

The Popular Osteopath

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WHEN GRANDMA PASSED AWAY.

For the Popular Osteopath.

When Grandma sought the land of shades
At eighty, life's work done,
She faded as the gentian fades
Beneath October's sun.
We even loved the snowy cap
That bound her tresses gray—
Ah, me! it was a sore mishap,
When Grandma passed away.

Each child and pet about the place
Well knew her good and kind,
And every wrinkle in her face
Bespoke her gentle mind.
If chiding parents brought a tear,
She smiled us out to play;
A world of sorrow marked the year
When Grandma passed away.

Her tones were tremulous, but rich
With love's celestial note,
And I adored the mending stitch
Her needle gave my coat.
Her eyes were dim, but seemed to see
Beyond the realms of day;
The world was all too dark for me,
When Grandma passed away.

Her precepts oft I have rehearsed—
Ah, if I only could
Be more inclined to heed the first:
"Remember to be good!"
She cherished truth and loved the right,
Yet pitied erring clay;
We lost a shining moral light,
When Grandma passed away.

The singing birds among the trees
Strange sadness seemed to know,
And when we told the honey-bees,
They hushed their humming low;
The brooklet even ceased to laugh,
And mourned with faithful Uray—
Oh, life was heavier by half,
When Grandma passed away

No sign of agony was seen,
No trace of local pain;
Like summer twilight, all serene,
We saw her powers wane.
Alternate days the doctor came,
And quite three weeks she lay,
But somehow medic skill was lame,
When Grandma passed away.

Her doctor he had been for years,
When life and death held truce,
And all our hopes gave way to fears,
When she told him—"No use."
The patient doctor "did his best,"
As men of drugs all say;
And to him went her oaken chest,
When Grandma passed away.

She long had said she wanted him
To have that when she died,
And we, who honored every whim,
Of course with that complied.
We knew not what the chest contained,
His service to repay,
But knowledge on that point we gained,
When Grandma passed away.

The chest was full of medicine,
And drugs of all degrees;
A note said, "This has helped you win
Some battles with disease!"
She always took the stuff he left—
To that—without delay;
Else we had sooner been bereft,
When Grandma passed away.

"Remember to be good!" Her tone
In fancy still I hear,
And of the best I would be known,
In all the healer's sphere;
And hence an Osteopath am I,
Nor quacks nor ills dismay:
I felt my faith in dosing die,
When Grandma passed away.

—N. J. S.

The Popular Osteopath.

OFFICIAL ORGAN OF AMERICAN ASSOCIATION FOR THE
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OSTEOPATHIC DIAGNOSIS CONTINUED.

BY A. G. HILDRETH, D. O.

When writing my article for the March number of the POPULAR OSTEOPATH I had no idea of writing anything more on this subject; but that article, in my judgment, called for another for this reason: That the reading public might not fully understand my position or might easily misconstrue my meaning. There was no thought of saying that only Osteopathic diagnosis was correct—or that our school is the only school in existence. It was not my intention to criticise other schools so much as it was my desire to draw the attention of the profession as well as the public to the importance of a correct diagnosis and to illustrate the difference between the old school examination and diagnosis (which is almost entirely a pathological diagnosis) and ours (which is almost entirely a physical diagnosis.)

Now we all know that there are

a great many physicians who can and do tell you exactly what your condition, is but they seldom tell you the exact cause that produces the condition. I claim that the profession had a great deal better learn where the cause is located, than learn the exact condition, and name of condition produced by that cause. Now more fully to illustrate my position, I will give as an illustration a case that came to us at Kirksville some years since. The patient was a boy of sixteen, a Mr. E—who had what our local physicians there pronounced neuralgia of the stomach. He first began by having periodical attacks of cramping or shooting pains in the stomach and bowels—these attacks at first were of a mild nature and quite an interval apart. They grew in frequency for nearly three years just prior to the time when I made the first examination of the patient. By the time we examined

the case his attacks came on after almost every meal; his pulse was 46—he was a mere skeleton—the muscles of the entire body were much emaciated; but not withstanding his low vitality and the pain he had suffered he was still able to stand on his feet and walk about. He had not partaken of any solid food for over two weeks. One local physician had treated him continuously for over one year, and another for about six months. Dr. Still was called to see him by his local physician, who said to Dr. Still "I have a patient who I have done all I can for and unless you can help him he will die, and I would like for you to examine and treat him." Dr. Still sent me to see the case and I made our first examination of the case in the office and in the presence of the physician. Of course I made a physical examination. When I came to the junction of the sixth dorsal vertebra with the seventh I found a distinct twist—not a complete dislocation but the spinous process was twisted enough to the right to show that at some time or other the boy's back had had a severe wrench or injury, and I said the same to the father. I also asked Dr.—if he had ever examined this boy's spine. He answered that he had never examined the case in that way; only from a pathological standpoint. Now this is exactly the point we all should remember. When this

case came to me, or rather when I went to him, the first thought that passed through my mind was where could the obstruction exist that produced this condition and all this pain, and of course from our teaching it naturally led us to the origin of the great splanchnic nerves; when I discovered the twist in spine I said to the boy's father that I thought he had been hurt at some time. He could at first remember of no hurt; but when he came the second time to see me he said the boy had been kicked by a horse some three years before; and that he could trace directly the downward tendency of his son's health to that injury. We took the case. Our treatment was of the spine by our manipulation (which every Osteopath is familiar with) simply to turn the spine back into its natural position. By so doing we took away the strain upon the ligaments and deep muscles of the spinal column and in so doing we removed the irritation of the splanchnic nerves and the boy began gradually to improve. He was simply starving to death because the nerve elements which governed the law of digestion were shut off—interfered with by an injury to the spine itself. From the very first treatment he began to improve and is living today, a sound, healthy man. This occurred some four years ago. It took us about one year to cure him.

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THE GERM THEORY OF THE CAUSATION OF DISEASE FROM THE OSTEOPATHIC STAND-POINT.

BY H. F. GOETZ, B. S., D. O.

The position taken by the Osteopath, in the discussion of this theory can be briefly stated, if beginning with the axiom, "A natural flow of blood is health, and disease is the effect of local or general disturbance of the blood." We insist that the primary cause of those diseases, in which the so-called specific germs can be isolated, is DEFECTIVE NUTRITION. The defective nutrition is due to disease of the chylipoietic organs, the pathological conditions present *perverting their metabolism*, and as a result healthy blood is not generated in sufficient quantities to maintain health. This diseased blood contained in a practically closed system of tubes, the blood vessels is deficient in *haemoglobin* and is of altered specific gravity. This deficiency and alteration in turn reduces the vitality and the *combativeness* of the *phagocyte*, the duty of which is to absorb, and it often actually does digest, the disease germs. Blood so altered lowers the vitality or resisting power of the organisms; as a result we have the *pathogenic bacilli from without*, entering the debilitated system and setting up *foci* of inflammation (or causing other pathological states) of which there need be no fear if the Osteopathic principle is observed, that there can be no such invasion, if all parts are in structural alignment, if the mechanical disorders

which interfere with the natural functions of nerve force and blood supply have been traced and adjusted.

A simple experiment with which every student in Pathology is familiar clearly exemplifies the above statement of facts, and is here given simply to make note of substantial proof. If we examine the translucent tissue of one of the amphibia under the microscope, we observe that the circulation of the blood in the capillaries is extremely active. If now we compress the tissue, the movements of the red corpuscles and *leucocytes* are delayed, but gradually they force their way through the capillaries of the surrounding tissue; continuing the compression, we in time see the different stages of an inflammation take place even to the point of discharging pus, the discharge consisting entirely of altered leucocytes and dead tissue cells, but on removing the compression, we see the phagocytes immediately begin the reconstruction process, which finally passes on to resolution and *cicatrisation*, which demonstrates that we have within the body all the necessary forces to restore health, if only the causes of ill health are removed. This illustration while simple may in its reasoning be applied to any abnormal state of the body, and while the experiment

only demonstrates the point, that the inflammation was due to a mechanical compression; we can apply the same reasoning to one of the multitude of conditions that are always considered by the Osteopath in diagnosis, e. g., contraction of the muscles of the back from the 6th to the 12th dorsal vertebræ, following, say an exposure to cold, will compress the capillaries and nerves, with their *peripheral endings* located in these muscles, the result of which will be that adjacent capillaries in surrounding tissues must take up the burden of collateral circulation; contiguous nerves and their endings which take origin from the same spinal segments must of necessity have their tonicity increased, this in turn being transmitted to the several nerves of the sympathetic nervous system with which these nerves are connected, (these are merely first principles in Physiology.) The vessels in the contracted muscles being branches of those that also supply and drain the spinal cord, it is obvious that any decrease of pressure at the periphery must be compensated by increase in those vessels central to the contracted ones, in this case the increase of pressure is conveyed by the arteries and veins of the spinal cord, the effect of which is that the different segments of the cord become hyperemic, the nervous mechanism of the spinal cord is perverted, with the final result that

the entire nervous arc of those portions of the cerebro-spinal and sympathetic chains immediately concerned, show a change of physiological function; the altered nerve discharges, would be transmitted to the abdominal viscera disturbing their action, and altering their secretions, and from this simple cause, we may have the beginning of defective nutrition, the effects of which need no elucidation. No one disputes that disturbed metabolism lowers the vitality; the blood deficient in proper nutriment leaves the tissues weakened, making the entrance of disease germs an easy matter. We can readily understand why an inherited predisposition to any disease, *adynamia* would make the possibilities of infection probable.

In the illustration of inflammation due to mechanical *compression* we know its exact cause, we can observe reconstructive processes taking place in the tissue upon removal of the compression. It is a self evident fact, that the same processes would obtain, if we would remove the contraction of the muscles ultimately causing disturbance of the abdominal viscera.

As in the first case the *phagocyte* removed the inflammatory products so in the second illustration, will removal of cause combined with stimulation of those organs intimately concerned in the multiplication of the *phago-*

cytes, do the same, thereby bringing a powerful array of forces into play not only to resist the invasion of *the* bacilli but to aid in their extermination if their activity have already set up tissue changes. It is not to be construed that Osteopathic treatment claims to actually increase the number of blood cells, but to force those that are quiescent in the system into the circulation. These theories with reference to Osteopathic treatment are irrefutable if we but consider the symptoms of malnutrition connected with abdominal and other viscera. They are almost invariably indigestion, constipation, general malaise, loss of strength, rise of temperature, which always indicate tissue destruction, these are the manifestations of stagnant circulation.

A peculiar fact that must not be overlooked is the enlargement of the *spleen*, in almost every case a concomitant of infection. It is not here that the disintegration of red blood corpuscles takes

place; and is it not one of the organs to which, the function especially concerned in the beginning of the career of the leucocyte is assigned; so marked a disturbance in a vicera must in a great measure account for the great metabolic disorders of the infective diseases, all of which brings us back to first principles stated in the opening axiom: Disease is the result of altered blood or defective nutrition, and the cure depends upon the removal of its causation and not upon the removal of the symptoms that may arise. In conclusion, Osteopathy makes the assertion "That in those diseases where it is possible to isolate the so-called specific pathogenic bacillus, that the disease is not due *primarily* to the bacillus, but that infection is only possible, in those tissues which have had their vitality lowered by defective nutrition; that a nidus is the effect, not the cause, of improper blood supply.

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OSTEOPATHY MEETS A STRANGER.

BY M. C. HARDIN, PH. D. O.

So many people have never heard of Osteopathy, or having heard of it know nothing of its merits or claims, that I thought it would be very satisfactory to our readers to answer some of the queries rising in their minds about this new science. The following is a very common occurrence with

the writer, as with other Osteopaths out in the field of practice. I meet a gentleman and, handing him my card, he looks at it a moment and says,

"Well, that's a new one to me; what is Osteopathy?"

It is a new science of healing without the use of drugs. Osteo-

paths view the human system as a machine and what is called 'health' is this machine in perfect working order. Any disturbance in this wonderful machine results in what is called 'disease.' It is the business of the Osteopath to adjust this machine and keep it in order.

"Has it anything to do with faith cure, Christian science or magnetic healing, etc.?"

Nothing whatever. It is purely scientific and appeals to common sense rather than superstition. The theory upon which it rests is that all diseases not due to some specific poison are due to some mechanical obstruction which may be removed mechanically without the use of drugs. Those diseases due to a specific poison, such as typhoid fever, measles, mumps, etc., are known as self-limited diseases—i. e., they run a certain course and medical treatment cannot abort them. Osteopathy handles these cases equally as well as or better than any other method of treatment. In his treatment, the Osteopath uses neither drugs nor the knife. His method of treatment is by a mechanical manipulation by which he seeks through his familiarity with the human structure to remove obstructions, and with the harmony thus established health is restored. The Osteopath does not claim to cure disease. He merely adjusts the machinery of the body, and Nature does the

work. It is based wholly upon the simple laws of Nature, and Nature is a wonderful physician if you give her a chance. This is all the Osteopath claims to do. Dr. Still says, (to use one of his quaint expressions), that "When God created man he put enough whiskey, quinine, etc., in him to run him a natural life-time." In other words he claims that all recuperative forces inhere within the body itself."

"Who is this Dr. Still you have just referred to?"

He is the discoverer of the principles of Osteopathy. He lives in Kirksville, Mo., and was for many years a "regular," or allopathic, practitioner of medicine. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of drug doctors, he commenced a line of research which resulted in establishing in his own mind the principles upon which Osteopathy rests, about the year 1874. His success was so marked in the handling of disease that soon Kirksville became a veritable Mecca to the afflicted. Without advertising, except through his cures, his business has grown upon him until there have been as many as twelve or fifteen thousand within a year at his Infirmary.

"What class of diseases do you treat?"

Almost all classes of disease yield to our treatment, though we by no means claim to have a cure-

all. We have treated successfully all diseases known as curable, such as catarrh, asthma, hay fever, diarrhoea, enlarged tonsils, enlarged lymphatic glands, goitre, deafness, bronchitis, loss of voice, irregularities of the heart, kidney diseases, rheumatism, pleurisy, gout, lumbago, gall stones, dyspepsia, piles, nervous prostration, sciatica, hip disease, stiffness of joints, eczema, milk leg, obesity, headaches, dripping eyes, granulated lids, inflamed eyes, pterygium, liver troubles, constipation, etc., etc. We have had very marked success with almost all diseases of women. In addition to this we have had success with two of the so-called incurable diseases, Locomotor Ataxia and Chronic Bright's Disease. Then, again, when many of these so-called curable diseases have advanced beyond recovery by the use of drugs or remedies employed by drug doctors, we have been able to handle a large per cent of these. In the infirmary at Kirksville, where most of the cases treated are those who have tried every other known remedy before going there, they have a record of curing more than fifty per cent of all cases treated and of helping, to a greater or less extent, eighty to eighty-five per cent. Considering the class of patients this is a remarkable record.

"I have heard of this treatment by rubbing or massage as it is called. Is that the same as your

treatment?"

Not at all. In massage there is a general rubbing of the body or part affected. We do no 'rubbing.' All our work is directed toward specific points with the purpose of removing first causes. We work along the spine largely removing obstacles to natural nerve force and blood supply.

"Have you any other schools than the one at Kirksville?"

Yes, we have schools at Des Moines, Iowa; Minneapolis, Minn.; Milwaukee, Wis.; Denver, Colorado, Los Angeles, Cal.; which are all members of the Associated Colleges of Osteopathy, while other schools have been organized at Fargo, N. Dakota; Franklin, Ky.; Boston, Mass.; Philadelphia, Penn., which will in due time doubtless become members of the Association.

To show you that it is not a fad, but that it is substantial and scientific and has come to stay, I may state that it is recognized by law already in six states by special statute placing it on the same basis as the practice of medicine. This winter it is before the legislatures of about a dozen other states with a very favorable prospect of recognition in all.

Here are the figures in the states where it is recognized showing the recorded vote:

Missouri, Senate—yeas 26; nays, 3. House—yeas, 101; nays, 16.

North Dakota, Senate—yeas, 22;

nays, 5. House—yeas, 43; nays, 16.

Michigan, Senate—yeas 24; nays, 1. House—yeas, 72; nays, 0.

Iowa, Senate—yeas, 27; nays, 20. House—yeas, 51; nays, 30.

In Vermont yeas and nays were not called for but an official statement says, "The fact that no roll was demanded indicates that there was practically no opposition to its passage.

"It certainly has had wonderful progress to impress itself upon the public as it has. How do you account for this?"

I account for it on the ground of the simplicity of its theory and what it has accomplished in reaching disease. Nothing succeeds like success, and Osteopathy has had wonderful success. The first graduates went out in 1892, and there are now more than 1200 in its schools, and many of these are graduates of some of the best institutions in the country, including Harvard, University of Indiana, Worcester University, University of Chicago, Vanderbilt

University, and many other leading schools and colleges of the country. It appears alike to all classes of people. We append the following names of people who will corroborate what we say, and whose official position adds emphasis to their testimony: Senator and Mrs. J. B. Foraker, Washington, D. C.; Gov. Stephens, of Missouri; Governor Tanner, of Illinois; Gov. Grout, of Vermont, and Lieut. Gov. Fisk, and Ex-Gov. Dillingham, both of Vermont; Gov. Pingree, of Michigan; Gov. Shaw, of Iowa; Ex-Gov. Robt. Taylor, of Tennessee; Judge and Mrs. W. M. Springer, of Washington, D. C.; Chief Justice of U. S. Court of Appeals, Indian Territory; Congressman Goodnight, of Franklin, Kentucky; Mayor Dudley, of Nashville, Tennessee, and many others we might name who either have been treated themselves or have had some member of their family treated by an Osteopath.

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WHAT OSTEOPATHY IS NOT.

BY A. L. EVANS, D. O.

The practice of Osteopathy is comparatively new, and in portions of the country is practically unknown. Therefore when people first learn that its practitioners profess to heal without the use of drugs, and as opportunity offers, demonstrate this claim, they at once begin to compare it

with systems with which they are more or less familiar, not knowing, of course, the applicability of the maxim "things which are unlike cannot be compared." They ask, is it Massage, Christian Science, Hypnotism, Suggestion, Faith Cure or Magnetism?

Osteopathy like every thing new

has had to contend with conservatism, prejudice and intolerance. Hence it would ill become any representative of it to play the bigot by denouncing at wholesale all systems at variance with his own. Thus, expressly disavowing the purpose recklessly to decry any system which has conscientious adherents, and which seems to have accomplished cures, I shall respectively point out, where in my judgment, our system is possessed of merit, superior to them all, and incidentally to show what Osteopathy is *not*.

In the March number of the POPULAR OSTEOPATH, Dr. Hazzard has ably drawn the distinction between Osteopathy and Massage; and I will not presume to discuss that phase of the question, further than to say that Osteopathy is a system complete in itself for the handling of diseases. The Osteopath is required to pursue a two-years course of study and is especially perfected in Anatomy and Physiology. These however, are combined with a thorough course in the allied branches. So far as I know no school of Massage thus thoroughly equips its students to battle with disease. In the healing art the Masseur stands much in the same relation to Osteopathy as does the common laborer to the electrical engineer in mechanics.

When asked if our system is Christian Science, we emphatically reply that aside from the fact

that we do not use drugs we have nothing in common with it. Yet Osteopathy is both Christian and scientific: Christian because its mission is to relieve suffering and to do good; scientific because to attain these ends it works through a science based upon those other sciences, Anatomy and Physiology. While entirely reputable and credible witnesses have testified to benefits derived in certain cases from Christian Science, yet we do not believe it possible by its methods to restore a twisted vertebra to its normal situation, hence it could not cure a case consequent upon its malposition, nor any case of the class which this represents. We hold it to be unphysiological and opposed to the laws of nature to expect an obstructed nerve or artery to properly perform its function so long as the obstruction is not removed.

We would not attempt to deny that in a class of cases some good may result from Hypnotism, Suggestion, or other system of Psycho-therapeutics. The intimate relations of the mind and body, the influence of the one upon the other as well as the influence of one mind upon another are facts well known. But Osteopathy is none of these. We get results without recourse to the mysterious or occult, and any mental influence that is needful to be imparted comes about as naturally and is employed for the same reason that hygiene and dietetics—upon

which no system has a patent—are sometimes made accessories in recovering from disease, we believe that in the vast majority of cases, disease is bodily and that through the body we can even “minister to a mind diseased.” No amount of Hypnosis or Suggestion will replace a sub-luxated rib, raise a depressed clavicle, or relax a contracted muscle. In numerous cases, which have come under our observation and treatment, until that is done the disorder consequent upon an impingement upon an artery, vein, nerve, or lymphatic, must continue.

Is it Faith Cure? Well, there is considerable faith in Osteopathy, but unlike medicine, it is usually held at the beginning of a case only by the Osteopath himself. The faith of the patient is established in ninety-nine per cent. of the cases after treatment. So it could hardly be called *Faith Cure*. Most of the patients who come to an Osteopath for the first time not only say that they have “tried every thing else” but add that they haven’t “a particle of faith.” The Osteopath doesn’t care for that.

The mechanic who is to repair a machine does not require any faith on the part of the machine. When the telegraph wires are crossed and the messages become unintelligible the faith that is necessary is not on the part of the wires or electricity but that the lineman should have enough in

himself to be able to locate the trouble and fix it. True the human body is a more complex and delicate piece of mechanism than that with which the ordinary mechanic has to deal. But the laws of nature are ever the same and when the parts are harmoniously adjusted the human machine will work perfectly.

Though the magnetic and electrical systems of healing, like the others mentioned, may each have their “grain of truth,” enough has already been said to show that our school has no relationship with either of them. While Osteopathy for its results is by no means limited, in all cases, to the finding and correction of misplacements, yet our experience has demonstrated that misplacements, and other obstructions to blood and nerve force, are so often important casual factors that we believe that any system which ignores them is inadequate as a system for the general treatment of diseases. Only those who are especially trained in Anatomy and Physiology are competent to deal with such cases and in no school are these branches more thoroughly taught than in schools of Osteopathy.

I have tried to show a few of of the things that we are not. No one has ever accused us of being drug doctors, except for the purpose of prosecution, and that only; because it was as near as they could come under the law, to

charging us with a crime. But we have no harsh things to say of the Medical Doctors. We realize that through the profound study and research of many of them, science has been greatly enriched. In proof of this statement I need but to cite the fact that the founder of Osteopathy was himself an M. D.

As evidence that many of them are progressive, fearless and truthful, we need only to recall the public avowals by many of the profession of their growing lack of faith in drugs as a curative agents. This is what I meant when I intimated above that unlike the medicine man, the Osteopath has faith in the efficacy of

his own system. That many people have faith in medicine is apparent from the vast quantities of poisonous drugs which they are daily swallowing, though only the M. D. can say how many of his most potent remedies are mere placebos.

After all, nature is the great restorer, and the office of the Osteopath is to so adjust misplaced parts, to stimulate torpid organs to set free the vital forces and fluids inherent in the body that nature unimpeded may pursue her harmonious sway.

Let this be done, and health ensues, not as a result of faith, but in spite of doubt.

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WOMAN'S OPPORTUNITY.

BY JULIA M. HART.

“What shall we do with our girls?” has become a familiar heading in the numerous periodicals devoted to the interests of women and notwithstanding all the suggestions offered in this line of thought, we feel that the right keynote has not been touched wherein an all-absorbing career may be theirs and not conflict with the duties of that sphere which has always been considered essentially and wholly feminine.

From the days of Adam woman has occupied a secondary place in the economy of Nature, a position natural enough still, when con-

sidered from the point of strength and force; but the day has come when woman must work out her own salvation as an equal factor in the problem of existence. The census of 1890 exhibits some startling figures. Out of a population of seventy millions nearly one third are unmarried females, a preponderance of nearly three millions over the unmarried males. From sheer force of numbers they have crowded man from various occupations with a patient persistency that has overcome all obstacles, and with perseverance born of success they are forcing their way

into professions and holding their positions with marked ability.

But all are not successful. Literary girls are living, or more correctly speaking, starving because of limited capacities and contracted markets; the grand army of teachers—the world's faithful—are toiling year by year with weary brains and worn out bodies in a ceaseless, monotonous round which saps the vitality of all but the strongest; pale-faced stenographers eke out a precarious existence in crowded cities, surrounded by unwholesome conditions that result in unhealthy bodies and dwarfed minds; thousands of shop-girls are wearing their lives away in an effort to keep soul and body together; struggling artists and musicians are lost in the whirlpool of life, enough only being successful to lure other misguided talent into the treacherous malestrom.

To all of these Osteopathy offers a career that lifts all woman-kind forever to an equality with man. She carries no handicap; there is no question of grace or favor; her divine right of womanhood suffers no impingement, but instead, an added dignity and beauty that can result only from perfect health, mark the beginning of a new era in woman's kingdom.

Osteopathy is essentially a woman's science. Her delicately trained touch enables her to detect the faintest abnormalities and displacements of the human mech-

anism; her sympathies and intuitions aid her in fathoming many a problem hopelessly closed to man. The scope and spirit of Osteopathy are boundless and in no direction is it beyond the scope of woman's talents. Its depths are hers to fathom, its glories are hers to achieve.

Osteopathy of a necessity must broaden woman's horizon; it places within her reach the wherewithal to satisfy every woman's innate longing for the dainty and beautiful. Under genial surroundings every healthful woman's mind expands and if our woman Osteopath has been a true student she will find her mind capable of broader impressions, firmer judgments, and a truer appreciation of this world's gifts. For one who desires and is content with a modern income, a woman operator can limit her practice to a few days in a week and have the remainder for further study and development. Ten patients a month will give her a cash income equal to that enjoyed by a great majority of professional and business men.

Experience opens up new trains of thought, possibilities expand under study and application, and to use the "Old Doctor's well-worn simile, the "Engine-wiper" will be relegated to the rear ranks by the thoughtful student who seeks to know the inmost depths of the laws which govern the machine he is using.

Julia M. Hart, Kirksville Mo.

SCIENCE FOR YOUNG READERS.

Enigma No. 3—Mythology.

BY W. A. BOLLES.

A GIANT IN YOUR NECK.

First, in mythology. In ancient times, the people being generally ignorant and superstitious, they were easily persuaded to believe that all the great phenomena of nature were caused by mighty gods and goddesses, giants who resided in some part of the earth or sky. The study of science and the Bible have dispelled these myths, some of which are very beautiful and instructive; but not until the names and supposed deeds of the gods and heroes had become inseparably interwoven with standard literature. In poetry, especially, the imagination has played freely with Jupiter, the king of gods and men, spoken of with others in the Bible (Acts 14:11-15 and 19:24-37); Venus the goddess of beauty; Cupid the God of Love; Bacchus the god of wine; Neptune the god of the sea; Æsculapius the god of medicine, etc., etc. Æsculapius practiced what we now call animal magnetism or mesmerism. The poets feigned that he raised the dead to life, and thus offended Pluto, the god of the infernal regions, who persuaded Jupiter to kill him with a stroke of lightning.

One of these gods or heroes, whose name will, doubtless, occur to you before you finish reading this article, was the personification of endurance, a Titan, the

grandson of Uranus the personification of the heavens. His grandmother was Gæa, or Ge, the personification of the earth, "Mother Earth." His father was Japetus the personification of intention; and his mother, Clymene, the personification of low ambition. All these deities were Greek inventions, and had their principal seat or abode on the stormy summit of Mount Olympus in Thessaly, an ancient district of Northern Greece.

This Giant or god was the hero of many great deeds. He was the commander of the war of the Titans in Thessaly in favor of Chronos (Kronos) the personification of time, who stormed the heights against Jupiter for the control of the heavens and earth. The battle lasted for ages. Jupiter, still holding possession of Mount Olympus, summoned to his aid the mighty gods of the under and upper worlds, and with thunders, lightnings, flames, earthquakes, and hundred-handed and one-eyed monsters of sea and land in a grand onslaught, overpowered his enemies and doomed them to punishment. Our hero was condemned to stand forever in the then mysterious far west, northwestern Africa, and bear up on his hands and head the vault of the very heavens which he and Chronos had tried to destroy.

Milton thus compares Satan's

enormous size exhibited before the Angel Gabriel:

"On the other side, Satan, alarmed,
Collecting all his might, dilated stood,
Like Teneriffe or ———, unremoved,
His stature reached the sky."

P. L. 4:987.

The Earl of Warwick, champion of the white rose, says to big King Edward:

"Thou art no ——— for thy great weight."
Shak. 3d King Henry VI, V:L

Homer says of the charming goddess Calypso who loved the faithful Ulysses and whom she tried to keep on her island:

"—her sire, to whose far reaching eye
The wonders of the deep expanded lie:
Th' eternal columns which on earth he
rears

End in the starry vault, and prop the
spheres."

Odyssey I: 67-70

A figure of this deity supporting the heavens adorns the title page of many of the old geographies, and Mercator, the navigator, gave the name to a collection of maps.

Hercules, another giant, who undertook to get the golden apples from the garden of the Hesperides in the mysterious West, persuaded ——— to get them for him, and Hercules held up the sky in his place. When ——— returned with the golden apples he determined not to let Hercules have them, but was persuaded to resume his burden until Hercules could make a soft pad to place on his head, when Hercules picked up the apples and departed.

According to another story, ——— was a mighty king in northwestern

Africa, who for refusing hospitality to the god Perseus, was shown the head of the horrible Medusa, which transformed ——— into a mountain group of his name.

Second, in your neck. It is an irregular ring of bone at the top of your spine, which supports the globe of your head, the world where you think, feel, and will, the residence of the spirit which governs all your words and deeds and which you call "I," — an abode fit for the gods. The ring is flattened and slightly cup-shaped above to permit your head to rock as in nodding. Through it passes a continuation of the brain, the beginning of the spinal cord. It moves with the head in turning to the right or left. From another ring or vertebra below it, the axis projects upward through it a tooth by which it is held in place so that it will not slip off without great force, as when one is hung for murder. Your Osteopathic doctor will not be hung for killing you with poison called medicine, since if any of your neck bones are pulled out of line by tightened muscles, he will relax the muscles and replace the vertebrae with his hands, instead of pouring unsavory drugs into your stomach, or applying ointment, poultice, or blister to your neck.

What is the name of the giant and of the bone?

Answer to enigma No. 2. —
Snail.

1027 Steel St. Denver, Colorado.

IN DEFENSE OF OSTEOPATHY.

FROM AN ADDRESS BY N. A. BOLLES, D. O.

[The medical men of Colorado having introduced in the legislature a bill that aimed to limit the practice of the healing art to graduates of the "Regular," Homeopathic and Eclectic schools of medicine, Dr. A. N. Bolles, president of the Western Institute of Osteopathy of Denver, and others, went before the Senate committee in charge of the bill and submitted arguments why the bill should not become a law. Following are a few paragraphs taken from Dr. Bolles' address on that occasion. We should like to print more of the address but lack of space forbids.—Editor.]

"As a committeeman, representing the Osteopaths of the state of Colorado, I wish the friends of this bill to distinctly understand our position. Osteopathy is unqualifiedly one or more of the branches of medicine and surgery, so broadly defined in the bill. While we do not practice the use of drugs as curative means, or use of the surgeon's knife, we search for and seek by manipulation to correct physical disarrangements, undue tensions and other sources of mechanical interference with the work of vessels and nerves. With this distinct statement as to the nature and methods of Osteopathy, it is evident that the graduate of the Osteopathic school is prohibited from practicing his art, unless at the same time he held a diploma from one

of the schools of drug therapeutics. In fact this bill as it now reads, proposes to absolutely exclude Osteopathic practice from the state. The only escape from this conclusion is to so limit the definitions given, that our practice, as here outlined, shall be excluded from their meaning.

"The one strong argument in favor of this bill is that one who would take human life into his hands should be well educated along the lines his work requires. While this argument may be good, a wrong application is made of it. It is sought to secure enactment of a law that will exclude a school which claims to be thoroughly scientific and rational in its method, but which at the same time must come into competition with the hitherto accepted drug methods. One is led to strongly suspect that they fear to let it appeal to the people on its own merits, as measured by results obtained, either on their hopeful cases or their chronic incurables. So sacred a thing as human life during sickness, should not be jeopardized in the hands of the unskilled, but the Osteopathic school trains its students in practice, and informs them in the underlying sciences and the manifestations of disease, while insisting that the drug idea is wrong—that health is not to be dosed into the patient by subjecting the living substance of his body to cunning chemical rein-

forcement or depletion. It believes that *Materia Medica* is an ignis fatuus, while the true light is to be had along the line of physiological reason;—that there will not be sickness without a cause; that intelligent search will sooner or later find these causes; that the Osteopathic idea of abnormal pressure upon vessels and nerves has accounted for much sickness and will account for much more; that its experience proves that the sick can and do recover without drugs, and that the benefits of drug treatment are much less than drug-ridden humanity has supposed. Records for the brief time Osteopathy has been taught as a system—seven years—show more than fifty per cent of its cases cured, while all but a tenth are benefited. The importance of this showing is evident when we remember that most of the cases coming to Osteopathy have been pronounced incurable. When failure to cure or help does result, it cannot be attributed justly to a failure of the science. It may be either inability of the operator to observe conditions accurately, or helplessness to correct the causes when their nature is well understood.

"Osteopathy is a separate and distinct school of the healing art. It makes no claims not scientific; it asks to have no part of its system accepted that will not stand the severest test of scientific examination; its founder and expon-

ents affirm their faith in nothing beyond the pale of science; the school of Osteopathic therapeutics, is willing to stand or fall upon the accepted facts of biology, anatomy and physiology, with the philosophy added that the body, supplied with good food, air and water, contains all the elements and forces needed for its welfare; and that these can be controlled by manipulation as discovered and reduced to a scientific basis by Andrew Taylor Still, M. D.

"A legitimate Osteopathic college, of which there are about ten, impose upon its students a faithful and energetic course of study of twenty months duration. While this is accomplished in two years, it is more than the equivalent of three years' medical comprising twenty-one months. Especially is this true when so much attention is given in the Medical Colleges to minute pathological details in the study of diseases whose causes are simple and usually removed by intelligent Osteopathic means.

"The four years' medical course just now being inaugurated, comprising twenty-eight months is in like manner to the Osteopath largely unnecessary on account of the *Materia Medica*, the study of which is to him only desirable for the purpose of knowing the effects of the drugs so as to avoid or overcome them. The practical results so satisfactorily obtained

by every legitimate graduate are sufficient proof of this comparison.

"Osteopathy comes well recommended. It has been legalized in Vermont, Michigan, North Dakota, Missouri and Iowa, and is welcomed with open arms in many other states. It accounts among its heartiest friends and

beneficiaries such prominent people as the Forakers and Congers of Ohio, Gov. Altgeld, Judge Springer, the Cudahys, the Deerings and Fishers, and Ex-mayor John A. Roche of Chicago Illinois. In our own state [Colorado] hundreds of well known citizens have received its benefits."

N. A. Bolles, 832 Colfax Ave. Denver Col.

OSTEOPATHY IN DISEASES OF THE EYE.

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

It is a common mistake to suppose that Osteopathy is able to treat successfully only such diseases as deformities and their direct results. This idea springs from the fact that the Osteopath so frequently finds some bony disarrangement the cause of a disease usually described by medical books as being caused by quite different agencies. The fact that many old dislocated hips and other joints have been set the by Osteopath, as well as his method of looking for some fault in the spinal column in most classes of diseases, is also responsible, in part for this error.

There is nothing like a little experience with Osteopathy to correct this wrong idea. A glance into the office of almost any Osteopath would show quite another condition of things, for it has now become true that but a small per cent of the cases treated are deformities. If an Osteopath had to depend for a living upon curing deformities, his gains would

be meager indeed.

No class of cases better illustrate the range of this science than that of diseases of the eye. The success gained in these cases is quite as great as in the setting of hips, while the greater frequency of the former makes it a blessing to so much greater class of sufferers.

It is a common remark that the number of people, especially among the young, who have to depend upon spectacles for sight is yearly increasing. Yet the greater number of such cases, if taken in time, could be saved from the "spectacle habit." To illustrate this fact, the writer may cite one of his cases. A young lady suffering from "long-sightedness," has, upon account of this defect, strained the eyes and brought on granulation of the lids. Through the pain and irritation thus caused, she partly lost control of the eyelids, so that they would involuntarily close while the eyes were being used at night. She is one

of a family of six, of which all the members but one wear spectacles. Treatment was given this case, off and on, for a year or more. But the treatment was *given for other troubles*, never for the eyes. It so happened that she was troubled with a weak throat, being frequently attacked with tonsillitis, and it was for this that treatment was given. Yet the eyes were so favorably affected that the use of spectacles was gradually discontinued. She now works for hours at night, sewing or reading, and never requires the spectacles. The fact is often noted that eyes are thus improved by treatment given for other infirmities.

This fact, therefore, goes to show how important a means of treatment is Osteopathy in cases of disease of the eyes, when specially directed to their cure.

Another case will impress the reader with the truth of this statement. A case similar to the first is taken to show the difference in time in securing similar results under direct treatment. In this case the patient, a young lady, had suffered for years from weak eyes following an attack of the measles. She had astigmatism, also, in which unevenness in the refracting surfaces brings the rays of light into a line upon the retina, instead of to a focus, causing blurred vision. She could at no time go without her spectacles and often had headaches caused by eye-strain. Gradually, during

a three-months course of treatment, the spectacles were laid aside, and though a second attack of measles occurred meanwhile, the eyes became strong enough to admit of being carefully used without aid. The lady would go about all day without spectacles.

There is little doubt that the most frequent of eye troubles, ordinary weak eyes, could in most cases be speedily cured under Osteopathic treatment. Such are the cases generally found in school children, and in young and middle aged people. These cases are troubled by burning, "watering," or smarting; by dimness of vision and by blurring, for example, of printed characters. This disease is frequently caused by some acute illness, as measles or scarlet fever; or by over-work, nervousness, poor general health, heredity, etc.

Another class of cases, more difficult of cure, yet usually treated successfully by the Osteopath, may be made broadly to include "short" and "long sightedness," pterygium, granulated lids, and all ordinarily difficult, but not serious, cases.

One of the most painful and aggravated cases of granulated lids ordinarily met with, one in which blindness would have soon resulted has been observed by the writer, cured by Osteopathic treatment.

One frequently meets in practice cases in which there is entire loss of vision in one part of the

eye. This defect may take the form of blindness in the outer or inner half of one or both eyes, or in a circle at the outer edge of the eye, or in a spot at the middle of the eye. Such troubles indicate disease in the optic commissure, and are therefore serious indications. These cases yield more or less readily to Osteopathy. In one such case, in which there was blindness in the outer half of the right eye, after one month's treatment the defect had disappeared.

In another case in which the patient had been practically blind in one eye, and in the other half of the other, the sight was restored to nearly the whole of both eyes after more than a year's treatment.

In the February number of the POPULAR OSTEOPATH, the writer reported a case of blindness which was a practical cure after eleven

month's treatment. Other cases of blindness cured are reported and are matters of common knowledge.

In eye cases, as in other, the Osteopath simply works to remove any obstruction to nerve or blood flow. He works in the upper part of the back, in the neck and locally about the eye. He relaxes contracted muscles, replaces disordered vertebrae, and stimulates weakened nerves. His work is upon a physiological basis; it is scientific; it brings *results*.

It is needless to say that Osteopathy cannot cure all eye diseases. Treatment is often slow and disappointing. Yet the sum total of results show it to be a valuable treatment for such diseases. It has often succeeded where the oculist had failed.

Kirksville, Mo.

THE POPULAR OSTEOPATH AND THE A. A. A. O.

[A letter recently sent to the members by President Matthews.]

Some time ago the A. A. A. O., acting through its trustees adopted the POPULAR OSTEOPATH as its official organ. It must be evident to all that an organization of the scope and purpose of the A. A. A. O., an organization with an ever increasing membership, and an ever widening sphere of activity, must have a publication in harmony with its purposes to assist in the accomplishment of its ends. All other journals of our profession are published by the

different Schools of Osteopathy, and no matter how worthy and able any or all of them may be, it is evident that from their number no selection of an official organ, satisfactory to all, could have been made.

The POPULAR OSTEOPATH is an ably edited magazine, entirely independent of the different schools, advocating the principles of Osteopathy, aiding its struggles, and devoted to its interests. Its purpose is to strengthen and solidify

the A. A. A. O.; to serve as a medium of communication between its officers and members, and between the members themselves; to carry to the people a plain and readable statement of what Osteopathy is and what it does; to help genuine Osteopaths by telling the people in each number how they may avoid being imposed upon by quacks and pretenders. The publishers have made it one of their rules to advertise no one as an Osteopath who is not a graduate of a recognized school. From a long and intimate personal acquaintance with the gentlemen having this enterprise in charge, I am convinced that the purposes of the magazine will be conscientiously carried out. That a magazine

thus conducted will be of incalculable benefit to the profession is unquestionable. This being true, it is our plain duty to give it our hearty support, as it cannot exist upon the *empty honor* of being the official organ.

In order that it may do effective work as the organ of the association it is necessary that each member receive it regularly and read it carefully. I deem it, therefore, within my province as President of the A. A. A. O., and having the good of the organization at heart to strongly urge upon each member to aid in advancing the interests of Osteopathy by becoming regular annual subscribers to our official organ THE POPULAR OSTEOPATH.

Wilkes Barre, Pa., March 15, 1899.

Don't Be Imposed Upon.

Every genuine thing is likely to be counterfeited. The more merit it possesses the more probability there is of its being imitated. This being true it is not to be wondered at that the country is becoming infested with ignorant pretenders and quacks who are preying upon the public in the name of Osteopathy. Osteopathy is a profession, and to acquire proficiency in it requires twenty months of close study in a good school. Those not having the evidences of this preparation

should be regarded with suspicion, and steps taken to ascertain their standing.

Fortunately there is a way provided by which the public may tell the genuine from the spurious without the dangerous and costly experiment of patronizing them. In every case when any doubt exists as to the genuineness of an Osteopath who may locate in your community, address a letter of inquiry to Miss Irene Harwood, Sec'y. A. A. A. O., 308 Life Building, Kansas City, Mo. Such inquiries will be promptly answered.

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ASSOCIATE EDITORS.

OSTEOPATHY is "a careful and exact science."

THE proposition to repeal the Osteopathy law in Missouri was defeated.

DR. CHAS. STILL is recreating for a few days in Texas, after having been confined to his room by sickness.

IN the Illinois Senate the Judiciary Committee has favorably reported the Medical Bill, including a provision for legalizing the practice of Osteopathy.

OSTEOPATHY is a boon to women as it cures many of the ills to which they are peculiarly liable. We hope soon to afford our readers several articles upon this subject.

A bill to regulate the practice of Osteopathy, which is practically a copy of the Missouri law, was introduced into both houses

of the Tennessee legislation on March 20. It has good prospects of passage.

DR. M. D. COLE, of Cairo, Ill., against whom a suit has been pending some time, for practicing Osteopathy without license from the State Board, has secured a change of venue and a continuance until May.

OWING to the number of inquiries received from our subscribers, as to the reason their February and March magazines had not been sent them, we concluded to re-mail the whole list and did so on Saturday, March 25th. We will be glad to supply any who fail to receive their copy regularly.

MR. J. A. QUINTAL, formerly the genial and energetic book-keeper and Treasurer at the American School of Osteopathy, has become Assistant Secretary of the Popular Osteopath Publishing Company, and will have charge of the correspondence and advertising department. The company is fortunate in securing the services of so competent and painstaking a man.

SENATE bill 266 introduced into the South Dakota legislature by Senator W. J. Bulow, of Beresford, has become a law. It provides for recognition by the State

Board of Health, of graduates of regularly conducted Schools of Osteopathy, defines what shall be the course of study and length of time required by such, and includes penalties for violation of the act, as well as for illegally practicing Osteopathy.

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As announced elsewhere the Osteopaths in Tennessee have organized a State branch of the A. A. A. O. In view of the fact that six weeks before there was but two Osteopaths practicing in that state, we consider this good wook. When the harvest of Osteopathic results is gathered for 1899 we shall be very much surprised if the Tennesseans do not stand well towards the head of the list.

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The people of Louisiana are beginning to see a new light. The medical men of Shreveport have begun to advertise Osteopathy by causing the arrest of Drs. W. H. Johnson and Anna Burke, ostensibly for practicing medicine without license. The Osteopaths will fight the case, making a test case of it in that state. We hope that the result will be the opening of another state to the legal practice of the new science.

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ONE Medical Doctor, a few days ago, in a frantic endeavor to stem the tide of popularity which Osteopathy is attaining in his community, publicly said. "It is a

system of rubbing, and with them of robbing." No doubt that is the way our medical brethren understand it. Later on in his harangue he said in effect that this *new* system of Osteopathy had been practiced by his profession for five thousand years. No doubt it has, *as they understand it.*

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DR. A. T. STILL, who has been at Millard, near Kirksville, for the past month, at work upon his "Philosophy of Osteopathy," was severely injured there by falling upon the ice. Dr. Chas. Still was summoned at once, and succeeded in getting his father out of danger. The "Old Doctor" is now doing nicely and will soon be about as usual.

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ANOTHER vindication of the practice of Osteopathy before the people occurred at Galesburg, Ill., March 21. Dr. Frank Chapman, who graduated February 1, from the American School at Kirksville was arrested at the instance of the Illinois State Board of Health and tried "for practicing medicine" without a license from that body. The jury gave Dr. Chapman a verdict of not guilty. The POPULAR OSTEOPATH congratulates Dr. Chapman and the people of Galesburg.

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IN Kansas the medical bill was defeated by a large majority.

IN an address before the American Bar Association Hon. Joseph Choate stated a truth which will bear repetition. Mr. Choate it will be remembered was for many years the acknowledged leader of the New York bar, and was recently appointed by President McKinley, Ambassador to the court of St. James, the most distinguished diplomatic position within the gift of the country. He said: "We love the law because, among all the learned professions, it is the only one that involves the study and the pursuit of a careful and exact science. Theology was once considered an immutable science, but how it has changed from age to age! And then as to medicine? How its theories succeed each other in rapid revolution, so that what were good methods and healing doses and saving prescriptions a generation ago are now condemned, and all the past is adjudged to be empirical." Mr. Choate simply incidentally stated a well known fact. Had he cared to enter the realm of prophecy he might have said that a generation hence the "doses" and "prescriptions" of today will meet a like fate.

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Tennesseans Organize.

Through the active interest displayed by the pioneer Osteopaths of Tennessee, Drs. J. R. and E. H. Shackelford, representa-

tives of each firm in the state met in their office at Nashville on March 11 for the purpose of organizing a state branch of the A. A. A. O.

A constitution in harmony with the National Association was adopted and the following officers elected:

President, J. R. Shackelford, Nashville.

1st Vice President, W. H. Wilderson, Memphis.

2nd Vice President, Elizabeth Yowell, Chattanooga.

Secretary, A. L. Evans, Chattanooga.

Ass't. Secretary, Chas. Owens, Chattanooga.

Treasurer, B. A. Swett, Martin.

Trustees in addition to President and Secretary, E. H. Shackelford, Nashville, Mrs. Chas. Owens, Chattanooga, O. Y. Yowell Chattanooga.

It was decided to ask the legislature, now in session, for legal recognition, and after discussing and deciding upon a plan of campaign the Association adjourned meet at such time and place as the Board of Trustees may designate.

Those in attendance reported good work being done in their respective fields of labor and prospects bright for the future. They all feel under obligations to Dr. and Mrs. J. R. Shackelford for the good time enjoyed and the courteous and hospitable manner in which they were entertained. It was a fact very much regretted

by all that Dr. E. H. Shackelford was ill and unable to attend the meeting.

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History Repeats Itself.

It is a well known fact that any great advance, in the field of medical thought as elsewhere, must undergo, as it were, baptism by fire. This is no doubt well, in order that the truth may be well tested before being given to the creditors. Yet it is none the less painful to see how often human cupidity is the animus from which springs the tremendous effort made to proclaim the true false. How many times has truth, crushed to earth, risen again! It is our mother common knowledge that Wm. Harvey, the discoverer of the circulation of the blood, had to face cruel opposition and to suffer the loss of practice and friends on account of his theory. He was looked upon as insane. His first published account, "Concerning the motions of the Heart and Blood," was suppressed by the censors in his own country, England, and was printed in Frankfort, Germany, in 1628.

"So much care and circumspection in search for truth, so much modesty and firmness in its demonstrations, so much clearness and method in the development of his ideas," says Renouard, "should have prepossessed every one in favor of the theory of Harvey, but, on the contrary, it caused a general stupefaction in

the medical world, and gave rise to great opposition." (Park, History of Medicine.)

Sometimes the importance of a truth is not recognized. The world passes by, without notice, some of the greatest contributions to her store of knowledge. When Avenburgger invented the method of physical diagnosis known as percussion it was unnoticed until after his death. His pamphlet upon the subject, without purchasers then, is now said to be worth its weight in gold. Percussion is now recognized by all as one of the most valuable means of diagnosis.

Ling, the originator of Swedish movements, could tell a story of persecution. It is stated that when the method began to show good results in the cure of disease, the Swedish physicians did their utmost to prevent its spreading. By division and active measures against it, they sought to prevent its influence.

We could hardly expect the fate of Osteopathy to be otherwise. What they said of Harvey they have said of Still: "He is a lunatic." When the system showed itself true to nature they cried, "false." When it cured the sick, these saviors of men's lives, for money's sake persecuted the practitioners of the new system. Osteopathy is bad for the medical man's business, but as long as it restores the sick to health the public will allow that gentleman to look for other employment.