

# **The Osteopathic Physician**

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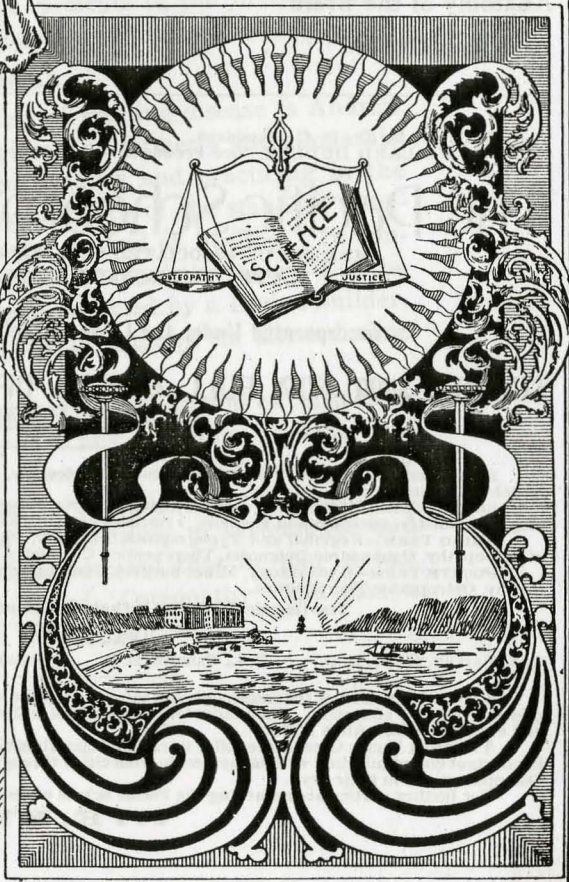
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# THE OSTEOPATHIC PHYSICIAN



DEVOTED TO THE SCIENCE  
OF OSTEOPATHY.



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# The Osteopathic Physician

206 KEARNY ST., SAN FRANCISCO, CAL.

*A Journal, published monthly, devoted to the science of Osteopathy*

A. T. NOE, M. D., D. O., EDITOR AND PUBLISHER

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TO CONTRIBUTORS :

The columns of this journal are open for the discussion of all questions of general interest to the public health, and contributions are solicited.

Application as second-class mail matter applied for.

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DECEMBER, 1898.

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## What is the Science of Osteopathy?

**WE** CALL especial attention to the following article, which is taken, with modifications, from a little pamphlet compiled by Rev. Edward J. Young, and which presents to the investigator a clear and concise statement of Osteopathy and its methods :

“HISTORICAL.

“The discoverer of this system of treating disease is Andrew Taylor Still, a native of West Virginia, and formerly and allopathic physician. Forty years ago, when residing and practicing in the State of Kansas, he realized the insufficiency of the standard remedies and the need of a more scientific method of healing. In conversation with a friend at that time he advanced the theory that the human body is a machine, perfectly constructed by a Divine builder, and if kept properly adjusted, capable of running its allotted time without the aid of drugs.

“Gradually working out his theory by study and experiments, as fast as he learned how to apply it to any particular ailment, that far he would discard allopathic remedies. Finally, after thirty years of patient study and research, in 1885, he abandoned the whole theory of materia medica. Continuing to systematize and apply his new method, in 1889 he announced that he had at last perfected the system, which he called ‘Osteopathy,’ and that a college would be founded to teach the new science.

“Since this time the growth and development of Osteopathy has been simply beyond precedent. Dr. Still soon found that he could no longer handle the practice himself, and that others could be taught to do the same work that he was doing, and now claims his right to rest from active practice while those whom he has educated now do both the operating and the school work. New buildings were added to his infirmary, and from this parent institution operators went forth to almost every State in the Union, and other schools have been founded for the propagation of the great work.

“Recently an association has been formed by six of the most prominent of these schools, and a standard of work been adopted, which places them in many respects upon an equal footing.

#### “THE WORD OSTEOPATHY

(from *osteo*, bone, and *pathos*, suffering). The name ‘Osteopathy’ was adopted in the early stage of the development of the science which has to some extent outgrown it. The idea, however, is not disease of the bone itself, but that disease is so frequently caused by slight displacement of some bone, causing obstruction to the flow of one of the fluids of the body or irritation to some nerve. ‘Perfect circulation, perfect health,’ is a motto frequently used, referring not only to the circulation of the blood, but also to the circulation of the nerve force, and of the other fluids of the body.

“Osteopathy, then, is the manual treatment of disease, based upon the fact that man is a most perfect and intricate and, to a certain extent, self-recuperating machine, which, with every part or organ in its proper position and relation with every other part, will run smoothly and perfectly, and that after replacement of parts displaced by accident or any of the various forces incident to its surroundings and movements, a restoration of function (health) will supervene.

“Osteopathy regards the human body as a complicated machine, built by the Great Master Mechanic, and so perfectly adjusted in all its parts as to run its allotted period until worn out by old age. ‘Man is a machine with over 200 bones. You may call them braces, supports, or what you please. Muscles, nerves, blood-vessels and tendons are distributed all over and through this framework. There is an engine and pipes run from that engine to all parts of the body,

and from all parts blood is carried back to the place it started from by the veins or blood tubes. Health is that condition we are in when all the wheels of life are in their center and move without any obstruction, great or small. Disease is the creaking of the eccentricities of any or all parts of the machinery.' Health is 'the result of the harmonious action of the system when all its parts are unirritated by any cause, such as increased or diminished flow of the fluids of the arteries or veins or the nerve force by partial or complete dislocation of bones, muscles, tissues, membranes or parts of the whole system.'

"He holds that the chief cause of disease is lack of blood supply from some mechanical obstruction to natural function. There is some displacement, enlargement, obstruction or abnormality of the bone, muscle or ligament, or some unnatural pressure upon a nerve or blood-vessel, when the machine gets out of order. Osteopathy, recognizing the wonderfully recuperative power of nature, claims that the human body is prepared for every emergency, and has within itself all the necessary power to arrest and repair the ravages of disease without the aid of any foreign substance or artificial stimulus, save pure air breathed into the lungs, and food and drink taken into the stomach through the natural channels.

"The object of the Osteopath, therefore, is simply to detect and remove any obstruction or abnormality in the body which interferes with the laws of nature, so that she may continue her work unmolested. This is the whole philosophy of Osteopathy in a nutshell. It claims to cure nothing, but only to restore the body to a normal condition, and let nature effect the cure.

"HOW RESULTS ARE OBTAINED.

"But it may be asked, How does Osteopathy secure such results?

"We must first understand something about the nervous and circulatory systems of the human mechanisms. The nerves are like a vast telegraphic system extending to all parts of the body. They pass through, over, under and between hundreds of bones, muscles, ligaments, arteries and veins, in great complexity, and being extremely sensitive they are liable to get out of order. Evidently the sensible thing to do in such an event is to find out where the

wires are crossed or down, and then set them right. This the Osteopath does by stretching the contracted muscles, or reducing a slight dislocation which obstructs the nervous current, and so restores the organ to its normal exercise. This result is accomplished by intelligent manipulation, and not by dosing the unoffending stomach with poisonous drugs.

“In like manner the arteries and veins traverse the intricate network of bones, muscles and nerves. ‘The rule of the artery is absolute and universal.’ A natural flow of blood is health, and disease is the effect of local or general disturbance of blood.

“While the nerves convey sensations to and from the brain, and control the physiological functions of the body, yet they, in turn, are dependent upon the blood supply. If this is obstructed in any way, then the part which is thus deprived of its nourishment is soon weakened and diseased. The Jews were forbidden to eat blood, for Jehovah Himself declares: ‘The life of the flesh is in the blood.’ (Lev. xvii, ii.) Hence, in insisting upon the importance of the blood, Osteopathy is only emphasizing the express declaration of Scripture. If, then, this vital flow is hindered in any way, serious consequences are certain to follow. For instance, an obstructed artery may produce heart disease, and an obstructed vein cause inflammatory rheumatism, dropsy, erysipelas, varicose veins or cancer. In treating such cases the Osteopath locates and removes the obstruction, and then stimulates the circulation, which gradually carries off the impurities arising from the disease.

#### “SPINAL ORIGIN OF DISEASES.

“Many organic troubles originate with the spine. This is a flexible column composed of many separate bones called vertebræ, which are joined by elastic cartilage. The spinal column encloses the spinal cord, which is the great trunk from which the spinal nerves spring. These nerves which control the muscles, organs and circulation, pass from the spinal cord through openings in the vertebræ, and hence it is essential that the muscles which are attached to and move the spine should be elastic. If these muscles are contracted but slightly, and press upon some nerve controlling a distant part of the body, then more or less paralysis of that part will result. By manipulation these contracted muscles are stretched,

thus releasing the nerve, which performs its functions normally.

“Cold, fatigue and other causes will often contract the muscles of the chest, compressing the elastic ribs and thus decreasing the dimensions of the thorax (the bony cavity above the abdomen enclosing the heart, lungs, etc.) and impinging upon the delicate nerves passing between them, controlling the sensitive organs within, and may thus cause asthma, consumption, heart trouble, or other affections of the vital organs.

“There are certain nerve centers in the spine which control the action of the heart, liver, kidneys, digestive organs, etc.

#### “FEVERS.

“By Osteopathic manipulation of the nerves and the structures affecting these centers, the action of the heart can be lessened, and in a few minutes the temperature of the fever patient will be reduced to normal. Thus fevers are treated without drugs, and cured in one-half the time required by the ordinary methods.

#### “BOWEL TROUBLES.

“Looseness of the bowels, from common diarrhoea to bloody flux, can be instantly checked by manipulating the nerves which control the peristaltic action of the intestines. On the other hand, constipation is relieved by opening the gall duct, which serves as a natural physic, with much more satisfactory results than any of the cathartics of the pharmacopœia.

#### “DIPHTHERIA.

“Osteopaths contend that diphtheria is caused by contraction of the muscles of the neck and thorax, as well as by those of respiration. These interfere with the circulation and produce inflammation of the larynx, bronchial tubes and throat. This disease, even in its most malignant forms, succumbs to Osteopathy.

#### “GOITRE.

“Goitre is another trouble that disappears under the hands of an Osteopath without injection, ligation or extirpation. This disease is the result of an enlargement of the thyroid gland, caused by an obstruction to its unusually large blood supply. Certain muscles contract and depress the clavicle (collar bone), preventing the escape



of blood from the gland, resulting in goitre. If this obstruction be removed, then the surplus matter will be taken up by absorption and disappear, and the success which attends manipulation proves the correctness of the theory.

“INSANITY.

“Even insanity has been successfully treated by this system of healing. It is claimed that a large per cent of the cases of this character is nothing but a temporary mental derangement, due to purely mechanical causes, which can be easily remedied by Osteopathy.

“OSTEOPATHIC OBSTETRICS.

“Osteopathy is remarkably successful in all female troubles. It has been demonstrated that childbirth can be made easy and comparatively painless by the application of Osteopathic principles to obstetrics.

“DISEASES TREATED.

“Instances might be multiplied of the value of Osteopathic treatment. Suffice it to say that as a matter of fact the diseases successfully treated by this science include nearly all that come within the scope of the medical profession, both acute and chronic, and especially those which have been pronounced incurable or have been imperfectly handled by all the other schools. Asthma, bronchitis, tumors, goitre, hip and spinal diseases, nervous troubles, paralysis, diseases of the eyes, heart disease, liver and kidney diseases, female troubles, and the like, are conquered by Osteopathy.

“While Osteopaths are proud of their theory, ‘nothing succeeds like success,’ and it is with especial pride that they point to their incontrovertible results. When it is remembered that the vast majority of cases that come to them have been pronounced incurable by physicians who have been attending them, it is truly remarkable what a large per cent of them are entirely cured, and how many others are materially benefited, and all this by means of a system which works injury to none.

“OSTEOPATHY IS NOT MASSAGE.

“Osteopathy has nothing in common with faith cure, ‘Christian Science,’ spiritualism, hypnotism, magnetic healing, Swedish move-

ment, mental science or massage. There is nothing supernatural about it. Its apparently marvelous cures are accomplished through purely scientific methods, based upon a profound knowledge of the human mechanism."—*Cosmopolitan Osteopath.*



### Headaches.

PERSONS who are subject to rheumatism occasionally have headaches, which are attributable to that disease. In rheumatic headaches, as a rule, the pain is quite extensive, and felt over much of the head. It is sometimes heavy and aching; again, it is sharp and shooting; often the pain is confined almost entirely to the forehead or temples. In rheumatic headaches there is nothing which clearly indicates their actual cause, but if the pain is associated with tenderness or soreness of the scalp, and the headaches are worse at night, it is quite safe to assume that the patient has a rheumatic taint which is responsible for them.

Gouty subjects also suffer at times from headaches, which are generally worse in the morning. The pain, although usually dull and heavy, in some cases is really agonizing. These victims are full-blooded. They also suffer from digestive and other disturbances.

In diseases of the kidneys, when these organs become involved to such an extent that they are unable to do their work properly, certain poisons, which they should separate from the blood and throw out of the system, are allowed to remain in it. Headache is one of the indications of their retention. It takes on many different forms, but in a large proportion of cases it is limited to the forehead, and patient describing the pain as a feeling of tightness, as though a tight band were tied around the head. Indigestion, billiousness and constipation are conditions which frequently give rise to headache. It is quite safe to assume that poisonous matter is often absorbed from the stomach and bowels, and they more or less upset the general nervous system and the brain.

Brain exhaustion is another cause, where these headaches are frequently found. These are usually lack of nerve strength—a certain amount of nervous debility. The headache of brain exhaustion is quite generally associated with insomnia.

It has been our good fortune, since locating in San Francisco, to treat and cure patient after patient who has suffered untold agonies from headache in its various phases.

I. E. N.



### Diplomas.

**M**UCH is being said in these latter days regarding the value of some diplomas as compared with others, and the value of certain schools as compared to others, and the value of certain names on diplomas. Now let us exercise just a little common sense. Osteopathy is larger and broader than any man or any school. It is not likely to add to the glory of any school or any man to try and limit the advancement of the science in general or the success of institutions at large. Success is in no sense dependent upon either school or diploma. One school is as good as another if it offers as good a course, and as cultured and able instructors and sufficient equipment.

One school, by reason of its age, cannot hope by that honor (?) alone to hold the monopoly of influence and pupils. It may be that a school, which by reason of its age should lead, may be forced to take a position far down the line because of its failure to comply with the conditions of leadership. Incompetent and immoral and inexperienced men selected for economical reasons, or by favoritism, may cripple the usefulness of a school and cause it to become a back number. Nor can a school hope to obtain pupils by the influence of a name to be placed upon a diploma. A fool with a wise man's name upon his diploma remains a fool still. It is merit in the pupil alone that will win, and not the character of the diploma given. The diploma of one school which complies with the law and gives one a thorough preparation for successful practice is of as much value as another. The time will soon come when every school will quit the baby act and stand on merit alone as the influence to bring pupils to its doors.

The day will soon come when the world will give the true estimate of the diploma of every school and will demand that the individuals display personal evidences of worth before they are accorded financial or professional success. The name Osteopathy will soon cease to be a word to conjure with, and men will have to carve for

themselves success and fortune in Osteopathy just as they do in every other profession. And we gladly welcome that day, for it will sound the death-knell to the hopes and aims of incompetent men and will provide standards of excellence and of recommendation other than the name of an institution or of an individual man.—*Southern Journal of Osteopathy.*



### Yes, Uncle Remus is Right.

“THE world do move.” Experience teaches that unless we move with it we are quite forgotten, or must ignominiously bring up the rear.

Vague, half thoughts like these drift through one's brain when some new thing is proposed, or a new aspect of an old idea is presented. A little retrospection along the lines of science, philosophy, art, medicines—indeed along any line in which humane thought and energy have a part—shows that the impossible has become an accomplished fact, and gone into history as such. The day is past when it is safe to say “this is impossible.” If we are wise we will regard that which is not yet perfectly understood with consideration and charity. True, principles are eternal, but one's conception and application of these principles must be progressive as we are able to comprehend them, through our own growth and development. Change is essential in growth, and in the common events of life is accepted; we do not expect in any wise to hold the man to the limitations of the child; nothing in all the universe stands still; everything moves by an immutable law of evolution from the lower to the higher—the more complete. Progress is the universal law and stands behind and under all, holding everything amenable to its mighty force. Perhaps in nothing have we had more change and more complexity than in the healing art, which has hitherto been almost solely the science of medicine. Has the time really come when this complexity is to be so simplified that practical application of the laws of nature will suffice to restore from abnormal conditions? These questions start involuntary when we are told that simple adherence to these laws, after such readjustments are made as to give nature a chance, will assuredly remove the disease occasioned by disorder; that har-

mony in the human organism is all that is necessary for the permanent establishment of health or wholeness, but that these adjustments are absolutely essential as a requisite; that oiling, painting and varnishing may cover and conceal maladjustments but cannot replace or make whole. Well, there seems to be reason in this, and we are watching closely and as far as possible without prejudice, realizing that the last word has not yet been spoken in any science or art.

We must admit that, primarily, the human animal is simply a wonderful piece of mechanism, representing every mechanical implement ever constructed. It is really a marvel when we think to what uses it is put, and what abuse is heaped upon it, that it keeps in any sort of working order. In the use of any other machine we realize the importance, aye, the necessity of understanding all its parts and of preserving in tact the relative positions and appositions of these parts. But how about this human machine? How many whom we meet in every-day life have kept this anatomical, this wonderful machine in good running order? When we think of these abuses is it any wonder that we have classified hundreds of disorders? What can be the reason, the provocation, of these disordered conditions? We know that in an engine, for instance, if there is displacement ever so slight, the more steam there is applied the more danger to the engine, and all that depends upon it. May this not apply in the overwhelming numbers of what appears to be a breaking down of all forces and powers known as nervous prostration? Nowhere in the world is this so common as in America, and nowhere in the world is the human machine driven at such uninterrupted speed. So true is this that the malady was well called Americanitis. Then comes the suggestion, were all the parts of this mechanism properly adjusted, and in normal apposition, would any amount of pressure produce such alarming results? Many are questioning, waiting, hoping that the simplicity of nature will prevail; that her laws, intelligently applied, will be found to suffice not only for preservation, but for restoration. There is reason enough in these Osteopathic theories to command a fair trial. If it proved possible to abolish the nostrums with which the market is flooded, the ingredients of which no one knows, it's well worth the most

unprejudiced investigation. Facts are stubborn things, and when these can be presented they will find their place and theories will be judged by them.

AN M. D.



### It is Not a Diploma Mill.

The End of the Osteopathy School Fight a Victory for the One in Kansas City.

A DECISION that set at naught what William Smith of Kirksville, Mo., considered clever detective work was that given in the Court of Appeals yesterday, upholding the National School of Osteopathy in the Keith & Perry Building, Kansas City, Mo. The case was a tussle between rival schools of Osteopathy, in which the Kansas City institution won out. Smith, who afterwards became involved in the Dunning body-selling scandals at Chicago, came to Kansas City in the summer of 1897 and proceeded to "lay low" for the Kansas City school. With a borrowed doctor's diploma, and the assumed name of G. H. B. Stewart, Smith succeeded in getting a diploma in Osteopathy.

Then the Kirksville man filled the papers with his exploit, and gave it out cold that he had secured the sheepskin for the payment of a certain price, without a moment's study, and without even an examination. Through Attorney-General Crow suit was begun to forfeit the charter of the National School. On trial Smith, alias Stewart, confessed he had been given an examination in which he proved perfect, by the Kansas City institution, and his diploma was then issued. This was so different from the story that caused Attorney-General Crow to bring suit, that the Court of Appeals held yesterday there was no reason whatever for revoking the National School's charter.

E. D. Barber of the Kansas City school, said this morning: "The result of the trial proves Smith's work was a put-up job by the American School of Osteopathy of Kirksville, Mo. Smith, who represented it, admitted on trial that he lied in claiming he secured a diploma from us without passing a searching examination. The Court has given a decision in our favor, proving our school not a diploma mill."—*Kansas City (Mo.) Star*.

### Question.

The question has been asked, Does an Osteopath take on any of the diseases of his patients?

The question implies that this science partakes of the nature of magnetic and Christian Science treatments. Space forbids a lengthy discussion of these treatments, which were taken without number by our instructor in physics, physiology and psychology for liver, kidney and nervous troubles brought on by catarrh and constipation, with no avail.

Thousands who have interestingly watched the growth of this science, and have been its most successful practitioners, are the best prepared to give an intelligent answer to this question. They agree that no diseases are taken on from their patients, but, on the contrary, the Osteopath has the best of health, because of his joyful thoughts coming from the flattering results produced in his patients.



The Associated Colleges of Osteopathy have set a high ideal before their students. The endeavors of this organization to insure thorough preparatory work for every student, and hence thorough and scientific treatment of every patient, ought to be applauded and aided by every one interested in the continued success of Osteopathy. The minimum course of study now demanded may be sufficient for the Osteopath of the present, but will not meet the requirements of the future. A student applying to the president of one of the great universities for the privilege of taking a short course was answered that when God desired to make a squash he took six months time, but when he formed an oak one hundred years were consumed.—  
*The Osteopath.*

In our last issue we made mention of extending our course from twenty months to thirty months, but did not state our reason for this change. It is quite evident to any one who has been in the capacity of a teacher for many years, as some of our instructors have, that all students who may apply for admission to our College are not equally well prepared to prosecute successfully our course of study in twenty months.

Thus we have deemed it highly necessary for the success of Osteopathy, as well as for the best interest of all concerned, that

students who have not had previous advantages for study should put in more time than those who come to us with well-trained minds. The success of our science will not depend so much upon the number of persons in its practice, as upon the proficiency of those who are its practitioners. We will be glad to have students finish our course in the specified time, but those who cannot will be necessitated to put in thirty months. And for this extension of time we have concluded to put our charges at \$500, not \$560, as was stated in our first issue, which was a mistake. Equal rights to all and special privileges to none will be as applicable in Osteopathy as in Government affairs. Those who are qualified to take the twenty months' course will be required to pay \$300 as before. And those who have the title of M. D. are required to take a ten-months' course, and the cost will be \$200.

This is the only Osteopathic College in which students must and can fulfill the requirements of dissecting one lateral half of a cadaver. Dissection is the only way of acquiring a thorough knowledge of anatomy and physiology, and these sciences, together with chemistry, are the foundation of an Osteopathic education. No dissection—no anatomist, no physiologist, no Osteopath.



Truly Osteopathy is the grandest science of the age. All the great and numerous inventions and discoveries dwindle to naught against the conception of a universe vouchsafed by it, which agrees with the reasoning of common sense—a sound understanding of scientific wisdom. Life force is carried from one body to another throughout the universe, and is the force which dwells in all and everything in various innumerable degrees, and is brought to the highest perfection in the organism of man.



### Cases Treated.

**R**ECENTLY a lady entered our office greatly distressed both mentally and physically, telling she had, for years, suffered most intense pain from neuralgia. Our first treatment gave her much relief, and in the course of a month's treatment she had been completely cured, not needing any more treatment.



No. 2. But a few days since a gentleman came to us suffering from indigestion, constipation, cold feet and hands. Hearing of the marked cures made at the Osteopathic Institute he was anxious for an explanation of our mode of procedure, which, when given, did not convince him, as he had been disappointed times without number. However, he returned in a few days, took one treatment, which materially helped him, and in a few treatments he left us a well man, as well as a firm believer in the principles of Osteopathy.

The class begun October 4th is full of enthusiasm over its work. The faculty is sparing no pains in causing our students to fully understand they have entered upon a line of study which increases in interest from day to day, as the human mechanism unfolds itself to them. We have recently improved and enlarged our classroom facilities, and every day look for our anatomical supplies, which will add further to our already growing interest.

Noe's College is laying a foundation upon which can be built a superstructure that will be pronounced a credit to the science of Osteopathy.



### The Human Body.

TO FIX the human body when it is out of order does not require a knowledge of medicine, but it does require a knowledge of anatomy and physiology to correct the machinery of the body. It is very essential to know anatomy in order to give a correct diagnosis. You must know the different parts of the human body, and how they are when in a natural condition. Every disease has its cause, and when you find the cause of any one disease, you must know how to remove it. The Osteopath knows how to repair this delicate piece of machinery, and he knows that drugs will not even assist, but often interfere with the general system, and eventually produce trouble that will end in cripples or disease worse than death—made so or left in that condition by medicine.



A question often asked is, How long it will take to cure a certain trouble? It is very natural, for knowing we have treated troubles of like nature, they would want to know the length of time in their

case, so they could make the necessary arrangements. Our experience has taught us that we don't know; there are so many circumstances which often differ so greatly that we cannot tell how long. As a rule, the aged do not regain health as quickly as the young. A long-standing case usually takes longer to cure. Yet there are exceptions to these rules. Cases differ so greatly. Two apparently alike may require a different length of time, and quite a different treatment. We are often able to say we can cure you, but how long we can't say. Some patients assist and help nature is another factor to be considered.



### The Human Stomach.

**W**HAT insect pest can compare in mere devouring faculty, asks a French statistician, with a man himself, or what machine wrought by human skill out of steel or iron compares in point of endurance and energy with the human stomach? Is it to be wondered at that after wrestling with so many tons of solids and so wide-flowing a stream of liquids, a man's digestive organs at the end of the process should be in a state of wreck?

Assuming that a man has a good appetite, a reasonable income, and lives for seventy years, his average consumption of bread in all forms of baked flour would be fifteen tons, representing in bulk 1200 cubic feet—about the size of a suburban villa; bacon, if placed end to end, four miles; chops sufficient to reach from Westminster Abbey to St. Paul's, London; beef equal to twenty full-sized bullocks, representing a monster standing fifteen feet high and weighing over eighteen tons; five tons of fish, 10,000 eggs, a ton of butter, 336 pounds of cheese, vegetables enough to load a train of cars; peas alone, if in a single pod, three and one-half miles long; sugar, 9000 pounds; salt, fifteen hundred weight; pepper, eight pounds; mustard, 100 cans.

Assuming that he drinks three pints of fluid a day, the total of this would be 76,700 pints, or nearly forty-three tons. While as for his tobacco, the consumption of the average smoker would be half a ton, or of cigarettes about 250,000.

Altogether a man consumes about 1280 times his own weight of food and liquid in seventy years, or more exactly, he eats  $53\frac{3}{4}$

tons of solids and drinks  $42\frac{3}{4}$  tons of fluids. If these  $96\frac{1}{2}$  tons of solids and liquids were converted into terms of mechanical force they would be sufficient to raise 87,600,000 tons one foot high or to lift the Forth bridge a quarter of a mile in the air.



SANTA BARBARA, Cal., Nov. 14, 1898.

DRS. NOE AND MOORE :—I beg to acknowledge a visit from the *Osteopathic Physician*. I am glad to see this additional evidence of the progress of Osteopathy on the Coast, and trust your success will equal your deserts. It will be a relief to the pioneer Osteopaths when the fair name of Osteopathy is known throughout the State. Speed the day.

Truly yours,

H. E. HUNT, D. O.

DRS. NOE AND MOORE—*Dear Doctors*:—I owe you a debt of gratitude which I am afraid I can never pay. If you see fit to show these few lines to some unfortunate that is afflicted as I was before receiving your treatment it may help me to cancel my debt to you. You remember when I came my trouble, which was pronounced locomotor ataxia, had been gradually growing worse for the past eight years in fact so bad, I could scarcely walk a block, and now since the six weeks' treatment I have had, can walk a mile, feel fine, and will return after election.

R. B. BASCOMB.

DRS. NOE AND MOORE—*Gentlemen*:—According to promise I write to tell you that it has now been three months since you discharged my boy as cured, and I am happy to state that he has not had a symptom of epilepsy since, and the debt of gratitude I owe you I will try and pay by telling others of my happiness. My son is another boy, and is hard at his studies, and it does not seem to affect him. If this statement will be of any use to you you have my consent to show this letter to any and all whom you feel that it would help to remove a load unbearable.

Yours,

R. P. HENDERSON.



. . EDITORIAL . .

Osteopathy.

O STEOPATHY can truly be said to be past its experimental stage. Like all innovations it had to do valiant and severe battle for existence. That it survives speaks for its permanence. Enemies it had, and expected to have, both in theory and practice, and thus it has made a commendable record in forging its way to success; but its greatest hindrances have been from a source that should have given it the most help, the ones who claim to be experimenting in drugs to find a secretive power for disease, waging a war on Osteopathy from the first. But may it be said in their favor those that have taken the trouble to investigate this science are now its warmest advocates. There are always those who are anxious to go before all others in grasping after that which is new. They want to monopolize or get the credit for being pioneers in new departments, and often make unwise haste.



Our old friend, Mrs. Mills of Deer Lodge, Mont., called at the office to tell her friends good-by.



The class requested Dr. Noe to repeat his lecture on Osteopathic philosophy next Thursday.



Certainly the law of mechanical therapeutics is decisive, for through it many have gained health.



Miss Marzen has gone to Truckee to her home. She will be back in a few days to resume her course in Osteopathy.

How many human beings must perish before their time of allotted life because the great lights of science will not take notice and accept the truths of Osteopathy?



Mr. Charles Wen of Portland, Or., requests us to tell his friends that since the third treatment he has been able to use the entire left side, something he has been unable to do for months—and this without one drop of medicine.



Of all people in the world a practitioner of medicine, whether physician or surgeon, should be liberal and broad-minded. He should use the knife when necessary, but should use less hazardous means of curing disease. Whenever possible to do this he should know Osteopathy.



It is an ugly thing for an M. D. to speak meanly of the enthusiastic patient of Osteopathy, as though he were the very incarnation of idiocy or the product of a wild enthusiasm which is liable to land him in an asylum, for little does he know what the patient suffered before Osteopathy came to his relief.



How often do we see collected in the rooms of patients, after some protracted illness, medicine bottles and boxes by the dozen, some scarcely used at all, and this after some authority claims that all disease is self limited and that if only the proper amount of common sense is displayed that nature, assisted by the necessary amount of nourishment to the sick, they will recover.



There is a well-known belief among Osteopaths that if physicians would study anatomy and physiology more and their materia medica less, many of the surgical operations of these modern times would be unnecessary. Surgery has its place, but there is no place in the stomach for drugs. The beginning of disease is usually amenable to hygiene, and if hygienic measures were properly attended to many diseases would never be operated upon.

The contents of this journal is not covered by copyrights. We are glad to see them copied. It shows appreciation, and who among us does not want to be appreciated. And then again it disseminates this grand science that humanity may be the better for its existence. It was only after numerous letters from the afflicted had besieged our office, day after day, seeking to know something of "Osteopathy," that we submit to father a journal of this character. Our only desire is that our efforts may be received with the encouragement they merit.



### Osteopathic Points.

- Our greatest foe is drugs.
- Osteopathy is self-propagating.
- War with drugs is to have health.
- Osteopathy is the crutch of disease.
- Osteopathy is the daylight of drugs.
- Lip Osteopathy is not getting results.
- Knowledge is never out of man's reach.
- Osteopathy will never endanger your health.
- Osteopathy is not talk, but good, hard, common sense.
- If you do not know of Osteopathy write for information.
- Wherever there is suffering there is need of an Osteopath.
- Wealth no more gives happiness than medicine gives health.
- Helping a poor person to health is putting money at interest.
- The ability to do good depends upon your knowledge of Osteopathy.

The Osteopath is a good samaritan without bandages and liniment.

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



Terms for treatment: Examination, \$5; two weeks' treatment, \$15 and \$25; one month, \$25 and \$50. Payable in every case when treatment is begun. Special arrangements made when necessary.

We are in receipt of a catalogue of Noe's College of Osteopathy of San Francisco, Cal., with which institution Professor J. L. Ohlwine, formerly of this county, and for several years County Superintendent of Schools, is connected. Mr. Ohlwine is tutor in physiology and psychology. He is well known, and has many friends in this county who will be pleased to learn that he has entirely recovered his health, which has been quite poor for several years. He is an energetic worker and will prove his worth in the college.—*The Ligouter Leader*, Indiana.

### Anatomy of the Brain.

A correct knowledge of the *structure* of the brain stands next in importance to the *function* of the brain, and as a matter of fact, there is no way to determine with any degree of accuracy, brain function without first having a knowledge of brain structure. Hence, the important places occupied by the physiology and anatomy of the human brain, in the science of Osteopathy. The anatomy of the human brain is a hard subject to master, and in the nature of the case should be ; for the writer sincerely believes that the brain is the place of contact between mind and body is the condition of the mind. In other words, the body is the *servant* of the mind. Now, since correct ideas of function depend very materially upon the structure of the parts, it is therefore important to understand first, the anatomy of the parts.

1. The Dura Mater. This is the outer membrane of both the brain and spinal cord. It is a very dense fibrous lining of the interior of the cranial bones and forms the periosteum of the skull.

2. The Arachnoid. This is a serous sac, the middle coat or membrane, composed of a visceral and a parential layer, the latter layer being inflicted over the interior surface of the dura mater, above mentioned.

3. The Pia Mater. This is the inner-most membrane, covering the surface of the brain, and a peculiar characteristic of this brain covering will be found in the fact that it travels a tortuous journey over lobes and then down into a fissure, then up again only to descend into numberless sulci. This membrane is supplied by the branches of the internal carotid and vertebral arteries, and forms

the velum interpositum and choroid plexus of the fourth ventricle, and is also possessed of both lymphatics and nerves.

4. General Division of the Brain. The brain is divided into the cerebrum, cerebellum, pons varolii, and the medulla oblongata.

5. A view of the base of the brain which presents an interesting spectacle, especially noteworthy, will give the common reader some idea of the difficulties to be encountered in the study of the anatomy of the brain. These points of interest will be mentioned in the very order in which they occur to the student, looked at from before backward.

In the middle line:

Longitudinal fissure.

Under surface of rostrum of corpus.

Callosum and its penduncles.

Lamina cinerea.

Optic commissure.

Pituitary body.

Infundibulum.

Tuber Cinereum.

Corpora albicantia.

Posterior perforated space.

Tuber annulare of pons.

Medulla oblongata.

On each side and to the middle line:

Under surface of frontal lobe.

Olfactory bulb.

Olfactory tract.

Anterior perforated space.

Fissure of sylvus.

Optic tract.

Crusta.

Under surface of temporal lobe.

Under surface of hemisphere of cerebellum.

This certainly appears difficult to the ordinary reader, but the above is but a small part of anatomy of the brain. What a wonderful thing the brain of mortal man is! Anatomically, physiologically and psychologically considered, it is one of the greatest studies in the world.

U. M. BROWDER.



### And Run He Did.

A very old, but very good, story one of the visiting bishops told at a dinner party last week, about an experience of his own. It was one 31st of October, just in the edge of dusk. The good bishop saw a tiny little golden-haired cherub standing on tiptoe, on a doorstep trying to reach an old-fashioned knocker which hung on the door. The bishop is the kindest-hearted man alive. Mounting the steps, said he:

“Shall I knock for you, my little man?”

“Yes, sir, please,” answered the cherub.

The bishop struck a thundering summons. The cherub dashed down the steps.

“Hi!” said he. “Now run like hell! It’s Halloween.”

And the bishop—well, he didn’t stop to explain. He just turned and fled in the profane manner the urchin had suggested.—*Washington Post.*

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January number, **What is Osteopathy?**

February number, **Defense of Osteopathy.**

March number, **Truth of Osteopathy.**

April number, **Osteopathy Alone.**

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