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—THE— American School of Osteopathy

KIRKSVILLE, MISSOURI.

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JOURNAL OF OSTEOPATHY

DEVOTED TO THE ADVANCEMENT OF THE SCIENCE OF OSTEOPATHY

PUBLISHED MONTHLY BY THE AMERICAN SCHOOL OF OSTEOPATHY.....

KIRKSVILLE, MO.

A. T. STILL, M.D.

\$1.00 A YEAR.

DEFINITION.

Os-tě-ōp'-a-thỹ, s. [Gr. *ὀστέον* (*osteon*)=a bone, and *πάθος* (*pathos*)=suffering.]

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

Historical: Osteopathy was discovered by Dr. A. T. Still, of Baldwin, Kan., 1874. Dr. Still reasoned that "a natural flow of blood—health; and disease is the effect of local or general disturbance of blood—that to excite the nerves causes muscles to contract and compress venous flow of blood to the heart; and the bones could be used as levers to relieve pressure on nerves, veins and arteries." (*A. T. Still*)

Technical: Osteopathy is that science which consists of such exact, exhaustive, and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which nature under the scientific treatment peculiar to osteopathic practice, apart from all ordinary methods of extraneous, artificial, or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength.

Os-tě-ō-pāth, s. The same as **OSTEOPATHIST** (q. v.).

Os-tě-ō-pāth-ic, a. Of or belonging to osteopathy; as, *osteopathic* treatment.

Os-tě-ō-pāth-ic-āl-ly, adv. In an osteopathic manner; according to the rules and principles of osteopathy.

Os-tě-ōp'-a-thist, s. One who believes or practices in osteopathy; an osteopath.

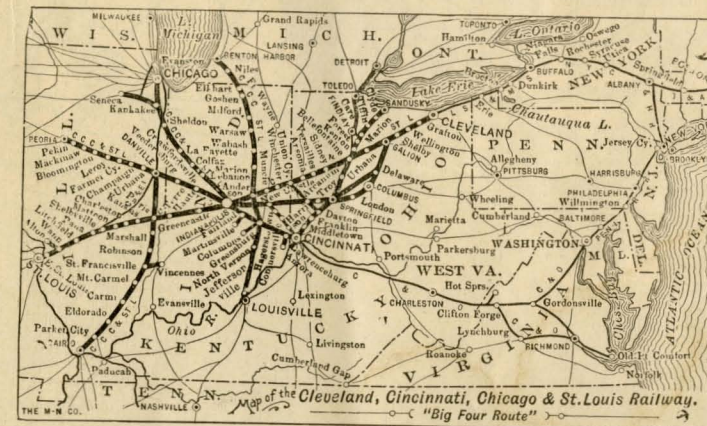
Dip'-lō-māte in Osteopathy. The technical and official designation of a graduate and practitioner in osteopathy, the formal title of such graduate or practitioner being **D. O.**—*Diplomate or Doctor in Osteopathy.*

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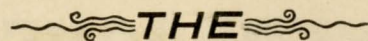
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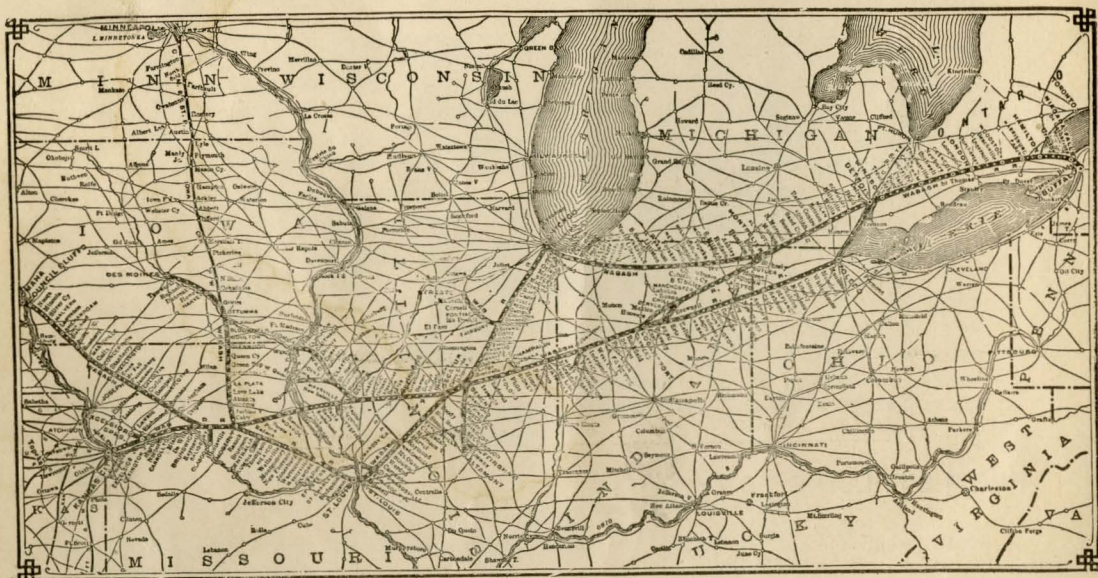
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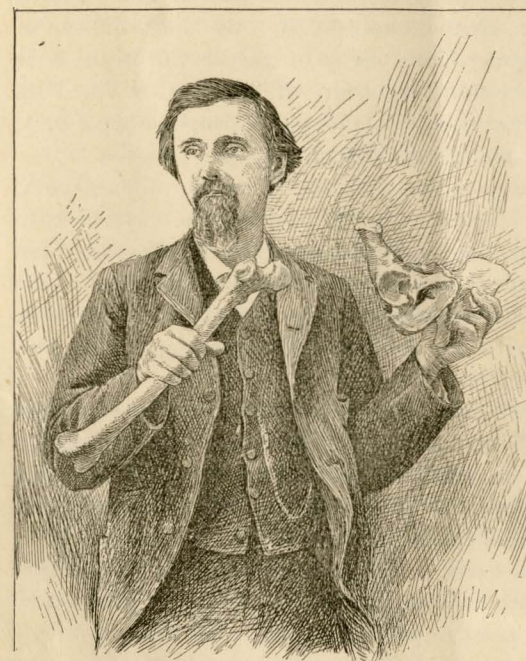
VOL. IV.

KIRKSVILLE, MISSOURI, NOVEMBER, 1897.

No. 6.

DR. A. T. STILL'S DEPARTMENT.

THE JOURNAL was called for long before a line was written for its pages. Multitudes of patients who had been cured by Osteopathy insisted that a paper be published by me, that the people might know something of this science. I felt timid to begin the duties that naturally belong to a person who



would embark as a writer of truths and principles that were so little known to the world. I felt I could not do justice to the pen nor the subject. First, because my life had never been that of a writer, therefore I felt my productions would meet with ridicule by the formal reader. But when in mind I set at naught that hinderance, I saw a greater trouble: that was, to describe the engine of animal life graphically, which would require a person of great anatomical knowledge. I knew but little of how they could work, and could learn nothing by council. I stood before anxious men and women who wanted me to write the hows and truths of life. I felt I was badly alone with no one to tell my troubles

to. I went to those whom I thought should be of assistance, but their minds had received no ray of light that was able to penetrate, to any degree of depth, the subject of human life, as is seen in the union of mind and matter. I saw at once that the laws which govern this being were hidden at the very centre of the great mountains of mystery. To obtain a knowledge of the contents of that inner mountain, the pick and shovel, and the explosive power of the dynamite of reason had to be freely used, and the contents analyzed and separated by a qualitative and quantitative analysis. Those metals that were to

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stand the crucial tests of all acids should and must be obtained, labeled and set aside as suitable material with which to construct the foundation of human life.

By this time I learned in my investigations that I could not pass before the public as a worthy journalist and supply my readers with clippings and immemorial quotations. The human mind had arrived to this, the eminence on which truth, with the fact, would be demanded. Without further apology I will say to the readers of *The JOURNAL*, such as I have, freely give I unto you; and that which appears to meet with your reason as truth, make such use of as you think best.

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FROM the day of Moses until the present time, by habit and education, we have been taught to believe and depend upon drugs as the only known method of obtaining relief from pain, sickness and death. By habit and use of drugs in sickness through so many generations, we as a people think there is no remedy outside of them, and as the mind has been so unalterably fixed on that thought for so many years during all ages of the past, people have felt it a duty if not a necessity to be governed by established customs.

We feel when our friends are sick, we must do something to relieve them. If household remedies fail we then call in the doctor and turn the case over to him and he will call counsel when he feels he cannot manage the disease, then if the patient dies, the family and friends are satisfied that all had been done for the sufferer that was possible. Every known remedy and skill had been exhausted and we must be content with the results. Though death has prevailed, we feel that we have done our duty.

I wish to say to the graduates who are about to go out in the world, when I entered this contest I took as my foundation to build upon, that the whole universe with its worlds, men, women, fishes, fowls and beasts, with all their forms and principles of life, were formulated by the mind of an unerring Deity, and that He placed all the principles of motion and life, with all remedies to be used in sickness inside of the human body. He had placed them somewhere in the structure if he knew how, or he had left his machinery of life at the very point where skill should execute its most important work.

Now I have given you some reasons why I believed I was warranted and it was my duty to proceed cautiously to test nature's skill as a doctor. The how to do was the all-absorbing question of my mind. I finally concluded that I would do like unto a carpenter when he knows he has the elements to contend with, and desires to cover an old house with new shingles. He knows if he takes the shingles all off at once, he exposes all that is in the house to rain, hail or what may be in the elements. A wise carpenter would take off a few at a time, and cover with new shingles what he had exposed before he would proceed farther. I knew it would not do to take the shingles of hope (drugs) off of the afflicted all at once. I felt it would be a calamitous move to so act, with my limited knowledge of cause and effect. I was called to treat a case of flux

and being a physician, and familiar with the remedies for such disease, questions like this arose, "What is nature's remedy?" "Has it a drug store?" "Does it use sedatives for flux?" "Does it use sweating powders such as Dovers, etc.?" "Does it use astringents?" "Does it require alcohol in any form in prostration?" and if it does, "what does it use it for, and why does one die with flux, and another get well, after having used the same remedies?" "Would our dead patient have lived had we kept our drugs out of him?" "Did the convalescent patient have the power to resist both disease and drugs?" You may answer these questions, I cannot. One is dead, the other alive, and that is all I know about it; and my brother councilman expresses the same feeling, and says, "I do not know."

When all remedies seemed to fail in my first case of flux, I felt I had done my duty and no censure would follow in case of death. Myself and council had agreed that this case was bound to die. Without any instructions or text book to be governed by, I concluded to take one shingle off from the spinal cord, and see if I could not put a new one on that would do better. To my great surprise I found the flux stopped at once. That shingle contained all the opium, whisky, and quinine that nature required to cure flux. That shingle took the pain out, the fever off and stopped the bloody discharge from the bowels, and my confidence in drugs was badly shaken. I soon had opportunities to treat many more cases of flux, all of whom recovered without the use of drugs as recommended by our standard authorities, which has convinced me that nature's laws are trustworthy when thoroughly understood. By investigation I was led to a better understanding of the cause of flux. That flux was an effect, which could be traced to a cause in the spinal cord or other nerves, and the remedy should be addressed to cause and not to effect. I felt proud to be able to say to the people when I threw all the known remedies for flux out of the window, "I can now give you a reliable and demonstrative substitute that I found on a prescription which was written by the hand of the Infinite."

I kept up this method of removing old, and putting on new shingles until the house was entirely covered. I have written this bit of history for the express purpose of warning you, students of Osteopathy, against the danger of breaking down when you have difficult cases, and calling in the supposed aid of drugs, because you do not know what set of nerves are disturbed, and you are made to assert that what you have said about the power of nature to cure is false, or, you do not understand your business. If you will allow yourself to think for a few minutes, who of the Osteopaths out in the field are trying to treat Osteopathically, and yet have a drug doctor running around with them, you will find such persons to be feeble in Osteopathic power, with less than one year in school previous to the time of offering their services to the people. You are very apt to find on their card "such and such M. D's. in our office," with a great long apology for ignorance and say they do thus and so to please the people. Every drug that is tolerated by an Osteopath in disease will shake the confidence of your most intelligent patients, and cause them to always take

your word, skill, and ability at a great discount. I would advise you to bathe your heads long and often in the rivers of divine confidence, and pray God to take care of you with other weak minded people who pretend to know that which they have not studied.

Much more could be written on this line, but I think I have said enough to warn you against being a kite-tail to any system of drugs which is your most deadly enemy. A doctor will use you for what money he can get out of you only. Osteopathy is now legalized in four states, and you do not have to compromise your profession or dignity by associating with anything. Your opportunities from the American School of Osteopathy to master the science have been good, your foundation is solid, and I want you to come back with heads up, and on your return, I want you to say, "I have transacted my business as the institution teaches, without the aid or assistance of drugs, and I have proven that the laws of the Infinite are all sufficient when properly administered.

* * *

THE exact time when man's foot appeared upon the face of the earth no record shows. A knowledge of his advent might be profitable. The unwritten history of the human races with the genius or lack of genius might be to us the open book of knowledge, as it is not supposable that the mind of man has just become observingly active in the last few centuries; while absolute evidence of a purer and deeper reason than we have been able to control, stands recorded on the faces of many valuable "lost arts" which we have never been able to equal. It is but reasonable to suppose that the mind that constructed man was fully competent to undertake and complete the being to suit the purpose for which he was designed, giving him physical perfection in every limb, organ, or part of his body; and at the same time gave him all the mental powers needed for all purposes during the life of his race. And with that perfection in the physical, it is supposable he approached very nearly to intellectual perfection. Now a question arises: When did man begin to degenerate physically and mentally? Let us reason on this line. The stock raiser carefully preserves the best developed and most healthy of his herds for breeding purposes, that their offspring may suit the purpose for which he wishes them, and as a result he raises stock from the poultry house up, with marked improvement in form, strength and usefulness. Should he be foolish enough to kill off all healthy and well developed males as they appeared in his herds of cattle, horses and other stock for one or two centuries and keep the crippled, deformed and maimed for breeding purposes, would anyone with average intelligence say or think for a moment that such stock improved his herds? On this line we will look at the procedure of all nations. Has it not been to select the strong and healthy men, drive them out on the field of battle, destroy a million or more of the strongest, as the records of the war of the sixties

show today? Since that war closed the fathers of our children had to be the crippled, worn-out and degenerated physical wrecks. Such men are the fathers of all children born during the last thirty years. Every healthy young lady who has married and become the mother of one or more children since sixty-five, had to, and did select her husband from a war or hereditary wreck. From that degenerated stock of human beings our reform schools and asylums are filled. And the beams of the gallows are pulled down by these mental dwarfs. Run this train of reasoning back for a few thousand years, this degenerating force bearing upon the offspring, is it any wonder we have the lame, blind and foolish all over the country?

Now if we have been mentally degenerating, killing our best men back for a thousand years and still have a few who are fairly good reasoners, what was mental power then compared with now? They could think from native ability, we only through acquired ability by our methods of education. Should an original thinker appear occasionally from the crippled and maimed, he will have much to contend with that is not pleasant, unless he is generous enough to credit the cause to an effect produced by the lack of mental and physical forces in the sires just described.

Men and women who are able to reason, cannot afford to wear out their forces by spending time in tiresome discussions with the blank masses, who are very fortunate to have intelligence enough only to make a living under the methods that require the least mental action.

It would not be gentlemanly nor ladylike to allow a feeling of combativeness to arise, and spend your forces with such persons. Pre-natal causes have dropped them where they are, and a philosopher knows he must submit to the conditions, and is sorrowful in place of vengeful and vindictive. And all that is left for him to do is to trim his lamps and let the lights defend themselves.

On this line we have much to think of. Anciently they did think: great minds existed then, as evidenced by the architecture displayed in constructing temples and pyramids. As in philosophy, chemistry and mathematics—they stand today as living facts of their intelligence. In some ways we equal and even surpass them. Before the establishment of religious and political governments, national and tribal creeds, to sustain which the powerful minds and bodies by thousands and millions have been slain, and their wise councils prohibited by death. Reason says, under the circumstances, we must kindly make and do the best we can in our day and time.

No doubt their religion was far superior to ours before they began to fight over their Gods and governments.

Some evidence crops out now and then that their methods of healing were natural and wisely applied, and crowned with good results. As far as history speaks of the ancient healing arts, they were logical, philosophical, good in results and harmless. It is true enough that we have great systems of chemistry that are useful in the mechanical arts, but very limited in their uses in the

healing arts. In fact a very great per cent. of the gray haired philosophers of all medical schools unhesitatingly assert that the world would be much better off without them. These conclusions are sent forth by competent and honest investigators who have tested all methods and medicines, and observed carefully the results from a quarter to a half century, and say, let us call it a "trade," as the use of drugs is not a science.

The author will now say, the health hunter, in the majority of cases when he administers his drugs, gives one dose for health and nine for the shining dollar.

As it becomes necessary to throw off oppressive governments, it becomes just as essential to do away with useless customs, without which no substitute has ever been received.

Allopathy, a school of medicine known and fostered by all nations, drove on with its exploring teams, gave up the search, went into camp and builded temples to that God who purged, puked, perspired, opiated, drank whisky and other stimulants, destroyed its thousands, ruined nations, established whisky saloons, opium dens, insane asylums, naked mothers and hungry babies. He still cries aloud and says: "Come unto me and I will give you rest—I have opium, morphine and whisky by the barrel. I am the God of all healing knowledge, and want to be so recognized by all legislative bodies." "I do not wish to be annoyed by Eclecticism, Homeopathy, Christian science, Massage, Swedish movements, nor Osteopathy." "I hate Osteopathy more than all the rest combined, it scratches me and all my disciples; I cannot destroy it. It uses neither opium, morphine, nor whisky, and it is impossible to catch it asleep. It has scratched our power out of four states during the last twelve months, and no telling where it will put its paws next time. We must prepare for more war; I have heard from my scouts that on its flag the inscription reads thus: 'No quarters for Allopathy in particular, and none at all for any school of medicine farther than surgery, and war to the hilt on three-fourths of that as practiced in the present day. The use of the knife in everything and for everything must be stopped, not by statute law, but through a higher education of the masses, which will give them more confidence in nature's ability to heal.' "

ANDREW T. STILL.



THE PHYSIOLOGY AND THE PHILOSOPHY OF THE BRAIN.

MASON W. PRESSLY.

THE effort of this discussion will be to reach the element of mind through the molecular motions of physiological matter. What is the relation of the brain to the mind, of physiology to psychology? This is intensely practical to the Osteopath; inasmuch as the brain is the superintendent of all physiological activities, and the mind is a factor in pathological conditions.

If we were to dissect any part of the body under the microscope, we would find it filled with silvery thread of various size, ranging in thickness from one-fifteen-hundredth to one twelve-thousandth of an inch in diameter. If now we were to carefully trace one of these fibres from its outer terminus under the skin, we would find that it entered the spinal cord, and, through relay ganglia, where its impulse may be modified, it will finally enter the brain.

When any part of the body is touched or affected in any manner, certain nerves immediately transmit the impression to the brain. There are two kinds of fibres: the afferent, or those passing toward the nerve centres, and the efferent, or those passing from the nerve centres. The former are sensory, and the latter are motor. If the sensory nerves were destroyed, all impressions would cease to be given. One could see nothing, hear nothing, feel nothing. The external world would be shut out. The efferent nerves control all motion. If the efferent nerves were destroyed, one would be incapable of all motion. The outer extremity of the sensory nerves is divided into the minutest network. It is impossible to puncture the skin, even with the finest needle, without touching the expanded axis of some nerve fibre. Tracing a sensory nerve inward from the periphery, we find it entering a cell in the spinal cord. The moment the nervous force set into operation by a sensation touches the cell, it is magnified or intensified, and is thus able to perform the work of stimulating more properly the efferent nerve with which it comes in contact. From this same cell there runs an efferent nerve back to the muscles, by which motion is produced in the muscles.

We, therefore, have three things: the nerve carrying the sensation to the cell; the nerve of motion running from the cell to the muscles, and the cell itself. Now, let us illustrate the action of this threefold mechanism. For example, I touch my finger to the sharp point of a needle or to some heated surface. By that action, a stimulus is given to the afferent nerve running to the cell. Here the stimulus, intensified by the cell, now stimulates in its turn the nerve running to the muscles, causing them to contract, and as a result my hand is withdrawn. This is called automatic, or reflex, action; for the reason that my will is not called into operation; that act is performed before I am aware of it. The act is to be explained by the spontaneous action and reaction of the nerves and the cells.

Now, if we bear in mind that the original cause of motion is the stimulus given to the efferent nerve, we are prepared to understand how voluntary action, as well as involuntary, is produced. Suppose the efferent nerve should be stimulated by means from within, along the line of some nerve running down from the brain, motion again would result; and thus we see how it is possible for the will to operate upon the body. It may be further noted that when we will to move an arm, the force of movement is certainly many thousand times greater than the force of stimulation could possibly be; and yet if we remember that in the muscles themselves there resides a vast amount of potential, tonic energy, and suppose that the effect of the stimulus is simply to liberate that energy, we can account for the vast disproportion between the energy given off as the result of a certain stimulus, and the intrinsic energy of the stimulus itself.

An illustration of this may be found in the steam-engine. As it stands there at the station ready for the journey, within its boiler there resides a vast amount of potential energy—an energy which if called out is able to move the train of a score of cars, each loaded with many tons of freight. But when the throttle is opened and motion is communicated to the machinery, the force that is now put into operation is vastly out of proportion to the force exercised by the engineer in opening the throttle; but as the opening of the throttle simply served to liberate the energy resident in the boiler, so does the stimulus given to the motor nerves serve to release the energy resident in the muscles. A point here to be noted is that the very small initial force required for the change is just as impossible to conceive without adequate cause as the whole force itself would be.

We come now to the cell. Two purposes are served by the cell. First, they unite the nerves at their inner termination. Secondly, they serve the purpose of magnifying the impressions given by the nerves. Suppose that I should touch very lightly a piece of velvet, or the down of a feather, the impression would be very slight; I could not feel it, perhaps, if the sensation were not magnified in some way. Now this function is performed by the cell. These cells range from one-three-hundredth to one-three-thousandth of an inch in diameter. These cells constitute relaystations between the periphery and the central sensorium, where all sense impressions are recorded. There would be no sensation or feeling of any kind if the nerves did not reach this portion of the brain. For instance, if the spinal cord was severed in the region of a cervical vertebra, there would be no sensation in any of the parts below that point. Reflex action might be produced in the parts below, by stimulation of the proper nerves, but there could be no feeling. The sensorium is the seat of feeling. The cerebrum takes the record made by the senses on the sensorium, and shapes them into ideas. The cerebrum, then, is the seat of thought and ideas, as well as of voluntary motion; but it is dependent largely upon the impressions given in the sensorium. It is almost universally conceded by writers on mental physiology, that the cerebrum is the organ of highest knowledge.

This organ of mind lies immediately within the skull, from which it is separated by three thin membranes. It is terminated below by the cerebellum, and covers the sensorium, with which it is united by numerous nerve fibres. It is composed of two substances—the white and gray matter. The gray matter, convoluted in a remarkable and varied manner, contains about three hundred square inches of surface. Its average thickness is one-tenth of an inch, and it is nearly a compact mass of cells. It is estimated that in the gray substance of a brain of average size, there would be two hundred millions of these cells. Over this mass of gray matter lies a net-work called pia mater, made up almost entirely of blood vessels, which supply every part of it with blood.

Now let us see how vital and mental operations are carried on by the reciprocal working of those three elements—fibres, cells, and blood. We know that galvanic electricity is produced from three substances—zinc, copper, and acid. When a piece of zinc is united with a piece of copper, and both immersed in acid, the result is a battery. Let this illustrate the marvelous battery of the brain, that compounds and controls all the forces and fluids of the body. Let the zinc represent the white fibres, the copper the cells, the acid the blood, and we have what might be called the vital battery of the body, which under the control of an intelligence back of it, is capable of evolving all the thought and things pertaining to the sustenance and maintenance of the body. When the bodily mechanism is anatomically in line in all its parts, this battery of the brain will control all the organs and systems in their normal functions. The quality of this control depends in some measure on the condition of the brain substance itself.

Let the arteries send vitiated blood, and its activity will be impaired, both as the organ of functional control and of thought. If one, for example, be shut up in an illy ventilated and crowded room; in a very short time, every function of the body is affected thereby, and even the mind refuses to act at its best. To inhale for an hour or two the pure air, brings quickened physical functioning and clearer thinking.

The blood that flows to the fibres and cells must be pure, or weakened vitality, followed by lessened mentality, will surely ensue. If the acid in the electric battery be weakened, so that it cannot act as it should on the zinc and copper plates, the electricity produced is but small in quantity. Strengthen the acid so that it can act properly on the plates, and the electric current becomes strong. Vitate the blood that acts on the cells and fibres, and that makes it possible for them to perform their functions, and the entire power of vital functioning as well as of vivid thinking is proportionately weakened. Reverse the process and the effect is also reversed. Normal blood flow, both in quality and quantity, and its effect upon the bodily fibres and fascia, solves the question of health. The brain acts upon this blood flow, and, in turn, is acted upon by it.

We have seen, now, something of the physiology of the brain, and it remains to show how this stands related to the philosophy of mind. Osteopathy

distinctly demands the element of mind. As an examination into the structure of a piano, an inspection of its wires and keys, their action and relation, would help us to understand how music is produced when the keys are touched by the musician, so also does an examination, such as the above, of the brain with its intricate mechanism, let us into the secret of how physiological action, and psychological condition, are brought about when its groups of fibres and cells are brought into action.

But the great problem still remains to be solved, for it is one thing to explain the instrument, it is quite another to point out the musician whose existence is as much a necessity for the production of melody as is the instrument.

We have seen what the result would be if certain keys of the cerebral key-board were touched; but we have not yet accounted for the melody. It is clear that if certain nerves are stimulated, voluntary and involuntary action will follow. It is clear that if certain groups of fibres and cells are stimulated, thought follows. This stimulation may be either of two kinds, one external, acting from without, and the other internal, acting from within. Grant that the cerebral cells are stimulated by external impressions, then I ask, what stimulated them when no external impression was present? Is there something that plays on the fibres and cells of the brain as the musician does on the instrument? It is self-evident that the key on a piano cannot depress itself; and if it needs the finger of the musician to produce from it its tone, so neither can the keys of fibre and cell depress themselves. They also need the finger of an intelligent musician. What you call this invisible musician is a matter of small consequence. It may be called the soul, or the mind, or the ego; but that such an agent is present is beyond question. There is something that moves mysteriously upon the cells and fibres of the brain. But what, now, is this something? This something exercises choice. I ask now the metaphysician, what is the highest attribute of an intelligent being? He answers, choice, the power to move one set of fibres or group of muscles rather than another. This is the power of mind over matter. Just here psychology touches physiology. In the region of Rolando there is not only a motor, but a psycho-motor centre. The entire motor apparatus of man can be set in motion by the psychic force of mind; just as the touch of the engineer's hand upon the throttle valve can set in motion a train of thousands of tons. This psychophysical element in the conditions of the human body is a powerful one, both in health and disease. From the gangliated cord of the sympathetic system, there is a communicating and a distributory series of nerve-branches. By the communicating branches, the sympathetic system is brought into intimate anatomical and physiological relation with the cerebro-spinal system, and a kind of double interchange takes place between them. The distributory branches of nerves in the sympathetic system bring the gangliated cord in contact with the blood-vessels and viscera of the body. The involuntary muscles in the coats of these vessels and in the walls of the viscera are thus bound together, and,

through the sympathetic fibres, brought under the control of the cerebro-spinal axis. There are three main plexuses formed by the sympathetic nerves about the vital organs: one is situated at the base of the heart, to which it gives off branches that wind around that organ and penetrate its muscular substance; another is placed at the upper part of the abdominal cavity, and gives origin to numerous plexiform branches that supply the viscera of the abdomen; the third is in front of the last lumbar vertebra, and supplies the vaso-motor nerves and nerves of the muscular coats and mucous membranes of the various organs in that body.

This will suffice to show the influence of psychological conditions upon physiological functions and pathological conditions. This sympathetic system forms a bond between the sensations, emotions, and ideas which have their physical basis in the molecular condition of the cerebro-spinal centres, and the various organs in the thoracic and abdominal regions, whose condition is so closely related to such psychical states. The effect of certain emotions upon the condition of the circulation, digestion, etc., is a matter of fact. It may be laid down as a law that states of pleasure are connected with an increase, and states of pain with an abatement, of some, or all, of the vital functions. The effect of the affections, the emotions, and passions, upon the vital organs is wonderful; especially the influence exerted through many groups of muscles, from the central organs, upon the vaso-motor system. The effect of shame, fear, anger, or embarrassment, for example, upon the circulation of the blood is a matter of common remark. Some grow pale, and others red, when angry. The great influence of these forms of feeling upon all the action of the capillary vessels, upon the secretions, etc., and upon the respiration to retard, or accelerate, or make it irregular, is of the same order. That care, worry, and anxiety disturb nutrition, that pain and sorrow cause tears to flow, that fear and love and anger act upon the abdominal organs, is a fact of tremendous significance in pathological conditions. The affections may be divided into sthenic and asthenic. Strong emotions or passions of all kind tend to destroy the nervous mechanism. The sthenic kill by apoplexy, the asthenic by laming the heart. Unusual tension or relaxation of certain groups of muscles characterizes all these forms of feeling.

The relation between perception and feeling as a psychological fact is as certain and immediate as any relation can be. What the physiological basis for this connection is we may not know; but there is every reason to suppose that it is, at the same time, direct and reciprocal between the nervous elements and areas of the cerebral centres; as well as indirect, through disturbances produced by perceptions and ideas within the remote bodily organs. A large portion of the strong feelings of admiration for scientific objects, discoveries, laws, and personalities, or of religious fervor, aspiration, devotion, or depression, is reflex; it rests upon the physical basis of effects that are produced in the muscles and vital organs—especially the organs of secretion, respiration, and circulation. The origin and nature of those motions of the body that are

specially expressive of certain ideas and feelings, may be explained upon the physiological principle of the direct alteration of innervation. Strong emotion exercise an immediate reaction on the central parts of motor innervation in such a way that many groups of muscles are lamed at once, and others are excited to tense action followed by exhaustion. Hence the tremblings of limbs and organs of speech, the changes in the blood-vessels and capillaries connected with secretion, the paling of fear, the reddening of anger and shame, the erect hairs under the influence of terror, etc.

This will be sufficient to prove that mind is a tremendous factor in health and disease, that pathology stands as closely to psychology as to physiology. This wide area is open to the Osteopath, and nothing would be so fruitful in golden results as its scientific exploration in the interest of health.

The time is not distant when psychology will be as necessary as anatomy and physiology, to therapeutic equipment. Some advanced medical practitioners are even now demanding of medical colleges a course in scientific psycho-therapeutics. It is already one of the basal positions in the philosophy and practice of Osteopathy. Suggestive therapeutics is an effort towards psychology, but it needs to be put on a sound scientific basis. Such a basis is presented in nature, and the Osteopath, more nearly than any historical or existing school, has found this immovable basis.

VIS MEDICATRIX NATURÆ.

THIS title is an old Latin phrase for the "healing power of nature." It refers to that wondrous, inexplicable function of healing, discovered in the restoration or repair of animals and vegetables, that are wounded or sick. When a tree, for example, is hacked, or bruised, a strange nursing process forthwith begins, by which the wound is healed. A new bark is formed on the edges of the wound, by what method no art of man can trace, the dead matter is thrown off, and a growth inward narrows the breach, 'till finally the two margins meet and the tissues interweave, and not even a scar is left. So in all the flesh wounds of animals, and the fracture of bones.

So too in regard to all diseases not terminating in mortality; they pass a crisis, where the healing function of the body—a function which the body distinctively possesses—triumphs over the poison of the disease and a recovery follows, in which the whole flesh and fibre appear even to be produced anew.

Here then is a healing power, whose working the intelligent Osteopath traces out, and one that, if we look at the causes of disintegration present, appears even to accomplish what is impossible. It is this power of self-repair, of self-recuperation, possessed by the body, that the trained Osteopath uses, and it is wholly independent of artificial help, whether medicinal or electrical.

Regarding the body as a machine—and taken as a merely material organization what is it more?—it is plainly impossible for it to heal, in this manner,

and repair itself, without this especial power. The disordered watch can never run itself into good repair. In inanimate machines, disorder can only propagate and aggravate disorder, 'till they become a wreck.

This is also true in the body. The Osteopath corrects the anatomical disorder, and the physiological functions follow normally under the control of this healing power. This strange healing power is called the *Vis Medicatrix*; as if it were some gentle, feminine nurse, hidden from the sight, whose office it is to expel the poisons, knit the fractures, and heal the wounds of bodies. And as names often settle the profoundest questions, so it appears to be commonly taken for granted here, that the healing accomplished is wrought by a nursing function thus named, as one of the inherent properties of vital substances. The whole question is involved in the profoundest physiological mystery, yet Osteopathy uses it for practical purposes, and it makes all forms of medication unnecessary.

The healing property may be one of the incidents of life, or it may be the working of a divine presiding mind set in closest vicinage to nature, by which the tides of life, as they ebb and flow within the body, are vivified and purified, even as the tides of the ocean are made periodically fluent and confluent by the invisible attraction of the moon.

There is a regeneration of health in nature that is set over against the degeneration of disease. The same force of life that under normal conditions conduces to health, will under abnormal conditions tend to death. Nature has the force of life, and it is a unit. Health and disease, life and death, are two different expressions of the one force of nature. If the anatomical and physiological conditions of the body are normal, then health ensues as the effect of a sufficient cause; but if these conditions are abnormal, then disease results, also, as an effect for which there is a cause. The power of nature is unific, and its results are vivific or morbid just in accordance with the existing conditions. The same sunbeam that will be life to a plant in normal condition, will be death to the plant in abnormal condition. The inevitable tendency of nature in the powers of the body, is toward the healthful equilibrium of all her forces in health, but if that tendency is diverted by unnatural, anatomical and physiological conditions, the disease results as a certain and calculable effect.

This is the philosophy of Osteopathic therapeutics, and its practice consists in detecting and correcting abnormalities of form and function. Osteopathy deals with inducing causes, and this is followed naturally and inevitably by the desired effects, under the law of the *Vis Medicatrix* of nature. But it may be said that if the body is possessed of such powers of self-repair, why should it be necessary for any interference at all by the practitioner? The answer that Osteopathy makes to this is, that we as operators, skilled in the anatomical mechanism and physiological action of the body, not in the line of cause and effect in the body, can set the causes in nature at work, in new combinations otherwise never occurring, and produce, by our action upon nature, results which she, as nature, could never produce by her own internal acting.

DOCTOR SQUINTER.

BY N. J. SCURLOCK.

OLD Doctor Squinter knew the ways
 By which his kind wins cash and praise;
 He took none of his drugs himself,
 So lived to corner fame and pelf.
 His dear diploma, handed out
 As license on the road of doubt,
 Well served him as a legal shield,
 When censure's shafts flew o'er the field.
 Of stoic turn and pompous mien,
 He fattened while each purse grew lean,
 That helped to pay the heavy price
 He put on powders and advice.
 A rank empiric, through and through,
 He ridiculed departures new,
 As cut-and-tries from Galen down
 Have done in quest of cheap renown.
 He was one of that bigot class
 That once swore Harvey was an ass,
 And proved by all the narrow school
 That Jenner was a vulgar fool.
 The oldest methods, oldest drugs,
 When death he harnessed, served for tugs,
 And hard he made the "pale horse" work,
 By aid of his prescription clerk.
 His good luck walked with some around,
 His errors lay safe under ground.
 In his sham battle with man's ills
 He used for bullets countless pills,
 And, let the end be death or cure,
 Of his bills only he was sure.
 By belladonna still he swore,
 And leagued his faith with hellebore;
 The weaker any patient grew,
 The more on strongest drugs he drew;
 In fever he used calomel,
 And if it proved typhoid—ah, well!
 The undertaker was his friend,
 The tombstone dealer would attend.
 At homeopathy he raved,
 And vowed the whole world was depraved,
 When any puny dupe or fool
 Would trust his carcass to that school.
 By dogmatism's vain pose enticed,
 He scoffed the healing done by Christ,
 And claimed the lowly Nazarene
 Ne'er dreamed of cases he had seen,
 And back to former health had led,
 Though death was crouching near the bed.
 So did he practice, rant and boast,
 While patients yielded up the ghost,
 Or dearly paid to live, and learn
 The use of drugs that blight and burn.
 He tried and guessed, and guessed and tried,
 Until the sick got up or died;
 He laughed with good luck, cried with ill—
 But charged for either in his bill.
 So long the use of drugs he knew,
 A monomaniac he grew,
 And just one instance we relate
 To show his pitiable state.
 Old Doctor Squinter always sought
 A chance to air superior thought,
 And one day as he drove along,
 Saw in a field an idle throng—
 The owner "green," the thresher new—
 No fellow there knew what to do.
 The skies were dull with threatened rain,
 The farmer feared 'twould catch his grain;
 But something ailed the new machine,
 Though what it was could not be seen.
 Old Squinter pulled his horse up—"Whoa!
 Say, oil her, boys, and she will go;
 I doctor bodies or machines,
 And know what oil in plenty means!"
 Both oil and power the men turned on,
 The wheels confessed their cunning gone.
 Just then a neighbor reached the scene,
 Who once had run a like machine,
 He looked, and laughed, adjusted then
 Two belts, and called out, "Ready, men!"
 The thresher right began to hum,
 While Squinter only growled, "By gum!
 That Still I hear so much about
 Would say that proves his plan, no doubt,
 But all such argument's too thin—
 The oil has now just got soaked in!"

THE AMERICAN ASSOCIATION.

D. B. MACAULEY.

THE organization of the association was completed during the early summer months of the present year and notwithstanding the very general absence of the executive body of the board of trustees from headquarters during the heated term, it is still possible to report at this date considerable progress made and a vast amount of work to be done in sight.

As an evidence of such progress and accomplished fact, the association can point with gratification to the results achieved so far in its crusade against the "Barber diploma mill" of Kansas City, a so-called "School of Osteopathy." Although the courts have not yet reached this case, the institution in question has been removed from the state of Missouri. The board of trustees has seen a circular purporting to have been issued by Dr. Barber, the responsible head of this alleged school, upon the occasion of its removal, assigning as a cause the hounding and persecution of the American School of Osteopathy. The board desires to call the attention of Dr. Barber and of the public to the fact that the action taken against his institution is the action of The American Association alone and that this association is thoroughly distinct from and independent of the American School of Osteopathy and every other school. It is desirable to state also in most emphatic terms that the association has no intention of persecuting anybody or any school.

As its name indicates, its purpose is the advancement of Osteopathy—the science—by all legitimate and proper means, to the highest plane of benefit and usefulness to humanity. And to further this purpose it is deemed one of the highest duties of the association to use every endeavor to secure to the public the services of duly trained and skilled Osteopaths, and to protect the people from all who would foist upon them men unprepared for the work. So to any school, wherever located, that will conduct its work in accordance with the high professional plane on which Osteopathy is founded, the association bids welcome, proffers its earnest aid and support. But to all schools and individuals who propose to trail the banner of Osteopathy in the dust of quackery and charlatanry, it throws down the gage and will wage clean, honest war to the last legal stronghold.

In the Barber case, the end is not yet.

In addition to the work outlined above, the association has collected evidence of fraud under the Missouri Osteopathic law in one or two cases, which it proposes to push to a conclusion at once in order to secure a good precedent (ial) broom with which to sweep out the state.

So much for the progress made up to date. In looking into the future the board sees much work to be done—legal, legislative and educational. As the constantly increasing number of Diplomates in Osteopathy scatter over the

country, settling here and there in the different states, new complications in opposition are being and will be encountered. Opposition is certain in almost every locality and for some time to come, and this association has a great field for labor in helping to overcome it. There is the opposition of ignorance on the part of the public of the truth and worth of Osteopathy. It must be educated away.

There is in some states the question of the legal disability of Osteopaths to practice. Test cases must be fought and won. And, too, in many states legislative work must be done to secure to Osteopaths the inherent right of every man to labor honestly and uprightly in his own chosen legitimate profession. And the quacks we shall have ever with us! Consequently all legal and legislative work must aim to protect the public and the science from the fakes who will have but small mercy upon either as long as "there is money in it."

And the association must guard against, and, where necessary and possible, discipline defections from our own ranks.

In all this, each individual Osteopath, in his knowledge of his work, scientific attainments, courtesy and dignity, and professional and personal uprightness, will be a most powerful factor, but this Association can and should aid and abet him in many ways.

In pursuance of this idea the board of trustees believes it would be wise for the association to secure the permanent services of a legal representative—some man of high character, influence and ability—and has in preparation a plan to make such a connection, which will shortly be proposed to the association. The board believes that some such preparation for the work in sight is of paramount importance to the cause, and urges upon every member of the association, upon every true Osteopath and upon every friend and wellwisher of Osteopathy that he should give his best efforts towards the accomplishment of so important a step in the great onward march.

CONSTIPATION AND APPENDICITIS.

G. W. TULL, D. O.

THERE is perhaps no physiological derangement more prevalent than constipation, among all classes of people; especially those of sedentary habits, which if not corrected, becomes chronic, and many serious manifestations of disease follow in its train.

The pathological condition of constipation, put briefly and broadly, is inhibited peristalsis of the colon, caused by a derangement of the motor apparatus of the bowel, or, a dormant condition of Auerbach's and Meisner's plexus. This condition may be found sometimes in the ascending, sometimes in the descending portion of the colon. The terminal points of the sensory nerves fail to respond to the stimuli given them by the presence of feces, consequently

the motor nerves remain inactive, unaware of any impression conveyed to them for the sending of an impulse to their end organs, the muscles of the colon. This dull and feeble condition is found in persons who have been in the habit of not responding to the calls of nature to empty the bowel, until the delicate end organs of the sensory nerves become dull and inactive, and respond very feebly, if at all, and hence a very feeble impression is conveyed to the motor nerve, and, a correspondingly feeble impulse and action of the muscles of peristalsis is the result.

It is easy to trace a similar condition to the use of drugs as a cathartic. Drugs inflame the mucous membrane of the intestines, in which the end organ of the sensory nerves lie imbedded, paralyzing their sensitiveness, or practically so, the bowel becomes flaccid and lifeless, and requires a varied and constant stimulant in the way of a cathartic. The above mentioned conditions will readily yield to Osteopathic treatment, by a gentle stimulation of the nerves that compose the solar plexus, or abdominal brain, being careful to see that the colon is in its proper position and relations.

There are two characteristic conditions found in some cases of constipation, namely: the displacement of the hepatic and splenic flexures downward and inward, owing to the loss of tone and flaccid condition of the bowel, mentioned above. If the splenic flexure is displaced downward, the sigmoid flexure will double upon itself more tightly in the iliac fossa, causing paralysis to the nerves in that part of the gut, resulting in impacted feces above it with considerable distention and inflammation of the descending portion of the colon. Hemorrhoids will often result, especially the protruding kind, and the patient will often complain of pain in the left knee, owing to pressure upon the obturator nerve.

Displacement or drooping of the hepatic flexure produces results of a very serious nature, and in the writer's opinion is the cause of the much written about and talked of disease, appendicitis, for which hundreds of men, and women are annually butchered. Any occlusion at the hepatic flexure will cause impacted feces, distention, and inflammation of the colon downward to the caecum, and, as it is a law of physics, that matter under pressure will move in the line of least resistance, it follows that the pressure exerted by the resistance from the occlusion above and the emptying of the contents of the illium into the colon through the ileo-caecal valve, would necessarily force a small part of the contents into the appendix vermiformis, through the opening in the posterior part of the caecum to that diverticulum. Thus can be accounted for the fecal matter and undigested solids found after dissection.

This is constipation and the cause of appendicitis as defined from an Osteopathic standpoint. The thoughts and theory, as to the cause of constipation and appendicitis, formulated in this article, are founded on actual experience. There could be page after page written elaborating the ideas here presented, but with the practical man, brevity, with concise and lucid explanation is the main point to be considered. Neither have I presumed to give the treatment,

as it is assumed that the conditions described will indicate to the Osteopathic practitioner what is necessary to be done

The writer has read all literature on appendicitis he could get hold of, and listened to the opinions of others as to the cause of appendicitis, but after careful investigation, he believes the above to be a rational solution of the problem concerning this much feared, but from an Osteopathic standpoint simple and easily managed disease.

RALSTONISM NEAR OSTEOPATHY.

A. L. CONGER

THE book of general membership of the Ralston Health Club, of Washington, D. C., gives a very good knowledge and idea of the objects of that club organization whose membership it is claimed is made up of over 12,000,000. Much of it is commendable and worthy and comes quite close to Osteopathy. In fact one may believe that every Ralstonite is or should be, an Osteopath, as the Ralstonian travels along the same scientific road as the Osteopath in many respects, except that the Osteopath goes deeper into the science of health than the Ralstonite. For instance, in its rules laid down for its general membership, the Ralston book says in rule seven:

We would warn our members against using patent medicines or taking into the system any drugs, except when prescribed by a local physician of well established reputation, and then only in critical cases. The leading physicians of Europe and America concur in this doctrine.

Again it says in rule eight:

We would teach the great fact that nature tends to heal all diseases as soon as the irritating cause is removed.

Osteopathy says that the "Natural flow of blood is health," and "disease, the effect of general or local disturbance of blood." Osteopathy proceeds at once to find the "irritating cause," and then its doctor proceeds to remove the "irritating cause," and nature aided by Osteopathy does the rest.

Rule seven is an admission within itself that Osteopathy is right in saying that no drugs at any time should be taken into the human system, no matter whether prescribed by a local or any other physician. There is no such thing as drawing the line in critical cases. The more critical the case, the greater the danger to the patient from the use of drugs; and when the leading physicians of Europe and America pronounce against the use of drugs we should leave them out.

In Europe one of the latest fads among the scientific writers of London was to emphasize the progress made in science during the present Queen's reign—the past sixty years. Dr. Malcolm Morris, F. R. C. S., in an able article in the Nineteenth Century, on the progress of medicine during the Queen's reign, says: "It is no idle boast but the civil unvarnished truth

that medicine, in which term I include the whole art of healing and of the laws upon which this practice is based, has made greater progress during the past sixty years, than it had done for the previous sixty centuries. After making this sweeping declaration the eminent and distinguished doctor then devotes the balance of a four column article to telling the people how to do without drugs, and as to drugs says: "We are far now from the blue pill and black draught which with the lancet, were the chief weapons in the therapeutic arsenal of the practitioner, who bled and purged and physicked her majesty's lieges in 1837." Sir William Cull is reported to have said: "One thing I am thankful Jenner and I have succeeded in doing. We have disabused the public of the belief that doctoring consists of drenching them with nauseous drugs."

So Europe is keeping pace with America on the question of abandoning the use of poisonous drugs. In fact the drug theory must go. It has made no advancement in centuries past. Modern civilization has pronounced against it both at home among our own ablest physicians, and among those abroad wherever civilization takes high rank among the nations of the earth.

To take the place of drugs, God has given to the world the great discovery of Dr. Still, Osteopathy, in which it is found that God himself has provided his own drug store in every human being created. All the drugs needed in the human system, for any and all diseases, are placed in the system by the Great Creator himself. How simple. How natural. The doctor in Osteopathy, being the best anatomist the world can produce, is the chemist who knows best how to apply nature's drugs, and there is no longer any need for the turning of poisonous drugs into the human system.

The new science of Osteopathy, the art of healing and curing all diseases without drugs, is destined to become the popular art in healing among all mankind.

DR. ALOIS FENYKOVY communicates to a Vienna medical journal an account of some observations made on the treatment of intermittent fever by means of friction of the back along the spine. Many years ago, as stated in the Lancet, while at Nisch with his regiment, there occurred so many cases of intermittent fever that the stock of quinine was becoming exhausted, and, in order that the patients might not be entirely without some sort of treatment it was ordered that they should be rubbed twice a day along the spine with simple ointment. The day after this order had been given, it appeared that the usual attack had not come on. Accordingly, since that time Dr. Fenykovy has very frequently employed this treatment and usually with marked success. Indeed, he says, that three-fourths of his cases have done very well without any quinine at all.—Scientific American.

OSTEOPATHY IN RELATION TO GYMNASTICS.

BY E. W. GOETZ.

IN the treatment of disease by Osteopathy, there is no greater factor to be observed, to attain an equilibrium of health, than that of judicious, moderate, and equally balanced exercise.

Under this head we may consider, as a beneficial element, every form of pleasurable pastime that in any way brings into action the muscles, bones and ligaments of the entire body; and these "pastimes" may be classed as follows: Bicycle riding, baseball, tennis, football, walking, running, jumping, horse-back riding, rowing, swimming, etc. Certain rules, however, should in any of the above named diversions, be observed, that one or the other may not be overdone. Though Osteopathy approves any of the above "pastimes" as beneficial, yet, any one of them is only so in conjunction with a certain line of other exercises capable of producing an equal distribution of forces that will keep every part of the physical body proportionately developed.

Osteopathy and gymnastics are so closely allied, one with the other, that too much emphasis cannot be laid upon the importance of observing a thorough training in gymnastics; of course so regulated as the strength and condition of the patient will permit.

As Osteopathy has for its fundamental principles, anatomy and physiology, and also recognizes the importance of dietetics, it might further suggest certain exercises as an essential agent to produce a normal condition; for it is only by a normal condition of the entire human system that perfect health will prevail.

Osteopathy assists nature to bring about an equilibrium of the forces in the body, which means health; gymnastics may assist Osteopathy in producing this result.

For instance, as is often the case in so many disorders resulting from a contracted condition of the muscles, the Osteopathic treatment with certain; well directed exercises, will cause the relaxation of such muscles, thereby removing a possible pressure on certain nerves which may be the direct cause of the disorder.

There can be no doubt that carefully regulated gymnastics are important, together with Osteopathy, in the treatment of ricketty children.

It must, however, be understood that whatever form of exercise is indulged in, should be under the direction of an Osteopath, who by his thorough knowledge of anatomy, is capable of directing and regulating a suitable line of movements to attain the best results.

Gymnastics, as is Osteopathy, are prophylactic in their effect, and by regular indulgence in the former, or a timely consultation of the latter, many ills may be prevented.

We may here refer to statistics as recorded by Amherst college to prove the above statement: "While the average amount of time lost on account of sickness by each laborer in Europe is found to be 19 or 20 days each year, the returns of Amherst college sicklist for term time give 2.64 days, as an annual average of time lost to every student." The direct result of gymnastics.

Osteopathy advises such exercises as will bring into action all muscles and parts of the body that are weak and undeveloped; for by strengthening these, they require a greater blood supply to nourish them; more blood means more oxygen, and a greater volume of oxygen breathed into the lungs, means an increase of red blood corpuscles and hence an increase of the phagocyte, which is the body guard against disease; and a large army of this last element produces a healthy condition of the blood. Here is demonstrated a point in metabolism that is constantly going on in the human body. If the repair, brought about by a perfect and healthful blood supply, exceeds the waste of the tissues, then growth takes place, whereas a reverse condition means decay, sickness and finally death.

The changes which occur in the composition of blood during its circulation are believed to take place in the tissues, and particularly in the muscles. The oxygen carried by the corpuscles of the blood in the form of oxyhæmoglobin is given up to the tissues and is apparently seized upon by the protoplasm of the tissues built up into its molecule, and thus assists in the process of anabolism; this in turn produces heat, strength and active circulation, and prevents a superfluous accumulation of adipose tissue, which is in itself an unhealthy and unnatural condition.

The life of muscle depends upon activity; so, therefore, is it not reasonable to believe that physical training is an important factor in creating and maintaining an equilibrium of health?

Deformity is partly due to the atrophied condition of muscles improperly nourished. Osteopathy, by its method of treatment, corrects such deformity by strengthening the muscles directly concerned; physical training is a help to Osteopathy to develop such muscles by special exercises.

The value of physical development may be further demonstrated as employed in the respiratory system of the body.

Respiration is a muscular act; the effect of the action of the inspiratory muscles being an increase in the size of the chest cavity, (a) in the vertical and (b) in the lateral and antero-posterior diameters.

The muscles of the thorax engaged in ordinary inspiration are the diaphragm, external and internal intercostals, levatores costorum and the serratus posticus superior; these tend to make respiration easier, causing full expansion of the chest walls. Persons who find it impossible to expand the chest not to exceed one inch, can by proper exercises and Osteopathic treatment increase this to two and even three inches. To speak of the expansion of the chest is to speak also of the expansion of the lungs.

In complete respiration, might also be added, to the muscles already

named and the triangularis sterni, serratus posticus inferior, and quadratus lumborum.

As the corpuscles of the blood exercise some power in promoting the decomposition of the substance with which the carbon-dioxide is combined in the plasma, may we not reason that a fully developed pair of lungs, by virtue of their increased capacity, would be better prepared to help increase that element of the blood?

Excretions from the body, aided by exercise through the lungs and the sweat glands, discharged through the skin, are two of the many processes of excretion that are constantly going on in the body; and while the excreta from certain organs pouring their secretions into the alimentary canal are in part reabsorbed before the alimentary canal is traversed, and while they may, for practical purposes, be regarded as never having left the body, yet through muscular activity, the excretory products of the lungs and skin which are of paramount importance, are expelled from the body. Here may be emphasized the importance of properly using the lungs; and, hence, breathing exercises should be regularly and persistently followed, that every one of the six hundred million air cells may be brought into use. This means full and perfect oxidation of the blood, which promotes the growth of the tissues.

Other excreta are, in a measure, dependent upon the strength of involuntary muscles for their expulsion through the alimentary canal, kidneys, etc.; and these muscles are directly developed by the anabolic power of the blood.

The Osteopath advises a mild form of exercise that will be sufficient only to develop by degrees the weaker parts of the body and to give such parts special and prolonged exercise in order to bring them up to the proportionate strength of the other parts.

The simplest exercises are in many cases the most effectual, especially in such cases as are a resultant consequence of indifference to physical training, and a few of them, descriptively given, might illustrate how a mild form of exercise regularly taken will produce the desired effect. For instance: Moving the arms from a position at a right angle to the body, outward, drawing them downward, with the slight resistance of an elastic exerciser, brings into play the pectoralis major and minor, latissimus dorsi, biceps and flexor carpi radialis. Arms moved from the same position to horizontally forward, draws on the same muscles, as in the preceding movement, in addition to the deltoid.

A movement from the same position upward, brings into action the trapezius, supra and infra-spinatus, and serratus magnus.

Bending the trunk forward with arms extended, exercises the rectus abdominis, internal and external oblique, psoas magnus, and parvus, and the pectorals, and so, there are many other exercises with the same apparatus, that develops the back, chest, legs, arms, neck and all the muscles of the thorax.

It can be seen by the above illustrations, how naturally gymnastics may aid in the development of the human body under Osteopathic ideas and how such exercises may become a powerful aid to Osteopathic treatment.

SOME OSTEOPATHIC RESULTS.

THE Journal has had much to say in former issues about the science and school of Osteopathy, and of the work accomplished by graduates of the school who are practicing, but very little has been published regarding the work of the A. T. Still Infirmary. This Infirmary is the original institution, founded by Dr. A. T. Still, the discoverer, who personally superintends the management of its affairs.

Since the formal opening of the A. T. Still Infirmary at Kirksville, Mo., in January, 1895, a little over two hundred thousand treatments have been given to more than 11,000 people. These people came from every state in the union and from several foreign countries. The ailments for which they were treated make up the whole category of human disorders. As a rule the patients were people who had tried everything else they could hear of before coming to Osteopathy. Many of the troubles had been pronounced absolutely hopeless. Yet more than forty per cent. of these people have been restored to fairly good health, and thousands who were resigned to a life of suffering have found great relief, cripples have been placed again upon their feet, and much good has been accomplished, both for the science and for humanity.

To give the reader an idea of the character of the work and the class of people who visit this institution, the following interviews with patients now at the Infirmary in Kirksville are given. These interviews, it must be remembered, were given by people who are now taking treatment, who were met by the writer at the Infirmary. It is not the purpose of this article to present cures alone, but to give the reader an idea of what the patients think of the science and of the institution. Some of them have been cured, others only benefited, but each interview contains the opinion of the patient regarding the work being accomplished here. Then the personnel of the patients—the prominence and standing of the people who patronize the new practice—is of itself a refutation of many slanders which jealous enemies of Osteopathy have circulated.

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Mrs. Ayres, wife of the well known newspaper correspondent, Edward W. Ayres, is one of the distinguished patients now enrolled at the Infirmary. Mr. Ayres was for seventeen years Washington correspondent of the Kansas City Times. He is now correspondent of the San Antonio Texas Express. Mrs. Ayres was a recent caller at the editorial rooms of the Journal.

"I came here four weeks ago," she said "to be treated for a very chronic and obscure disease from which I do not expect immediate relief. I have met a great many of the patients and students, have spent much time about the institution, and I must say that I have been perfectly surprised at the almost miracles I have witnessed here nearly every day. I have implicit confidence in

the new treatment. My enthusiasm is based upon results that have come under my personal observation during my stay here. Of course everybody cannot be cured. I have met some dissatisfied people, but they have, almost without exception, been those who were impatient and would not devote sufficient time to give the treatment a fair trial. In fact, I think the only dissatisfied cases I have met were the impatient ones who expected to be cured of a long standing trouble in a very few treatments. I firmly believe the science of Osteopathy to be the coming school of practice in the healing art."

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Mr. Clint McCullam, of Winnegan, Mo., a bright young fellow of fifteen years, came here less than four weeks ago with so-called "hip joint disease." He was able to walk only by the aid of a crutch and a cane, and suffered considerable pain. The trouble was with the right leg, which was badly drawn up, with much soreness about the groin and hip joint. After the second treatment he discarded his crutch, and after ten days he threw away his cane and walked upright without assistance. At the end of three weeks, the doctor, who had charge of the case, called in another operator and asked him to tell which had been the affected limb. So complete was the recovery that the operator called in was compelled to guess, and guessed the wrong leg. The young man is now very happy over the result, and declares he is "going to walk home across the country," to show his people how completely Osteopathy does things.

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Mrs. Julia B. Foraker, wife of Ohio's distinguished senator, Joseph B. Foraker, is yet in Kirksville. The case of her little son, Arthur, has been the means of inducing many other prominent people to investigate the merits of the new school. Skilled physicians of the old school had pronounced the case of little Arthur a hopeless one, but the trouble yielded so satisfactorily to Osteopathic treatment that Senator and Mrs. Foraker decided to purchase residence property in Kirksville, and Mrs. Foraker will remain here a greater part of the time until Arthur's cure is complete.

"My opinion of Osteopathy has been published in a former issue of the Journal," she said to the reporter, "and I have no reason to change it. Arthur continues to improve, and we feel very hopeful of a complete cure. In addition to the benefits received in my own family, I have witnessed many wonderful cures during my stay in Kirksville. This new practice is not a fad but a science well worthy the attention of the scientific world. I am a friend of Osteopathy and shall do all in my power to promote its success everywhere."

★

Lieut. B. C. Morse, of the regular army, is here with his wife and little daughter. Eminent specialists had treated the little girl for "hip joint disease," and after all kinds of torture and experiment, had pronounced the case a hopeless one. The child was brought to Kirksville, and as usual in such cases, a dislocation of the hip is found. "We are both delighted with the pro-

gress our daughter is making under Osteopathic treatment," said Lieut. Morse, "and we feel that there is every prospect of a positive cure. And, by the way," he added, "we have an Osteopathic baby in the house—another daughter—born on the 3rd of October under the auspices of the Osteopaths." Both Lieut. and Mrs. Morse express themselves as delighted with the skillful and highly improved methods of the Osteopath in obstetrics. Lieutenant Morse is 1st lieutenant in the Twenty-third United States Infantry, now located in Texas.

★

Mr. W. E. Edmonds, of Pine Bluff, Ark., has been here since September 9. He is a well known pharmacist of that city, having spent ten years behind the prescription case. Mr. Edmonds' trouble was pronounced diabetes by the old school doctors. Under Osteopathic treatment he is improving rapidly, gaining in flesh and strength and has well founded hopes of a complete recovery. On October 3rd of last year, Mr. Edmonds went to bed suffering terribly with nervous prostration. The family physician was called and administered morphine, etc. After three weeks another physician was called in consultation, but the patient continued to grow worse and after six weeks, two other physicians were called. This consultation resulted in a diagnosis of "diabetes." "In this consultation," said Mr. Edmonds, "were the oldest and best physicians of Pine Bluff. Having associated with them for years as prescription clerk in Pine Bluff, I had opportunity to know their ability, and when they assured me I had a bad case of diabetes, I felt my days were numbered. For nearly a year I was unable to work and suffered from general nervous prostration. I was so nervous that the slightest noise, such as my mother dropping her scissors, might cause me to jump clear out of bed. Then the pain I endured was something terrible. For two months before I came here I wasn't able to walk out of the yard. When I went to the depot—only three blocks from home—I couldn't carry a small grip, I was so weak. I took my first treatment here September 9th. I am now able to go anywhere and could do light work. I suffer very little pain, my nervousness is wonderfully improved, I have gained twelve pounds, and I feel that I am getting well as fast as possible. I am not yet prepared to say that Osteopathy can take the place of medicine entirely—for you must remember I am a pharmacist myself—but from what I have seen here I can say I am convinced this mode of treatment is superior to medicine in a great many things."

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Mrs. Kitselman, wife of one of the well known manufacturers of woven wire fence machines, of Ridgeville, Ind., was interviewed at the Infirmary. Mrs. Kitselman had suffered for a number of years with an aggravated case of stomach trouble. The medical doctors said she had neuralgia of the stomach. She tried everything she could hear of without good results. "After my first Osteopathic treatment," she said, "I noticed a great change, and although I have only been here a few weeks, I can say I am entirely cured. I can eat

anything. Nothing hurts me, the pain is all gone. It seems perfectly wonderful to me. Osteopathy is certainly a great science. I believe it will in time completely supplant medicine in the treatment of disease. I could never be satisfied to take medicine again, after being here and seeing what wonderful things can be done without drugs. I don't see how anyone could prefer to take the great risk of poisonous medicines when the same and better results may be secured by methods as simple and harmless as Osteopathy. I cannot say too much for this institution and the work being done here. I think the world ought to know more about it."

★

Miss Minnie Harding, of Worth county, Mo., is receiving great benefit from Osteopathic treatment. She had spinal fever when three months old. At the age of six, she began walking a little, but at nine years, became unable to walk, even with crutches, and since that time had to be wheeled about in an invalid chair. She is now seventeen years old. She came to Kirksville four months ago and began Osteopathic treatment. At the end of the second month a great change was manifest, and now she is able to discard the invalid chair and can get around very well on crutches. She walks to the Infirmary for treatment. It is unnecessary to say that she has a very high opinion of Osteopathy.

★

Miss Mattie Cunningham, of LaPlata, Mo., was seen in the operating room where she had just received her treatment. "Indeed I would be very glad to tell you my experience with Osteopathy," she said. "When I came here about three months ago, I was wheeled into the operating room in an invalid chair and after the first treatment was able to walk out unaided. I had a dislocated hip, which the medical doctors had called 'sciatic rheumatism' for several years. This had grown worse and worse until when I came here I had not been able to walk for three months. In addition to this trouble, I had a distressing case of 'eczema.' I had had this trouble for years and had doctored with several different physicians. My face was covered with fiery red spots and they burned and itched constantly. Now after three months treatment, my face is as you can see, entirely smooth, all trace of the eczema having disappeared. I had also suffered with palpitation of the heart. The M. D's said I had a bad case of neuralgia of the heart. The Osteopaths said I had several ribs down, and since they straightened me up, the heart trouble has disappeared. Yes, indeed, I am glad to sing the praises of Osteopathy, and I hope that my experience will be the cause of inducing some other sufferer to enjoy the benefits of this new system."

★

Rev. Dr. Hoopingarner, while conducting a revival in Kirksville, has improved the opportunity to investigate Osteopathy. Rev. Hoopingarner is one of the most noted evangelists in the Methodist church. He is widely known over the west, where he has been engaged in evangelistic work for nine years. He is a member of the Nebraska conference. During the last nine

years he has held meetings in thirteen different states, and made over twelve thousand conversions. The reporter met him at the Infirmary. "I had no faith in Osteopathy when I first came here, I must admit," said the reverend gentleman, "but I have now. I think it is one of the greatest discoveries of the nineteenth century. As for my own case, I have suffered for ten years with a nervous trouble that was almost nervous prostration at times, and a constant pain in my back. I have also been troubled with hemorrhoids for years, and have undergone a surgical operation without benefit. I have taken five Osteopathic treatments, and while I cannot say I am completely cured, I feel better than I have felt since I have been in the evangelistic work. My nervousness and the pain in my back have disappeared. You can say that I am very much interested in Osteopathy and that I shall do all I can to induce my friends who are afflicted to come here."

★

Among the distinguished patients met by the reporter at the Infirmary was Governor Briggs, of North Dakota. Governor Briggs became interested in Osteopathy when the bill was up before the North Dakota legislature last winter. It was his signature that made the bill a law in that state, giving Osteopaths the right to practice. "No, I have no objections to your saying that I believe this practice to be a science," the governor said. "Of course I have not been here long enough to say much about my own case, but this institution and Osteopathy are all right. They are doing much good here, and a personal investigation has given me no cause to change the good opinion which I formed of the science some time ago."

★

Miss Frae Snyder, of Graham, Mo., a young lady upon whose girlish face there is yet a trace of long suffering bravely endured, was introduced to the reporter in the hall at the Infirmary. "Yes, indeed, Osteopathy has done a great deal for me," she said, and her pretty blue eyes filled with tears of gratitude as she related her experience. "Three years ago last May I was taken severely ill with what appeared to be stomach trouble. The doctors at Graham could give me nothing that would relieve me. After suffering a long time and continuing to grow worse, I went to St. Joseph, where I consulted Dr. Carpenter and other noted physicians. Here I was told that my right lung was entirely gone and that the left one was seriously affected. I would have very severe sick spells, and every spell would be a little different from the preceding one. Finally last Christmas I was paralyzed and remained perfectly helpless 'till the last of April. Then I recovered sufficiently to get up, but had no use of my hands. I tried every remedy I could hear of. My stomach trouble got so bad at times that I could not even take a drink of water without vomiting. I was under treatment by a St. Joseph physician and took four different kinds of medicine eight times a day. The medicine was so strong it made me blind, and I had to stop it. I have been here one month and I never felt better in my life. My stomach trouble is cured. I can eat anything I want, no matter

what it is, and it never hurts me at all. My weight has increased every day and I am regaining my health so rapidly I can hardly realize how much Osteopathy has done for me. The only trouble I have now is a little weakness of the wrist joints and that is getting better. Yes, indeed, I am glad to tell the world that Osteopathy has saved my life." Miss Snyder is a daughter of A. G. Snyder, a well known business man of Graham. About three years ago she had a hard fall while skating, and in May following her troubles began. It is entirely probable that the entire sickness resulted from displacements that occurred then and which, of course, were not recognized until the trained hand of an Osteopath discovered them.

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B. F. Myers, of Shenondale, Chariton county, Mo., came to Kirksville about five weeks ago. For nearly a year he had walked with crutches, but his trouble—sciatic rheumatism—had grown so severe that he was unable to get around without the assistance of attendants. He had to be carried from the train and helped into his boarding house. He remained here just one month under Osteopathic treatment and went home carrying his crutches over his shoulders. The reporter saw him at the depot the morning of his departure. He had a crowd around him and was dancing about the platform to show how completely he had been cured. He could kick as high and walk as straight as any man in the crowd; and he went home, as he expressed it, "with a chip on his shoulder for any man who said a word against Kirksville and Osteopathy."

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Mrs. Ellen Barrett Ligon, of Mississippi, is a patient at the Infirmary. Mrs. Ligon is a fine illustration of the charm and brilliance of southern womanhood—of rare culture and magnetic manners. She was selected by the National Editorial Association to render Judge Lynch's magnificent production—"Columbia Saluting the Nations"—which was warmly adopted by the World's Fair commission, and declared as the National Ode. After her splendid effort the public press said: "She captivated the whole north and completely charmed one of the most cultured audiences that ever assembled in the United States, more than 3,000 persons, representing the press and literature of America. Never did a lady achieve a grander triumph or receive such applause and such honor from such an audience. She has been praised and complimented by a thousand papers representing all parts of the Union. She is unquestionably one of the finest elocutionists in America, and she has certificates to her superb genius and grace as a Delsartian from some of the most eminent masters in the United States." Mrs. Ligon is an honorary member of the National Editorial Association, and of the State (Miss.) Press Association. Her husband, Hon. Greenwood Ligon, is a prominent lawyer, and the Ligon number among their personal friends the governor and secretary of state, and the chief justices of the state of Mississippi. Mrs. Ligon said in an interview, "if Osteopathy helps me I'll pledge myself that it shall be legalized in the state;" and, on being asked what she thought of Osteopathy, she replied, "I am convinced that its

natural principles and common-sense, to say nothing of its remarkable results, placed it far ahead of all other systems used for the relief of humanity. I am acquainted with some of the best treatments, and have exhausted their resources in my own case without relief. I'm delighted with Osteopathy, I feel much improved, and am going to give it a fair trial." Mrs. Ligon has complicated nervous troubles, and has been taking treatment for a month, but expects to remain at the Infirmary for another month.

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Mrs. Mitchell, of Chattanooga, Tennessee, evidently a lady of wide experience and broad observation says, "I think Osteopathy is a wonderful discovery." She has been under treatment for only three weeks, for chronic stomach trouble, and already feels benefited greatly by it.

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Mr. J. Field now of Colorado Springs, Colo., formerly of Lawrenceville, Ill., was here several weeks last month. Mr. Field is an able attorney of national reputation. He is especially well known throughout the state of Illinois, having been for many years an intimate friend of Governor Tanner. I saw Mr. Field at his boarding house just before his departure from Kirksville. "I have been here since the middle of September," he said, "and while I am not completely cured, I can notice a great change for the better. I have not felt so well for many years. I have had asthma for thirty years or more, and I do not expect to be cured by a few treatments. During this thirty years I have tried every remedy that I had any confidence in, have tried many changes of climate, etc., without benefit. I am going home to rest a little while, and will return. What do I think of Osteopathy? Well, of course it is a great departure from all old methods, but I think it is what the public needs. Yes, it ought to be legalized in every state, but of course that will require a hard fight, for the medical profession is jealous and very clannish, and they will oppose it. You can't cure everybody here, but if Osteopathy only benefits twenty-five per cent. of the cases I see here—cases that have been given up as hopeless everywhere else, it would be a grand thing for humanity."

★

Miss Carrie Stewart, of Cincinnati, Ohio, who is preparing to return to her home in a few days, was seen at her boarding house Tuesday afternoon. Miss Stewart has been a cripple since childhood. The regular M. D's pronounced her trouble paralysis, one of her lower limbs being almost useless and greatly shrunken. Starved limb, or lack of nutrition, caused originally by a partial dislocation, was the Osteopathic diagnosis. Miss Stewart took six months Osteopathic treatment at her home and then came here four months ago for further treatment. She has been greatly improved and says she believes she has good ground to expect a complete restoration of the limb. "You may say," said Miss Stewart, "that I regard Osteopathy as a wonderful science, and that Dr. A. T. Still is deserving of not only honor and fame for his discovery but

also the gratitude of coming generations, and that it has just entered upon its field of usefulness to the afflicted; that it has a great and glorious future." Miss Stewart is a lady of quick intelligence and seems to have made a close study of the treatment as it applies to her own case. She recognizes the fact that the element of time is an essential one for a complete cure, but the wonderful progress already made, gives her confidence that the result will be all that could be expected by the most sanguine. Regular treatment will be continued when she returns to Cincinnati, by the local representative of Osteopathy in that city.

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One of the most interesting cases now under treatment at the Infirmary is that of Mrs. Gilroy, of Ohio. Up to a few months ago Mrs. Gilroy had resided at Enid, Oklahoma. She had had heart trouble for about three years, but one year ago was completely prostrated. Her physicians pronounced her trouble "aneurism." She was upon their advice taken to her old home in Ohio for treatment and change of climate. There her physicians disputed the former diagnosis, but told her she need never expect to walk or to be able to survive without constantly taking medicine. Prior to coming here, not quite two months ago, she was practically bedfast, could not sleep except when propped up in bed, and under medical treatment was taking nitroglycerine, digitalis, strychnine, and quinine, etc., all without perceptible beneficial effect. Having seen the dispatch in the New York World in regard to the case of the little son of Senator and Mrs. Foraker, she at once wrote to the latter, asking information and advice in regard to taking treatment. Immediately after having received a reply she came to Kirksville, despite the warning of her physician that it was a "dangerous experiment." During the eight weeks she has been here she has been under treatment by Mrs. an operator of the Infirmary, and is now able to not only sit up, but able to walk to her meals and is gradually growing stronger and better in every respect. When her first treatment was given she was perfectly helpless and could not even walk across the hall of the Infirmary. "This much has been accomplished," the lady added, "without taking a single dose of medicine."

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Mrs. Byrne, of St. Joseph, Mo., is here for treatment for herself and for a nine year old son. The latter has been crippled since six months of age by a dislocation of the hip. Mrs. Byrne herself has been taking treatment for nervous trouble. She says she already feels greatly benefited, having gained about seven pounds in the past four weeks. She expresses herself highly delighted with the progress made in the short time she has been under treatment, not only with reference to her own case, but also in that of her son. She had contemplated taking him to Chicago for the purpose of having the limb operated upon, but is now glad that she did not do so, and chose the Osteopathic treatment instead. She does not expect an immediate or miraculous cure of a case of such long standing but has seen enough already to satisfy her that

under nature's method, her son will grow and develop into a sound and normal manhood.

★

Miss Busch, of Fayette, Mo., has valvular heart trouble. At least the medical doctors all told her she had. They were unable to cure the trouble, however, and finally gave it up as hopeless. Then Miss Busch came to Kirksville. "I have been most wonderfully benefited," she said to the reporter and, added, "I think there is nothing in the world equal to Osteopathy. My family are thinking of moving here, in order to be near this great institution, and I will take treatment until I am completely cured."

A POORLY dressed man approached a prominent Evanston physician a few days ago and represented himself as a young medical student just released from the Presbyterian Hospital of Chicago. He said he was in severe pain and feared a relapse; as he had ample means he wanted to be admitted to a hospital where he could have the best of attendance. The doctor thought this a wind-fall of providence and had him removed forthwith to the little emergency hospital in Evanston. Arrived there he was taken with such fearful convulsions that eight grains of morphine were injected hypodermically before the patient could be quieted. After his patient had become calm the doctor made a very careful diagnosis of the case and pronounced it "tubercular peritonitis." It being such a rare case two other physicians were called in consultation who confirmed the diagnosis and ordered two trained nurses from Chicago to attend. Well, to make a long story short, this poor man's life hung on a thread for about a week, when the head nurse decided he could not live beyond the next day. At the request of the patient a lawyer was sent for and he willed away property to the amount of \$50,000. He left \$2,000 to the hospital and \$400 to each of the doctors and nurses. Just at the point of signing his name he fell backwards in a fit. Supposing he had died without signing the document the attendants bewailed their losses and mourned the death of the rich gentleman, but instead he came to, only to break down and confessed his whole scheme. This benevolent invalid; this suffering human being who could consume eight grains of morphine at a dose, this man who had two trained nurses, and whose abdomen during examination was as rigid as a board, was nothing but a common "hobo."

The Journal of Osteopathy.

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A. L. CONGER,
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MASON W. PRESSLEY, B. A., Ph. D., Associate Editor
H. R. BYNUM, Advertising Manager.

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with all its contents, is fully protected by copyright.

THE JOURNAL wishes to call the attention of Osteopaths to the article on "Constipation and Appendicitis," by Dr. Geo. W. Tull, in this issue. If the practitioners of Osteopathy would take the time and trouble to thus carefully record the results of their observations, and put them in shape for publication, it would do much to advance the cause. While one operator is keeping one "pointer" from his brother practitioners, he should reflect upon the fact that perhaps a hundred operators may be keeping from him a hundred "pointers." The columns of the JOURNAL are open to all Osteopaths, and it is hoped the example set by Dr. Tull will be followed by others.

DR. ARTHUR STILL CRAIG, spent a few days in Kirksville recently on a visit to his Alma Mater and his many friends. The doctor is on his way east where he will visit some of the leading anatomical publishing companies in the interest of his work on anatomy, which he has just completed. The work consists of a series of forty-two original drawings of cross sections of the human body, showing exact size, location, and relations of every structure of the body at the various positions, together with descriptive index and necessary explanation. This will be undoubtedly the best work of the kind extant, and will be especially helpful to the Osteopath and surgeon, as well as to every student of exact anatomy. The doctor has been working upon these drawings

for several years and has made the subject a careful study, having all the aids necessary to make the work accurate and reliable. The JOURNAL wishes him success. Dr. Craig has in view other works of the kind which The JOURNAL hopes to see published as soon as possible.

THE JOURNAL has received applications for advertising space from several alleged schools of Osteopathy which upon investigation, were found to be only diploma mills, grinding out Osteopaths (?) "on short notice at reasonable rates." The JOURNAL, realizes that the science of Osteopathy cannot be properly given to the world without schools, and while it is the desire of all good Osteopaths to see this science spread to the four corners of the earth, a sharp line must be drawn between the genuine and the counterfeit. The law in four states has fixed twenty months personal attendance as the shortest time in which a well-equipped and regularly conducted school of Osteopathy can qualify a student to practice this profession. The American Association of Osteopaths has adopted this standard, and the JOURNAL, as the exponent of genuine Osteopathy, cannot accept anything less. It is the opinion of The JOURNAL that the best interests of the science demands a rigid enforcement of the twenty months rule, and the magazine's attitude toward schools of Osteopathy will be governed accordingly. While the JOURNAL will be glad to welcome and encourage any school that lives up to this standard, it cannot accept advertising from institutions that turn out graduates in open violation of law.

DR. STILL'S new book should be in the hands of every person interested in the science of healing without medicine, called Osteopathy. The book has been carefully written by the doctor in his own peculiar style and is far more entertaining than any novel, while no scientific work written in the last hundred years equals it in value.

The work is the doctor's autobiography from birth to the present, with many humorous passages that equal Mark Twain. The history of Osteopathy, which really began with his childhood, is worth the price of the book. His thrilling experience on the Kan-

sas border during the proslavery days, his army life and later experiences, all told in his own happy style, will perhaps throw some new light on those stormy days.

But the book will be chiefly valuable on account of lectures delivered by the doctor, from time to time before the American School of Osteopathy. Mrs. Sol Morris has, for years, carefully gathered these lectures, and the fragmentary writings of Dr. Still and preserved them for him, urging him to prepare a book from them. This he has done. The book will be profusely illustrated by halftone engravings, pen and ink drawings and photograveurs. Mr. F. A. Carter, one of the very best artists of New York city, is now engaged in illustrating the work. It will contain about five hundred pages, will be handsomely printed on the very best paper, and bound in the finest English cloth.

It was hoped this book would be out by the first of November, but owing to the illness of Mr. Carter, the artist, who has the numerous drawings and engravings in hand, it was not ready for the press. It will however be pushed forward to completion as rapidly as possible, without slighting the work.

In the next issue, full particulars in regard to sale of same will be given, and the numerous questions to those desiring agencies answered.

AFTER dishing up a very artistic roast for Osteopathy in a recent issue of a Chicago medical publication, Dr. Fowler makes the following pertinent admissions regarding the new school of practice. The words are especially prized as coming from one who has placed himself on record against Osteopathy and who makes the complimentary concessions with great reluctance. He says:

What concerns us most is the scientific nature of their qualifications. Briefly, the system of Osteopathy appears to be this, that the student at Kirksville is thoroughly trained in anatomy upon the living body, going over and locating the bones with all their prominences and depressions, then the ligaments and muscles attached, and the vessels, nerves and other structures as related to the bony framework of the body. By this method of training the student is so familiar with the living human body that he is enabled to detect many deviations from the normal standard that would escape the ordinary

physician, and which are yet capable of accounting for many of the ills that affect the body.

Now as to the value of this method of teaching anatomy there can be no question, or of its vast superiority over the methods in vogue at the medical schools of the present. I well remember hearing Pancoast urge upon his students the importance of studying "living anatomy." It should be introduced into the schools of medicine at once, and a large part of the additional time secured by lengthening the course should be thus utilized. Frankly, I know very few doctors from whom a crooked spine or a sprained joint would receive as intelligent treatment as from an ideally proficient Osteopath.

THE genuine Osteopath takes pride in the claim that he is an expert in anatomy, and to this knowledge he would also add a thorough acquaintance with physiology. It cannot be disputed that the properly graduated Osteopath does understand his business in relation to the disorders of the bodily machine. But even in these respects he must signally maintain himself; for there are others in the profession of therapeutics who may know as much anatomy as the best Osteopath, and may know a great many other things besides. To his special training, the Osteopath should add all the personal and professional culture that he can command. He may know many things, and know them well; but when he gets out into the competitions of business, he may find that there are some things he does not know. He may have been a whale in the pond of his own province, but he will seem a small fish in the sea of the big world. Contact with the competition and culture of a cold and critical public, will soon level one's conceit to its proper plane. The Osteopath will certainly be singled out, among a thousand, as the subject of criticism, wise and otherwise. Simply because he represents a new idea and cult, he will become at once, in almost every community, the target for the shot and shell of comment and criticism. A doctor of medicine, of whatever school, may go into a community, and even though he may be a man of exceptional ability and training, yet his presence hardly excites more than the passing remark that "a new doctor has come to town." But let an Osteopath appear upon the scene, and everyone will soon know it. Chiefly, because he is unique—a golden exception to a common

rule. He represents something new. Consequently, his personality, character, manners, associations, speech, dress, style and habits are very particularly noted. Mistakes will be looked for, and when made, will be exaggerated. Curious people will seek to draw him out. The "boys" will soon "size him up." He will be tested, and if the stuff out of which he is made is not of the right kind, his weakness will soon be discovered. As is usually the case, the Osteopath has some good friends of refinement and social standing. These will introduce him into that society. If he is not a gentleman they will see it. If he is ignorant of the refinement and amenities of good society, it might make a difference. If his dress or adornment is excessive and extravagant, that will be noticed. Even his grammar will betray him, if it is not at least correct. Now, while success does not depend upon a knowledge and observance of the small conventionalities of life, and while these will not atone for lack of merit and real worth, yet these are things that one can hardly afford to ignore. A man, in any walk of life must have attained preeminent position, to be able wholly to disregard them. Sometimes success comes in spite of them; but to ordinary people, some consideration of the conventionalities and amenities is indispensable. The best work of the world is done by ordinary people. But what is even more important to the Osteopath, than all these considerations, is that of personality and character. His practice brings him into direct, personal relation with people. Indeed, his treatments are strictly personal—upon the very persons of his patients. It is by the touch of his hands that his results are obtained. This calls for the courtesy and chivalry of the best type of appreciation and refinedness. Rudeness, incivility, familiarity, intimacy, immodesty, whether of speech or action, will detract from and destroy the fineness of effects which a true personality should create. Carelessness, inconsideration, or inappreciation of the condition, or circumstances of a patient, would always be a mistake. Candor, honesty, sincerity, and truthfulness, should be shown in every case. It is best to show these traits as a matter of principle, and it will pay to practice them. To promise results that

are not warranted, or that are not readily expected or worked for, in a case, for the money there may be in it, is fraudulent. To take advantage of the hope of health, by a promise that cannot be fulfilled, is the crime of cheating. To use the money that is justly earned in hard work, in a reckless or pompous way, will be taken as a sign of weakness somewhere. In all these things the Osteopath can win golden opinions to himself by being wise, prudent, thoughtful, and considerate. The code of ethics for Osteopathic practice has yet to be written. Such a formal code may not be necessary, if the Osteopath will be guided and governed, in his person and in his profession, by maintaining the very best of character, by practicing the very best of common-sense, and by showing the very best of culture.

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INFIRMARY NOTES.

Mrs. Cole, who has been under treatment at the Infirmary, left for her home on the 26th ult., greatly benefited.

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Mrs. Bell and daughter, Miss Blanche, of Hot Springs, Ark., went home on the 14 ult., very much benefited by the treatment.

**

BORN—At Kirksville, Mo., October 3rd, 1897, to the wife of First Lieutenant B. C. Morse, Twenty-third Infantry U. S. army, a daughter.

**

Monday, October 11, was the "red letter day" in the A. T. Still Infirmary. 287 treatments were given. The preceding Monday was the busiest day in the history of the Infirmary to that date, about 260 treatments being given, but Monday the 11th broke the record.

**

Mrs. Harsh, wife of Senator Harsh, of Iowa, accompanied by her daughter, has been under treatment during the past month for sciatic rheumatism. They left last week for their home. Mrs. Harsh, before leaving stated that she felt that she was completely cured, but if ever there was a recurrence of this distressing affliction, she should certainly return for Osteopathic treatment.

ADDITIONAL LETTERS FROM GRADUATES.

Mrs. Dr. Bolles in Denver.

From the fact that clinical work in Osteopathy has been generally confined to chronic conditions, an account of a recent case of scarlet fever may prove interesting to the readers of the Journal.

The patient was a little girl of ten years. When we were called it was already a well developed case, with vomiting, headache, sore throat, high temperature and the characteristic rash which appeared almost simultaneously over the body. The temperature as in typical cases remained above normal about eight days, the pulse continued rapid for several days, the tongue was coated, the tonsils enlarged and there was marked uraemic manifestations.

The first treatment produced a noticeable change. In less than a half hour the little sufferer had dropped off into a quiet sleep, the first rest she had had in thirty-six hours. Upon awakening, the fever was lower, the throat was better and conditions generally were favorable.

The treatments were continued twice a day for ten days, directed specially toward controlling the temperature, reducing the inflammation in the throat and stimulating the liver and kidneys.

On the eighth day the patient was able to be up and dressed, and but for the necessary precautions to prevent contagion, could have gone about as usual.

Desquamation does not cease for three or four weeks, so she was confined to the house, and at the end of six weeks everything was thoroughly fumigated. Up to this time no complications have arisen, so the recovery is pronounced complete.

With best wishes for the success of all coworkers,
Very truly yours,

NETTIE H. BOLLES.

832 E. Colfax Ave., Denver, Oct. 16.

Dr. Vallier at Gainesville, Texas.

I arrived in Gainesville Sept. 4. I did not commence work for a few days, but I am now doing well, my practice increasing

almost every day. All of my patients are getting along remarkably well.

An interesting case of an old man, aged 76 years, who had been paralyzed on the right side for five years: When he came to me he was almost helpless. He could not hear or see very well; his wife came with him to do his talking; he could not talk so I could understand him. He has taken his sixth treatment. His wife has not come with him since his second treatment—after that he was able to come alone and do his own talking; he has quit wearing glasses, except to read, and he has improved very much in hearing.

His right arm was of no use to him; he now can use it almost as well as the other arm, and he seems to be about forty years younger than he did three weeks ago. He is very enthusiastic over Osteopathy.

I have other cases which are improving equally as well but I will not give any, more in detail, as I will not ask for more space in the Journal for time.

Yours for Osteopathy,

R. A. VALLIER, D. O.

Belcher Building, North Dixon Street,
Gainesville, Texas.

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INFIRMARY NOTES.

Mrs. Tena Eastman, the celebrated Chicago artist, returned home after one month's treatment at the Infirmary. She was very much benefited and is now an enthusiastic advocate of Osteopathy.

Mrs. Dr. Seem, of Fredonia, Kansas, who came here for treatment about a month ago, went home recently much improved. When she came to Kirksville she had not walked for two years. Her trouble was a dislocated hip. Three weeks after her arrival here she walked to the Infirmary for treatment. Her husband is a magnetic healer.

Mrs. Atherton and daughter, of Honolulu, Hawaiian Islands, who have been here for treatment several months, left for Denver recently. They will soon return to Honolulu. Miss Atherton is greatly improved.

SECRET OF OSTEOPATHY'S POPULARITY.

THE following letter is from Mr. Dan Kiefer, a prominent banker of Cincinnati. Mr. Kiefer is a personal friend of Senator and Mrs. Foraker. His interest in Osteopathy, as his letter shows, was occasioned by practical results secured in his own family. This letter is published as a sample of thousands of grateful expressions received at this office; and to give the public an insight into the "secret of Osteopathy's popularity." "Results, not theories," is the motto of Osteopaths everywhere. No amount of "scientific palaver" from jealous rivals can convince a layman who has been cured by Osteopathy, that the means of his recovery is unscientific or unworthy of public attention.

Mr. Kiefer writes as follows;

CINCINNATI, October 19.

Editor Journal of Osteopathy:

To anyone, like myself, who has had beneficial results by Osteopathy, no department of your journal holds more of interest than that devoted to "letters from graduates." Your idea in instituting this feature was an excellent one; every D. O. can thus aid the future of Osteopathy by telling honestly of honest results.

Your readers increase in greater ratio than your subscribers, each JOURNAL being passed around, so to speak; some reader's friend is suffering similarly to the case told of by the New York D. O.; another's is like that of the case quoted from Niagara Falls and so on, and as a consequence are brought to inquire into Osteopathy. The "regulars" as in the "Ben White case" may cry "this or that is an utter impossibility" (only to be ably refuted) but it is self evident that all Osteopaths cannot be liars.

An earnest exponent of Osteopathy, I am desirous of its being accepted, "for its worth." Dr. Herman Still left us before you were issuing the Journal in its present form and his successor, Dr. Sommer, for reasons of diffidence I believe, will not either in his own behalf or that of Osteopathy, address you such a letter as your "letters from graduates" suggest.

This by way of preliminary, as an apology for my addressing you, and for publication if you deem wise. I shall speak only of the cases of several of my own family. The first, our youngest child, then eight months old. Our quartette of "regulars" after weeks of dosing him with bromide and chloral knew not what to term his trouble; one of them defining it nearest with the statement, that the trouble was setting up a separate existence and if not stopped would become chronic. The ailment was convulsions of no ordinary kind, he having as many as five in twenty-four hours, and it did not require the utterance of this famed neurologist to tell us in vague terms that we had a case of epilepsy to be concerned about. Against the advice of our friends, the "regulars," we went to Dr. Still. On the eleventh day, after five Osteopathic treatments, the child had his last convulsion and we are now eleven months past that time. As you know from other instances the "regulars" and their following do not credit Osteopathy with the child's recovery, attributing the sudden discontinuance of the spasms to their own previous treatment and change of diet.

Another: my sister, who for years had been a sufferer from a complication of causes, taken suddenly and frequently with attacks, each of which was expected to be her last; her "regular" being called on one of these occasions last January, discovered that in addition to former causes her condition was then due to an ovarian tumor of immense proportions—operated on she must be, and soon, else peritonitis and death would result.

An operation without anaesthetics was impossible and we were given the comforting (?) assurance that her ability to stand anaesthetics, to say nothing of the operation itself, was

to be feared. We were also warned that if we fooled with that "fad" and had her manipulated we would kill her. Well that's what we did, "fooled with Osteopathy" and now ten months hence, our sister lives. I may be here permitted to say that if during this interval, she had suffered much and had had many attacks, we must still credit Osteopathy with sparing her the chances taken at the hands of the "skillful operator," but when it is known that she has had but one attack (and that a slight one) since she took up with Osteopathy, and that about three months after beginning; and that during the past eight months she has had such excellent health as to make her the wonder of all who knew her previous condition, it may be fairly asked, "what is to be said of that fad, Osteopathy?"

I could take your time for many more specific cases, but will conclude by saying that in addition to those I have spoken of there are eight others of my family who are grateful to Osteopathy for relief given them at various times, for ailments of various causes, having been treated heretofore with dosing remedies.

The bright future of Osteopathy is a certainty, do what the opposition may. The number and character of clients to be seen, three times a week, at Dr. Sommer's office in this city, is only one evidence. I look forward to the day, when in every community, there will be a number of Osteopaths, which will make it possible for an ailing person to "call in" an Osteopath as well as to "call on" one.

I have had personal inquiry, from a number of people, as well as letters from distant points and I will say that I consider it a privilege to receive calls or letters from anyone wanting information; that I may be allowed to speak my appreciation of the debt I owe to Osteopathy and its founder.

Yours respectfully

DAN KIEFER,

P. S.—Dr. Sommer could tell of some very creditable results; one that came to my notice only today: Several months ago a friend of his brought to his office a friend, who had, as I understood it, a tightened knee, the lower limb being fastened as at an angle. By one of those sudden twists that Dr. A. T. Still has told of, Dr. Sommer straightened the limb. The friend who had brought the party to Dr. Sommer, wrote him a few days ago to ask, how his leg was doing? Here is a verbatim copy of his reply on the subject:

My knee is just the same today as it was when the Osteopath left it. I am doing the first walking without pain that I have done since I was hurt four years ago last July. On close examination I find that the knee will not spring back into a hair breadth or so as far as the well one, but I have got "onto" an Osteopath at Buffalo (only 70 miles from here) that I am going to consult about our little son's case and I am going to have him give me one treatment more. So far as I am concerned, I think that what Dr. Sommer did for me was simply wonderful.

Cleveland, October 17th.

GRATEFUL PATIENTS.

THE following are fair samples of the hundreds of letters received from grateful patients by the A. T. Still Infirmary at Kirksville. It is not customary to make such communications public, except by special request of the writer.

LIVINGSTON, MONT., September.

Sixteen years ago I commenced to suffer with swellings on my wrists, which grew to considerable proportions during those sixteen years. The pains I suffered must be felt to be comprehended; they were so intense, that I would have felt thankful at times of suffering, if someone would have cut off my arms, for the main pains were located in the elbows and upper arms. Of course, like all ailing people, I called on some of the best M. D's in different large cities. Some said I was suffering from ganglion; others thought it was a trouble called "weeping sinew," then I was treated for rheumatism and the best authorities on surgery told me that I was a victim of consumption, as my sickness was a clear case of tendon tubercular-synovitis. The M. D's whom I consulted have grand reputations and I feel

convinced they were very much interested in my case and did all in their power to relieve me, but without avail. I feel thankful to them for their good will, and pity them for having become M. D's. Finally Dr. Still's method of treatment was recommended to me for a last resort. As I was then suffering from an abscess in my hand causing blood-poisoning in my arm, I was scared, and to please my husband and friends, I went to Kirksville, Mo., to consult Dr. A. T. Still. I had not the least faith in Osteopathy after I became acquainted with it and it lasted two months and a half, until I was converted, for only after this period of time could I see slight improvement.

My case was of sixteen years standing and I felt encouraged when I noticed a gradual decline of those dreadful tumors which almost crippled and paralyzed not only my hands, but arms too. So I continued treatments, as I was convinced then, that Osteopathy must contain great truths and I thought for myself, that perhaps Christ understood this method of healing to perfection, for he healed the paralytic, deaf, and blind without medicine, and so does Dr. A. T. Still, only it takes a longer time with the latter gentleman. Still he is successful to such an extent, that some people would like to make others believe that he does miracles.

To the readers of this, let me say, that you needn't have faith, for I had none and after taking treatment for six months I am entirely free from pain, entirely rid of the main swellings, and my hands, which were crippled and almost useless, are strong and once more look like hands. The gratitude I feel to Dr. A. T. Still is just as indescribable as the pity I feel for the M. D's, who meant so well with their thankful patient.

MRS. H. ORSCHEL.

FLUSHING, L. I. September 21st.

Editor Journal of Osteopathy:

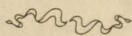
GENTLEMEN—I am in receipt of the Journals of Osteopathy and they are really a grand thing, and every article in them is excellent. The magazines that are sent me, I hardly have time to read before my friends and relatives are asking to borrow them. I will try to get you some subscribers. I will be only too thankful to do anything to spread this glorious science. It saved me from losing my left hand and an arm. I was only five weeks in Kirksville when the doctors of Osteopathy relieved, yes cured me of a terrible pain that a dozen M. D's here in the east could not help, even four of the best specialists in New York city. Do you blame me for fighting for the science, when I suffered untold agony for nearly two years here. Excuse me for taking up your time, but I cannot speak too highly for what they have done for me.

Yours very truly,

A sincere friend of Osteopathy,

MRS. M. B. LONG.

Mrs. Long was suffering from an acute hyperesthesia with progressive atrophy of the left hand and arm.



THE METHOD OF OSTEOPATHIC PROCEDURE.

MASON W. PRESSLY.

EVERY science must have a reasonable method. The question of method is an important preliminary to all scientific construction. It involves the two great necessities of procedure, first, what is to be done, and second, how to do it? Osteopathic procedure is analytic and synthetic. It asks, first, for facts; and, then, it reasons to causes. This is its method of discovery. It operates, second, upon these facts, in relation to their causes, and secures intelligent and natural effects. This is its method of relief, or construction. The first process in this method is that of Observation; by which is meant the widest appeal to fact, by way of an actual understanding of the cases in hand. This must be extended to include all pathological conditions, which a profound knowledge of anatomy and physiology may give, aided by microscopic analysis of the chemical conditions of the body, as for example, the quality of the urine, and excreta of the body; and aided, further by a trained and discriminating touch by which the slightest abnormality of structure or function in the body, may be detected. In other words, the condition of the patient is exhaustively considered.

The second element in the procedure is, Treatment, which consists in changing and varying the pathological conditions by mechanical means found in the anatomy of the body itself, and discovering essential reasons and causes, that will obtain in all similar cases. These reasons and causes constitute the materials for an intelligent and scientific system of practice. The results reached are studied and the practical principles by which such results were obtained, are reasoned out by the operator, and, therefore become the basis of established procedure. Conditions are referred to a great anatomical, or physiological principle, and are successfully diagnosed and treated when their causes are properly discovered. The principles go beyond the facts they rest upon, and their accuracy must be tested and confirmed by further application to other cases as they appear.

The third element is Deduction, which is the final stage in scientific method. By it, the truth of the general principles set forth in the actual treatments, is made applicable to successive individual cases, and by further tests in treatments, the truth of this application of principle is made sure. Each successful application tends to establish the theories more firmly, until they reach the rank of a Law of Nature.

Upon this brief summary of the scientific method of Osteopathy, the following remarks may be made:

1. In proceeding from a case of real discovered causation to all cases of the same kind, it is assumed that there is a necessity in the connection between cause and effect in nature; that is, there is a regularity in nature's proceedings.

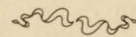
This is the law of the Uniformity of Nature; and this law of uniformity by which the body and all its functions, under given conditions, are controlled, comes to the aid of the other Law of Cause and Effect; and by these two laws, reasoned out from the facts of individual cases and successive treatments, the thinking Osteopath reaches the great principles of his science.

2. It is to be noted that no confirmation is possible to a scientific principle except by a direct appeal to nature. Hence, the last as well as the first appeal of the Osteopath is to observed facts, as discovered in the laws of the body's operations, and systematized into methods of treatment, and adapted in turn to each successive case.

When we remember that in the search for causes in the diseased conditions of the body, the difficulties are vastly increased, by the complexity of causes, and that it is the function of the operator's reason so to eliminate elements in the causal complex, that agencies other than the real one may be observed at work in the body; and when we further reflect that no single function of the body is ever found operating alone, but all accompany and modify each, through the mediation of the sympathetic system—we can easily see the necessity for the practicing Osteopath to constantly use his reason, to discover in each varying case the exact cause of disease and apply the remedy. Causes and effects are thrown into the body in inextricable confusion. External or bodily causes, a change of temperature, lack of exercise, impure air, insipid food, sluggish circulation, undue pressure of bone, ligament, on blood vessel or nerve, an internal organic abnormality, may start a train of effects. This train may be hindered or helped by a thousand physiological and psychological conditions.

How can we single out the real cause in this entangled network, by the ordinary methods of medical diagnosis? It is as vain as to endeavor to discover the cause of a conflagration from examining the blaze: was it a match, lightning, friction, chemical combustion? Only one method can determine: this is actual knowledge based upon observation and experience of the laws of cause and effect, as embodied in the chemical composition, anatomical structure, and physiological action of the human body itself.

This is the sure and substantial foundation of the principles and the practice of Osteopathy. It is the method of fact, of certitude, and of success. Its basis cannot be overturned, or its method disproved. It challenges the world to attempt it.



Letters From Graduates.

Dr. Hartford Leaves Clarinda.

Dr. Wm. Hartford, who has been practicing in Clarinda, Iowa, since June last, left that city October 1st. Dr. Hartford was very successful in Clarinda, but the new law excluding all but drug doctors took effect October 1st.

The Clarinda Herald says regarding Dr. Hartford's work in Clarinda:

The patent medicine testimonial is a universal joke, and whenever we read of some miraculous rescue from the very jaws of death by the simple application of sixteen bottles of So-and-So's New Cure for Corns, Consumption and Constipation, we pass it by as "only a testimonial." Yet these testimonials, when reliable, are the very things that count in favor of the medicine or cure. If a doctor is to secure a reputation, his patients must testify for him, either for ill or good.

In view of the fact that yesterday was his last day for practice in Clarinda, according to the new state law, Dr. Hartford desired us to ask some of his patients concerning the treatment they have received, and the effects accruing from it.

We found Dr. Hartford's parlors full of waiting patients, as indeed they have been every time we had occasion to call. The patients come and register, and then sit down and await their turn for treatment. The Doctor's operating room is simply fitted—a table for the patients to lie on, a few charts, a skeleton, and a chair. It is the doctor's vigorous self—his muscles and his knowledge of the human anatomy—that has wrought the cures that he has in his favor. His theory is that if the blood is in unobstructed and healthy circulation, the ills of the system will be largely lessened. Hence he always looks for a misplaced joint or a fractious organ, and by setting the parts of the body and loosening them into working order, he gets the blood to flow into diseased parts, and "it does the rest."

D. Arthaud, of near New Market, told us Wednesday morning of his wife, who took treatment at Kirksville last winter for female weakness. When she went down there she could hardly walk alone, but after nine weeks of treatment she came home and now does all her own work, and is in excellent health.

It sounds like a patent medicine story, doesn't it? But it is true, nevertheless.

Samuel Glasgow, of near New Market, was there Wednesday morning. He showed us a bad looking typhoid fever sore on his right leg below the knee, which he has tried to heal for three years. He was unsuccessful until he tried Dr. Hartford eight weeks

ago, and now he is nearly well. He could not walk then, nor could he hardly sleep for the pain. Now he scarcely feels it, and walks as he did before he was sick. Dr. Hartford did not want to treat him, for he thinks Osteopathy will not cure everything. But the young man insisted, and now says he wouldn't take a thousand dollars for the good he has received. It is wonderful now a man appreciates one of his legs when he is likely to lose it.

John Goecker, living north of Clarinda, dislocated his hip while loading hogs the first of the month. He wouldn't believe that it was dislocated yet he could hardly walk. The Doctor set it in two minutes, and now John is sorry Dr. Hartford has to leave the state, as he wants his daughter treated.

Martha Clark, of near New Market, was treated by the doctors for a cancer or abscess in the side, but she got no better. Dr. Hartford pronounced it pericarditis, an inflammation of the heart covering, caused by a slipped rib or two. Martha had been in bed 29 weeks, and had no more strength than to be brought over here. Now she can walk all over town, has gained twenty pounds, and her "cancer" is fast disappearing.

D. R. McAlpin, an attorney at New Market, was almost dead this summer. He went to Excelsior Springs, Mo., and got worse right along. He had chronic Bright's disease, and since Dr. Hartford has treated him, during the last two months, he has gained fifteen pounds, and is once more healthy and vigorous. He wrote a voluntary letter to the Journal of Osteopathy telling of his recovery. Dr. Hartford calls him his "living corpse."

Other cases, as the one of Harry Nelson, of this city, who had the muscles twisted in his arm, are better known to our readers. Harry was cured at Kirksville, and is now a successful Osteopath at Louisville, Ky.

Taylor & McGavock, Peoria, Ill.

The firm of Taylor & Shackelford has been dissolved, Dr. Shackelford retiring, his interest in the business having been purchased by Dr. R. E. McGavock, who will remain in Peoria.

The people of Peoria are taking quite an interest in the new practice, and the prospects are good for a permanent business at this point. We have several interesting cases which will be ready to report in the near future. Success to the JOURNAL.

TAYLOR & MCGAVOCK,
Peoria, Ill., Oct. 9.

L. B. Smith in Erie, Ill.

The following pithy letter is from one of Erie's best business men. The son mentioned had been the usual rounds in Chicago; to the clinics of medical schools and some of the best specialists of that city and St. Louis. During this time some of the most absurd theories as to the cause of the trouble were given by these medical experts. One, "that the boy chewed his finger nails, and his alimentary canal was sticking full of these little pieces of finger nail." This said they, was the reason they failed to cure. The result under Osteopathic treatment is best told by the boy's father in the following letter:

I am pleased to say that my son, after ten years of chronic diarrhoea, has been cured by Dr. L. B. Smith with four weeks treatment. He is now gaining in flesh and seems better than for years.

G. N. MASON.

Erie, Ill. Sept. 16, 1897.

Success to The JOURNAL, and best wishes for all
L. B. SMITH, D. O.
Erie, Ill., Sept. 30.

Dr. Harlan in Denver.

Osteopathy is booming in this city. I have new patients every day. Since I returned from my recent visit to Kirksville, I find more work than I can attend to awaiting me at the office; and the best part of it is that the interest in Osteopathy is manifested by the very first people of Denver. My cash business in Denver alone this month will run over a thousand dollars, besides the branch offices.

I have some interesting cases which I will write up for The JOURNAL as soon as I have time. I have been too busy since returning from Kirksville. Have to put in full time from 8 o'clock 'till six, and one day this week, I did not get away from the office until after seven.

Wishing The JOURNAL continued success,
I am Very truly,
W. L. HARLAN, D. O.
Denver, Colo., Oct. 6.

Dr. Tull in Cameron, Mo.

I have been in Fargo, N. D. all summer until the first of September, when I came to Cameron. The transition from the crisp dry air and cool, very cool nights of the north

country, to the torrid heat we have been having the last few weeks, was rather enervating and caused me distress, still, notwithstanding the discomfort of the heat, I prefer the climate of the south, to that of the north, so I concluded to make the change. Have not as yet made up my mind where I shall locate permanently, but should prefer the south or east.

I am in receipt of a letter from one of my patients at Fargo, N. D. A gentleman whom I treated for asthma. A rather peculiar case, peculiar, from the fact that in one attack, inhalation would be difficult, in the next attack exhalation would be faulty. A manifestation I have observed in but few persons affected with this distressing disease. He was very much relieved by Osteopathic treatment, as the following letter from him speaks for itself:

FARGO, N. D., Sept. 4.

Dr. Geo. W. Tull, Kirksville, Mo.

DEAR SIR—Having been under your treatment for asthma and general debility of the system, I wish to say that I have received much benefit from the treatment given and am now in better physical condition than I have been for many years. I regret as many of your patients do, that you are to leave Fargo, and sincerely hope you may be highly successful in the practice of Osteopathy, wherever you may locate.

With kind regards and best wishes, I remain
Sincerely yours,
C. HANSON RUDD.

Will close with best wishes to the Journal editors and for the JOURNAL's continued success and high standard of excellence.

G. W. TULL, D. O.

Cameron, Mo., Oct. 1

Dr. Osborn at St. Joseph.

Over seven months ago a lady was brought on a bed to this city and placed under my care. She was in a very critical condition and only came as a last resort, having been given up by two of the best medical physicians of her town, as they said, "nothing in the medical world would relieve." She had no faith that I could relieve her. But I went to work, and following is a letter I received in reply as to how she is doing now:

DEAR SIR—During last winter my wife became afflicted with an aggravated case of throbbing or pounding of the heart. After three months treat-

ment by the best medical talent, there was no reduction of the force of the pulsation and she became gradually weaker from the wasted energy, losing her appetite and being unable to sleep, from the unending pounding at the very fountain of life. Convinced that under these circumstances her life would soon be wasted away, I placed her under your charge with many misgivings that the change might do her no good, yet a change of some kind I knew imperative.

Without taking a drop of medicine, the ministrations of Osteopathy have brought her back to me. Slowly—oh! so slowly—but surely, her heart lessened its violence of beat and she gained strength, her spirits revived, and in three months and one week she returned home a revived and recuperated person.

Three months have since elapsed, and I now regard her as permanently cured, although the heart pulsations are felt at times in a slightly abnormal way. Her strength, vivacity and cheerfulness have rapidly increased. I owe it all to Osteopathy and she of course heartily concurs with this view.

I will add that for more than thirty years she had been afflicted with bronchial trouble, and this has left her.

The name and address will be sent to anyone who will write me.

Success to Osteopathy.

J. H. OSBORN,

1310 Francis St., St. Joseph, Mo.

Dr. Corbin in Vermont.

Since my last letter I have had quite a number of new patients. Among them are some who have yielded in a very short time to Osteopathic treatment.

The first is a case of rheumatism, and I enclose a letter written by the patient, E. O. Tracy, of Chelsea, Vt., who has had but four treatments, the first on September 30th, and the last on October 7th.

When I gave him the first treatment he was hobbling around the house on crutches, after which he walked with a cane. After the second treatment he could go without the cane and has walked and worked ever since as you will see in his letter;

Dr. C. E. Corbin, Montpelier, Vt.

DEAR SIR—I thought perhaps a short letter from me might be acceptable to you, in which I want to tell you of the remarkable change you wrought in me as regards my rheumatism. I cannot convey to you with pen and ink how much relieved and better I am than when you began treating me. So to know about how I feel, you will have to contract the rheumatism and be treated by a D. O.

Well, Doctor, I have no pain now, and have

worked every day since I got home, and as I tell the story to those who inquire, I say I shall not blame you if you don't believe what I say. I hardly think I could—had not the change been wrought in me, but it is the fact nevertheless. Hope you are well and enjoying life in the highest degree.

I remain, respectfully yours,

E. O. TRACY,

Chelsea, Vt. Sept. 11

The above is one of the many letters which I have received from patients.

Yours respectfully,

C. E. CORBIN.

Montpelier, Vt.

Dr. Sullivan in Chicago.

I look forward with a great deal of interest to each issue of the JOURNAL, and read with a great deal of pleasure the letters from graduates and extend an invitation to all Osteopathically interested, when in Chicago to call and renew acquaintances or get acquainted.

I have several good cases to report. Will submit a few only this time. One patient writes:

I suffered untold agony from facial neuralgia, which rendered me totally unfit for business and compelled me to keep my bed.

The efforts of my family physician to relieve me of my trouble were unavailing. I was referred to the new science of Osteopathy, which proved quite a revelation to me, and restored me to complete health in a short course of treatment.

The name and address of the party will be cheerfully furnished anyone upon request.

Another case of neuralgia in a patient 70 years old, of two years standing, was relieved entirely in less than a month's treatment.

A young lady with synovitis—right knee joint—five years standing—restored the disordered hip and spine. One month's treatment perfected the cure.

A young lady of 21 years, troubled with epileptiform attacks and twitching of facial muscles; have relieved the muscular twitching and diminished the severity and length of attacks; is still under treatment, and hope to be able to report a complete cure. The case is of long standing and they had traveled extensively in search of relief but found none 'till Osteopathy was given a trial, and gradual improvement was experienced from the first.

Two months treatment relieved a case of

dysmenorrhea (painful menstruation) for a lady of 28 years, who had suffered since puberty at each period; suffered also from insomnia and severe headaches between the menses.

A most obstinate case of constipation, of fifteen years duration, was entirely relieved

after eight months treatment, demonstrating that perseverance in Osteopathy will always bear fruitful results.

With best wishes for the A. S. O. and The JOURNAL, I am yours very respectfully,
JOSEPH H. SULLIVAN, D. O.
905 Masonic Temple, Chicago, Ill.

WHEREABOUTS OF RECENT GRADUATES.

J. S. Gaylord has recently moved from Springfield, Ill. to Owensburg, Ky.

Dr. Mary Ash has located at Colorado Springs.

Dr. Mollie Baldwin is at Brookfield, Mo.

Dr. Roy Bernard is visiting at his home in Chicago.

Dr. R. M. Buckmaster has displayed his shingle in Muncton, Canada.

Dr. H. H. Gravett is practicing in London, Ohio.

Dr. Wm. Hartford and wife are enjoying a prospecting tour of California, with a view to locating in that state.

Dr. A. M. King, Salt Lake, reports a good practice.

Dr. Clara Martin is in Durham, N. C.

Dr. A. D. Mahaffy is in Marshal, Mo.

Dr. M. T. Mayes and wife have recently removed from Morrisburg to Burlington, Vermont.

Dr. J. E. Owen and wife are practicing at Indianola, Iowa.

Dr. John W. Parker is in Independence, Missouri.

Dr. Alice Proctor is located at Helena, Montana.

Dr. J. T. Rankin is in Blockton, Iowa.

Dr. A. H. Sippey will practice at his old home in St. Louis.

Dr. Robt. Vallier reports a splendid practice in Gainesville, Texas.

Dr. John Warner is assisting Dr. W. L. Harlan in Denver.

OSTEOPATHIC THOUGHTLETS.

THE influence of the will is the first form of stimulus to regain control of regenerated motor fibres.

THE sudden stimulation of any cutaneous surface exerts a powerful influence on the respiratory centre.

ANY sensory nerve may convey a stimulus to the vaso-motor centre. Irritation of a sensory nerve causes general contraction of the blood-vessels.

THE accelerator or motor nerves of the heart pass from the medulla down the spinal cord, and reach the heart through the last cervical and first dorsal ganglia of the sympathetic nerve.

LOCAL inhibition or dilation of blood-vessels is observed in the stomach on irritation of the branches of the vagus distributed to the mucous membrane of the stomach.

WHEN tired, the nerve recovers more slowly than the muscle. Nerve-cells—and therefore the central organs and end-organs of the nervous mechanism—tire much more easily and quickly than nerve-fibres.

THE rhythmical movements of the heart are independent of the medulla oblongata or cerebro-spinal centres generally, and are conditioned by the ganglia of the heart itself. Hence, the heart will continue to beat rhythmically, after complete severance

of its cerebro-spinal connections, or, the cold-blooded animals, after removal from the body.

IT is a law that all chemical or electrical stimulation of the nerves is closely connected with the destruction of the nervous tissue. This condemns alike the use of drugs and of batteries within or upon the human body.

HIGH degrees of temperature may destroy the power of nerves to perform their functions, but without killing them. Warmth increases the immediate expenditure of energy in an excited nerve, and so hastens its death; cold delays this expenditure, and so conserves the nerve.

OXYGEN, as furnished by the circulation of the arterial blood, is a prime condition for the performance by the nerves of their distinctive functions. Deep breathing, clavicular, intercostal and diaphragmatic, will bring speedy relief from the indispositions with which people suffer.

THE respiratory centre retains its activity long after the reflex excitability of the spinal cord is abolished, and all voluntary or conscious action has ceased. This is shown by the action of chloroform. When pushed to its full extent, it paralyzes the brain and cord before the respiratory centres. The convulsive movements of the dying are simply reflex and not attended with conscious pain, and often the respiratory centre is active long after death has really come—it being the last to yield.

THE inhibitory nerves may be stimulated and the heart made to stop, by powerful irritation of the sensory nerves of the surface generally; by irritation of the sensory branches of the fifth in the nostrils; by irritation of the sensory nerves of the larynx; and in particular, by irritation of the intestinal nerves. Thus, a smart tap on the intestines of the frog causes the heart to stop, a fact which serves to explain the danger of blows on the epigastrium, and the fatal consequences which sometimes follow the sudden shock of a large draught of cold

water or irritant poison on the sensory nerves of the stomach.

PRESSURE of a nerve may be increased very gradually to a high degree without exciting it; but its power of conductivity is thus temporarily suspended. Very moderate pressure or slight traction of the nerve has been found by several investigators to increase, at least for a moment, the irritability of the nerve; and perhaps, also, the speed of conduction in it. All neural function is, of course, destroyed by any considerable mechanical injury of the nerve, such as often happens by stricture or pressure from a swelling.

THE blood-vessels are under the control of the medulla. The centre of innervation of the blood-vessels is termed the vaso-motor centre. The vaso-motor nerves pass by the spinal cord to the blood-vessels through the ganglia and fibres of the sympathetic system. These nerves are in a state of constant activity, and keep up a tonic contraction of the arterial walls, a condition which is termed arterial tonus. Hence, a section of the spinal cord below the medulla, causes cessation of the arterial tonus, and the blood-vessels become dilated.

THE position of the vaso-motor centre, from recent researches, is situated in the grey matter on each side of the median line of the floor of the fourth ventricle, extending from about four millimeters in advance of the beak of the calamus scriptorius to within one millimeter posterior to the corpora quadrigemina. Section above this point does not cause dilation of the blood-vessels, while section posterior to the lower margin of the centre causes their complete and permanent paralysis. Vulpian, however, has shown that, in addition to the vaso-motor centre proper, the spinal cord is concerned in the maintenance of arterial tonus. This he reasons from the fact that after section below the vaso-motor center, a further dilation of the blood-vessels is caused when the spinal cord is destroyed, or the anterior roots of the spinal nerves divided.

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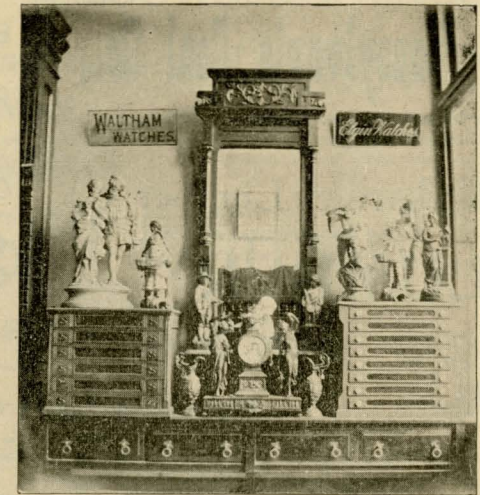
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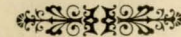
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
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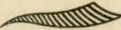
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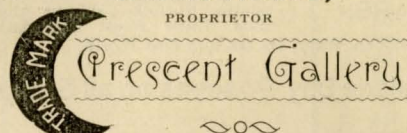
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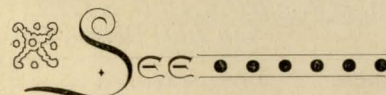
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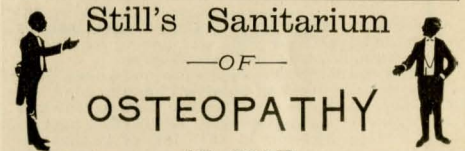
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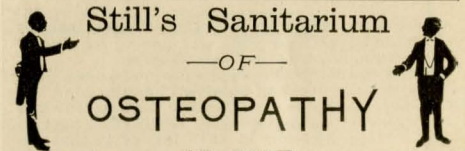
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