

The Popular Osteopath

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M. F. ROULETT,
OSTEOPATH,
FROM THE
THE RUSHERY,
B. S. S. S. S.

The Popular Osteopath.

OFFICIAL ORGAN OF AMERICAN ASSOCIATION FOR THE
ADVANCEMENT OF OSTEOPATHY.

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OSTEOPATHY DEFINED.

The science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which if corrected, will allow nature to resume perfect work.

Legal:—"A system, method, or science of healing" (see statutes of the State of Missouri.)

Historical:—Dr. A. T. Still, of Kirksville, Mo., a "regular" practitioner of medicine, is the original founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

D. O., Diplomat or Doctor in Osteopathy:—The degree conferred upon graduates from a school of Osteopathy, corresponding to the degree of M. D., conferred by a medical school.

OSTEOPATHIC DIAGNOSIS.

BY A. G. HILDRETH, D. O.

As Osteopaths, we seek the causes rather than the conditions of disease, though 'tis very true that conditions, or effects are great and good guides to causes. We in our profession have been taught to locate disease largely from a physical diagnosis, and are consequently much less dependent upon pathological conditions than are the practitioners of other schools. I have always said and still claim that the phenomenal success of Dr. Still and of his followers has been attained through correctness of diagnosis.

The average man finds it difficult to understand how our profession could have made such growth in such a wonderfully short time; and he comprehends it only when we unfold to his mind the facts, the simple common-sense truths which are the foundation of the Osteopathic system of curing disease; and the more simple, plain, and open to world, truth can be made the better for all concerned. Dr. Still's

plain diagnosis, that anyone, even a child, could understand, is what has turned such a flood of light into the darkest cesspools of disease, and caused so many thousands to bless his name, moreover it has opened the eyes of the scientific world; and it has made a broad gap in the iron rule of medical legislation. The people are waking up and beginning to demand more freedom in their choice of physicians to treat their families and a broader avenue never opened before the young of any age than is now spread before them in this profession. Those who enter it are soon lost in an educational as well as a scientific growth. They must ever be students. They are also benefactors of mankind.

All this I claim has been brought about by a correct system of diagnosis. How do I know our diagnosis has been correct? Because results have invariably followed, and results are what have counted. Results are what have

proven to the world the correctness of this method of treatment, and demonstrated that it is founded upon eternal truth. Could every Osteopath only realize the pre-eminent importance to the patient and the profession of a correct diagnosis—not only the knowing just what are the conditions, cause and probable outcome of the case, but putting of the matter in plain, comprehensible language to the patient—our profession would bound quickly to the front and ever keep well in advance in the scientific world.

A patient comes to an Osteopath asking for an examination—and says my doctor says I have Angina pectoris or valvular disease of the heart. What do these expressions carry to the mind of the average individual? What does the average individual know about the above mentioned diseases? What do the learned names mean to him? Nothing; unless it be to add to his fear and trembling. What do our best medical diagnosticians say about Angina pectoris. They nearly all agree: neuralgia of the heart, cardiac pain, associated with a feeling of fear or a sense of impending death, pains under the shoulder, and sometimes extending down the arm accompanied by a feeling of constriction of the thorax, a neuritis or neuralgia of the cardiac plexus. Further, in some cases, the shock radiates into various parts of the nervous system, sometimes to the vaso-motor

center in the medulla. Now I have investigated at least a half dozen of our best authors and they all agree as to the conditions; but not one word do I find as to the cause of the disease. We as Osteopaths explain to that patient what Angina pectoris is. We not only tell him just how he feels; but we go back to the spine and show him first how a strain or injury to the deep muscles or ligaments between the fourth and fifth dorsal vertebræ can interfere with the fourth intercostal nerve which passes around to the chest directly over the heart and terminates at the sternum, causing pain along its entire course, causing a contraction of the intercostal muscles and producing pain in the chest and under the shoulders, and that tension or feeling of constriction around the thorax, which is common in such cases.

Secondly, we reason out to our patient that such an injury may not stop at interference with spinal nerves but can extend to the sympathetic ganglia which lies just anterior to the heads of the ribs, (now remember that the contraction of intercostal muscles may and very often does draw the heads of the ribs enough out of place to produce the obstruction to sympathetic ganglia) and then reflexly communicate with the cardiac nerves and through them with the cardiac plexus. How easy to show to the patient, and how rational the treatment, that if you take hold of the spine and relax the tension or

remove the cause of the irritation between the fourth and fifth ribs, you at the same time remove the cause of your Angina pectoris! There can exist no disease of the heart unless there is a cause for it, and a cure must follow when the cause is removed. Let the disease be called what it may—it matters little, provided only there is enough vitality left in the nerves which govern the organ or part affected so that when the cause is removed nature can begin again the gradual building-up process. It might take weeks or it might take months to cure your case—yet if you can get rid of the cause entirely the chances are nine out of ten the patient will get well.

Mr. K—aged 45 came to me one time for examination. He was brought into my room in a rolling chair, too feeble to walk. On examination I found his breathing very short, his heart's action weak and intermittent, face very pale and wearing a haunted expression; his limbs swollen until he could wear only arctics or overshoes. He could sleep only by kneeling down by a couch with pillows under his chest; and then sleep was fitful and only a very few moments in duration. I also found him very round shouldered and the muscles of the back from the 6th dorsal vertebra up to atlas very tight, especially so through the upper thoracic region. He told me his home physicians had all pronounced his case fatty degeneration of heart. The above

described conditions and symptoms are what I found from my examination of the case. After a very thorough and careful examination I said to him, "Mr. K—were I in your place I would rather be at home surrounded by my friends than anywhere on earth." He looked up at me, and I shall never forget while I live the expression depicted upon his face. He said "Dr. Hildreth, you mean by that, that you do not think you can help me." "Yes," I replied "that is just what I mean." "Well," he says "I have tried everything else, and unless you help me I know I must die, and I want to try this treatment." My answer was: "Very well, sir, if that is the way you feel about the matter, I shall certainly do everything in my power for you."

Now remember the tight, hardened and contracted condition of the muscles of the upper dorsal region, which drew him much forward, throwing the points of the ribs too close together, thus lessening the chest capacity or the room for the thoracic viscera. I treated him there and then, by raising those ribs; and in doing so I relaxed the muscles of the back and thus relieved the irritation to the sympathetic ganglia of that region. By so doing I also gave his lungs more room in which to expand consequently more oxygen to his blood, and a more free and a better nerve force to the heart. I treated him lightly and very carefully the first

day. I watched his case and treated him, if necessary, every day as above indicated for two weeks. By that time he could lie down and sleep, at the end of a month he could walk to our office a quarter of a mile, take his treatment and walk home again: At the end of three months he went home and to work—and is still living and working. He came to us two years ago last May.

I give the above case that I may more fully convey to your minds the weight of responsibility that rests upon every person who professes to cure or heal diseases. That

man's life depended upon a correct diagnosis or rather a correct location of the cause of his condition. Notwithstanding the fact that I spent almost an hour with him I came near making a fatal mistake by advising him to go home. If from these hurriedly written lines there has been conveyed to the mind of the reader how much depends upon a correct diagnosis, both for the best good of your patient as well as for the interests of your profession, the object of your brother Osteopath will have been accomplished.

706 Commercial B'ld'g., St. Louis, Mo.

IN DUE COURSE OF TIME.

BY O. E. MCFADON, D. O.

That Osteopathy should have its ups and downs in gaining recognition is quite natural. Not that it is not worthy of immediate placing along side of its older sisters but it is only natural that the public mind be educated up to the easy reception of it into favor and position.

It is but the history of other opathies repeated. To all middle aged and older people the struggles of Homeopathy are easily remembered. There were narrow minds that would condemn the entire system if a practitioner stepped aside from the fixed Hahnemann formulae and exercised a little common sense. Like the farmer's argument that, as no hedge fence was quite right with-

out a few rails in it, therefore the rail fence was the better fence.

The permanent recognition of Homeopathy was a matter of growth. Like any other cause, it depended upon natural metamorphoses in public opinion which became crystalized in the form of enactments of legislatures and consequent representations of both schools upon State Boards of Health.

It would be presumptuous to say that the two schools actually "kissed and made up," but when the newer school, Eclectic, applied for admission, the older schools, like the older wives of a polygamist, united in their jealousy of the newcomer, which had to submit to the same process of

striving on and waiting for the development of public opinion and legal recognition, as did Homeopathy. We who have left other satisfactory work because we believed in Osteopathy and possibilities must make up our minds, if need be, to be stoned, spit upon and considered quacks and humbugs. The public mind must be allowed opportunity to weigh us in the balance and find us worthy before we can have the stamp of its approval.

Now that Osteopathy has appeared, the *hosts* of Midian (Medicine)—Allopathic, Homeopathic and Eclectic—forgetting their recent lines of demarkation and knowing little or nothing of Osteopathy, are mutually viewing us with alarm.

While this state of affairs is somewhat unpleasant for Osteopaths it is nevertheless inevitable. That there is jealousy among the opathies is not the fault of the systems so much as it is because of the tendency of human nature. Jealousy always exists when two parties want the same thing; so if each of two or more parties claims the earth, earthquakes are not to be wondered at. Two systems may have somewhat of "chemical affinity" and yet not mix well because of the get-off-the-earth spirit of their representatives. It is a case of "I wont play with you any more," "you sha'n't slide on my cellar door," "There ain't goin' to be no core," and other pueril-

ities galore. We have wandered from the "regular" path. Our name is neither in the dictionaries nor the encyclopedias, therefore we are nil. We are in a position as critical as that of the Methodist church when a colored Baptist brother argued that his denomination was the better because there was a John the Baptist in the Bible and there was no John the Methodist.

As to just the proper attitude for Osteopaths to assume there may be differences of opinion. If a State Medical Board should treat their Osteopathic law lightly, and be slow in granting certificates to regularly constituted Osteopaths, there are some "there-is-nothing-else" Osteopaths, who, through mandamus proceeding, would treat the Board "Brer-Rabbit" like by demanding: "Yo' jes tek off dat hat an' tell me 'howdy' or I'll bus' yo' wide open." But, having eternal right on our side they might better reserve the right to say, of the Board of Health if need be, "Lord forgive them for they know not what they do."

It is often the policy of the promoters of a new cause to imagine they are doing their utmost for that cause by claiming everything in its favor and tolerating no adverse or negative argument; by lauding it to the skies with the hope that the level to which it finally settles will be higher than it would reach by more conservative methods.

While one may be somewhat fired up with enthusiasm in a cause, it is well for him, occasionally, to put himself, mentally, in the place of the public, allowing for such varieties of temperament as we are sure to find. There is always to be found a class of people ready, like young robins to swallow everything that comes along. To many such the advent of anything new is a signal for a flop-over, and so far as they are concerned, if you happen in the way of their new fad, you are left to hoe out your row the best you can. Another class do not believe in anything. They are the people who are still voting for Jackson; who are constantly longing for a return of the time "when gals wore woolen dresses and when Jim and the boys wore pants of tow." The momentary cessation of light and power which happens occasionally keeps them doubting whether or not electricity is really a success. It is with this class that the devotees of any new cause have the least patience. In their impatience the reformers would have all subscribe to their ideas at once. But alas! this class will always be calamity howlers and pessimists and the reformer is wise who has judgment enough to save his breath and avoid wasting good seed on such doubtful ground.

There is a third class, the one in which any new cause has the greatest hope—the people who are willing to try the new thing, even though at arm's length; approaching it, possibly like Nicodemus, in the night; holding to the old until the new has demonstrated its worth. They are open to conviction and give proper credit for demonstrated merit. They are willing to be convinced and in so far as they are convinced they may be depended upon for at least cordial support for all time. Their conclusions have been reached by logical processes and they have a desire to know and have the best, not only for their own good but for the benefit of humanity in general. The bits of confidence gained among such people may well be cherished and cultivated for they are the embryonic elements that will most surely develop into belief which cannot be shaken; and the faith of such people is a power for good, that reaches out beyond their own homes and business circles, ramifying the highest and lowest strata of society, for it is this class of people who by their honest convictions, expressed or implied are moving the world today.

"Still achieving, still pursuing,

Learn to labor and to wait.

Davenport, Iowa.

PRACTICAL POINTS ABOUT THE A. A. A. O.

BY IRENE HARWOOD, D. O., SECRETARY OF THE A. A. A. O.

Although the American Association for the Advancement of Osteopathy is approaching the end of its second fiscal year, I am led to believe that many graduates of Osteopathy and even many whose names are on the list of membership of the A. A. A. O., are ignorant of the real work of the organization.

In the first place, many do not understand the method by which graduates in Osteopathy can be admitted to the A. A. A. O. Our constitution limits the membership to graduates of any recognized school of Osteopathy and defines a recognized school as one whose curriculum provides for a regular course of study for not less than four terms of five months each. Applications for membership should be sent to the secretary, stating the school of Osteopathy from which the applicant has been graduated, and the exact length of time spent in that school. This application is presented to the Board of Trustees who decide upon the eligibility of the applicant. Owing to the fact that the officers for this are so widely separated geographically, the work of the Association is necessarily delayed. It often requires several weeks time for an application to be acted upon. So much for a little practical explanation for those who sometimes wonder at the delay in the transaction of business.

At present our constitution is somewhat vague in its clause regarding eligibility to membership. The Trustees have realized this in the consideration of several names which have been brought before them. For instance, a few applications have been received from graduates of schools whose requirements for graduation has until recently been very irregular. Now, however, these schools publish and maintain a curriculum providing for a course of twenty months. Under one version of the clause in the constitution, these graduates are eligible to membership; while, personally, their course in the school, may have been much less than twenty months. It is these who feel very bitter toward the organization and cry out against it as being conducted for the benefit of a few chosen schools and not for Osteopathy. This lack of clearness in the constitution will be considered at the next annual meeting when the members will have an opportunity to discuss the amendment which will limit the membership of the A. A. A. O., to graduates of schools belonging to the Associated Colleges of Osteopathy.

Our organization is rapidly rising to a position where its power will be felt and recognized not only by its members but by the general public. As Osteopathy becomes more widely known, the public begins to demand more of

rise to the full significance of its ergetic enthusiasm which is most gratifying to the officers. The branch organizations which are alive in every part of the country where its work is known. Until being formed in the different states are testimonials of the few of the members aside from the officers, who took any active interest in the work. The major whose columns the officers can be kept in touch with the general membership, is proving the necessary avenue through which the aroused vigor can best be felt.

KANSAS CITY, Mo.

WHY A TRAVELLING SALESMAN FORSOOK THE ROAD TO STUDY OSTEOPATHY.

BY W. J. DREHMAN.

"A prophet is not without honor save in his own country." I was living in Kirksville during a part of the time that Osteopathy was being developed and naturally heard a great deal about the "bone doctor" and the cures he was making. But like many others who had never given the subject any attention, I considered Dr. Still a sort of a harmless fanatic and his system a fad that would soon fall into disuse. I was then engaged as a travelling salesman, and it was away from home that I received the evidence that finally caused me to examine more closely into the subject. I found that the fame of Osteopathy as a curative agency had been carried into the surrounding states by those who had been healed by its application.

It was the earnest, enthusiastic description of its potency in the following, and numerous other cases that I heard recounted, that served to convince me of the genuineness of its merits.

One day while seated in the coach of a Wabash train a young man of pleasant address handed me a card of the Still Infirmary at Kirksville. I asked him if he was traveling for that institution in the conversation that ensued I learned that he was the son of a wealthy ranchman in Texas. Some time previously an accident had befallen him which had seriously crippled him. The case having baffled the skill of the best physicians of his neighborhood he was taken to Kirksville, where the trouble was located and a complete cure effected. He

as to the plane on which our science shall be kept gives prestige. Hereofore, the small amount of the annual dues has made it almost impossible for the Association to lend any substantial aid to those of its members who have had to bear the storm of legal opposition in different states. Now that the membership has grown to such goodly proportions, and since it is more than probable that the dues will be raised at the next annual meeting, the Association will be in a position to make its influence more forcibly realized. Our members already number 422, while 113 applications are now being considered by the Trustees.

I would like to urge all practitioners, irrespective of membership in the A. A. O., to arouse themselves to a new interest in the organization. I would urge those who are not members to send in their applications without further delay. Do not let the approaching annual meeting be attended by only a few of the members. Let those attend who are not in the actual work and are in a position to see where and how the national organization can best fulfill its mission. I know that it is difficult to leave a practice once established, even for a few days, but it is only by united interest and actual, lively, and visible interest, that we can secure the recognition and protection which all of us desire to see in every state. A national organization cannot

organized and in a position to dictate. The very fact that we are or-tains to the science and its practice. The very fact that we are organized and in a position to dictate. The very fact that we are or-organized and in a position to dictate. The very fact that we are or-

was then on his way home and was anxious that everyone should know what Osteopathy had done for him.

At Hillsboro, Texas, I was told by one of my customers of a man, the victim of a railroad accident, who had been informed by the local doctors and the railroad surgeon that his case was hopeless and that he would be a cripple for life. His friends among the business men raised the money and sent him to Kirksville where after a course of treatment he came back restored to health.

In one of the thriving little towns of Missouri the buyer at the store of one of my customers told me of the proprietor who for a long time had suffered with a severe form of stomach trouble. His health had declined until he was a mere shadow, so low had he become that his doctor had gone to the trouble of computing the time he was likely to live, which he estimated at three weeks. The patient's wife was a believer in the saying that "while there's life there's hope," and having heard of the wonders of Osteopathy, prevailed upon her husband to try the treatment. By this time he had become so weak that he had to be carried on a cot, but after a course of treatment he returned to his home with health restored, his stomach able to digest anything, and like Jim Bilkins, "his appetite his biggest fault."

On one occasion at a hotel in an Iowa town, the landlord, noticing that my home was in Kirksville, eagerly asked if I knew Old Doctor Still. In relating his experience with Osteopathy he said: "I had suffered agonies with muscular rheumatism and was drawn all out of shape. In my search for relief I had been to various places including Hot Springs, Arkansas, and some of the hospitals in St. Louis, and as a last resort I stopped at Kirksville to try their treatment. I was there three months, and look at me now, I haven't had an ache or a pain since I took my last treatment, "and he certainly was the picture of health.

I was talking about Osteopathy in Waco, Texas, in the office of one of the largest wholesale firms there when another traveling salesman came in, joined the group and took part in the discussion. "Don't you remember" said he "what a bad condition I was in the last time I was here. I was all run down, my kidneys were in a fearful shape. So bad had I become that I had almost decided to abandon the road. About this time I heard of Osteopathy and concluded to try it. After the first treatment I slept through the whole night, and continued to improve steadily. I am entirely well now and Osteopathy did it."

The above are only a few of the voluntary witnesses to the efficacy of Osteopathic treatment that I

met in my travels. This cumulative evidence became almost conclusive and led to my making an impartial investigation of the subject. I found that it was not a "gift" peculiar to the Old Doctor, as some seemed to think, but that it was a science which could be taught, and that graduates of the school of which he was at the head and of other good schools were equally successful in its practice.

By this time I had become a convert, and called an Osteopath to a difficult case in my own fam-

ily with highly satisfactory results. Seeing the advantages of this over the drug system of healing, and its grand possibilities as a profession, my son took the course and is now practicing with success in the state of Illinois. I have been a student of Osteopathy now about a year and as I progress in the course I become more and more pleased that I have taken up a profession which not only promises well financially, but is bottomed upon the truths of nature and opens up an unlimited field for the doing of good.

WHEREIN OSTEOPATHY DIFFERS FROM MASSAGE.

BY CHAS. HAZZARD, PH. B., D. O.

It is frequently declared that Osteopathy is entirely different from Massage. This is true, but seldom has it been shown wherein that difference lies. Of Massage, as of Osteopathy, there is much misapprehension by the public. They understand but little of the scientific basis of either system. Massage has become to them a genuine term, and embraces in its meaning for them all manner of manipulative treatments. Hence, with many people, ideas of what Osteopathy is are founded upon a misapprehension, and the science is, unfortunately, placed at once in the minds of many, upon a much lower plane than the one upon which it justly belongs. It is needless to say that this prejudice has naturally such hold upon the popular mind that it

has become a matter of some difficulty to teach the people that Osteopathy is not Massage.

It is unavoidable that between two systems of manual treatment so widely applied to the treatment of disease there should be some similarity of particular movement applied, or of particular locality operated upon. But this is as far as it can justly be said that the similarity goes. Those who will investigate the theories and methods of both systems cannot but be convinced of their dissimilarity. The likeness, therefore, is incidental; in essentials they differ. Yet, since Massage is the general term used by the average man to designate all forms of manual treatment, Osteopathy has become to him Massage.

It were not wisdom to make de-

nial of all efficacy in Massage. Those among our readers who are informed upon the subject know that Massage, scientifically administered, is able to produce important results in both acute and chronic cases of disease. Yet from a close comparison of the systems the conclusion is fair and obvious that Osteopathy is far better adapted to the healing of the sick than is Massage.

To point out specifically certain features of differences between the two systems in question, it may be noted first; that while Osteopathy requires no gymnastic of the patient as a part of the treatment, such does constitute a part of the treatment by Massage. Eccles' "Practice of Massage," in addition to the passive movements described, includes also voluntary motions by the patient, sometimes aided, sometimes free, sometimes resisted by the operator.

Further, Massage depends largely upon the general gymnastic or manipulative effect upon the body, while Osteopathy does not depend upon general effects from general treatments, but upon specific treatments, directed to specific ends. This will be clear to those who have taken Massage when they recall that, as a rule, a Massage treatment is over the whole body, occupying a considerable time, while even local treatments are a general, indefinite manipulation of the part under treatment.

The Masseur emphasizes the

method of the motion which to the Osteopath is secondary. Books upon Massage describe, with elaborate detail, the exact technique of manipulation. The successful Masseur must, they say, have a knack of giving the movements. But in Osteopathic infirmaries it is a common remark among the patients that each operator treats differently from the other.

Massage is much more laborious and requires a much longer time per treatment than does Osteopathy. With the former, treatments are often more than an hour in duration; with the latter, a ten or fifteen minutes treatment is long. Numerous patients attest that a single motion, directed to removing the cause of the trouble, has restored them to health. This is more usually true where an intelligent movement has replaced a dislocated bone which was activity as an obstruction to healthy acting of a part. Thus while Massage treats over the body in detail, Osteopathy busies itself with a particular part, going over the body in detail only to make sure of thoroughness of examination.

Here then, is a major point of difference, that while the Masseur is making his general manipulation and expecting a resultant general stimulation, the Osteopath is finding and righting the particular lesion or abnormality about the bodily mechanism that is deranging its functions and causing disease. Who will say that the Osteopath is

not by far the more scientific? This is better than to "carefully watch the symptoms and treat *them* as they arise." Conditions are but incidental; first causes are essential. The corner stone of Osteopathy is that it finds and removes causes of sickness. Its success rests upon its peculiar and peculiar method of diagnosis. What cares a sick man for theories of consumption when he needs a man to remove the pressure of a rib from the nerve which is shutting off the life of the lung? Will he inquire whether the treatment was an hour and a half in length? To loosen the tissues about the fifth nerve and relieve the sore pain of facial neuralgia; to set free the gushing blood-current that shall build sight back into the rayless eye, or make whole the mechanism of a defective ear; to replace the disordered vertebra and set tottering reason again upon her throne. What matters it whether he be orthodox? Theories have cost many precious lives. Osteopathy has done these wonderful things; should it not be "licensed to practice?"

Finally, then, while the Masseur

works over nerves and centers in a general way, and only because they are readily reached, the Osteopath finds and removes from these nerves and centers the lesion which is causing the trouble.

It therefore follows that, upon the whole Massage compares with Osteopathy as does the shot gun with the rifle. It produces excellent results by the "shot-gun method" of general manipulation; while Osteopathy works with the definite aim of finding and removing obstruction. It is unavoidable that if such a comparatively "hit and miss" method as Massage can secure excellent results as a curative means, Osteopathy, with its definiteness, must generally far exceed Massage in its results. It also follows that the former must generally work more quickly and easily than the latter in such cases as the latter could reach, and that it must succeed in a large class of cases beyond the power of this system, since to this class belong so many diseased conditions depending upon some removable obstruction not noticed by Massage.

SCIENCE FOR YOUNG READERS.

Enigma No. 2—Animal.

BY W. A. BOLLES.

AN ANIMAL IN YOUR HEAD.

This animal when in motion, is about three inches long, and is found in all countries. It has very small sharp teeth, which, in-

stead of being set in jaws like yours and most other animals, occur in many transverse rows on a long tongue-like elastic strap between its jaws, with which it rasps, saws, or

licks its food exceedingly fine and moistens it with mucus so as to be easily digested. If you would masticate your food as thoroughly you would not be sick so often.

Curious to say, its stomach, instead of being within the body, is on the outside, and hence its body is covered with slimy nutrition which finds entrance to blood-vessels and through them to the heart through little star like gills. If the human stomach were on the outside, how convenient that would be for the drug doctors!

Since it must breathe, it is provided with one lung which receives air through a valve. It is a mere cavity without the cells for which your lungs are distinguished.

It feeds chiefly on vegetable tissue, the garden being a favorite dining resort where, in moist, warm weather, it is very destructive. It sometimes gains admission to cellars or other damp rooms.

It moves slowly on a single foot without hopping as you would have to do, but slides along crookedly over the surface of things, carrying its house on its back and lubricating its path by glistening slime or mucus from its body. Shenstone thus ridicules a young careless poet "who scorns advice:"

Survey those walls, in fading texture clad,
Where wandering —s in many a slimy path
Free, unrestrained, their various journeys
crawl.

Its slimy body and path suggest a repulsive emotion not conducive to comfort or repose, and hence Shakespeare makes well-wishing sprites charm to sleep their gentle

queen, Titania, with their fair fairy song:

Weaving spiders, come not here;
Hence you long-legged spinsters, hence,
Beetles black, approach not near,
Worm, nor —, do no offence "

—Midsummer NI. Dr. II-2.

If it wishes to see a considerable distance, it does not climb a tree or a ladder, or mount a pair of stilts, but lifts its eye-balls out of their sockets on the tops of two long elastic telescope-like tentacles—sometimes one eye only—and when the view is completed, pulls them back again, a convenience which, if you possessed, would make your oculist happy. Two shorter tentacles or touchers also aid in feeling its way, and when all are out, they resemble little horns, making the animal look quite dangerous.

Its foot is long, pointed behind and joined with its head, both of a texture so soft and delicate that a slight shock would easily destroy its life. Hence it is protected by a yielding skin, cloak, or mantle that secretes or produces a shell borne upon its back, into which when alarmed its tender organs can be drawn to be out of harm's way. Bishop Hall, in ridiculing a detested person speaks of

"Bearing his pawn-laid hands upon his back
As — their shells, or peddlers do their pack."

—Satires IV-2.

Its house or shell is a marvelous structure coiled into a tapering spiral like watch spring, and when winter or very dry weather approaches, the little creature retires within, closes the entrance with mucus which hardens, and then re-

lapses into a torpid state. The opening or mouth of the shell is bordered with a white lip or rim for strength and to facilitate exit and entrance.

This animal was used for food by the ancient Romans, is still eaten in southern Europe, and, boiled in milk is regarded by the drug doctors as a remedy for disease of the chest. An Osteopath knows a better remedy. Some kinds live in water, but this, on the land; and since the lip of its shell is white, the species is named from the Latin, *al-bo-la-bris*, which means white lip-ped. Since the shell is in the form of a coil or helix, the Genus is named from the Latin, *Helix*, which means a spiral line. Since it has a lung, the order is named from the Latin, *Pulmonata*, which means having a lung. Since it carries a head, the class is named from the Greek, *Cephalo-pho-ra*, which means head bearer. Since its body is soft and without bones, the branch is named from the Latin, *Mollusca*, which means soft. Since it has life, the kingdom is named from the Latin, *Animal*, which means life.

A flower of this name, a kind of clover, native to Europe, is cultivated in gardens for its curious six-coiled pods resembling the shell of this animal.

Now for the animal in your head. It is a small division of the internal ear of the shape of this shell and named from the Latin, *Cochlea*, which means —, or — shell. It consists of a gradually tapering spiral tube, having a central hollow

or axis around which it winds two and one half times. This tube is about equally divided by a spiral shelf which is occupied by minute, delicate, living fibrils of the auditory nerve, branching on the shelf in a liquid. The longest are at the entrance and the shortest at the ending point, forming a sort of golden "harp of a thousand strings," the vibrations of which reach the brain and in some way convey to the mind ideas of the different tones of voice and music which so delight you, or discordant sounds which distress you. As this organ is so delicate, it is hollowed out of the solid bone deep in the skull to be out of harm's way, while the outer pulsations of sound reach it, first through the drum of the outer ear, second through a chain of little bones hinged together in the middle ear, and third through the vestibule or ante-chamber about as large as a grain of wheat, where they are caught up by the fibrils of the cochlea to give you the pitch of sounds and also by three other curved passages which prevent echoes and give you the quality of sounds, so that you can tell their source, whether from the human voice—your father, mother, brother, sister, friend, a child, an adult, a flute, piano, an animal, etc. Wonderful is the ear, and you have two. "He that made the ear, shall he not hear?"

Scientific name:—*Helix albolabris*.
Common name — (What?)
Answer to Enigma No. 1:—*Arbor Vitae*.

1027 Steele street, Denver.

By M. C. Hardin, Ph. D., D. O.

Dr. Alonzo Clark, of the New York College of Physicians and Surgeons, says of drugs: "All our curative agents are poisonous, and every dose diminishes the patient's vitality." Dr. Bostock, author of the "History of Medicine," in a very frank manner expresses his opinion that "every dose of medicine given is a blind experiment on the vitality of the patient." In looking over the diseases of the kidneys, in different standard medical works, I have often been impressed with the fact that there is scarcely a single one of these diseases where the use of drugs is not given as a cause. Hence, we need not be surprised that Dr. Daniel Hughes, late of Jefferson Medical College, Philadelphia, should make the following declaration in his compend of the Practice of Medicine: "I have been slowly convinced that the large increase of nephritic (kidney) diseases can be attributed to the widespread use of drugs of the salicylic order."

If drugs are poisonous agents when taken into the system, we should not be surprised that the vitality of the patient would be diminished by their use. It stands to reason that if the physical powers in sickness are contending with the poison of disease, then the additional poison in the drug only calls for a greater expenditure of vitality to meet the offending substance administered as a remedy.

In confirmation of this Dr. J. M. Smith, of the New York College of Physicians and Surgeons says that "all medicines which enter the circulation, poison the blood in the same manner as do poisons that produce disease." According to the medical authorities, as laid down in any good book on the practice of medicine, you will find many of the causes of disease charged to the use of drugs. We cite some examples below:

The use of *arsenic* is given as a cause of Myelitis (softening of spinal cord,) Neuritis (inflammation of nerve,) spinal congestion, shingles, Acute Yellow Atrophy of Liver, etc. *Mercury* may cause Myelitis, Neuritis, Epilepsy, Necrosis of Bone, Bright's Disease, etc. In looking over this list one is not surprised that Dr. Gilman, of New York, should say that "a mild mercurial course and mildly cutting a man's throat are synonymous terms."

There is not a single kidney disease which is not said to be caused by the use of such irritating drugs as turpentine, cantharides, phosphorus, ginger, bromides, mercury, opium, copaiba, carbolic acid, nitrate and chlorate of potash and many other such drugs in common use. This is no small matter within itself but when we enumerate some of the diseases which may have some kidney disease as its cause, we begin to realize to some extent the gravity of the

depredations made upon the human system by the use of these drugs. The following are some of the diseases which may be caused by some form of kidney disease: Pericarditis, Endocarditis, Myocarditis, Hydropericardium, Meningitis, Hydrocephalus, Cystitis, Anæmia, Œdema of Lungs, Croupous Pneumonia, Tubercular Phthisis, Fibroid Phthisis, Pleurisy, Mania, Ascites, Œdema of Larynx, Chronic Bronchitis, Hypertrophy of Heart, Dilatation of Heart, Atheroma, Apoplexy, Chronic Catarrh of Stomach, etc.

Constipation is often caused by the habitual use of purgatives and in turn it is the cause of many such diseases as Cramp Colic, Congestion of Liver, Hæmorrhoids, etc.

Fatty Degeneration of the heart is caused by such drugs as strychnine or picrotoxum; Spinal Sclerosis, by use of mineral poisons; Pyelitis, by prolonged use of bromides; Acne, a skin disease, is caused by use of large doses of bromides and iodides.

Many others might be mentioned and we might go more into detail, had we time and space, but we have given sufficient evidence here to prove the truth of the quotations at the beginning of this article. If the use of drugs itself is such an extensive cause of disease, although it may have done

good in many cases, then Osteopathy is an inestimable boon to the human race in that it eliminates drugs as a cause of disease and at the same time handles successfully any of the curable diseases.

Physicians who are honest and conscientious and stand high in the medical profession have made such utterances as these that follow. The well known Dr. A. H. Stephens, of New York, says: "The older physicians grow, the more skeptical they become of the virtues of medicine." Sir John Forbes, M. D., F. R. S., of London, has testified that "some patients get well with the aid of medicine; more without it, and still more in spite of it." When we read these quotations and make such an investigation of the use of drugs, as we have done in this article, and when that familiar quotation of our own Dr. Oliver Wendell Holmes comes to our mind, "If all the drugs of all the apothecaries' shops were thrown into the sea, the world would be the better for it, though I should pity the fishes," we do not wonder that the Medical Board of the State of Illinois said, recently to Gov. Tanner on the passage of a bill recognizing Osteopathy in that state, "If you wish to legislate medicine out of existence, sign the bill admitting Osteopathy into this state."

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ASSOCIATE EDITORS.

OUR friends will pardon our late appearance this month. The fact that our editor and associate editors have gone into the field of active practice will be noted by a glance at the head of the editorial column. Their prospects are of the best. Unfortunately (or fortunately) editor Link was arrested after examining his first patient. The case was called to trial upon Saturday morning, Feb. 25, but was at once dismissed, thus furnishing an example of the hasty though rather ungraceful crawfish style of locomotion, frequently exhibited by medical men who catch an Osteopath.

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IN Indiana the State Board has ceased its persecution of Dr. H. J. Jones, pending adjournment of the legislature, as they found the people would not tolerate their action. The state organization will hold its next meeting at Bloomington on March 4th, 1899.

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IN Ohio, the case of the State Medical board against Dr. Sommer of Cincinnati, has been dropped.

The case of Dr. Liffing is on its way to the supreme court. The Ohio Association of Osteopaths in fighting this case sets a good example of united action that might well be followed by Osteopaths of other states.

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IN Montana the senate committee has favorably reported a bill legalizing the practice of Osteopathy. The people of Montana have seen some of the good results of Osteopathic treatment, and the prospects are good for their enacting a law, making Osteopaths free men in the practice of their method of saving human lives.

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WHILE Osteopathy is as effective in acute diseases as in chronic yet there are logical reasons why more chronic troubles than acute naturally come to the Osteopath. "I have tried everything else" is a common remark of patients and the natural inference is that they came because they do not find relief elsewhere. While Osteopathy is new it must largely depend upon cures in such cases for its success and growth.

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WE believe that it will not be many years until every state will have a law upon its statute books legalizing and regulating the practice of Osteopathy. It is greatly to be desired that the provisions of these laws should be uniform so far as possible. We would suggest that the A. A. A. O. at its next meeting consider this question and

decide upon the form of a law that would be most advantageous. If this is done it would be well for the members now to begin thinking along this line.

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THERE are five states in the Union in which Osteopathy is recognized by law and in none of them have the people ever expressed a desire for its repeal.

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DR. S. S. STILL, the genial president of the Dr. S. S. Still College and Infirmary of Osteopathy, located at Des Moines, Iowa, was a welcome caller at our office on Feb. 1.

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REV. JAS. LITTLEJOHN, father of Dean J. Martin, and Profs. J. B., and David Littlejohn of the American School died Feb'y. 26th. We extend sympathy to our associates in their bereavement.

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D. O. E. McFADON who contributes an interesting article to this month's issue of the POPULAR OSTEOPATH, is a man whom we have known for years and who is entirely worthy of esteem and confidence. Before taking up Osteopathy as a vocation he was a successful teacher of large experience and was at one time the honored

president of one of the departments of the National Educational Association. He is a graduate of the Northern School of Osteopathy and has recently associated with him in his growing practice in the tricity, Davenport, Rockford and Moline, Dr. Allie M. Smith one of the brightest graduates of the Feb. '99 class of the American School of Osteopathy.

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The next annual meeting of the A. A. A. O. is an important one, and it is almost time that a place be selected and arrangements be made for holding it. Every Osteopath with the good of the cause at heart should be present if possible.

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ANOTHER distinguished friend of Osteopathy has passed away. Col. A. L. Conger, recently the secretary of the S. S. Still College and Infirmary of Osteopathy, also well known as a manufacturer, connected for years with many prominent business enterprises, died at Des Moines, Iowa, after a paralytic stroke Saturday Feb'y. 25. He for a year managed the Journal of Osteopathy, and was himself a conspicuous example of the healing power of Osteopathy. He was at one time prominent in the State and National council's of the Republican party.

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IN Minnesota the Osteopaths and their friends are working hard to pass a bill recognizing their practice. The physicians are likewise

working hard to prevent legislation allowing Osteopaths to live by the labor of their hands. Each side has introduced a bill; Senator Jepson for the doctors and Senator Grindeland for the Osteopaths. Debate waxed hot, and great interest was shown in the matter. While the Osteopaths were compared with Christian Scientists, etc., they were on the whole, fairly treated. The general impression seems that the legislators will not act unfavorably in the matter and will not drive from their state a diligent and useful class of citizens.

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When the legislature of Iowa granted the right to practice Osteopathy to graduates who had spent twenty months in attendance upon "legally incorporated and regularly conducted schools of Osteopathy," they evidently intended the law to be of some force and effect. They certainly did not intend to pass a law that could be operative only when the State Board of Health, whose members were utterly ignorant of Osteopathy, should from their inner consciousness evolve an arbitrary standard to which schools of Osteopathy should conform. They are guilty of a gross usurpation of authority in refusing to issue licenses to graduates of reputable schools. We trust and have reason to believe that Osteopaths now located in Iowa will not quietly acquiesce in a ruling which nullifies the law and deprives them of the rights guaranteed by the legis-

lature. Steps should at once be taken to compel this arrogant Board to respect the law and comply with its plain mandates.

* *

Anent the matter of legislation for or against Osteopaths a few points might well be made clearer. The argument was made before the Minnesota legislature that Osteopaths had put their science too much on a business basis; that the school journals held out as inducements to those entering the courses that they could make large salaries. That such is a fact, should not be made an argument against us. Such a statement is a simple statement of fact. It is true because Osteopaths are in demand. They get many patients because other methods have not healed those sick people. The Osteopathic profession is a well paid one simply because it is a successful one. In so far as Physicians are successful they, too, are well paid. The spirit that criticises Osteopathy because it performs well that for which the people are ready to pay money is surely a mistaken one. It is the same in kind as that which animates the misanthrope.

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The thread worn argument that Osteopathic schools require too short a course of study has again "bobbed up" in the arguments of legislators. Should they carefully compare the actual time spent in Medical and Osteopathic courses they would find that the latter compare favorably with the former.

The best medical schools require a four years' course of thirty-two weeks to the year; the best Osteopathic schools require four terms of five calendar months each. The actual difference in time is about eight months. The studies in these two schools are the same except as regards therapeutic agents. The materia medica, which the Osteopath does not use, takes about those eight extra months in which the medical course is in excess of the Osteopathic course. It took the medical schools years to reach in time requirement the point at which Osteopathic schools have started. We hope before long to see leading Osteopathic schools lengthen their course by the addition of one or two more terms of five months each.

* *

THE medical men of Colorado are engaged in a wild scramble for legislation to protect them against the seriously close competition that Osteopaths are able to wage against them by virtue of the healing power of the science they represent. They have introduced into the senate such an excessively restrictive bill that its mere appearance has become an argument against its passage, for its harshness has raised a strong public sentiment against such an enactment and the newspapers are warning the people of the danger of allowing the physicians a monopoly of the healing art. The doctors desire to prohibit absolutely all healing work by any except graduates of the drug-using schools.

On the other hand, the Osteopaths pray the right to freely exercise their power to cure the sick, and have introduced two bills with this object in view. One bill, introduced by Senator Fenton, provides for an Osteopathic examining board of five members, and for examination of all Osteopaths now practicing or hereafter entering into practice in the state. The other bill provides for the insertion of the word "Osteopath" along with "Physician, Surgeon and Midwife" in the present law, which requires reports of deaths, births and contagious diseases to the board of health. A third bill has been introduced with practically the same provisions. It will thus be seen that Colorado Osteopaths request no special favors, simply asking for what seems but fair and just, and it is to be hoped that the legislature may encourage by law the presence in the state of a useful class of citizens.

An Important Question.

When a man is about to consult an Osteopath he wishes to know whether that Osteopath is a qualified practitioner. If he is about to entrust to him the life and health of his wife or daughter, he naturally enquires whether he is worthy of such trust. Such an Osteopath should at least be a graduate of a reputable school. If he be such, the fact can be ascertained by writing to Miss Irene Harwood, D. O., 308, N. Y. Life building, Kansas City, Mo.