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DR. A. T. STILL'S DEPARTMENT.

[EXTRACT FROM DR. A. T. STILL'S AUTOBIOGRAPHY.]

AT THE present time more than at any other period since the birth of Christ the medical and surgical world have centralized their minds for the purpose of relieving locally inside, below the kidney of the male or female, excruciating pain, which appears in both sexes in the region above described.

From some cause possibly justifiable, it has been decided to open the human body and explore the region just below the right kidney in search of the cause of this trouble. Such explorations have been made upon the dead first. Small seeds and other substances have been found in the vermiform appendix, which is a hollow tube over an inch in length. These discoveries, as found in the dead subject, have led to explorations in the same location in the living. In some of the cases, though very few, seed and other substances have been found in the vermiform appendix, supposed to be the cause of local or general inflammation of the appendix. Some have been successfully removed, and permanent relief followed the operation. These explorations and successes in finding substances in the vermiform appendix, their removal, and successful recovery in some cases, have led to what may properly be termed a hasty system of diagnosis, and it has become very prevalent, and resorted to by physicians of many schools, under the impression that the vermiform appendix is of no known use, and that the human being is just as well off without it. Therefore it is resolved, that, as nothing positive is known of the trouble in the location above described, it is guessed that it is a disease of the vermiform appendix. Therefore they etherize, and dissect down for the purpose of exploring, to ascertain if the guess is right or wrong. In the diagnosis this is a well defined case of appendicitis; the surgeon's knife is drawn through the quivering flesh with great eagerness, in search of the vermiform appendix. The bowels are rolled over and around in search of the appendix. Sometimes some substances are found in it; but often, to the chagrin of the exploring physician, it is found to be in a perfectly healthy and natural condition, and so seldom is it found impact with seeds or any substance whatever, that as a general rule it is a useless and dangerous experiment. The per cent of deaths caused by the knife and ether, and the permanently crippled, will justify the assertion that it would be far better for the human race if they lived and died in ignorance of appendicitis. A few general cases might die from that cause; but if the knife were the only known remedy, it were better that one should occasionally die than to continue this system, at least until the world recognizes a relief which is absolutely safe, without the loss of a drop of blood, that has for its founda-

tion and philosophy a fact based upon the longitudinal contractile ability of the appendix itself, which is able to eject by its natural forces any substances that may, by an unnatural move, be forced into the appendix. To a philosopher such questions as this must arise: Has the appendix at its entrance a sphincter muscle similar in action to that of the rectum?—Has it the power to contract and dilate?—Contract and shorten in its length and eject all substances when the nerves are in a normal condition? And where is the nerve that failed to execute the expulsion of any substance that may enter the cavity of the appendix? Has God been so forgetful as to leave the appendix in such a condition as to receive foreign bodies without preparing it by contraction or otherwise to throw out such substances? If he has, He surely forgot part of His work. So reason has concluded for me, and on that line I have proceeded to operate without pain or misery to the patient, and give permanent relief in seventy-five per cent of all cases which have come to me. With the former diagnosis of doctors and surgeons that appendicitis was the malady and the choice of relief was the knife or death, or possibly both, many such cases have come for Osteopathic treatment, and examination has revealed that in every case there has been previous injury to some set of spinal nerves caused by jars, sprains, or falls. Every case of appendicitis, gall or renal stones can be traced to some such cause.

TEXT BOOKS.

WHAT is a text book? For an Osteopath, or any person engaged in the study of the art of healing the afflicted. I have but one answer. To heal the human body of any affliction, one must have a complete knowledge of the body. Gray's Descriptive Anatomy, as well as all other similar works by eminent and competent authors on the subject, are in my opinion the greatest text books that any student or operator can have with him, as a safe guide to produce the results desired when combatting diseases. It guides him first to the frame work, by its teachings of the bony structure, its attachments of bone to bone, with ligaments described and illustrated;—muscles, blood supply, where from and where to—nerve supply, with its connections to the brain, and each and all auxilliary systems necessary to circulation. It gives their forms and uses for the student and operator to reason from, and conduct his thought by physiology, histology, and chemistry, that he may see and comprehend all of the parts and principles in the great machinery and laboratory of nature, when all this is fully understood he is ready to enter the rooms of the clinics, and receive instruction on the principles and philosophy of Osteopathy. When he has completed his education in this manner, he is ready to say by knowledge that anatomy, physiology and chemistry are all the text books he wants and needs. I consider the above the most perfect text books that can be given to man, and the Osteopath who spends two years in the American School of Osteopathy, and has not made this discovery has not, in my judgment, improved his opportunity. Remember that these utterances are facts.

DIGESTIVE REST.

PROF. WM. SMITH, M. D., D. O.

IN HIS admirable work, "Rest and Pain," Hilton has pointed out that which is now recognized as a truth by all thinkers of all schools, that in all the varied departments of the kingdom of Nature, REST has been provided. The brain only works for a certain length of time, then is rest required. Every plant that grows in our garden has its period of active growth and its period of rest; in the animal kingdom this also is seen in the regular sleep which every animal takes, more especially in the hibernation of certain members of the family. Work a muscle to excess, it requires rest; the heart rests for two-fifths of its time, so does the diaphragm. But when we approach the alimentary canal we only too often find that there we have an ill-treated member of the household. It remained for Dr. George Keith so long ago as twenty-five years to point out to his patients and the medical profession that we, as a rule, ate far too much. Man possesses a liver at least three times as large as is necessary in the economy of his body, and why? simply as an evolutionary result; just as the lower end of the cæcum has almost disappeared in man because he no longer requires the organ to be in relative proportion as large as it is in herbivorous animals like the rabbit (so that now we only have a vermiform appendix about three inches in length while that of the rabbit is over a foot long) just so man has developed a liver owing to his extraordinary ideas on the matter of diet which is, as viewed in the light of comparative anatomy, simply ridiculous. This has not been attained in a generation, it has taken a period. But let us look at the history of the preceding two centuries when men made simply digestive machines of their bodies, when a man with a capacity for less than a half dozen or a dozen bottles of wine was looked on as a boy; or go further back still and read the accounts of the disgusting solid and liquid orgies of the Romans. Man has for many generations been persistently over-loading his digestive system. True to her unfailing rule Nature has attempted to produce compensatory dilation and hypertrophy, as the progression (or retrogression?) has been in the direction of proteid and starchy diet so the apparatus mainly concerned in proteid and carbo-hydrate alimentation has been hypertrophied; so the cæcum has, in consequence of the absence of necessity for a large amount of absorbent surface in order to absorb from a herbivorous diet sufficient nitrogenous material, disappeared. We eat too much. The average meal takes four hours to digest, so we eat every four or five hours, and before the stomach has well ceased manufacturing the digestive ferments for one meal it is called upon to do so for the next; certainly before the pancreas' work is half way through the stomach is hard at work. We do not rest our alimentary system, it needs rest, it cries for rest, but so soon as the stomach rebels and says "you are giving me too much to do, I positively refuse to hold this mass of meat, potatoes, bread, coffee, spinach, corn, pie and and ice-cream together with

other little extras any longer, I am going to throw it right out, it is simply preposterous; it is only four hours since you gave me a big job on coffee, eggs, beefsteak, cakes and syrup. I won't do it, I'm going to unload" and then proceeds to do so, then is the time that the patient considers that he is aggrieved. Then it is that the doctor must be consulted about "my food sours on my stomach, Doctor, I had a terrible fit of vomiting" and in goes soda and mint; or pepsin and something else, the poor, outraged, over-worked horse is given another "boost" along the road to eternal dyspepsia. The stomach is not the only digestive organ which is over-worked, how many cases of constipation exist around us as the result of improper diet? How many cases of pancreatic insufficiency do we meet with, but the pancreas is an organ which is supposed to be a sort of Pinkerton detective, with its sign the wide open eye, and the legend "we never sleep." The rule is unvarying, to procure recovery REST is essential. When a dog is tired, sick or hurt, what does it do? It seeks a quiet place (to rest the ear,) a dark place (to rest its eyes), one where it will not be disturbed, then it refuses food (it rests its digestive apparatus.) Under similar circumstances what do we find only too often in the case of a sick human being? The stomach urged to partake of food for which it has no desire, "tempting delicacies" offered to coax it to do what its own intelligence tells it not to do, visitors come in with the latest gossip "just to see how the poor thing is today," stay there and weary out the already tired brain with senseless chatter, or else provide food to that organ for worry after they are gone; the friends move about with creaking shoes and talk in an abominable graveyard whisper. Everything is done to irritate organs which require rest.

The alimentary canal is just one part of a great whole, if one part of the organism is weary, all is tired; more people are killed by being over-fed while sick than were ever benefitted by being "tempted" to eat. It was a temptation to eat which brought sin into the world; it is a continuation of the same that has brought much death. To diet a patient is, in many cases, simply a matter of consideration of the physiology of digestion, for the proper diet is the one which nourishes that which requires nourishment, rests that which requires rest. To give in cases of nephritis an albuminoid diet is to damn one's intellect; a saccharine or starchy diet in diabetes is unheard of; but while in those two cases the rule is followed how many physicians are there who think of the physiology of digestion in other than those two cases. The words a "light, nourishing diet" roll so easily off the tongue that they are only too often used, so cream goes into a dyspeptic stomach, acid producing beef is given to the rheumatic, potatoes to the poor sufferer from impaired pancreatic action. And it is only the mercy of God, which will save the dyspeptic from that invention of the evil one, the frying-pan, in which a nutritious steak may be slowly stewed in grease till it is only fit to undergo the fate of salt which has lost its savor. THINK before you prescribe diet, think of the process of digestion, remember that some foods are digested in the stomach, that some are digested in the intestines. Think of the results of digestion, think of the organs which remove waste. Then alter your thinking process: think of the organ which

you are desirous of giving rest, of the tissue in which you desire nutrition. Once more think, think of the composition of the various foods, then, then only, are you in a position to advise the patient what to eat and how to eat it. Do not run away with the idea that all can eat the same things, for there is such a thing as idiosyncrasy; the parrot will be killed by the parsley which you can eat and the goat will devour scatheless the belladonna which would destroy you. It is just so in the realm of drugs as in the matter of foods, a child cannot take the dose of opium in proportion to its age that an adult can, while it will bear far larger doses of belladonna. Why this is so we know not, but there is one thing we do know, that since the days of Father Adam there never were, in all probability, two persons constructed exactly alike in all particulars. We all differ in form, feature, anatomical and physiological construction and action; we may lay down general rules but such a thing as one rule to apply to all in the matter of diet is dispelled by the old adage, "One man's meat is another man's poison." In dozens of cases I have procured cures in disease simply by allowing an over-worked digestive system to rest, by telling the friends "do not urge food upon him, when he wants it let him have it," but then adding directions as to what was to be the food and how it should be cooked. In many cases we have it in our power to give food which will give digestive rest or that which will produce fatiguing work. I am aware that there is not a single new idea in this brief paper, that there is not a new word in Shakespeare, but then it does us no harm to read it, and we are always finding new things.

To no one more than the Osteopath is Physiology of importance; to no one is it more important to understand the value of REST. I never saw a case of albuminuria following upon scarlet fever when the patient got nothing other than milk (it may be diluted with barley water, lime water or plain water) for three weeks after the commencement of the fever. An idea given to me so long ago as 25 years by George Keith. The kidneys were rested, nitrogenous waste was reduced to a minimum.

We eat too much and drink too much; we live all the time beyond our power, we strain our brain, our muscles, and in order to be able to burn the candle at both ends on those organs we over-load our stomach with the material which ultimately breaks it down. America is full of dyspeptics. Dewey did good work years ago in pointing out the need for digestive rest, but his words were as words scattered to the winds, people read, and did not think. The necessity for works on dietetics would be reduced to absolutely nil if physicians understood the process of digestion, the destiny of foods, and applied their knowledge of physiology in those directions to the arrangement of the diet of their patients. Medicines are no more necessary in 95 per cent of cases than is a fire escape to a drowning man; rest, attention to the bowels, the kidneys and the skin with ordinary Osteopathic treatment will do more for ANY case than the contents of all the drug stores on this entire continent. With Keith I am a firm believer in hot water, I have tested its value both personally and in practice for many years. There is no remedial agent of higher value. It may be asked "when should it be given", think over your physiology, think of the process you desire to help, the organ you wish to rest. Use common sense. A student once asked the painter Opie, with what he mixed his colors, the answer was pregnant with meaning. "With brains, Sir" and it is with that same article that all treatment must be administered.

SOME PUBLIC OPINIONS.

—This Osteopathy is still pushing itself to the front.—Public Opinion, Watertown, S. D.

—Osteopathy is a science mankind should hail with delight.—Record Union, Sacramento, Cal.

—It will soon be one of the recognized pathies in all the states despite all opposition.—Republican, Clark, S. D.

—Many people are becoming interested in the new science of healing, Osteopathy.—Farmers Tribune, Des Moines, Ia.

—A system of healing that is well worthy of careful investigation by the thoughtful student.—Eagle, Trovers Bay, Mich.

—Osteopathy is a new school of healing that commanded considerable attention during the past three or four years.—Fayette, Kalamazoo, Mich.

—Wonderful advance in the science of healing has been developed by the new school of Osteopathy.—News, Canton, Mo.

—May prosperity and success ever attend the one great effort of this institution, the lifting up and bettering the condition of humanity.—Orphans Friend, Leavenworth, Kan.

—Just what Osteopathy is we yet do not know. On general principles, we commend it. Any method which dispenses with drugs deserves careful investigation.—Farmer, New York.

—This great institution at Kirksville has pushed its way into favor until it has been recognized by legislation in several of the states, and is patronized by the most intelligent people in the country.—Times, Wichita, Kan.

—There is healing by drugs, healing by laying on of hands, but this new mode seems to be a healing by common sense and good judgment, with a perfect knowledge of the anatomy of the human body.—Journal, Huntington, Pa.

—Legislative action in several states, numerous cures through Osteopathy and other kindred matters cannot fail to excite surprise in the mind of any uninformed reader and the conclusion is forced that the Osteopaths are at least entitled to respectful attention.—Herald, Syracuse, N. Y.

—When Foraker, of Ohio; Pratt, of Illinois; Smith, of Scotland; Stephens, of Missouri, and many men of such calibre sound its praises to the public, we cannot doubt its virtue as a scientific method of healing. Osteopathy is being rapidly accepted by the scientific world as a potent drugless healer.—Live Stock Indicator, Kansas City.

—We must take account of the fact that in twenty-five years Osteopathy has effected a foothold in many states of the Union, has established vigorous and growing schools, and has accomplished numerous cures, many of them cases which had been given up by the regular practitioners. In short, it seems to warrant its claims to be a real, substantial, physical science, proceeding upon a fresh conception of the needs and resources of the bodily organism; and its professors are not quacks or faith doctors, but are quite able to hold their own with the best equipped of "the Profession." * * * There is something flattering to one's human vanity in the assurance that one holds within one's self all the means required to restore and maintain health. It also appeals to one's reason, and does not oppose hypotheses of a just philosophy. * * * Meanwhile let us by all means investigate Osteopathy and give it a chance.—Collier's Weekly, New York.

OSTEOPATHY IN GREATER NEW YORK.

GEO. J. HELMER.

THERE has been no time since the advent of Osteopathy in the east, when the science has been the common talk of the fireside as now. The old, the young, the strong and the weak take the same interest in discussing its merits and demerits, the occasion of which is brought about by two bills, now pending in the New York Legislature. One legalizing the practice of Osteopathy, while the other would make the practice a misdemeanor. The title of the bill opposing Osteopathy in this state was introduced by Senator Coggeshall February 25th, and reads as follows:

BY SENATOR COGGESHALL.—Making it a misdemeanor for any person not legally authorized to practice medicine within the state, to maintain or advertise any private hospital for the treatment of any disease, defect or deformity; or to receive any fee for service rendered by himself or assistant, for the treatment of, or prescription for, any disease, except in giving the treatment known as massage.

All history shows that often movements of great import begin at the fireside and many times women are the originators as in the case of the enclosed clipping from the Flushing Evening Journal.

Flushing, as one of the intelligent and active boroughs of Greater New York, has taken much interest in Osteopathy, and the Journal publishes a "talk on Osteopathy" by M. D. Gould, one of Flushing's ablest lawyers and best citizens, given at the Good Citizen's Club [Woman's Club] which I send you as encouragement for the progress of the science. The lecture was delivered on Monday, 28th. Mr. Gould said:

"Osteopathy is a youthful science, as its founder is still living, and, because it is young and beautiful, and of untold value to the human race, it is destined, year by year, to attract more and more the attention of the public.

"It is a method of treatment of diseases without the use of drugs and is welcomed most cordially by multitudes who have suffered from the futile efforts of prevailing methods until this new science has brought the sweet return of health through the use of methods strictly natural.

"Osteopathy recognizes the human system, as an animated machine, which when its parts are properly adjusted, works smoothly, painlessly, and good health is its natural result.

"When we neglect something essential to its continuance in smooth working order, the author of our nature has wisely provided us with notice of neglect in some form of pain. Upon receiving this notice, the rational method of procedure would seem to be to see that the machinery is properly adjusted, so that it may resume its painless action. Instead of adopting this course we have labored for centuries, to ascertain the effects of drugs upon the human system, hoping thereby—alas how often hoping in vain—to find some antidote for each of the ills which flesh is heir to.

"The new science of Osteopathy turns its back on the dominion of drugs, and boldly undertakes to discover which cog in the machine is bent and to straighten that cog so that it may perform the work for which it is designed, and then expects it to do its duty.

"Take to a mechanic a machine with its cogs and pinions twisted and advise him to dose it with arsenic or even with castor oil to restore it to usefulness and he will laugh you to scorn. He will give the machine a thorough examination and adjust its parts in their proper relations before once applying power to see whether it will run smoothly. His knowledge of mechanical principles teaches him that it is impossible for the machine to work well with its parts out of proper adjustment. Osteopathy applies to the human machine the same course of reasoning with the same certainty of its trustworthiness.

"The good Osteopath must of necessity be a thorough anatomist and must understand physiology very perfectly and must be able to reason from the seen to the unseen, to enable him to correctly diagnose diseases.

"It has been known for many years that nerves, springing from the spinal cord through openings at the different joints of the vertebra, pass to various organs of the body and control their nourishment and vitalization. Assume that the nerve which controls the vitalization and repair of the kidneys is under pressure where it passes out from the spinal column by reason of a slight displacement of the vertebra at this point. That pressure would tend to prevent the nerve from performing its duty, as a pressure on a hose-pipe would tend to prevent water from flowing through it. The waste or worn out particles of the kidneys would not be replaced by new and living particles and consequently the kidneys would slowly wither and waste away and Bright's disease would ensue.

"The old method of treating disease seeks to alleviate some of the effects thus produced but leaves the displacement of the vertebra permanently operative in depriving the organ of nourishment. The old method consequently recognizes Bright's disease as practically incurable. What amount of drugs poured into the stomach would suffice to adjust the vertebra?

"On the other hand, Osteopathy proceeds at once to adjust the vertebra and relieve the nerve from pressure. The nerve, being thus permitted, resumes its natural function and the kidney is vitalized. The kidney, in turn, takes up its accustomed duty and the Bright's disease is cured. The old method seeks to alleviate the effects of a lack of nourishment. Osteopathy removes its cause.

"Osteopathy has added to the list of curable diseases not only Bright's disease but paralysis, even infantile paralysis, and consumption during its first two stages. It has not yet learned how to cure alcoholism, advanced cancer nor all the forms of insanity, but copes successfully with about every other form of disease.

"The American School of Osteopathy was organized by Andrew T. Still, D. O., the discoverer of the science, at Kirksville, Missouri, where the College and Infirmary are now located and where thousands of sufferers annually find relief from disease in its many forms and where students of Osteopathy are

being educated and prepared to battle with disease on scientific principles, without the aid of drugs or poisons.

"George J. Helmer, D. O., of the "Sorrento," corner of Thirty-first street and Madison avenue, is a graduate from the parent school and is its New York representative."

OSTEOPATHIC THERAPUTICS.

BY C. E. HENRY, PH. G., M. D., LOS ANGELES, CAL.

THE routine use of a series of movements in the treatment of a disease is massage. The use of certain definite movements in the treatment to obtain a definite physiological action is Osteopathy. An Osteopath, to be successful, must not only be thorough in anatomical knowledge and the ability to diagnosis a diseased condition, he must understand the underlying principles of Osteopathic manipulation, and not treat all cases of constipation alike as they are not all due to the same cause, but after determining the cause he should select the movement he wishes to use, to remove the cause, or in other words, realizing the physical condition of the patient, he uses a movement the physiological action of which is known to him, and thus he restores the body to health. The learning of a series of manipulations for a series of diseases is what the masseur does. To an Osteopath it should make no difference what the diseased condition is called he should be enabled to eradicate it. All the fundamental movements have known actions and they could be systematized as cardiac sedatives, cardiac accelerators, etc., the same as drugs are in books on materia medica. That the Osteopathic manipulation can take the place of a drug is shown in the following example: It is known that the physiological action of aconite is to slow the heart and dilate the blood vessels, through its action on the vaso-motor centre. The Osteopathic manipulation to obtain the same result is the holding of the vaso-motor centre in the neck. When an M. D. wishes the combined action of several drugs he writes a prescription including a number of drugs. The Osteopath when wishing a combined action can also combine his manipulations, and so obtain a combination of physiological actions to suit the case.

The expression used by Dr Chas. Still that "an imitator could never be a successful operator" is the truth put in few words. Study the condition of your patient and think for yourselves. All that any school can do is to direct and give the students the fundamental principles, the success of the practitioner depends upon his application of them.

Heretofore we have looked upon art as embodied in a beautiful picture or statue, to be set in a corner and admired by a privileged few. Now we begin to get a glimpse of the great underlying principles of art in everything as applied equally to dress, household decorations, literature, and social relations, and finally to character itself.—Lunt.

WOMAN IN OSTEOPATHY.

BY MISS LILY AMOS.

MUCH is being said in this present day on the subject of woman as an active element in the economy of life. Theories, both for and against such an innovation, are numerous, and sometimes confusing, but the solid fact remains that thousands of women of the present day find it necessary to be self-sustaining, and often to be the support of others more helpless. Thousands, who do not need to make their daily bread are yet unwilling to accept life as a holiday, in the midst of so much of suffering and toil. To both of these classes Osteopathy opens a field of usefulness unequalled by any other of the age. So long as man is afflicted with physical ills, just so long will the art of healing be of the greatest importance.

Osteopathy is a new science, the application of which has been so successful in relieving suffering, and removing disease that the demand for intelligent and skillful Osteopaths is greater than the supply. Cities and towns in almost every state are clamoring for skilled operators who cannot be supplied fast enough by the various schools. This is a contrast to the over-crowded fields of labor in which so many women are wearing out body and brain in a weary struggle for mere existence.

Woman's nature, both physical and psychological, fits her for this work. In all ages she has been the skillful and patient nurse, quick to perceive and dextrous to supply the needs of the suffering, her ready sympathy and intuition teaching her many things that the learned physician would never have perceived. The course in Osteopathy demands a thorough knowledge of the human body in all its wonderful details, and the practice of the science requires a development of the sense of touch, found in highest degree in woman's hand. Thus she combines a ready sympathy, which is indispensable to the highest success in relieving suffering; intuitive powers, admitted by all to be superior to those of man; and the highest development of the sense of touch, which is a recognized advantage in the theory and practice of Osteopathy.

Woman is an active element in life. She must be so, and since she must, she should select the field in which she can do the greatest good to suffering humanity, where she will be most secure from that which will tend to destroy her womanliness (without which she is not what God intended her to be), and where she may win the means of independence for herself, and the greatest power of pecuniary helpfulness to others. Osteopathy presents such a field, and calls emphatically upon intelligent, energetic, earnest and womanly women to enter and become laborers therein. Hundreds of such women are answering the call, for many are recognizing the usefulness, beauty and suitableness of the work. If it be true that by woman's disobedience came all man's woes, it is equally true that she is ever ready and anxious to lift the burden of these woes when it is in her power to do so.

Woman's mission of healing has been recognized for centuries, but until recent years it has been as the poorly-paid and over-worked nurse, while her brother, the physician, has had all the honor, and all the pay. Osteopathy, the science of healing without medicine, the science that teaches man only to open the way for nature to do her own healing, offers woman a position in which she may share equally with man the rewards of her labor—rewards both in honor and in money.

The story-book tells of a little bird that used to sing, "If you would be happy, be good, be good." Methinks the song is changed, and it now rings, "If you would be happy, do good, do good," and where could a woman do more good than in the practice of Osteopathy? Dr. Talmage says, "The time is coming when woman shall not only get as much salary as man gets, but for certain styles of employment (she) will receive higher salary, for the reason that for some work she has greater adaptation." He also says, this justice will come to woman, not through any sentiment of gallantry, but because, through her finer natural taste, more grace of manner, quicker perception, more delicate touch and more educated adroitness, she will, in certain callings, be worth more. We believe this is true and that Osteopathy is one of these callings.—*Southern Journal of Osteopathy.*

DEEP BREATHING.

IN AN excellent little work entitled "Deep Breathing," edited by Dr. M. L. Holbrook, the author, Sophia Marquise A. Ciccolina, sets forth her method of developing lung power, and so promoting the physical health.

Her method is, briefly, to breathe from the abdomen entirely; to exhale by compression of the muscles overlying the stomach, and to inhale by expansion or inflation of the stomach. The ribs are motionless during the acts of inhalation. The inhalation is slow and deep and the air is to be held for a few seconds and after a little practice is forced into the upper chest by contracting the abdomen, drawing back into the abdomen by expansion of the stomach, and finally exhaled rapidly. According to the author, this rapid exhalation has the effect of actually expanding the chest, and the whole process, if practiced for an hour each morning, and persevered in until it becomes second nature, tends to cure nervousness, consumption, hysteria, and many allied pathological conditions.—*Journal of Life and Health.*

"Man is without question one of the most long-lived animals inhabiting the earth; and the supposition of great duration, past, present and future, for the human race, is in accordance with right, reason and scientific deductions. Man can live three times his now allotted time, if he will observe the laws which regulate the physical universe. He digs his own grave with his own teeth and reckless passions."—*Ridpath.*

MY EXPERIENCE WITH OSTEOPATHY.

BY JUDGE I. H. GOODNIGHT, FRANKLIN, KY.

IN OCTOBER, 1895, Judge I. H. Goodnight, of Franklin, Kentucky, then a representative of his district in congress, came to the A. T. Still Infirmary as a patient. He was suffering from biliary calculus or gall stones, and physicians at the national capital and elsewhere, who had been consulted, were unable to offer him the slightest encouragement of ultimate recovery. His rapid and radical cure under Osteopathic treatment was widely published at the time and caused no little comment, owing to his prominence in political and national affairs. Under the above caption, Judge Goodnight writes in the February issue of the Southern Journal of Osteopathy, as follows:

"Back to a day "from whence the memory of man runneth not to the contrary "we have been pouring physic into our stomachs to cure the pain in our toes. Thus accustomed it is hard to appreciate that a science of healing can exist except by medicine. Illusioned thus I suffered long before consenting to try Osteopathy. To me its simplicity made it appear absurd. That gall-stones, asthma, rheumatism and nervous prostration might be cured without knife or drug, was to me unbelievable, and I suffered on from all these ills. The most skillful physicians failed me. Fighting for life, I tried Osteopathy as a last resort. The first treatment strengthened the old prejudice. I was sure no good could result. But afterwards I slept. Slept like a child. It was sweeter than from narcotics. Then I thought "possibly there is something in it." After a few treatments I ate with impunity anything desired. Then I began to hope. Directly strength returned, pain abated, organs became normal in their functions. Then I believed. Continuing to improve until I grew robust my belief strengthened. Many others came under my notice. I saw cures, chronic and acute, that appeared marvelous, cures which if performed by the orthodox methods of medicine, the journals would have abounded in applause. I have seen cripples, paralytics, dyspeptics, asthmatics, and rheumatics "take up their beds and walk." These observations, added to my own experience, have graduated my hopes and beliefs into knowledge, if knowledge can obtain as to human events. That Osteopathy is still in its infancy we cheerfully admit, and hence cannot subscribe to the sentiment expressed by Dr. Oliver Wendell Holmes that, "If all the drugs were cast into the sea, it would be so much better for the men and so much worse for the fishes." There are now some cases that Osteopathy refuses to undertake. But when the science is perfected it is my belief that it will be potent in all diseases. Certainly Osteopathy is a science of high attainment and utility. No one capable of thinking fairly can withhold applause from a system which is daily curing the most stubborn and serious affections, without knife or drug. It is probable that in a few years the orthodox profession will accept the utility of Osteopathy as cordially as they now accept the propriety of vaccination, though they once resisted the latter as bitterly as they now oppose Osteopathy."

SHORT SENTENCES FROM MANY SOURCES.

Let us remember that fear is a disease to be cured; the brave may fail sometimes; but the coward fails always.—*Angelo Mosso.*

★

A man may have the wisdom of Solomon in other matters, and yet be fool enough to forget that his stomach is his best friend.—*Joseph Whitton.*

★

The application of cold water is a gymnastic exercise for the skin just as pulling weights or swinging clubs is an exercise for the muscles.

★

Professor Liebig, one of the most eminent of German chemists, said, half a century ago, "We cure a disease by drugs only by producing new diseases."

★

If a child has indigestion and worms, the worms always follow the indigestion. No parasite can live in a perfectly healthy alimentary canal.—*Good Health.*

★

There is a society in France which wages continual war against tobacco under this motto: "Tobacco destroys the body, attacks the intellect, and besots the nations."

★

A singer not only supplies his lungs with more vitalizing oxygen than other persons do, but he subjects the muscles of his breathing apparatus for several hours a day to a course of most beneficial gymnastics.—*Good Health.*

★

An old proverb says: "It is a wise son that knoweth his own father." I would like to frame a counterpart of this old saying; viz., It is a foolish father who is not acquainted with his own son.—*Mrs. S. M. I. Henry.*

★

The Kansas City *Medical Index* mentions a bright lad in that section. Upon being asked by his teacher the name of the most important canal in America, he replied that it was the alimentary canal.

★

There are thousands of people living under a tremendous burden just because their stomachs have gotten into such a state that the food they eat becomes poisoned, and the poisons manifest themselves not only in all these various nervous sensations, but in dulness of the intellectual powers and in various other miseries.—*Ibid.*

A man scans with scrupulous care the character and pedigree of his horses, cattle and dogs before mating them; but when it comes to his own marriage, he rarely or never takes any such care.—*Darwin.*

★

Next in the category of destructive forces, I must enumerate the slavery to conventional dress, which binds or holds our mothers, sisters and daughters in a grip so strong that a quarter of a century of earnest agitation has only just begun the work of emancipation.—*Dr. J. H. Kellogg.*

★

The idea that pepsin is an aid to digestion is a delusion. There is hardly one case of indigestion in a hundred in which the trouble arises from a deficiency in pepsin. If anything is lacking, it is almost always gastric juice.—*Dr. J. H. Kellogg.*

★


Hippocrates was the first to give attention to the cause and treatment of insanity. Before his time those afflicted with this malady were supposed to have in some way merited the displeasure of the gods, and were therefore doomed to suffer the consequences of their anger.—*Good Health.*

THE DRUG SYSTEM A FAILURE.

“IF I could present in a panoramic view the destructive results of the drug system for one day, a revolution would be on.” * * * “The search for the elixir of life in the chemical laboratory or in the animal or vegetable kingdom, will be a failure in the future as in the past.

Thus far the search for a condition of perfect harmony has been prompted by too much selfishness; an effort has been made to discover something, some material substance, that would palliate, not limit, but license humanity to gratify sensuous appetites and passions; something that could be taken—as we drink a cup of water—that would prove an antidote for any and every violation of mental and physical law. To discover something that would give life, overcome the effects of transgression and get a corner on the discovery, has led men to ransack every nook and corner of material existence.”—*Dr. Conger, Author of “The Nature Cure.”*

As we cannot see color without light, neither can we expect sensibility to beauty to grow up naturally amid sordid and depressing surroundings.—*Crane.*



Woman's Department.

WOMAN'S GREATEST OPPORTUNITY.

BY ELLEN BARRET LIGON.

EACH year that passes finds the women of the world more ready to believe that woman is an individual and not simply a physical appendage to the scheme of creation, and each year finds them living more up to this faith, by using their talents and their powers along individual lines; cultivating individual talents, and living in the full employment of their abilities. Each year also stern necessity forces a greater number of women into some field of occupation, and women with originality and ingenuity, are constantly devising new means of livelihood. Within the last few years in the unfolding of the new system of healing, Osteopathy, there has been offered to woman, such an opportunity as never before in any other profession, because by her temperament, by the general fineness of texture in her make up, she is peculiarly apt in acquiring the discriminating touch and the deftness of movement so necessary in the Osteopathic operator.

Poets have the happy gift of crystalizing truths, so that for once and always we may catch the gleam when we will. The poet who wrote,

"Oh woman in our hours of ease,
Uncertain, coy, and hard to please,
When pain and anguish wring the brow,
A ministering angel thou."

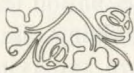
embodied a truth for all time. The innately maternal instinct of every true woman's heart, by right of her creation mother of her race, with all the blessing of comfort that the idea of motherliness brings, makes her instinctively the ministering angel. The gentle hand, the light tread, the responsive sympathy, render her presence the blessing of the sick room. With this temperamental trend it has been natural that many women have made the ministry of the sick their life vocation. Each year we find a greater number of women with clear heads and gentle hearts taking up the vocation of trained nurse. With their deftness, their skill, and their watchfulness they are the doctor's most valuable assistant, and in this field they have found occupation, interest, and a means of self support. To those whose inclination leads them to the battle with suffering and sickness, Osteopathic training offers so much more able and thorough equipment, and so much more satisfying results, than the profession of trained nurse with its limitations could ever afford. To the woman who wishes a profession that she may use her brain, there is a domain of study, research,

exploration, and practical application, broad enough and high enough to stimulate and satisfy any intellectual ambition; to the woman of tender heart, in Osteopathy, is given a weapon more powerful to shield and defend where disease lurks or would attack, than any other to be found. To the woman who seeks a profession for its financial support, Osteopathy offers the most brilliant and assured prospects. Hundreds of women driven by necessity are struggling to prepare themselves to earn their own living, and to this end are spending years in study at a heavy expense, equipping themselves as teachers in various departments, music, literature, painting, etc., and come forth from their training having spent their money in the preparation, only to find every occupation and field so crowded and competition so severe, as to make the earning of a bare pittance even, a matter of doubt. The same is true of stenography, clerkships, employments of all kinds. In the domain of Osteopathy alone, there is a demand far ahead of the supply—hundreds of places calling for what they cannot get, skilled Osteopathic operators. From the cold hard business standpoint of dollars and cents, Osteopathy offers to women greater possibilities than any other occupation, and that as the deserved reward of a dignified and noble profession.

Could there be any calling more in keeping with true womanliness, than to know how to use the intuitive mind, the sensitive touch, and the gentle presence, for the restoration of health to a world of suffering creatures. Where discrimination and skill are, as a rule, more needed than strength, and brains more than brawn, there is surely offered to woman an arena for the employment of all that is best in her and most akin to God. To women more than to almost any other class of sufferers has Osteopathy been a blessing untold by its revolution in gynecology and obstetrics, and what more womanly calling than that woman should bear this blessing in her hand to her sisters.

Ruskin has said: "There are two things a woman must not be. She must not be idle, and she must not be cruel."

Where could we find a more complete embodiment of the antithesis of idleness and cruelty, than in a life devoted to the alleviation of suffering, and through no other channel has the hand of assistance been able to pour such relief as through this wonderful science of Osteopathy. There is no personal charm, nor grace, nor exquisite refinement of mind, soul, or body, which need be sacrificed in this profession; on the contrary, every good-fairy gift that could be bestowed, would but add to the personality and success of the Osteopathic operator.



APPLIED PHYSICAL CULTURE.

ELLEN BARRET LIGON.

PART I.

ITS GENERAL FIELD OF APPLICATION.

PHYSICAL culture is not a fad as many are prone to believe, but an earnest effort, based upon deep-rooted truths, to overcome physical defects, and bring nature to such a point of development, by training her along all lines, as we do the fingers for music, or the tongue for speaking, as to make the body the healthy, beautiful medium of expression for the soul. Physical channels for nerve and blood flow should be kept open, and the muscles which are our servants to do our bidding, or our masters binding us down to awkward, painful slavery, according as we control them or they control us, must be kept in pliant obedience.

Osteopathy could find no other handmaiden so valuable in her sympathy with and in her support of its theory and all its practices. As an illustration of the position taken by the best physical culture teachers, exactly in the Osteopathic line we quote one passage from "Dynamic Breathing and Harmonic Gymnastics" by Genevieve Stebbins, written about 1891, and when she had certainly not known of the Osteopathic idea, this is what she says:

"Dr. Hoffman regarded the ether as the soul-force, presiding over organic life, and as the determining energy of man's whole existence. He also stated that "medicine will never progress until we closely examine the nature of this form of motion originating in the sentient soul, and until we apply to medicine the laws of mechanics and hydraulics." This talented physician was a professor for forty-eight years, and lived some two hundred years ago, i. e., at the end of the seventeenth century. His words are those of an inspired prophet, since medical practitioners did not "closely examine the nature of this form of motion originating in the sentient soul;" and, as a consequence, while surgery has made marvelous strides towards perfection, medicine, according to its latest and most eminent expounders, has advanced but little, if any, since the days of Galen. It is still an experimental empiricism, rather than a science."

This was the expressed opinion eight years ago, backed by an opinion two hundred years old, of one of the foremost physical culture teachers of the day, one who has worked faithfully and most successfully along the line of the development of all physical possibilities. To our great Dr. Still it was given to discover, not only the nature of this "form of motion" originating in the living body, but also, the result when that "motion" is allowed to pass through unobstructed channels and how to start again the "motion" when it had been stopped. Here is where physical culture re-enforces Osteopathy. Osteopathy removes the pathological conditions and opens closed channels; physical culture then directs the body to such a control of itself as not only to use to the best purpose the new vital fluids and forces flowing through, but also to supplement the results obtained by the operator by the constant best use as far as possible

of the parts being trained back to a healthy performance of their functions. The patient can assist the operator, by daily exercise in the right direction, instead of slipping back between treatments, one step, from the two steps of progress made by the treatment. Osteopathy treats the muscle; physical culture trains that muscle to the best use of itself. Nature gives her finest results, when all of her resources are brought into play, and recovery will be the more prompt from the added impetus given her in the right direction. If this is true when there are diseased conditions to be overcome, its efficiency in maintaining the equilibrium in the healthy state is as potent.

Physical exercise means the manifestation of muscular strength, and according to Dr. Taylor "during such manifestation of muscular energy, nutritive response occurs along the line which the specially-engaged energy travels; in the cerebral centres of the will; in the nerve conductors; in the substance of the muscles participating in the predetermined action. These nutritive changes inure to the special advantage of the tissues through which the flow of energy is transmitted;" but "health may be, and often is, injured by such partial and local, nervous and muscular action as seems to prevent the necessary diffusion and equilibrium."

Physical culture may properly be divided into three departments, hygienic physical culture, athletic physical culture, and aesthetic and dramatic physical culture. The first is pre-eminent being the necessary basis upon which to build the others, and intrinsically indispensable to those who would live to the best purpose. It is not essential that the individual should carry his training and development to the athletic degree, but it is essential that he should use his powers with the least waste, have all his physical resources at command and help nature in her unceasing work of building and repairing and sweeping out the debris.

Beginning with the correct Osteopathic idea that the body is a machine and supposing the machine in perfect running order, to maintain it in perfect order there yet remains a fight. Three agents of disorder are to be constantly defeated; first, invading disease germs are to be expelled from the system before they find lodgment; second, all excretory waste from every source being dead matter must be swept from the body before its toxic properties are reabsorbed into the circulation, and third, the sagging of the internal organs due to flabby muscles and to gravitation must be overcome, by counteracting muscular development. At every point physical culture is the natural adjunct to Osteopathic treatment. It enables the individual to use his body in all the details of its working in such a way as to support the Osteopathic operator in his efforts, instead of hampering and hindering successful results by a poor use, a wrong use, or no use at all of the parts of the body under treatment. For instance, in lung trouble where lung cells are closed through a diseased condition, the Osteopathic operator having restored the nerve and blood supply that has been interfered with, the best and most prompt results will be obtained, if instead of waiting for nature, under the improved condition to

gradually recover the full use of the lung, the patient is taught to close the cells in constant use, and force the indrawn air to make for itself an entrance into the cells not doing their duty. These exercises vary according to the portion of the lung to be helped.

Since the blood is the current of life, and there can be no health with a foul current, every means of purification must be looked to. In the lungs a great part of this purification goes on. There the blood not only sets free the poisonous gases accumulated from the waste of the system, but receives the oxygen necessary for the life of the body. Having two equally important results to obtain there are two equally important acts to perform; the inspiration of oxygen in abundant quantities, measured by the size of the lung; and the expulsion of the poisons unloaded there, dependent upon the elasticity, the squeezing power, of the lungs. The proper dilation of the lung for growth is attained by inflating exercises, but the lung should be held at its greatest expansion momentarily only, else its elasticity will be sacrificed to size, and this should never be done. By an act of thorough respiration we not only rid the system of the poison left by the blood in the lungs but sweep out, before they can find lodgment, the disease germs inhaled with the air. Two people nurse a case of tuberculosis,—one contracts the disease, the other does not. The explanation is simple. They both inhaled the disease germs. In one subject they found fertile soil, impurities upon which to feed, and grew apace; from the other they were swept by strong, clean currents which gave them no welcome, and no lodging. Disease loves filth; and a foul unswept corner of the lungs is a hot bed for disease. Clean blood and clean lungs militate for health. We quote from one of the medical journal's, from an article entitled, "Full Breathing, as a Therapeutic Agent, Restorative and Curative."

"Frequently has attention been called in these pages to the great value of cultivating the habit and practice of filling the lungs to the utmost capacity, as a curative measure in all scrofulous and other constitutional diseases. In constitutional disease dependent on malnutrition and associated with impaired assimilation, of the kind, that belongs to the deeper tissue—renovation and repair, this practice of breathing in oxygen to the fullest extent is of remarkable curative power. Teach people to fill the lungs completely, not half full. They must draw in the breath to fill the whole of the lungs from apex to base. A full-breathing pair of lungs is a full measure of life-giving and life-supporting organs. Endurance means the quantity of oxygen the lungs can take in, and the quantity the tissues can store in their recesses. This storing of oxygen is a mystic force, and the one we are trying to know more of."

The ordinary breath respire about thirty cubic inches—by development the lungs can take one hundred and eighty cubic inches. These proportions measure the difference between well used and badly used lungs. In breathing it is necessary that all the breathing muscles be developed in order that the lungs may expand in the three diameters, vertical, lateral, and antero-postero. That means the perfect breath, and properly performed this breathing, stimulates the peristaltic action of stomach and bowels, renders exceedingly elastic the abdominal muscles i. e., increases their power of contraction and so better

enables them to perform their office of supporters, and at the same time consuming by constant action, the fat particles which accumulate in this part of the body, helps to maintain symmetry of form.

There is still another important consideration in connection with this subject of good breathing. The heart and the lungs are the only organs in the body that may never rest, and yet they must rest. The rate of work of each is in direct proportion to the speed at which the other is working, rapid breathing will make a fast pulse, on the other hand a slow regulated breath will lessen the frequency of the heart beat. As the only rest that heart and lungs can get must come between their repeated acts, it is of incalculable benefit to know how to adopt a rhythmic measured breath, which will allow these two organs the greatest amount of rest possible. The Creator himself has fixed the importance of this function of breathing. It is the first thing we do in life, that which we do all through life, and the last thing we do. Who then can measure the importance of its action throughout the system.

Intimately associated with the subject of breathing, and preceding it in the order of instruction should come the consideration of the poise of the body. This covers, first, the carriage of the head, neither thrust forward nor thrown back, but in the normal plane; second, the voluntary lifting of all the internal organs away from the pelvic cavity up towards the apex of the thorax, so antagonizing gravitation. In this effort the sternum should be lifted and held up that the lungs may have free play, unburdened by the necessity for upheaving a bony mass, besides doing their regularly appointed work; the abdomen should be held well in and up, and the heart lifted away from the stomach, making as long a line as possible from the point at the centre of the breast to the point known as the waist-line. The line falling from this high point of the chest should miss entirely the rest of the body and fall between the toes, where the body is held poised well forward on the balls of the feet with the centre of gravity falling through the hips instead of compelling the back to bear this weight. In standing, instead of keeping the feet close together, causing muscular contraction and fatigue in the back by the effort to balance a tall pyramid on a narrow base, step far enough out on either foot to have a comfortable base in proportion to the height of the individual, standing so as to throw the weight into one leg only at the time, leaving the other side relaxed, thus always maintaining a reserve force.

Breathing and poise having been looked after, the next step should be a further undoing of bad habits, by relaxing the tension in which the body is usually held. Any tensing of a muscle, means an explosion of nerve force and it is deplorable to be wasting through a dozen unnecessary channels the force which should be held in reserve for more special service. Tense only the muscles that are actually needed. This relaxation properly taught means simply the withdrawing of the reserve force from the surfaces to the centres. In nervous troubles there is this undue tensions of the muscles so contracting blood and nerve channels as to aggravate the pathological conditions, and even

where no apparent disease exists, the habit of nervous tension is wasteful and otherwise harmful. The knowledge of correct relaxation is not only of untold value to a patient by allowing the system to rest and the vital forces to find free entrance, but it is a benefaction to the operator, who struggles constantly against the tense muscles of his patient in the endeavor to reach what lies beyond the defensive muscular wall.

When the way is well cleared by good breathing, by correct poise, and relieved tension, we are prepared to work on individual muscles that need it. Muscles that have degenerated and can no longer do their best work, must be toned up through nerve stimulation, and fed by fresh blood. The operator by Osteopathic treatment sends blood to the muscle needing it, but that treatment is of necessity of short duration and at considerable intervals. There is another way to feed the muscle, and this work belongs to the patient himself, and it is his privilege to expedite the result. This other way of feeding the muscle, is by using it. Using a muscle means sending the blood into it and stimulating the nerve supply of that muscle. When the muscle becomes tired, it is simply that it is gorged with blood, is over-fed and must be left to digest this supply. By gradual use, its capacity grows and development follows. Beyond developing the strength and elasticity of muscles they should be trained to smoothness of action, that we may have no spasmodic movements, and irregular developments. The nerve must be taught to deliver its current in unbroken sequence. Along this line comes the more profound and subtle work of storing the dynamos of the body with magnetic or dynamic force, with the power to explode it at will in any part of the body, as occasion demands.

The best physical culture work has so nearly approximated Osteopathic methods that its successes may be considered *accidental Osteopathic results*. This intelligent controlled use of the body assisting Osteopathy in its efforts to overcome physical derangements, by physical readjustments, means an alliance offensive and defensive in the battle against physical weakness, or disease.

SOME RECENT CASES.

A late issue of the Saturday Mail says:

Miss Phoebe Norris of Centerville, Iowa, a year ago dislocated a hip, and injured the spinal chord, so that she was forced to walk with the upper portion of the body drawn away over on the left side, she could not hold her person erect. She first took Osteopathic treatment a year ago of V. A. Hook, at Seymour, Iowa, and in September came to the Still Infirmary at Kirksville. Dr's. Hildreth and Hook both treated her. A Mail reporter interviewed Miss Norris just before her departure for home last week, and found her a very happy woman, enthusiastic in her praise of Osteopathy. She stood as erect as any woman and had entirely dispensed with crutches. She said: "The doctors at Centerville all told me I would never get well and I don't believe I would have, had it not been for Osteopathy." All she thinks is needed now to fully recover her usual strength, is time for nature to give her strength.

The following timely words are from Major N. J. Isdell, Pony, Montana, who has been a patient here at the Infirmary since last November. The thoughts are true and most encouraging to the sufferer who will learn with

joy any explanation that will throw more light upon this new science, for it is not, as so many are encouraged to believe, a hidden mystery. The wonderful merits of this new science and treatment have been demonstrated to him, and he feels it to be his bounden duty to aid in passing the refreshing news along the line. In an interview with the Major, he said:

"The nineteenth century has witnessed many wonderful inventions and discoveries; and among the most important of these none are greater than the advance in therapeutics, discovered and developed by Dr. A. T. Still. This new science should be classed as the greatest, because it is destined to bring the greatest good to the greatest number of people. And all who recognize its merits are wondering why it was not discovered many years ago. Osteopathy could not be discovered until within recent years, for but little was known of the principles upon which it is based. Osteopathy is to the older schools of medicine what astronomy is to astrology; what chemistry is to alchemy. Out of the superstitions of astrology grew the sublime science of astronomy. The vain effort of the alchemist to transmute baser metals into gold, and to preserve the bloom and vigor of youth from the ravages of advancing years, gave birth to the great science of chemistry. The exhaustive researches of deep minds and careful students have made great advances in anatomy and physiology in the past fifty years and the recent discoveries and advancement in these and kindred sciences form the foundation upon which is built the great and grand science of Osteopathy.

"Wise men for centuries, have earnestly and honestly been seeking for some scientific, reasonable system of combatting the diseases that bring so much suffering and misery to humanity. No system in therapeutics entitled to be called a science, has ever been discovered or invented until the latter part of the nineteenth century. Allopathy is not a science. It proposes to combat disease by producing another disease, and the patient has to take the chances of the two killing each other, or of being killed himself. A healthy person does not take the medicine prescribed by the allopathist for his patients. Why? It would make him sick. But the patients take it, and take chances upon the result. Homœopathy is not a science. It attempts to cure disease by prescribing medicine that would produce in a healthy person the pathological conditions found in the patient. This is trying to put out a fire by throwing on more fuel. In both cases Nature has to combat the disease with its 'scientific' ally. Osteopathy alone is itself with the great healer, nature. It aims to locate the cause of the disease and to remove or subdue it.

"Like all great movements in the grand march of human progress, Osteopathy will meet with opposition. The lineal descendants of the men who threw Galileo into prison, who called Harvey a lunatic, and Fulton a fool, are still among us, but their power is waning. This is a progressive age, and when a discovery as important as this is made, the civilized world will soon learn of its merits and adopt it. A very large proportion of the medical profession of to-day are broad-minded, scholarly, progressive men. This class of men never condemn a new system until they examine it. And whenever they do this, to them, its merits will be so plain, that many of them will approve and adopt it, and none can honestly oppose it. Of course, opposition will be sure to come from the narrow gauge element of the old schools for fear of injury to the profession to which they have added no laurels. The opposition will be weak because its source is weak."

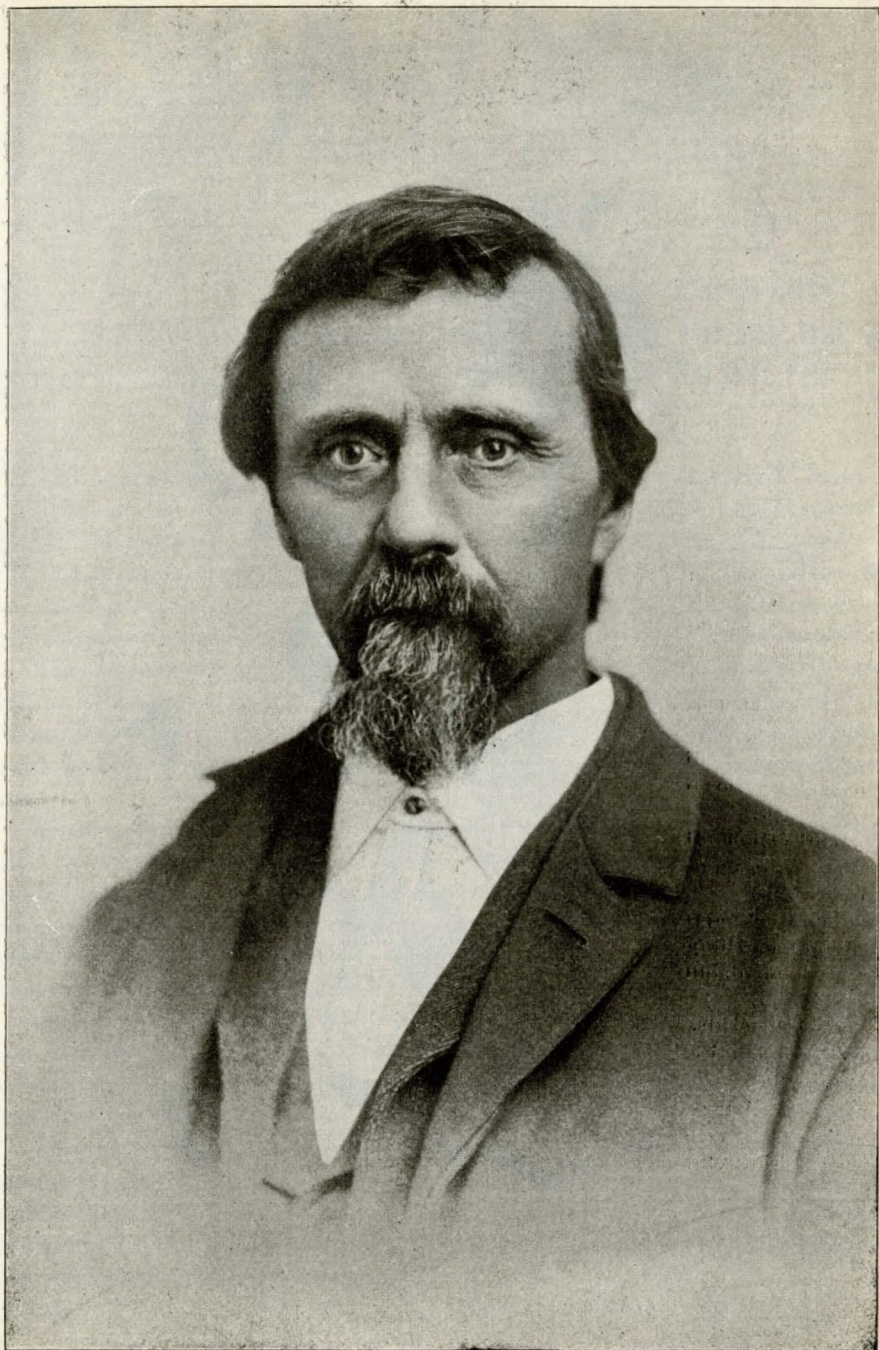
"Just in proportion as Osteopathy becomes known and practiced will suffering from disease diminish, and the average length of human life increase."

Major Isdell came to the Infirmary a chronic sufferer from what had been loosely termed sciatic rheumatism. He was unable to sit or lie down, any length of time without intense pain. With but the faintest hopes of relief he was induced by friends to try Osteopathy before going to the hot springs as originally intended. What he thinks of Osteopathy as a remedial agent after the thorough trial he has made of it, is expressed in the forcible and intelligent paragraphs quoted above. Major Isdell and wife return to their Montana home this month.

NEW PUBLICATIONS.

"THE COMING LIGHT" for March is a specially valuable number. It has leading articles from such reform writers as Alice B. Stockham, M. D., Prof. Petersilea, Hon. Joseph Leggett, Prof. Chas. Dawbarn, and others. The editorial and other departments are specially strong. San Francisco, California. \$1.00 per annum. See announcement in advertising pages.

CARTER'S MONTHLY for March devotes thirteen pages to an illustrated article on the Science of Osteopathy. This excellent western monthly is rapidly coming to the front. It is edited by Opie Reed, the well known western writer. J. H. Carter, 161 La Salle street, Chicago. \$1.00 per annum.



DR. A. T. STILL, FOUNDER OF THE SCIENCE OF OSTFOPATHY.



OSTEOPATHY LASSOS DRUGS AND PREJUDICE IN IOWA.

Iowa Wheels Into Line.

De Moines Iowa, March 30th.

**"The Bill has just passed the Iowa Senate. For the Bill 27;
against the Bill 20. ARTHUR HILDRETH."**

ONCE more Osteopathy has scored a victory. The grand state of Iowa has thrown off the incubus of ignorance and prejudice and declared in favor of Osteopathy. The Bill a full of text of which we give on another page, came up in the house on the 17th of March and passed. The opposition then concentrated all its force in the Senate, and the fight was stubborn, but reason and justice prevailed, be it said to the credit of the Iowa General Assembly.

The citizens of Iowa have great cause to rejoice that Osteopathy is legalized, or is in a fair way to be legalized in their state. It will bring a new class of educated ladies and gentlemen in their midst whose power for good will soon be felt among the afflicted. It will give Osteopathy to the poor as well as the rich.

While we rejoice with them, the Kirksville Infirmary will lose, rather than gain, by the legalizing of Osteopathy in our sister state, for thousands of afflicted persons who would otherwise have come to Kirksville for treatment, will now find Osteopaths nearer home, but we are not so selfish as to forget there are hosts of suffering people who are unable to come to Kirksville for treatment, and that these will be the direct beneficiaries of the law.

Osteopathy is nature's system of treatment, and belongs as much to the poor as to the rich, therefore we rejoice that the General Assembly of Iowa in its wisdom has seen fit to pass a bill which gives Osteopathy to all within the borders of the state.

At this writing, the Governor has not signed the bill, but we have every reason to hope that he will. Whether he does or not, the very fact that the General Assembly has spoken, is a great victory for Osteopathy, and assures the world that the people in that state have taken the matter in hand, and will never stop until they have won the prize.

THE IOWA LAW PERMITTING THE PRACTICE OF OSTEOPATHY.

A BILL

FOR AN ACT TO REGULATE THE PRACTICE OF OSTEOPATHY IN THE STATE OF IOWA.

Be it Enacted by the General Assembly of the State of Iowa :

SECTION 1.—Any person holding a diploma from a legally incorporated and regularly conducted school of osteopathy of good repute as such, and wherein the course of study comprises a term of twenty months or four terms of five months each, in actual attendance at such school, and shall include instructions in the following branches, to-wit: Anatomy, physiology, chemistry, histology, pathology, gynecology, obstetrics and theory and practice of osteopathy, shall upon the presentation of such diploma to the State Board of Medical Examiners and satisfying such Board that they are the legal holders thereof, be granted by such Board a certificate permitting such person to practice osteopathy in the state of Iowa upon payment to said Board of a fee of twenty dollars, which certificate shall be recorded by the county clerk of the county in which the holder desires to practice, for which he shall receive a fee of one dollar.

SECTION 2.—The certificate provided for in the foregoing section shall not authorize the holder thereof to prescribe or use drugs in his practice, nor to perform major or operative surgery.

SECTION 3.—Any person who for the purpose of securing such certificate shall falsely represent himself or herself to be the legal holder of any such diploma, shall be deemed guilty of a misdemeanor, and on conviction be fined not less than fifty nor more than one hundred dollars.

SECTION 4.—Any such certificate may be revoked by the State Board of Health upon satisfactory proof of fraudulent misrepresentation in procuring the same or for any violation of the provisions of the certificate and for any gross immorality by the holder thereof.

SECTION 5.—The system, method, or science of treating diseases of the human body commonly known as osteopathy, is hereby declared not to be the practice of medicine, surgery or obstetrics within the meaning of section twenty-five hundred and seventy-nine (2579), title twelve (12), chapter seventeen (17) of the Code.

The Journal of Osteopathy.

KIRKSVILLE, MISSOURI.

PUBLISHED MONTHLY UNDER THE AUSPICES
OF THE

AMERICAN SCHOOL OF OSTEOPATHY.

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with all its contents, is fully protected by copyright.

EVERY man of force has his struggle, every thought meets its opposition, and every science finds its enemies. Osteopaths need not expect to be an exception.

ANYTHING worth doing at all is worth doing well. The janitor of a University, claiming to be proficient in Greek, the fireman on a ferry boat, pretending that he can pilot an "ocean-greyhound" across the broad Atlantic, is no more preposterous than a person claiming that in three, six or ten months he can master the science of Osteopathy.

TRUTH need never fear investigation. Osteopaths can afford to be patient, while the enemies to the new science are tearing up the earth in their opposition. Though clouds may at times obscure the skies, truth is sure to prevail in the end. Osteopathy has come to stay, and those who stay by it will meet the rich reward to which the faithful are entitled.

IN this issue of the JOURNAL OF OSTEOPATHY appears the initial article of a series on the subject of Physical Culture, prepared especially for the readers of this magazine by Mrs. Ellen Barret Ligon, formerly of Mississippi, but at present enrolled as a student in the American School of Osteopathy. Mrs. Ligon is eminently fitted for her task, having given years to the study of the subject and its practical application in every day life. These articles will be of particular value to every reader who may study and apply them, and especially so to the student of Osteopathy.

JUDGE ANDREW ELLISON has been secured by the American School of Osteopathy to deliver a series of lectures on Medical Jurisprudence. Judge Ellison's long experience on the bench and his profound knowledge of law will make these lectures of great value to the students of the school. Judge Ellison's first lecture was delivered in Memorial Hall on the afternoon of March 16th, and the other lectures will follow from time to time throughout the present term.

ON the 14th of February the newly graduated class of the American School of Osteopathy presented to Dr. William Smith, a handsome token of their regard for him. From a \$10 gold piece was skilfully carved on the one side the letters A. S. O. in a graceful monogram, and in tiny Roman letters "May Class, 1898." On the other side the initials "W. S." set with ten diamonds. This was then mounted as a watch charm and is, undoubtedly, as beautiful a specimen of the jeweler's art as was ever seen in Kirksville. It is valued by Dr. Smith not only for its intrinsic worth, which is not small, but also for the kindly thought which prompted the handsome present.

WITH this issue of the JOURNAL OF OSTEOPATHY Dr. Will A. Potter severs his connection as managing editor. Dr. Potter has been intimately connected with the magazine since its inception. Not a single number has been sent to press without his personal supervision, and it is due to his constant painstaking, conscientious and intelligent supervision that the JOURNAL has reached its present standard. Dr. Potter leaves the JOURNAL OF OSTEOPATHY in order to enter the practice of his profession, for which he is well equipped not only by technical knowledge but also thorough practical observation and experience gained at the very fountain head of Osteopathy. That he will succeed in his chosen field the JOURNAL has no doubts, but as to the measure of that success its thousands of readers who have become acquainted with him through these pages will no doubt join in the wish that it

may excel his most sanguine expectations. Dr. Potter will still continue to be a regular and valued contributor to the pages of the JOURNAL.

THE progress and growth of the JOURNAL OF OSTEOPATHY has been phenomenal. Over a year ago the JOURNAL was an eight page publication with a small circulation, which proved a losing investment. Dr. Still the founder of the JOURNAL from the beginning intended to make it the organ for Osteopathy all over the world. It was the first periodical ever founded for the development of the science. The establishing of such an organ is no easy task, and it required a large outlay of money, and great work to place it on a successful basis. The science was new, and for a long time the public seemed not to care to investigate it. But Dr. Still and his assistants never became discouraged but labored incessantly for the improvement of the JOURNAL. In May 1897, the JOURNAL was first issued in its present magazine form. The circulation at once began to increase, so that the average circulation for the first six months of the year 1897, was over 15,000 per month. Again this month the edition has been increased 2,000, and the managers have fears that it will not equal the demand, owing to the continued call for back numbers. The JOURNAL will continue to advance with the spread and increase of the science of Osteopathy. New features along the line of policy which the JOURNAL has marked out will be added to it, from time to time, and our readers may always rely on this, the first Osteopathic publication, to maintain itself in the front rank in scientific literature.

THE old school physicians of Massachusetts have become alarmed, at the inroads which modern science and rational methods in the treatment of disease are making in their domain, or what they have been pleased to consider theirs, and are working to secure the passage of a law in that state which will shut out everything not pronounced by themselves to be orthodox in combatting the ailments to which human

flesh is heir. In other words they want a hard and fast monopoly of the business of healing the sick. On the second of March a hearing was granted the opponents of the bill before the committee on public health to whom the bill had been referred. The protestants were not only numerous, but they represent a list of names remarkable for their character and prominence, in religious, literary and political circles. The veteran assistant door keeper of the House, said it was the largest hearing ever given in the state house. Among those who made speeches before the committee in opposition to the bill were such men as Rev. B. Fay Mills, of Cambridge, the noted evangelist. Mr. Mills said he "did not see how we were ever to make any progress in any direction, if we confine it to those who have passed only through a certain course." F. D. Edwards, representing a number of spiritual organizations said "The death rate if it showed anything, showed that restrictive legislation did not increase longevity. He had listened in vain for any reason for this legislation." William Lloyd Garrison, a son of the noted reformer whose name was a household word to the last generation, said "I desire to enter an earnest protest against the bill under discussion. It is a violation of individual rights, and in the interest of special privilege. It is not a new undertaking, but the indefinite repetition of an attempt to limit admission to the temple of healing, since the first body of practitioners secured legal admission to it, far back in the dim twilight of civilization. * * * Our protest is not against education or skill, but for liberty, without which both must suffer." Prof. William James, of Harvard, said he held a medical degree from Harvard, and he called the bill a movement in the direction of ignorance. As we look back, said he, with amusement and horror to the methods of our ancestors, so it may be the people of the future will regard much of what we have today. "My point in objecting to this bill is that the commonwealth is not a medical body, and has no right to a medical opinion." Judge Thomas Grover said, "The bill is fundamentally wrong in principle because it

proposes to control personal liberty in the interest of one class. It assumes that the people do not know anything and that they should be put under legal guardianship."

Rev. E. A. Herron said, "The passage of a law repressing a few imposters and at the same time suppressing personal liberty and individual choice is paying too great a price for a little external gain."

THE Louisiana (Mo.) Press, of date March 18, contains a double headed announcement that "Drs. Tutt and Edmonston have leased the Louisiana Sanitarium," and that the same will be under the charge of "Dr. Edmonston who has been connected with Dr. Still's School of Osteopathy at Kirksville." This is news indeed! Mr. Edmonston has never been in the remotest degree, or in any capacity, connected with this school. The Press has innocently, no doubt, been led into stating this falsehood, and if the lesors of the Louisiana Sanitarium have been induced to lease their property under the impression that they were securing a man connected with Dr. Still's school, they have been deceived. It is further stated that "a school will be started in connection with the Sanitarium. The character of a school under the auspices of an institution sailing under false colors may easily be imagined. Dr. H. E. Bailey, who is a genuine graduate of the American School of Osteopathy, will within a few days, open an office for the practice of Osteopathy in Louisiana, and the many friends of the science in that section need not be deceived or humbugged.

\$500.00 REWARD.

DR. SMITH has not yet gone to Chicago, he is too busy. When the slack time in his work comes he hopes to go there (of his own free will,) clear himself of the charges brought against him and place responsibility where it belongs. The facts in the case are very simple; he bought some bodies, as every demonstrator in Anatomy in the country has to do, paid cash for them and then was lied about; to put himself right he then (and not till exaggerated and libelous statements had been published all over the country for 21 days) wrote out a full and absolutely

truthful statement of the events and furnished it to the newspapers free of all charge. There was no "breaking in" or "burglary" about it, and the only "criminal libel" in the matter was that committed by those who called him a "criminal" "a fugitive from justice" and so forth. The offering of a reward, with the open and distinct statement that is offered in the hope that it may induce men to commit a crime in kidnapping a man whom the Governor of the State refuses to hand over on a frivolous and trumped-up charge, cannot be too strongly condemned and lays the individual doing so open to not only moral condemnation but prosecution on the charge of "inciting to the committal of crime."

THE TEXT-BOOK MAN.

SINCE Osteopathy has established a character as one of the useful sciences, the world may look out for fraud and deception in every conceivable way. Some three, six or ten month's student of Osteopathy imagines that he is far enough advanced to plunge into authorship, and his first ambition is to write a text-book on the science which he does not himself comprehend. Whatever the object of these persons may be, the tendency of their work is only to deceive and delude a trusting public. Osteopathy is too deep a science to be imparted by a freshman, much less by a person who has never acquired even the first principles. It takes a senior, a full fledged graduate, with at least five to twenty-five years practical experience in teaching and operating, to qualify for the important position of Osteopathic authorship.

If any man living is qualified to write upon the subject of Osteopathy, it is certainly Dr. A. T. Still, the discoverer of the new science. Even he long hesitated because he was persecuting the science, and wished to have it as near perfect as possible before he proceeded to publish his book. The doctor has recently made discoveries in the science. If the oldest, and acknowledged to be the best Osteopath in the world should hesitate and ponder long before taking up the important duty of writing a text-book that is to be used through all future ages, then what will the public think of the freshman who proclaims his intention of writing on a subject of which he does not understand the first principles.

Letters From Graduates.

C. E. Hulett, D. O., Chillicothe, Mo.

EDITOR JOURNAL: I will write you a letter after a long silence. I send you a few statements from patients whom I have helped or cured.

"I was thrown from my horse about Dec. 4th, 1897. Was on crutches for 20 days, not being able to do any work. I went to Chillicothe to visit my parents and my mother called in Dr. Hulett, the Osteopath, to see me. He gave me five treatments which cured me. I returned to my farm and have been in Chicago with stock a trip or two since and am pleased to state I am all right.

Respectfully,
RALPH LANE.

To whom it may concern: This is to certify that while holding a protracted meeting in this city I formed the acquaintance of Dr. C. E. Hulett, Osteopath, who did me a good service and helped me to go through the meeting in such fine condition. I know of a Sunday School Evangelist who was cured of asthma by the science of Osteopathy. Also while living in Denver, Colo., I knew of several people in Ft. Collins, Colo., who were greatly benefitted by this treatment. I can recommend Dr. Hulett as a regular graduate under Dr. Still at Kirksville, Mo., and as an able practitioner in this new science which is causing quite a stir. Respectfully,

W. S. PRIEST,

Pastor Christian Church, Kansas City, Mo.

"I can say that Dr. Hulett, the Osteopath, who is a graduate of Dr. Still's school at Kirksville, Mo., and now located in Chillicothe has in two week's treatment greatly benefitted me.

I have as my friends know, been a great sufferer for many years from chronic and acute rheumatism and partial paralysis and have laid in bed night after night without sleep from acute pain in the limbs, extending clear to the hips.

Now have no trouble at any time from such pains. While I cannot use the right knee freely it is gradually coming around, and a bladder trouble of months standing is almost entirely cured. I have been under treatment with Dr. Hulett only two weeks and will say this statement is voluntarily and cheerfully made by me for those who are similarly affected. C. W. ASPER."

We look for the Journals each month with

pleasure and hope that they will continue to give us as good articles in the future as the past and wish success to the school and also to the founder, Dr. A. T. Still and all connected.

CHAS. E. HULETT, D. O.
Chillicothe, Mo.

* *

H. F. Underwood, D. O., New York City.

I trust you will pardon my failure to send you a letter last month, but a press of business caused my negligence. I wish to report the case of a Mr. O., a large manufacturer of brass novelties of Newark:

About six weeks ago a patient of mine recommended him to come and try Osteopathy. About ten years ago he first became afflicted with what the M. D's termed intercostal rheumatism. Some said it was intercostal neuralgia, others gastralgia or dyspepsia, but in spite of all he could do he suffered intense pain in the left side at the region of the tenth rib, and in the abdomen. His pain at night was so great that he was unable to sleep except as he became exhausted. To quote his own expression, "I often wished that it was time to get up instead of going to bed."

After a month's treatment his side is very much better. His sleep is unbroken and he feels on the highway to perfect health.

H. F. UNDERWOOD,
107 E. 23d st., N. Y.

* *

A. M. King, D. O., Salt Lake City, Utah.

For my contribution for this month, I take pleasure in handing you a copy of the following testimony, received by me a few days ago. It is a statement from the Hon. V. Bierbower, Ex-Lieut. Gov. of Idaho. It is as follows:

"DR. A. M. KING:—I have been repeatedly asked by my friends to write a statement with reference to my recent paralysis and especially in regard to my treatment by the Osteopathic method.

About the 15th of Sept. 1897, at Boise City, I received a stroke of paralysis, it affected my entire right side. It seemed as if I had suddenly been deprived of my vitality. My right arm was limp and useless, and in walking I dragged my right foot, and felt a

numbness in the same side, from head to foot. I could not study, and had no desire to even read the daily papers.

I have a great many friends among physicians and they were very kind and attentive, they all agreed upon one thing, that is, for me to take one sixtieth of a grain of strychnine every four hours. This I did with unerring regularity, I also took steam baths with equal regularity. I was informed by my physicians that this paralysis was produced by the breaking of a small blood vessel in the brain, and that strychnine was the only known remedy for its treatment.

After about six weeks of strychnine and steam baths, I found myself about the same. One doctor informed me that I needed more exercise, another that I must take more rest, as this latter advice was more in harmony with my nature, I honored it and went to Nebraska where I did nothing but "rest" for two months, never forgetting my strychnine, steam baths and various other nostrums that were given me to make me sleep. Finding myself no better, I returned to Idaho. About this time I found that my right shoulder had dropped over an inch, and that I was becoming permanently lame. I undertook to argue a case in court and broke down—it seemed impossible to follow the thread of my argument. I felt a mental as well as a physical weakness gradually coming over me. I should add right here, that I consulted doctors in Salt Lake City, Ogden, Boise City and Omaha, and they all agreed to one thing to keep up the strychnine. I asked them when I might expect recovery by this strychnine treatment, and received from all about the same answer, that it would take from a year and a half to two years. No remedy was suggested for my fallen shoulder, nor for my growing lameness, nor for my increasing mental and physical weakness.

I had read a magazine describing Osteopathy and the College at Kirksville, Mo., and the almost miraculous cure of Col. A. L. Conger, of Ohio, whose case seemed almost a parallel with mine. I consulted a number of my friends among the physicians to know what objections if any, there could be to me taking a treatment by some Osteopathic doctor. They all with one accord condemned the treatment as a fake; the college as a fraud; and the founder as a confirmed lunatic. They all insisted that Osteopathy was a fad to be classed with Christian Science, Mind cure, and Schlatterism.

Right here is the criticism I have to offer against the medical fraternity. They had my case under their exclusive care for over four months. They could not help me, in fact I was becoming worse. They were not only learned in their profession but were all gentlemen of highest social standing and everyone a warm personal friend—I cannot understand upon what theory of professional or

moral ethics they should prevent me from trying some other method of treatment when they virtually confessed their inability to help me. They knew that under the Osteopathic treatment I would not be given any drugs or medicines of any kind—consequently I could not be injured even if I was not benefitted. Finally I concluded to give Osteopathy a fair trial.

You will remember that I began treatment with you Jan. 15th, '98,—just two months ago today. I took no medicine of any kind since I began the treatment. From the very first treatment I began to improve and at the close of the first month, I wanted to stop the treatment, thinking and feeling that I was well. I see now how it was better to keep up the treatment a little longer. My arm is now back to its proper place. I am lame no more—do not even use a cane, my mind is clear—I can work for hours without fatigue. I have regained my usual weight, and my friends tell me that I look better than I have for years, in fact I am not aware of even a trace of recent paralysis. Your Friend,

V. BIERBOWER.

Wishing that all my brother Osteopaths will have as good success as I have had in this case, I am,

Very Truly Yours,

A. M. KING.

* * *

Dr. M. W. Bailey, Blue Springs, Neb.

I have located in Blue Springs, Neb., and like it very much here.

One of the best and most interesting cases was that of Mr. Maurice Kirby who has been a constant sufferer for years with sciatic rheumatism. He was surprised on going into the Osteopathic institute to find that he had a dislocated hip and further that in a very few minutes it was set and his rheumatism was at an end.

* * *

Roy Bernard, D. O., Kalamazoo, Mich.

I am glad to say my practice is improving very nicely and I am getting results. A lady came to me with a sore wrist. There was no swelling, no inflammation, but an incessant acute pain. She had treated it regular, first with the ordinary remedies known to good house wives, then with the more searching remedies of the old school physicians. I examined her and found the trouble did not come from the wrist at all, but an obstruction on one of the nerve centers and affected the wrist alone. I removed the obstruction and the pain was gone.

* * *

Therese Cluett, D. O., Cleveland, Ohio.

In place of the regular letter this month, I wish to make a few remarks on "The Osteopathic Text Book" question. Last week I

received two magazines from schools whose presidents have graduated from the American School of Osteopathy at Kirksville. Both of these schools are now agitating the question of a text book on Osteopathy, and I want to say right here that Osteopathy never will be taught from a text book—the idea is absurd—I have looked over the text book of one of these schools, and you would think that Osteopathy was some form of set movements, or an imitation of the Swedish movement. These books will do more harm than good. How many people know enough about the anatomy of the body to apply Osteopathic principles? Very few—I had a talk with a physician who is now taking treatments and he says he has learned enough to know that this science can be a very dangerous one in the hands of an ignorant person. The admission is a true one.—Dr. Still well knew Osteopathy could not be taught from a text book, as he has always warned us to think well over our cases, and apply anatomy. Another point in question is this:—Half of these schools are fake institutions. Graduates go out having had no experience whatever with diseases, except what few cases they have come in contact with, while studying. They go forth and start a school, trying to palm themselves off as full fledged Osteopaths, while they are as yet only infants in the work. Let them battle with disease for ten or twelve years and then start a school. Osteopathic treatment given to a patient for some special trouble, does not always hold good in another case, seemingly suffering from the same disease—sometimes the “medicine” will have to be changed several times before the cause is removed, then how under the sun is a text book going to do any good. I know of one case where a wife, who had taken Osteopathic treatment, undertook to “treat” her husband and dislocated his neck at the first turn. He had to go to Kirksville for treatment. She would have been a fine one to handle a text book. No! Osteopathy has never been shrouded in mystery, as the Kansas City magazine says it has. Osteopathy is a science that can only be mastered with deep study and thought. You can never get it from a text book. I would like to hear from others on this subject.

TERESE CLUETT, D. O.

Cleveland, Ohio, March 6, '98.

Drs. H. E. & Alice Patterson, St. Augustine, Fla

The following extracts are from a long personal letter written by Drs. H. E. and Alice Patterson, to Dr. A. T. Still.

We are now located comfortably in a handsome nine-room cottage—and it belongs to an M. D. too. The Magnolia Hotel was too small for Osteopathy. We have a fine busi-

ness—a nice class of patients and all are improving, and are “crowing” for Osteopathy. We have some “shouting” sort that I think the Methodists will claim. We have your bust here in our office on the mantelpiece, and we take all our patients up and “show you off” and tell them you are the one to thank and praise for their returning health; that your brain did the work, we apply the principles you taught us as best we can, and hence their recovery. So you see a great many people here who have never seen you and who even had never heard of Osteopathy until recently—love you—is that “reflex-action?”

We enjoy your book so much, and it is a beauty. Tell Mr. Musick that one of our patients happened to pick up and open “Our Latest Possession,” and on the very first page she opened to read of Rev. Bingham, an early Missionary, and he was her grandfather. Her mother, Lucy Bingham, was born on the Island, and one of her cousin's married a Mr. Cook, Mrs. Atherton's brother. You, perhaps, remember Mrs. Atherton and daughter from Honolulu, they were in Kirksville so long, and they took Dr. Geo. Tull home with them. She was pleased to know we had met so many of their friends. She was delighted with the book. Another patient just took your autobiography home to the hotel with her to read. We do so enjoy your book, and no money could buy that book with the little inscription on the fly leaf. We intend to keep that as long as we live, and then let Lee keep it, as a rare keepsake.

J. W. Sullivan, D. O., Masonic Block, Chicago.

“Our cases the past month have increased in number, and a feature of note is the fact that we have several cases of epilepsy, and all are improved to a marked extent. In all the cases we find much the same cause exists in the region always explored by real Osteopaths in diagnosing epilepsy.

Drs. Hannah & Hannah, Detroit, Mich.

Since our last contribution to this department, many new cases have been listed for treatment at our office, and several discharged as cured, while others are improving nicely. The account in detail might prove tedious; suffice it to say, that a prominent attorney has just been cured of a very stubborn case of constipation; a physician has been cured of hemorrhoids; a prominent teacher has been cured of heart trouble (irregularities); a lady in private life has been relieved of goitre and the growth of cataracts successfully arrested; a lady with two dripping eyes is about ready to be discharged as cured; all of the cases on which we reported progress in our last letter, have been discharged as cured, save one; that of

the lady whom we rescued from the invalid chair in November. She will go back to her home April 1, and return for treatment occasionally, that she may be guided in her recovery of health. She will be entirely cured.

We are able to report progress on some very interesting cases as follows:

A case of paralysis with obstruction located in lower cervical, and upper dorsal regions; length of time standing, nine years; habits of the individual sedentary. Five months treatment have successfully arrested the progress of the disease, and show marked improvement in the action of the muscles of left arm. The case promises to be entirely cured in time.

A case of wry-neck congenital; present age three and a half years. Two months have brought great changes in the condition of the scaleni muscles, and the case is now on vacation.

A stubborn case of stomach trouble, (hypopepsia) together with a prolapsed condition of that organ, allowing easy regurgitation of bile into it. Temporary relief gotten only by a stomach tube. The treatment has increased, the amount of gastric juice, and is replacing the stomach in its proper position; in order to prevent it from being dragged downward again by an impact transverse colon, an occasional enema is taken. The case is of thirty years standing, but promises to be reached by Osteopathic treatment.

A baby two years old, with abscesses of thigh. Five had been allowed to develop, and were drained. Cause supposed to be malnutrition from improper condition of mother's milk. Examination showed muscular pressure on venous return, from slight dislocation of femur. So far one month's treatment has forestalled any further abscess formation, and the case promises to be entirely cured, and an anxious father and mother made happy.

Three cases diagnosed by the old school as cerebral congestion approaching apoplexy showed maladjustment in the occipito-atloid articulation, and are all improving.

Two very similar cases of hip-joint dislocation have each had five months treatment, and show wonderful improvement. The individuals are of different ages, one fourteen, the other twenty-four; the former shows the more marked improvement in accordance with his tender age.

In closing, we wish to acknowledge, with grateful thanks, the receipt of Dr. Still's autobiography, bearing his autograph on the initial page. We are reading it with great interest, and see reflected there all the noble principles and sentiments of that great character we so much admire.

F. W. AND BELLE F. HANNAH.

232 Woodward Ave.

THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF OSTEOPATHY.

In the issue of the JOURNAL of last month (March) brief mention was made of the results of actions brought against Dr. J. W. Henderson and Dr. F. D. Parker, in St. Paul, Minn., on complaint of the State Medical Board, for practicing Osteopathy. A few details of the affair which have since come to the knowledge of the American Association for the Advancement of Osteopathy, will undoubtedly be of interest to the great host of the friends of Osteopathy. The case against Dr. Parker was brought first, sometime in the early part of December last; and on December 28th Dr. Henderson was made to appear in court on the charge of practicing without a license made by the State Medical Board, the complaining witness being a person whom Dr. Henderson had never treated. The query naturally arises here if it was found impossible to secure a witness whom the doctor had treated to appear against him?

The two cases were set for hearing January 6th and then continued to January 20th. In the meantime, about January 13th, the cases were presented to the grand jury to investigate, and one of Dr. Henderson's patients was subpoenaed by that body to testify; presumably similar action was taken in Dr. Parker's case. On January 15th Dr. Henderson wrote to the American Association as follows:

"The grand jury found nothing criminal against Dr. Parker, whose case was presented first; and mine was not even considered. I suppose from this, both cases will be dismissed, though I am not sure of this till the 20th when they are set for hearing."

In the knowledge of the Association this is the first instance where a grand jury has been charged with the duty of investigating alleged criminality in the practice of Osteopathy, and the result is certainly gratifying in the extreme.

On January 21st Dr. Henderson wrote further: "The cases were both discharged for lack of proof of violation of the law. It was practically settled by the grand jury. In fact we did not appear in court after the action of the grand jury."

This experience in St. Paul offers additional proof that Osteopaths who attend to their business in a thorough professional manner need have no fear of legal proceedings. Healing the sick by the safe and scientific methods of Osteopathy is not a crime.

D. B. MACAULEY,
President A. A. A. O.

Page County, Iowa, Recognized.

The American School of Osteopathy, in recognition of the manner in which Osteopathy has been received and upheld in Page county, Iowa, has issued a free scholarship to the county, the one to whom it should go being selected by Page county students.

The science was first introduced into the county in the fall of '96, by Dr. Wm. Hartford, who is a graduate of the above named school.

Since then a large number of patients have received the benefits of Osteopathic treatment, and Page has become the banner county of the Union by sending more students (22) than any other with the exception of the School's home county. Also she has been using her every effort to secure favorable action for Osteopathy in the present session of the Iowa legislature.

The school takes this means of showing its appreciation of the above facts, and the many friends of Mr. R. H. Miller, formerly of the College Springs Current, will be pleased to learn of his good fortune in being the lucky one to whom this scholarship has been given.

SCHOOL AND INFIRMARY NOTES.

—Lawrence Hart, D. O., is preparing to open an office in Bethany, Mo.

—Over fifty of the February Class at their first examination were marked perfect.

—Mrs. Nettie Turner, D. O., of the May Class has located at Tecumseh, Nebraska.

—The past month has witnessed the arrival of a large number of new patients at the A. T. Still Infirmary.

—Dr. Harry C. McLain, of the May class, is arranging to open an office for the practice of Osteopathy at Creston, Iowa.

—Dr. E. E. Beeman, of the May Class, has accepted a position as an assistant for Dr. Geo. J. Helmer, of New York.

—Dr. U. M. Hibbetts, of the May class will go to Brooklyn, Iowa, for the practice of Osteopathy, sometime during April.

—W. H. Johnson and D. H. Shaw, graduates of the A. S. O., will open offices for practice in Dallas and McKinney, Texas, on or about the first of April.

—The directors of the Sioux City, Chicago and Baltimore Railroad, visited and looked through the A. T. Still Infirmary during a recent visit to this city.

—Chas. E. Peterson, of Chesterton, Ill., member of the May Class, and Miss J. E. Dow, of Spokane, Washington, member of the April (1897) class were united in marriage on Wednesday, March 2.

—Through the efforts of R. H. Williams, of the September class, G. R. Wendling, the noted and gifted orator was secured for an address in Memorial Hall on the evening of March 19th. His topic was "Unseen Realities." It was a rich intellectual treat.

—H. W. Emeny, D. O., at Magnolia, Mississippi, has recently incurred the hostility of the medical board of that State and they made an attempt to have him indicted under the statutes. The grand jury, however, took a different view of the matter and refused to find a bill against him.

—Mr. and Mrs. W. Ammerman, both of whom are graduates of the American School of Osteopathy, have located at Mexico, Mo., for the practice of their profession. Their office was opened on the 24th ult. Dr. Ammerman's splendid success in Kentucky, during the past two years is a guarantee of his usefulness in his new field.

—Joseph King, of Stewartstown, Penn., writes: "I wish some of those graduates would come east to Pennsylvania. There are plenty of invalids here." He writes that the old school doctors tried to prevent a Vitapath from practicing, but could do nothing, as the local Judge decided the people had a right to

choose the kind of doctor they wished. That Judge evidently has a level head.

—Mrs. Ellen Barret Ligon, member of the February class has organized a class in physical culture among the students of the Infirmary. Mrs. Ligon will also furnish a series of articles on that topic for the JOURNAL OF OSTEOPATHY. The first of the series appears in this issue. These articles will prove of great value, not only to the Osteopathic practitioner but to every reader of the JOURNAL.

—H. R. Bynum, of the Journal of Osteopathy advertising department, and student of Osteopathy, was united in marriage with Miss Minnie B. Hughes, of Carthage, Ill., on Tuesday, March 2nd. On the evening of the 21st, the September class, of which Mr. Bynum is a member tendered the bride and groom a reception in the ladies' reception rooms of the Infirmary. Although the evening was stormy, the affair was quite largely attended.

—Dr. V. A. Hook, of the May class, met with a peculiar accident while on a recent visit to Pattonsburg. He was given a folding bed at the Cottage Hotel, which proved to be a veritable "man trap." The bed collapsed during the night and the doctor was caught as in a vise. When rescued it was found that he had sustained a fracture of the clavicle which will interfere with the use of his arm for some weeks. The doctor has decided to locate at Pattonsburg.

—"When a man has been engaged for twelve months in the study of such subjects as anatomy and physiology he is apt to run away with the idea that he knows all about Osteopathy. It is such that become afflicted with the fell disease "cacoethes scribendi" and write long winded articles on subjects that they wot not of. Let such throw away their pens and spend more time on their studies. By doing this they will show less of their ignorance."—Prof. Wm. Smith.

—Wm. Hartford, D. O., of Ogden, Utah, has had another round with the Medical Board of that State. As narrated in the February issue of the JOURNAL OF OSTEOPATHY, Dr. Hartford's trial before Justice Ternes resulted in an acquittal. Suit was afterwards brought in the district court at its March term, under a statute which provides that "Any person practicing medicine * * * within this State without holding * * * a license shall be deemed guilty of a misdemeanor." The following section provides that: "Any person shall be regarded as practicing medicine within this title, who shall treat, operate upon or prescribe for any physical ailment of another for a fee." The case was decided against Dr. Hartford. Before sentence was passed the attorney for the defense raised the point that the court had no jurisdiction in such cases, under the State Constitution, recently adopted. The point was sustained and the case dismissed.

A CELEBRATED AUTHOR'S OPINION.



[JOHN R. MUSICK is a native Missourian, having been born in St. Louis County forty-seven years ago. He is the author of eighteen books and has written for almost every magazine, newspaper or literary journal in the United States. His chief literary work, has been the *Columbian Historical Novels*, in which the history of the United States is given in twelve volumes. This work has received the highest praise from all the leading literary critics in England and America, and also the Presidents of Yale and Harvard, and more than twenty principals of American, English and Canadian universities. It is reported that William McKinley, while a presidential candidate in 1896, found time to read the *Columbian Historical Novels*, completing the entire series. He has written one of the most favorable

endorsements of them that any work has received.]—ED.

I AM often asked my opinion in regard to the newly discovered science of Osteopathy. The world is perhaps more interested in the art of healing diseases than in any other subject. Being so fortunate as to enjoy a long acquaintance with Dr. A. T. Still, the discoverer of the science, and having for years witnessed the results from Osteopathic treatment, I am capable of saying that the science is one of the greatest blessings to mankind. I have seen the lame made to walk, the blind to see, the paralytic restored to health, and many snatched as it were from the grave. I have seen old chronic diseases which have defied the skill of the best physicians in the world yield to the new system of healing. I have seen typhoid fever cured in less than a week. I have seen diphtheria cured in less than an hour. All this seems so marvelous that I hesitate to tell it, but I am suppressing rather than expanding facts. One who for twenty-five years has lived within the rays of the new light, can only wonder at the results. Does Osteopathy cure all and raise the dead from the grave? No, but the case which Osteopathy cannot reach is certainly very hopeless. The success Osteopathy has scored has been from cases that were abandoned. How do they heal? I don't know. I am no Osteopath. It takes two long years of hard study to know how it is done, and I have never studied the science an hour, but I have seen thousands of cures before and after taking, and I am fully convinced that Osteopathy can accomplish wonders.

—*John R. Musick.*

The young citizens must not be allowed to grow up amongst images of evil, lest their souls assimilate the ugliness of their surroundings. Rather they should be like men living in a beautiful and healthy place; from everything that they see and hear, loveliness like a breeze, should pass into their souls, and teach them without their knowing it the truth of which beauty is a manifestation.—*Plato.*

THE OSTEOPATH.

A NOVEL.

BY JOHN R. MUSICK.

AUTHOR OF "COLUMBIAN HISTORICAL NOVELS," "HAWAII," "HISTORICAL
STORIES OF MISSOURI," ETC., ETC., ETC.

SYNOPSIS.

Horace Crandall, a young man living near Gumptionville had been to the A. T. Still Infirmary at Kirksville for treatment for a disease which had been pronounced incurable by the medical profession. Having been cured he was so favorably impressed with the newly discovered science that he determined to study it. He was opposed and ridiculed by the medical profession which called it a humbug. They organized the Gumption County Medical Society to make a special war against Osteopathy. The secretary of this society was Dr. Grimshaw a mysterious man who was in love with Mae Burton, an estimable young lady to whom Horace was betrothed. On the day of the organization of the Gumption County Medical Society a tramp doctor came to the office of Dr. Grimshaw who had been a former class-mate at the college where Grimshaw had graduated. Grimshaw informed him that Crandall had sold a farm and on the 27th of the following month was to receive the money for it. With this money he was to attend the American School of Osteopathy. Without the money he would be unable to go. The tramp who has three companions in whom he can trust takes the hint and after some mysterious hints takes his departure.

Gumptionville has a meddlesome old lady named Aunt Rachel Mendelcrust who circulates the story given rise to by Dr. Esculapius Bugg that Horace is demented and not wholly cured as he represents himself to be by Dr. Still. Osteopathy has one firm friend in Tim Smith, who is also a friend of Horace Crandall. Tim while at work in the field one day is met by the tramp-doctor, who was treated at the A. T. Still Infirmary and cured. In this conversation, Tim has his suspicions aroused. The tramp makes careful inquiries about Horace Crandall, his intentions for the future, and of the neighborhood generally. At the conclusion of chapter IV, the tramp-doctor sets out to find his companions to have them in readiness by the 27th. At this point we take up the thread of the story.

CHAPTER V.

THE TWENTY-SEVENTH.

IT WAS a pleasant day and many people were in the park. The park was in one of our cities west of the Alleghanies, and for the purposes of our story it is not necessary to be too specific. While all cities and parks are not alike, there is a sufficient similarity in them which makes any one suffice for our purpose. The reader can imagine a park surrounded by walls of brick and stone houses, the subdued roar of business breaking even on this shady retreat. A park seat and four men sitting on it discussing the labor question is the picture. One at a glance could tell that they were the usual park loafers and Weary Willies of the road, or professional tramps, with all of the characteristics of their class.

One who wore a battered stove pipe hat, held a newspaper before his face pretending to read when the patrolman was near, and talking in a low tone to his companions, when he was not. On the farther end of the bench one of the quartette was regaling himself on a cold lunch which had been given him. He had removed one miserable old shoe to relieve his aching foot, and was giving little attention to the other three. In fact what they said was hardly designed for his ears.

At last the man with the luncheon threw aside the paper it was wrapped in, pulled on his shoe, rose and wandered to another part of the park, and he with the newspaper dropped it and said:

"Now boys Bill Daws is gone, and we're alone. Lets talk fast. There's a rich strike for us, if you'll stand by me."

"Can't we be depended on Dock?"

"I hope so; though I'm not one to give away a lay until I'm sure o' my men. I don't trust Bill, but you will do. Will ye stand by me?"

"Owin' to what it is!" growled the youngest of the trio."

"It's to make money."

"Risky?"

"Everything that pays is risky," returned the man called Dock. "But there is less danger in this than the other scheme with one-fourth the amount of pay in it."

"Well Dock sing er out."

"It's to pick up money on the road."

"A hold up."

"Not a train, easier'n that. Only one to three. A place to hide when it's done. No danger, no blood spillin' and nothin' of the kind. I tell you such a rare chance, never fell to any one."

"Why don't you take Bill in it."

"Oh Bill is getting kind a squeamish o' late. Fact is, I believe he's goin' to quit the business and go to work, I'm afraid he will; besides we three are enough to do it. We don't need him, and there's no sense in his comin' in for a share o' the divy anyway."

The others quite agreed with him and the trio determined to give Bill Daws the slip, board a box car and go to the place which was to be their field of operations.

They carried their plan into operation, and two days later Bill Daws found himself in the city quite deserted by his companions. The old tramp shook his grizzled head in a puzzled manner, and then his face lighting up with something like the ghost of a smile, remarked:

"Now'f they think they kin give old Bill Daws th' slip they're much mistaken as if they'd a burnt their shirts. I go next train."

Bill's familiarity with the box car managements enabled him to creep into an "empty" that seemed going in the right direction, and he was soon flying westward. In the light of events which followed the decision and action of the tramps in the city, the reader will be able to draw a more correct conclusion than Bill Daws, who had been completely tricked by his friends. They who had trusted him on every other expedition now seemed to fear him. Bill followed them with unerring precision and sagacity.

Meanwhile at Gumptionville everything went on in the even tenor of its way. The organization of Gumption County Medical Society had been completed, and though no appreciable good had yet resulted, there were many who still entertained hopes that the best results would soon be observable. Granny Kitchen's "plumbago" had grown no better. Mrs. Botts still "shuck every other day" according to her own story. Kitty Wink's baby which had had the scarlet fever, was dead. Betsy Pendleton's baby had succumbed to measles, and Rev. Mr. Willis was kept quite busy attending funerals and offering such consolation as "The Lord giveth and the Lord taketh away; Blessed be the name of the Lord."

There was much mourning in the land which should have been a land of joy, for never was Gumption county more prosperous. The fields smiled with golden grain, the orchards were burdened with their luscious fruits. Farmers should have been happy and if they could have enjoyed the health of their beasts, they would.

Some one has said that disease is a mystery, and medicine a myth. It does seem strange that the birds of the air are free from ills that make life so unhappy. All the real grief and distress of this world comes from sickness, such causes as jealousy, love and business failures are wholly imaginary, and deserve little sympathy.

But there were many in Gumption county who strictly observed the laws of health, and were enjoying it's blessings. One of the happiest men in the whole county was Horace Crandall. Eagerly he looked forward to the twenty-seventh when he would get his money

from John Mitchell and start off to college to study the new science. It was not wholly a selfish joy which filled his heart, for the blessing of doing good to others added greatly to his prospective happiness.

"Two years—only two years, Mae and I will have completed the course and return to make you my wife," he said as he stood at her side by the gate. He had slipped the rein over one of the pickets of the fence, and while the horse nibbled at the long tender blades of blue grass which issued from between the pickets, he stood at the side of the being he loved, whispering words of hope in her ear. "Are you opposed to my going to this college?" he at last asked.

"No, no, oh no."

"You do not seem to take to it as enthusiastically as I had hoped."

"I have heard so many say the new science is a fraud. The doctors declare that Still and Osteopathy are frauds, and I hardly know—"

"Hardly know whether to believe them or me Mae? Admit it."

"You must not misconstrue my meaning Horace, you know I believe you against the whole world, but after all you may be mistaken. The science you know is of such recent discovery."

"But it has been so thoroughly tried that no one can doubt its ability to cure more human ills than any other system, and the time will come when it will be practically supreme ruler over all ills."

A tramp came wandering down the road at a slow shambling gait. He halted to gaze at the lovers with a scowl on his dirty face. He was a young fellow not to exceed twenty-five, but there was something so malignant in his appearance that the maiden could not repress a shudder, at sight of him.

"Move on, move on," cried the young lover angrily when he observed that Mae shrank from his bold gaze.

"Yes move on, that's jist what all of 'em say; move on! In God's name can't I find a single bit o' ground where I kin rest a minute? Move on! All well 'nough for you who hev houses t' live in, hosses an' carriages t' ride, ter say move on, but if ye were t' change places wi' me, an' see what it was to move on, it mought'nt be so pleasant."

"Are you hungry?" asked Mae.

"No'm, got a hand out at a farm house, jist afore I came here."

"This will provide against your suffering for a day or two," said Horace tossing him a half dollar which he eagerly snatched up and put in his pocket, "Now don't be offended if we ask you to move on."

"The man growling out his thanks wended his way down the road. They watched him as he shambled along, and Mae said:

"This is the second I have seen this morning."

"Tramps are growing quite numerous," he answered. I should not be surprised if some of the recent robberies and burglaries, could be traced to them."

"They don't look like dangerous men; they are so humble."

"Yes, but some are vicious. Now I must go, for I promised John Mitchell to be at his house by noon."

"Will you come back this way?"

"Yes," he answered.

"What time?"

"I do not know. If I succeed in finding John and get the matter closed up, I will return by the middle of the afternoon."

"I hope you will."

As Horace mounted his horse and started up the street toward the village, he saw Aunt Rachel Mendelcrust coming down the narrow board sidewalk. She was large and corpulent and wore a "funny little ancient bonnet," on the back of her head. She gave Horace a look of great concern and shook her head in a solemn impressive manner, while her face evinced mystery.

"Poor fellow he is on the downward road," she murmured.

Aunt Rachel had made this wise suggestion to Dr. Grimshaw only the day before, and the doctor declared he could never question a person with such keen sagacity as Aunt Rachel Mendelcrust.

"Hello Horace where you going?" asked Dr. Snuffer as the young farmer drew rein in front of the postoffice.

"Going to Mitchell's," he answered.

"John Mitchell's?"

"Yes."

"He aint at home."

"But I am to meet him to-day."

"He and Dock Grimshaw went out to Swan Lake District this morning to look at some land the doctor has for sale, and won't be back before three or four o'clock this afternoon."

"That is strange," said Horace. "I did not know Dr. Grimshaw had any land there."

"It's not his land, but belongs to a non-resident, and the doctor is agent for him."

"So Dr. Grimshaw has gone into the real estate business has he?" asked Horace with just the least bit of irony in his voice.

"Oh no, not generally but this is a particular case, and as the doctor had a patient out there he wanted to see to-day, he took John along in his buggy agreein' to bring him back on time."

"Confound it; I dislike this delay."

"John told me to tell you to wait for him. Said he was ready to fix that all up as soon as he come back."

"Well I will have to wait; there is nothing else to do," declared Horace. I can't go until that matter is fixed up, and I can't fix it up until John gets back."

Horace went to the postoffice for his mail and came out with a large official envelope bearing on the outside, the imprint: "A. T. Still's American School of Osteopathy, Kirksville, Mo."

"Come in my office Horace and rest awhile," said Dr. Snuffer. Dr. Snuffer had long been Horace's friend, was his father's physician when he died, and had always been on good terms with the son. He was a good man, and liked by all, but was as strongly prejudiced against the new science, as most of his profession.

When they were seated in his office, he handed Horace a fan directing him to keep cool. Horace accepted the offer and after a few vigorous applications said:

"This land business of Dr. Grimshaw, is rather new is it not doctor?"

"Well yes, Grimshaw is a queer fellow. He is one of the best posted men on medical points I ever saw, but at the same time he is the most mysterious. He is silent, grave, cool and studious. Every night he pores over his books like some monk searching after hidden mysteries. Strange he uses a candle at night instead of a lamp—ah that fellow Grimshaw is odd—I don't understand him nor does anybody else for that matter,

Horace had never liked him, he couldn't say why, but the man had really grown detestable. He was secretly wishing that Grimshaw had poured over his books that day instead of taking the man he wanted to see away, when Dr. Snuffer asked:

"I say Horace when are you goin' away?"

"To-morrow," he answered.

"To Kirksville?"

"Yes."

"Look here boy, now I've known you since a child, I knew your father before he was married to your mother, and you must believe me your friend—"

"I do doctor."

"Then why do you allow yourself to be so completely and thoroughly humbugged. Don't you know that thing is a fraud?"

"Doctor there is no need for you and I to discuss this subject. We would quit just as

we began without convincing each other. I respect you as a man, as a friend, and even as a scientist on all other subjects save this. On this I believe you are prejudiced and you believe me crazy; I don't believe I can convince you, and I know you can't convince me; so let us not try."

"Well Horace you know the old adage of the experience school."

At noon Horace went to the hotel for dinner, waited until three, and mounting his horse galloped down the road three miles to the home of John Mitchell. Mitchell had not returned, but left word for him to wait. Four o'clock came,—half past, and still Mitchell did not appear. Horace's patience were almost exhausted.

CHAPTER VI.

FOOT PADS.

The hands on Horace's watch were almost at five, when he saw a buggy containing two men coming over the hill. The sun was low in the western sky, and he knew it would be dark before he reached home, even if the two men approaching proved to be Mitchell and Grimshaw. The declining sun fell full on their forms as they drew nearer, and though they were yet a good distance away, he had little difficulty in making them out to be the persons he wished to see. At last the vehicle rolled up the house and Mitchell sprang out, while Grimshaw nodded coldly and silently.

"Won't you come in doctor?" asked Mr. Mitchell.

"No thank you,—I must go home at once."

"You are late Mr. Mitchell!" said Horace, as Grimshaw drove away.

"Yes, Dock's horse went lame and after a long time he found a gravel under his shoe. I expected to have been back two hours ago and I am sorry to have kept you waiting. Come in."

They went into the farmer's house; he went up to the attic and brought down a small tin box which contained some papers and a large red leather pocket book. Opening the latter he counted out fifteen hundred dollars in bills and paid it to Horace.

"I got my money this morning and could have paid you then, had you been here. Won't you stay until after supper?"

"No no I must be going," said Horace a little impatient at his long delay. He went out, mounted his horse and galloped back to the village, went directly through it and, halted at the widow Burton's cottage, where he found Mae at the gate expecting him.

"What delayed you Horace?" she asked, and he noticed that her face was a trifle paler than it had been before.

"John Mitchell was not at home," he answered. "He never came until after five o'clock."

"Oh how provoking, but come in to tea. You have a long dark ride before you."

"I ought to be going Mae, but really I can't resist the temptation," he answered, dismounting, making his horse fast and entered the cottage with his promised bride. The widow had tea prepared in the neat dining room. A snowy cloth was spread over the table, and the china and silver were so polished they shone almost as brightly as the eyes of the widow's daughter.

"You are late Horace," remarked Mrs. Burton as they entered. "You have a long dark ride."

"Yes but the moon will rise soon," he answered, "and I shall have pleasant reflections to keep me company on my way home."

"Sit down at the table and let me pour you a cup of tea, here Mae take this seat." The mother had evidently consulted their wishes for they sat opposite each other, where he could feast his eyes on the pretty face before him.

The conversation was animating. Horace was never more brilliant and Mae never more beautiful. He freely told the widow his plans, praised the newly discovered science, and declared that Osteopathy would yet be the universally acknowledged blessing of the

world. He was quite certain that its worst enemies the medical doctors, would in time come to concede its usefulness.

After tea he lingered a little longer at the gate with the fair Mae at his side, breathing anew vows and hopes, and gazing at the stars in the heavens until the silvery rim of the broad faced moon began to peep above the far eastern horizon, then he tore himself away, bade her a pleasant good night, and mounting his steed went down the road at a brisk canter.

Horace Crandal was in a delightful frame of mind. His prospects never seemed brighter. In the large red leather pocket book on the inside of his coat was the money for the land he had sold. On the morrow he was to board the train for Kirksville, and he was already counting the months until he should return a full fledged Osteopath to claim his bride, and begin life. Never was night more beautiful. All nature seemed in harmony with the happy lover whose heart was light as the air. The moon serenely bright rose higher into the heavens, and shed its soft refulgent light upon his path. His heart was so light and he was so happy that he did not care to shorten the journey, but reined in his eager horse and jogged along at a leisurely gate, lost in the most pleasant reveries.

"Surely never had one more cause to be happy," he thought. "Mae Burton acknowledged to be the fairest girl of all Gumption county has promised to be my wife. I have the means for completing my education, and to leave mother in comfortable circumstances, until I can care for her. When I have graduated money can be made rapidly. Everyone who has entered in the field with this new science has been successful, and I shall succeed."

Once his train of thoughts were disturbed by his horse coming to a sudden halt, and sniffing the air uneasily.

"What is the trouble sir? go on!" he cried tapping him with the switch he carried in his hand. The horse shied to one side of the road, sniffed uneasily and bounded away.

"This is strange for you Ball!" said Horace aloud as his horse galloped on. "You don't usually get frightened at anything, and so far I have seen nothing to alarm you."

There came a shriek from the old dead tree at the road side, and a screech owl soared downward near his head, and then darted away. The horse being very nervous leaped aside so suddenly that the rider was almost unhorsed. He regained his seat, gathered up the reins and spoke sharply to his steed.

"You rascal why are you frightened at every bird that flies across your path," he said. "Ball you are growing nervous."

The horse reassured by his master's voice cantered down the road, though he occasionally pricked up his ears and glanced sharply to the right and left. They were nearing the stream and the woods were quite dense on either side. From the bark of one old log, the cricket's chirp could be heard, and on a distant hill the plaintive lay of the lonesome whip-poor-will reached his ears. The rustling of the leaves occasionally caused the horse to prick up his ears and sniff the air with suspicion, if not dread. His master kept a tight rein and touched him occasionally with the switch.

Never once did an idea of danger enter the mind of Horace Crandal. The country was at peace and though there had been some petty thieving in the county, no one suspected that it was infested with dangerous foot-pads.

At last he came in sight of the bridge. It was a long wooden bridge spanning the stream with heavy banisters made of massive oak. There being no trees near enough to obstruct the light on the approach nearest him, the moon's rays fell upon it, and revealed the form of a man standing on the end of the bridge, gazing down into the water.

"It is some hunter, or belated traveler halted to rest, thought Horace. The man, as he rode down the long hill to the approach, turned and walked across to the other side where he was concealed by the shadow of a large willow tree.

Without a moment's thought of danger, Horace advanced toward the bridge and started across. The heavy tramp of his iron-shod horse, rang out on the night air, awaking the

sleeping echoes of the forest. Suddenly when Ball was half way across, he began to shy to one side and sniff the air.

"Get up sir, get up!" the rider cried giving him a tap with his switch.

At this moment he discovered two men sitting on the side of the bridge in the darkest shadow of the willows which grew on the bank of the stream. For the first time a dread suspicion mingled with the most horrible fear crept into his heart. He remembered that he had a large sum of money about his person; he was unarmed and incapable of defending himself against the footpads. His first inclination was to wheel about and fly but in a moment the self reproach of cowardice rebuked the thought, and being both brave and strong, he was half determined to charge on the enemy, ride them down and make his way home.

But after all, he reasoned, they may not be enemies. They might only be some neighbor boys, trying to play a practical joke on him, and he determined not to add to it by becoming frightened. He began to whistle a tune which neither he nor anyone else had ever heard. It is rather strange that the first thing one does when threatened with fright is to whistle.

But whistling was not sufficient to remove the fears from Ball, who continued to breathe hard, tremble violently and advance with caution.

"Get up, get you rascal; did you never see anyone before?" cried Horace when nearly abreast the two men; and he struck the frightened animal with his switch to make him leap past them.

The horse did make a spring forward, but one of the dark shadows suddenly started up yelling:

"I'll hold yer horse," and grasped him by the bit. Ball disliking the attack reared in the air, but was held by an iron hand, and unable to break away.

"Release my horse sir!" cried Horace.

"Get down!"

"I wont!"

"Then I will help you," cried the tall companion of the man who held the struggling horse. He seized Horace's foot jerked it from the stirrup threw his leg over on the other side, and cried to the man holding the bit.

"Grab him!" at the same time seizing the horse himself.

"Here, here my honey come down from there," said the man who had first seized the horse, grasping him by the waist and pulling him off. Horace thought rapidly. He reasoned that there were but two, and he was the superior of either in strength. If he could knock one over the bridge into the water, he would have only one more to deal with. In their struggling they had approached very near the side of the bridge, and it seemed an easy matter for him to knock him over.

He kicked his foot out of the stirrup, and threw himself upon the man with such fury that he jammed him against the rail, causing him to yell in fear.

"Down the duffer, or he'll hev me over the bridge.

At this moment he was conscious of a third man running up while the frightened horse broke away, went flying over the bridge and thundered down the road.

Horace was still struggling to push his man over the bridge, when he was struck a blow which felled him senseless.

(To be Continued.)

BOOK DEPARTMENT.

DR. A. T. STILL has presented a copy of his Autobiography to each student and graduate of the American School of Osteopathy. The presentation to those present in the school was made a public occasion on the last Saturday in February, at Memorial Hall. The presentation speech was made by Dr. Hildreth, in behalf of Dr. A. T. Still, who owing to illness was unable to be present in person. Graduates living at a distance will receive their copies by mail. In this work alone, Dr. Still has reared for himself a memorial more enduring than marble or bronze. It will be treasured for what it contains—its own unique and intrinsic merit—as well as in memory of the man who has done so much for the amelioration of human suffering.

RESPONSE OF THE FEBRUARY AND SEPTEMBER CLASSES.

DR. ANDREW T. STILL:—The September class at a called meeting on March 7, 1898, appointed a committee to express to you their appreciation of the gift of your book to each one of its members.

In this gift we recognize the magnificent generosity, the kindly spirit of the man; the fatherly interest you feel in us as individuals and as students of the school of your founding.

In return we wish to thank you for the gift and we hope that we may be able to prove ourselves worthy of this pledge of your faith in us.

We trust that in the future as we take upon ourselves the name, sacred to you, which represents the *truth* of your own discovery—the result of indefatigable labor and research, that we may emulate your zeal and courage, that we will strive in all honorable ways to perpetuate and advance the ideas you have brought forth.

It was with saddened hearts that we assembled in Memorial Hall at your invitation to receive the books from the hands of your son, Dr. Chas. Still, but we are again rejoiced at the reports of your improvement in health. It is the sincere desire of our hearts that you will be fully restored to health, that many years may yet be added to your life wherein you may be permitted to enjoy the fruits of your labors and that your presence may continue an inspiration to us in our labors.

MR. K. W. COFFMAN,
MRS. C. C. CARLOCK,
MR. H. H. MCINTYRE.

MARCH 2, 1898.

DR. A. T. STILL, DEAR SIR:—We, the members of the February class, desire to extend to you our heartfelt thanks for the excellent gift, your "Autobiography." We shall ever hold it in remembrance of your kindness and thoughtfulness, and extend our sincere wishes for your future welfare and happiness.

R. A. HALLADAY,
Chairman of Com.

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FROM THOSE WHO HAVE READ THE BOOK.

HON. ANDREW ELLISON, Judge of the 2nd Judicial Circuit writes:

"I have not yet finished it, but have read enough to discover that it is stamped throughout with your own good rugged sense and excellent heart.

The references to members of your family—both living and dead—are not only appropriate, but full of pathos, and will be especially so to many of your readers who recall your early struggles and privations, borne so patiently, and later on, your splendid triumph that has crowned your old age with honor to yourself and blessings to mankind."

Very Truly Your Friend,
ANDREW ELLISON.

**

HON. S. M. PICKLER, Representative in the Legislature from Adair County says:

"I have been much interested in its perusal, written in a style original and interesting from beginning to end. I shall prize it highly, and more especially because of the kind expression over your autograph referring to our long friendship. As the discoverer of the greatest healing science known to

civilized man, your name will be emblazoned on the future pages of history and cherished in the hearts of thousands who will owe prolongation of days to this great discovery. The young giant "Joshua" is destined to subdue the world—to strangle all the terrible ogres of disease and death, and plant the banner of common sense healing, good cheer and happiness for millions in every city and hamlet in the civilized world. My most earnest and heartfelt prayer today is that you may have many, many days of renewed health and strength yet allotted in the course of nature in which to enjoy the perfection and great fruition of your work. Again allow me to thank you and say God bless you and preserve you as one of the world's greatest benefactors."

Sincerely your Friend,
S. M. PICKLER.

* * *

PROF. W. D. DOBSON, President of the State Normal School, for the First District, Kirksville, Mo., writes:

DEAR DR. STILL:—"I am in receipt of a beautiful copy of your new book—"Autobiography of Andrew T. Still," and take great pleasure in accepting the same with your "kind regards," and extending to you my grateful acknowledgement, together with the wish and earnest prayer that you may live many years yet, that you may continue to be a blessing to humanity, and your joy in your later years may be full in the realization of your highest hopes and most laudable ambitions."

Very Respectfully,
W. D. DOBSON.

* * *

W. T. BAIRD, cashier of the First International Bank of Kirksville, writes:

"I prize it very highly * * I sincerely trust your life may be long spared to bless the world with still greater things, if that be possible. Your discovery of Osteopathy has been a "boon and blessing" to suffering humanity that will be hard to excel. Again thanking you most heartily. I remain your friend and obedient servant."

W. T. BAIRD.

* * *

DR. ARTHUR ROBERTS, of England writes: "I have read it with great interest. * * * I shall look forward with deep interest to

your larger book, for I am very anxious to learn all I can about your scientific treatment. * * * I remember with deep interest my visit to you."

* * *

MRS. J. E. HILDRETH-WOOD, of Lake Mills, Wisconsin, an old-time friend of Dr. Still, formerly of Kirksville, Mo., writes:

"I hardly know where to begin or what to say first and I feel as Mr. Wood reads it aloud that the end or "finis" will come all too soon. We talk of it, and then read and talk again, for through each chapter runs a great and mighty truth for the world of truth-seekers—a truth never before held up to the world. I look back to the days that have drifted into years, and see you all the way along as few saw you, walking the highways of every day life, social, genial, kind and generous to a fault. I have never forgotten your kindly ways, or how when the shadows fell across your pathway, you walked straight on, and heeded not the scoffs and scornings. I followed in the wake of your footsteps, although not comprehending wholly what was to come. Now good friend, the glory is all around you, and your footsteps are left on the sands of time for always; the star has arisen never to grow dim, and your book is your monument lettered all over with the truths of Osteopathy—and truth can never die."

* * *

"DR. A. T. STILL, Dear Sir:—You have created "war," not with Spain; but I could not let my wife go to bed last night after becoming interested in your "Memoirs." Please accept our sincere thanks for the same and may you live long and enjoy the fruits of your wonderful discovery.

Yours Truly,
A. H. NELSON."

Kirksville, Mo., March 12.

* * *

MRS. JULIA B. FORAKER, wife of the eminent Ohio Senator, in long personal letter, writes as follows of the autobiography:

"It is very interesting and through it all, I can see your personality, which I know will please you, and all of your friends who know you well. It will always be one of the brightest spots in my life to recall the oppor-

tunity and privilege I had of meeting and becoming so well acquainted with you. I feel sorry for those who have not had that privilege. I am looking forward with great pleasure to spending another summer in Kirksville, and hope to find you as strong physically as you are mentally. You are one of the men who should live to be a hundred years old and be a joy and pleasure to your friends every day of your life. Every day of my life I feel so thankful and grateful for my blessings and privileges, not the least of which is the science of Osteopathy and the great privilege of knowing the discoverer and counting him as one of my personal friends."

MRS. SOL. MORRIS, who acted as amanuensis in the production of the Autobiography, and by whose thoughtful foresight through years of waiting much of the material used by the doctor in writing the book was, collected and preserved, sends the following congratulatory note:

MILLARD, MO., MARCH 4, 1898.

"DEAR FRIEND:—One year ago to-day we celebrated the christening of your baby "Joshua," and his growth has been unprecedented. Not only has he grown upward, but outward as well. His head reaches to the British boundary on the north to the gulf of Mexico on the south. His right hand touches the broad Atlantic, his left the mild Pacific, and his fame has crossed the waters on both sides. May you be spared many years to enjoy the company of this your loved child, "Osteopathy," is the prayer of your friend."

MRS. SOL. MORRIS.

PROF. W. P. NASON, the well-known educator, writes:

DEAR SIR:—I read the book from beginning to end, to Mrs. Nason, which is quite a feat for me and for the ability to do so, I am indebted to Osteopathy or yourself, for had it not been for the Osteopathic treatments I have taken, I could not have read the book aloud. We were deeply interested and delighted with the book from the first page to the last. I think it worthy it's great author who has done more for suffering humanity than any man, yes, I might well say, all the

men of this generation engaged in the art of healing, or curing the sick. When I see buildings erected for schools and infirmaries of Osteopathy. I say to myself and then to others: "Dr. A. T. Still is doing this, for if it had not been for him there would, perhaps, never have been any school to teach Osteopathy, or Infirmary to practice its arts in healing the people, in this generation if ever." What an exalted position you hold before the world now, and rightly too, for you had to fight for it and the truth, against great odds and for many long years. How delightful must be your thoughts in the quiet hours of meditation when you think of what you have accomplished, and what you are accomplishing for the inhabitants of this world. Thousands now rise up and call you blessed and they, in the future, will be legions. From the very depths of my heart I say long live Dr. A. T. Still to bless the world and enjoy the fruits of his labor."

MRS. NETTIE H. BOLLES, D. O., of Denver, Colorado, formerly teacher of Anatomy in the American School of Osteopathy, and later a very successful representative of Osteopathy in Denver, says:

"Several of the chapters came to me as old friends as I have many a time heard the substance of them from your own lips. That you can recall so many of the incidents of your life during the early days of Kansas seems quite remarkable to us all. My father spoke of it, particularly in regard to incidents of which he had a personal knowledge at the time, but which had passed entirely from his mind until recalled by the perusal of your memoirs. To your friends this volume will ever be a most precious souvenir, for in its pages you, yourself, are talking to us. To one who reads, there can be no question as to whom the honor is due for the discovery of Osteopathy. May you long continue to be our counsellor and guide, and lead us on to greater victories in the battle with the enemies of health and happiness."

EDITOR JOURNAL OF OSTEOPATHY:—I want to say to the reading public that I have just received the Autobiography of Dr. A. T. Still. Any one who will read it, will not

only be convinced of the fact that the use of medicine is not only inadequate to the cure of disease, but that it is sinful. Any man or woman who reads the book will be a better man or woman, for having done so. It brings you nearer our Great Creator, and loving Heavenly Father.

MRS. JAS. W. HUNT.

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GEORGE J. HELMER, one of the leading representatives of Osteopathy in the Empire state, writes as follows:

NEW YORK, MARCH 5, 1898.

I write to thank you most heartily for that book for which we have been waiting so long and so impatiently. It was a great surprise in having the same presented as a gift by the author and his own signature makes the volume of double value.

The book is a beautiful little volume and its contents truly characteristic of "Pap." Trusting you may live long and enjoy the harvest for which you toiled long and hard, I remain your Osteopathic Son,"

GEORGE J. HELMER.

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DR. A. T. STILL, Respected Friend.—I have learned that you are somewhat "under the weather," and my only reason for not calling upon you is the belief that too many calls upon the unwell is not good. However, I enquire of your health whenever I have an opportunity. It seems to me that your hardest work is now done, and that you should rest your mind as much as possible. Labor of the mind, you are aware, is the hardest, or more wearing than any other labor one can perform. With efforts of the mind on your part, I hope you may recuperate, and I see no reason why you should not enjoy for sometime in the future even better health than during the time of your investigations and labor against opposition in bringing your valuable discoveries to the notice of the public.

Through your discoveries I think I can safely say that you have saved my life three times; and through these things, and the benefit to humanity through you, will ever keep me in kind remembrance of you.

I have nearly finished reading your book, and must say it is superb.

From one who has been your friend, is your friend, and always will be your friend.

WM. HART.

Kirksville, Mo., March 15, 1898.

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COL. A. L. CONGER, who is spending the winter in Arizona, writes:

DEAR DR. STILL:—I received your book on my sixtieth birthday, the 19th of February. It was indeed a beautiful birthday gift from you, and I prize it very highly. I have examined the book, and it is a great credit to you and will raise you greatly in the estimation of all friends of Osteopathy, also the medical profession; and the public as well.

To receive an autograph copy of this book from your hands is indeed a great compliment, and I have hardly fitting words to express the thanks I owe you for it.

Very respectfully, your friend,

A. L. CONGER.

DR. STILL'S NEW BOOK.

THE PHILOSOPHY OF OSTEOPATHY.

The Osteopathic world is loudly calling for Dr. A. T. Still's new book on Osteopathy. Now that the Infirmary, School and Journal have been placed on a splendid footing, the Doctor after a brief rest from writing his Autobiography, will devote himself to his new book on Osteopathy, which will be a philosophical treatise on the law and philosophy of Osteopathy, and not a mere recipe for punching here or pressing a button there, to deceive and delude the public with quacks in the science. It will not be a book with numbered keys on which to press in order to produce a supposed automatic effect, but a book for the scholar and philosopher. A man might as well expect to become adocor by reading an almanac as to become an Osteopath from studying one of these receipts (so-called text books) for Osteopathy. Dr. Still's great work is about half completed and will be finished in a few months. But two persons, Mrs. Sol Morris, his amanuensis, and John R. Musick, have been permitted to read the manuscript. When the work is ready for publication it will be issued, and those who are honestly studying the science of Osteopathy can afford to wait.

ROSTER OF STUDENTS

AMERICAN SCHOOL OF OSTEOPATHY.

OCTOBER (1896) CLASS.

Albright, Mrs. Grace. Queen City, Missouri
 Banning, Mrs J W. La Plata, Missouri
 Beal, Miss Tacie. Clarinda, Iowa
 Beaven, E. H. Fulton, Missouri
 Bowden, R W. West Salem, Wisconsin
 Brock, W. W. Montpelier, Vermont
 Burton, J. C. Paris, Missouri
 Burton, George. Paris, Missouri
 Chambers, Miss Etta. Kirksville, Missouri
 Clayton, G. F. Utica, Illinois
 Conner, Miss Mary. Paradise, Oregon
 Corbin, W S. Brashear, Missouri
 Craven, Miss J. W. Evanston, Illinois
 Deeming, C. O. Kirksville, Missouri
 Dale, W. E. Louisville, Kentucky
 Dodson, C. Kirksville, Missouri
 Dodson, J. W. Kirksville, Missouri
 Donohue, M. E. Beresford, S. Dakota
 Duffield, Miss Bessie, Kirksville, Missouri
 Eneboe, Miss Lena. Canton, S. Dakota
 Elliott, W. S. La Plata, Missouri
 Fisher, Albert, Sr. Chicago, Illinois
 Foster, Mrs. Fannie. Carrollton, Missouri
 Fout, Geo E. Kirksville, Missouri
 Gage, F. S. Baird, Texas
 Gervais, W. A. Crookston, Minnesota
 Green, Mrs. L. E. Hot Springs, S. Dakota
 Harris, M. B. Columbia, Missouri
 Harwood, Miss Irene. Maysville, Missouri
 Hofsess, J. W. Benton City, Missouri
 Huston, Miss Grace. Circleville, Ohio
 Jefferson, J. H. Des Moines, Iowa
 Kelley, Mary E. Sioux City, Iowa
 Kennedy, Sylvester A. Rochester, Minnesota
 Klumph, C. C. Jr. Chicago, Illinois
 Kyle, C. T. Downs ville, Wisconsin
 Laughlin, W. R. Kirksville, Missouri
 Lewis, J. L. Kirksville, Missouri
 Long, J. Weller, Kirksville, Missouri
 Mairs, H. T. Unionville, "
 McCartney, L. H. Hoxie, Kansas
 McNicoll, Miss D. E. Darlington, Indiana
 Miller, Mrs. Ella Ray. Salmon City, Idaho
 Mingus, C. A. La Plata, Missouri

Morris, J. T. Kirksville, Missouri
 Morgan, S. H. " "
 Neely, Miss Marie F. Franklin, Kentucky
 Nelson, Miss Camille. Kirksville, Missouri
 Northrop, W. N. Louisville, Kentucky
 Novinger, W. J. Novinger, Missouri
 Owen, E. M. Omaha, Nebraska
 Potter, Miss Minnie. Kirksville, Missouri
 Pellet, H. L. Prairie Center, Kansas
 Ray, T. L. Kirksville, Missouri
 Rhynsburger, Will. J. Des Moines, Iowa
 Rozelle, Mrs. Lida K. Tarkio, Missouri
 Severson, Miss K. M. Cohoes, New York
 Sherburne, F. W. Barre, Vermont
 Sisson, Miss F. E. Genoa, Illinois
 Swan, W. E. Franklin, Kentucky
 Thompson, J. A. Kirksville, Missouri
 Trenholm, A. M. Trenholmville Quebec
 Turner, Thomas E. Kirksville, Missouri
 Underwood, E.B., Lake Como, Pennsylvania
 Underwood, H.R., Lake Como, Pennsylvania
 Vance, G. T. Pomona, California
 Walker, Mrs. Cornelia. Cameron, Missouri
 Westfall, E. E. Grayville, Illinois
 Wilson, T. N. La Plata, Missouri
 Wirt, J. D. Kirksville, Missouri
 Wyckoff, Louis E. Fairview, Illinois

JANUARY (1897) CLASS.

Brundage, C. L. Kirksville, Missouri
 Buckmaster, Pearl. Kirksville, Missouri
 Brush, D. R. Centerville, S. Dakota
 Currey, Miss Algah. Kirksville, Missouri
 Clark, D. L. Harvard, Iowa
 Chapman, Miss Nora, Platteville, Wisconsin
 Dodson, A. T. Kirksville, Missouri
 Dillon, H. G. Ludlow, Illinois
 Ernst, J. Y. Yorktown, Iowa
 Gilmour, G. H. Kirksville, Missouri
 Goetz, E. W. Cincinnati, Ohio
 Goetz, H. F. Quincy, Illinois
 Gehrke, Carl. Kirksville, Missouri
 Harris, Harry. Kirksville, Missouri
 Hardy, J. H. Greensburg, Missouri
 Johnson, J. K. Kirksville, Missouri
 Mullins, J. M. Omaha, Missouri
 McLelland, Chas A. Kirksville, Missouri

- May, B. E. Kirksville, Missouri
 Mansfield, T. B. Kirksville, Missouri
 McKeehan, W. A. Ft. Madison, Iowa
 Nienstedt, G. Clarinda, Iowa
 Reynolds, J. F. Kirksville, Missouri
 Sommer, Charles, Sedalia, "
 Smith, Caryl T. Kirksville, "
 Willcox, S. W. Yankton, So. Dakota
 Willcox, Mrs. S. W. Yankton, S. Dakota
- APRIL (1897) CLASS.
- Anderson, J. E. Macomb, Mississippi
 Ashlock, H. Thomas. Kirksville, Missouri
 Agee, P. M. Kirksville, Missouri
 Boyes, E. H. Aux Vasse, Missouri
 Burris, J. I. Kirksville, Missouri
 Beets, W. E. Kirksville, Missouri
 Beckham, J. J. Mystic, Iowa
 Bodwell, D. M. College Springs, Iowa
 Bodwell, R. C. College Springs, Iowa
 Chapman, Frank Gerlaw, Illinois
 Chapman, Mrs. Gerlaw, Illinois
 Coons, W. N. Estill, Missouri
 Creswell, Lena Villisca, Iowa
 Chappell, G. G. Kirksville, Missouri
 Chappell, E. C. Kirksville, Missouri
 Corbin, Mattie. Kirksville, Missouri
 Clark, M. E. Petersburg, Illinois
 Carter, Mrs. Georgia. Kirksville, Missouri
 Conuer, H. L. Kirksville, Missouri
 Cupp, H. C. New London, Missouri
 Carstarphen, E. T. New London, Missouri
 Chase, L. Farmer City, Illinois
 Corbin, E. L. Kirksville, Missouri
 Dufur, J. I. Kirksville, Missouri
 Dufur, Mrs. Nannie. Kirksville, Missouri
 Duffie, Warren M. Kirksville, "
 Doneghy, A. I. Kirksville, Missouri
 Delahan, William. Helena, Montana
 Eckert, E. C. Kirksville, Missouri
 Eckert, G. J. Kirksville, Missouri
 Eckert, W. H. Kirksville, Missouri
 Erford, Ida J. Carlisle, Pennsylvania
 Edwards, Alice. King City, Missouri
 Evans, A. I. Kirksville, Missouri
 Finch, F. D. Kirksville, Missouri
 French, E. B. Greentop, Missouri
 Giddings, Nell. Hamilton, Ohio
 Garrett, M. E. College Springs, Iowa
 Gildersleeve, Jessie. Kirksville, Missouri
 Gebhart, O. C. Ray, Missouri
 Hardin, Melville C. Kirksville, "
 Henninger, Grace. Hamilton, Ohio
 Helm, W. W. Laclede, Missouri
- Helmer, J. N. Morrisburg, Canada
 Hunt, Adah. Gallatin, Missouri
 Hunt, Albert T., Unionville, Missouri
 McKenzie, A. L. Macon, "
 Wheeler, J. D. Randolph, Vermont
 Kerr, C. V. Kirksville, Missouri
 King, T. M. College Springs, Iowa
 Kincaid, D. H. Milan, Missouri
 Lovell, S. E. Milan, Missouri
 Link, W. F. Kirksville, Missouri
 Lyda, J. L. La Plata, Missouri
 Lorenz, C. E. Kirksville, Missouri
 Minear, N. O. Kirksville, Missouri
 McBurney, Mrs. T. M. Kirksville, Missouri
 McKenzie, A. L. Macon, Missouri
 Martin, L. D. Williamstown, Vermont
 Milliken, F. M. Nind, Missouri
 Minear, J. F. Kirksville, Missouri
 McConnell, W. A. Washington, Vermont
 McCulley, Maggie. Bailey, Missouri
 McKeehan, Ethel. Kirksville, Missouri
 Milford, E. S. Villisca, Iowa
 Notestine, Flora. Kirksville, Missouri
 Owens, Mrs. Charles. Monmouth, Illinois
 Owens, Charles, Monmouth, Illinois
 Osenbaugh, Mrs. A. D. Kirksville, Missouri
 Poage, J. F. Kirksville, Missouri
 Peterson, Mrs. J. E. Spokane, Washington
 Quintal, J. A. Kirksville, Missouri
 Runyon, S. H. Joshua, Texas
 Ray, C. D. St. Louis, Missouri
 Riggs, W. L., Unionville, Missouri
 Seibert, O. C. La Plata, Missouri
 Swett, B. A. Kirksville, Missouri
 Smith, Allie M. Plevna, Missouri
 Sholley, W. M. Kirksville, Missouri
 Stephens, M. L. Kirksville, Missouri
 Teall, C. C. New York City
 Wheeler, G. A. Randolph, Vermont
 Wheeler, C. G. Montpelier, Vermont
 Waters, A. R. Clarinda, Iowa
 Wood, E. P. La Plata, Missouri
 Wells, C. E. Waterbury, Vermont
 Whittaker, Esther. Perry, Illinois
 Wenger, H. U. La Plata, Missouri
 Yowell, Elizabeth. Kirksville, Missouri
 Yowell, O. Y. Kirksville, Missouri
 Yakey, W. G. Trenton, "
- SEPTEMBER (1897)
- Bumpuss, J. F., La Plata, Missouri.
 Crawford, Wm. F. Hepburn, Iowa
 Dameron, Francis, Bowling Green, Missouri

Detienne, Harry G. Kirksville, Missouri
 Dugan, R. C. Trenton, "
 Dodson, Ella O. Kirksville, "
 Davis, Huldah Essex, Iowa
 Davis, Otis E. " "
 Ellis, H. P., Kirksville, Missouri
 Goodrich, L. J. Kewanee, Illinois
 Hart, Miss Julia L. Clarksburg, W. Va.
 Harrington, Walter W. Clarinda, Iowa
 Hazard, Chas. C. Kirksville, Missouri
 Haley, C. J., Macon "
 Hicks, R. Celeste. Inkster, Michigan
 Hardy, Linda Hiawatha Kansas
 Jennings, Mrs. F. E. . . . Centralia, Illinois
 Kibler, J. W. Kirksville, Missouri
 Kibler, J. M. Kirksville, Missouri
 King, H. F., Hester, "
 Kretschmar, Howard, . . . Chicago, Illinois
 Loudon, Guy E. Shenandoah, Iowa
 Marsteller, Chas. E. Harrison, Nebraska
 Meekes, William. Kirksville, Missouri
 McGee, Jas. H. Clarinda, Iowa
 McIntyre, H. H. Randolph, Vermont
 McIntyre, Marion. Randolph, Vermont
 McIntyre, H. B. Randolph, Vermont
 Mayhugh, C. W. Rothville Missouri
 Mayhugh, J. H. " "
 Patterson, James R., . . Madison, Wisconsin
 Peterson, Alfred W. Alcester, S. D.
 Riley, Harry L. Biglow, Missouri
 Ryals, Henry B. Kirksville, Missouri
 Ross, C. A. Louisville, Kentucky
 Rice, W. L. Brashear, Missouri
 Reid, Chas. C. Marion, Illinois
 Rees, J. T. LeMars, Iowa
 Strother, J. O. Winfield, Kansas
 Switzer, C. R. Evanston, Illinois
 Sigler, Chas. M. Kirksville, Missouri
 Smith, W. J. Kirksville, "
 Seaman, W. J., Elsberry, "
 Sherburne, H. K., Montpelier, Vermont
 Sheehan, Thomas. Beresford, S. Dak.
 Smith, Karl K. Clarinda, Iowa
 Slavin, J. L. Danville, Kentucky
 Thomas, R. F. Hale City, Missouri
 Tanner, Mrs. H. A. Beresford, S. D.
 Tracey, F. L., Springfield, Illinois
 Wilson, Lela Kirksville, Missouri
 Underwood, H. W. Binghampton, N. Y.
 Vernon, Alonzo W. Coulterville, Illinois
 Vernon, Elizabeth, Louistown, Missouri
 Walpole, Miss Eliza. Storm Lake, Iowa
 Wilson, Miss Laura J. St. Paris, Ohio

Williams, A. J. Unionville, Missouri
 Waite, William O. La Plata, Missouri
 White, William H. Beresford, S. D.
 Williams, R. H. Cameron, Missouri
 Williams, R. A. Memphis "
 Wheeler, Geo. D. Barre, Vermont
 Bower, John H. Eureka, Kansas
 Baughman, J. S. Burlington, Iowa
 Bandel, Chas. F. Crawfordsville, Indiana
 Barnes, S. D. Chicago, Illinois
 Bynum, H. R. Scottsboro, Alabama
 Collier, C. H. Clarinda, Iowa
 Chase, W. B. St. Paul, Minnesota
 Conger, Mrs. A. L. Akron, Ohio
 Crenshaw, John H. . . . Maysville, Missouri
 Coffman, Kent W. . . Sacramento, Kentucky
 Coffman, Mrs. Alice, Sacramento, Kentucky
 Carlock, Chloe C. Normal, Illinois
 Dann, H. J. Siouxs City, Iowa
 Downing, D. N. Knox City, Missouri
 Detienne, Elizabeth. Kirksville, "
 Dameron, Tella, . . Bowling Green, "
 Desmond, Mrs. Marie Eckley, Denver, Colo.
 Drennan, Thos. L. New Franklin, Mo.
 Farmer, John F. . . Spring Valley, Minnesota
 Farmer, Frank C. Spring Valley, Minnesota
 Foncannon, Mayme, . . Kirksville, Missouri
 Gregory, Mrs. Josie E . . Canton, "
 Glasgow, A. M. Kirksville, "
 Hickman, L. D. " "
 Heiny, Frank R. " "
 Howells, William B. New York City
 Hester, J. M. Allenton, Iowa
 Jamison, C. E. Coulterville, Illinois
 Jones, Thomas Drew. St. Louis, Missouri
 Kincaid, Mrs. L. C. Milan, "
 Lyda, W. L. Atlanta, "
 Maika, Cordelia L. Nebraska
 Morris, B. F. Winterset, Iowa
 Mattison, N. New York City
 Morehead, Lelia . . Sacramento, Kentucky
 Montgomery, Mrs. M. E. Villisca, Iowa
 McManama, W. C., Mitchelsburg, Kentucky
 Nuckles, Robt. H. Marshall, Missouri
 Oldham, Jas. E. Franklin, Kentucky
 Oldham, Mrs. Jas. E. "
 Proctor, Clara L. Fairdale, Illinois
 Rogers, Allard W. Binghampton, N. Y.
 Willard, Earl Kirksville, Missouri
 Walrod, Dora May. Beresford, S. D.
 Waite, Webb H. Los Angeles, California
 Woolery, Homer Bloomington, Indiana

FEBRUARY (1898) CLASS.

Allen, Bertha. Kirksville, Missouri
 Allabach, Lazarus Wilkesbarre, Penn
 Albright, Bert. Stahl, Missouri
 Arthaud, D. New Market, Iowa
 Baker, John E. Arney, Indiana
 Beall, Isaac M. Kirksville, Missouri

- Barker, Mrs Kirksville, Missouri
 Braden, A. E. Kirksville, Missouri
 Blanchard, S. W. Montpelier, Vermont
 Boyles, Louis G. Ottumwa, Iowa
 Canfield, C. B. Florence, Colorado
 Chappell, Miss Minerva. Kirksville, Missouri
 Chafee, George D. Shelbyville, Illinois
 Clark, Wm. Ottumwa, Iowa
 Collins, Annie E. Akron, New York
 Conner, R. W. Kirksville, Missouri
 Cheatham, W. E. Hatton, Missouri
 Case, Dr. C. M. Furgeson, Missouri
 DeFrance, Josephine. San Francisco, Calif
 Dawson, Minnie. Kirksville, Missouri
 Dickeon, J. Homer. Adams, Nebraska
 Dobson, Mrs. W. D. Kirksville, Missouri
 Eaton, J. A. Randolph, Vermont
 Elliott, Marion S., Flandrean, South Dakota
 Elliott, W. E. Brashear, Missouri
 Edmonds, Bessie. Manchester, Iowa
 Elmore, R. R. LaPlata, Missouri
 Ellis, Mrs. Sue E. Kirksville, Missouri
 Ewing, Homer V. Kirksville, Missouri
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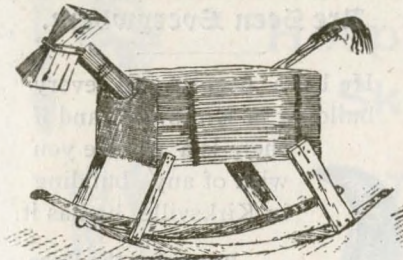
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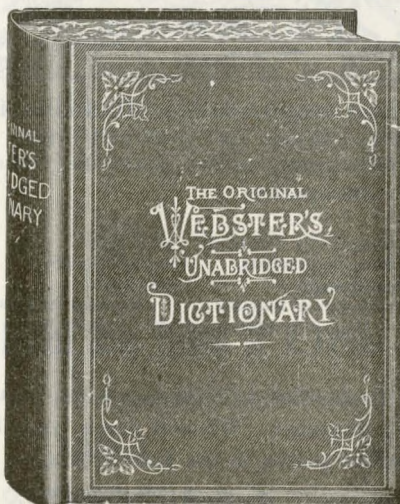
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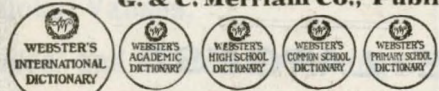
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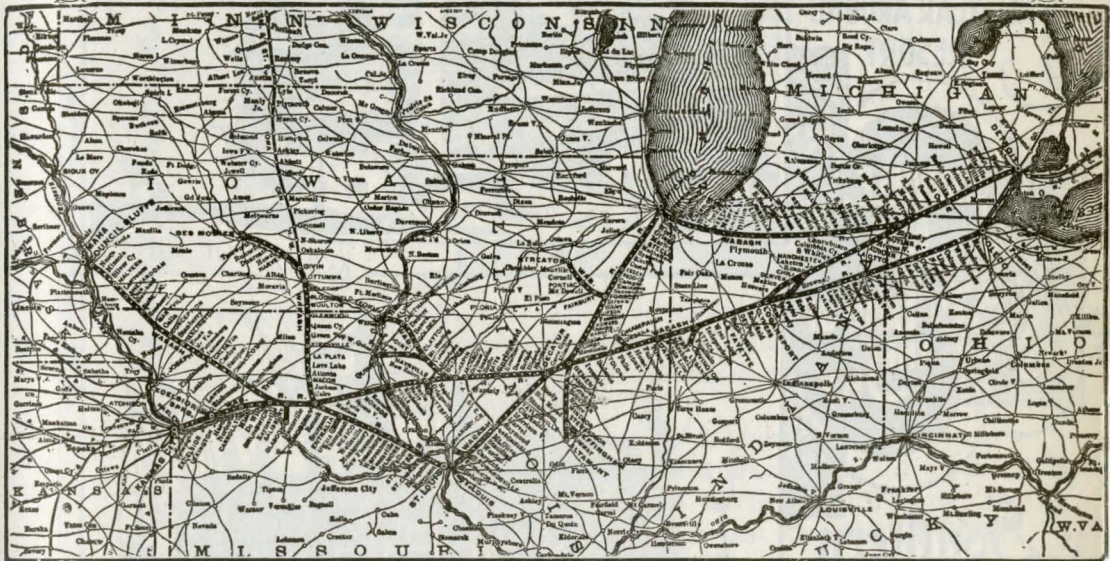
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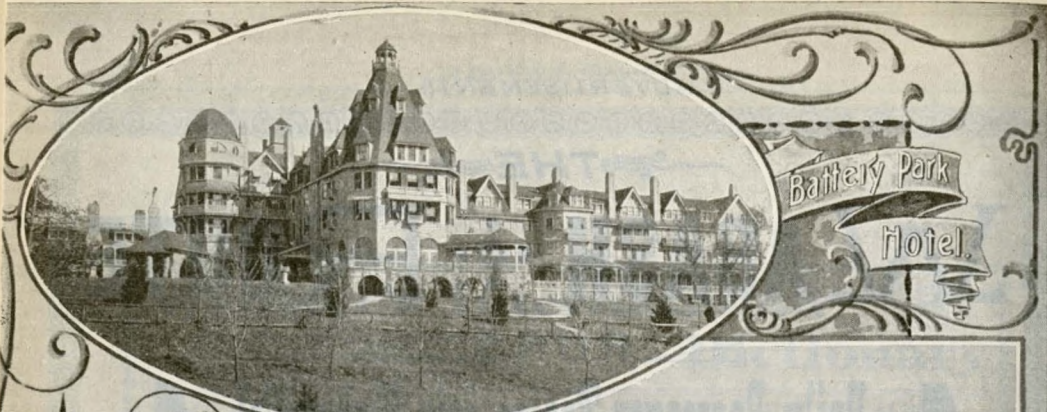
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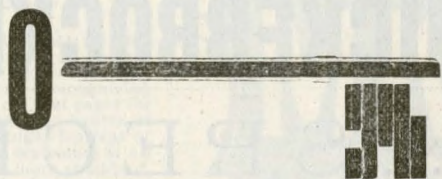
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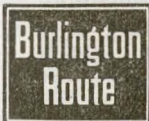
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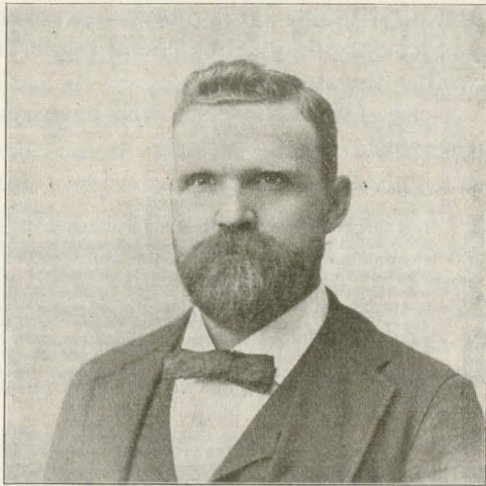
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WILLIAM HARTFORD, D. O.

WILLIAM HARTFORD, whose picture is presented on this page of the Journal of Osteopathy, stands in the very front rank of successful Osteopaths. Dr. Hartford is one of our western men who has had a hard struggle in life, but has come off triumphant. He was educated for a school teacher, and for the first few years of his life followed that profession.



He was attracted to Osteopathy some years ago, when Dr. Still and his followers began performing so many wonderful cures, and entered the American School of Osteopathy and began the study of the science. Dr. Hartford was a close student, and a careful reasoner. He went to the bottom of every subject in the curriculum and while at work in the clinics began to

evinced wonderful judgment in the diagnosis and treatment of diseases.

Dr. Hartford graduated June 22, 1897, and went to Iowa to engage in the practice of Osteopathy. The most wonderful success attended his efforts. Some chronic cases supposed to be incurable were brought to him which he healed. The reputation he gained in a short time crowded his office with patients, and he was rapidly becoming famous, when the anti-Osteopathic law went into effect in that state, and drove him away.

Dr. Hartford next went to Ogden, Utah, where he engaged in the practice of Osteopathy. His usual success attended his efforts, and he soon had all the work he could do. But the medical laws in Utah were stringent, and he was soon the object of medical persecution. He was arrested for practicing without being a graduate of some medical College. He was arrested, tried and acquitted. Again he was indicted, but from a flaw, the indictment was quashed. Dr. Hartford left Utah then and came east, locating at Champaign Illinois. There need be no fear of Dr. Hartford's success in his new location. His past has been one succession of brilliant triumphs over pain, sickness and death, and no one can doubt but that in the future he will continue to prove the same invincible champion over disease and death.