

Osteopathic Truth

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IN MEMORIAM Osteopathic Truth

A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION
Pledged to the TRUTH which Father Andrew saw,
No favor sways us, and no fear shall awe.

Volume III

DECEMBER, 1918

Number 5

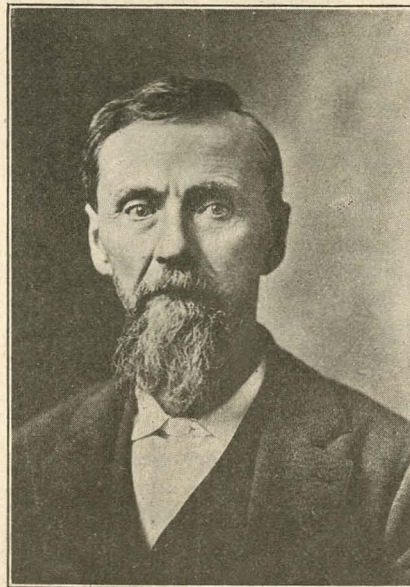
"To Your Tents, Oh Israel!" and Into Line of Battle for 1909 (1919)

A. T. Still

Life with all its attributes that are as numerous as the sands of the sea is the exhibit that we see every day in the show cases of the mineral, the vegetable and the animal kingdoms. Each case has a different showing. The mineral exhibits all its beauties to the eye. Under the microscope we see the various minerals all have some earthly clothing and we only see them dimly. But we do see enough to know that there is a substance of greater or less value enveloped. We proceed by heat and other methods to separate the specimen under consideration from its outer covering which prepares it for another microscopic examination. We discover that we have by the first process separated the mineral from its material covering, and the birth of the real substance is by this process completed. The child is born, the delivery is complete. We have something and we do not know what name to give it. We call in the wise men from the East. They proceed now to analyze this substance. On crucial examination they report platinum, gold, aluminum, silver, copper, iron, tin, sulphur and numerous earthly substances. They separate all and report the exact amount that is in each division, without which knowledge their judgment would simply be a confusing blank, and the report would be unsatisfactory to the man who explores the mountains for their valuable substances. We expect by the chemist's analysis a report that is worthy of the amount exacted for such services. We know just what we have in each separate division, and by this report and the value of each substance, we can approximate the value of our discovery. You go to the chemist in full confidence that he can analyze and give you the results of his investigation. Suppose in your anxiety the chemist would take the specimen and say, "Great is the mystery of godliness! The

secrets of God are past finding out," and charge you a dollar for his wisdom. How would you feel under such circumstances? Would you call him a fake who would take your money without giving you value received?

Here I wish to make the application of my allegory. We find another sub-



DR. STILL

August 6, 1828 December 12, 1917

stance with whose attributes we desire some acquaintance. These substances come in organized bundles, generally five to six feet in length with a head, a neck and a cylindrical trunk with arms and legs attached.

We take this to the chemist for analysis. He reports all the chemical substances found in earthly matter but fails to offer a satisfactory explanation of its powers of motion. He says, "You must go to a chemist that is prepared to go further in his analysis. The subject of motion or action is out of the reach of

my methods. I am sure there is a substance in that specimen, man, that neither fire or chemicals can unfold, which contains motion, mind and all the attributes of both." I inquire, "To whom shall I go, Mr. Chemist?" He kindly replies, "I have heard there are men who give such thought to life, the soul of man. You will find them in all villages and cities." I ask how I may know when I come to one of their chemical laboratories. He replies, "You will know a great number of them by noting the cross surmounting them. Others are marked 'M. E. Church,' 'Baptist Church,' 'Presbyterian Church,' all claiming to be able to give you all necessary information.

I saddled up my ass and journeyed with my specimen, man, to other cities and called upon these chemists to analyze what I had found. I have been traveling from office to office for many years in search of the chemist who could analyze the human body and tell me whether life is a substance or a principle. Thus far I have received no satisfactory answer to the great question, Is the soul of man a substance? If so, what is the degree of purity, the height of perfection to which the undiscovered chemist did make his compound known as the soul of man, whose attributes are as innumerable as the stars of heaven. From my youth I have listened to the rantings and unsatisfactory assertions of the theologian. They have contributed nothing to my store of knowledge on this one question, What is the soul of man? Patiently, yet with intense desire, I await the answer for which I have paid all charges, and I'm frank to say, have received nothing in reply to this momentous question.

LET US PRAY

O Lord, Thou knowest Thy book says, "Ask and ye shall receive." Thou know-

est that man is mentally far below an ass or Thou wouldst not have sent an ass to counsel and advise Thy chosen people. Wilt thou please send us an up-to-date ass quick, one of pedigree. We want no Clydsdale. We want a live, wide-awake ass, that will tell us some facts about life, whether it is a substance or a principle. If a substance, how fine that chemical compound had to be made before life, motion, and mind, with their attributes were the absolute results of that chemical effort? O Lord, we do cry piteously from morn 'till night. Canst Thou not hear our groans? Please dip our heads deeper into the rivers of reason. Let all the wrinkles of stupidity be soaked out. Push our heads far under; hold us there 'till we blubber, O Lord. Let Thine ass bray steam in our ears, free from his compassionate lungs. Send him forth from Thy stable, stir him up soul and body, fill him full of energy, for Thou knowest he has a big job before him, so warm him up and send him, on fire, into our camp. He will have a Jericho job with us. He will have to go around us more than seven times before our wall of superstition gives way.

O Lord, grease our heels with the oil of energy. Put it on strong so that we may slip forward a little. Keep Thou all grease from off our toes; we want them dry and sharp, so they will hold fast to every inch of progress that our greasy heels have gained for us. O Lord, don't forget our dear professors. Oil their spines with Thy most precious oil of Thy sunflower of light, and spank them with the paddle of energy.

May that oil run down both arms and purify their hand to that degree that they will not accept anything whatsoever that is handed down by tradition, unless it be the chemically pure gurglings from Thy great jug of wisdom.

Show them the cecum, the vermiform appendix; give them their uses, and speak to them as Thou didst to Abraham, "Put up your knife and let Isaac go; he has no appendicitis."

Now, Lord, we ask Thee once in a great while to pummel our heads with the hailstones of reason. Make our eyes snap with knowledge like a toad's in a hailstorm. Be merciful to the beginners, for Thou knowest their feet of reason are tender and flat as the negroes' were before Abe Lincoln set them free. O Lord, the instep of the negro did rise with freedom, and Thou knowest the instep of the young osteopath will rise with his freedom from the old theories. Amen.

"PAP."

May 27, 1909.

DR. ANDREW TAYLOR STILL

(From the Medical Fortnightly and Laboratory News of February 15, 1918.)

There was a time when the Fortnightly paid considerable attention to osteopathy, dignifying it in a way that was, perhaps, uncalled for, for time has a way of dealing justly with the "pathies." Dr. A. T. Still, the founder of the then new cult, was a physician of the old school. His friends and admirers called him "The Old Doctor," and he liked the appellation. Where he studied medicine is unknown to us. Those were days when graduation was not required as a preliminary to practice. All that was required was an inclination, an aptitude and stick-to-it-iveness. He began to practice osteopathy in 1874 and founded his school in 1892. Since, osteopathy has reached pretty much everywhere; but time alone can tell whether or not it is permanently established. Certain it is that it will never supplant the practice of medicine, a considerable number of osteopathic practitioners have studied medicine since, and many have abandoned the practice in so far as concerns a considerable number of diseases. But in a certain line of work they are effective.

A man who departs this life at an advanced age and leaves behind a record of kindness and so numerous adherents to an institution which he has established, must be acknowledged a success and a useful man. "The Old Doctor" died at his home in Kirksville, Mo., in December. Even those who do not and never could agree with him in many of his idiosyncracies, who considered him but an unique figure, must recognize his executive ability and accomplishments as worthy of admiration, and his hold on the affection of his friends as little short of wonderful.

PERSONALS

Dr. Zuie A. McCorkle of 4951 Kenmore Ave., Chicago, sustained a severe automobile accident last June. Complications caused some doubt as to her recovery during the month of October, but osteopathy won and today she is recuperating at her former home in Eureka, Ill.

Dr. Julia A. Larmoyeux has announced that after November 25th, Dr. Avis Martin Withers will be associated with her in practice at 309 St. James Bldg., Jacksonville, Fla.

OSTEOPATHY

Our Calling

Oh sacred calling! Blessed task.
The ills of humankind to heal!
Deeply I pray and humble ask
For truth and knowledge. Do reveal,
O thou great Healer, ample light
To guide my eye and hand and brain
Within Truth's channel, clear and bright,
To help mankind, and lessen pain.

Seek wisdom where it may be found—
In Nature's Book, with knowledge rife;
Its every page with truth is crowned—
God's Masterpiece—the Book of Life.
Seek not to follow gods unknown,
But wisdom's narrow pathway tread;
Thus far the lamp of Truth has shown,
And still for us its light will shed.

The Streamlet from the mountain-side,
Which ever issues from its source,
Doth toward the great deep Ocean glide
Unceasingly with silent force.
Oh, keep thine eye upon the stream,
Its growing wonders to explore,
And soon from out its depths will gleam,
Its efficacious truth and power.

Stand firmly with the man who saw
The stream ere it had issued forth,
And crystalized into a law
To heal the millions of the earth.
His eye still sees the broadening stream,
Still firm and true his hand to guide:
Fulfilled at last the Prophet's dream!
Stand, true disciples, at his side!
—A. S. J. Lehr, pages 402-3, Auto-
biography of A. T. Still.

MAKE THE WORLD SAFE FOR OSTEOPATHY

November 25, 1918.

Dear Doctors:

Enclosed you will please find check for one dollar, renewal subscription to the Truth. In these days of camouflage and substitutes it is indeed very gratifying to have a medium such as the Truth wherein pure and unadulterated Osteopathy as given to mankind by Daddy Still nearly four decades ago, can be proclaimed by the faithful few who have caught the vision and cannot be swayed by the silly bickerings of the pill dispenser and the "half-baked osteopath." Count me with you on anything osteopathic and if my little dollar will help push things along and make the world safe for Osteopathy I shall be happy.

I am, very fraternally,

DR. H. T. WISE,
Stewart Office Bldg.,
Rockford, Ill.

The Science of Osteopathy

By Nellie Fitch, Prairie City, Ill.

Second Prize Winner, Essay Contest
Conducted by the Illinois
Osteopathic Association
Last Year

Osteopathy is a scientific system of treating all classes of curable diseases. It is distinctly separate from any other system of healing. This system is based on a thorough knowledge and understanding of the physiology and anatomy of the human body. Its method of treating is through mechanical manipulation of the body, which removes the cause of disease. After the cause of the disorder has been removed nature is able to remove the disease itself.

This science is built upon the principle that man is a wonderful machine which will run smoothly into a ripe old age if it is kept in proper adjustment and is properly nourished and cared for. This human machine, like any machine, will do its work easily and well if all its parts are in their proper position and forces foreign to the body do not interfere. But if all parts of the body are not in their proper position, the body loses its power to work in harmony and becomes diseased. Then the osteopath or human engineer who understands the laws governing the human engine is needed to restore the body structure to its normal state.

This science teaches that the body is not only a perfect machine, but it is also a perfect organism which has the power to produce its own chemicals. That the body produces chemicals which are sufficient in the digestion and assimilation of food has been known for a long time. This new science was first to find stored in the body chemical compounds or antibodies which are sufficient to combat disease. Osteopathy bases its theory of immunity on this.

Osteopathy was presented to the world in 1874 by Dr. A. T. Still at Eudora, Kas. Dr. Still was an early pioneer of an observing, investigative turn of mind. He often assisted his father, who was a physician and missionary, in doctoring the Indians for the various diseases which prevailed among them. His only preparation for this work consisted in reading medical literature with his father. Later he attended the Kansas City Medical School. When the Civil war broke out he enlisted and served for some time as surgeon. While in this work he began to lose faith in drugs. Later he lost three children of spinal

meningitis, after which he began to study deeply into the relation of drugs and disease.

He studied the human skeleton, the ligaments, muscles, lymphatics, blood vessels and nerves until he was perfectly familiar with all parts of the human body and with their functions. The better acquainted he became with the body the farther away he got from the use of medicine.

When he began to practice his new theories and to explain them to his medical friends they sneered at his ideas. He lost both friends and practice. For some time only the poor who could not

discoveries. The cell theory had just been announced. The new pathology and the science of bacteriology were in their youth. Since then these scientific investigators have given to the world a better understanding of the causes, prevention and rational treatment of disease. What they have done is a scientific demonstration of the same theory of the natural defence of the body which Dr. Still gave to the world forty years ago.

His theory of the lesion stood the same careful test. The osteopathic lesion is any abnormality of structure which interferes with the harmonious working of the body by cutting off the nerve and blood supply to the body tissues.

We all know that a finger about which a string is tied tightly soon swells, becomes red, and pains. If the string should be allowed to remain on the finger for some time the finger would become diseased because the string would interfere with the natural laws of health by shutting off the blood supply to the body tissue. When the string is untied and nature is no longer interfered with, the redness, swelling and pain all disappear, not because of anything applied from the outside of the body, but because the body is allowed to use its own supply of chemicals furnished by nature. This principle can be applied to any part of the body. Disease rarely attacks well-nourished tissues. If the body is properly cared for, all its tissues will be well nourished and able to resist disease. In taking the proper care of the body its structure should be kept in its normal position and care should be given to sanitation and environment. Without sanitary care the body is unable to eliminate its poisons as nature intended it to do. The blood is unable to obtain the natural amount of oxygen from foul air and therefore cannot do its work efficiently. The digestive organs and juices were not intended to digest the food over rich, or poorly cooked which is often eaten. These sanitary conditions can be provided for by the patients themselves. The removal of the structural disturbances is the object of the osteopathic treatment. The nerves and blood vessels while passing through the soft body-tissues are seldom subjected to abnormal pressure, but along the spine where they pass between the vertebrae they are often interfered with. On their way to and from the spinal cord they are in close relation to the



NELLIE FITCH

pay for the regular method of treating came to him. The results he got in treating these cases advertised his work. After people saw what he could do, many who had failed to be relieved of their afflictions by the old methods came to him. His cures were considered as miracles and many believed that his works would die with him. He proved that this was not so by teaching his new-found science to his sons, so that they might help take care of his increasing practice. Unlike most great men he lived to see his work recognized by the world.

All European scientists have accepted his theory of natural immunity after testing it by clinical records, spinal tracings, dissections, autopsies, X-rays, animal experiments and the most careful microscopic investigations. In the age in which Dr. Still appeared these European scientists were making many

bony vertebrae which may be forced from their proper position by a fall, a jerk or when the tissues surrounding them become over-tired and contracted. After the osteopath has the defect in structure definitely located he uses his knowledge of anatomy rather than force and removes it by means of mechanical adjustment. After the cause of the disturbance is removed the nerve and blood supplies are set free and are able to heal the injured parts by carrying to them the antibodies which the body has in store.

There are some conditions which from their very nature require surgery. When through violence or other causes the injury is so great that it can not be healed by a good blood supply alone, the local tissues themselves should be removed.

The osteopathic science of healing agrees with the late investigations and discoveries of scientists in bacteriology. These investigators have found a large number of bacteriae, some of which are capable of producing disease in the body. Whether they produce disease or not depends upon their virulence, their number and the condition of the body tissue which they invade. These disease-producing germs are always present in the air we breathe and the water we drink. If the body did not have stored in it a natural resisting power with which to overcome these germs it would be in a state of disease all the time. Anything which interferes with this natural resistance is the real cause of the disease whether it is obstruction of nerve and blood sup-

ply, over use, or injury from outside force. This is in accord with the osteopathic theories of lesion and immunity.

Osteopathy is not only a cure for disease, but is also a preventative. It is as great a work to know how to keep an engine working smoothly as it is to be able to fix it when it is out of repair. The careful engineer can look over his machine and find its weak place and repair it before much damage has been done.

Likewise the human engineer or osteopath can by careful palpation and examination find the defects in the anatomical structure and fix them before they have caused much disorder. Often when a person falls he thinks at the time that he is not injured, but after some weeks or months some part of his body becomes unable to do its work in the natural and easy way. Doctors on examining patients and in operations have often found the trouble to be due to an injury which the patient received years before. The osteopaths are able at all times to tell whether the body structure is properly adjusted. If it is not they can readjust it before much disturbance results.

In the next half century the public in general will come to know what the science of osteopathy really is and to appreciate the real value of it as a system of healing.

Since its beginning forty-four years ago it has made many advances. The first school which was established in May, 1892, has made remarkable progress. There are now seven colleges

for the teaching of osteopathy. The course of study extends over four years and includes the same subjects taught in the medical schools with the exception of the treatment of disease. Besides these colleges the profession has a number of hospitals, sanatoriums and a research institution.

Osteopathy has been so recognized by forty-three states that in them the osteopaths are licensed with the same privileges and protection received by the older systems.

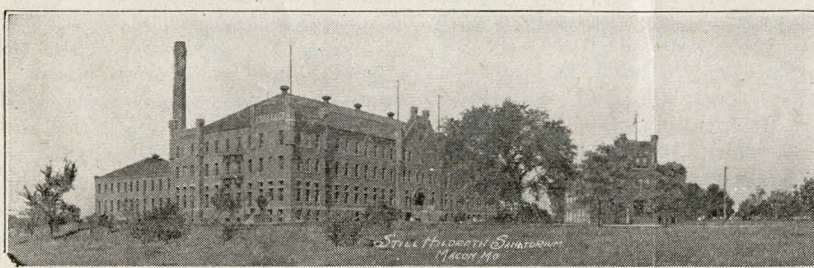
Judging from this progress in the past many things may be predicted for this science in the future. Today all intelligent men and women realize the importance of having their teeth and eyes examined and cared for often. In time they will apply the same good judgment to the remaining parts of their bodies. When in apparent good health, they will have the osteopaths examine them for any abnormality in order to correct it before any discomfort is caused.

The osteopaths have cured many cases of partial paralysis which were caused by misplaced structure. These patients who would have been cripples for life are again able to work. It is reasonable to believe that when railroad companies and factories which spend thousands of dollars for damages realize the ability of the osteopaths in cases of this kind they will employ them as company physicians. They will be expected to treat not only the seriously injured men, but all with physical defects, so that they will become more efficient workmen.

The osteopaths will be employed as school physicians in public schools and colleges. They have shown their ability in treating the foot ball teams before and after the games and the players injured during the game. As school examining physicians they will not only be able to find adenoids and defects in the teeth and tonsils, but will find the spinal defects as well. Then many cases of spinal curvatures will be detected while the curves are slight and easier to cure.

In the treating and care of the insane and feeble-minded the osteopaths have produced wonderful results. Many of these conditions are caused by nerve irritations which the osteopath is successful in removing. Because of this they will be placed in all government institutions of this kind. In time some classes of disease will be treated in no other way than by the osteopaths. A hospital corps will not be any more complete without the osteopath than it would without a surgeon.

(Continued on Page 77)



Still-Hildreth Osteopathic Sanatorium

MACON, MISSOURI

DEDICATED TO THE CURE OF NERVOUS AND MENTAL DISEASES

Address All Communications
to the Above Institution.

A. G. HILDRETH, D. O.
Superintendent

**Pledged to the Truth That Father
Andrew Saw no Favor Sways
Us and no Fear Shall
Awe**

Dear Doctor:

Some recent articles have stimulated my Irish blood to compell all osteopaths to follow our venerable leader Doctor A. T. Still's teachings, of Osteopathy, or not recognizing them as true followers of our master.

Every move made from an osteopathic standpoint is to assist nature in her functioning. It is the knowledge of anatomy, physiology, and biology, and all the other allied teachings of our colleges applied to the body that liberates the internal secretions, which as the river of life irrigates the Garden of Eden—the whole anatomy, and the better and freer the irrigation the better the man.

Now let us compare the practice of medicine to our practice of Osteopathy, every move made from a medical standpoint is to obstruct nature and force her to work. This is just like taking a poor sick horse out of the barn and hitching him to a load that he cannot pull unless forced by the use of a whip. When he was fat and healthy he could easily pull the same load. Now how do you expect to build up the body when every move made tears down by force. If a man is well he doesn't need force to make him work because he enjoys and loves work.

Those Osteopathic slackers that write prescriptions have the yellow atrophy of the liver, or in other words bilious attacks, which make them lazy and no desire to work. Anything standing still without making progress in its own line soon dies. All plant life dies after it fulfills the law that Nature required of it; so with man and all animal life.

Let us compare a healthy and well kept man to a well kept garden. You prepare your soil in the garden by thorough cultivation and nourish it by some process of fertilization. Then you plant the seed and watch its progress until it appears over the surface. Then you begin to cultivate and keep down the weeds and the better you do this the better the returns you get from your crop, which compares favorably with man.

The soil has got to be prepared before the seed for man is planted, then after his appearance on earth, cultivated by education, in the different ways of his requirements, which will make him physically and mentally a perfect man that does not need "spurring up" to make him move for he is all life and a bundle of live nerves. This is what every good

and true Osteopath who follows our venerable Founder's teachings should be.

Don't expect slackers to make good Osteopaths. You can't be lazy for it means hard work mentally and physically. This is my practical experience in medicine and osteopathy and other allied sciences for the past eighteen years.

Hue to the trail that the "Old Doctor" blazed, and you will never go wrong. It matters not where the chips fall or who they hurt as it is Osteopathy forever and amen.

W. J. MULRONY,

M. D. D. P. D. O.,

Osteopath Physician and Surgeon,

U. S. R. S.,

Yuma, Arizona.

BRITISH OSTEOPATHIC ASSOCIATION

The Eighth Annual Convention of the British Osteopathic Association was held

in London, England, on Friday and Saturday, Sept. 27th and 28th, 1918. In view of the difficulties of travel, the attendance was excellent, and the meetings were most successful in every way.

Papers were read by Dr. F. Howard Ashton, Manchester, on "Diabetes Mellitus," and Dr. Elmer T. Pheils, Birmingham, on "The Influence of Posture," and Dr. Murphy, of Winnipeg, Man., spoke most interestingly of his experiences with the Canadian Army Medical Corps.

The following officers were elected for the coming year:

President, Dr. J. Stewart Moore.

Vice-President, Dr. Beatrice Hamilton.

Treasurer, Dr. Harvey R. Foote.

Secretary, Dr. E. H. Barker.

Asst. Secretary, Dr. Ralph L. West.

And the following were elected to fill vacancies in the Council: Drs. William Cooper, Georgiana G. Watson, F. H. Ashton, and Dora Sutcliffe Lean.

OTTARI

**AN INSTITUTION FOR THE OSTEOPATHIC CARE
OF NON-COMMUNICABLE DISEASES**

ASHEVILLE, N. C.

Dear Doctor:

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Our profession needs equipment and endowment for research work. All profits of OTTARI go ultimately to the A. T. Still Research Institute. No dividends nor salary go to the management, and our books are open to any accredited representative of the Trustees of the R. I.

Any patient can be well cared for at OTTARI for forty dollars per week—including all professional services, board and room—but we have suites and choice rooms at higher rates. Private and semi-private nurses cost extra, but nurses are provided at no extra cost to carry out all orders of the physician.

Help your patients—who will thank you, help your profession—that has already helped you, by recommending OTTARI.

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W. Banks Meacham, D. O., Asheville, N. C.
Physician-in-Charge.

The Osteopathic Profession Must Have A Definite Program

Edited by Geo. W. Burton, D. O., 220 Story Bldg., Los Angeles, Cal.
(Dr. Burton Invites Correspondence)

The democratization of the world seems vitally imminent. Nations are ready to sheathe the sword and accept an unconditional surrender that calls for a just and lasting democratic peace. The Entente Allies are shedding their own blood as a sacrifice to martyred humanity.

The great world-war is divided into two great epochs or stages.

I. The unorganized period of the war.

From the beginning of the war until the spring of 1918, a period of practically four years, may be designated as the unorganized division of the world-war from the Entente-allied viewpoint. During this period we witnessed isolated groups of men, single principalities, entire nation battling with sporadic might and main, each in turn to be annihilated, miserably crushed, or forced up against the last walls of defense.

But now we have entered the second great phase or epoch of the war, namely:

II. Organized warfare.

For four long, weary and heart-rending years the rulers and the peoples of the democratic nations of the world struggled with all their inherent powers to come into the light, to stencil the correct mental concept or vision of the world's myriad millions enthralled, and to evolve a scheme whereby not only all inhuman plutocratic practices of thieves, robbers and highwaymen might be irrevocably throttled or beheaded, but also that the genial warmth of social democratic ideas should be embodied and inaugurated in the governments of all the peoples of this entire earth.

The world has spent four years of special preparation for this conflict. Individuals and groups of peoples and entire nations have bent their inherent energies in every direction in order to know how and what to do to overcome and smother the **beast**.

It has been preparation and more preparation and still better preparation. But preparation without organization is futile, so there has been unusual and complete organization of all the forces at hand, in all their respective departments, signally con-centered and unified and placed under a single command for specific action, and these self-centered divisional units each under a supreme command all converged and finally terminated in the one **Supreme** Generalissimo, our beloved Foch.

Preparation and organization and unification of purpose are all essential links in the chain of progress. But the chief cement of strength that holds each link in the chain intact and preserves the equal tenacity and complete solidarity of the entire chain is the power behind the throne. This power behind the throne in the world's war for democracy is the cumulative voice of at least 22 allied nations. The thunderous voice of democracy in no uncertain sound is reverberating throughout the length and breadth of the earth. And everywhere the voice of democracy is heard, it is being recognized, for not only have we food and clothing and munitions and guns and airplanes and tonnage and undersea vessels, but we have also the soldiers with every drop of blood in their veins energized and consecrated and unified for the great cause, while the untold millions at home are keeping the fires ablaze with their prayers, their tears, their dollars and their labor.

But the cap-sheaf in the program for the success of democracy was definitely placed when the consensus of opinion was agreed upon in the articles of confederation of the Entente Allied Governments as setting forth the meaning and complete clarification of the underlying principles which entirely demolish Prussian Plutocratic practices and set forth the only tenable basis for the democratization of the peoples of the earth.

The greatest theme is chosen for the greatest of all theses. The thesis is sufficiently written or outlined so that the peoples of all lands understand the meaning and the message of democracy. The mental concept is born. Ideality is paving the way for the enthronement of practical plans. The people at last have a vision. Democracy is defined and outlined so clearly and so emphatically that there is no mistaking its essence and application from the humblest peasant to the most exalted war-lords, or the profoundest statesmen, or the present day glorified rulers.

If the foregoing are the necessary steps to follow to obtain complete victory in the democratization of the world; so the forces in every battle, great or small, for the same quality of victory, must resort to unstinted preparation, unqualified or democratic organization, disinterested singleness of purpose, and

they must define their mission and outline their program with a definiteness so that their *message* cannot be mistaken. As we are entering upon the organized period of Osteopathic unfoldment, it seems to me that the battle for complete osteopathic victory is hereby and herein clearly manifested. We must have preparation and more preparation and still better preparation. We must have organization, unqualified and democratic organization. We must have singleness of vision and disinterested motive or purpose.

And there is but one way to arrive at the mental concept or vision necessary for a complete victory and that is by defining and outlining osteopathy as a definite, complete and scientific therapy; and while perforce this definition and this outline of osteopathy must of necessity be of elastic or tentative boundary, yet from without and from within this tentative line of cleavage or demarcation must no longer leave any room for misunderstanding, for doubt, for inefficiency or for inharmony.

In other words the osteopathic profession must have a definite program.

OSTEOPATHY WORKS IF WE WORK IT

West Palm Beach, Fla.,

Dear Doctor:

Am enclosing \$1.00 for "Osteopathic Truth." It has the true ring. I got Osteopathy in Kirksville, Mo., "A. S. O.," Jan., 1903 to Jan., 1905, and have not needed nor used anything else. **It does the work if we work it.** Cured many cases of pneumonia in four days and less; Typhoid Fever in nine to fourteen days; Appendicitis, four days; one case typical Typhus Fever, three and one-half days; removed tumors, healed sores, one case twelve years standing, without being healed over. It healed in ten days from adjustment of back only. One case totally blind restored. One case deaf and dumb from birth to fourteen years of age; could talk and hear after eleven adjustments of the neck vertebrae. One case of Leukemia had a tooth pulled and nearly bled to death. Dentist, Medic and Christian Science all failed to check it—I checked it in 20 minutes and later stopped it.

Yours for A. T. Still adjustment,

Fraternally,

A. E. FREEMAN.

Osteopathy

(This is the fifth part of the report made by Justice Hodgkins in reference to the Osteopathic Physician of Ontario. Read these reports carefully.—Editor.)

"The old points have to be emphasized in the work of all the allied countries. The cases who will require physical treatment must be drafted early to special institutions; proper equipment for these institutions in every branch of physical treatment and curative manual work is necessary; skilled men interested in this kind of treatment must be found and appointed to take charge of such institutions, and to meet this demand there is needed at the present time in all the allied countries the establishment of centres at which medical officers, students and orderlies can be properly trained in this work.

"I do not think that Great Britain is now behind her allies in the treatment and re-education of the disabled soldier, but neither France nor ourselves can permit ourselves to be complacent. It would appear that in this country the civil organization of the whole subject of re-education is well on its way to be extremely effective, but all organizations for professional re-education will fail if the preliminary medical part does not go on improving."

The committee, from whose report I have first quoted has been very active in investigating matters not only concerning hydrotherapy but all forms of physical therapy which may be combined with it.

It calls attention to the present lack of understanding the benefits of physical means and complete physical equipment, and the entire want of recognition of these and allied means of healing which, years ago, was commented on by Sir William Osler.

In their report to the council of the Society in April, 1916, R. Fortescue Fox, M. D., made the following explanation of their activities:

"A memorandum on the value of medicinal baths in the treatment of wounded and invalid soldiers was addressed to the Army Medical authorities on December 26, 1914. It did not emanate from this Section, but from a number of representative medical men. It pointed out in the first place the extensive use of medical bath establishments for the military in Continental countries. It showed the need for hydrological and other physical treatment for the men leaving hospital; that large numbers of these, even those labeled 'incurable' could be, if not cured, at least greatly relieved by physical methods; and that bath

treatments in particular were suitable for both surgical and medical cases, and could be employed with advantage not only at the spas, but at the military hospitals and elsewhere in the great towns. The signatories also called attention to the scientific value of a simple and uniform system of case records, which should record the physical treatment of disabled soldiers—a work which had not hitherto been attempted in the health resorts in this country.

"In January, 1915, the matter was discussed at a special meeting of the Section, at which Surgeon-General Russel, D.D.D., A.M.S., was present. Agreeably to his proposal the Council thereafter proceeded to appoint a committee to prepare information for the Army Medical Service. To its great advantage it numbered among its members Surgeon-General Russel and the President of the Society Dr. Frederick Taylor. On behalf of my colleague, Dr. Campbell McClure, and myself I have now to report the result of its work during the last fourteen months.

"In April, 1915, the Committee was informed that a system of 'combined physical treatment' for wounded soldiers had been installed at the Palais in Paris. I thereupon visited Paris, and with courteous assistance of the officials, and particularly of our colleague, Dr. Quiserno, examined the hydrological and other methods employed at the Grand-Palais hospital. The application of very high temperatures to the limb in a 'whirl bath' (balneation a l'eau courante) appeared to me to be a method of much value, especially as a preparation for massage and mobilization of the joints. Full accounts both of the methods and the results obtained have since been furnished to us from time to time, with statistics, and these form the basis of the report, which was published by the Committee in the 'Lancet' of Feb. 5th. The President of our Section has since that date made a special visit of inquiry to Paris. If only a part of the happy results that are claimed to follow from the 'combined physical treatment' of wounded soldiers is in fact realized, it appears to the Committee that these methods are justified and would prove in this country of inestimable value not only from the medical and humanitarian but from the economic point of view. The saving to the State in pensions and gratuities by the reduction of disability of disabled men in France is stated to amount to a very large sum.

"In recommending physical treatment

we have been asked why we have departed from the province of balneology or hydrology. It is a sufficient answer that this section has never regarded the scientific study and use of physical agencies as alien to its scope and purpose. Health resorts exist for the application of physical treatment and in addition to waters and baths many methods are employed accessory or adjuvant to hydrological and climatic treatment. Therefore, in recommending to the army medical authorities the systematic employment of combined physical treatment for disabled soldiers the Section is on familiar ground. No Section of medicine can operate in a water-tight compartment, and least of all one devoted to the interests of hydrology.

"At the present moment there are within the hospitals or leaving the hospitals, in numerous convalescent homes and in their own homes, thousands of disabled men, for whom we believe a combined physical treatment affords a hopeful and the only hopeful means of recovery and of return to peaceful avocations. To meet this great need an altogether unique extension of what may perhaps be called 'orthopaedic' work has become necessary. Without forgetting the achievements of surgery we believe that in this particular field physical treatment ought to play a predominant part. It should take up the work which comes to an end in the hospital, and in multitudes of cases should prevent or minimize permanent disability. As regards the British health resorts, they are doing a magnificent work, but the lack of records is, and will prove to be, in our opinion, a serious evil. But in the present emergency we are all feeling our way, and I am sure there is no disposition to neglect what can be shown to be a necessary duty. We also acknowledge with much satisfaction that most valuable physical treatment is, and will be, available for disabled men at the large convalescent camps and command depots, in regard to some of which we have been asked to advise.

"But, when the full extent of this provision has been made, there still remains a great residuum (how great may it not become?) of men who will not have the benefit of the health resorts nor yet of the convalescent camps, many of them being discharged and returned to their own homes. For all these, both officers and men, the Committee are of opinion that a combined physical treatment should be provided, and that it might be well done, as in France, in institutions devoted to that purpose. Such institutions would not be hospitals for in-

(Continued on Page 77)

Osteopathic Truth

A MONTHLY JOURNAL OF
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DECEMBER, 1918

The Gospel According to You

"You are writing a Gospel,
A chapter each day,
By deeds that you do,
By words that you say.
Men read what you write
Whether faithless or true.
Say! What is the Gospel
According to YOU?"

A MERRY CHRISTMAS

Christmas celebrates the birthday of Christ, the Son of God, who came to this Earth to spread the Gospel. He gave his life that we might live. He lived an exemplary life beset on all sides by persecution and prosecution, and still He walked in the way that His Father in Heaven would have Him walk. No living man has ever gone through what Christ did, no living man ever will. Christ left with us a marvelous Gospel.

Say! What is the Gospel

According to YOU?

Andrew Taylor Still came to this Earth, and those who believe in predestination would say, to give his life that others might live longer and in greater comfort—with less disease.

Born and raised on the Frontier in close communion with God's creations, he learned to live a life free from the false and sham. Obstacles were overcome that most men would go around. He learned, with the insight of an animal, the things that were true and God given. Through travail he realized that drugs were fetters tearing down the human body faster than it could be builded, and out of the clouds around him he gave birth to the child of his brain, that man might live longer and in greater comfort. God given Truth—OSTEOPATHY.

Through years of persecution, even from members of his own family, he trod on bearing his cross. Prosecution deterred him not, but spurred him on to greater efforts, harder work, until in the darkest hour before the dawn, with credit gone and starvation for his family imminent people came for the wonderful new treatment which cured without drugs and little surgery; others came to learn that they might go forth as disciples spreading the Gospel.

Oh, what a Gospel Andrew Taylor Still wrote! Based upon the rock of eternal truth where storms may rage and roar, but standing amid it all unscarred and untouched—ever a Truth.

Say! What is the Gospel

According to YOU?

When you took up the study of Osteopathy you stepped away from the gang, out of the crowd, not to follow the current of the stream toward drug doping, but into the by-ways and hedges beset with thorns, to think for yourself. You had learned that Nature was absolute, needing nothing for her offspring, man. You had learned that the laws of God were immutable and that their obedience brought perfect health, their disobedience dis-ease.

You stepped away from the crowd to learn what Andrew Still knew of the laws of God, in order that you might apply them to sick and suffering humanity, and through your ministrations give them succor as had Dr. Still.

What are you doing today? Are you treating your patients as Dr. Still did his? Are you still keeping away from the gang? They are watching you, watching every move you make. You are teaching those who come directly in contact with you, and those who come under your influence indirectly—the crowd. You are a disciple, and every word, deed, and thought will be reflected in your pupils. Are you a true disciple of Andrew Taylor Still—speaking, doing, and thinking the principles he taught. Say! What are YOU—an "engine wiper" or an "engineer"?

Dr. Still taught, that structure out of its absolute perfect position will produce a disturbance of function, and to restore function it must be adjusted to its normal position. Are you really making adjustments or are you just rubbing muscles?

You never saw an engineer in your life adjust misplaced structure by taking a piece of waste and rubbing the outside of the machine. You have never seen an "engine wiper" as he rubs and polishes the outside of the engine ever adjust even the minutest deviation of structure. The "engine wiper" cannot adjust misplaced structure because he does not know how.

Dr. Still repeated and repeated the words, "Do not be an 'engine wiper,' but be an 'engineer.'" If you were taught to be an "engine wiper" there is no reason why your two eyes and the brain behind cannot study to know just how to be an "engineer" and really adjust. You teach every new patient and he his friends, that osteopathy is just what you demonstrate it to be on his body—do you teach him that osteopathy is muscle kneading, rubbing, or adjustment of deviated structure? When by chance that patient goes to another city and wishes osteopathic treatment and gets something altogether different.

Say! What is the Gospel

According to YOU?

Your success depends upon how well you KNOW osteopathy. The kind Dr. Andrew Taylor Still taught is the kind suffering humanity is seeking and should have, and it depends upon YOU as to whether they get it or go to a chiropractor for it.

Just twenty-six years ago Dr. Still started his school, and in that short

length of time millions of people have been taught to depend upon osteopathy and to know its worth. Dr. Still received results that no one today can duplicate. Wonderful was the Gospel he has left to posterity. Scoffed at, jeered at, then and now, we who have stepped away from the gang to tread a narrow path, must ever watch our step lest someone following, unbeknown to us, misstep into oblivion.

As we approach the year 1919 let us resolve to give one-tenth of our time and one-tenth of our money to learn how to be an "engineer" and adjust the deviated structures. If you do not know how to make an adjustment, then go to someone nearby who does, and learn, in order that you may teach your patients, and they their friends, just what A. T. Still Osteopathy is. Be broad, be big, do for the sake of the future of Osteopathy, what perhaps you would not do for yourself, learn how to give a real osteopathic treatment. Be an "engineer" not an "engine wiper."

**Say! What is the Gospel
According to YOU?**

THE SYSTEM OSTEOPATHS WORK ON IS THE HUMAN SYSTEM

OSTEOPATHY; A THERAPEUTIC SYSTEM

By H. P. Frost, D. O.

(EDITOR'S NOTE.—*Doctor Still was in his prime as a thinker twenty-five or thirty years ago; Doctor Frost is inclined to think that Doctor Still would have advanced (with the times) if he could still be in full mental bloom today. Yet we know that our most ardent osteopaths are still worshipping the dictums of long ago, our "platform" of some twenty years ago has been printed and reprinted to help hold the weak and wavering in line. The world has progressed tremendously in the last score of years; shall we advance or stand still, or go back?*

Nor does Doctor Frost think osteopathy is a "complete system," as chanted loud and long by our "leading" pursuits. He even goes on to say there is no such thing as a "complete" medical system.

Doctor Frost has expressed himself in a sane, rational, lucid manner. He has promised other articles for readers of The Osteopath—the sooner the better.

(Concluded from No. 34)"

The system Osteopaths work upon is the human system. The critic will possibly grant the Universe being a com-

plete system; the Celestial bodies appear to answer an immutable law. In what does the human system differ from all extraneous created systems in obedience to the Universal Law of Order?

In what has the world progressed relative to Universal Order in the past score of years? The human body is a miniature Universe; you have but to observe the frog's legs under the microscope to convince yourself of the red and white corpuscles obeying Supreme Command. Dr. Still told us any interference with the proper movement of these corpuscles begets disorder, meaning disease.

The blasphemous, centuries-old idea, that man was created incomplete; needed poisons; witchcraft ministrations to drive disease devils out of him, has been bombed out of existence by Dr. Still's formula.

By their fruits, ye shall know them; the Osteopathic concept is non-changeable, hence, non-progressive; it is as firm as Gibraltar.

THE ATTITUDE OF THE MEDICAL FRATERNITY

The attitude of the medical fraternity toward the Osteopaths is further characterized by the following statements made in one of the A1 Medical Schools of the country, during the past year, by different members of the faculty.

"The Osteopathic Physicians have a good education and are for the most fair and honorable men. To be true, they are very much mistaken that the cause of disease is a dislocated vertebrae. THEY OBTAIN THEIR RESULTS BY STIMULATING THE POSTERIOR RAMI OF THE SPINAL NERVES, AND THEN REFLEXLY, THE VARIOUS ORGANS OF THE BODY and NOT by any miraculous correction of vertebral dislocations."

"Osteopathy is alright at the beginning of a sore throat or tonsillitis, as they increase the flow of good blood—but after the disease is well on its way—it is the very height of foolishness to do as they do and vigorously manipulate inflamed tissue!"

"Osteopaths often get the case when it is just at the turning point—if the patient gets better, it is to the Osteopath's credit—if the patient dies, it is to the M. D.'s discredit. The Osteopath's mortality record is low because he never takes serious conditions or if the patient gets low, he leaves the case to an M. D."

"When all the states require all candidates to pass the same examination and to have the same two years in pre-medical work, Osteopathy will not last

very long after that. A man would be a fool to spend six years in a college, and then come out as a limited practitioner who could not practice surgery and who is not recognized by the government. Osteopaths, Chiropractors and all the rest of them are all in the same class, and should be wiped out. **They are a menace to the public health.** The states do not dare change their laws, and the medical societies dare not make much fuss about the laws on account of the strength and number of the Osteopaths, who have gained this strength by having practically no educational standards and until a few years ago by giving only one and two year courses."

"The quality of the courses given in the Osteopathic Schools and the better medical schools is not to be compared, as they have attempted to do in Illinois. They may give the same number of hours, but it is the quality that counts."

"Life" attacks medicine and boosts the various other forms of healing because the wife of the editor was UN-AVOIDABLY injured in an operation."

"If you will follow up the history of medicine, you will find that there has always been some fad running along in competition to regular medicine. It used to be hydrotherapy, then electro-therapy and now mechanotherapy.

"Most of the cures of Osteopathy are limited to purely functional conditions and is then obtained by psychic methods."

"The odds are always in the favor of the patients recovering, and here we have a hint as to the so-called success of the mechano-therapists."

However, their acceptance to the Osteopathic Theories and facts supporting our practice, practically quoting our Principles verbatim, as given us by the Old Doctor, is evident, viz:

"There are enough elements within the body, and the body can combine these elements to make the drugs she needs."

"The blood stream is the all important agent in the cure of disease."

Note the following, too:

"Physicians should not pay so much attention to symptoms but should endeavor always to find the **cause** of the condition. The body is usually able to take care of all the ordinary diseases without the influence of drugs and hence, all we can do is to assist nature."

"We have only two or three specifics, and the entire armentarium should not include over eight drugs."

"Giving DRUGS is an EXPERIMENT, and the patient is the person who is experimented upon. Their action is

never the same in any two people, and it is always very uncertain."

"NOTHING is KNOWN ABSOLUTELY of the action of DRUGS upon all protoplasm, or as to how drugs unite with the cell—if they do."

"Shot gun prescriptions are the result of treating symptoms, which usually is futile. Symptoms should be controlled, to be sure, but always REMOVE THE CAUSE."

"A large proportion of diseases can be cured by rest."

"Most acute cases get well by themselves. The doctor's duty is to foresee complications and to ward them off."

"IT IS IMPOSSIBLE TO ABORT PNEUMONIA BY ANY MEANS."

The Medic's position and hope is expressed in the following:

"It is only a question of time until the Government will have charge of the Doctors, and all treatment will be under the control of the Government."

"We should endeavor to educate the public."

But as an evidence of their endeavor to follow the mechanical idea of treatment, we quote this:

"Exercise of the abdominal walls will oftentimes cure the most stubborn intra-abdominal conditions, such as constipation."

And we quote from page 75 of Bastedo's *Materia Medica*:

"Rubbing the back will sometimes distinctly affect the viscera, and MacKenzie's picture herewith suggests a reason for the success in some instances of the Osteopathic plan of manipulating the

spine and its neighborhood."

Bastedo, page 17, states:

"Medicine SOMETIMES cures, it often relieves, it always 'consoles'."

Read, and consider.

GENTLEMEN:

THE WORLD WAR IS ENDED BUT THE WAR OF OSTEOPATHY WILL NEVER END SO LONG AS OUR PROFESSION IS INCLINED IN CERTAIN LOCALITIES TO GO OVER PARTLY TO THE OTHER SIDE AND THE MISSION OF TRUTH IS TO KEEP EVERY ONE ON THE RIGHT SIDE OF THE FENCE.

AFTER SOME FIFTEEN YEARS OF ACTUAL WORK AS A PRACTITIONER AND TWENTY YEARS OF EXPERIENCE WITH OSTEOPATHY I CAN TRULY SAY THAT I AM BETTER SATISFIED WITH THE SIMON PURE IDEA THAN EVER BEFORE, NO DRUGS FOR ME IN ANY WAY, SHAPE OR MANNER FOR INTERNAL USE, AND HOW ANY D. O. WITH ANY REAL INSIGHT INTO THE SCIENCE WANTS TO BE A MONGREL M. D. D. O. BEATS ME. THIS IDEA THAT YOU CAN BE A CATHOLIC AND A PROTESTANT AT THE SAME TIME DON'T WORK OUT TO MY WAY OF THINKING.

LONG LIVE THE ONE IDEA OF THE OLD DOCTOR.

Yours for the Truth,

ARTHUR M. LANE, D. O.,

420 Boylston Street,

Boston, Mass.

Nov. 25, 1918.

Locations

Dr. Ella X. Quinn has removed from St. Augustine, Fla., to Suite 14, Hippodrome Bldg., Miami, Fla.

Dr. A. S. Dowler of Panora, Iowa, has removed to 524 S. Warren Ct., Syracuse, N. Y.

Dr. Hal W. Shain, circulation manager of "Truth" is now associated with Dr. Earl J. Drinkall at 1421 Morse Ave., Chicago, Ill.

Dr. Clara Busse, who graduated from the Chicago College of Osteopathy last June has located at Neenah, Wis.



Looking in the Glass

or

Looking in a Book

If "Concerning Osteopathy" was at her hand—she would be reading it while waiting for treatment.

It has a convincing appeal.

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It is just what your patient wants, too.

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Carthage, N. Y.

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**NEW YORK STATE FEDERATION
OF WOMEN'S CLUBS PASSES
RESOLUTION ENDORSING
NATIONAL LEGIS-
LATION**

WHAT HAVE YOU DONE TO GET YOUR STATE FEDERATION ON RECORD FOR US?

The following letter from Dr. Riley to Dr. Reid and the resolution need no explanation, except to our own self for not having received the endorsement of our own State.

Please give some very serious thought on the question of what can be done to advance Osteopathy. We did not say advance your name professionally, but OSTEOPATHY. Forget not that you are a pioneer and trails must be blazed ere new settlers can follow in our footsteps. Our own little individual selves must be put in the background as we give all and do all to advance O-S-T-E-O-P-A-T-H-Y.

It is up to us to give our very life's blood if necessary at this time in order that the greatest autocratic power in the world, the A. M. A., through its political control cannot smother our candle. Today is the accepted time to force democracy in the medical world and to forever stifle autocracy in medical thought.

Three hundred and fifty thousand deaths as the result of "Spanish" Influenza and its complication pneumonia is a monument of crime and everlasting shame to the drug therapists. Don't let your patients and their friends believe that just because the man who attended the case was an M. D. that it was perfectly all right and God's will. Expose the fraud in terms that will not be mistaken.

Don't clog the wheels of progress—get in or get out. When this resolution appears in the Herald of Osteopathy send copies to your prominent club women and then ask them to do likewise. The coming reconstruction work is just where Osteopathy will have a most brilliant field. Let us see what we can accomplish within the next thirty days.

Dr. Riley and his committee cannot do it all.

New York, November 16, 1918.

Dr. George W. Reid,
Slater Building,
Worcester, Mass.

My Dear Dr. Reid:

I am sure that you will be pleased to receive a copy of the Resolutions passed unanimously last Thursday, by the New York State Federation of Women's Clubs.

It is a source of great gratification that this was brought about and that the members of the Women's Clubs are so keenly awake to the justice of the situation.

I think it would be well, if it meets with your approval, for this, together with appropriate comments thereon, to be run in the coming number of The Osteopathic Herald.

Fraternally yours,

G. W. RILEY.

"Whereas, The Osteopathic Physicians of the United States desire to place themselves at the service of our country in the capacity for which they are best fitted, and

"Whereas, The principle of American democracy is to award men according to their fitness, and

"Whereas, They are asking for the privilege of taking the examination prescribed by the Medical Department of the United States Army for service in the Medical Corps, therefore be it

"Resolved, That the New York State Federation of Women's Clubs, representing a membership of about 250,000, endorse and urge the enactment of Bill S. 4914 and H. R. 5407, which is now in committee, and furthermore be it

"Resolved, That a copy of these resolutions be sent to the Chairman of the Military Affairs Committee of the Senate and House; one to the Secretary of War, Hon. Newton D. Baker; one to the President of the Senate, Hon. Thomas Marshall; one to the Speaker of the House, Hon. Champ Clark, and also that a copy be sent to each of the Senators and Congressmen of the State of New York."

Passed Nov. 14, 1918.

**ONTARIO D. O.'s ARE LINING UP
FOR A FIGHT**

**Dr. Hillery, President of the T. A. of
O. P. Wants to Know**

- (1) Do you want to fight for an independent Board?
- (2) Do you want to be legally called Doctor?
- (3) Do you want a College of Osteopathy in Ontario?
- (4) Will you be satisfied with a representative in the Medical Council?
- (5) Will you consent to a chair of Osteopathy in the Toronto University?
- (6) Will you stand for the Science of Osteopathy being absorbed by the "Physical Therapy" course to be

taught in Toronto General Hospital, giving the Medical Doctors authority to say they prescribe, or practice manipulation when they think it advisable?

- (7) Most important of all—Will you stand for a law curtailing the future growth of our Science in Ontario? What is our debt to future Osteopathy in Ontario? To our young patients of today?

Please get serious for once in your life, and look at these vital questions squarely. After twenty years of legal and Osteopathic effort—is the best we can hope for—a bill based on generosity because,* "many of these Practitioners are elderly and settled, and if the admission of these older men be somewhat of an indulgence, it will not hurt the Medical Profession and their numbers will prevent any great harm being done to the public."

*Judge Hodgins' Report.

H. POCOCK,

Vigilant Committee of Toronto Association of Osteopathic Physicians.

Are you reading Judge Hopkins' Report which has appeared serially for the past few months?

We are with you, Ontario, for an Independent Board.

Vive la Osteopathy.

**Fruit Nut
Cereal**

Doctor, a day never passes that you do not find a patient in need of a laxative food.

Fruit Nut Cereal is the ideal natural laxative.

It contains figs, raisins, walnuts, wheat, bran and malt thoroughly dextrinized, but not predigested.

It is nutritious, delicious and easily digested.

Send for samples and information.

New England
Breakfast Food Company
West Somerville, Mass.

THE CHIROS ON ORIFICIAL PROGRAM

Two Letters of Explanation

We wrote to Dr. Benoni A. Bullock of Detroit asking him why chiropractors appeared on their program of the Thirty-first Annual Convention of American Association of Orifical Surgeons, held in Chicago, Sept. 16-17-18.

Dr. Bullock replied in the following letter, and when reported to the president he replied with a letter of explanation:

October 15, 1918.

My Dear Doctor:

"My return to Detroit found your letter of the 24 ultimate on my desk. I am very glad that you have brought up this question, although sorry I did not see you at the convention. In fact, the Chicago Osteopaths have not given this organization the support it deserves.

"We have in our by-laws a clause, which says anyone registered to practice their profession in their state, may become a member of the American Association of Orifical Surgeons.

"Last year I had complete charge of the program, securing all of the speakers and papers, but this year it was arranged into departments and heads of these departments arranged their own program. This is the reason for the Chiros appearing this year. I think another year, they will be limited entirely, at least as far as the program is concerned.

"Hoping that this explains this matter fully, I am,

Very fraternally,
BENONI A. BULLOCK."

"October 24, 1918.

"My Dear Doctor Drinkall:

"Doctor Bullock of Detroit has written to me in regard to the prominence given Chiropractors at the recent Convention of the American Association of Orifical Surgeons at Chicago.

"Previous to the Convention the writer, upon receipt of a copy of the program, criticized this feature. However, some new procedure as to the program had been inaugurated by the Executive Committee and the program was presented as previously arranged.

"The Executive Committee and all the officers elected for the ensuing year are heartily in disfavor of any repetition of such error, and as president of the Association I am firmly decided that there shall be no recurrence of this year's error.

"We have welcomed genuine Osteopathic physicians into our Association; in fact, Doctors Ella and S. S. Still were members in good standing some twenty years ago.

"The founder of Orifical Surgery, Dr. E. H. Pratt, and the founder of Osteopathy, Dr. A. T. Still, were peculiarly alike, and both, to my mind, stand head and shoulders above other modern medical investigators.

"I am sure that you and your conferees will find a hearty welcome in our Association, as well as an opportunity for good, conscientious work. Our Secretary, Dr. Paul C. Goodlove, 92 Broadway, Detroit, is an Osteopathic physician and will, I am sure, be happy to receive your correspondence.

"Yours fraternally,

OPTIMISM—NEW YORK KEY-NOTE

Dr. L. Mason Beeman the President

Dr. Beeman sounds the keynote for the New York Osteopathic Association as OPTIMISM. Optimism means the will to accomplish the seemingly impossible.

He says, "I wonder if we have been thinking in terms altogether too small and acting accordingly, if we have not failed to picture our real ability. Have we yet tried ourselves out thoroughly in the work of putting our Osteopathic house in order? For some years in this State we have been the creatures of circumstances. Let's see if we cannot, in some degree, at least, reverse the order, by making ourselves masters of the circumstances.

"I have been cheered by many messages, 'Call on me for anything I can do.' Because I appreciate what it means for the work of the year I shall have a still greater satisfaction if I can know that every member is giving his best thought to the solution of our difficulties. Here's a problem. If every Osteopath in this State should apply himself to legislative and school interests as if the results depended on him alone, what would happen? I'll give you the main part of the answer. We would soon be signing an armistice with our medical friends on terms of our own making. You can have what you want, if you want it badly enough.

"That means effort, real work. It's a mistake for us to think that when we cast a ballot for our officers we hand them our individual responsibilities. Your officers are directors of your efforts—not tractors. For the present administration let me say this word that whatever the Society accomplishes this year will be due to its own efforts, aided by such intelligent direction and co-operation as the officers can give. If without urging we cannot show the fruits of awakened, intelligent conscience toward conditions which we face, it is useless to say more.

"I say 'if' because I believe that we can and will. Try your own mental reflexes to that statement and see if it does not respond. No man is down until he admits it to himself—nor is an organization. It is equally true that those succeed who think they can. That is the spirit actuating men who plough through obstacles instead of around them. They are in the 'successful' class, and that's where you and I, by our efforts this year want to put the New York Osteopathic Society.

"Co-operation is the index of indi-

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KIRKESVILLE, MISSOURI

vidual interest in the Society. I refuse to believe that the members of this Society cannot accomplish what they will. The 'will to win' can carry us all through."

Optimism For All

Why not take that word Optimism as a motto for the coming year of 1919. It will soon be time to scratch off all the old marks on the slate and start with a clean one. Dr. Beeman makes it plain that officers and committees can do nothing unless the individual does his share.

Turn over a new leaf and if you never have done anything for anyone except yourself resolve that during 1919 you will go out of your way to do something for OSTEOPATHY. As you give it will be returned unto you.

CONFIDENTIAL

Why Osteopathy Progressed for Ten Years; Why Its Present Status?

Osteopathy in the beginning proclaimed its entire independence of DRUG therapy.

Osteopathy progressed in the early period, claiming its independence of surgical aid in most cases then called Operative Cases.

Osteopathy progressed in the early days as a new, unique profession, treating all diseases and gaining results in all classes of disease by manipulative therapy, combining common sense, habits and feeding.

Today we learn with sorrow the early successful ones were and are in error; that we cannot continue as an independent system; we must usurp the prerogatives of the M.D. and the surgeon. In a word, Osteopathy by Dr. A. T. Still was a mistake. Well, so be it. Poor Osteopathy; must we say "Vive la" Chiropractic!

The Science of Osteopathy

(Continued from Page 68)

The present great war will bring to the osteopaths recognition as army physicians. The diseases caused by exposure, the nervous strain and the many wounds all respond well to osteopathic treatment. Many of the men in the army are acquainted with the osteopathic work and ask for this kind of treatment when sick. The osteopaths are ready to go. Some have even passed the medical examination, but are refused the privilege of doing what they are able to do so well for their country because they have not a medical diploma. But they will be fully recognized when prejudice is overcome by knowledge and patriotism.

Osteopathy
(Continued from Page 71)

patients, but rather clinics or out-patient departments, where whirl and other baths, electricity, massage and mechanical treatment would be applied under the best auspices and for requisite period of time. In extending their view beyond the health resort proper, and recommending as they have done that the fullest possible advantage should be taken of physical remedies for disabled officers and men in London and in the country generally, the Committee are confident that they have the approval of the Section."

I append to this, among the papers accompanying this statement, a description of a model hydrotherapeutic insolation for soldiers, with ground plan, showing the space and size required.

The results of physical therapy are thus summed up by W. A. Turrell, M.A.M.D. (Oxon), Major, R.A.M.C., in a paper recently appearing in the "Lancet" and read before the Section of electrotherapeutics of the Royal Society of Medicine.

"To summarize very briefly the war services which electrotherapy can render to the state are as follows:

"(1) A considerable number of those who would otherwise remain permanently unfit can be rendered fit for military service.

"(2) The severe pain of many of those wounded or injured by exposure on military service can be completely arrested or greatly relieved by these methods.

"(3) Electrical treatment is of great service in many of the less serious cases, often affecting a speedy cure and a quicker return to the fighting line.

"(4) Electrotherapy fully and efficiently developed will result in a very considerable reduction in the amount paid for State pensions, and, what is far more important, will restore function to many crippled limbs."

The work of Dr. Turrell has been very highly spoken of by C. Thurston Holland, M. D., President of the Roentgen Society in England, in these terms:

"The great advances made during the past decade in various forms of apparatus, and the equally great advances made in methods of treatment, scarcely require that attention should be called to them—they are matters of common knowledge.

"Electrical methods of treatment have in the past suffered much from the halo of quackery which has surrounded them. The men into whose hands these methods of treatment fell were, many of them, at any rate to a certain extent, Charlatans. Now, this is largely changed, and

the electrotherapeutic work which the late Lewis-Jones did so much for, is at many of our larger hospitals being carried on most efficiently and in the best traditions of medical research by a number of highly skilled, highly efficient men. Of the value of electrotherapeutic methods what greater proof is required than the knowledge of what these methods have done for the wounded in this present war; methods which have been brought forward in a remarkable manner by the requirements of the wounded; and the necessity for trained, qualified medical men to superintend this treatment has become very obvious indeed.

(To Be Continued Next Month)

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War Session

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The Proof of the Pudding

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Edited by Earl R. Hoskins, D. O., of the A. T. Still Research Institute Staff
Address him at 4347 Greenwood Ave., Chicago, Ill.

IN GENERAL

In recent years Medical literature, as well as Osteopathic, has been saturated with work on the chemical balance of the body. There is a tendency for physiologists to become advanced chemists. Naturally, there are many varied and conflicting theories being promulgated and rival factions are shouting their views from the "housetops" of journals and publications. Medical history is repeating itself by antagonizing that which is new and different from that already believed. Whatever is true will survive destructive criticism and thrive on constructive criticism—example, Osteopathy.

One of the physiological chemists who has had a full share of criticism is Martin H. Fisher, M. D., of Cincinnati. His monograph, *Oedema and Nephritis*, (John Wiley and Sons) is a valuable addition to any Osteopath's library. The book is admirably arranged for both student and busy practitioner. The experiments on which he bases his conclusions are given in detail, yet are so simple that opportunities for error are practically eliminated. About all the apparatus needed are a few test-tubes, half a dozen acid and alkali solutions, some gelatin and fibrous tissue. Yet, with this sort of armamentarium he has duplicated many of the considered complex changes of the body. Of course, "in vitro" changes can only serve indices for those "in vivo" yet his results are too significant to be passed over lightly.

Fisher's theory of the formation of oedema may be stated as the result of colloidal elements of the cells involved, reacting to a disturbed chemical balance.

A solution or substance is acid or alkaline according to the preponderance of free hydrogen of free hydroxyl ions. A neutral solution may contain neither or both of these ions in accurately balanced amount. The tendency of the body is to keep these ions in a close relationship with the hydroxyl ions in slight excess. The intricate processes by which this equilibrium is maintained can adapt themselves to rather wide variations but are capable of being overcome. Anything which is capable of disturbing this balance is sufficient to do tissues actual harm. It is an established fact that a muscle tends to become acid in reaction during the state of contraction, chiefly

due to the development of sarco-lactic acid. This localized acidity is counteracted by the absorption of free hydroxy ions from the arterial blood stream. A muscle whose arterial blood supply is cut off immediately tends to become acid. This is hastened or increased by stimulation, leading to contraction, under these circumstances. The state of chemical equilibrium is also maintained by carrying off of the free hydrogen ions by the venous flow. Pronounced localized acidosis is developed by retardation or occlusion of the venous flow, an acidosis can be found in any part of the body by interfering with this drainage. Fischer contents that there is always a localized renal acidosis with, at some stage a resultant oedema in the kidneys, in the syndrome, known as nephritis. His experimental proof is simple and can be duplicated by any one sufficiently interested. He has shown that when a tissue becomes acid there is an increased absorption of water by the tissue from surrounding fluids in an attempt at dilution, to lower the specific acidity. This leads to the condition of oedema. It is true of all tissues but most strikingly so of fibrous tissue.

The definition of an osteopathic lesion, given by Dr. G. D. Hulett, in 1903, as "Any structural perversion, which by pressure produces or maintains functional disorder," is one of the many good ones given since the beginning of Osteopathy.

The syndrome, called the Osteopathic lesion, as found clinically, is characterized by contracted muscles and limitation of normal motions of the part affected. These conditions impair both venous and arterial circulation and, as proven at The A. T. Still Research Institute in work done by Dr. L. Burns and co-workers—outline in Bulletin No. 4—does lead to a localized acidosis in the lesioned area of animals. This work can be duplicated by any one, identical results being secured time after time at the Institute.

This first oedema is followed by a fibrous tissue proliferation which, roughly, measures the severity of the process and the reaction to it. Not only are muscles affected in this manner but ligaments and most of all the intimate structure of the intervertebral disk.

These changes can not be recorded in a better way than on an X-ray plate. These are soft tissue changes and are shown only by exposures suitable for soft tissue work. The "hardness" of the tube cannot be the same as would be used generally for spinal work. Most X-ray laboratories use a tube for spinal radiographs which is hard enough to "back up" a parallel spark gap of $5\frac{1}{2}$ to $6\frac{1}{2}$ inches. This gives good shadows of the bodies of the vertebrae but rarely shows any of the disk and adjacent soft structures. To show these best a tube "backing up" $3\frac{1}{2}$ to 4 inches parallel spark gap is advisable. The plates resulting will not show detail of the bodies of the vertebrae but will reveal a wealth of detail in the structures which are directly affected by an Osteopathic lesion. Patients should be prepared by thorough cleansing of the digestive tract. Compression comes covering only a small area used, crowding abdominal contents as much out of the way as possible. Fine focus tubes are necessary and a maximum of 20 milliamperes for six to seven seconds with about 20 inch plate-target distance on plates with the speed of Paragon or Diagnostie brands will give excellent disk detail on a patient of 150 pounds weight. Increase time proportionally for larger patients.

In following issues there will be shown normal and abnormal disks—with lesions at varying stages—some of which can be shown before and after correction, with their clinical history.

References:

Oedema and Nephritis, Fischer
John Wiley and Sons

Bulletin No. 4, A. T. Still Research Institute.

FUTURE WORK

Some reasons for the great number proportionally of 4th Cervical lesions—(Nearly 60% of all lesions in the Institute files are 4th L.).

The almost invariable presence of 4th L's in coloptosis. (Barium work shows both of them).

The early calcification of costal cartilages in T. B. patients—3 theories for.

Heart enlargement and 2nd Dorsal lesions.

Upper Dorsal Scoliosis and Heart delatation.

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All who have read the remarkable revelations of "Raymond" will receive with special interest this corroborative evidence of conditions on the Other Side. All who are suffering the irreparable loneliness which the war has brought to so many will find here courage and solace.

Dr. Hicks is not a professional medium; the messages have come to her unsought and she records them as they come.

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Significance of Cause and Effect

Dr. Carl P. McConnell, Chicago, Ill.

(Continued from last month)

Changing the Usual Course of Disease

How many times, again, is the successful osteopathic technician, the one who closely observes cause and effect, rewarded by absolutely changing the usual natural history course of disease? Commonly it is not a waiting game. He does not have to stand by and be a mere spectator of the battle, of the stress and strain and reaction, of the bodily forces in their struggle to combat deleterious forces and factors. Quite to the contrary, he joins the fray and definitely assists in adjusting the contractions, congestions and maladjustments so that the embattling bodily properties may be less impeded or stimulated to greater action. This speeding up work, this gaining the ascendancy, is both time and energy saving to the organism. This is the secret of the osteopathic ability that frequently changes the so-called medical natural history of disease.

And how frequently a very slight additional treatment, to what one may be considering that he has already done everything possible, may ultimate success depend upon? Attention, for example, to the clavicles with freeing of the auxiliary lymphatics may be the necessary final work or impetus to establishing normal condition of the upper respiratory tract. The same may be true with the removal of the edema surrounding the superior cervical lymphatics in tonsillitis; attention to the hyoid system in laryngitis; an adjustment of a corresponding rib or vertebra in bronchitis, etc. It is the apparent small factors or causes that often are the keys to symptomatically great effects. **DR. STILL CONSTANTLY SHOWED THE IMPORTANT ROLE OF SMALL BEGINNINGS. ATTENTION TO MINUTIAE IS IN TRUTH THE TECHNIQUE SECRET.**

Then, another very important corollary of our premise here is the staying by the case until a definite reaction, but no further, is secured. This is particularly true in acute manifestations. To secure a desirable physiological reaction, or what may be termed a healthful or normal one, recognizing that all reactions are physiological, is something that can only be learned by actual personal experiences; it can't be taught outside of the clinic room. Still, in my opinion,

without a practical and abundant knowledge of these phenomena the practitioner is greatly handicapped. To recognize these subtle manifestations, these healing physiological phases, is one of the most essential things of actual practice. Herein is the exact point, the phase so urgently desired, that if not secured so often represents poorly executed technique upon the one hand or, what is just as disastrous, an over-treatment upon the other. Every practitioner of successful experience is a possessor of this knowledge, though he may not always be fully conscious of its significance.

Unity of Anatomy

In fine it is the significance of the unity of anatomy that stamps the hallmark of science upon the osteopathic principle. It is the unity of anatomy that establishes the practical worth of osteopathic technique. Unity of anatomy embraces and is therapeutically applicable to the entire clinical picture, for any divergence from normal can only be a compromise or involvement of part and parcel of the unified system. The part naturally can not be greater than the whole not otherwise subject than to inherent control, though of course a disabled part may for a greater or less time disturb the well being of the whole. It is owing to this idea of unification and completeness of organism that constitutes our ultimate full trust in the wisdom of nature. And it is likewise owing to these very attributes that specific overhauling of the entire mechanism is really the only sound procedure to commonly follow.

Finite effort can go no further; it is the bedrock of science, of classified knowledge. But in the classification we must be certain that nothing is overlooked. How many times does thorough re-examination reveal our previous partial knowledge of ascertainable facts? Right here is the etiologic diagnostic key. It invariably shows that principle is *pat*, and how weak at times our application.

The complexities of unified anatomy, embracing as it does the wide fields of physics, of chemism, of innumerable forces and properties that we can barely glimpse, all supported, guided and controlled by an intricate but nevertheless exact histologic structure, and influ-

enced by food, thought, habits and environment, would be far more bewildering to conception if we were not safely moored by definite experience to structural intactness and physiological potentialness.

This in the aggregate may sound like a glittering generality or vague verbalism, but it is a conception that came not full fledged in the moment of happy thought, but instead is an edifice that has been built up one brick at a time at the bedside of tens of thousands of experiences. This is the source of our ideas. And ideas, says Heine, force us into the arena and make us fight for them.

Permanency of Osteopathic Measures

I wish to have your attention for a few minutes longer on a point that all will agree, I am sure, is a matter of great importance. I refer to the permanency of osteopathic measures. We are confronted at times with the question as to whether osteopathic treatment is a complete success, that is, in a series of individual cases.

I am strongly of the opinion that we do not always give sufficient attention to the causative factors that precede the osteopathic lesion. Of course, it is necessary to normalize structure and function, but this is not assuring that the same or other lesions will not recur.

Probably many of us too often rest content with the simple mechanical adjusting of the parts. I am inclined to think that the term traumatism as applied to external injuries dominates our understanding or rather application of osteopathic etiology to a greater degree than it should. In other words, we do not give enough attention to many other factors than trauma, such, for examples, as habits, fatigue, diet, worry, and environmental conditions generally. Herein are factors that will just as certainly debilitate and enervate the organism and lower resistance as trauma.

No doubt all of us are aware of this, but neglect to round out the therapeutic details. Hence one great source of recurring lesions. Even after the corns are eradicated, if we wear the same old shoes, the same disability is certain of making itself evident again.

In our practical work there can be no more important study of cause and effect than right here. In fact it represents the core of the problem.

(Continued in next Issue)

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