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## DEFINITION.

**Os-tě-ōp-a-thŷ, s.** [Gr. *ὀστέον* (*osteon*)=a bone, and *πάθος* (*pathos*)=suf. sing.]

*Legal:* "A svstem, method, or science of healing."

(See statutes of the States of Missouri, Michigan, Iowa, etc.)

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

*Technical:* Osteopathy is based upon accurate knowledge of the anatomical structure and physiological functions of the body organism. Nature has placed within the body certain vital forces, vitalized fluids, and vitalizing processes and activities which, in harmonious accord with one another, maintain the normal equilibrium of the body mechanism; any disturbance of these forces, fluids or processes and any interference with their activity, circulation or distribution involves the absence of harmony and interference with the body order. Osteopathic manipulations aim to restore these to their normal condition, so that the body may regain its normal functional equilibrium and form. In this way Osteopathy claims that life is re-vitalized and strengthened by vital forces, vitalizing fluids and processes, disease being removed or overborne by getting rid of an abnormal structural alignment that produces disharmony in the body and prevents normal functional activity.

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

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

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

**Os-tě-ōp' a-thist, s.** One who believes in or practices Osteopathy.

# JOURNAL OF OSTEOPATHY.

VOL. VI.

KIRKSVILLE, MISSOURI, AUGUST, 1899.

No. 3.

## DR. A. T. STILL'S DEPARTMENT.

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### VALUE OF THE STUDY OF ANATOMY.

LONG experience and experimenting with the human body has convinced me that there is but one way to comprehend and simplify the subject of healing. We have to look upon man whose deformities we wish to correct as a machine, of which all parts must be in a condition to do their part of the service necessary to producing and maintaining a healthy condition, and with this conclusion I have settled down to this method of reasoning, and that is, that all parts of the anatomy of man must be normal in size, strength and principle, to maintain health. I have decided that any other study than that of the human body—or the study of anatomy—is of but little use to him who would approach and find a body in an abnormal condition with a view of causing to return to the normal—he can only hope to do so by his knowledge of anatomy, which will skillfully conduct his mind from place to place to observe any variation of the system from the normal. Thus anatomy is his morning, his noon and his setting sun of light. One asks—would you not use physiology in the healing art? my answer is yes—and that physiology is a part of anatomy as much so as osteology is of anatomy. Another asks—of what use is histology? A ready answer to that question is that histology only draws the mind's eye to observe the very finest work and machinery known by the study of anatomy. A third one asks—of what use is chemistry in this court of investigation? A proper answer to this question comes in so many words—it is only a witness to prove that chemical work going on in the works of Nature known as the physiological part of anatomy—therefore it is useful. Another asks—of what use is symptomatology? We answer that by asking this one question—of what use is a gauge cock or glass tube to an engineer but to mark the condition of the steam and water in the boiler? When I say this I do not mean the old and unreliable system of guess work that begins with—"I suppose so" and winds up with "however" and has the credit of being called scientific symptomatology, but I mean that kind of symptomatology that can and does tell what condition the engine is in by unnatural sounds, hiss-

ing, sizzing, "chucks and clucks," heats of boxing, journals and so on of his engine. I mean that if an Osteopath does understand his anatomy and is trained to observe—he can tell when the system is out of order and what causes the failure of a part or of the whole engine when he inspects it anatomically, for anatomy is what you want first, last and all the time, in your head, in your soul and in your hands in particular, because man is the engine and is the pattern of all engines.

For conveniences' sake the study of anatomy has been divided into several divisions or lessons for the student. He commences with the bones—their forms, and their uses which we call osteology. Lesson number two comes when the student learns to tie the bones together. In lesson three he learns the forms, places and uses of the muscles. His fourth lesson deals with the blood supply and the vessels formed for that purpose. His fifth embraces a knowledge of the use and quality of the nerves which convey vital forces. His sixth lesson teaches him where and how the blood and other fluids are prepared in the chemical laboratory that is found in the human body, this lesson is called physiology and is a very important lesson; It should be pointed and impressively taught, and be as little voluminous as possible for the practical Osteopath. With this lesson it is necessary to have a good rudimentary knowledge of chemistry and that knowledge for the light it throws upon the physiological laboratory that is playing in the human body all the time.

\* \* \*

QUESTIONS ANSWERED.

I AM often asked this and similar questions: "Dr. Still, what caused you to study out the great truths of curing the afflicted without drug remedies?" As you have asked me that question, I will give you this as a partial answer: First, I tried the ability of drugs, as taught and administered by Allopathy, then noticed closely the effect from the schools of Eclecticism and Homeopathy; I concluded all was a conglomerate mess of conjectures and experiments on the ignorant sick man, from the crown to the heel. I learned that a King was just as ignorant of the nature of disease as his coachman, and the coachman no wiser than his dog. I had passed through measles, whooping cough, and the full list of contagious, climatic, and diseases of the seasons. I was raised by a graduate of medicine, who trained me to observe the start, progress and the two endings of disease. The one to get well despite drugs and disease; the other to die amidst pills, prayers and all human efforts. I was familiar with the word "God" from a child up. My father was a good man (or tried to be.) He gave me castor oil, rhubarb, gamboge, aloes, calomel, lobelia, quinine and soap pills, then he would ask God to bless the means being used for my recovery. When I grew older I followed in his foot-steps all but asking God to bless the

means and poisonous filth I was using in my ignorance of cause and effect. I thought the filth I had given would kill or cure if it was its nature to do so, and in time nature's scraper would scrape out the system and the patient would get well.

I began to look for a God of truth who did not guess at all things. I learned to believe that there was a reliable God at the head of all things—one who did not use morning bitters to tone him up for the coming day's work. I began to learn that all his work when done was placed above criticism or even a suggestion of criticism. I concluded I would prove him and see if he was as wise as I thought he was. I put his work on the race track of reason and experiment. It got the purse of victory every time and all the time.

I got ready to attend the fall races. I got up in the judge's stand where they ring the bell to "go." Nature's little pony came out on the track. He was not much bigger than a goat. He sided up by the fine steeds of drugs, and at the word "go!" he started out at full speed. I was afraid the fiery steeds would run over him. The race grew more interesting each quarter-post he passed, and he won the prize in fall diseases, because he depended upon Nature's law. The horses of much ribbon and big saddles tried their very best; they broke gait, ran and plunged in wild confusion, determined to pass Joshua, but he got the purse, blue ribbon and all, in the fall races.

They found that Joshua had nothing to do with jockey racing. He went on into winter and spring diseases; he commanded them to stand and they did stand.

When the races were through and the fiery steeds found there was no use to measure speed with "Joshua" they made many suggestions. That, as Osteopathy was a great truth discovered and demonstrated by Joshua, it could be made a great money scheme; that millions could be made out of it; that its literature should be placed upon all news-stands because of the anxiety of the people to know something of the pedigree of this little horse of so many victories on all race tracks, where the speed and efficacy of remedies should have a fair trial and the ribbon be awarded to the successful contestant; that the notoriety thus obtained will give in favor of Joshua the lever by which we can make countless millions, if we use it.

Joshua stopped and looked at the sun and moon which he had commanded to stand. The order had been obeyed at once, and while looking at those wonderful planets he said: "I will go into no jockey races, combines or organizations by which one dollar or cent can be taken unjustly from suffering humanity. Fame and money are not what I want, unless it be given me at the tracks where the ribbon of merit is awarded to the successful horse, without jockeying or collusion whatever."

Osteopathy is not the outgrowth of printer's ink; but of what it has been able to do for the afflicted when all other methods had failed to give

relief. The mouths of the once afflicted and now well are the oracles through whom the growth of this science has been made great and world-wide famous. It is the cures, not paper stories.

\* \* \*

ANATOMY AND OSTEOPATHY.

**A**NATOMY well understood and wisely applied for the alleviation of diseases is what should be meant by Osteopathy. Disease means some abnormality of the anatomy and the Osteopath must find and correct that condition to the true line of Nature's wants or he is only worthy of the name masseur or is a superficial blank. Nature is a large field with rivers of pure thought and he must drink and drink freely if he would succeed. The ways of Nature are pleasant beyond comparison; she from her kindly breast gives only milk that can feed and nourish the mind—that milk can make us see worlds of beauty where we failed to see even a shadow.

Osteopathy is Nature trying to vindicate itself by building anew all parts of the body from its own laboratory in which substances are prepared from crude material. Anatomy helps us to know and to judge when we are normal or when we are abnormal in all of the parts of the body. Anatomy is not simply a knowledge of each part of the body but treats of their use, either in a general or a special way. Chemistry has an important place to fill by way of proof that in man the most wisely arranged system of chemistry is at work all the time, and to be familiar with that is to know that life is a power and is wisely sustained throughout all Nature.

## MICROPHOBIA.

M. E. CLARK, D. O.

**M**OST scientific men of today may be regarded as extremists. New theories are daily presented to explain the phenomena that are taking place about us. When a new theory is offered the man who originated the idea, expects to prove everything concerning that particular line by his theory and make other theories conform to his special one. This is especially true of the microbe theory and it is the intention of this article to show some of the fallacies of the germ theory as commonly accepted by the medical profession.

Since so many different micro-organisms have been discovered within the last century and as we are supposed to be encompassed by so many hidden foes, both real and fancy, we might well say, microphobia, which would seem an appropriate term to apply to this condition, is abroad in the land. Nearly all diseases described in a standard practice of medicine are explained from the microbe point of view. New microbes are discovered, hence new diseases bearing the name of the discoverer, spring into existence. New germicidal hybrids are formulated by some enterprising drug house. Is the man of today anatomically or physiologically different from the man of a century ago? Do the causes of the various diseases change? Lagrippe was comparatively an unknown disease a few years ago but now one of the most prevalent. Is this a new disease or is it an old disease with a new microbe?

Gall stones are now attributed by some authors such as Welsh and others to micro-organisms. The Kloeb's-Loeffler bacillus can be found in the fauces of a diphtheritic patient. The tubercle bacillus is usually present in phthisis but does that prove that it is the cause of the disease? Not necessarily so. These different bacteria have been found in the sputa of healthy individuals.

Do not mistake our meaning. We believe that the microbes are found and play an important role in the disease, but only as secondary factors. Too much importance is attached to them in the etiology of disease. The human body is a perfect organism, capable, if in a healthy condition, to resist all ordinary microbial attacks. Pathogenic bacteria live on dead or partially dead tissues.

Dr. Still says: "The largest microbe is the vulture which lives upon the carcasses of dead animals. Then in successive order we have the buzzard, carron crow and finally the microscopic vulture, the microbe." The food of the microscopic vulture is the decayed matter of the body. Some stagnated portion of the human body whether on a mucous lining or broken skin offers a nidus for these ever present germs. In short they are the



*occasion* while the *cause* of disease is the malnutrition. If the body has become weakened from any cause whatever, it is predisposed to disease and not until then does the work of the microbe begin.

Now the question arises how can we keep the body in a condition to repel disease? According to the Osteopathic theory the body is supplied with the best germicide known, viz: pure blood. This has been demonstrated by experiments. Nuttall says: "The serum of the blood is directly detrimental to the vitality of certain pathogenic bacteria. Some say this is due to a living albumen, while others think the nuclein most important, but we should think all parts necessary even though certain of its elements are germicidal.

Why does one person contract consumption while another equally exposed is exempt? Are we not daily exposed to the attack of countless millions of these bacilli? Why do we not take the disease? Is it not due to the condition of the system? Our answer would of necessity be good if not perfect circulation of the blood. When the blood is impeded, malnutrition follows, hence predisposition to disease.

Dr. Cutzer in an article in the April number of the Dietetic and Hygienic Gazette says: "I think we may reasonably conclude that tuberculosis is a disease of malnutrition of the tissue elements of the body; and that the bacillus while it has considerable work to do and has great influence over the course of the disease *is not the prime factor or cause.*" He further says "As to the treatment indicated: Shall we endeavor to destroy the microbes and with this object in view continue to experiment with serum therapy, or shall we by a rational system of hygiene and of nutrition build up and fortify the system against the inroads of the bacillus."

This is in line with the Osteopathic theory of the disease and we think the time will soon come when we shall regard the microbe as a secondary element in the etiology of disease.

We may now apply our subject. Are not the people and especially the American people going to the extreme in regard to bacteria? Look at the number of germicidal agents. Germicides are all right in their place but we are afraid that they are misapplied. The natural germicide, pure blood, is neglected. The real cause of fear should be malnutrition.

The lymphatics clog and the albumen dries up from improper care and exposure.

Too little power is ascribed to nature, too much to bacteria.

The psychic element may be applied.

A man with a supposed trouble is almost as bad off as the one with the real trouble.

One who lives in constant dread of the numerous microbes that exist is liable to an attack and does probably yield to their deathly (?) clutches.

Scientists hunt for new bacteria with which to scare the people. A

high sounding name is given to it and to be in the fashion they are cited as the cause of death. We suppose the kissing bug which seems to be the latest dread, will turn out to be a new species of curious and wonderfully made microbe. We would say keep your body in a healthful condition by preventing venous stasis and then you will be perfectly safe against the attacks of the much dreaded micro-organisms.

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## INCOMPETENT EXPONENTS.

S. D. BARNES, B. S., M. E-T., D. O.

IT IS a concise yet well rounded and Macauleyan method that Dr. E. H. Pratt, of Chicago, has of stating a large number of important truths. In writing a "Classification of Osteopathy" in 1897, he made the especially wise remark, "Like all other innovations, it will be first ridiculed, then persecuted, then abused (more by its incompetent exponents than by its enemies) before it will be permitted to pass into history as a legitimate remedial measure."

In its course of passing into history as a legitimate remedial measure, Osteopathy may be said to have passed safely through the first stage in the above category, that of ridicule. Laymen have been little inclined to ridicule Osteopathy; for since such revolutions as that caused by Roentgen's startling announcement that rays of light could be made to penetrate opaque bodies, intelligent laymen have shown a discreet respect for scientific announcements, contrary as they may be to the established order of things. Only doctors have done much ridiculing. But as Roentgen demonstrated, so have the Osteopaths demonstrated their great truths; so that the time has come when the doctor of medicine who ridicules Osteopathy, shows himself to the world to be either ignorant of the subject, or morally small, or even worse. For the science of Osteopathy has already taken upon itself the majesty of a legitimate school of medicine, in the broad sense of the word.

Persecuted, however, we certainly are in many places. But persecution has been considered a work of distinction, and even of glory, in the past, and every great movement that has caused a change, has enjoyed its quota of persecution. It is expected.

The most important stage in Dr. Pratt's forecast of the history of Osteopathy is the abuse by its incompetent exponents. This is an abuse that we need not endure—that we must not endure, and active steps should be taken to prevent it.

Both the public and the profession are entitled to demand it. It is well known to the latter that students have gone out to practice for themselves after six, eight or ten months of Osteopathic schooling; some calling them-

selves regular Osteopaths, others leaving it to be inferred by the confiding public. The consequences of such action can be readily imagined; from the professional point of view, no words are too strong in condemning it.

The sooner the public learns that there are good Osteopaths and bad Osteopaths, regular and irregular, the better it will be for all concerned. "Incompetent exponents" are things that the colleges and the associations should unite in suppressing.

With a view to accomplishing this end let the following facts be spread broadcast among the public.

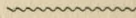
First, that there is an association of Osteopathic colleges, including and fathered by the parent school, the grand old American School of Osteopathy, which association sets the standard of admission to and graduation from Osteopathic colleges.

Second, that there are some colleges not recognized by this association as being up to the standard; and that these colleges have been and are turning out so-called "osteopaths" after spending a greater or less time in "study."

Third, that each of these recognized colleges has a list of its graduates that are fully qualified to practice Osteopathy; and

Fourth, that the public can ascertain either from the college from which a practitioner hails, or from the secretary of the A. A. A. O., whether the said practitioner is fully qualified to practice Osteopathy.

The American Association for the advancement of Osteopathy has set a high standard, and it is due the public as well as the profession that this high standard be maintained; in this way the "incompetent exponent" will soon be eliminated, and the field will be occupied only by those who are ably equipped to do Osteopathic work.



### CURE FOR APPENDICITIS.

THE case of appendicitis recently treated in New York City by Dr. Geo. J. Helmer, a graduate of the American School of Osteopathy, has been extensively published and has created a great deal of comment in medical circles. The following clipping, taken from the *New York Press* of June 12th is, Dr. Helmer writes the JOURNAL OF OSTEOPATHY, essentially correct:

One of the most unusual operations yet recorded in surgery was performed recently on a young woman in this city by which was effected the cure of a case of appendicitis. No knife was used, no medicine, no poultices; no ice packs, none of the usual methods of physicians and surgeons to treat this most serious of ailments. So simple was the method employed that only eight minutes elapsed from the time the physician reached the patient until he had completed his work, and, as he believes, successfully.

The young lady is twenty years old and belongs to an excellent family in Harlem. She naturally does not care to have her name used in connection with the story, so it is withheld. The operation was performed by Dr. George J. Helmer, of Madison avenue and Thirty-first street. Dr. Helmer was called early one morning several weeks ago. He found the patient suffering great pain. The young woman had had similar attacks before, and two physicians, one of them the family physician for many years and the other a physician who attended her in Atlantic Highlands, N. J., had pronounced the trouble appendicitis, and had stated positively that she would have to be operated on with a knife.

PATIENT GOT RELIEF AT ONCE.

The treatment of Dr. Helmer was said to be so instantaneous in its effects and so simple and harmless in its application that some physicians are inclined to wonder why it was not discovered and made use of before.

REQUIRES LONG PRACTICE.

The operation performed by Dr. Helmer was nothing more nor less, as he describes it, than the forcing out of the appendix of the clogging particles that occupied it. To do this from the outside and by merely mechanical means requires the most perfect knowledge of the human anatomy and long practice, but when once understood is simple enough.

Dr. Helmer would not at first discuss the case. He afterward obtained the consent of the patient to do so, she believing it to be a matter of public benefit to have it known that there was a relief for appendicitis other than by the knife. He said:

"The method of treatment is the one used by all Osteopaths, and has been in use by them for some time. It seldom fails of being effectual, and certainly is to be preferred to the difficult operation by which the appendix is removed."

It was suggested by the reporter that this hardly could be considered a cure, as the disease might return when the appendix became clogged again.

"That is true," said the doctor. "But the same is true of any disease you name. No physician, in curing a disease, gives a guarantee that it will not recur under favorable conditions. We think we do well even to relieve in so simple and painless a manner a disease that hitherto has been regarded as a most serious and in many cases fatal one."

While all cases of appendicitis are not amenable to Osteopathic treatment, yet a very large per cent of them are as Dr. Helmer states—the method mentioned is the one used by all Osteopaths, and the fact that he was successful in applying it caused no surprise here. A number of cases of appendicitis have been successfully treated at the A. T. Still Infirmary.

### THE A. A. A. O. CONVENTION.

THE A. A. A. O. Convention met in the Propylaeum at Indianapolis, Indiana, July 5 and 6.

Notwithstanding the extreme heat of the weather nearly one hundred practitioners were present at the opening session, others arriving later. This was the third annual convention of the American Association for the Advancement of Osteopathy. The association is a strong one, and is composed of practitioners from all the Osteopathic colleges in good standing in the United States.

The session opened at 8:45 Wednesday morning by the pronouncing of the invocation.

The President of the association, Dr. S. C. Matthews, of Wilkesbarre, Penn., was unable to be present, and his chair was filled by vice-president, Dr. S. H. Morgan, of Lexington, Kentucky.

The Secretary, Miss Irene Harwood, of Kansas City, read letters of regret from the honorable Governor Mount, and Mayor Taggerty, both of whom were absent from the city on account of ill health. City Attorney Kerns welcomed the visitors to the city in a very cordial manner.

The business of the meeting was then taken up, and the first subject for discussion presented by Dr. F. W. Hannah, of the city. His subject was "The A. A. A. O." The discussion was led by Dr. A. G. Hildreth, of St. Louis, who opened the discourse with a greeting to the members of the association.

Dr. E. W. Goetz was next heard from. He read a very scientific paper on "The Degeneration of the Spinal Cord," giving an outline diagram which brought out his best points so plain, that they made lasting impressions on all present.

Next subject for discussion was "Standard of Excellence" by Dr. L. M. Rheem, of the Northern School, Minneapolis, Minnesota. Dr. Rheem is a very enthusiastic talker, and believes in Osteopathy alone, without drugs or knife. He paid the highest tributes to Dr. A. T. Still, whose sentiments he voiced when referring to Osteopathy as the all sufficient science. Rounds of applause followed him. Mrs. S. D. Williams, of Chicago, led this discussion, which closed the morning session.

#### AFTERNOON SESSION.

At two o'clock the session was opened by Dr. D. L. Tasker, of Los Angeles, Calif., who presented for discussion—"Course of Study." As the practice of surgery with Osteopathy was rather favored in this discourse, a heated discussion followed, led by Dr. J. R. Shackelford, of Nashville, Tenn., and followed by Drs. Liffing, Taylor, Gravett, Thompson, Rheem, Hatton, Hildreth and S. S. Still. A large majority seemed to be in favor of

the study of surgery simply to fit the practitioner for emergency cases and, to enable him to correctly diagnosis, while for operative work it was Osteopathy alone and surgery alone—no combining of the two professions.

Miss Ella D. McNicoll, of Frankfort, Ind., was next on program. She read a very spicy paper on "State Organization" which was discussed by Dr. M. F. Hulett of Columbus, Ohio.

Dr. S. S. Still, president of the Des Moines, (Iowa) school, very scientifically handled "Osteopathy as a Profession," setting forth its best advantages clearly before the assembly. Thus closed the afternoon session.

#### EVENING SESSION

Opened at eight o'clock sharp. Dr. L. O. Cherry, of Milwaukee, (Wis.,) Institute, was the first speaker. He read a paper on "The Future of Osteopathy." After the reading of this paper, it was moved and carried that a committee of five be appointed to select nominees for office for the ensuing year. The appointments fell upon—Ella D. McNicoll, H. F. Goetz, S. S. Still, Frank Moore, J. R. Shackelford.

A paper by Dr. Nettie Bolles of Bolles Institute at Denver, Colo., entitled, "The Associated Colleges," was read by Dr. J. W. Rhynsburger, of Dayton, Ohio. Dr. J. S. Gaylord, of Franklin, Ky., led the discussion, which finished the program. Dr. A. G. Hildreth then moved that vice-president Morgan be heard from. The result of the motion was that Dr. Morgan addressed the assembly. His talk reflected much credit upon himself and association, and was heartily appreciated by all.

A regular love feast of "Short Talks" was next indulged in, Dr. Achorn being the first speaker. He spoke of "The ability of the Osteopath to meet and cope with the Medical Fraternity in either town or city." In support of his assertions he gave his own personal experience with physicians in Boston and other cities. A goodly number participated in these talks, among whom were Dr. Purdy of Buffalo, N. Y., and Mrs. Barr of South Dakota.

Such meetings as these, where social, scientific and professional views are exchanged, are surely the best means of progression possible, and proves that the Osteopath is active in research and study.

In all the discourses of the day there seemed to be one favored point above all the rest, which was a more thorough mastery of the anatomy and physiology of the human body and less time spent on other branches. Evening session was then dismissed to assemble in the parlors of the Bates House, where the evening's entertainment was to be concluded.

Promptly at 10:30 o'clock, the strains of the Grand March from the Montani Brother's orchestra called the guests to the Banquet Hall, where they were ushered in by the gentlemanly colored service. The grand march being led by Judge Andrew Ellison and Dr. Chas. E. Still, 150 guests were soon seated around the festive board. The decorations of the hall and

tables were elaborate and beautiful. No pains or expense was spared to make the occasion perfect. During the evening the Montani Brother's orchestra played a full program. Judge Andrew Ellison, of the chair of medical jurisprudence, in the American School of Osteopathy presided as toast master. The first toast—"The Old Doctor" was responded to by Dr. S. H. Morgan. "Why are we Here?" by Dr. S. S. Still. "The Ladies" by Dr. Chas. Still, "Alma Mater," by Mrs. M. E. Butler, whose paper was read by Dr. Louise Crow, Mrs. Butler being unable to be present. An extempore response to "The Future of Osteopathy" by Dr. L. M. Rheem closed the festivities of the evening.

THURSDAY MORNING.

Session opened at 8:45 o'clock for a regular business meeting. Reading of minutes of last meeting and roll call was heard before new business was taken up. Then the report of the standing committee on new application for membership was read, and the following applicants were accepted: C. K. Smith, J. J. Pierce, A. H. Moore, W. H. Wilderson and J. O. Hatton.

A recess of thirty minutes was then taken, after which the following amendments to the constitution were adopted:

To amend Article III, Section 2. by substituting the words "five dollars" in place of "one dollar," making said section read:

The amount of the membership fee shall be five dollars per annum, payable in advance.

To amend, by striking out Sections 2 and 3 of Article I, and substituting the following:

Sec. 2 The membership of this Association shall consist only of graduates of reputable colleges of Osteopathy.

Sec. 3. A reputable college of Osteopathy in the meaning of this constitution shall be one which is a member in good standing of the Associated Colleges of Osteopathy.

To make Section 5 of Article I read:

This constitution may be amended at any regular meeting by a majority vote, provided a copy of said proposed amendment be deposited with the Secretary at least three months before the regular annual meeting at which the said amendment is to be voted on. Upon receiving a copy of said amendment it shall be the duty of the Secretary to have the same printed in circular form and mail a copy of said circular to each member of this Association.

To strike out from Section 6, Article I, the following words: "A Board of Trustees consisting of seven members," and to insert "A Board of Trustees consisting of *nine* members, three of which shall be elected for three years, three for two years, and three for one year. At each succeeding annual meeting three trustees shall be elected for the term of three years."

Miscellaneous business was the next topic for discussion. Miss Harwood, secretary of the association, asked, "Shall the student holding only a certificate instead of a diploma be allowed to become a member of this Association?" After a brief discussion Dr. C. M. T. Hulett moved that the trustees so control the management of the business, that any such person in his school be accepted as a member. Motion carried.

Dr. H. F. Goetz's motion to raise the secretary's salary to \$350 per annum, was carried, after a short discussion.

The "Popular Osteopath" as the official organ of the A. A. A. O. was next discussed at some length.

It was finally decided to lay the matter on the table until after the reading of a paper prepared by Dr. E. W. Goetz on Osteopathic Literature, which was not to be read until afternoon.

Report of committee on nominations was read by Dr. S. S. Still. The following list of nominees was elected:

President—A. G. Hildreth.  
 First Vice-President—F. W. Hannah.  
 Second Vice-President—Arthur Burgess.  
 Secretary—Miss Irene Harwood.  
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Two years	{	ELLA D. McNICOLL, E. W. PLUMMER, J. R. SHACKELFORD.
One year	{	A. T. HUNT, J. D. WHEELER, H. A. ROGERS.

Report accepted, then adopted in full.

According to motion made and carried the new president was escorted to the platform amid the cheers of the assembly, where he was greeted by retiring vice-president Morgan, with a few appropriate remarks. His reply was very pleasing and impressive, portraying the noble characteristics peculiar to himself. His entire talk was sandwiched with applause. At the close of these remarks the session adjourned until two o'clock.

AFTERNOON SESSION.

Unfinished business was the subject before the house. On motion carried, E. W. Goetz read his paper, "The Present Osteopathic Literature for our Perusal," after which the official organ of the association was again brought before the house. After a thorough discussion the "Popular Osteopath" was adopted for one year as the official organ of the A. A. A. O. After this adoption, Dr. Owen spoke in behalf of the Popular Osteopath, thanking the assembly for their decision, then insisting that all practitioners in the field contribute literature to the publication.

Dr. Pressley, of Philadelphia, then read the following telegram, which on motion carried was sent to Dr. A. T. Still at Kirksville:



Indianapolis, Ind., July 7, 1899.

TO DR. A. T. STILL:—The third annual meeting of the Association for the Advancement of Osteopathy send greetings to Dr. Andrew Taylor Still:

We desire to assure you of our sincere admiration and loyalty, and of our undivided respect for you as "Father and Founder of Osteopathy" and our determination to develop and defend the principles and practice of Osteopathy as announced to the world by you. Alone we look to you as our sole and sufficient leader, and shall ever strive to maintain the high standard of truth which you have set. We shall unfurl no flag on which your name is not inscribed. Long life to you and may Heaven's best blessings ever attend you.

Cheers followed every mention of the Old Doctor's name on every occasion.

A new committee on resolutions was appointed to relieve the old one. Drs. Steel, Pressley and Moore received the appointments.

The next subject was short articles on varied topics. The first speaker was Dr. H. E. Bernard, who spoke on, "No cure no Pay." Next was a paper on "Migrating Osteopaths," by Dr. G. W. Somers, followed by Dr. R. M. Buckmaster on "No Compromising." "Pseudo Osteopathic School" by Dr. M. T. Hulett, finished the "Short Talks."

A feature heartily enjoyed by all was the "Exchange of Experiences" and "Five Minute Association Talks." The first was a question asked by Dr. Davis, "What shall we do with the D. O., who takes an M. D. in with him, then turns him out as a D. O.? After discussing the matter thoroughly it was decided that such a D. O. be looked upon as unworthy of membership in the Association.

The choice of place where the next annual meeting was to be held was very enthusiastically tossed about and grabbed at for a few minutes. Many cordial invitations given, and many desirable places mentioned. But when the Home of Osteopathy was suggested it met with such a round of cheers and applause that the references made to the virtues and advantages of other points seemed entirely forgotten. Quite a number from the associated colleges expressed their desire of meeting in Kirksville, where they might see the Father of Osteopathy and the Parent School, stating as one reason for meeting in said city that Dr. Still was not physically able to travel over the country to meet with them and that they should take the Association to him. As these tributes of reverence and esteem were paid to the "Old Doctor," the hall resounded with applause.

The definite setting of the place of meeting lies with the trustees. There is no doubt however, but that Kirksville will be honored with the Fourth Annual meeting of the A. A. A. O., as it is the pleasure as well as the duty of the Trustees to do the will of the Association.

Motion to adjourn until eight o'clock was carried.

SPECIAL MEETING.

The board on associate colleges met just before the eight o'clock assembly, and held one of the most interesting meetings in its history.

The eligibility of schools was discussed, and it was finally decided that no school be admitted to the association until it had been running two years, or had graduated at least one class. The decision caused quite a commotion for a few minutes among those who were debarred from membership. After they had time to reflect however, they soon realized that it was the only safe course to be taken by the association, and were not slow in congratulating the board, saying that although they were debarred from entrance at present, they would keep their schools up to the highest standard, and come in victorious when they "became of age."

At 8 o'clock, Dr. Mason W. Pressley, of Philadelphia, Pa., addressed a very attentive assembly on "The Scientific and Professional Implications of Osteopathy." During his closing remarks he paid his tribute of love and respect to Dr. A. T. Still, directing the attention of the audience to his picture that graced the walls of the assembly hall. This was greeted as was all mention of his name, with cheers and applause. Thus closed the two day's session of the A. A. A. O. Enthusiasm burning brighter in the hearts of everyone present, and many were the expressions of the pleasantness and profitableness of such a professional gathering. The beauty of the city together with the elegant service received at the Bates House and Grand made the sojourn in Indianapolis one long to be remembered.

REPORTER.

## Clinic Reports from the Field.

REPORTED BY U. M. HIBBETS, D. O.,  
BROOKLYN, IOWA.

CASE NO. 1.

### The Peculiar Effects From a Dislocated Hip:—

Miss Minnie D.—a teacher living nine miles north of Brooklyn, fell on the ice about December 24, 1898, injuring her right limb so badly that she was unable to get up without help and had to be carried into the house. Home remedies such as liniments and hot fomentations were used, and by the aid of a cane she went to her school the following day and taught but with a great effort and with much pain and soreness. She attended to her school work and suffered very much for five days when she took a very severe pain in the lower part of the abdomen which lasted for about

an hour and then left; the second day it came back again and lasted for nearly two hours, and was very much more severe than on the first day. They called their old family physician who lives in this place, he made a very thorough examination and pronounced the trouble congestion and displacement of the uterus. He left medicine for the case and said he thought she would have no further trouble, but on the third day the pain came back worse than ever and what was very peculiar about it, at the very same hour as on the two preceding days, (at about 11 a. m.) and lasted for nearly three hours, and for five days thereafter, growing worse each day—the patient becoming unconscious during the last few days while the pain lasted. Their physician made three trips out to

see her but was not able to relieve her except by the giving of an opiate. She begged her parents almost during the whole time she was suffering to send for me, but they did not think that I could do her any good and would not call me, being somewhat prejudiced through the influence of their medical physician, but on the ninth day she was so bad that they gave up and sent for me to come and see her, I drove out and made an examination after getting a history of the case, and found that the right hip was partially dislocated as a result of the fall she got almost two weeks before, but that the partial dislocation of the hip could produce such a condition as I found in her case was pretty hard for me to understand, but such was the facts as I found them, for I fixed the hip, the pain left and never came back again, and as soon as she could recover from the effects of so much medicine in her system she was as well as ever, which again proves the fact so well known to an Osteopath that a natural flow of blood and nerve force is health, whereas any obstruction to the natural flow of blood and nerve force, or any of the vital fluids and forces of the body brings disorder, which is disease or not ease. Almost every day some one says to me, you people always find something wrong with the back or neck or perhaps the ribs, as the cause of all diseases, whereas we may by overeating bring on indigestion, constipation and many such kindred ills. I answer them that while they may by overeating or the abuse of their body, bring on the conditions they mention, the Osteopath goes to the back or the neck to restore harmony in the dislocated mechanism of the stomach or bowels, (or any other organ which may be affected,) because there is where we can reach the power that governs the action of the different organs of the body and that control their functions. A Mr. B—of this place who went to Kirksville just about the time I graduated from the A. S. O. and who took about three weeks treatment there and one month of me after I located here in Brooklyn, said to me recently that if he was worth a million dollars he would give them ten thousand to

the American School of Osteopathy as a free gift in token of his appreciation for what Osteopathy had done for him in two months in giving him the use of his limb after having given medicine a fair trial—and so it is with many others who are upholding the banner of Osteopathy because of what it has done for them.

## CASE NO. 2.

**A Doctor's Mistake. A Dislocated Hip:—**

Some months ago Mrs. T. F. Crane slipped on the ground and fell, injuring her limb so badly that she could not rise. She was alone at the house when the accident happened. It was an hour before she could arrest the attention of any one by her calls. It was a very disagreeable day, and she caught a severe cold, which aggravated the case. One of the neighbors hearing her, procured assistance, and she was carried into the house. An experienced physician was immediately called, but she could obtain no relief. He afterwards made a second examination but with no better results. He stated that she had received a severe nervous shock and that everything had been done that *could* be done, and that it would require time and patience to effect a cure. After nine weeks of suffering her attention was called to Osteopathy by a friend who was taking treatment. I was consulted and after a slight examination proceeded to set the *dislocated hip joint*. As soon as this was done, she arose and walked without support. After laying so long in that condition it required quite a number of after treatments to effect a complete cure.

\* \* \*

REPORTED BY CHARLES E. HULETT, D. O.,  
TOPEKA, KANSAS.

## CASE NO. 1.

**Appendicitis So-called:—**

Dr. King, a dentist of Pittsburg, Pa., came to Topeka on a visit and incidentally to regain his health which was much broken. On hearing of Osteopathy he came to my office to investigate the science and see if anything could be done for him. On examination I found great tenderness about the ascending colon—and along the

right side of spine from tenth dorsal to sacrum; after eight treatments the patient is free from pain, has a good appetite, and the case which was pronounced appendicitis is cured.

CASE NO. 2.

Effects of a Fall:—

Mr. R—A—a minister of Topeka had a severe fall, injuring the right side of spine and the ribs from the ninth to twelfth. The muscles were greatly contracted and the pain excruciating; he was confined to his bed and received the best medical treatment, but to no avail. At last it was decided to give Osteopathy a trial; I was called in and found the patient in great pain; the first treatment relieved him, and he rested quietly. In a short time he completely recovered, and is now enjoying the best of health.

CASE NO. 3.

Eruption of the Skin;

Mr. J—city editor of The Daily Capital, was suffering from soreness and stiffness of muscles brought on by standing in a draft when very warm. The cutaneous nerves failed to act and his body was soon covered with eruption in the form of hundreds of blisters. His case was diagnosed as stomach trouble and he was treated by various physicians, but obtained no relief; electricity was also given a trial—but he grew no better. Then as a last resort Osteopathy was decided upon; after a careful examination I located the cause of his trouble, and set about to remove it with the result of almost instant relief. After a short course of treatment he was completely cured of his "stomach trouble" and is today a well man.

\* \* \*

REPORTED BY A. R. WATERS, CANON CITY,  
COLORADO.

CASE NO. 1.

Granulated Eye-lids:—

A young lady confined to her room because of an acute form of granulated eye-lids; after a course of treatment, her physician advised her to go to Pueblo for a surgical operation, assuring her that she could be relieved by no other means.

Hearing of Osteopathy she decided to try its healing virtues before consenting to undergo an operation. The first treatment gave her great relief and four treatments cured the case completely—two months have past and there are no signs of the trouble returning.

CASE NO. 2.

Cancer—So-called:—

This was a case where the trouble had been pronounced incipient cancer by some physicians. There was a continued soreness at the base of tongue, which was very troublesome and annoying—the pain pass-up to the ears—and through the face; trouble was found with 3rd cervical nerves and where this was connected,—together with local treatment—the case was cured in two months.

\* \* \*

REPORTED BY O. Y. AND ELIZABETH  
YOWELL, CHATTANOOGA, TENN.

CASE NO. 1.

Catarrh of Stomach and Constipation:—

Mr. B—age 26, had been suffering for months from indigestion, and was troubled with nausea and vomiting of undigested food after eating. On examination the liver was found to be greatly enlarged, and abdomen was very tender; the spinal muscles were greatly contracted; lesions were found between 3rd and 4th and 8th and 9th dorsal vertebrae. After a course of treatment extending through two months the case was completely cured.

CASE NO. 2.

Asthma and Night Sweats:—

Mrs. C—age 47. She was a sufferer from asthma for over two years, and lately had been troubled with night sweats. Before treatment over a month ago; the night sweats have entirely ceased—and there is no return of asthmatic trouble. The lesion was found on the right side, between the 3rd and 5th ribs. Mrs. C—is now an enthusiastic worker for Osteopathy.

\* \* \*

Dr. J. O. Hatton, to whom the following letter was written, is a graduate of medicine, and also a diplomate of the American School of Osteopathy. Dr. Hatton says:—

"I have been in active practice for nine years and I find that when we follow the law laid down by Dr. A. T. Still, we will get gratifying results in treating *all* diseases."

St. Louis, Mo., June 12, 1899.

DR. J. O. HATTON,  
City.

MY DEAR SIR:—I wish to thank you for your wonderfully successful treatment of my wife during the past months, and also express my confidence in "Osteopathy" for the relief of many troubles and diseases. Nearly two years ago my wife was suffering terribly and our physicians decided she had a cancer, consequently they gave no hope of her recovery, but, after some weeks they discovered their error and a tumor was removed by a surgeon. Her condition was very serious, owing to blood poisoning, however she gradually gained strength and was able to sit up when the doctors decided another operation was necessary to remove other tumors and this was done, which left my wife a complete wreck, the physicians claiming she had nervous prostration; while a specialist on nervous diseases stated it was impossible for her to recover, and the only thing known to science was to give her drugs to quiet her and keep her free from pain. She took by the doctor's orders from twenty to thirty tablets daily, containing some quieting drug but this did not afford her relief except at short intervals. I was advised to take her to a sanitarium for treatment. She went to the Cincinnati Sanitarium but obtained no relief although she stayed there three weeks. We naturally became quite discouraged and were inclined to believe what six well known physicians had agreed upon after consulting together that my wife could not recover and if she lived until Christmas 1898, she would lose her mind. Fortunately an Osteopathic paper was given to us and we decided as a last resort to give Osteopathy a trial and we chose you to take the case. My wife ceased taking drugs and medicine after the first treatment and obtained immediate relief. She has gained forty pounds in weight, is feeling well and enjoys life. No drugs or medicine have been used since you began

treating her and we have every confidence in your ability to handle the case in the future as you have so successfully done in the past. I shall continue to speak the praises of Osteopathy and I hope suffering humanity will try Osteopathic treatment before giving up hope. With very best wishes, I am

Yours very truly,  
JAS. W. ALLAWAY.

\* \* \*

The following testimonial was lately published in The Cripple Creek Star. Dr. Bodwell is a graduate of the American School of Osteopathy, class of February, 1899:

**Phenomenal.**

MRS. RINA BIRGER TESTIFIES TO THE EFFICACY OF THE NEW OSTEOPATHIC TREATMENT.

The new Osteopathic treatment has created so much comment in Cripple Creek during the past few weeks that a Star reporter visited Mrs. Rina Birger, of 131 East Carr Avenue, to learn what she had to say in reference to a recently reported cure of cramps in the bones of her foot.

"Yes, I would call it a phenomenal cure," she said. "I first noticed the pains in my foot in 1882. At first they were of short duration and occurred at infrequent intervals; but finally they became almost constant, and I suffered terribly. In 1889 I commenced treatment of Dr. Dawson's, and then Drs. Ashley, Bowen, Eskridge and Conners of Denver. From there I went to the Medical Institute at Cincinnati, Ohio, then to Dr. J. K. Mott, who thought the pains were caused by kidney troubles; then to the nerve specialists, Drs. Zenna, J. W. Taylor, Amir and Tibbe, who could give no relief. Dr. J. W. Brinckenhoffer, the New York nerve specialist, guaranteed a cure, but a three months' treatment from him failed to relieve me. I have spent thousands of dollars, and submitted to all kinds of tortures in the way of examinations and electrical and magnetic treatments, all without effect. I was constantly growing worse and never had a particle of relief until I consulted Dr. Dean Merrill Bodwell. Since he has been treating me I have had but one slight attack, and thoroughly believe that I am cured. My general health is also wonderfully improved, and I desire to give the entire credit to Dr. Bodwell."

## The Journal of Osteopathy.

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OF THE  
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The name of Dr. W. H. Eckert was unintentionally omitted from the list of graduates as printed in the new catalogue of the American School of Osteopathy. Dr. Eckert graduated with the Feb., 1899, class, and is one of the best operators ever sent out; he is located at 355 Century Bldg., St. Louis, Mo., where he enjoys a large and lucrative practice.

### Osteopathy.

If you want to make an old-school doctor "real," raving, roaring mad, all you have to do is to whisper in his ear, "Osteopathy." This, you know, is simply the science and practice of curing diseases without drugs. It makes no pretense of "gifts of healing," but employs natural methods. To say that Osteopathy has effected no cures is to state what is absolutely untrue.

It does not claim to cure in every case; but how many "Regulars" are there who will guarantee to do this? The Osteopath regards the human frame as a perfect and intricate machine, faultlessly constructed by the Divine Master Mechanic, and capable of running smoothly until worn out by age. The first cause of every human ill is a mechanical derangement of one or more parts of the machinery of life.

When our watch is out of order, it is no good giving it a dose of castor oil. That makes the works more unworkable. The main spring, perhaps, is broken and must be mended. So with the human body. When all obstructions are removed, and all the organs work properly, nature steps in to bring health and strength. You may laugh at Osteopathy, but it has made some

wonderful cures, notwithstanding.—*Cincinnati Enquirer.*

### Some Recent Cases.

I. N. Loughead of West Liberty, Mo., was struck by lightning the nineteenth of July, 1898; for fourteen days thereafter he was almost hopeless; paralysis threatened and his pulse rarely arose above 48; although he had the best physicians of the place to attend him, it was five months before he was able to get about. When he arrived at the Infirmary the 12th of June, his gait was faltering, and his general appearance was such that the casual observer would have pronounced him beyond recovery. He suffered from a continuous pain in his head and in the lumbar region. He was placed under the care of Drs. Harry Still and C. L. Rider. In a very short time he began to improve and now it would be hard to believe that he is the same man of a few weeks ago; his gait is steady and he walks without assistance—his bearing is that of a man who feels well. He testifies to the healing power of Osteopathy by saying—"I regard my improvement as wonderful, for when I came paralysis and insanity were staring me in the face—I shall soon go home a well man."

R. L. Keithly, a prominent member of the Christian church of Center, Mo., is another patient who has lately been treated at the Infirmary. Mr. Keithly was troubled with curvature of the spine; the muscles were greatly contracted, and he found it necessary to use a cane to assist him in walking. His improvement was marked from the first and now after a course of ten treatments his cane is laid aside and he will return home in a few days to oversee the harvest work. In talking of his case to the reporter, Mr. Keithly said he was advised by his physician to try Osteopathy, for he had tried everything he knew in medical science in the treatment of his case, and thought it possible Osteopathy might help him. Naturally, Mr. Keithly is anxious to return and show him and all his friends what Osteopathy has done for him.

The "Curative Influence."

In a recent issue of "The Medical World" Dr. Fordyce H. Benedict frees his mind concerning the alleged evil of patent medicine vending, which he believes, "threatens not only the dignity of our beloved profession, but also its permanency. . . . undermining the very foundations of our stability as a profession." Frankly recognizing the difficulties in the way of securing prohibitory legislation, he urges that newspapers should be bought up by the profession in order that, side by side with the advertisement of a patent medicine, its formula should be printed. He ingenuously assumes that patent medicine vendors would continue advertising in mediums where their announcements should be neutralized in this manner. "Is the human system a mechanism which can endure the indiscriminate administration of drugs with impunity?" he asks with fine irony, and he follows up the question with the pathetic confession, "We who have made the subject of the delicate machinery of life an intense study for years, feel how inadequate is all our knowledge to meet the different indications as presented in disease." Some sense of the enormity of the evil he complains of is shown by the assertion that "fully one-half of all the chronic ailments that afflict our communities, is the result of the indiscriminate use of these same drugs. . . . Most chronic diseases are now treated by the druggists dispensing the so-called specifics." Still more significant, however, is Dr. Benedict's avowal that "nearly all of the patent medicines sold are utterly valueless medically, and the only thing that causes them be at all curative is *the influence they have on the mind of the individual*—suggestive-expectation." He analyzes several popular patent remedies, to bear out his statement, emphasizing his admission by declaring, "If we, as physicians, should prescribe these same remedies to our patients, would they accomplish in our hands such wonderful results as are claimed by patent medicine vendors? No. It needs the green panel-bottle with its pink label and alluring suggestions to effect a cure so

startling and universal." The editor of the "Medical World" suggests as one way of overcoming the encroachments of the patent medicine vendors on "the rights of the profession," a law compelling manufacturers of nostrums of this sort, to print the formula on every bottle or package. It is alleged that if people knew the actual composition of these alleged remedies, they would be unwilling to swallow them. The real animus of this attack on patent medicines seems to be simply a desire to intrench the medical monopoly, not in the interests of the public, but in the interests of the monopolists.—*The Arena*.

PERSONALS.

Dr. Chas. Still and family are spending a few weeks with friends in Michigan.

\* \* \*

Mrs. Frank Smith, registering clerk of the Infirmary has returned from her vacation, and is on duty again.

\* \* \*

Miss Harriet Crawford, stenographer of the American School of Osteopathy, is spending her vacation with her parents in Abilene, Kansas.

\* \* \*

Dr. Chas. F. Bandle, of the firm Still & Bandle, Brooklyn, N. Y., spent a few days in Kirksville last week. Drs. Still & Bandle have an excellent practice in Brooklyn, and are winning many friends for Osteopathy.

\* \* \*

Dr. A. T. Still addressed an audience made up of students and patients in Memorial Hall, July 14th, and though the hour—7 a. m., was an early one—yet the hall was well filled, and the doctor was listened to with attention and interest.

\* \* \*

Cards have been received announcing the marriage on August 3rd of Dr. Marion E. Clark and Miss Lina L. Fox of Jacksonville, Ill. Dr. Clark is one of the operators in the A. T. Still Infirmary. The Journal extends congratulations.

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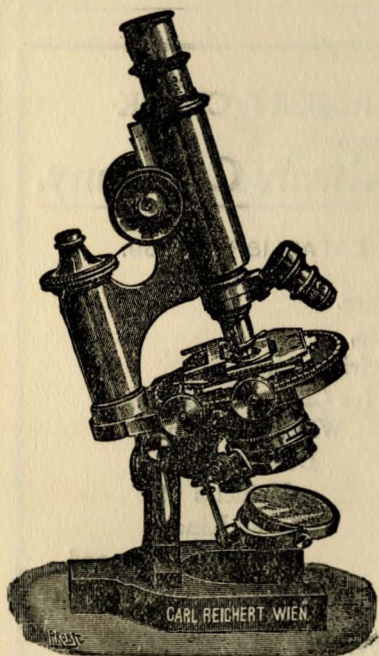
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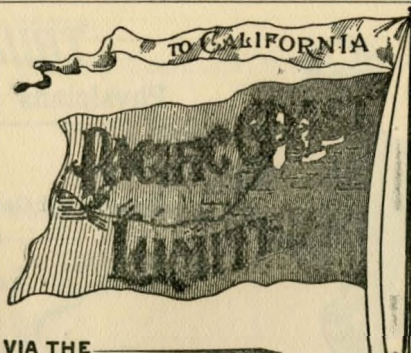


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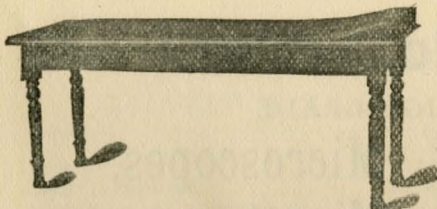
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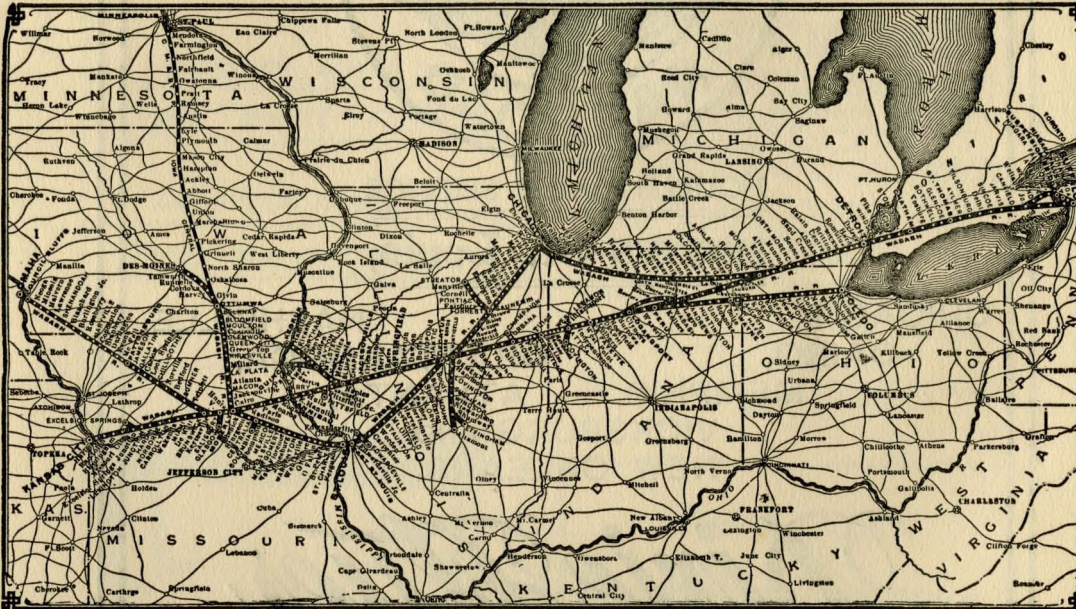
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