

# **The Journal of Osteopathy**

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# THE JOURNAL OF OSTEOPATHY

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## THE OSTEOPATH AS A SURGEON.

DR. A. T. STILL.

Notwithstanding the fact that osteopathy is just thirty years old, it has proven itself to be a science worthy of commendation.

The question is being asked almost hourly, "What is Osteopathy?" In answer to that, I will say, "It is a system of surgery." And if I should undertake to give a definition of the duties of an osteopath, I would say, "The duties are those of a surgeon, for an osteopath is no more nor less than a surgeon."

I will give a short definition of the term surgery by such authorities as Webster, Dunglison and Chambers. They all agree that surgery is one of the healing arts that gives relief from suffering, deformities, abnormal growths and so on, by manipulations to adjust and correct the bony system when any dislocations appear by accident or other causes. Use the knife and saw or any other appliances necessary to obtain results and relief required in extreme cases. This is something of the crude definition of the word "surgery." The osteopath is a surgeon who relieves the system of deformities, inflammation, rheumatism, neuralgia, or any other painful suffering or irritation of the nervous system. His diagnosis is made by comparing the normal to the abnormal body. He notes the variations from the normal that he finds in his patient. If the suffering be that of a limb, the head, neck, spine, abdomen or pelvis, he seeks to know at what particular place or point in the bony skeleton an abnormal fulness or depression exists which by that partial or complete dislocation, would produce a pressure upon a nerve, a blood vessel, or any organ of the system. On this foundation, he proceeds to obtain a knowledge of variations from the normal, by which he can give a correct diagnosis and relieve his patient by adjusting to the normal. By this method of exploration, he is enabled to find and know the cause of the disease which he is expected to relieve. He has a foundation in truth to give a correct diagnosis and prove by his work that his diagnosis is correct. This system of surgery is just as good and reliable in diagnosing and treating diseases of climate, season and contagion as it is in limb dislocation, because an irritation from over-heat or cold will produce contraction of muscles strong enough to hold the spine, ribs, and other bones upon the nerves as they leave the brain and spinal cord. This



causes a stoppage of the fluids of the body long enough to permit of fermentation usually resulting in fever which appears as a result of such abnormal irritation and pressure.

Again as a surgeon in bloody flux, he finds contractures and abnormalities of the spine which he can easily relieve by adjustment and give relief from all suffering from the bowels and the whole system. Thus by his knowledge of surgery, as an osteopath, he is able to know the cause that produced the effect known as flux and give instantaneous relief by surgically adjusting the lower spine. The same process will take him to the cause of pneumonia. He explores the body as a machinist, and never fails, if he carefully examines, to find the cause of pneumonia to be luxation or sub-luxation of the ribs on the suffering side of the spine, and his remedy is to readjust as a surgeon, giving relief from either pleuro or lobar pneumonia. All this he does as a machinist by manipulation guided by his knowledge of the normal body.

Thus you see in every step in his efforts to give relief from disease he is guided by his knowledge of anatomy, physiology, cause and effect.

He is a surgeon and his work is that of a surgeon in all diseases peculiar to the human family that he is called to relieve by his knowledge of normal anatomy.

He knows the abnormal and by his adjustment he gives the relief sought, and he gives it as a surgeon who understands the form and function of the body and all its organs.

#### THE GREATER OSTEOPATH.

It is to be hoped that the latest and best truth of the science of healing without drugs and without any imaginary assistance from adjuncts of all kinds will appear in our Journal from time to time as truths that have and can be demonstrated to be such. In contagions, diseases of climate and seasons, the acute as well as the chronic, all submit to the inherent power of life that does the healing in all diseases of man or beast.

The pen of the greater osteopath never can afford to publish his ignorance of anatomy, physiology, cause and effect. If he is an up-to-date osteopath he has no use for a tool to tell how hot his patient is each day, or whether the blood has microbes or hyenas in it. His business is to know the plumbing of the house of life and turn the water on all force and stop the blaze before "Mark Hanna" is burned up by the fires of death, that should, and would have been put out by a greater osteopath, who is up-to-date and thorough-bred, who guides his engine as nature intended.

The greater osteopath cannot afford to be a bullet-head. He must be a penetrating projectile of finest steel, his mental cannon must be of the long range kind, and of the most obdurate mettle or he will fall an easy prey to the enemy of progress. All his shells must be filled with nitroglycerine of truth truth that has often been tried, never denied and willing to be tried again and again, ad infinitum, or keep out of all combats in which truth is the aggressor and theories the possessor. He must remember that the human mind seldom

explores in foreign seas for truth. The masses have their idols; they are taught to love and to defend their gods, governments and their doctors. Thus, the greater osteopath is on "Sacred Grounds" when he enters the territory of the Gods of Tradition.

The feeble-minded, weak-kneed osteopath, like the converted Indian, feels better with a breech-clout than in an up-to-date suit of civilization. So he is not to be blamed but pitied when a greater osteopath finds in his office electric machines, hot air apparatus, alcohol baths, hyperdermic syringes, thermometers, bottles of morphine and on to the whole bill of adjuncts and sees him treat a patient one-half hour to an hour by rubs and pulls. The greater osteopath hates to tell him he is a raving blank. He bites his lips with internal rage and leaves the office disgusted and says, "I am disgusted that man has eyes and he sees not; that he has ears and he hears not." Then he soliloquizes and says, "Man's days are few and full of sorrow. How often I would have gathered you together, as a hen gathers her chickens but ye would not."

Then he consoles himself as the boy did who said when he tried to stop a calf on a down hill run by a pull at the calf's tail, "Go, I had a poor hold anyhow."



#### OUTLOOK FOR OSTEOPATHY.

President's address before the Illinois Osteopathic Association May 30, 1904, at Springfield, Ill., by J. D. Cunningham, D. O., Bloomington, Ill.

MEMBERS OF ILLINOIS OSTEOPATHIC ASSOCIATION:—It is a duty incumbent upon your president to make an annual address. In attempting to discharge that duty, it is encouraging to see the increasing numbers that mark the opening of the fifth annual convention of the Illinois Osteopathic Association.

As a state organization, I am pleased to be able to say that you are about as vigorous and thrifty as a five year old as any state can produce.

It also gives me great pleasure to be able to state that notwithstanding the existence of prejudice against any new school of the healing art or science presented for the consideration of the people, the past year has been a prosperous one for osteopathy and our state association. Our association has been incorporated, the state divided into districts, where we have nine active suborganizations holding regular meetings for the discussion of such subjects as may tend to make its members more efficient in their work, and I am advised by our efficient secretary that our membership list has been doubled. Not only has it been a prosperous year in our own state, but one that the profession at large can look back to with feelings of satisfaction. The marked awakening of interest is plainly discernable everywhere among the laity. There is a disposition to learn more of the fundamental truths underlying the practice of osteopathy, and to investigate the claims, principles, and cures made by its practitioners, which is a most gratifying proof of public interest.



In coming to this beautiful capital city as guests of the osteopaths of Springfield, we the visiting osteopaths interpret your greeting and welcome as an expression of your appreciation of the purpose of our visit, and your estimate of the value of the work in which we are all engaged. We gladly accepted your invitation to hold in your city the regular annual meeting of the state osteopathic association for 1904, not because of anticipated pleasant intercourse and entertainment alone, but because of the inspiration gained for more diligent efforts to attain the object our association has in view—the advancement of the science of osteopathy and promotion of mutual fellowship and protection of its members.

In the recent discoveries of science, there has been none more important than that devoted to the reformation in medicine, known as osteopathy—a science that but twelve short years ago was in the hands of one lone man—without money and almost without friends—standing up and combating the civilized world for the sake of a truth which he alone understood, but whose recognition time and actual demonstration have brought about.

In talking on the subject of our profession and its growth, Dr. Still has referred to osteopathy as having passed through three periods. The first one was the time when we were completely ignored, treated just as if we did not exist, second, came the period of toleration. At this stage of our growth, we were treated as if people knew we existed, but were really sorry for us, and as if they felt it to be only a question of a few years or a short time at least, when we would learn better and mend our ways. In other words, our profession was a fad and in a little while would be no more. Then came the third period of our growth. At the beginning of this period the world began to realize we had come to stay and our existence then became a question of regulation. The press began to discuss osteopathy, its methods and its discoverer. We were recognized in the legislatures of various states, and to-day we stand before the people feeling that we have demonstrated and will continue to demonstrate our equality with if not our superiority over all other schools of healing in the science and art of preserving health, and preventing and curing disease.

OSTEOPATHY is the first departure from the old school that can in truth lay claim to an independent natural system of cure.

The notion that it should be possible to cure a disease by administering a drug which if given to a person in health would produce another disease, of different character, or a condition incompatible with the disease to be cured, has the prestige of age. It involves experimentation, and of necessity the risk to the patient which experiment must entail. But of course prominent physicians would observe so much and so carefully that their experiments and observations on results would make a possible basis for theorizing; and their theories, promulgated, would influence experimentation by other physicians. Says Davis, "Pre-eminent among the early leaders in medicine were Hippocrates and Galen, whose wide fields for observation, close adherence to observed facts, and the results of experience in the treatment of diseases, gave

to their writings unquestioned authority both as text books and guides in practice for more than a thousand years." It is to be noted that this practice and that of all schools that are mere off-shoots of the old school consists in combating symptoms by giving drugs capable of producing opposite symptoms. Of the causes back of the symptoms, little could be known, partly because of the prevailing ignorance of the anatomy and life of the body, and partly because of the concentration of attention upon the symptoms. When during the 14th and 15th centuries anatomy became a science, naturally followed by physiology, one indispensable condition for advance was created. It became only a question of time when the scientific modes of thought should be successfully applied to medicine. But time was slow; and habit was strong, and it was inevitable that changes should proceed but gradually. Hahnemann, in the latter part of the 18th century, suggested as a more reasonable theory of cure, the principle that the remedy for a disease is the thing which when given in health produces symptoms most like the symptoms of the disease. "Like cures like," was his catchword. He named his system homeopathy, and called all other medical practice allopathy. About the same time a man named Thompson devised a system of cure based on the ideas, "Heat is life, cold is death, vegetables grow upward and sustain life, minerals sink into the earth and tend to produce death." He abjured mineral remedies, and drew his agents from the vegetable kingdom, save for the use of hot water and steam. After his death, a group of his immediate followers, extending the range of medical botany, called the system the botanico-medical school of healing; and later, discarding the use of even vegetable poisons, declared that a remedy, to produce a curative effect, must act in harmony with physiological process, and called themselves the physio-medical school. Meantime another branch of Thompson's followers hit upon the idea of taking the good from all systems of practice, whence our friends the eclectics. Still the practice of medicine was founded on symptomatology. It remained for a man in Kansas, late in the 19th century, to see that the inexorable first law of intelligent cure is, find the cause of the disease, and to see that the causes and the remedial agents are within the body itself. He devoted himself to the study of these causes and agents, and to the problem of aiding the body's own remedial forces to act. Regular, homeopath, physio-medic, eclectic, a procession two thousand years long, of sciences built largely on speculation; and then osteopathy, solidly built on demonstrable knowledge of the construction of the things whose conditions are to be changed and that causes are deeper than effects. What osteopathy has already accomplished we all know. Based as it is on scientific certainties, what will its future be? We may first ask, what qualities has the growing science shown, that may be regarded as prophetic of its continuance?

Osteopathy is progressive in that it is ready to adopt and approve the demonstrated truths of science; MODEST in that it is willing to recognize its own limitations; LIBERAL in that it is willing to recognize and accord to others the same privilege it claims for itself, an open field, a fair chance, justice and



equality to all, which is certainly not an un-American spirit. Robt. G. Ingersoll in one of his lectures, gave utterance to these sentiments "This is my doctrine, give every other human being every right you claim for yourself. Keep your mind open to the influence of nature. Receive new thoughts with hospitality. Let us advance." We as osteopaths should at all times be broad minded, progressive and liberal in our views but never lose sight of the fact that we are disciples of a new and distinctive science of healing, and search deeper into its truths. Our future must be greater than our past. We have much to learn. Time was, when the surgeon, the only healer, was also the barber, and might ply three or four other menial trades; time was, when a sick man was bled for almost any ailment; when it was supposed that gout or pneumonia or jaundice or a fever would yield to treatment only after the removal of a portion of the fluid coursing through the patient's veins. One president of the United States, beloved and revered by many nations, died of a cold chiefly because unable to throw off the disease, which passed into pneumonia, when his attendant physician had despoiled him of a goodly portion of his heart's blood. It is a far cry from bleeding as a mode of healing, to the idea of conserving every drop of the vital fluid and curing by regulating its flow. But while the osteopath has learned a host of absolute and vital truths about the body and its health and disease, he does not know enough. Every office in the land should contain a student, a searcher after knowledge, eager, tireless, sincere. Dr. Still has put into our hands, in trust for the race, a priceless treasure of truth. We are its stewards; and we must yield the race interest and compound interest on the investment. Biology, chemistry, psychology, physiology, pathology, whatever will throw light on the mysteries of health and disease, is our mine to delve in.

And it behooves us, keeping always to the pure truth of our science, to make ourselves trusted and respected not alone for what we can do, but for what we are. Osteopathy is a Sir Galahad among the schools of healing. It seeks the Holy Grail. A consecration to the most genuine manhood and womanhood is rightfully exacted of us, and to be faithfully followed by us all. It is with pride in our profession that I look over the ranks of Illinois osteopaths this morning, and that I recall the roll of D. O's. from Lake Superior to Florida and from the Hub to the Golden Gate.

In the third place, our future depends partly on the securing of legislative recognition. We need it to protect the public against persons not worthy to be called osteopaths, and to enable the public to secure the services of competent osteopaths without hindrance from members of other schools of the healing art. We have, in Illinois, twice secured the passage of a suitable bill, only to have it each time vetoed. The April number of the CHICAGO CLINIC, organ of the regulars declares, "Illinois may yet be kept within the pale of regular medical practice. Two governors, Tanner and Yates, have saved the state on two occasions." The writer of the article quoted from, urges the medical practitioners to stand together, with this significant sentence, "With the precedent

of twenty-four states held up to him, no governor can afford to veto an osteopathic bill in Illinois unless supported actively by the entire medical profession." Again in an article in the Journal of the American Medical Association for April 2, 1904, after reviewing the activity of the Illinois osteopaths and the apparent apathy of the medical fraternity a writer says, "The last osteopathic bill was killed only by the vigorous veto of Gov. Richard Yates. The time may come when the state of Illinois will not have governors who are inclined to protect the medical profession so vigorously." Aside from the mere matter of treating every body, which he interprets to include himself as well as the medical practitioner, fairly, the protection the osteopath wants is for the people at large, no profession has a right to legislative protection at the expense of the race. It will be well for us to be alive to the inherent fallacy in the assumption of the writer just quoted, that the legislature and chief executive should protect a branch of the healing art by a piece of class legislation in itself inimical to the best interests of the people of the state. Our work justifies itself and all we want from the legislature is a fair chance to work. And the osteopaths will not give up. We shall yet have a just and adequate law. Note the progress of osteopathy in the legislative field elsewhere. In eight states, boards of our own; in two, we have a member on the medical board; in five, registration of diploma from a reputable school gives recognition; in five, we are examined by a medical board, but only in such branches as are taught in common in both osteopathic and medical colleges; and in seven others and the district of Columbia, we are exempt from restrictions by law. For example, the recent supreme court decision in Mississippi, declared us not subject to the control of the state medical board. Recognized by law as a branch of the healing profession co-ordinate with the regulars, the homeopaths, and the eclectics, in twenty-four states; exempted from restriction in seven others, we are yet an infant among the professions. Appropriate growth within our profession organized effort to secure proper legislation, and the growing and inevitable recognition by the public at large will give us ultimately a clear field. We must study, we must deserve; we must make our principles understood; we must work for legislation—and while we shall never want a fence around it, we want and shall have the earth.

And now it only remains for me to express my obligations as president to my fellow-workers in this association. In secretary, board of trustees, and participators in programs, there has been manifested a spirit of the most hearty co-operation, a cordial readiness to serve the association in every possible way. I wish to offer my heartfelt thanks for the kindly and courteous help that has been given me, and to say that I have felt it a privilege and an honor to have held this position by the vote of the Illinois State Osteopathic Association. I thank you.



## HEADACHES.

EMMA B. NUGENT, D. O., INDIANAPOLIS, IND.

There is probably no question more frequently asked the osteopath than "Can you cure headache?" A conscientious answer to this query must be modified, and include some explanation of the manifold causes of this affliction, as well as the nature of the remedy to be applied.

I believe this is the most common complaint which the human family makes; perhaps not because there is more wrong with the heads than with the hearts, nor that they are in the wrong places, but like the head of any other great establishment, or factory, here are brought the troubles from other departments to add to local friction.

Much easier our work if a headache germ, easily recognizable at first and at long sight had been run to cover, and we knew his lair, and had always at hand a few drops of anti-germ to fling into his face.

Headaches are classed as intra-cerebral and extra-cerebral, according as the cause is within or without the cranium. In our practice we must first locate the source of the trouble; so we may consider briefly the different kinds of headaches with regard to CAUSES, in order that the application of the remedies may be suggested.

1. Organic headache is due to inflammation from some cause, within the cranium. It is distinguished by the continuance of the suffering. The morbid changes which provoke it may be (a) tumors, (tuberculous, cancerous, etc.); (b) ossific formations within the cranium; (c) softening of the brain; (d) adhesions of the membranes; (e) arterial degeneration; (f) aneurysm; (g) obstruction of the sinuses; and other local conditions.

2. Cerebral anæmia will cause headache. This condition may result from deficient quantity, or impaired quality, of the blood; and diet, exercise and other hygienic considerations may play an important part in correcting this form. Indeed, in many forms of headache, constitutional treatment must not be neglected. Anæmia may result from a shutting off of the blood supply through conditions in the neck for which the osteopath is always looking.

The brain receives one-fifth of the blood of the body, as the demand for healthy blood in this organ is two-fold. In common with all the other tissues of the body it requires a due supply of nutrient material, but a more urgent demand is for the oxygen which is conveyed by the hæmoglobin of the red corpuscles. Oxygen is absolutely necessary for the evolution of nerve force. I have known several cases of headache to be preceded by frequent yawning; and yawning is nature's reply to a demand for oxygen in the blood.

3. Cerebral hyperæmia, beside causing headache, if frequently occurring, may result most seriously on account of the altered condition of the brain substance which ensues. In the brain, as in other organs, when it has long been subjected to hyperæmia, there is developed a certain amount of pathological

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connective tissue which by its replacement of the normal tissue, results in its permanent injury.

4. Certain nerves may be involved in headache, and here especially the osteopath should be able to adjust the trouble. A consideration of the location of the pain gives a clew to the points to which to apply the treatment. Pain in the forehead, temples or one side of the head is probably due to the 5th nerve. In the back of the head it is often due to an affection of the cervical nerves, especially of the great and small occipital nerves. One case I had which complained not only of the ache but of a constricted feeling about the head, as if a band were tightly drawn around it. This was relieved by work in the upper cervical region.

5. Irritation at a portion of the periphery of the pneumogastric nerve may produce either centric or peripheral manifestations, hence dyspeptic, bilious or sick headache.

In such cases much may be accomplished by care as to time and nature of the diet. One lady I know whose head is almost immediately affected by eating ices. All the processes of life must be carried on evenly and orderly to insure health.

6. Congestive headache results from a dilated condition of the minute vessels, and in so far as we are able to control these may we expect to give relief.

7. Nervous headache we frequently find from a shock or an overtaxed nervous system, due to prolonged application to certain forms of work either mental or physical, or a combination of these. Tired muscles in any part of the body often, and in some individuals always, produce headache, though the cause is not attributed to the muscles even by the sufferer. Here again we must go back to nerve centers. Exhausted nerve force is an important factor in producing headache.

8. Eye troubles and eye strain are fruitful sources of headache on account of congestion about the eyes.

9. Pelvic disturbances are often manifested by pain in the top of the head or at the base of the skull.

10. Toxemic headache may indicate a lack of elimination of urea from the blood; or bad air; or putrefactive fermentation of the food in some part of the alimentary canal instead of healthy digestion.

11. Aching of the eyes and front part of the head may result from gout.

12. Pain about the head may be rheumatism of the temporal muscles and aponeurosis of the scalp.

13. In affections of the periosteum the patient may suffer from headache.

14. Neuralgic headache is usually of the 5th nerve.

15. Headache of childhood should always be watched with apprehension lest it be a warning of approaching serious affection of the brain or spinal cord or their membranes.



I recall the case of a little girl, ten years of age, who was cured of persistent, though not severe headache, by the correction of a slight symmetrical lateral curve in the middle dorsal region. There was no other indication of impaired health, and the headache was probably due to impaired circulation to the spinal cord.

16. In advanced life, headache is often due to changes in the blood vessels.

In so far as we are able to locate the cause of headache and remedy abnormal conditions about the head, and in the various organs which affect the head reflexly may we expect satisfactory results in this affliction. Some cases especially of nervous headaches could have the proper attention only in a sanitarium, as outside of such an institution there are many demands upon the already exhausted system, and reserve energy is, therefore, difficult to store. This surplus energy, reserve force, is necessary to the well-being of every creature and it is important that we think of it and work to get it.

It has been my experience that but few cases of headache are not relieved by stretching of the neck and inhibition in the upper cervical region, and temporary relief it is well to give, in connection with treatment of the cause.



### TECHNIQUE OF TREATMENT.

DR. CARL P. McCONNELL, CHICAGO.

The technique of osteopathic treatment is, in one sense, largely a personal factor, i. e., dependent upon the individual physician for its execution as he chooses to interpret and apply mechanical movements although the principles of the therapeutics may remain constant.

No one, I am sure, who has thoroughly and impartially investigated the therapeutics of osteopathic practice doubts its originality, genuineness and efficaciousness. However, it is not within the province of this paper to discuss etiology, pathology or therapeutics from a comparative view-point but rather to criticise and elaborate upon our established characteristic osteopathic mechanics.

It is a well known and often commented upon fact that no two osteopaths treat exactly alike. All of us have our peculiarities of treatment. Still results may be the same as to both quickness and permanency. There is, however, a wide field for discussion along the lines of best methods, which may be divided into length of treatment, severity of treatment, dangers of treatment, and manner of treatment—all of which constitute the technique. The technique may be either skillful or bungling. We may make extraordinary hard work out of it or the reverse. Of course, experience here as elsewhere will be our best teacher, provided we, first, have the osteopathic concept thoroughly rooted within us, and, second, some ability as a mechanic.

After our skill has become what might be classed as mediocre, the slowest and most difficult work is then forthcoming, for improved and expert technique

will largely depend upon expert ability to diagnose. Thorough and reliable diagnosis is thus the pivot upon which improved ability and skill in technique must revolve, for technique is but a phase of applied therapeutics.

If osteopathy is a school of medicine as we desire and believe, it is then our treatment must be conclusive and all-embracing. Hence, our technique should be a subject of no little study and experiment. It must not deteriorate into haphazard and so-called general treatments. It necessarily has to be a technique of the highest order—a technique upon which each and every case depends for original research work. True it is many cases present somewhat similar problems for solution, and to a certain extent may be classified under general divisions with a consequent somewhat similar treatment. But herein lies one of our greatest dangers as individual practitioners. We are too apt to get careless and rely upon general movements instead of actually digging out the novel and original problem demanded in every case. If we but constantly hold before us the fundamental principles of our science and strive in each and every case as well as every treatment to practice and execute these principles our growth in ability and skill will be healthy and continuous. With the inefficient and laggard practitioner osteopathy can be but little more than a combination of massage and a movement cure.

Unquestionably, those who are striving to do honest and better work will find that their technique changes considerably, in many ways, from year to year. And it would be mere presumption on anyone's part to think that he has reached perfection in his methods of treatment.

Each of us, very likely, is more skillful in certain treatments than our next door colleague. All of us have our strong as well as weak points and any discussion of our various methods and ideas can not but redound to the good of all concerned.

Methods and manners of technique is an almost endless subject. Where one will fail quite likely another will succeed and vice versa. And for the field practitioner no subject comes so close to the bread and butter problem of life as the technique of treatment.

One of the weakest spots in our college curriculum has been the past methods of teaching osteopathic operating procedure. I believe all will agree with me that personal instruction can be the only practical method. Is it any wonder that some osteopaths practice nearly anything and everything but osteopathy? General treatments and movements in every instance, stimulation and inhibition to an unwarrantable degree, and adjuncts without end has been the result with a few.

Two features of successful osteopathy will always predominate, for practical osteopathy can never be otherwise than a most personal practice, to-wit, an absolute personality of the physician, and the personal, hard manual labor of the physician. The practitioner can never get away from these, upon these his success depends. Both the professor and student of osteopathy should realize this and teach and execute accordingly.



I have always believed, and my several years experience has but confirmed these beliefs, that if osteopathy is of any merit at all it is a system of treatment that has for a practical, every-day working basis an anatomical re-adjustment principle. If the real basis of characteristic osteopathy does not constitute the re-adjustment idea it is, then, nothing but massage with a few mechanical movements thrown in, and pretty poor stuff at that. Right here we must maintain our fight until the world is thoroughly conversant with this fundamental. It is everything to osteopathy or else it is nothing, and if nothing osteopathy is practically nothing. Our technique must be based upon this conception, and if we expect to improve our technique it must be along these lines.

The time has already arrived when the average patient, and this constitutes the discriminating individual, will choose his osteopathic physician from the standpoints of skill, ability, and reliability. There has been a time when an osteopathist was simply an osteopathist and nothing more. The public looked upon us as being all alike and quite automatic in our work. But this is now a thing of the past. Just because an individual calls himself an osteopathist does not necessarily imply that he is the same as any or every other osteopathist in ability. The public have been quickly brought to realize this. And why? Simply because the technique of some practitioners is more finished, complete and skillful than others. No one can have a skillful technique unless he is, also, an expert in diagnosis. The two are most closely allied. In fact, it is impossible to divorce diagnosis and technique; the latter is dependent upon the former.

I believe the time is rapidly approaching when it will be universally recognized that it requires greater ability to become an expert osteopathist than an expert physician of the other schools. Also, there will be greater and more marked divergence of ability among the osteopathists themselves than among the practitioners of other schools. Osteopathy is the school of medicine that without exception treats the individual's condition as it actually exists. The other schools pay too much attention to grouping symptoms, to investigating morbid anatomy, to classifying and naming diseases, and to treating the name or classification at the expense of the person concerned. Not but what the above is right and proper, but there is a wide difference in seeking the individual's make up, both mental and physical, and treating the disease or condition from an etiological point of view on the one hand, and simply compiling a formula to combat a supposed or real pathological state on the other. Herein must be shown the genuine skill of the osteopathist. He must be possessor of a technique that is original and adaptable in every instance as well as containing the quality of finesse.

Experience in our work is one's greatest teacher. Unless we observe closely and attempt to profit by the results in every case osteopathic work is apt to be unsatisfactory and discouraging to both physician and patient. It is hard to conceive of a work that exacts so much personality, expertness, and

mental and manual labor. Indeed, the practice of osteopathy is exhausting as but little other work is exhausting. But if the practitioner is thoroughly in earnest, honest with his patients and himself, and really strives to succeed the results are universally satisfactory.

**LENGTH OF TREATMENT:**—The length of treatment is a point that has been considerably discussed. Still after all it is a simple matter. Naturally the length of treatment depends upon the case at issue and nothing more. There is no reason why any two cases should be treated for the same length of time unless they present identical lesions, and the chances are the individual make-up of the patients would not be the same, so where the one could easily be treated the other would not.

It is nothing short of absurdity for an osteopathist to say that he treats his patients a certain length of time. Indeed, it would be *prima facie* evidence that he was not a true osteopathist. It would be just as ridiculous as for a surgeon to say that he spends two hours over all his operations.

The patient comes to you to get well if possible. He does not care, if he really knows what osteopathy is, whether you spend ten minutes or thirty minutes at a treatment. What he wants are results in the shortest time possible. The practitioner must use his judgment, and here experience is the only reliable guide. Of course, the practitioner could be dishonest and not serve his patient the best each time, but this could be just as true with one who is giving an hour's treatment as when giving a twenty minute's treatment.

I do not know what my average length of treatment is. I do what I think is best and quit. I think there is much more danger from over-treatment than from under-treatment. The longer one practices the shorter his treatment is likely to be; this is due to greater skill and better judgment.

**FREQUENCY OF TREATMENT:**—I am not an advocate of frequent treatment. My treatments average about twice a week. Too frequent treatments is equal to over-treatment. They keep the lesion irritated and do not give nature an opportunity to heal. To know just when to treat and how hard to treat requires one's best judgment. The healing process should be continuous and in order to be so requires that the treatments be rightly placed and spaced.

I early observed there was a class of patients that did not get well as soon as they should. I know good work was done but the spine remained irritable, the patient weak. I soon found if these patients were given a rest from treatment they invariably got well rapidly. Why? They were over-treated.

Another class of patients I also observed were those who could only take an occasional treatment from one reason or another. They improved very well considering the frequency of treatment. Why? This class had full time to improve and recover after each treatment. So there rests a happy medium as to frequency and severity of treatment. The patient's constitution and temporary condition, your judgment and experience are the guiding factors. And then you will occasionally make mistakes.



I am not a believer in severe treatments, although I do not believe in those "patting and rubbing" treatments. If it should be necessary to be severe then be severe. There is always a right place to put your finger and if one is careful to inhibit a little even the tender and sensitive spines can be quickly and successfully treated. This part of the treatment is such a personal matter that it is hard to say much. Each case calls for special consideration.

**DANGERS OF TREATMENT:**—The dangers of treatment are particularly two-fold, first, over-treatment, and, second, misapplied treatment.

A patient can easily be over-treated. It should be one's constant look out not to over-do in either severity or frequency as has been heretofore suggested, especially should we be careful in the young, the aged, and in various delicate individuals. Also, in those suffering from arterio-sclerosis, aneurysms, etc.

Misapplied treatment hinges entirely upon the diagnosis. As a rule where osteopathic treatment has been misapplied it is where the osteopathist has attempted the impossible. Gross ignorance as to pathology will cover most of the cases of misapplied treatment. Still there may be a few instances where too great leverages would be employed and damage done which might be classed as misapplied treatment and still the diagnosis be perfect.

**MANNER OF TREATMENT:**—We have now come to the most interesting part of our subject. Every osteopathist has his methods, some of which are particularly efficacious, others especially easy, while, perhaps, still others should be discarded.

For one I am a thorough believer in going right to the point or lesion and treating specifically; and, as I gain experience I am the more satisfied.

Too much time can not be spent in various diagnoses. Then when your diagnosis is made treat specifically and precisely. This dallying around and not knowing what you are doing or not even knowing what you are going to do is peurile and very non-osteopathic. One should never treat a patient unless he has a definite plan in view.

I might add that a most interesting feature of theoretical osteopathy would be a mathematical solution of the mechanics and dynamics of our technique. Any of you who are desirous of such work I am sure would find a fruitful field here.



#### \*NEURASTHENIA.

FANNIE E. CARPENTER, D. O., CHICAGO.

In its widest sense, the term neurasthenia is used as covering the groups of symptoms indicated by such names as nervous prostration or exhaustion, spinal irritation, neuropathic or neurotic diathesis. Some authors include melancholia, but its relation to mental disease should not be forgotten.

The name, neurasthenia, was first used by the late Dr. George M. Beard,

\*Read before the Illinois Osteopathic Association at Springfield, May 30.

of New York City, who described it as an American disease mainly, due to our customs and habits of life.

We have little reason to doubt the truth of the statement that Americans do suffer greatly from neurasthenia. Some one has said that "insanity is the price we pay for civilization," and it is true that nervous disorders are found more frequently among the cultivated races.

Dr. Talmage once said, "We are born in a hurry, live in a hurry, die in a hurry, and are driven to the cemetery on a trot." Verily we do live in a hurry. This is an age of rush and keen competition, and it is small wonder that people break down under the burden of it.

In fact, some people are neurasthenic only in relation to their surroundings, and when allowed to live simply and naturally, enjoy good health. Neurasthenia is defined as "a chronic functional, nervous disorder, which is characterized by an excessive nervous weakness and nervous irritability, so that the patient is exhausted by slight causes, and reacts morbidly to slight irritations,"

While it must be considered, relatively to hysteria and insanity, more as a departure from health than a distinct disease, still neurasthenics present certain symptoms which are quite characteristic. It is not my purpose to go into symptomatology, we are all familiar with the clinical picture of the disease, and the more important symptoms will be brought out later on, in the case reports which I shall try to present to you.

As to etiology, we will take but a brief glance at the more common causes, which are mentioned in all text books, giving our attention to the more obscure causes, and those which we as osteopaths regard as the most important of all.

Heredity doubtless plays an important part as a predisposing factor in many cases.

In children who are permitted to live an irregular, over-stimulated life, we sometimes see symptoms resembling neurasthenia, especially at the age of puberty, when the entire nervous system is undergoing change.

A little later in life we see the student, perhaps as in one case which came under my care, keeping up many social duties while doing college work, and keeping awake for night study by drinking strong coffee.

The influences of life in our large cities tend to develop and maintain nervous irritability. Perhaps in no other city in the country do people live at so great a nervous tension as in our own city of Chicago, and we who are in the practice there come in contact daily with those who are exposed to responsibilities and worries far greater than they are fitted to bear.

Traumatic injury is a frequent cause of neurasthenia, both by reason of the concussion and direct shock to the nervous system incident to the injury, and by the lowered vitality which is the result of the slow recovery attending severe injury.

Perhaps climatic influences are not accorded enough importance as a causal factor in nervous irritability, so I would like to call attention to the statements of our Dr. J. F. Foley, of Denver, on this subject. He says, "Nowhere are



such extremes in thermal changes found, as in America. I have seen in New England a range of 125 degrees—from 25 degrees below zero to 100 degrees above in the shade. The year's record in Minnesota reads from 39 degrees below, to 99 degrees above, a range of 138 degrees. It is estimated that the difference of temperature inside and outside an American dwelling is 60 degrees, even within 24 hours, and in balmy regions like Florida, the glass has shown a leap from torrid heat to frosty chill. No wonder, then that the greatest fear of some is the atmosphere." All of which may at least furnish us some food for thought.

One fruitful source of neurasthenia, which is not mentioned in medical texts, is the use of drugs to relieve pain and induce sleep. It is surprising to what an extent such popular remedies as chloral, opium, etc., are used.

The excessive use of alcoholic liquors, and in fact, excesses of all kinds lead to nervous disorders.

Any cause which lessens nerve power by interfering with the nutrition of the nerves, or by occasioning an excessive expenditure of nerve force is a cause for neurasthenia.

We should keep in mind that all causes operate to produce their effects through the sympathetic nerves, which control all the functional activities of the body. When waves of irritating nerve impulses are sent out over this telegraphic system of the body, from any organ which is in a pathological state, the effect is felt in all parts of the system. Thus the shock to the nervous system produced by an inflamed or misplaced uterus or ovaries is one most fruitful source of neurasthenia in the female.

One case which came under my care some time ago nicely illustrates this point.

While there were other important features in the case, in the way of bad spinal conditions, there was a prolapsed and retro-verted uterus, which was a source of much trouble. After this was replaced, it would occasionally fall back again from any undue exertion on the part of the patient, and at such times, when I was called, I would find her with all the old nervous symptoms exaggerated, crying, fearful lest she might lose her reason, and totally unable to sleep. Upon replacing the uterus, and quieting the nerves, the morbid fears and excessive nervousness would depart and she would be herself again.

The profound shock to the nervous system which results from abnormal and unsatisfactory sexual relations, may also be a causal factor in some cases of neurasthenia. It requires much tact upon the part of the physician to elicit confidences of this nature from the over-sensitive, neurasthenic woman, but it is oftentimes of too much importance to be overlooked.

Indeed, in the treatment of all cases of neurasthenia it is essential that the practitioner gain the full confidence of the sufferer. We do not deal in faith cure, but faith and hope are always aids to recovery, and valuable adjuncts to treatment.

Most authors claim that the anatomical basis of the disease is unknown.

We as osteopaths, may not be able in every case to discover the anatomical basis, but we certainly do in many, the proof of which is demonstrated by the recovery of the patient after the adjustment of some anatomical derangement.

In most cases which have come under my observation, I have found a tightened spinal condition, the muscles and ligaments along the entire length of the spine being in a state of contraction. This in itself is enough to shut off, in part, the blood supply to and drainage from the cord, thus causing impoverishment of nerve centers. In addition to this general condition, we find specific lesions along the spine, or of the ribs, in many cases. These spinal lesions are usually in the cervical and upper dorsal regions, but in cases of women where pelvic trouble is a feature of the case, we may find lesions in the lower dorsal or lumbar vertebræ. The ribs are frequently depressed.

Remembering that the vaso-motors to the coronary arteries come from this segment of the cord, we see how lesions of the fourth and fifth dorsal vertebræ may interfere with the nutrition of the heart itself and so affect the nourishment of the entire body.

I recall one case in which the marked lesion was a rotated atlas. This is such a good example of cause and effect that I would like to give it to you in detail.

Mrs. G., age fifty-six years, began treatment November 16, 1901. Symptoms—excessive nervous irritability, (patient frequently being impelled to leave the house and run for blocks, until physically exhausted) nervous chills which came on in the night, insomnia, (had been taking sulphonal to induce sleep), much headache at base of brain accompanied by, a "dazed feeling," buzzing and ringing in the ears were constant, but worse at night. In addition there was constipation and some irritability of the bladder.

A peculiar feature of the case was a difficulty with the middle and ring fingers of the left hand. These when flexed, she was unable to extend without using the right hand to bring them to position. Also, if the head was turned, as in looking out of a car window, she would have to bring it back to its position with the hands. Patient also complained of inability to throw the head back. There was a straight, rigid spine, with muscles on either side deeply contracted, and the atlas was anterior and rotated to the right so markedly that the transverse process on the left side could scarcely be detected, while on the right side it was very prominent indeed.

I found that Mrs. G. could stand but two treatments per week. At first improvement was slow. After the first month's treatment, the patient reported bladder trouble gone, also trouble with the fingers, which could now be extended at will. Head some better and not quite so nervous generally, but still did not sleep.

Mrs. G. has a son-in-law, who is a well known specialist in Chicago. About this time she asked him to examine her neck, telling him what the osteopath had said about the atlas. He laughed at the idea of a slipped atlas, and said the prominence on the right side was an enlargement of the mastoid process of



the temporal bone. When this was reported to me, I made up my mind that that atlas should be replaced before the patient left the office, and it was. The enlargement of the mastoid process disappeared and the next time the patient came she reported that the noises in the ears had ceased, headache gone, and had been able to sleep. Could also turn the head in any direction with ease, something she had not been able to do for years.

Treatment was continued for some time after this until the patient recovered her health.

In this case the treatment was largely inhibitory, except that which was directed to correction of lesions and overcoming torpidity of liver and bowels. Besides the treatment, I advised plenty of out door exercise and simple living.

Each individual case presents a law unto itself, and accordingly must receive individual treatment. Under the head of treatment in medical texts, we find little regarding drugs. One author says, "Drugs are of minor importance, and their routine use is condemned."

Another writer says, "Nothing has been said in regard to drugs, and little can be said."

Hydrotherapy, electricity, rest cure, massage, change of climate and scene, are all recommended, but what of the sufferer to whom the ocean voyage or trip to the mountains is an impossibility?

Massage irritates rather than relieves in many cases, and one case which is now being treated by us, failed to derive any benefit from the rest cure, even though given under the direction of Dr. Wier Mitchell himself.

Here is where osteopathy comes in to claim the therapeutical field, and happy is the neurasthenic who comes under the care of a good osteopathic physician.

As I have said before, one condition of success is that the physician gain and keep the fullest confidence of his patient. How he will best accomplish this must depend upon his own character and temperament. He should never allow himself to become discouraged, or if he does, his discouragement should never be communicated to the patient, and he should bear in mind that the soul of his patient has to be taken into account as well as the liver or spleen. By his own cheerfulness he can do much to turn the depressed and morbid thoughts of the sufferer into more cheerful channels, and his interest and sympathy must be constant and genuine.

Dr. Clifford Allbutt, in concluding his picture of the neurasthenic, says, "To call these suffering women of the neurotic type, hysterical, is to confuse all due acceptance of names, and what is worse still, is to confuse the real relations of things. The neurotic woman is sensitive, zealous, managing, self-forgetful, wearing herself for others. The hysteric, whether languid or impulsive, is purposeless, introspective and selfish. In the one is the defect of endurance, but in the other, defect of the higher gifts and dominion of mind."

I will not go into detail as to treatment, this should be directed to relaxing thoroughly the spinal structures, to allow a free circulation of blood and

lymph to the nerve cells in the cord, and to establish complete venous drainage therefrom. Correction of osseous lesions may not be possible at first, as many of these patients have to be taught the art of relaxation before much corrective work can be done, but this is the one thing of primary importance. The frequency of treatment must be governed by the case. I believe we are inclined to treat too often, rather than not often enough. Systematic bathing and exercise, the latter never carried to the extent of fatigue, and a diet of simple, nutritious food, should be insisted upon, as well as regular habits of living.



### OSTEOPATHIC PEBBLES.

J. F. SPAUNHURST, D. O., INDIANAPOLIS, IND.

Osteopathy is self-propagating.

\* \* \*

Disease is not in Nature's plan.

\* \* \*

Nature is the power behind all cures.

\* \* \*

Cultivate good cheer for a health tonic.

\* \* \*

Osteopathy will never endanger your health.

\* \* \*

Osteopathy is not talk or fad, but work and sense.

\* \* \*

Wealth no more gives happiness than medicine gives health.

\* \* \*

Life in accord with Nature's laws builds perfect health.

\* \* \*

Good health is happiness and a blessing obtainable through osteopathy.

\* \* \*

Osteopathy aids Nature to restore harmony to the body organism.

\* \* \*

"Nature knows no pause, and attaches a curse upon all inaction.

\* \* \*

We must be divorced from drugs before we can be married to osteopathy.

\* \* \*

Osteopathic methods are certainly superior to giving drugs to produce vital reactions.

\* \* \*

Surgery has its place but there is no place in the stomach for drugs.

\* \* \*

"A man too busy to take care of his health is like a workman too busy to sharpen his tools."

\* \* \*

Nature punishes every transgression of her laws, but likewise rewards every return to obedience.



True success depends upon practicing exclusive, genuine osteopathy.

\* \* \*

If you want health ask the osteopath what you should do, not what you should take.

\* \* \*

Osteopathy is in harmony with all that is exact or really scientific in the practice of medicine.

\* \* \*

Osteopathy relieves the office man of nervousness and frees the victim of overwork from weariness.

\* \* \*

Osteopathy is based upon the truth that free circulation of pure blood and normal nerve supply gives health.

\* \* \*

One can hardly expect to have "music in his soul" when there is discord in his stomach. Osteopathy cures sick stomachs.

\* \* \*

Nature demands that all life be active, energetic and useful. When this demand is not heeded she tears down and destroys the organism.

\* \* \*

A sound body lies at the foundation of all that goes to make life a success. Osteopathy renovates the entire system and makes life anew.

\* \* \*

Medicine can never become a science because the human body is not a test-tube in which varied mixtures always act in an identical manner.

\* \* \*

Anger suspends digestion, acidulates the blood, and dries up the secretions. Osteopathy nourishes and soothes the nerves and thus prevents anger.

\* \* \*

Fear, hate and worry pull down and paralyze the physical forces and nerve centers. Osteopathy rights these conditions and the organism performs its work in health and vigor.

\* \* \*

Osteopathy thrives and grows because it is based on physiological facts, not on theories or blind traditions; its foundation and super-structure is destined to endure as long as time lasts.

\* \* \*

Osteopathy deserves full confidence and patronage of sick people because it restores harmony to the body organism, leaves no bad after effects and does that which medicine absolutely fails to do.

\* \* \*

If you wish to weaken your digestive apparatus do not allow it to work—eat "health food." You will never become a "diet crank" if you take an occasional osteopathic treatment, more air and proper exercise.

The osteopaths who lack energy and possess not a diligent spirit will have both rest and rags.

\* \* \*

Health seldom comes from toxic drugs, prayers, baths, or drinks; but Nature, assisted by her best helper—genuine osteopathy, has it for you if you will only earn it.

\* \* \*

The movement away from drugs towards non-medical methods is evidence that sick people are interested in getting well, not in empty theories and dogmas. Results win. Osteopathy is founded upon results.

\* \* \*

Experience has taught us that Nature need only to have her injured parts properly adjusted, and freely fed with pure blood by skillful osteopathic treatment, then she will best accomplish the cure, without any artificial assistance.

\* \* \*

Dr. Bernays, eminent surgeon, says: "To give drugs to a well man is very, very wrong, but to give drugs to a sick man is nothing short of a crime. Anatomy is a real science, while medicine is not." Osteopathy is applied anatomy, therefore scientific.

\* \* \*

The drug which conceals pain or gives false pleasure when pleasure does not exist is certainly unnatural and forces a lie upon the nervous system; it destroys the sanity of life and finally its influence leads to mania and insanity. Osteopathy produces sanity, not insanity.

\* \* \*

It is being demonstrated daily by skillful osteopaths that Nature can best recover from disease without drug interference, when the human machinery is put in perfect mechanical order and harmony throughout by methods peculiar to osteopathy coupled with rest, cleanliness and food.

\* \* \*

Nature has a constant tendency to repair the injuries to which her structures may have been subjected, whether those injuries be the result of fatigue or exhaustion, of inflammation or accident. This repairing power of Nature is quickly and plainly noticed when the disturbing cause is removed by skillful osteopathic treatment.

\* \* \*

To decline to consider TRUTH because it is not prevalent or popular or because it appears antagonistic to fostered opinions and old beaten paths is to render verdict without investigation or evidence. This is done by those who only get a glimpse of the truth—a superficial and erroneous view of osteopathy. No liberal doctor will allow mere prejudice to influence him in accepting established facts. If the medical profession would investigate the principles and rational therapeutics of osteopathy they would cease calling it scientific massage and a number of other things which misrepresent it as much.



The blood is the vehicle of nutrition. In order that the proper nourishment of all parts may be secured the blood should circulate freely and without obstruction. Skillful mechanical manipulations by the competent osteopath remove obstructions to the free flow of blood or to the nerve current; be it either a displaced bone, a contracted muscle, an engorged tissue, or a constricted vessel, they are easily reached and removed by methods peculiar to osteopathy.

\* \* \*

Osteopathy can no longer be spoken of as a delusion or fad; it has been tried by the best thinkers and most logical reasoners of our day and they are learning to demand the best possible service and discriminate between the pretender, the mixer and the genuine osteopath. Success lies before the earnest student, the progressive, conscientious practitioner, the able, diligent, painstaking operator, but there is no place for the half-hearted, indolent, drowsy sluggard.

\* \* \*

Homeopaths treat symptoms. Allopaths treat the condition producing the symptoms. Osteopaths the cause of the condition producing the symptoms. All diseases have a purely mechanical first cause which is rarely, if ever, reached by drugs, hence it is seen at a glance that the osteopath is better able to cope with disease by means of the osteopathic manipulations than by the use of drugs because he removes the mechanical cause which lies back of all symptoms. He does not claim to perform miracles, nor to be endowed with supernatural powers, but he has Nature on his side, and consequently the more efficient method of treatment.

\* \* \*

The cause of disease is made plain by osteopaths. A far better insight into the true condition of the patient is obtained by their physical examination and educated touch than by the old method of looking at the tongue, taking the temperature and asking questions. The average doctor guesses at the condition from what the patient says; he takes your word for it while the osteopath, through his expert knowledge of anatomy and cultivated tactile sense, ascertains for himself the natural position, condition and action of every part of the body. He uses few big words to explain the trouble and spares no pains to make your condition fully understood by yourself. Any departure from the normal is disease and he finds the degree of such departure, its cause and the results therefrom; then he candidly prognoses the case and proceeds to remove the cause whenever given a reasonable opportunity.

◆ ◆

#### TESTIMONY THAT COUNTS.

In the class that just recently graduated from the American School of Osteopathy, June 22, there were one hundred and sixty-seven members. Of this number four were post-graduates and an equal number completed the regular course who had taken a part of their work in other osteopathic schools. As

an evidence of their high regard for the character of instruction given at the A. S. O., the following published interviews from a number of these graduates are to the point. J. Birdsall Banker, D. O., when asked for his opinion concerning his newly adopted school, said:

"Believing there is a value in the evidence from personal experience that cannot be obtained in any other manner, and having a desire to visit the home of osteopathy, the school and its founder, and to know for myself as to its merits, I visited Kirksville and spent several days visiting the classes.

"So pleased was I with the work of the school and the method of instruction, that I sought to make arrangements to finish my course at the American School of Osteopathy.

"Many have asked me in what respects, if any, I believed the Kirksville school to be superior. Possibly others would like an answer to a similar question, and I here mention some of the things that appeared to me.

1. The thorough foundation laid for osteopathy from the comprehensive way in which anatomy and physiology are taught from the very beginning of the course.
2. The advocacy of the professors of the efficiency of osteopathy without the use of "adjuncts."
3. The ability of the professors who have given to the students the most complete set of text books on the various phases of the science of osteopathy.
4. The method of diagnosing lesions, their effects, where to find them, and how to correct them.
5. The chair if applied anatomy which is the essential thing to the osteopath.
6. The loyalty of the student body to the school, its founder, and its professors, all working in perfect sympathy and harmony.
7. The personal interest taken in the student by the professors, who spare no time or pains to give him all the aid possible in examining patients, diagnosis, and manner of treatment.
8. The presence of the founder of osteopathy, Dr. T. A. Still, a man whose genius, ability and power cannot be understood at first sight, but whose personality grows upon you with the longer and more intimate acquaintance, and, then, there is the realization that he will never be fully appreciated or honored until he shall be viewed by another generation in the clearer light of history, as it reveals without bias or prejudice the heroic man who struggled through the years, amid trial and misrepresentation, to perfect a system of truth in harmony with God's plan and nature's laws for the physical welfare of the human race, better than any ever known before.

I, therefore, from my experience in the Kirksville school go forth with a more supreme confidence in the value and ability of the science of osteopathy than I could otherwise have had.

Bertha O. White, D. O., when asked what particular characteristics of the A. S. O. had impressed her, said:



"After my graduation from an Eastern osteopathic school, I meet professionally many of the Kirksville graduates. I could not help being impressed by the thoroughness of their diagnosis and treatments, besides by much they had gained from personal acquaintance with the founder, Dr. A. T. Still. I at once determined, as soon as the opportunity offered itself, that I too would wend my way to that Kirksville and "Old Doctor" of whom each graduate spoke so enthusiastically and lovingly. I have found the school to be all and more than I had expected. It has been proven to me that the A. S. O. is at the head of the osteopathic schools both in theory and practice. With its large faculty composed of practical men of years of experience in their work; a school well equipped in every way to teach the science; a large, enthusiastic student body, I have found the work on inspiration to me. Besides all this, there is the influence imparted by the presence of the founder our dear "Old Doctor," whose ever watchful eye guards that osteopathy shall be taught in its entirety and purity."

S. R. Meaker, D. D. S., D. O., when interviewed, said:

"Knowing the American School to be the oldest in the science, and situated in the town where at least its teachings were first given birth, it appealed to me as probably being better prepared to teach and demonstrate the efficiency of true osteopathy than any other school.

A previous acquaintance with the methods and teachings of the medical and dental departments of an Eastern University gave me an insight into professional work that has proven of great value both in my studies and in the selection of an institution for my osteopathic course.

"Though my intention from the first was eventually to continue my studies in Kirksville, one term spent in a small osteopathic school of a large city, further impressed upon me the advisability of being more firmly "grounded in the faith" as it has been termed. The essentials for that process offered by Kirksville and the A. S. O. are quite apparent. Practical isolation from the distraction of a large city, absolute confidence of the townspeople in the science, a lack of ignorant criticism, and the thoroughness and experience of the instructors create an "osteopathic atmosphere" that imbues in every student earnestness and confidence in his work.

"The universal good will of the people of Kirksville, induced as it was by the early practice of "The Old Doctor" and since fostered and nursed by his disciples, bespeaks for the science a living memorial to its success.

"To the student what greater stimulus could be asked or what better opportunity given for his learning and trying out his ability as a physician than residence and work in such a community. Another factor and a most unestimable one is the personal and fraternal interest taken in the student by "The Old Doctor". Radical and eccentric though he may seem, his teachings are basic and to have the personal acquaintance and instruction of the founder of our science is a privilege never to be forgotten."



## Commencement Week at the A. S. O.

THIRTIETH ANNIVERSARY OF THE FOUND-  
ING OF OSTEOPATHY.

1874

1904

BACCALAUREATE EXERCISES—SUNDAY, JUNE 19, 2.00 p. m.

—PROGRAM—

HYMN, "Blest be The Tie That Binds."	REV. MR. TEMPLETON
SCRIPTURE READING.....	REV. MR. TEMPLETON
SOLO.....	ZETTA GOODE
PRAYER.....	REV. MR. THOMPSON
BACCALAUREATE ADDRESS.....	REV. MR. W. L. DARBY
HYMN, "Nearer My God to Thee."	REV. MR. W. L. DARBY
BENEDICTION.....	REV. MR. WEEKS

SENIOR WALK.

MONDAY, JUNE 20, 7:00 p. m.

CLASS DAY EXERCISES—TUESDAY JUNE 21, 9.00 a. m.

—PROGRAM—

OVERATURE.....	ORCHESTRA
ADDRESS BY PRESIDENT.....	W. S. THOMASSON
CLASS HISTORY.....	MARGARET CARLETON
CELLO SOLO—Prize Song—Wagner.....	STANLEIGH REEVE MEAKER
CLASS POEM.....	GUY L. BAUGHER
MUSIC.....	ORCHESTRA
CLASS PROPHECY.....	NETTIE OLDS HAIGHT
MUSIC.....	ORCHESTRA

COMMENCEMENT EXERCISES—WEDNESDAY, JUNE 22, 8.00 p. m.

—PROGRAM—

MUSIC.....	ORCHESTRA
INVOCATION.....	REV. MR. LUSK
ADDRESS BY CLASS REPRESENTATIVE.....	G. W. RILEY
MUSIC.....	ORCHESTRA
ADDRESS BY FACULTY REPRESENTATIVE.....	DR. W. D. DOBSON
CLASS SONG.....	DR. W. D. DOBSON
PRESENTATION OF DIPLOMAS BY.....	DR. A. T. STILL
MUSIC.....	ORCHESTRA



## ROSTER OF GRADUATING CLASS, JUNE 1904.

Allison, Mrs Jeanette S.	Ennis, Seba Arthur	Morrison, James G.
Atkins, Warren Edward	Fisher, Miss Nellie M.	Morrison, Miss Martha A.
Atkinson, John T.	Fiske, Franklin	Mosely, Aaron G.
Baker, Charles F.	Flanagan, Miss Louisa C.	Most, William
Balfe, Miss Susan	Gano, Charles Harkness	Motsinger, Newell H.
Bammert, Miss Hena Agnes	Ganong, Floyd J.	Myers, Lewis Alan
Banker, J. Birdsall	Gardner, Mrs. Emma Griffin	McDonald, John Alexander
Banker, Mrs. L. A.	George, Charles N.	McCoy, Thomas S.
Barton, Edgar Greenwood	Gifford, Harry Melvin	McGalliard, Arthur E.
Barton, Mrs. Lynette Reeve	Glenn, Frank H.	McMillen, John
Bashaw, Miss Clara L.	Graves, William	McWilliams, Alexander F.
Baughner, Leland Guy	Haight, Mrs. Nettie Olds	Nay, William F.
Baughman, Jacob Hiner	Hall, George Samuel Arthur	Near, Jessie L.
Bawden, Miss Mary Jeanette	Hall, Miss Mida Mae	Olson, John Edgar
Bean, Arthur Sanders	Hall, Miss Beth V.	Pardee, Fred A.
Bedley, Hans E.	Hall, Jr., William Campbell	Pendarvis, Owen Edward
Bennett, James W.	Hannah, Everette E.	Perrin, George W.
Bennett, Mrs. Fanny C.	Harden, Edward E.	Petrie, Miss Martha
Bennett, Miss Carrie A.	Harlan, William F.	Pickens, Miss Mabel
Berry, Clinton D.	Hawk, Miss Sara Mae	Ray, Clarence T.
Berry, Mrs. Gertrude Seeley	Hearst, Miss Ethel Lavina	Riley, George Washington
Bissell, Miss Ella Frances	Hesley, Oliver F.	Ringler, Sanford
Bolle, Joseph H.	Hester, Golden M.	Ringler, Mrs. Frances Brown
Boles, Arthur Edwin	Holland, Miss Alice A.	Rogers, Miss Johnney Belle
Brown, George E.	Hollister, Miss Gebelia M.	Russell, Ralph
Buddecke, Miss Bertha A.	Hord, William Scott	Scaife, Miss Martha E.
Bush, Mrs. Ida A. Ellis	Hudson, Franklin	Severy, Charles L.
Camp, Cloyd Andrew	Huntington, Joseph Leon	Shepherd, Leroy K.
Carlton, Miss Margaret Belle	Keeler, Edward E.	Shoemaker, Paul Alonzo
Carson, Howard B.	Kenaga, Miss Minerva Hermione	Silen, Orion Almont
Chappell, Miss Nannie J.	Keyte, Mrs. Mary Williams	Smith, Frank P.
Clark, Reuben Tabor	Kilbourn, Orley Clyde	Smith, Van E.
Close, Miss Effie Annie	Kirk, Morris Grant	Spencer, Miss Bessie Mabel
Coggins, Lucius Bedent	Knight, Jonas	Stanley, Rolland P.
Collicott, Miss Retta	Krohn, George William	Starkweather, Roy L.
Coon, Bert D.	Lamborn, Wilson E.	Starr, Elmer Gordon
Cooper, R. M.	Laughlin, Mrs. Belle Cash	Stephens, John H.
Coppernoll, Miss Orleanne	Laughorn, Fannie Belle	Stone, Fred G.
Corbin, Perry T.	Langan, Silas W.	Stratton, Mrs. Grace Copp
Coyle, Miss Ida D.	Lynd, Nathaniel R.	Thomas, F. G.
Crawford, Miss Sara Virginia	Magers, Miss Florence L.	Thomasson, William S.
Crofton, Miss Henrietta	Marselles, William Merritt	Thomasson, Mrs. Alice Mosely
Curry, Miss Ella Grace	Marselles, Mrs. Myrtle A.	Tiberghien, Eugene
Curry, William B.	Martin, Joseph Spencer	Tuttle, Lamar Kuy
Dandy, Miss Helen Agnes	Marts, Miss Tena May	Wagoner, George Foote
Dawson Harry M.	Matsler, Mrs. Julia B.	Waters, E. Burton
DeTienne, John Antoyne	Maurer, Mrs. Anna	West, Ralph Larabee
Downs, Luther E.	Meaker, Stanleigh Reeve	Wilcox, Mrs. Clara B.
Drost, Louis C.	Miller, Elmer O.	Wilkin, Mrs. Anna Roney
Drost, Miss Goldie G.	Miller, Lee Earle	Wilson, Miss Martha Jane
Dunnington, Bert Lawson	Miller, Orion S.	Witmer, Miss E. Louise
Dykes, Arthur L.	Mitchell, Reuben Malin	
Edwards, William Benjamin	Moore, Miss Eleanore	<b>POST-GRADUATES.</b>
Eisiminger, John William	Moriarty, John J.	John A. Bell, D. O.
Eisiminger, Miss Lenia	Morris, Sherman G.	St. George Pechtig, D. O.
Ennis, Emery	Morris, Mrs. Emma Carothers	James M. Kibler, D. O.
		Miss Bertha Othneal White, D. O.

## June Meeting of the New Jersey Osteopathic Society.

At the home of the Drs. Wilcox, 108 Crescent ave., Plainfield, Saturday evening, June 4, a reception was held from 7 to 8 for the members of the New Jersey Osteopathic society. A goodly number responded to the invitations and a most pleasant hour was spent during which refreshments were served.

Shortly after eight o'clock all adjourned to the offices of Dr. Geo. H. Herring, secretary of our society, in the Babcock building, and when all had arrived twenty-five members were ready for business. Four

names were voted on for membership and accepted.

The matter of appointing delegates to the St. Louis convention was left with the chair.

Matters of minor importance were discussed and disposed of, and owing to some having to catch trains for home, no osteopathic points were brought up.

Meeting adjourned to meet again in August at a place to be decided upon later.

CHAS. W. BLISS, D. O

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In the last issue of one of our journals some party whose name is withheld voices the view that unless the osteopath immediately and forthwith opens his arms and his office to receive the vibrator and similar appliances, the medical man is going to crowd him to the wall, because, forsooth, this enterprising person is recognizing the value of vibration and by using the method will secure the results which the osteopath gets by his hands. The plea is made that osteopaths should get in on the ground floor and secure a monopoly of the practice and, making it a part of osteopathy, prevent the use of the method by the regular physician unless he recognize the source of the practice and "give honor to whom honor is due"—that is to the osteopath. But our friend should not worry for the standing and the practice of the osteopath. He should remember that the medical world has made use of these other methods for centuries and it is a fruitless effort to attempt to claim them as osteopathic. With equal reason he might insist that osteopaths shall attempt to put a fence around massage and label it "osteopathy—let others keep out." These as practices are accretions on the osteopathic system, the value of which is infinitesimal, perhaps questionable—and can

hardly appeal with much force to any save those who, properly followers of the natural system of all-methods-combined, have at most but a smattering of the osteopathic philosophy and practice. To these indeed there is need for concern. For there is little question that so far as vibration, stimulation, inhibition, or any other forms of attempt at control of function—effects—are concerned, mechanical, thermal, electrical or chemical means will be equally as effective as the use of the hands.

To the osteopath who recognizes that the physician's duty, so far as the organism itself is concerned, is merely to keep the machinery which is not self-adjusted in correct alignment, and not to tamper with the regulation of function or with those structures which will be best adjusted by themselves, the advance of the use of vibrators or any other of the so-called adjuncts, will fail to arouse much sympathetic interest.

We do not think that the attention of osteopathy can too frequently be called to the essential distinction between the osteopathic hypothesis and that of other systems, be it the use of drugs, water, electricity, vibration or any other force or substance which is used for other purposes than of normalizing the environment or the organism. Yet while we may continually insist on this distinction, and call attention to the fact that the hypothesis is a workable one as indicated by experience, and refuse to grant the plea that osteopathy consists in "everything but drugs," we can afford to be charitable, to keep our tempers, and to let the ultimate decision rest on experience. Especially are acrimony and epithet, so much in evidence at times in the past, in extremely bad taste. G. D. H.

\* \* \*

## DR. HOOK SAYS ADJUNCTS HURT HIS PRACTICE.

As there has been very much said of late pro and con concerning adjuncts, vibration, etc., I would like to take a little of your space to present by views on the matter. A traveling man of this town came to me some six months ago with a pain in his right elbow. I found a partial dislocation and some tension in flexor muscles in that re-



gion. He had not time for treatment but promised to return after a trip he was preparing to make. He went to St. Louis, called on one of the A. S. O. graduates, one who has had considerable to say about pure and unadulterated osteopathy. His diagnosis was the same as mine. He gave him several treatments in order, as he said, to relax tissues and wound up each time with a very scientifically applied electric shock from a fine battery his office is supplied with, and told the patient that the electric appliance was for more thorough and deep work than his treatment could reach. When he returned to Bonham he hunted me up and told me that he was very much pleased with the treatment saying, "I believe if I could have stayed a while longer and had him to use that battery on my arm it would have been well by now for I think that my arm could not have been fixed any other way." That is the impression he got concerning his case from this osteopath. Another of my patients, a lady, after taking four treatments went to Dallas on business and while there called on an osteopath and this is her report that cost me three patients, "I called on Dr.— at Dallas, he has very elegant parlors and offices and he told me that all genuine osteopaths thought it necessary to give a little medicine at times to assist nature." She came home told that I was not a genuine osteopath because I gave no medicine. Who is who?

MATHIAS HOOK, D. O.,  
Bonham, Texas.

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#### World's Fair A. O. A. Meeting.

For the benefit of the profession, we wish to say once for all, that all osteopaths and their friends who are planning to attend the American Osteopathic Association meeting, July 11th to 16th inclusive, need not have any fear about accommodations. Some very exaggerated reports have been spread broadcast as regards the Inside Inn and the extortionate prices charged its patrons. There has been absolutely no change made in its prices since the opening day of the Fair, nor will there be until its close.

A great many have failed to secure their rooms and cannot reserve them there now

for the reason that the hotel is full. All of the cheaper-priced rooms are engaged. There are a few of the higher-priced ones still open.

All osteopaths should remember that the local headquarters for the A. O. A. will be on the second floor, to the right of the parlor, where any and all information will be furnished and cheerfully given to our visitors.

The first day's session will be held within three blocks of the hotel in the reception hall of the Missouri State Building. The other four sessions of the regular meeting will be held in the Hall of Congress just back of the Administration Building.

Tuesday evening, July 12th, Osteopathic Day exercises will be held in Festival Hall at 8 p. m.

Bear these instructions in mind and you will have no trouble on your arrival to find the convention or any information you want.

We also request that all osteopaths register in the osteopathic register which will be found at local information bureau. We ask that all, whether stopping at the Inside Inn or elsewhere, register in this book, giving us their city addresses.

Any street car line going west, marked "World's Fair," will take you to some one of the entrances of the World's Fair grounds, and the Intramural Railroad, just inside, will bring you direct to the Inside Inn. If you arrive on Sunday, the Market street car north of Union Station going west will take you direct to Inside Inn, osteopathic headquarters.

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#### Illinois State Meeting.

The fifth annual convention of the Illinois Osteopathic Association was held at Springfield, May 30, 1904. A large and enthusiastic gathering was present. The forenoon was devoted largely to business and the afternoon to the reading of papers upon professional topics. The meeting was called to order by Dr. John D. Cunningham of Bloomington and the address of welcome was delivered by Hon. James M. Graham of Springfield. Response by Dr. J. J. Schmidt of Danville.

The president's address, "The Outlook for Osteopathy," especially called our at-

#### Dr. Young's Surgery.

One more work has been added to the literature of osteopathy. This is entitled, "Surgery from an Osteopathic Standpoint," and is written by F. P. Young, B. S., M. D., D. O., Professor of Surgery and Practical Anatomy in the American School of Osteopathy, with the assistance of Dr. Charles E. Still, also of the school. The volume is silk-bound, contains 438 pages, of excellent paper, and is illustrated with one hundred and fifty-six etchings and half-tones, among the latter being a number taken from some extra good radiographs loaned for the purpose by Dr. Geo. M. Laughlin.

The subject matter is arranged in conformity with the custom in works dealing with the same conditions, and so far as the mature of various pathological states associated with surgical conditions and their symptomatic appearances are concerned the treatment is in keeping with the facts known and recognized by all surgeons. But here the similarity ends. The discussion of causes and treatment of the various surgical cases is given a distinctly osteopathic setting. For as the author says in the preface, "osteopathic practice has revolutionized modern surgery," and among the numerous phases of that revolution is, as is said specifically of the gall stone condition, the wresting from the surgeon's hands of numerous forms of disease. Hence the author, while touching on many disorders considered by the old-school physicians essentially surgical, insists rather that structural perversions are usually responsible for them, and the removal of these lesions is the legitimate and successful method of treatment. Among those disturbances which are thus placed in the list of cases curable without extensive surgical interference we note the following: erysipelas, hemorrhoids, appendicitis, urethritis, including the specific form, goitre, all sorts of tumors of lesser grades of development, various forms of talipes, white swelling, gangrene, neuralgias, gall stones, renal calculi, enlarged prostate, and most inflammatory conditions even where there may be slight suppuration.

Barring a few minor defects the work is an excellent presentation of a field of study

attention to the necessity for better legislation, and the status of our association from its organization was presented in a clear and concise way. The officers for the following year are: President, Dr. Wm. Hartford, Champaign; vice-president, Dr. Ethel Louise Bruner, Bloomington; secretary, Dr. Loretta Lewis, of Paris; treasurer, Dr. W. C. Carter, Springfield. Trustees: Drs. C. P. McConnell, chairman, J. B. Littlejohn, F. D. Bohannon, C. N. Maxey, and George Carpenter.

Chicago was chosen as the next place of meeting.

The following papers were read and discussed:

"Osteopathic Aids to Digestion," Dr. F. D. Bohannon, Anna. Discussion led by Dr. Ida M. Fox, Springfield.

"Osteopathy in Acute Diseases," Dr. Fred Bishoff, Waukegan.

Discussion led by Dr. Loretta Lewis  
"Typhoid Fever," Dr. Wm. Hartford, Champaign.

Discussion led by Dr. Canada Wendell  
"The Atlas and The Eye," Dr. Clara L. Todson, Elgin.

Discussion led by Dr. W. C. Swartz.  
"Neurasthenia," Dr. Fannie E. Carpenter.

Discussion led by Dr. C. P. McConnell, in the absence of Dr. R. M. White of Freeport.

The banquet at the Leland Hotel in the evening was a successful affair. Dr. J. H. Sullivan of Chicago was toast master, and many interesting and witty responses were made.

LOLA L. HAYS, D. O., Sec'y.

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#### New Jersey Society to Fight.

At the June meeting of the New Jersey society held in Plainfield it was unanimously decided to fight the recent appeal taken in the case of state vs. Herring, and a fund was then and there raised for attorneys' fees and incidental expenses.

The society has retained Mr. S. A. Patterson of Asbury Park, N. J., who is familiar with the case, to look after its interests, and Mr. Patterson is confident that the Supreme Court decision will be sustained. This case comes before the present session which convened the latter part of June.



as yet little explored by the osteopath. Being the first work of its kind in the field, in addition to its value because of intrinsic merit, it should be heartily welcomed. The price is \$5.50. G. D. H.

\* \* \*

#### The Post-Graduate Course.

We are prepared to announce that our Post-Graduate School to be conducted in St. Louis, July 18th to August 27th, will be abundantly and thoroughly provided with clinical material for every course to be given. Dr. F. G. Crowley, who for the past month has devoted his full time in St. Louis making preparations for securing such clinical material as is needed, informs us that complete arrangements have been made and that nothing will be lacking in the line of clinical material.

A number have asked us about the price of board. We have made arrangements whereby board and room can be secured in good localities for less than \$5.00 per week, and rooms without board for from \$1 to \$3 per week. The price of such accommodations has not been increased on account of the World's Fair as one might suppose.

To get to the Homeopathic College building, where the school is to be held, take the Market street car north of Union Station going west and transfer north on Jefferson ave., which will take you direct to the college building which is located on the corner of Jefferson ave. and Howard street.

\* \* \*

#### The Osteopathic Year Book.

The Osteopathic Year Book which was authorized by the A. O. A. at the Cleveland meeting last year has at last made its appearance. Although late in showing up we were nevertheless glad to get it as it contains a lot of valuable information. It's a neat looking little book of 110 pages and contains Secretary Ellis' Report of the Cleveland Meeting, Dr. Booth's Article on Osteopathy, Roster of State Association Officials, List of Osteopathic Books and Authors, List of Osteopathic Colleges, List of Osteopathic Sanitariums, Roster of Osteopathic College Societies, Digest of Osteopathic Laws and an Authorized Directory of all Osteopathic Physicians.

It is published by Wm. R. Dobbyn & Sons, Minneapolis, and is worth more than the price asked which is fifty cents. The only criticism we have to offer is that there are too many mistakes occurring in directory. In future editions this can be avoided if the book is issued on time.

\* \* \*

#### Buffalo Wants Next A. O. A. Convention.

The following circular letter sent out by the Buffalo Osteopathic Society sets forth the claims of Buffalo for the A. O. A. convention for 1905:

DEAR DOCTOR:—Regarding the location of the next annual convention of the American Osteopathic Association, your courteous and thoughtful attention is directed to the enclosed letter from Mr. Curt M. Treat, secretary of the Bureau of the Chamber of Commerce, of Buffalo, N. Y.,

The New York State Society, at its last meeting, voted unanimously in favor of Buffalo as the next place of meeting. Among the many reasons why the members of the American Association, and the profession at large, should favor Buffalo, are:

1. The next session should be held further east. Geographically, and otherwise, Buffalo is ideal.

2. New York state has the largest enrollment of members in the American Association. The state society has been fighting, at great expense, the hostile, united, wealthy New York Medical societies and the adverse legislature, all of whom are past-masters in obstructing and defeating what they do not wish. This state, the entire East, the general good of osteopathy, require the combined influence of the convention in favor of a New York state osteopathic law, the benefit of which would be universal and signal.

3. The Atlantic School of Osteopathy, and the private practices of Buffalo, will furnish ample clinic material for the association.

4. The many courtesies shown by the press, to the veteran osteopaths of Buffalo, and the many converts to osteopathy among the representatives of the Buffalo press

warrant the belief that the latter will publish a favorable report of the association's meetings, and do the science justice.

5. The Buffalo society is thoroughly organized and cordially invites the association to hold its 1905 meeting in this city and requests your personal co-operation to that end, and invites the presence of every osteopath in the United States and Canada, to the end that the next session of the association may be unprecedented in enthusiasm and scientific influence.

Trusting that your own words and vote will reciprocate our spirit, we are,

Most cordially yours,

IRENE BISSONETTE, Sec'y.

\* \* \*

#### All Ready For The Convention.

The St. Louis osteopaths have everything in fine shape for the great osteopathic meeting to be held there, July 11th to 16th. Never were arrangements more complete and every detail thoroughly looked after than for this meeting. These St. Louis D. O's mean to make a record in providing for a convention as it should be that will be hard to equal by those who are to render similar services to the national association in succeeding years. The only thing that remains now to be done is to touch the button.

Accommodations and entertainment have been provided for, a bureau of information for osteopaths has been established, and a press committee will see that the sessions are properly reported. The programme too for "Osteopathy Day," July 12th, has not been slighted as Governor Francis will deliver the address of welcome and celebrated musicians will furnish the music. THE ST. LOUIS CONVENTION IS ALL READY.

\* \* \*

#### Freshmen on Parade.

It was a great day, Saturday June 11th, for the A. S. O. and Kirksville, for the freshmen held a parade.

To say the least, it was a fitting climax to the term's work an never before in the history of the school has such a demonstration taken place.

For weeks the preparations had been going on and they culminated in a grand success.

The parade was one of features and it was likened unto a carnival. Uncle Sam was

represented as well as Carrie Nation.

There were rough riders, ballet dancers and halves too.

Foxy Grandpa and his boys and John Chinaman with the Flying Dutchman also participated.

Uncle Tom and Topsy came fresh from the log cabin, while Alphonso and Gaston looked after the clowns and the frontiersman. The policeman took care of the freshman widow who mourned for the dead. A bevy of pretty young women attired in white rode in a galy decorated wagon.

The parade started from the school building and the line of march extended around the principal streets.

The Old Doctor, Mrs. Still, and faculty rode in carriages, after which followed the members of the class.

After the parade, exercises were held in front of the school building, and a stone was laid bearing the inscription of the class and date. Addresses were made by Dr. A. T. Still, Drs. F. P. Young, William R. Laughlin, and W. D. Dobson, President Hart and others. The class history was read by Charles Fisher, and the class and school yells were given with a will. The success of the affair was largely due to the energetic efforts of P. R. Davis, who headed the committee.

\* \* \*

FOR SALE:—An established practice in an Iowa town of 3,000 inhabitants. Have been located in the town for three years. Thirty patients to start with. Practice has paid \$4,000 per year. Reasons for selling, poor health and need a rest. Address G., Journal of Osteopathy, Kirksville, Mo.

\* \* \*

Anyone wishing an experienced osteopath to take charge of practice while on a summer vacation, may address Box 363, Marion, Ill. I am permanently located in the South but want to spend the summer in the North.

\* \* \*

For Dr. Young's Osteopathic Surgery and all other Osteopathic Books, Supplies, Endoscopes, Tables and Swings, send to, J. F. JANISCH & Co., Kirksville, Mo.



## PERSONAL MENTION.

Dr. Emma Purnell, of the January class, 1904, has located at Los Vegas, New Mexico, where she will be associated in the practice with Dr. H. W. Houf.

An osteopath is wanted at Keyser, West Va. For particulars, address Mrs. L. P. McNemar.

Dr. Robert I. Walker of New Bedford, Mass., was recently called to Vliets, Kans., on account of the death of his father, which occurred at that place June 18th.

Born, on May 22nd, to Dr. and Mrs. C. L. Brundage, of Lake Providence, a daughter.

Married, on Wednesday, June 29th, Dr. George W. Riley, a member of the graduating class of June, 1904, and Mrs. Chloe C. Carlock, of Youngstown, Ohio. The marriage took place at Gibson City, Ill., the home of the bride's parents.

Married, on June 23rd, at Eufaula, Ala., Dr. Frank F. Jones, of Macon, Ga., and Miss Martha Massey, of Eufaula, Ala.

Married, on June 23rd, at Brazil, Ind., Dr. John C. Baker, and Miss Jennie Kidd, both of Brazil.

Married, on June 28th, at Boston, Mass., Dr. L. van H. Gerdine, of the A. S. O. faculty, and Miss Louise Taylor of Boston.

The following alumni visited the A. S. O. during the past month. Drs. A. G. Hildreth, St. Louis, Mo.; B. C. Roberts, Lincoln, Ill.; H. K. Bennison, Clay Centre, Kans.; W. P. Abell, Palmyra, Mo.; R. G. Graham, Sioux City, Ia.; Theodosia Purdom, Kansas City, Mo.; Bezzie Purdom Moore, LaGrande, Ore.; Alonzo Vernon, Bedford, Pa.; William Hubbard, Independence, Kans.; Frances E. Speer, Columbus, Ohio; Nellie Evans, Akron, Ohio; J. F. Hetsclaw, Albia, Iowa; Emma Purnell, Los Vegas, N. Mexico; Grace Atkinson, Albia, Ia.; Lou M. Robison, Fayette, Mo.; Cora Powell, Milton, Ia.; Mattie Corbin Sommers, Nuncie, Ind.; Jessie Willard, Chicago, Ill., and W. H. Ivie, San Francisco, Calif.

Dr. Ada A. Achorn, of Boston, Mass., attended the recent commencement exercises of the A. S. O. Her son Kendall Achorn is a member of the Junior class.

Dr. John Cramb of Denver, Colo., Dr. L. K. Cramb, Morganfield, Ky., and Dr. E. M. Cramb of Tecumseh, Neb., were recently called to Kirksville on account of the death of their father which occurred June 17th.

The Missouri State Osteopathic Board held its regular session in Kirksville, June the 20th and 21st, at which time over one hundred applicants were granted certificates to practice in the state. The board reorganized by electing Dr. Charles Boxx, of Plattsburg, president, Dr. J. H. Crenshaw, of St. Louis, secretary, and Dr. William Traugher, of Mexico, treasurer.

The reading circle of the June class '04, consisting of Drs. Bissell, Petree, Balfe, Crawford, Bennett, Fisher, Riley, DeTienne, Krohn, Baugher, Bean, Brown and Gifford presented the Sojourner's Library of the A. S. O. with Stoddard's Lectures which are highly appreciated by the club and readers of the library.

## Removal Notices.

Dr. W. T. Thomas from Tacoma, Wash., to Muskogee, Ind. Ter.

Drs. H. A. & Grace R. McMains from La Porte, Ind., to Crawfordsville, Ind.

Dr. W. C. Dawes from Garneill, Mont., to Billings, Mont.

Dr. L. B. Hawes from Hillsdale, Mich., to Coldwater, Mich.

Dr. Robert L. Colborn from 331 Belleville ave., to 1007 South Broad street, Newark, N. J.

Dr. C. W. Ells from Portland, Ore., to Newman, Calif.

Drs. J. G. & G. W. Leslie from Florence Ore., to Eugene, Ore.

Dr. I. N. Thompson from Hamburg, Ia., to Bloomfield, Ia.

Drs. Lyons & Lyons from Salinas, Calif., to York, Nebr.

Dr. J. S. Blair from Owasso, Mich., to Van Wert, Ia.

Dr. Leslie E. Cherry from fourth floor to 303-4-5 third floor, Matthew's Bldg., Milwaukee, Wis.

Dr. S. W. Wilcox from Mitchell, South Dakota to 570-24th street, Oakland, Calif.

Dr. H. W. Glascock from Richmond, Va., to Raleigh, N. C.

Dr. Bert E. May from Terre Haute, Ind., to Crawfordsville, Ind.

Dr. Mathias Hook from Bonham, Tex., to Hatchison, Kans.

Dr. A. D. Glascock from Marshall to Owosso, Mich.

Dr. F. M. Barker from Keosauqua to What Cheer, Ia.