m. in the Banquet Hall of the St. Nicholas Hotel, St. Louis, Mo., June 4th, 1903.

On account of the flood at Kansas City the president, Dr. W. J. Conner, and a number of other members could not attend. Telegrams and notes of regret were sent by several.

In the absence of the president, Dr. H. F. Goetz vice-president, took the chair.

The following programme was carried out:

THURSDAY, JUNE 4th, 2:30 p. m.

Report of secretary, committees, etc.

Paper—"How Often to Treat and How,"

Dr. W. F. Traughber, Mexico, Mo.

Paper—"Rheumatism," Dr. Minnie Schaub, St. Louis, Mo.

Paper—"How to Prevent Laceration and Puerperal Fever," Dr. M. E. Clark, Kirksville, Mo.

8:00 p. m. Paper—"Some Points on the Atlas," Dr. Chas. Hazzard, Kirksville, Mo.

Paper—"Female Diseases," Dr. Josephine DeFrance, St. Louis, Mo.

Paper—"Indigestion," Dr. H. F. Goetz, St. Louis, Mo.

Paper—"An Acute Practice," Dr. Bertha L. Thomas, Sedalia, Mo.

FRIDAY, JUNE 5th, 2:00 p. m.

Meeting of the board of directors.

Paper—"Headache," Dr. H. E. Bailey, St. Louis, Mo.

Paper—"Osteopathy Unadulterated," Dr. G. M. Laughlin, Kirksville, Mo.

Editor's report M. O. A., Dr. Minnie Potter, Memphis, Mo.

Paper—"Management of an Office," Dr. A. G. Hildreth, St. Louis, Mo.

Banquet at St. Nicholas Hotel 9:00 p. m. Spirited discussions followed each of the excellent papers, and many good points and good suggestions were brought out. Lesionists and non-lesionists had several good rounds as usual with the best of the battle to the lesion people.

Two of the important subjects talked over were the ethical price for treating, and advertising. A committee composed of Drs. G. M. Laughlin, H. E. Bailey and

M. B. Harris was appointed to report on these questions within sixty days, to see if some standard could not be agreed upon.

The state editor, Dr. Minnie E. Potter, had an interesting paper and real interesting report as to the number of cases treated, and the death rate of patients treated by osteopathic physicians in the State of Missouri. Many, however, sent in no statement in answer to her circular letter, so her report did not include the work of all the D O's. in the state. Dr. Potter said, that there were 7,244 cases treated by 53 physicians, with 73 deaths. Four of these deaths were from acute diseases, the rest from chronic troubles, and most of them hopeless when the osteopath was called.

There are 178 practicing osteopaths (besides the Kirksville D. O's.) in the state, so this report is from a little more than one-fourth the entire number.

Three delegates were elected to attend the A. O. A. in July as representatives of the M. O. A.

The meeting closed with a ten course banquet in the evening at the St. Nicholas Hotel, and covers were laid for fifty five. Doctor George M. Laughlin, dean of the American School of Osteopathy at Kirksville, presided as toastmaster.

The speakers were: Doctor Marion L. Clark, "The Lesion Osteopath"; Doctor Elizabeth Ingraham, "The Lady Osteopath"; Dr. W. E. Elliott, "The Country Osteopath"; Doctor Herman F. Goetz, "The Future Standing of Osteopathy"; Doctor A. G. Hildreth, "The A. S. O."; Doctor J. J. Beckham, "Dr. A. T. Still"; Dr. C. M. Case, "A Converted Medical Doctor".

The following officers and directors were elected for the next year. President, Dr. W. F. Traughber, Mexico, Mo.; vice-president, Dr. A. B. King, St. Louis, Mo.; second vice-president, Bertha M. Weston, Chillicothe, Mo.; treasurer, Elizabeth V. Wilson, St. Louis, Mo.; secretary, Elizabeth M. Ingraham, St. Louis, Mo.; directors, Dr. George M. Laughlin, Kirksville; Dr. W. T. Thomas, Sedalia; Dr. Minnie Schaub, St. Louis; Dr. A. L. McKenzie, Kansas City and Dr. W. E. Elliott, Farmington.

A number of new names were added to the list of membership which is now one hundred and four, the largest state association in existence.

We trust all those who read this, and who are practicing in Missouri, if not members of the M. O. A., will send their names to the secretary and their \$1.00 each to the treasurer, and so enlarge the roll that the parent state of osteopathy may continue to have the largest roll call of its members in the United States, with enthusiasm to correspond and keep us at the head.

ELIZABETH M. INGRAHAM, D. O., sec'y.

DISEASES TREATED.

Osteopathy successfully treats all curable diseases, and many formerly regarded as incurable. In its way it reaches many conditions of hitherto unknown nature, not classed under the ordinary headings of disease.

Diseases of the Digestive System:—Tonsillitis; Pharyngitis; Spasm of the Oesophagus; Catarrh of the Stomach and Intestines; Dyspepsia, gastric or intestinal; Gastric Ulcer; Neuralgia of the Stomach or Intestines; Constipation; Diarrhoea; Dysentery; Colic; Cholera Infantum; Cholera Morbus; Appendicitis; Tape Worm; Peritonitis; Dropsy of the Abdomen; Jaundice; Gall-Stones; Cirrhosis of the Liver.

Diseases of the Kidneys:—Bright's Disease; Renal Calculus; Floating-Kidney; Pyelitis; Hydronephrosis.

Diseases of the Blood and Ductless Glands:—Leukemia; Anemia; Chlorosis; Exophthalmic Goitre, and other forms of Goitre.

Diseases of the Circulatory System:—Dropsy; Pericarditis; Endocarditis; some cases of Valvular Disease; Hypertrophy or Dilatation of the Heart; Angina Pectoris.

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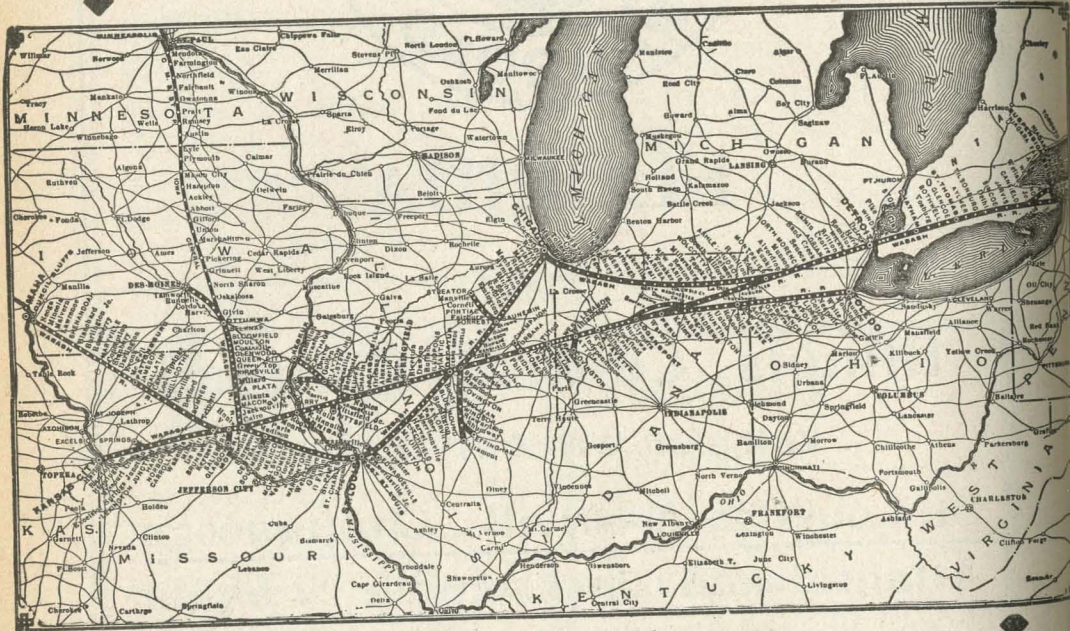
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