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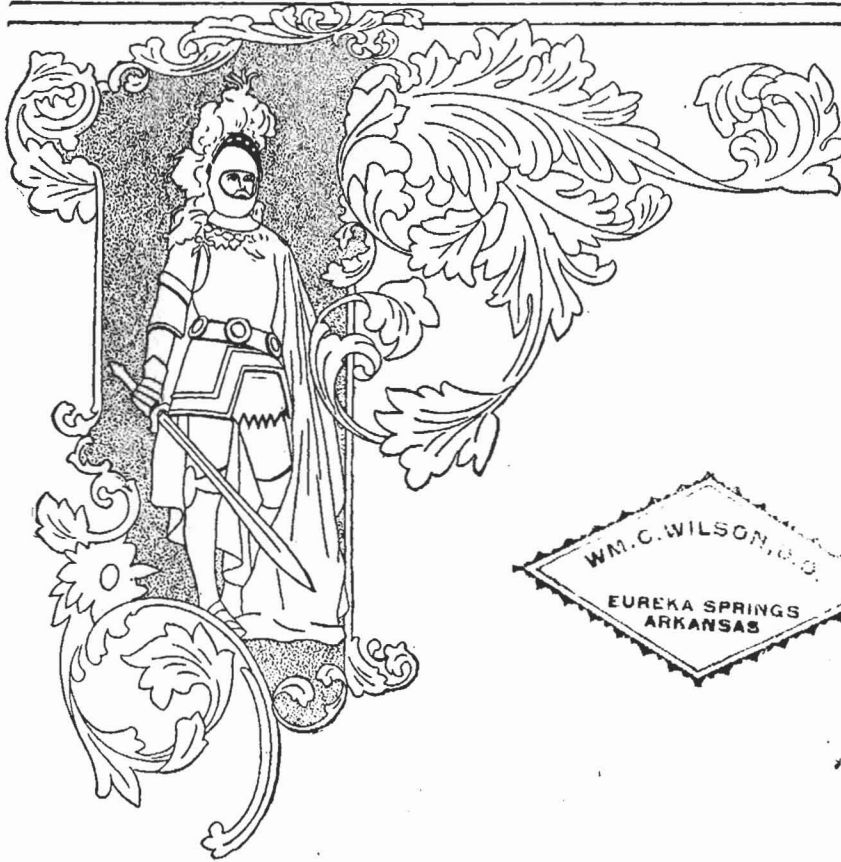
OSTEOPATHIC KNIGHTS

Devoted to the Advancement of the Osteo-
pathic Science and the World's Good Health.

Vol. 1.

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The OSTEOPATHIC KNIGHTS

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The Influence of Mind.

A. P. Terrell.

It has been said that "nothing exists in an independent and isolated state. The universe is a unit—a vast system of means, agencies and instrumentalities—all the parts of which have a mutual dependence upon each other, and none of which can be comprehended perfectly without some knowledge of the whole. * * * Every body in the universe, whether great or small, tends toward every other body, with a force which is as directly as the quantity of the matter and as inversely as the square of the distance."

From this it is evident that the solar system is a magnificent clock-work of unfailling perfection. All of its stupendous parts influence and are influenced by one another, yet all move on in absolute harmony. Every orb has its magnitude set off on a scale, its material weighed in a balance, its distance measured by a line, and its velocity computed by an infalible law. And in the celestial machinery our planet has its place, fitting therein as a wheel in the works of a chronometer.

The universe is everywhere legibly inscribed and written over with the great truth, that all things are subject to law; there is not even a plant, or a stone, or a falling leaf, or a grain of sand, which can claim exemption from regulation and control. No, there is not a particle of matter from Huxley's protoplasm at the bottom of the ocean to the sun, whose great iron arm swings worlds through the immensity of space, but is under the control of the laws of attraction. Before the law of universal gravitation was discovered by Sir Isaac Newton, the whole physical universe was a series of mysteries; the laws of falling bodies, the weight of materials, the tides of the ocean, the motion of the several planets and a thousand other terrestrial and celestial phenomena were all inexplicable to the na-

Errata.

Page 14, line, 15, "cholera" should be chorea.

ural philosopher. When, however, it was seen that every body attracts every other body, then, indeed, all was plain—the vail of mystery was removed, and a thousand subordinate questions were answered by the solution of this one great universal problem.

Not only is it true that matter attracts matter, but mind attracts mind as well. Objects of a spiritual or mental nature, if not in precisely the same sense in which the expression is applicable to matter, yet in some true and important meaning of the expression, have their appropriate and determinate principles of being and action.

Montesquiev has said, "all beings have their laws, the Deity his laws, the material world its laws, the intelligence superior to man their laws, the beasts their laws, man his laws."

Now, if everything is under law, the mind must be under law, and as material objects, being under law, attract each other, so in a certain sense, objects of spiritual or mental nature attract each other. For example, take two boys—shut them off from all other society, and let them grow up together; they will at manhood, be of the same mind. The mind of the good boy will have been drawn downward, and that of the bad one will have been drawn upward, so, by the law of attraction, they will be brought on a level. There are cases recorded in works on mental philosophy of whole families, schools and hospitals, that, by the laws of attraction, have been made to feel alike, speak alike and act alike.

If this principle were obliterated, the bond of union which now binds so closely together the two great divisions of society, the old and the young, would be greatly weakened; an event, in all points of view, much to be deplored. Not only in childhood, but in mature age, we walk in the steps of our parents. Every parent seems to be a sun, around which revolves the satellites—the children whom God has given. They are so attracted by the parent that they imitate him in thought and word and deed. And it is in this way, partly at least, that generation is connected with generation; and that society kept in the beaten tract, is not subject to sudden and disastrous convulsions.

To show that mind acts powerfully upon mind, I have but to refer to the great warriors, statesmen and philosophers of the past. For almost two thousand years, Plato held the thinking—the brain world, under his control. Men's minds clustered about the mind of

the great philosopher's like the iron filings cluster about the point of the magnet. They delighted to lay their minds long side of his and have them vivified by the profound thoughts which flashed through them. He fashioned their lives and determined the destiny of hundreds and thousands of men. He simply spoke and it was done, he commanded and men stood still. Lord Byron showed his appreciation of the influence of mind upon mind, in that he read carefully the writings of others when he was about to begin the composition of some poem. He desired to excite his vain by the perusal of the works of others on the same subject or plan, from which the slight hint caught by his imagination, as he read, was sufficient to kindle there such a train of thought as, but for that spark, had never been awakened.

It was a belief in this principle that caused Demosthenes to transcribe the history of Thucylides six times. He wanted, by keeping company with him, to learn how to express himself in the same masterly style.

But not only does the mind influence mind—it influences the body as well. In his physiology, Dr. M. J. Littlejohn says, "the mental conditions affect almost all, if not all, the organs of the body. The emotions affect body nutrition. For example joy and sorrow have an important influence upon the nutritive processes. Nutrition is promoted by an easy and contented disposition and retarded by melancholic or anxious moods. The same thing is true of diseases and recovery from diseased conditions, the mind exercising either a depressing or an elevating influence upon the diseased organ or the abnormal and impaired function." In his Psycho-Physiology he says, "To heal the mind and give it that place of appointed vantage in the human system, which, instead of depressing, will elevate, instead of wearing out, will tone up and instead of laying open, will raise above all sorts of disease ravages, the human body. Such is the design that Psychology has in entering the field of medicine." Dr. Henry Wood, in his ideal suggestion through Mental Photography, says: "In the physical human organism thought is at work, like a carpenter in a house, either building up or pulling down. Thought, or thought-quality, gives tone and character to all the chemical changes and transmutations which continually go on within the bodily structure." Again, he says, "Medical annals are crowded

with examples of the disastrous effects upon the human organism of fear, anger, envy, jealousy, worry, hate and other abnormal passions and emotions. No fact is better understood than that these qualities of thought pull down, disintegrate and paralyze the physical forces and nerve centres."

The above statements being true, we as osteopathic physicians, should not only study physical manipulations, but we should also study the influence of our minds over our bodies and the minds and bodies of others. Our motto should be, "A sound mind in a sound body."



Who Are the Medical Humbugs.

(From the Christian Advocate.)

Editor Christian Advocate: In your issue of March 13, there appeared a very interesting article in regard to humbugs in medical practice. I am afraid, however, that the writer made one or two very important omissions.

I fully indorse the statement, that he (or she) who administers to the sick, ought to be thoroughly versed in the science of pathology and therapeutics. This will enable him to diagnose diseases correctly, and (if his method is of the right kind) to successfully treat his patients. Any class of physicians, healers, or what not, who undertake to administer to the sick without being duly qualified, should be legally dealt with. There is no excuse in this enlightened age, for thus palpably imposing on the good sense and intelligence of the community.

But what shall we say of that physician, or class of physicians, who for any and every ailment, will proceed to put drug poisons into the stomach of his patients? Or if not into their stomachs, he introduces these directly into the circulation, by means of a little instrument called the hypodermic syringe. Now, I can discover neither reason nor common sense in such a practice. Two-thirds of all the patients to whom a doctor is called, would get well without any treatment whatever; a few days rest, abstinence from food and a little nursing, gives nature a chance and the patient is soon well. But half of these patients if thoroughly dosed, will come out of illness

much sicker than they were in the start; instead of one disease they will have a half a dozen to contend with.

In proof of the above statements, I will quote briefly from certain well known physicians, all of them in good and regular standing with the medical profession. Dr. Alonzo Clark says: "In their zeal to do good, physicians have done much harm; they have hurried to the grave many who would have recovered if left to nature."

Dr. Martin Payne declares, that "Drug medicines do but cure one disease by producing another."

Sir John Forbes says: "Some patients get well with the aid of medicine, more without it, and still more in spite of it."

Dr. John Mason Goode, remarks: "The effects of our medicines upon the human system are in the highest degree uncertain, except indeed that they have destroyed more lives than war, pestilence and famine combined."

The celebrated Sir Astley Cooper affirms, that: "The science of medicine is founded on conjecture, and improved by murder."

Prof. Eavens, Fellow of the Royal College, London, says: "The medical practice of our day, has neither philosophy nor common sense to recommend it to confidence."

Dr. Johnson, also a fellow of the Royal Society, says: "I declare as my conscientious conviction founded on long experience and reflection, that if there was not a single physician, surgeon, man midwife, chemist, apothecian, druggist, nor drug store on the face of the earth, there would be less sickness and less mortality than now prevail."

Prof. Parker says: "Hygiene is of far more value in the treatment of disease, than drugs."

Now if we are to believe the testimony of these celebrated authorities, that physician ought to stand highest who dabbles the least in drug medical poisons; and he is the biggest humbug who relies most on them, when called to the sick room.

The fact is, the science of the true healing art has scarcely yet been studied. As we come to understand it, crude chemical compounds, metallic or otherwise, will be relegated to the department of the arts and sciences where they legitimately belong; and thorough sanitation and hygiene will take their place. Nature is the true physician, and hygiene is her handmaid.

There are several hundreds of thousands in the United States, who do not believe in poisoning an individual because he is sick; they know that the philosophy of curing does not consist in drugging, but in supplying those conditions which will promote health. The functions of the true physician is to control and direct vital force; and there are many ways of doing this, without giving drug poisons; ways that are in harmony with the life forces which are manifested in the vital organism.

Drug medicines are antagonistic to the life principle; and the moment they are introduced into the human body, the vital instincts do their best to expel them. To illustrate: If an emetic is administered, the stomach immediately reverses its action, and throws out the offending substance. If the drug is a purgative, the bowels set up peristaltic action, and in this way expel the intruder. One function of the depurating organs, is to gather up hurtful ingredients that find their way into the blood (it may be from bad eating or worse drugging), and convey these out of the system as speedy as possible. Whenever a drug medicine is introduced into the living organism vital antagonism is the result; these chemical poisons cannot be utilized in the vital economy; and nature does her best to get rid of them promptly, and thus save the life of the individual.

There is a better way to cure the sick than to administer drug poisons, and it is high time that we were learning it. The trouble with the Christian Scientists, healers, etc., is this: Their methods of treating are fragmentary; they perhaps quiet the nerves (hygiene of the mind is a good thing), and if the disease is a nervous trouble the patient may get well. But where there is a serious functional derangement, something more is needed than to simply quiet the mind. If these various "sects" would combine hygiene (strict dieting, sufficient bathing, etc.) with their peculiar methods, their success in curing would be very much greater. What we want in the healing art is not a fad, but a system, and this latter should embrace everything that is curative, and nothing that is antagonistic to the life principle within us.

FAIR PLAY.

St. Louis, Mo.

Electrotherapy.

G. D. HULETT, B. S., D. O.

For the facts relative to the therapeutic uses of electricity I am indebted to the work of M'Gregor Robertson, "Elements of Physiological Physics" and to "Physical and Natural Therapeutics" by Geo. Hayem of Paris, the work edited by H. A. Hare of this country.

Applications of electricity are made for two purposes, diagnosis and treatment. Under diagnosis it is used, first to determine the relative irritability of muscle or nerve; second, to determine whether a lesion—lesion in the pathological sense—is peripheral or central; third, to detect the presence and to a greater or less degree, the location of a foreign metallic body, a bullet for instance; fourth, to distinguish a real from a simulated pathological condition; and fifth, to ascertain if death has taken place.

It is however in the application of electricity to therapeutic ends that we wish to draw attention. According to M'Gregor Robertson, four principle uses are found for the electric application: First, as a stimulant and counter irritant; second, as a sedative and anti-spasmodic; third, for electrolysis; fourth, as a cautery. Other uses of secondary importance are made however and will be brought out in the discussion of the various applications.

According to Hayem's work the three general effects of a therapeutic nature are "referable respectively to a stimulant action, a sedative action, and a trophic action." What is claimed for electrotherapy from a physiological standpoint is that these effects are gotten as a result of experiment only, and hence the practice falls largely within the domain of empiricism. This is indicated by the assertions of the electrotherapists themselves. Hayem says, "But the reader has been able to see that our knowledge is still not far enough advanced for us to think of formulating in a precise way the mode of action of electricity upon the organism. The only certain thing seems to be that this action is very complex, even where it is exerted upon a healthy organism. A fortiori, it is still more obscure and more difficult to define when we are working in a therapeutic way—i. e., by applications upon parts modified by disease or upon parts whose manner of reacting deviates more or less widely from the normal. Moreover, under a great many circumstances we are

ignorant of the real conditions under which we are introducing the electric agent. We are almost absolutely ignorant of the pathological physiology of the neuroses and of most of the diseases of the nervous or neuro-motor system, diseases which are precisely the ones in which electrization scores its most incontestable successes. It would be useless, therefore, for us to lay any stress upon the various theories upon which observers have thought to base the rational employment of electricity. Empirical results are so far the only ones that can serve us as a guide."

Further, the application of electricity as a rule must be general rather than specific. In speaking of stimulation of the cervical sympathetic for vaso-motor effects we are told, "It will be noticed that when we endeavor to apply electricity to the sympathetic in the neck we at the same time produce by diffusion of the current in the neighboring parts a stimulation of the vagus, the carotid, the nerves at the base of the skull, and probably also stimulation of the brain and medulla. It is really a question therefore of a procedure which is quite complex in its effects."

Referring to the process of stimulation as secured by electrotherapy M'Gregor Robertson states that the most common use is in relation to conditions of a paralytic nature; for instance in case of malnutrition of a certain group of muscles where the nutrition and tone may be more or less improved. In this case the lesion is supposed to be central, or in other words the brain center is involved disturbing the volitional control of the muscle group while the centers in the cord governing the nutrition to the muscle group are not involved. In favorable cases however, where there is a peripheral lesion, for instance, a degenerated condition of the cord center, or the nerve path from cord to muscle group, more or less satisfactory results are obtained. Cases of aphonia, of asthma, or other conditions of impaired respiration, are instanced as being favorably responsive to electric treatment. The special senses are said to be very sensitive to the action of the galvanic current. The secretions of various glands of the body are visibly affected by the application and this result is secured either by direct or indirect—reflex-action,—the salivary secretion given as a specific example, the saliva being markedly increased by electrization of the parotid region. A case is cited in which the buccal secretion was restored in an elderly

woman recovering from gastro-intestinal disturbance from which she had derived extreme dryness of the tongue and mouth.

The vaso-motor system responds more or less readily to electrization. In stimulation applied to the brain it has been noticed to produce pallor of the face, attacks of vertigo, and fainting, indicating considerable disturbance in the circulatory apparatus. Numbers of experiments on animals indicate that profound vaso-motor effects result directly from electrical stimulation of the cervical sympathetic either in the nature of a constriction, or of a dilatation.

As a sedative measure certain forms of electrical application produce distinct changes. Neuralgia, headache, ovarian pain, and other conditions of sensory irritation are overcome by the use of the electric breeze. In cases of spasm of the muscles as in writers' cramp, wry-neck, etc., the application of electricity is said to be helpful. It is interesting to note in consideration of stimulation and inhibition from the electrical standpoint the comparison with that from the osteopathic standpoint. The statement is made that "currents of short duration act as stimulants and restoratives; and that on the other hand, currents of long duration, are paralyzers, or anti-spasmodic." In manipulative treatment we know that sharp, quick treatment to a nerve or other part increases its activity while a steady pressure of some considerable duration results in a lessening, or an inhibition of that activity.

A further effect of certain forms of electrization is in relation to trophicity. This effect is gotten either directly, through the stimulation of trophic nerves or the trophic elements of other nerves, or indirectly through reflex activities it may set up vascular and secretory modifications which are largely concerned in nutrition.

While electrotherapists recognize the possibility of reflex stimulation by means of the sensory nervous system they apparently do not attach great importance to it and hence in all their work direct effects are sought rather than indirect results from reflected nerve impulse.

A further effect of the electric application is a chemical or electrolytic action produced locally at the point of application, which results in a greater or less alteration in the tissues, but just what the therapeutical value of this procedure is has not been indicated.

Still another effect is that of cataphoresis which "consists in the

transportation or conveying of liquids or minute particles which the latter hold in suspension." This is supposed to have some therapeutical value in itself but has been used more particularly for the passage of certain medicines more deeply into the body when externally applied.

The other three uses of electricity in therapeutics as given by M'Gregor Robertson, electrolysis, cautery, and electro magnetism, come more properly in the domain of surgery. The distinctive action of electrolysis is in the destruction of morbid tissue growth. It has been used for decomposing bronchocele, sebaceous tumors, hydatid cysts, urinary calculi, and in the treatment of aneurism.

For the purpose of cauterization the electric application finds one of its most practical uses and in the domain of surgery it is becoming deservedly popular.

Electromagnetism is used to a greater or less extent for the extraction of minute particles of metal, more especially when lodged in the eye.

It will be seen by a careful analysis of the foregoing statements that the foundation for the practice of electrotherapy is the same as that for the practice of drug medication. In other words, the electrotherapists are still fighting the battle from the rear by attempting to overcome disease by combating its manifestations. When the electrotherapist applies his battery for the purpose of stimulating a lax organ he is using the same principle as the drug therapist employs in the using of chemicals for the stimulation of that organ. When he reduces a sensory condition as of a neuralgia he is merely destroying the sensibility of that nerve in a manner similar to its destruction by the injection of morphine. When by the application of electricity for secretory, vaso motor, or trophic effects he attempts to increase metabolic processes, he is still working peripherally rather than centrally. The real cause of disease conditions seems to be an unknown quantity, or at least, the removal of such cause outside the realm of possibility. True, the possibility of removal of cause is indicated in Hayem's work when he says "It is this trophic action that we seek to secure when instead of deriving our indications from the symptoms we go to the cause of the disease and endeavor to modify the lesion itself. Thus in an affection of the spinal cord, for example, we may by electrization either attempt to

re-awaken movement or sensibility in the limbs—and this has been the object aimed at in the procedures so far studied—or we may try to modify the spinal lesion itself. It is this latter indication which is fulfilled by those measures which give rise especially to trophic actions." Thus he attempts to show that in rare cases an attempt is made to remove the cause rather than combat the symptoms which is the usual method. Unfortunately, in this particular case cited he infers that the morbid growth in the spinal cord is the cause of the diseased condition and hence the application of the electricity to that morbid condition is a rational treatment. Osteopaths have so long been admonished to seek the real causes of conditions, that this explanation of matter will hardly be satisfactory. The abnormal pathology in the cord itself being still an effect rather than a cause.

Ultimately, the basic difference then between electro therapy and our own science is not only apparent but is decidedly real. By the application of electricity we not only indicate on our part an ignorance of the cause of disease, but of the only true source of supply of all remedies. We are still, as in the case of drug medication, attempting to supply an internal need from an external source.



Knighthood.

"There lived a Knight when Knighthood was in flower,
Who charmed alike the tilt-yard and the bower."

A principle whose spirit dates back from centuries before the christian era began is worthy of an investigation by all candid minds. The spirit of true knighthood as rooted in early European civilization is not only interesting but it also furnishes a profitable field for information. One source of its origin is traceable to the old feudal system which reminds the student of history of castles halls, barrens with their petty authority, the bugle calls rallying the peasantry to the defense of the place against some invading foe. While feudalism was in a sense political it had more to do with the wealth of the country as it had to do with the landed estates.

Another root of knighthood finds itself in the early spirit of chivalry traceable to the days of Socrates. Chivalry was both social and military as the chivalier's rank was equivalent to that of commander of a troop of cavalry.

The educational training of the chivalier embraced both ethics and philosophy. Antisthenes, a disciple of Socrates founded the school of Cynics from which Zeno founded the school known as the Stoic philosophy. The cardinal points of this philosophy were, first, the life and second, the death of Socrates. The great Grecian philosopher was the ideal man whom all youths were admonished to imitate. While the learned world of today may not regard the philosophy of Socrates as up-to-date, yet we must admit that the youth who imitated his example would be far above the ordinary illiterate. The public benefaction derived from the spirit of chivalry was not withholden from the eyes of the ministry; they were not slow in perceiving its influence upon their followers during the crusades, or holy wars. With a tree whose roots are thus deeply embedded, one in Germanic Feudalism, one in classical antiquity and one in Christianity, what fruit should we expect? Some of the fruits the world has already gathered from these ancient schools of chivalry is that man's highest sphere in the world is to love, honor and protect woman. A love that seeks her highest happiness, a love that says my greatest happiness is in seeing you happy. An honor that admits her as man's equal and that the Alwise Creator intended her to walk by his side and not be trampled upon as a slave. To protect the good name of woman is but protecting that of mother, wife and daughter.

This great tree with its brazen trunk and roots of iron was planted in English soil whence came our present rank of knighthood. In the great battle of Hasting, William, Duke of Normandy, who, upon the 25th day of December, 1066, became William the First of England or William the conquer, proved the supremacy of Germanic civilization over that of the Saxons.

To show his esteem for the galantry of his soldiers, William organized the order of knighthood, conferring the degree upon all those that in any way had proved themselves worthy.

For some time none were eligible to its rank, entrusted with its secrets, but the specially brave from the army. As the cycle of time turned the eligibility to the order was extended to scholars, poets, artisans, in fact any one who had conferred a favor upon the king or upon one the king saw fit to honor.

The honor of knighthood was the greater because it was conferred

by the king in person or by some one deputized by the king for that special work.

It was expected that every one thus honored should prove true to the order and consequently a severe penalty was attached for in any way dishonoring the trust. Such occurrences however, are very rare. The penalty consisted in having his spurs chopped off with a hatchet, his sword broken, his knightly habilament taken off piece at a time and cast in disdain from the recreant knight.

With the preceding history before us let us consider OUR KNIGHTHOOD. And first of all let me say what it is not. The order or Knights of Osteopathy was not organized with the view of interfering in the least with other societies, and much less with those whose purpose is the advancement of our beloved science. We are not the dictators of others conscience and so we do not object, if you so wish, to your belonging to as many different orders as you may find, so you are true to us—the K. of O.

WHAT WE ARE.—The prime object of the Knights of Osteopathy is to band together in fraternal bonds a class of true ladies and gentlemen as workers for the good of our common cause. Believing that there are many diamonds in the rough only waiting for the emery stone, and unpolished marble must be prepared to make them valuable, so many diamonds in human form need the polishing surface of society that they may go upon the markets of the world for their face value. Not only improve in a social way each other, but in all legal ways shall we aid each other in our private practice, holding up our banner till truth shall triumph over error.

P. D. HOLLOWAY.



Mrs. Hoffman of Kansas City Visits A. S. O.

P. D. HOLLOWAY.

It was the good fortune of the A. S. O. on Monday, May 27, to be visited by Mrs. Clara Hoffman of worldwide fame as a lecturer on temperance and social reform. Mrs. Hoffman is the wife of Dr. Hoffman, a graduate of the medical school of Leipsic, Germany, with whom she has lived for thirty years. Her native talent, extensive travel, with the association of an educated husband, prepares Mrs. Hoffman for the field in which she so successfully toils.

Dr. Hildreth in a few words introduced Mrs. Hoffman to the

school and for a short time she gave us some wholesome doctrine. Among the many good things we note the following:

In a conversation with her husband some time since she asked why Drs. gave drugs to the sick and the Dr. replied, that it was because of the ignorance of the people. Osteopaths are, or should be educators. But how can an osteopath succeed in educating people against the use of drugs and at the same time use narcotics (tobacco)?

She believes osteopathy is the coming system of healing and its progress can not be stopped if it is founded upon truth. The calling of the physician is a sacred one and hence the Dr. should be a leader in all social reforms, an educator. Mr. Hoffman emphasized her talk with some telling illustrations.

In a conversation with a physician who was attending a child ten years of age, who was afflicted with cholera, she asked the cause of the terrible malady. The Dr. replied that it was due to nicotine poison. "Dr.," inquired Mrs. Hoffman, "did I not see you smoking? Why do you do so when it causes such dreadful things?" "Because I am a fool" responded the Dr.

When traveling in the eastern states Mr. Hoffman was asked, "from what state are you?" to which she replied, "Missouri." "Kirksville, the home of osteopathy, is in that state" responded the querist. Mrs. Hoffman closed by telling us that osteopathy is being known from ocean to ocean and from the north to the south. That the success of the science would be what we made it by our lives and by our work. "Be noble, pure and masters of yourselves as men and women," were her parting words.

DR. ELLEN L. B. LIGON, of New Orleans, La., was then introduced and in a very happy way told of some of her experience in the field. She told of the triumphs of osteopathy in fevers, malaria, nervous headache besides all the old chronics. Dr. Ligon greatly encouraged the students and we all feel that the hour was well spent. She will always find a hearty welcome at the old A. S. O.

But this brief account would be badly lacking did we not mention the happy hit made by Dr. Hildreth in replying to one of the statements made by Mrs. Hoffman. When Mrs. Hoffman was admonishing men not to use tobacco, smiles were thick on the faces of the fair sex. Her admonition was taken for the most part good natured

ly, but when Dr Hildreth replied that the using of tobacco by men could be prohibited by the united effort of the ladies, in their refusing to notice as company, one using the weed, the old hall bell rang and Mrs. Hoffman said "amen." Thus closed a short 'pentecost' for the clinic class.



The Fledgeling Heard From.

The experiences of a fledgeling D. O., trying his new wings for the first time, are varied, and consist mainly of surprises each differing from the last. When he first leaves the hall of learning with his head teeming with those beautiful Latin names of muscles and bones, his tongue ready with those musical chemical formulas, he goes forth with the tread of a conquering hero; but after a short experience among strangers he feels sure that he is one of the "innocents abroad" and longs to rest his weary head on the lap of his Alma Mater once more.

He introduces himself as a "Doctor of Osteopathy from Kirksville," then follows two invariable questions, "What is Osteopathy, and where is Kirksville?"

With emotions similar to those of a missionary in a foreign land, he patiently and fully answers both. "Oh yes, you are a masquer—there are a great many here—they can be hired for twenty-five cents an hour." The D. O. endeavors to disabuse his mind of that error—a light suddenly dawns, and he realizes that his explanation has been very lucid. "I understand you perfectly now—to which school of drugless healing do you belong, Christian Science or magnetic healing?" The fledgeling does not feel like a missionary any more—he feels like administering a good wholesome treatment, a la Sullivan.

I do not write this to discourage any D. O. starting out; these are actual experiences with which all come in contact who go any distance from Kirksville. It is best to know and be prepared to meet them. The essentials of success are many. You must have your five senses keenly alive, and then you need a sixth sense, tact, adaptability, intuition, call it by any name you please, that fine art by which you gain and retain the confidence of people; see an end seize the first opportunity leading to it. The tactful D. O. gets two

patients where the talented but tackless, gets none. (Happy is the possessor of both talents and tact!)

You must know that you are the exponent of the greatest science of the age—that the possibilities of Osteopathy are yet undreamed of. Learn its principles well, learn to explain them, address yourself to the intelligent portion of society and you will find listeners at least. You must be prepared to “lecture” on Osteopathy at any time, and give free treatments on all occasions. You may have an experience like this: The writer was giving a free treatment to a disciple of Christian Science (who had failed to cure), after bringing about that almighty sensation of rest, said: “If you were a patient of mine I would treat you thus:”—Demonstrating—“I am a patient of yours. We will go on with the treatments.” Osteopathy has cured and converted her.



The Legacy of Unrest.

Julia F. Storm.

“Who enters here leaves hope behind,” is not exactly what we say to each new venturer into the realms of osteopathy—but to each and every one as he enters the portals of our building with his confident air and note book in his hand, can we say to him: You have taken a greater responsibility upon you than you dreamed; your portion henceforth must be—The Legacy of Unrest.

For, least of all cares was his giving up of an already chosen profession for one which called to him in enticing accents to greater achievements, greater prospects; small was the grief the wrench of parting with old friends gave to join the throng of strangers met together for one firm purpose, far from friends and home; small is the sacrifice of days of pleasure and evenings of entertainment of him who has set out to glean the truths to be gleaned under the shadow of our institution, when compared with sacrifice yet to be, for cares yet to come.

The knowledge to learn which means, Chemistry deals in combustion, reaction and air. In metals, in gases, the anything, everything, where; in small when comes the reality, yet to learn of using this knowledge all alone and unaided by himself in after days.

Into insignificance pales the task of realizing that,
Anatomy is the science of technical tones,
A mixture of cartilage, of arteries and bones,
Terms as intelligible as Chinese palaver,
With a knowledge of man from most gruesome cadaver.

When compared to the use of that anatomy in some cases of vital importance upon which hangs the hope or despair of the patient and his own satisfaction and peace of mind.

Small is the haunting fear of the inability to master manipulation when measured later to the fear whether the manipulation will in turn master the trouble of the sufferer under his care.

Examination with its accompanying fright, a terror by day and a terror by night, is but supplanted later by a greater fright as to how the one entrusted to his healing will fare through the dark watches of the night.

The price of the knowledge of “All the ills that flesh is heir to,” is The Legacy of Unrest.

Never again can one, having tasted of this fruit of knowledge, be quite so light hearted as of yore; never again so blind and deaf to the pain and suffering all around him as in the more blissful, ignorant days of the past.

A pale face, often before unnoticed now appeals to his sympathy on all occasions; a distorted portion of the human frame now calls so strongly to him as to scarcely refrain from thrusting his services upon the possessor. A stoop, a limp haunts his mind and sets up a speculative process therein as to where the cause may lie and what the outcome may be. The happy thoughtlessness to fail to note the brow drawn with pain or fever flushed cheek is now supplanted by the ever alert keen perception of the feelings which mark the changes by the imprint shown in the human face.

The proud distinction of being entrusted to his “first case” changes its aspect when cases present themselves at half past eleven or in the “wee sma’ hours of the night,” or, being no respecters of the needs of recreation present themselves a few minutes before an opera or base ball game.

The jubilant elation of slipping a vertebra or setting the atlas of an accommodating patient who has survived the initial treatments, is often succeeded by the wearing anxiety of the responsibilities of lesions which won’t remove in the obstinate patient; and dreams once broken by the oft repeating o’er and o’er of: “To some poor

fellow fearful proves the radial artery," while other arteries left their wanted channels to meander through unheard of paths to discussate in the medulla, twist and squirm and burrow their way through untried labyrinths of the optic thalamus and internal capsule, twine around the Circle of Willis and finally lose themselves in the mazes of the cortex—these nightly troubles of conglomeration and general mixupedness seem but echoes of the far, dim and distant past when compared to dreams now broken by anxieties over some patients whose cures shall bring him fame and fortune, and truly does he realize he has fallen heir to, The Legacy of Unrest.

Perhaps the weary Senior may hesitate and falter by the side and wonder if ever his hoped for hundreds of dollars a month can compensate him for all the everlasting worries which are henceforth to be his portion and wonders some more if the "game is worth the candle."

But daily achievements and greater power bring added enthusiasm and love for the chosen work until money cannot buy, pleasures cannot rival the satisfaction of being able to alleviate humanity's suffering and fathom the mysteries of disease and thwart its progress; while in future years when he meets a grateful patient who tells him his skill and knowledge has made life worth living and the world a beautiful place to live in, then more than ever will he be impressed with the dignity of the profession and as a worthy osteopath will look back to the two year's hard work only with the question:

"Who would count the billows past
When we've reached the shore at last."

And never willingly would he give up his Legacy of Unrest.

Oh physician, know your worth,
Know the healing in your hand,
Not the pride of name and birth,
Not the pride of house and land;
But the pride that bids you do
In your work your very best,
Ever faithful, tried and true
Scatter sunshine, peace and rest.

Plea for Osteopathy.

To have published gratuitously in one of the leading daily papers of this country an article or letter, the central thought of which is osteopathy, by one of the students of the American School of Osteopathy is not a matter of small importance. This communication has not the earmarks of an advertisement, but is given a conspicuous place as a matter of general interest.

Few great dailies would publish an article so radically opposed to one of the oldest and most honored professions, the members of which constitute so influential an element of every community.

Politics aside, the Chicago American is certainly an exceptional paper, published by an exceptional man, this all must concede who know of Mr. Hearst and the nature and magnitude of his enterprises.

It is therefore not so great a wonder that the appended letter written by a member of June '02 class of the A. S. O. received so prominent a place on the editorial page of his paper of April 25.

The publication of such a letter in a paper with a circulation of more than two hundred thousand and read by probably a half a million people in a half dozen states calls for the thanks of all who are interested in osteopathy:

W. R. Hearst, editor Chicago American:—Dear Sir: I find your editorials very unique, interesting and wholesome. I admire very much the great amount of good sense that pervades them. I glory in the boldness with which your views are expressed. I am convinced that you are broad, fearless, honest. In your issue of April 11, under the caption "Early Death Is Useful," I find this very true statement: "Progress in the world today is based on constant elimination of old ideas, old habits, old machinery, old prejudices, all replaced by later and better conceptions."

I am one of a small army that is battling against the "old ideas, old habits, old machinery" of drug medication passed down from generation to generation for thousands of years, and jealously guarded and disseminated and practiced by a large army of medical doctors, strongly entrenched behind laws of their own enactment, the real aim which is to throttle the "later and better conceptions" and protect of the profession from the results of their own mistakes and misdeeds; though ostensibly aimed to protect the dear people from quackery

and empiricism. Of all the trusts that are in existence today the "medical trust" is the oldest, the most ideal and apparently the most secure, as it is thoroughly organized, well protected by statute and supported by an unsuspecting public. Of course there are exceptions; all medical men are not narrow and bigoted, as many of them have already laid aside drugs, taken up our science—osteopathy—and are now practicing it, while many others recognize the truths underlying the new science and co-operate with us in the treatment of disease.

We believe that a natural flow of the vital fluids and forces of the body is health, and, per contra, that disease is the result of the obstructed flow of these fluids and forces. We contend that these obstructions are mechanical and can be removed by mechanical means, and that when so removed the tendency of nature toward the normal will restore the normal, and that health will ensue without the introduction into the system of poisonous or injurious drugs, the elimination of which will devitalize the system and render it more susceptible to further ills.

We think it more reasonable to suppose that the Creator should have placed within the body itself the necessary remedial forces than that He should have stored them up in plants which grow in foreign climes, hid them in the earth or placed them within the bodies of certain wild animals, reptiles or insects. Our course of study is very similar to that of the medical colleges, barring "materia medica," but we place special effort upon human anatomy and physical diagnosis, in order that we may recognize the abnormal and know how to adjust the body mechanism.

I believe you are interested in the truth, wherever found, and hence believe you will be interested in osteopathy, if, indeed, you are not so already. We need the encouragement of broad, honest men, and therefore appreciate your efforts for that liberty of thought and research that will bring to us the "later and better conceptions" of the treatment of human ills.

C. O. GOODPASTURE,
Kirksville, Mo.

I'm Going Home Again.

Bennora Terrell, June, '02.

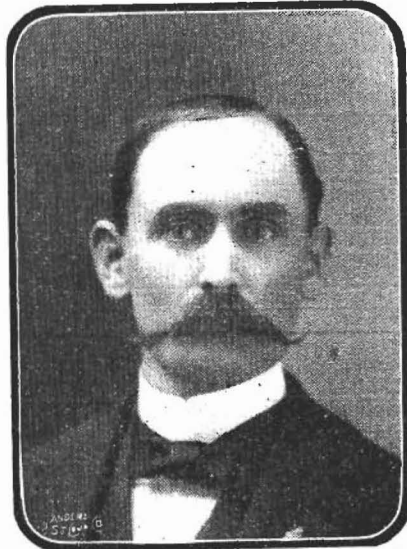
Down in my Southern home the sun shines bright and fair;
Down in my sunny southern home we know no pain nor care.
Life's lesson we had never learned, 'twas all one cloudless dream
Of love, and joy, and happy days, beside a sunny stream.
But I have wandered far away, and sometimes in my sky;
Gray clouds arise, and in my way the fleecy snow flakes fly;
I've learned life's cruel lessons, and they've left a lingering pain;
But soon I shall forget it all—
I'm going home again.

REFRAIN.

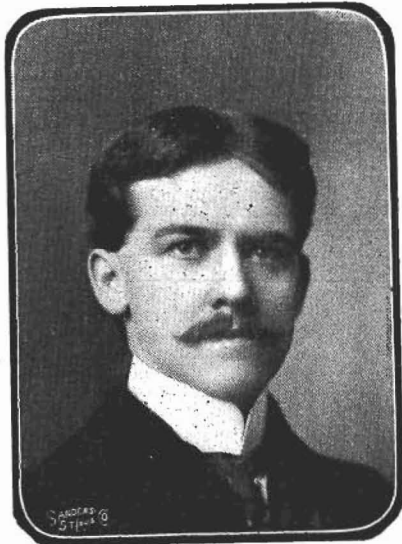
I'm going where the mocking bird sings through the live long day—
I'm going where in other years my heart was light and gay—
I'm going to the sunny south, I'll know no sorrow there.
So give me cheer, good friend of mine, I'm going home again.
Down in my southern home there came, borne on the balmy breeze,
The perfume from the spicy pines and tall magnolia trees;
And as I dreamed the yellow bells of the dainty jasmine vine
Rang out sweet fairy music for no other ears than mine.
But since those days the winds that blow have all an icy sting;
And I never catch the perfumes from the woodland but they bring
A subtle sweetness to my soul mixed with a yearning pain;
But tomorrow that will all be o'er;
I'm going home again.
I'll find once more the grape vine swing down by the big bayou,
And know again the joys of youth beneath the skies so blue.
I'll listen to the darkeys sing amid the waving corn,
And dream I am a child again, that the years have never gone.
And when the twilight deepens and the mournful whippoorwill
Calls to his mate within the copse and other sounds are still,
I'll hear once more the fairy chimes from the jasmine bells, and then
The longings of my heart will cease; for I'll be home again.
Kirksville, Mo.



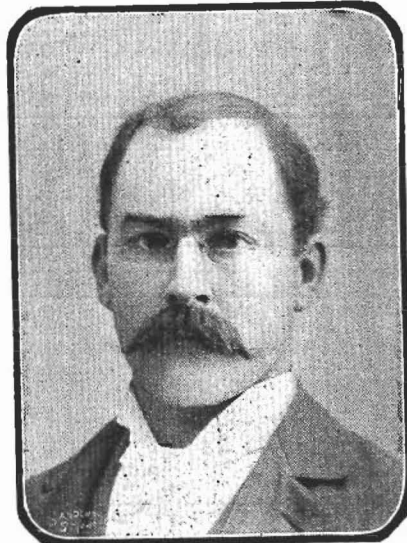
A. E. BERRY,
Grand Chancellor.



J. M. PUGH, Treasurer.



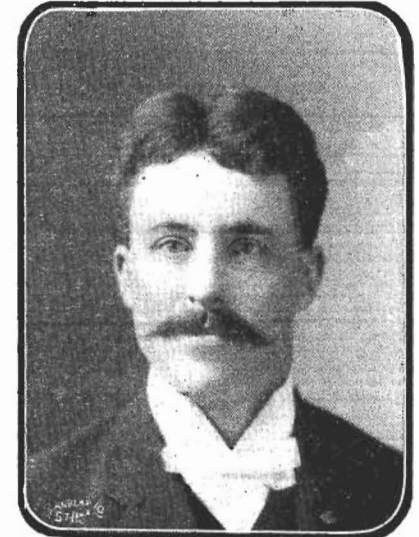
O. L. BUTCHER, Commander



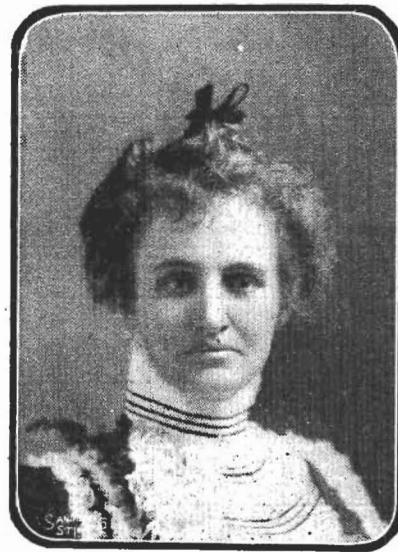
CHAS. B. HUTCHINSON,
Director.



W. D. BOWEN, M. D., D. O.,
Past Chancellor.



J. A. LINNELL,
Recording Secretary.



MRS. MOLLIE CLAY,
Corresponding Secretary.



MRS. ANNA REED,
Musician.

Resolution of Respect.

To the President and members of the class of January, 1902, we, your committee, beg leave to report the following:

As a committee it becomes our painful duty to chronicle the death of our esteemed friend and classmate, Mrs. Hattie Parcell, wife of Dr. Milton Lowe Parcell.

Mrs. Parcell died in Los Angeles, California, May 3, 1901, and her body was cremated May 5th. Truly in life, we are in the midst of death, therefore, be it

Resolved, That in the death of Mrs. Parcell the class of January, 1902, has lost one of its best and purest members.

Resolved, That in her death the American School of Osteopathy has lost one of its true friends and had she lived would have been an honor to her Alma Mater.

Resolved, That the sympathies of this class be extended to Dr. Parcell in this, the darkest hour of his life, and we pray the blessing of our Heavenly Father to rest on him.

Resolved, That a copy of these resolutions be spread upon the records of this class; that a copy be furnished all the publications connected with this school and that a copy be sent to Dr. Parcell.

PERRY D. HOLLOWAY,
MRS. F. M. MOSHER,
MRS. T. E. SPEAR.

Committee.



Modern Medicine.

First they pumped him full of virus from some mediocre cow,
Lest the small-pox might assail him and leave pit-marks on his brow;
Then, one day, a bull dog bit him—he was gunning down at Quogue—
And they filled his veins in Paris, with an extract of mad dog;
Then he caught tuberculosis, so they took him to Berlin
And injected half a gallon of bacilli into him.
Well, his friends were delighted at the quickness of the cure,
Till he caught the typhoid fever and speedy death was sure;
Then the doctors with some sewage did inoculate a hen,
And injected half its gastric juice into his abdomen;

But as soon as he recovered—as, of course, he had to do—
Then came a rattlesnake and bit his thumb in two;
Once again his veins were opened to receive about a gill
Of some serpentine solution with the venom in it still.
To prepare him for a voyage in the Asiatic sea,
New blood was pumped into him from a lep'rous old Chinese;
Soon his appetite had vanished and he could not eat at all,
So the virus of dyspepsia was injected in the fall;
But his blood was so diluted by the remedies he'd taken
That one day he laid him down and died, and never did awaken;
With the Brown-Sequard elixir though they tried resuscitation.
He never showed a symptom of receiving animation.
Yet the doctor still could save him (he persistently maintained),
If he only could inject a little life into his veins.—Puck.



Rules of Longevity.

These are Sir John Sawyer's nineteen rules for living 100 years.

- Eight hours sleep.
- Sleep on your right side.
- Keep your bed room window open all night.
- Have a mat on your bedroom door.
- Do not have your bed against the wall.
- No cold water in the morning but a bath at the temperature of the body.
- Exercise before breakfast.
- Eat little meat and see that it is well cooked.
- For adults: Drink no milk.
- Eat plenty of fat to feed the cells which destroy disease germs.
- Avoid intoxicants, which destroy blood cells.
- Daily exercise in open air.
- Allow no pet animals in your living room.
- Live in the country if you can.
- Watch the three D's—Drinking water, damp, drains.
- Have charge of occupation.
- Take frequent and short holidays.
- Limit your ambition.
- Keep your temper.

The Much Needed Osteopathic Ethics Now Ready for the Profession in Booklet Form.

The Knights of Osteopathy, an order of osteopaths, now about one year old, organized for the advancement and upbuilding of the Science, being aware there was no guide by which the osteopathic profession should be governed, and seeing the special necessity of something of this kind brought the subject before the lodge, several times, it was duly considered, and after some discussion as to what it should be, a committee was appointed (of which W. D. Bowen, M. D., D. O., was chairman), to write a code of ethics for the osteopathic profession, and have same printed in booklet form, and we are now pleased to say they are ready for the public and we trust every person in the profession will avail themselves of a copy, as we feel sure it will more thoroughly enable you to know your duty to your fellow osteopaths, and to your patients. We have tried to cover the duties of the osteopath as nearly as we could possibly do so and we truly hope it will fill its much needed place.

There has been much time and thought spent on the broad subject and we are anxious for it to be approved, and adopted by the Natural Society of Osteopaths. (The American Association for the Advancement of Osteopathy), and all other osteopathic societies; also each individual osteopath.

We have tried to show the physician's responsibilities, which are too numerous to mention here, and how he should act with regard to delicacy and secrecy, and how he should attend to his patients, as to frequency of visits, his honesty with evidence in prognosis, both in cureable and incurable cases, and we try to show you that the incurable should not be neglected and when consultation is needed how it should be conducted, both as to patient and physician, and who is a properly qualified physician to be chosen, and what physician should attend the case in question.

And the special obligation which every physician owes his profession in order to maintain its honor and dignity, the purity of character and temperance that a physician should have in due re-

spect to himself, as well as to his profession, the advertising methods to be avoided in our professional life, as to the gratuitous services to our fellow physicians, attention of absent physician's patients and here comes up, possibly some rivalry and jealousy which we have tried to explain how to avoid, also conflicts of opinions and what we should do in emergency cases and emergency advice, and when free advice should not be given, how difficulties should be settled between osteopaths, and among the last, but not by any means the least, is what we think the honorable osteopath should do in regard to the pecuniary acknowledgments from their patients, and not degrade the profession by cutting prices.

Now these are some few of the subjects touched on, and we feel sure if the osteopath will go by the directions and advice given in this code of ethics, there will be peace and harmony with the profession at large, and each one will know his duty more thoroughly than heretofore. Any one wishing a copy of this booklet containing the code of osteopathic ethics can procure it by remitting the small sum of 25 cents to Miss Bertha Westfall, Kirksville, Mo., care of A. S. O., who will be pleased to supply you at any time.

W. D. BOWEN, M. D., D. O.

F. J. MCGUIRE, D. O.

MISS HETTY JENISON, D. O.

Committee.

NAME.	Dur.	Hgt.	\$
ABERLEA. <i>Gesneraceae</i> . Damp soil, shady position on rockery.			
904 <i>rhodopensis</i> , allied to <i>Ranondia</i> , with dense tufts of leaves, small <i>Gloxinia</i> -like flowers, rare and beautiful rock plant	HP	$\frac{1}{4}$	0.24
905 <i>virginialis</i> , pure white flowers, very rare	"	$\frac{1}{4}$.24
ACQUETIA. <i>Umbelliferae</i> . Loam and peat.			
906 <i>Epipactis</i> , a pretty little plant, yellow flowers	"	$\frac{1}{4}$.12
ALESIA. <i>Styraceae</i> . Deep sandy moist soil.			
907 <i>carolina</i> (<i>Snowdrop Tree</i>), pure white drooping flowers	HSh	15	.12
AMAMELIS. <i>Hamamelidaceae</i> . Moist sandy soil.			
908 <i>japonica</i> , dwarf habit, lemon-yellow flowers	"	—	.18
909 <i>virginiana</i> , deciduous shrub, yellow flowers in Winter	"	—	.18
APLOPAPPUS. <i>Compositae</i> . Common soil.			
910 <i>eximius</i> , high Alpine, yellow flowers, very rare	HP	2	.12
EDYSARUM. <i>Leguminosae</i> . Common Soil.			
911 <i>coronarum</i> (<i>French Honeysuckle</i>), beautiful red flowers	HB*	3	.06
912 <i>multijugum</i> , half-shrubby species, flowers rosy-purple, distinct	HP	2	.08
913 <i>neglectum</i> , neat dwarf species, rosy-purple fls., in short spikes	"	$1\frac{1}{2}$.08
914 <i>obscurum</i> , neat dwarf species, rosy-purple fls., in short spikes	"	$1\frac{1}{2}$.08
915 <i>pabulare</i> , a new plant from British Columbia	"	—	.12
ELENIUM. <i>Compositae</i> . Common soil.			
916 <i>autumnale</i> , yellow, neat border plant, for late flowering	"	3	.06
917 -- <i>hybridum praecox</i> , large-flowered varieties, early	"	—	.12
918 -- <i>Riverton Beauty</i> , seedling from the old <i>stratum</i> , with crimson-brown fls., the best variety to date, grand in Autumn	"	3	.08
919 <i>Bigelovi</i> , deep yellow, black disk, long stems, fine	"	2	.08
920 <i>Hoopesii</i> , large yellow heads, very distinct, early flowering	"	$1\frac{1}{2}$.06
ELIANTHELLA. <i>Compositae</i> .			
921 <i>quinquenervis</i> , erect yellow flowers, in July	"	$3\frac{1}{2}$.12
ELIANTHEMUM. <i>Rock Rose</i> , <i>Cistaceae</i> . Dry sandy soil.			
922 <i>Croftianum</i> , silvery foliage, deep pink flowers	"	$\frac{3}{4}$.12
923 <i>polifolium</i> , white flowers marked with yellow at the base	"	$\frac{3}{4}$.12
924 <i>tuberaria</i> , tiny species, beautiful yellow flowers	"	$\frac{3}{4}$.08
925 <i>vulgare</i> , useful dwarf evergreen in many brilliant colours, mixed	"	1	.06
926 -- <i>Ben Alder</i>	"	$\frac{3}{4}$.08
927 -- <i>Ben Nevis</i>	"	$\frac{3}{4}$.08
928 -- <i>Brilliant</i>	"	1	.08
929 -- <i>rose</i>	"	1	.08
930 -- <i>white</i>	"	1	.08
931 -- <i>yellow</i>	"	1	.08
ELIANTHUS. <i>Sunflower</i> , <i>Compositae</i> . Common soil.			
932 <i>annuus</i> (<i>Common S.</i>), too well known to need description	HA	5	.06
933 -- <i>citrinus</i> , primrose-yellow ray, distinct shade	"	5	.06
934 -- <i>Dr. Wilson's Double Red</i> , the only double red Sunflower in existence.	"	4	.12
935 -- <i>fl. pl.</i> , double variety of <i>Common Sunflower</i>	"	6	.06
936 -- <i>giganteus Russian Giant</i> , tall habit, large yellow heads	"	8	.06
937 -- <i>Golden Nigger</i> , medium-sized, deep golden flowers, black eye	"	4	.06
938 -- <i>nanus plenus</i> , dwarf (dble.), form desirable for small gardens	"	3	.06
939 -- <i>Sutton's Red</i> , striking variety, flowers having a broad chestnut-brown band round disk, florets yellow-edged	"	6	.06
940 <i>cucumerifolius</i> , small deep yellow heads, dark disk, fine for cutting	"	3	.06
941 -- <i>Dazzler</i> , rich chestnut, tipped orange, darker centre	"	3	.12
942 -- <i>Excelsior</i> , striking strain of Sunflowers, yellow with broad zones of red, brown, and purple, excellent to cut	"	3	.12
943 -- <i>Orion</i> , flowers cactus-like, deep yellow, long twisted petals	"	4	.06
944 <i>harpalium D. Dewar</i> , fine variety for cutting, gracefully curved petals	HP	4	.12
945 <i>mollis</i> , distinct and beautiful species, rich orange, very showy	"	3	.08
946 <i>rigidus</i> , showy heads, yellow with dark disk, very desirable	"	4	.08

Rhazia orientalis is a little-known decorative plant worth growing.

The OSTEOPATHIC KNIGHT.

PUBLISHED QUARTERLY BY THE
KNIGHTS OF OSTEOPATHY.

KIRKSVILLE, MISSOURI.

A. E. BERRY, Editor.

Subscription, 50 cents per year.

JULY NUMBER, 1901.

One of the most accommodating men we have met for some time is Dr. W. Laughlin. Recently he offered to furnish the stamp for written communications, carried on during the class hour.

She was seated on the front row, waiting for the Professor to write the examination questions on the board. Her worried look touched the big heart of the Prof. and he whispered to her: "Now I wouldn't worry; it doesn't do any good to borrow trouble; this examination is not going to be so hard." "Borrow trouble; I'm not borrowing trouble; I've got it to lend. It's not the examination that's hurting me, it's my shoes." The Professor's *Nervi Molles* got in their work about this time.

What is the matter with the Sophies; surely some of them have a new dictionary. At a recent examination in chemistry one of them wrote "inflation" where it should have been "inflammation;" perhaps this "inflation" can be accounted for, from the fact that Prof. Proctor had just given them a thorough drill on "gasses." The same party wrote "goubt" for "gout." Another wrote "information" for "inflammation." Was he seeking the former from his next neighbor?

Prof. Fassett was talking to the class about glands. "A simple tumublar gland" is straight, narrow and long, very much like a 'cucumber' in shape. To which one of the attentive lisetners replied that the shape of cucumbers depends on where they grow; those growing on the side hill are always crooked.

A Professor was telling the Juvenile class about a negro who was turning white; how they fed him on "Thyroid glands" of sheep, which restored his health and with it his former natural black color. One of the class wanted to know if the "glands" had been taken from a black sheep.

NAME	Dur.	Hgt.	\$
GLOBULARIA continued.			
1861 <i>nana</i> , close-creeping miniature, studded with violet-blue "buttons"	HP	1	0-18
1882 <i>nudicaulis</i> , resembles the following, flower heads deep blue	"	2	-08
1863 <i>trichosantha</i> , small blue fls., globular heads, neat for border	"	3	-06
GLOXINIA. Gesneraceæ. Peat, loam and sand.			
1864 <i>hybrida erecta gigantea</i> , a magnificent strain, very large erect flowers, splendid habit	SP ^a	1	-24
1865 T. & M.'s Invincible , from a superb collection of perfect forms, containing practically every colour and combination of shades, exceptionally good in every way	"	1	-24
GNAPHALIUM. Leontopodium (Edelweiss). See <i>Leontopodium</i> .			
GODETIA. Onagraceæ. Common soil.			
1866 <i>Bridesmaid</i> , very showy variety, white with bright rose blotch	HA	1	-06
1867 <i>grandiflora lilacina</i> , double lilac variety	"	2	-12
1868 <i>rosea</i> , fine double variety, bright rose flowers	"	2	-12
1869 <i>Schamini fl. pl.</i> , charming double variety, flowers large, bright salmon-rose, fine annual for border decoration or exhibition	"	2	-08
1870 <i>Rosy Morn</i> , a great improvement on the old variety, flowers lovely coral-pink, very double, very free, and good for cutting	"	2	-12
1871 <i>The Bride</i> , bluish-white, with crimson stain at base of petal	"	2	-06
1872 <i>Whitneyi azaleiflora plena</i> , large double flowers, brilliant satiny-rose	"	1	-08
1873 <i>— Crimson Glow</i> , most intense dazzling crimson	"	1	-06
1874 <i>— Duchess of Albany</i> , beautiful satiny-white, fine bedder	"	1	-06
1875 <i>— Duke of York</i> , rich scarlet, very good for beds	"	1	-12
1876 <i>— Firelight</i> , very fine Godetia, brilliant rich crimson	"	1	-12
1877 <i>— Flamingo</i> , brilliant crimson-scarlet, compact	"	1	-12
1878 <i>— fulgida</i> , beautiful variety, brilliant crimson-scarlet flowers	"	1	-06
1879 <i>— Gloriosa</i> , deep blood red, compact habit	"	1	-08
1880 <i>— Lady Albemarle</i> , deep crimson, very effective in a mass	"	1	-06
1881 <i>— Lavender Gem</i> , beautiful clear lavender, paler centre	"	1½	-12
1882 <i>— Pelargonium</i> , fine novelty. See <i>Notes</i>	"	1½	-24
1883 <i>— Rosamond</i> , dwarf compact variety, large glossy bright pink	"	1	-06
1884 <i>— Scarlet Queen</i> , a splendid variety, dazzling red flowers	"	1	-08
1885 <i>— Sweetheart</i> , double bright cream-pink, dwarf variety	"	1	-12
1886 <i>— Thunderbolt</i> , darkest crimson. See <i>Notes</i>	"	¾	-24
GOMPHRENA. Amarantaceæ. Common soil.			
1887 <i>globosa</i> , mixed varieties of the Globe Amaranth	HHA	1	-08
GOURDS—ORNAMENTAL. See <i>Cucurbita</i> and <i>Lagenaria</i> .			
GREVILLEA. Proteaceæ. Peat and loam.			
1888 <i>robusta</i> , handsome foliage, very desirable pot plant	GP	3	-12
GUNNERA. Gunneraceæ. Rich moist soil.			
1889 <i>manicata</i> , foliage of immense size, a remarkable plant	HP	5	-12
1890 <i>scabra</i> , similar in habit, foliage rather smaller	"	5	-12
GYPSOPHILA. Caryophyllaceæ. Common soil.			
1891 <i>acutifolia</i> , pretty and useful species, flowers pale pink	HP	3	-06
1892 <i>cerastioides</i> , pretty dwarf Alpine, flowers white, red veined	"	¾	-24
1893 <i>elegans</i> , neat for cutting, flowers small white, tinged pink	HA	1	-04
1894 <i>— alba grandiflora</i> , pure white, is largely grown for cutting	"	1	-04
1895 <i>— carminea</i> , variety with flowers of carmine-rose	"	1	-06
1896 <i>fratensis</i> , pink, very neat and distinct	HP	tr.	-24
1897 <i>muralis</i> , rose, neat dwarf species, of diffuse habit	HA	½	-06
1898 <i>paniculata</i> , small white flowers in great profusion, useful for bouquets	HP	3	-06
1899 <i>— flore pleno</i> , extremely pretty double form, charming	"	3	-12
1900 <i>— Snow White</i> , absolutely pure white strain of this popular plant	"	3	-24
1901 <i>repens</i> , white flowers, trailer, good border or rock plant	"	1	-06
1902 <i>— rosea</i> , attractive pink or rose variety of this pretty plant	"	1½	-08
1903 <i>rokejeka</i> , good for cutting, white flowers in August	"	3	-08

Our strains of *Lupinus polyphyllus* are really superb.