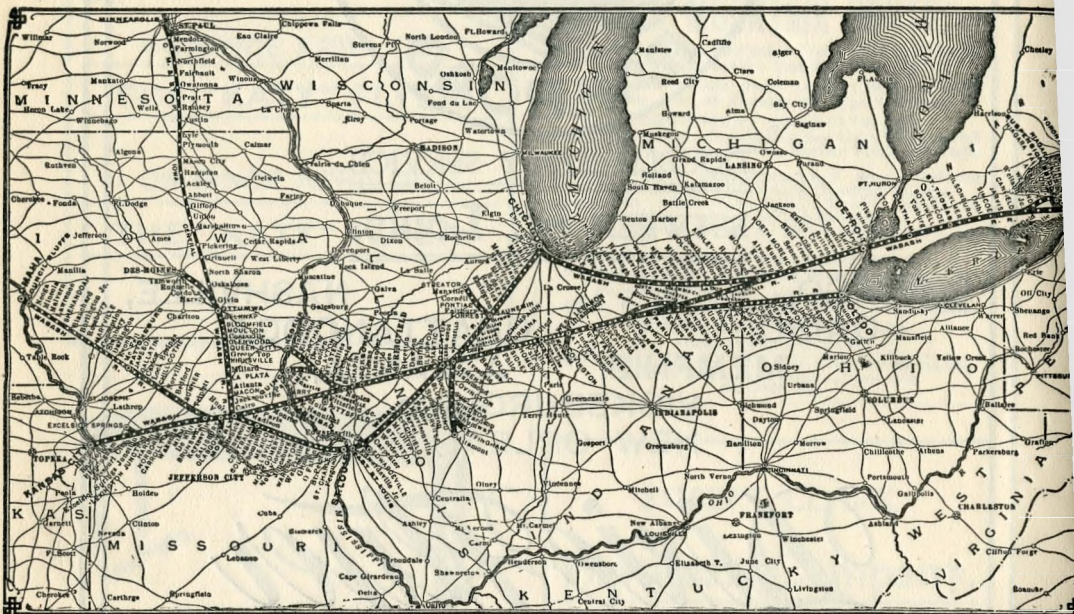


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## DR. A. T. STILL'S DEPARTMENT.

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[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 foundation 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.

\* \* \*

YOUR Osteopathic knowledge has surely taught you that with an intimate acquaintance with the nerve and blood supply you can arrive at a knowledge of the hidden cause of disease, and conduct your treatment to a successful termination. This is not by your knowledge of chemistry, but by the absolute knowledge of what is in man, what is normal and what is abnormal, what is effect and how to find the cause. Do you ever suspect renal trouble or bladder trouble without first receiving the knowledge from your patient that there is soreness and tenderness in the region of the kidneys and at some point along the spine? By this knowledge you are invited to explore the spine for the purpose of ascertaining whether it is normal or not. If by your intimate acquaintance and observance of a normal spine you should detect an abnormal form, although it be small, you are then



admonished to look out for disease of kidneys or bladder or both for the discovered cause for disturbance of the renal nerves by such displacement or some slight variation from the normal in the articulation of the spine. If this is not worthy of your attention, your mind is surely too crude to observe those fine beginnings that lead to death. Your skill would be of little use in incipient cases of Bright's disease of the kindeys. Has not your acquaintance with the human body opened your mind's eye to observe that in the laboratory of the human body the most wonderful chemical results are being accomplished every day, hour and minute of time? Could that laboratory be running in good order and tolerate the forming of a gall or bladder stone? Does not the body generate acids, alkalies, substances and fluids necessary to wash out all impurities? If you think an unerring God has made all these necessary preparations, why not so assert and stand upon that stone? You cannot do otherwise and not betray your ignorance to the thinking world. If in the human body you can find the most wonderful chemical laboratory the mind can conceive of, why not give more of your time to that subject, that you may obtain a better understanding of its workings? Can you afford to treat your patients without such qualifications? Is it not ignorance of the workings of this Divine law that has given birth to the foundationless nightmare that now prevails to such an alarming extent all over civilization, that a deadly drug will prove its efficacy in warding off disease in a better way than has been prescribed by the Intelligent God who has formulated and combined life, mind and matter in such a manner that it becomes the connecting link between God of a world of mind and that element known as matter. Can a deep philosopher do otherwise than conclude that Nature has placed in man all the qualities for his comfort and longevity? or will he drink that which is deadly and cast his vote for the crucifixion of knowledge?



## THE PHILOSOPHY OF OSTEOPATHY.

DR. A. T. STILL'S NEW BOOK.

J. R. MUSICK,

THE readers of the JOURNAL and all others interested in the science of Osteopathy will be pleased to learn that Dr. A. T. Still has at last produced the first and only true treatise on the science of Osteopathy. The work is a comprehensive, clear and concise statèment of what the new science is, as well as what it does. It is not a mere recipe book which tells how to pull or punch in certain diseases, but deals with the philosophy generally, in so clear, so able, and skilful a manner that the student of Osteopathy will find it invaluable. No specific rule can be laid down for general treatment, consequently books which merely instruct how to stimulate or inhibit in certain diseases are misleading and fall far short of real text books on the science.

The Philosophy of Osteopathy deals with general principles which can be applied to any specific case. The book is designed for students in the third and fourth term and those already graduated. One must have taken a thorough course in Anatomy, Physiology, Histology, Chemistry and dissection before he or she is qualified to comprehend the heavier work, Philosophy of Osteopathy. When thus qualified the student will see unfolding such new beauties as he little dreamed could exist in any science. "At every step a new and more beautiful wonder appears."

This book is the fountain at which all Osteopaths thirsting for knowledge must come and drink. It is the ocean to which all the rivers of the science run.

But two authorities are recognized throughout the work; they are God and experience. The science of Osteopathy being in contradistinction to the arts of healing by drugs must stand alone. This book is the foundation rock on which the science is built, it will be the great reference book to which all Osteopathic writers in the future must go; for it is the production of the foundation-head of the science, the only one who could write the first book on Osteopathy.

The work is divided into twenty chapters each, of which has a dozen or more sub-headings. The treatment is logical and easily comprehended. The first chapter is simply an introduction, laying down the method of reasoning, the studies essential to a preparation for a knowledge of this great science with a forecast of what is to follow.

The second chapter is entitled EXPLORATIONS, which teaches the Osteopath with an educated brain and skilled hand to search out the courses of diseases. In fact, the chapter may be better styled diagnosis of cases, and



forms a splendid prelude of what is to follow. This is followed by chapters on the head, the neck, chest, abdomen, sacrum and the whole of the human body.

The functions of each organ are defined so clearly there can be no mistake. Then come special chapters on the ear, blood, the diaphragm, the fascia, contagious and infectious diseases, and every subject to fullness and completion, with the causes that produce and the philosophy that will cure each. The work is filled with gems of thought indispensable to the Osteopath, and student of science. Every theory is proven by rational syllogistic reasoning, indisputable to the rational person. As a sample of the work we will quote a part of what the doctor says on whooping cough, found on page ninety of *The Philosophy of Osteopathy*.

"I found all the nerves and muscles that attach to the os hyoid at any point contracted, shortened and pulling the hyoid back to and pressing against the pneumogastric nerve, and all the nerves in that vicinity. Also each and every muscle was in a hard and contracted condition in the region of this portion of the trachea, and extended up and into the back part of the tongue. Then I satisfied myself that this irritable condition of the muscles was possibly the cause of the spasms of the trachea, during the convulsive cough. I proceeded at once with my hand guided by judgment to suspend or stop for awhile the action of the nerves of sensation that go with and control the muscles of the machinery which conducts air to and from the lungs. My first effort while acting upon this philosophy was a complete relaxation of all the muscles and fibers of that part of the neck, and when they relaxed their hold upon the respiratory machinery the breathing became normal. I have been asked what bone I would pull when treating whooping cough. My answer would be, 'the bones that held by attachment the muscles of the hyoid system in such irritable condition, that begin with the atlas and end with the sacrum.'

The tenor of this philosophy from beginning to end is healthy circulation, healthy blood supply and the normal adjustment of all parts of the human body. Dr. Still in his philosophy urges upon the reader that health is natural, that disease or abnormality is the unnatural condition of man. He urges the necessity of pure blood and instructs how it may be brought about.

At the bottom of page 107 under the subheading of *Lymph* he says:

"What we meet with in all diseases is dead blood, stagnant lymph, and albumen in a semi-vital or dead and decomposing condition all through the lymphatics, and other parts of the body, brain, lungs, kidneys, liver and fascia. The whole system is loaded with a mass of blood, that is mixed with much or little unhealthy substances, that should have been kept washed out by lymph. Stop and view the lymphatic glands; you see all parts move just as regular as the heart does; they are all in motion during life- For what purpose do they move, if not to carry the fluids to sustain by building



up while the excretory channels receive and pass out all that is of no farther use to the body. Now we see this great system of supply is the source of construction and purity. If this be true we must keep them normal all the time or see confused nature in the form of disease, the list through. We strike at the source of life and death when we go to the lymphatics."

"With this fountain of life-saving water provided by nature to wash away impurities as they accumulate in our bodies, would it not be great stupidity in us to see a human being burn to death by the fires of fever or die from asphyxia, by allowing bad or dead lymph, albumen or any substance to load down the powers of nature, or to keep the blood from being washed to normal purity?"

Osteopathic principles and philosophy which to the student may have been misty and but little understood, are so clearly demonstrated by Dr. Still's new work on the science that those who read it will find the clouds rolling away and the sun of reason shining upon the subject. Books previously written on the subject have only touched the outside of Osteopathy, and were dependent to some extent on accepted theories of medical writers. This book goes to the very core of Osteopathy, and is dependent on nothing but truthful demonstrations and experiments.

The excellent chapter on Osteopathic obstetrics, which deals with the subject in detail from conception to delivery, and the prevention of post delivery hemorrhage, is worth many times the price of the book. We can only mention a very limited number of gems found in this great work. It must be studied, not merely read, to understand it. I have read parts of it twenty times and each time opened up a new field of thought.

No one can be a perfect master of Osteopathy who has not made a study of this work.



## REPAIR, THE PREROGATIVE OF NATURE.

M. F. HULETT, B. S., D. O.

"THE surgeon is compelled to admit that he has no power to repair directly any injury. It is the prerogative of nature alone to repair the waste of any structure."

The above quotation, from Hilton's "Rest and Pain," in one of the many conclusions from an authoritative source of the office of nature in the cure of disease. Taking the quotation as it stands, one might be led into the error that the application is only to the surgeon's special field—disorders of a traumatic origin. Such, however, is not the case, as is evidenced from a further study of the context. In another connection Dr. Hilton again says:

"Nature has a constant tendency to repair the injuries to which her structures may have been subjected, whether those injuries be the result of fatigue or exhaustion, of inflammation or accident."

Prof. Magendie, the famous Paris physician, expresses the same idea when he says:

"So great is our ignorance of the real nature of the physiological disorders called disease, that it would perhaps be better to do nothing and resign the complaint we are called upon to treat to the resources of nature than to act as we are frequently called upon to do without knowing the why and the wherefore of our conduct and its obvious risk of hastening the end of the patient."

But let us take up for a short study the surgeon's work in the cure of an injury. What is the object sought of the greatest primary importance? That the parts be brought into proper apposition and so placed as to retain that adjustment. This done, and then what? Nothing. "It is the prerogative of nature alone to repair." That, in short, is the surgeon's complete office.

But what can we say of the claims of medicine to cure disease? It is true there are certain drugs that have an effect on the system; strong acids which destroy delicate serous membrane, poisons which paralyze nerve fibers, irritating substances that contract the muscles with which they come in contact, sedatives which produce a quieting effect upon the nerves by temporarily repressing the flow of nervous energy and not by exerting any restraining influence over the sources of nervous power, and thereby weakening the conductivity of the nerve for future use. Is there any evidence of cure in any of these? If there is, it requires the X-Ray eye of the microbist to appreciate it.

To maintain in healthy activity the bodily functions requires nothing outside of the product of the several organs, save food—pure blood.

But, says one, some organ may fail to perform its work, and the pro-



duct of that function must be supplied. This is the stumbling block over which many fall. Yes, we may say that every disease, perhaps, except of traumatic origin, is due to the failure of some natural function. But can drugs, introduced through the stomach, perform that function or take the place of the product of that function? Granted, for the sake of argument, that they may to some extent; but is not the effect of the large majority of drugs—poisons—on the tissues of infinitely more harm than the disease it is proposed to cure? Are not a large per cent of the disorders of digestion so prevalent to-day the direct result of hyper-medication. People are far oftener drugged to death than saved by drugs. Let us again illustrate by quoting from the personal experience of a high authority, Dr. J. H. Kellogg:

"A man whom the writer knew was persuaded to take a powerful medicine that was guaranteed to cure stomach trouble. The first dose was taken after a heavy dinner, and did compel the stomach to digest it. It was a tremendous whip. It forced the stomach to digest foods that it was not able to digest. But that was the last meal this man's stomach ever digested. The next day he took a second dose of the medicine, and it set up an inflammation of the stomach that in a few weeks caused his death."

This, no doubt, is an extreme case, but it illustrates the principle of the application of every drug, if not so severe, yet differs only in degree.

But to return to the affected organ. Its failure is due to a cause perhaps far removed from it. Derangement of the delicate machinery may be evident. It has an improper connection with the dynamo of life-giving forces. Its blood supply is poor—it is starving for food. The Osteopath, in his diagnosis of a case, does not attach any blame to the organ for the diseased and weakened condition. He knows at once that its supply of energy, upon which its whole activity depends, has been tampered with. Instead of forcing the jaded organ to perform its usual function while in this degenerated condition he inquires into the cause of that degeneration. The over-worked horse may possibly pull his load over the log after the application of whip stimulation, but he will possess more reserve force for future use if we kindly remove the log from in front of the wheel.

Much of the Osteopath's success lies in his method of diagnosis. His learning in this respect is, without question, superior to that of his average medical brother. What Osteopath has not run across patients with "rheumatism" in parts far removed from the cause of that pain (not rheumatism.) I am again indebted to Dr. Hilton for the following terse statement of this fact:

"External pain, or pain upon the surface of the body, if properly appreciated, may be considered as an external sign of some distant derangement. By following centripetally the course of that nerve, and bearing in mind its relation to surrounding structures, we shall in all probability, be able to reach the original, the producing cause of the pain, and, consequently to adopt the correct diagnosis."



A case to the point is one of a displaced rib at its articulation with the spine, causing pain over the liver and abdomen, diagnosed by two competent (?) physicians, licensed by the State Medical Board to practice medicine in all its branches, as (1) "hardening of the liver", and (2) "intestinal catarrh." Another case of "rheumatism," so diagnosed by a physician of Columbus who is a prominent member of a medical college faculty, and "family physician" to the "upper crust" of society, proved, under Osteopathic diagnosis, to be a twisted pelvis, and which was completely cured in two or three Osteopathic treatments. It had been troubling the patient for about three years. We might enumerate cases galore of a similar nature, but this will suffice.

It is frequently apparent in medical therapeutics that the object sought is to "give something" to satisfy the patient. This was well illustrated recently in a conversation with an M. D. friend. I assisted him to care for a lady who had met with an accident one evening. Seeing the doctor a few days later, I inquired how the lady was getting along. He replied: "Very well, only a little bruised. But I fixed up some medicine for her—you know we had to give her something." The eminent Dr. Lebert has come to this conclusion after many years of practical experience: "Drugs as such are unnecessary. I give them chiefly to satisfy the patients and their friends."

It is true that the older physicians grow, and the wider their experience, the less drugs do they feel called upon to give. But this is certainly not true of the anxious inquirer in a recent issue of a prominent medical journal of St. Louis. After giving the various symptoms of a particular case, he says:

"I gave her nearly every thing I could think of that I thought would do her any good, but my principle remedies were sodium sulphite, Lactopeptine, bismuth, subnitrate, hydrastis, and a great many other medicines of a like character, *without any apparent benefit* (Italics mine,) that is, the sick stomach continued." After the stomach refused to retain any more of the irritating concoctions, "I put her on morphine and atrophine, hypodermically, and Viskolein;" and further, "she is now taking liquid peptonoids with creosote, whiskey, and an occasional dose of morphine and atrophine hypodermically."

We have not yet been informed of the result of post-mortem examination. Is it any wonder poor abused nature refused to be comforted?

We are gradually brought to a final conclusion that the best we can do is to aid Nature by keeping the bodily mechanism in proper adjustment. The more we try to supplant her methods of work, the greater our defeat



## DIAGNOSIS.

BY HERBERT BERNARD, D. O.

THE Osteopathist, who succeeds after leaving the parent institution, is the one who diagnoses correctly.

Observation, as well as Carlyle teaches us two all-important things: First, that "Genius is the art of taking infinite pains," second, that "concentration is the first and finest principle of success." You must, then, not only think about your diagnosis, but you must think well, remembering that the treatment is an afterthought.

All real diagnosing is a distinguishing. So do not give a hurried opinion to a patient, and later on be obliged to change it, or worse still be forced to treat him in a different portion of his anatomy. Always bear in mind that when a patient calls upon you, he does so in order that the Osteopath may define the cause of his trouble, and he, the patient, is more apt than not, to remember every word you tell him.

So, for the sake of Osteopathy, if not for the reflection it would cast on your own practice, do not tell your patient anything that is not absolutely in keeping with Osteopathic principles. See also that you do not elaborate too freely. You might forget afterward half you had said to him. Give him a straight clear diagnosis of his case; be sure about that diagnosis, but not until you have weighed it in the balance of your most discriminating thought.

All heart difficulties are not caused by a slipping of the first rib; though your last patient had this trouble, it is not an indication that the new patient also has it. There are many ways in which the heart, or any other organ for that matter, may be affected. So it is absolutely necessary to make a thorough examination of your patient, giving your entire mind to the work, before telling him where the trouble lies.

If he goes to you for treatment, he has, undoubtedly, his Achilles heel. Be sure, then, that you do not locate in the man's brain that which belongs only to one of his pedals.

I do not wish the brother or sister Osteopath to think, or even imagine, that a great knowledge of Osteopathic principles is my reason for having written this paper. On the contrary I do not claim to know it all. At the best, we have only touched the outer circles of our Osteopathic possibilities. We are still learners. So avoid any and all carelessness that might lead to a mistake.

During one of the school terms at Kirksville, Mo., a gentleman came to the clinics for examination. He had visceral troubles, given all kinds of names by all kinds of physicians, who prescribed all kinds of drugs according to the variety of the man's so-called symptoms. He told us he



supposed that every internal organ he possessed was out of normal condition.

Upon examination two slight lesions in the dorsal region were found, and diagnosed as causing his trouble. A treatment was given. Then he said he had a sore throat, and asked that it be looked after. While working upon the throat muscles, according to our methods, he said a pain ran down one side of his neck. Of this, however, the operator took no heed. He had received but one mental picture, that of the two dorsal vertebrae. Later, this patient returned, claiming two days of perfect health after the treatment, when he grew ill again. Our operator in clinics then gave him another treatment in the dorsal region. The man grew worse. Another, and he was sicker still, in fact, as ill as he ever had been. Perplexed, the man asked why a good result had been obtained in the beginning, and only then. To this the operator made the frank confession that he simply didn't know, and he didn't. Here the patient remarked that his throat also was worse than at previous time. Finally a ray of light shot through the operator's mental maze. Examining the man's throat he found, let me whisper the rest, the stylo hyoid muscles contracted, and interfering with that great governor general, the pneumogastric nerve. It had been treated at the first, but unintelligently, on account of the importance given the two dorsals. As a final and satisfactory result, the man, after only four treatments properly directed to the seat of his trouble, obtained perfect health.

Brother and sister Osteopaths, I ask you in the name of our Osteopathic brotherhood, do you give sufficient and conscientious thought to Osteopathic diagnosis? Or do you treat all nerve centers, getting simply accidental results? How does the answer come, guilty or not guilty? I have given you my observation of this particular case just cited, in the hope that the lesson it declares may mean profit and real benefit to you. Though blunders are sometimes rounds of the ladder by which we climb, there is a better way, namely, that of careful thinking and faithful diagnosing, before putting on your patient an uncertain or misguided hand.

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## WOMAN'S WORK IN OSTEOPATHY.

ETTA CHAMBERS, D. O.

AS WE look back over the ages of the world, and read in history of its women, we see how little is known of them. A very few, one here and there, have left their imprint behind them, softening and refining the asperities of the age.

Jennie Lind, with her beautiful voice and still more beautiful character; Florence Nightingale, whose very name calls up visions of a sweet sympathetic face and a life filled with the grace of unselfish helpfulness, tact,



and cheer. Many a soldier's life has been saved by her care, nursing, and inspiring presence and when life was no longer possible, she soothed their last moments by numberless kind attentions, taking last messages to loved ones, and above all commending them to the loving care of "One who ever liveth to make intercession for us."

What one woman has done, more women can do, and we find during the last quarter of a century, woman coming out from her seclusion, and entering almost all the avenues of the business world, and especially proving her fitness along literary and professional lines.

Whether she is doing wisely in this wholesale venture must be left to longer heads than mine to decide. There is much being said on the question pro and con.

But surely there can be no question as to "Woman's rights" in the sick room or among those who are suffering any of the "ills flesh is heir to" either mental or physical. Whose step is so light, or whose voice is so soothing as a woman's? She seems instinctively to anticipate each want of the suffering one. It is this fact that makes woman the ideal nurse and if she is a success as a nurse, why should she not go farther and be the physician?

So Osteopathy comes to woman as a double boon. It not only heals her ailments but also gives her a profession for which she is preeminently fitted, because of her sympathetic nature, and of that peculiar sixth sense a woman possesses, her intuition. What more beautiful or fascinating study can there be than this body of ours. A wonderful mechanism, which has taken all these centuries to partially understand, leaving many mysteries for future generation to solve.

Our nervous system, the cerebro-spinal and sympathetic, which forms so intricate a network throughout the entire body, who shall say we understand all their wanderings, actions and reflexes?

Why does a disordered stomach or torpid liver cause frontal headache?

Why does uterine ailment cause headache on the top or in the back of the head?

Why is it that a lesion which seems exactly the same in two individuals may have widely different effects?

All these and innumerable other things we have yet to learn; we say it is through the sympathetic nervous system, but are we sure? What is the course of the nerves? Has any one ever traced the delicate filaments from one part direct to the other? Here lies a wonderful field for research and study, where we may delve for hidden treasure, ever finding new centers for governing this complex machine—our body.

To the woman Osteopath does this nervous mechanism especially appeal. For she realizes that her sex is more liable to nervous derangements of many kinds from which the other sex is exempt.

Our good old father in Osteopathy, Dr. Still, has taught us that when the Creator made this body, He made it capable of being repaired and con-



trolled. To a woman, naturally comes the thought to study this nervous system so that she may be able to do something for the restoration of her suffering sisters.

The woman Osteopath not only holds the position of physician but is a friend, one who feels and can understand the trouble of her patient, because, perchance, she has endured the same affliction. In fact it is almost as if she were treating another self—thus making a bond of union that in itself is a relief to the sufferer.

Many times I have had women say to me when I was treating them, "Oh I am so glad you are a woman" or "It is such a comfort to be treated by a woman. I don't dread coming to you as I always did before going to a doctor, and then you Osteopaths tell us what is the matter with us, and what you are doing to remove the cause of the trouble. It is such a relief to *understand* what is being done for us."

The little children are another class of patients women are more fitted to treat than men. Many times it has been proven that children have less fear of, and more confidence in women. I have in mind a little child with dislocated hip. She had suffered agonies from doctors and the name or sight of one made her excessively nervous. When the child was taken to an Osteopathic Infirmary, she would not allow the operators to touch her without screaming—mother and doctors were at their wits end; when the mother said "Let us try the lady operator." She came in and talked to the child about other things, and treated her for a slight cold, gradually going down the spine, and in a few treatments could treat the hip as much as she desired, the child perfectly passive and helping all she could.

Looking at woman's work from this standpoint, you see how large a field is opening up for us, one where we can be of the greatest use to our fellow-creatures.

But let me warn you there is no room in our profession for an idler, or a purely mercenary person. We have human life in our hands, and we *must* give the *best* of ourselves to the work.

Dr. Still said when we graduated, "You are committed to hard labor for life." But it pays, doubly pays. What greater joy can there be than to be able to relieve pain, straighten little crooked backs, or to do any of the hundred things our science enables us to do. I enjoy my work more and more as the months go by, and can truly say, I am glad I am an Osteopath.

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## DR. DRUG VERSUS DR. OSTEOPATH.

A CONTRAST of the two modes of treatment is doubtless one of the best ways to make plain our own. Most people who go to a physician want to know what their trouble is, (if they do not know) and how you propose to give them relief.



Notice how bewildering is the drug doctor and how frank the Osteopath.

A patient comes in for Dr. Drug to examine. He proceeds to ask questions, and doesn't forget to keep asking.

Did your grandfather or grandmother have anything like it? Did they live to old age? Did your mother or father have anything of the kind? How many were there in your father's family? In your mother's? Are all in good health? If dead, of what did they die? How many brothers and sisters have you, and have any of them any corns on their feet?—or something else of no more importance in the case.

Then the patient is put on the operating table or against the wall and thumped about over the chest.

The pulsations of the heart are noted and sometimes the urine is analyzed, thus the examination ends, and nine times out of ten, no more is known of the patient's ailments than was known prior to the examination. Consequently he asks for the symptoms of the case for the past five or six years and says: "I think, (he is guessing now) you have what we call neurasthenia, (or some other bewildering thing,) and I will give you some medicine. Take it every three hours, and come back the day after to-morrow. If this does not help you, I will give you something that will."

Dr. Osteopath is the machinist, who, when the delicately constructed machine, *man*, comes to him out of order, says—"Loosen your clothing and get on the operating table." He then examines the nerves without making a regular quiz box of the patient.

If he finds any obstruction to a nerve, or set of nerves, he immediately knows, and tells you the organ or organs supplied by such nerve or set of nerves that would likely be diseased by such an obstruction. He does not make one tremble by telling him that he is the victim of some disease known by some jaw-breaker word with "itis" at the end of it, or anything else of the kind that makes one feel sure he will die, but knowing exactly what the normal is and precisely how to readjust the abnormality, at once proceeds to readjust it, and thus turning the pinched nerve or nerves loose, (the nerve having control of the caliber of the arteries in the organs they supply,) we at once make the *irrigating ditches* larger.

Fresh blood is poured into the diseased organ and the blood being the life of the body, can do nothing but restore health in such organ.

When Dr. Drug finds the fifth lumbar vertebra dislocated or out of order, (it will have to be shown to him if he finds it,) he tells the sufferer that he has *spon-dyl-ol-is-the-sis*, and that nothing can be done for it, or if he is not willing to own to defeat, the patient is put into a plaster jacket which causes lots of pain, inconvenience and an empty pocket-book, and the spondylolisthesis is just the same.

Dr. Osteopath tells the patient that the fifth lumbar vertebra is dislocated, and by scientific manipulation the vertebra is readjusted.



Dr. Drug says, "You have appendicitis." He shoots some morphine into you and leaves word that he will be around to-morrow to operate on you—remove the appendix.

Dr. Osteopath notes the inflammation and at once stimulates the nerves to the appendix and cecum and opens up the venous circulation. Consequently congestion, inflammation, and pain are relieved in ten or fifteen minutes, and the patient gets up and eats what he wants.

When Dr. Drug finds any organ in the body diseased he pours something into the stomach that goes into the blood and thus treats every organ, part and particle of your body from the hair of your head to your toe-nails, inclusively, and often causes disease in organs, that were all right.

When Dr. Osteopath finds your liver or any other organ out of order, he treats that through its nerve and blood supply and lets all other organs in the body alone, if they are doing their work normally.

In fever Dr. Drug uses enough medicine to "stop a clock."

Is it any wonder that it sometimes stop the heart?

The Osteopath regulates the temperature through the vaso-motor centers, and stimulates the excretory organs (by way of their nerve supply,) in order to cleanse the system.

In softening of the brain, Dr. Drug will swear you are disabled for life. Dr. Osteopath finds an obstruction to the blood in the neck and removes it, and in this way cures many cases.

Dr. Drug treats symptoms.

Dr. Osteopath finds the cause and treats that.

Dr. Drug's treatment is mostly guess work.

Dr. Osteopath knows exactly what the result of his work will be.

His treatment is purely scientific and he will not treat you if he cannot find the cause of your trouble.

To be plain, Osteopathy is anatomical readjustment, based on a thorough knowledge of anatomy (normal and abnormal,) and physiology.

Dr. A. T. Still is the greatest man in the medical world because he has discovered the real cause of disease and how to remove it.

Dr. Osteopath owes all of his success to his ability to find the cause of each person's disease that comes into his charge.

Any one who will investigate these statements, will find that Osteopathy proves them.

One word to fellow Osteopaths, above all things, let us take particular pains to explain Osteopathy to every patient that comes under our care. We will not lose anything by telling them the exact cause of their disease and how we are going to remove it. If we follow this plan, we will find that the most of our patients will be of the *educated* and best thinkers of the place in which we are practicing.

Do not think, from what I have said against the use of medical terms to patients, that I am opposed to one's knowing them.

On the contrary, one should never pass a word without knowing its origin and meaning.

Yet "the wisest man is he who speaks the most comprehensible language."



## OSTEOPATHY UNADULTERATED.

ARTHUR G. HILDRETH, D. O.

WHO can foretell the future of this wonderful science? Historians tell us we can only judge of the future by the past, and if this be true, what grand opportunities must be in store for the Osteopath. Yet those of us who have been closely associated with the growth and development of the science, have seen the conflicting elements which have at times surrounded us and almost assumed volcanic force. They have so far been dispelled, but we are now entering a new era of our existence. Instead of being only a dozen or two, as in former years, we now number nearly two thousand—and instead of one school there are several schools and pretended schools. In former times we could get together and consult and plan for the future. We now find our number so large that there is a greater diversity of opinion—which is consequently harder to reach and control.

It is perfectly right that everyone should have an opinion of his own. Yet is it best for us to undertake to scatter our energies over too much territory? I mean by this that as we increase in numbers there is a tendency on the part of some to want to study medicine, surgery, magnetic healing, mesmerism, etc., and I know that it is a mistake to do so. If Osteopathy is anything on earth it is a distinctive science, and the purer you can keep it, and the nearer you can concentrate your thought and study on this one line the greater will be your individual success, as well as greater the future of our profession. I want it distinctly understood that I am not fighting other schools of medicine, and further, that I believe in the broadest possible liberality in every line of growth, development and progress, which tend to the advancement of the best interests of mankind, and I also believe in the concentration of thought and energy, and that life is too short for any one man or woman to perfect himself or herself in more than one profession at a time.

The first charter ever granted on earth to teach Osteopathy, was granted to Dr. A. T. Still, and was granted for the purpose of teaching an improvement on the present method of medicine and surgery, and what was that method? the elimination of drugs entirely, and the taking away from thousands the use of the knife.

The practice of medicine, according to the highest possible authority from medical practitioners to-day, is at best but an experiment.

"Oh," some will say, "Osteopathy cannot cure acute diseases,"—and only just recently one of the most eminent of medical authorities of the great city of St. Louis said, "Were I to have typhoid fever I would not take a single dose of medicine; to give drugs to a well man is very, very wrong, but to give drugs to a sick man is nothing short of a crime. Anatomy is a real science. Medicine is not, but is largely theoretical and empiric."



Another will say, "Oh, I want to take a medical course for protection." Shame on him who utters such a statement to-day. Stop and study for a moment the example of our illustrious discoverer, Dr. A. T. Still. Compare your advantages of to-day with his twenty years ago; think of one lone man, single-handed—without money and almost without friends—standing up and combating the civilized world—for what? For principle, for the sake of truth. A truth which he alone understood, and one that took time and actual demonstration to make the world see and recognize as such. And now when a number of the great common-wealth of this great country have thrown wide open their doors and stand ready to welcome, with outstretched arms the disciples of this great man's discovery it seems to me that it is high time we face squarely our duty, and stop seeking subterfuges and side issues.

Surgery, no man can question but what it is scientific when scientifically applied, but Dr. Still's life work and the experience of those of us who for years, have been associated with him and engaged in this practice, prove that hundreds, yes, thousands of people are operated upon—when there is no necessity for an operation, and when he who operates does not even know what is the matter with his patient, thus proving that surgery as practiced to-day by thousands of incompetent men who profess to be surgeons—is only one more avenue to drain the purse of the ignorant, and leave in many instances hopeless cripples or maimed bodies for life. Yes, and in many cases death occurs, which, if rightly called, is nothing short of legal murder. Legal because the law protects them in their butchery. I am aware that this is strong language, but I am also aware that it is truth. and it is time that we awake to a full sense of our duty, both to our profession and to the people who trust their lives and the lives of their friends in our hands.

If the effects of one man can achieve such wonderful results in a few short years as has been accomplished by Dr. Still with Osteopathy in the crude shape and pioneer form which he has been forced to follow, what should be its outcome if we, with our magnificent opportunities of to-day, furnished with the practical experience of the discoverer and his associates for years in the work, furnished with schools with all the modern advantages of equipment and paraphernalia that can be had in any of the best educational institutions of earth, but do our duty. Come, let us reason together. What has made this wonderful growth? What has it been in these seven short years since the first college of the kind on earth had its origin that has made that same college grow from a 14x28 modern structure with but seventeen students, and an infirmary with some fifty or seventy-five patients, to the college building of to-day that cost not less than \$75000, with over 400 graduates in the field and over 600 students enrolled; with patients at the infirmary ranging from 300 to 600; other Osteopathic colleges are now prosperous and flourishing and nine of the great states of this



union recognize our system by special acts of legislation. I ask you what has made this wonderful revolution in medical therapeutics? Has it been the teaching of administration of drugs? No. Has it been the use of the knife and the proclaiming of its results? No. Has it been by indiscriminate advertising? No. What then has given Osteopathy its world-wide reputation? Let me tell you! It has come from the fact that the Osteopath uses no drugs, and that he has discarded in thousands and tens of thousands of cases, the use of the knife. It comes from the fact that Dr. A. T. Still has proven to the thinking, reasoning world by results the truth of his philosophy—that man, the culmination of animal existence, is only at best an aggregation of systems and governed by natural laws, whose divine origin and control cannot be questioned when understood. And as the master mechanic of the universe can and does understand and guide the function of universal law, so too, can the mind of man understand and guide the functions of the natural law which controls a human being if he but understands himself,

Some fourteen years or more ago, before there was such a thing on earth as an Osteopathic college, and before Dr. Still had hardly named his discovery, I took my wife to him for examination; she had been suffering for sixteen long years with granulated eyes, and at the time I took her to Dr. Still, a pterygium had formed on both eyes; the left one was entirely blind by this great thick fungus growth which entirely covered the pupil and the right one was so nearly blind she could not see me clearly enough to distinguish me from anyone else four feet away. The growth on that eye had not entirely covered the pupil but had nearly so. She had the worst pair of inflamed eyes you ever saw in your life. She had been treated by the very best talented physicians we could reach in our part of the state, and I only took her to Dr. Still after two of the oldest and best physicians in our city (Kirksville) had said to me "We have done all in our power for your wife, and we only know of one thing left to do and that is, take her to some specialist in St. Louis and have these growths cut off—submit to an operation, it may save her eyes, we cannot tell." They had treated her eyes most of the time during all these sixteen years, had burned off the granulations with blue stone several times and then consoled us with the information that "An operation might save her eyes—they did not know." Understand, I am not finding fault with those doctors, they were good men and did the best they knew, it was their profession that was at fault, not the men. Dr. Still examined my wife's eyes. He examined very carefully her neck and her eyes which were terribly inflamed, and after a little time he turned to me and said, "I can cure her until she can see as clear as an angel I do not know how long it will take, it may take two months and it might take two years, but I can cure her. Her neck is twisted out of shape; there is too much blood going to her head and face; it is seeking new avenues to deposit its strength; the blood is going up into her head and face



and cannot return freely; it is glutting the capillaries and leaving these eyes inflamed and irritated. I shall take hold of that neck and correct it; let that blood out of her head and face; reestablish a natural condition of circulation and nerve force and in time she will get well." But I said to him, "Dr. Still, how in the name of common sense are you going to remove those growths from her eyes unless you use a knife to cut them off, or some kind of medicine that will eat them off? He looked at me very straight, and having known me for several years, addressed me by my given name and said: "Arthur, the same natural law which when obstructed, produced those growths, reestablished, will absorb them." He did exactly what he said he would do. My wife's eyes are sound and well to day.

When Dr. Still gave utterance to the above expression he cast adrift upon the great swelling, rolling, surging, and never ending tide of thought a truth which can never die, and in that one expression alone, Dr. Still laid the foundation of our profession. A profession which has already cured thousands of poor deformed, suffering and hopelessly afflicted human beings; a profession which came as it did at a time when afflicted humanity seemed to be groping in the midnight darkness of despair and gloom. It has come to the world like a radiant sunburst of eternal glory, and it is only a question of a few short years until the entire civilized world will be able to bask in the rays of its warmth and hope. Oh, how I wish that every legitimate Osteopath on earth and every student of Osteopathy could remember that one expression; could have emblozened in great golden letters which would be constantly before their eyes the truth then uttered by Dr. Still. "That the same law which, when obstructed, produces a growth, reestablished would absorb it." How much of the future success of our profession depends upon our becoming master of that law; if we can only realize that the natural law which governs the human structure has just as great a diversity as the law which governs the universe, then and then only can we begin to comprehend the magnitude of the field of thought, and study in which we are engaged. The sooner we can realize this fact and turn our every energy to a perfect mastery of that natural law, the greater will be our success and the more glorious the future of our profession. The object of this article is not to condemn other schools but to tell the truth, and to try to bring my brother Osteopath to a realization of the fact that Osteopathy has a great field of work of its own; that it is a distinct science within itself, and that they who wish to succeed must husband their energies and not endeavor to enter too many fields at the same time.



## OSTEOPATHY AS A SCIENCE.

W. L. HARLAN, D. O.,

OSTEOPATHY invites the most scientific and scholarly investigation; being a new science, and its principles being utilized for the good of humanity, it is but right that its claims should be thoroughly understood, and that the inquirer should be fully informed as to its scope and intent. The reputation it had already achieved as a science whose distinctive feature is the aid of healing without drugs, was not born of any finely spun or mysterious theory, but it has been the result of facts, which are patent to the good sense of every unprejudiced man or woman. Its growth and development have been slow, but the plant has been carefully watered and nourished by its friends and expounders, until from its trunk are now shooting out the branches which will continue to grow in strength until all suffering humanity may find healing in the grateful shade which they are destined to cast. Osteopathy, reduced to its analysis embodies matter, motion and mind, which make up the trio of its working elements. "These indicate the comprehensive sweep of its radicals and its relations. These three terms suggest its logical unity and its chronological development, its analytical insight and its synthetic foresight. These reveal the organizing potencies of its initial premises, and the completed summary of its concluding propositions."

Osteopathy asserts that all life in matter is a form of motion, which position is deduced from the principles of universal science.

From this deduction we arrive at a more complete understanding of matter and motion, and a careful consideration of these two forces will enable us to more fully comprehend what Osteopathy really is, and the foundation upon which the superstructure has been reared. Living matter analyzed shows that it is made up of a number of chemicals. It has been supposed that not less than six of these chemical elements unite in forming life. How many more is not known. The number, however, will be definitely ascertained as our knowledge in science increases. That may be in a few years, or it may require a half a century, for the life germs or what they are is one of the most subtle and profound subjects with which the finite mind has ever had any thing to do. The material basis of animal as well as of vegetable life is supposed to consist of proteids. There is one class of amorphous nitrogenous principles containing generally a small amount of sulphur, an albuminoid, as blood fibrin, casein, milk, etc. Each of these six elements has a force or an influence of its own: The oxygen gives vigor; hydrogen molecular mobility; carbon, sulphur, and phosphorous, allotropic properties. Herbert Spencer, says. "All these peculiarities may be shown to be of significance when considered as attributes of living matter."



Proteids then form the important "substratum of the human organism, and through their agency the chemical and mechanical processes of the body are effected." Taking it for granted that each human body is furnished by nature with a chemical laboratory, in which the same kind of changes are carried on as they are produced by the working chemist in his shop, the conclusion is inevitable that these proteids and the substances with which they are assimilated and allied are manufactured in the human organism. If these substances were not in a constant process of manufacture and reproduction life would soon become extinct by wasting. The natural heat of the bodily tissues if not supplied or reproduced by the chemicals of the body itself would lose its energy and life-giving principle, and matter would become lifeless. Many things in nature, externally considered, grow by accretion, while internally considered, or in the human body, they grow by absorption or interpenetration. The juices and the liquids permeate every part of the system through the numberless ducts and channels, and the substances thus borne to their proper destination fulfill their mysterious mission, and in the course of time are expelled from the body.

This same process is repeated as long the body remains a living organism.

The recuperative powers of the body are most wonderful, and Osteopathy claims that these forces are so great and self-sustaining that even after they are deranged by disease or disorganized from external contact with outside influences they can be readjusted and made to pursue the even tenor of their way without the aid of drugs. "He may perceive how extraordinary these powers and properties of the body are, unaided by medicine, by supposing a locomotive engine to possess like powers to carry on a process of self-repair, in order to compensate for wear; to grow and increase in size, detaching from itself at intervals pieces of brass or iron endowed with the power of growing up step by step into other locomotives capable themselves of reproducing new locomotives in their turn."

Precisely these things are done by every living body, constantly and for years, by the mechanical and molecular activities of matter and motion. The body is not only a piece of mechanism, but it is a machine, infinitely more complicated than any thing that could be devised by man.

Nature's plans and provisions are adequate to the promotion of vigorous health, when let alone and not interfered with by man, who, we are told, has sought out many inventions. Dr. Still says, "That a natural flow of blood is health; and that disease is the effect of a local or general disturbance of the blood." No intelligent physiologist will dispute this proposition, for the blood which circulates in the principal vascular system not only carries nourishment to every part of the body, but it brings away the waste products which are expelled. Anything, therefore, which disturbs or hinders the natural flow of blood through the arteries, capillaries and veins, trenches upon the health to a certain extent. If one of these arteries



become clogged or impaired just in proportion to its importance to other arteries of the vascular systems, so will it effect general health,

A man may lose an arm and yet live just as long and do as much work in certain fields of labor as the man with two good arms, but for all purposes he cannot successfully cope with the man who has two arms.

The blood may be impaired in its free circulation at some important point. If it is, the general health may be maintained, but not at its full vigor. A single broken cord, though its effect may not be noticed among a thousand other perfect cords, yet creates a certain amount of inharmony or discord, which exists whether it can be detected or not.

The body must be maintained in a normal condition, and this can be done only by keeping intact all the functions, however minute they may be, which enter into its construction as essential and constituent elements.

The laws of its organization, both in health and disease and its adjustment by the mechanical appliances of the body, constitute the groundwork of Osteopathy and show that its teachings are in harmony with the most advanced scientific thinkers,

Life and death, health and sickness, are problems which can be solved only by an investigation into the vital forces of the body.

These problems Osteopathy has undertaken to explain, and is explaining them in accordance with the laws which control and regulate the human organism. It is doing so in a scientific way, and along the only line that nature suggests.

Dr. Still says that "Scientific diagnosis cannot be based alone upon the symptoms or histological findings, it must be based upon ascertainable and demonstrable facts." The composition of the vital substances can only ultimately be determined by the microscope, aided by whatever mechanical abnormalities a profound knowledge of anatomy will detect.

This intimate knowledge of anatomy, based upon the evident molecular conditions, will enable the skilled Osteopath to make the proper diagnosis. The medical practitioner, owing to the unscientific diagnosis he makes, knows but little more about it afterwards than he did before.

He relies more upon what has been the common practice, or upon what has been laid down by his contemporaries, than he does upon his own clear and comprehensive sight. In other words, his diagnosis is the result of what he believes to be certain symptoms, and these symptoms indicate certain diseases.

He is satisfied to proceed along the old rut, and prescribes accordingly the thought not having once entered his mind that he should know more of the disease than its mere symptomatic appearance indicates, that is to say, he is satisfied when the symptoms point the existence of any certain disease, the name of which is given in medical books. He goes no farther, he does not dare to extend his explorations beyond the limit which has been laid down. His knowledge of anatomy and physiology, and the deeper causes



from which diseases spring will not warrant him in invading the field of causes upon his own volition. For pains or cramps the patient is given narcotics, little thinking or caring that these drugs pollute the blood, and thus influence the functions of the nerves. They may lull the pain or ease the cramps, but at the same time they may so affect the sympathetic system that its natural work may be retarded, and the vital forces lowered; or they may cease to perform their functions altogether. The ordinary doctor prescribes the most noxious and even poisonous drugs as medicines. These number many hundreds, and each has its effect upon the system; not in ultimately building it up but in reducing its normal vitality. He tries remedies as an experiment. If one does not produce what he conceives to be the desired effects he tries another and continues these experiments until he has exhausted the whole category of remedies without obtaining what he wants in the condition of the patient.

Dr. Radcliff said a short time before his death; "Since I have grown old in the art of healing, I know more than twenty diseases for which I have not even a remedy." The modern school of medicine makes a mistake in not understanding the fact that the living matter from which the organized cell is produced must first become deranged or impaired. The cause of the derangement in the first question to be settled, and this cannot be decided upon a scientific basis without a thorough knowledge of the condition, composition, and control of the living matter of the body, together with its mechanical relations and molecular activities. If it were possible to treat diseased cells, or parasitic bacteria directly by chemical means, Osteopathy asserts that it would not avail any thing, for the reason that the same conditions which produced the diseased cells would construct others in the place of those destroyed, which is evidenced in cancer cells which, if removed, are succeeded by others.

As a logical conclusion, it will be seen that healing by such methods would be impossible without creating first a normal condition of the living matter of the body, and removing all obstructions to the natural flow of the blood. The nerves which impart health and strength depend upon the blood, so that after all everything in reference to life and health depends upon the natural flow of the blood. Upon this question of blood, and its importance to the continued vitality of the system, Osteopathy occupies an advanced position. It has penetrated the secret recesses of the body, and studied the chemical constituents of its materials of supply in air and food; it has studied the character and quality of the living matter and vital substances, the laws of their chemical construction, the cell, tissues, organs, etc., and is convinced beyond all question of a doubt that no laboratory of the chemist or lotion of the pharmacist can approximate the formulations of nature. Osteopathy has demonstrated that the resources and remedies which are in the body, and given to it by nature, are sufficient to restore it from disease to health without drugs or artificial means or remedies. Dr.



Still says; "The brain of man is God's drug store". Its mechanism, so elaborate and wonderful, manufactures and manages every chemical necessary to every function of the body.

Dr. Still further says, "That here," meaning the brain, "and here alone are superintended and supplied the processes and products in the exact quantity and quality which the body needs, by which the vital functions of digestion, absorption, assimilation, growth and health are maintained. Here, also, are conducted the remedial processes by which the body recovers from sickness and disease in the use of the proper materials furnished to the body, and by means of the mechanical appliances possessed by the body for this purpose.

The scientific assumption that chemicals can be made by man similar to those which nature has furnished the body the power to manufacture, and similar to those possessed by the body is untrue. There is an absolute difference between the chemicals of the body and those prepared by man. The chemicals of the druggist or chemist are only approximations or imitation.

Unnatural combinations prepared for the system as medicines destroy the vital energy of the nervous structures and can be of no possible efficiency as a nutriment. Only organized matter becomes assimilated in the body, and this work is done by nature. The storage battery of life and health is the brain and nervous system, and these become disorganized and weakened when subjected to the influence of drugs. The intelligent Osteopath who studies the nerve distribution and chemical constituents understands more of nature and the laws by which it is governed than the man who seeks to cure ailments by drugs. Osteopathy teaches that the constant efforts of nature are toward a restoration of health, and that all functional disorders can be removed and healed by a perfect knowledge of anatomy and physiology without the use of drugs in any form whatever. Having a trained and sensitive touch and a thorough knowledge of the nerve centers in general, and of their exact location, the Osteopath possesses the means of healing at his finger's ends. The following illustration is one to the point. "As the violinist knows what note to touch, and easily and intelligently slips his fingers along the strings and gets such tones and tensions as produce rhythmical harmony, so an Osteopath who has profoundly studied the human organism, with all the aids of literary research, morbid anatomy and normal life in all its delicate and dexterous forms and forces and health-giving functions, by skilled operation secures the natural equilibrium and healthful activities of the human frame."

In reference to the word "Osteopathy" Dr. Still says it more correctly describes the science than any other word that might be chosen.

The word embodies one of the great ideas of science. The bony framework of the body is that part upon which the true order of the body depends. The bones are the most substantial underlying landmarks of the



body. They constitute the hard, unyielding substratum upon which all other structures are built, and upon which they depend for permanence of position and location. The bones constitute the foundation of the bodily superstructure. Besides, they are fixed points from which the trained anatomist may correctly explore for disorder in the mechanism. The body is an embodiment of all the principles of mechanics, of physics, of hydraulics, all architecture, and all machinery of every kind. There are nearly four hundred mechanical principles that have their finest practical illustration in the human body. Here are found all the bars, lever, joints, pulleys, pumps, pipes, wheels, and axles, ball-bearing movements, beams, girders, trusses, arches, columns, cables, and supporters, known to the most advanced mechanical science. These constitute its anatomical mechanics, which require the minutest study and mastery by the Osteopathic student and operator.

Concerning surgery, Dr. Still says, there is a necessary place for it in some emergencies of Osteopathic practice; there are many abnormal conditions of the body that require proper surgery, and Osteopathy in training its operators in the science of surgery, and is pursuing a wise physiological course.

#### A. A. A. O. RESOLUTIONS.

**W**HEREAS, the Board of Trustees of the A. A. A. O. has received from Dr. A. G. Hildreth his resignation as President of the American Association for the Advancement of Osteopathy; therefore be it,

Resolved:—By the Board of Trustees and for the A. A. A. O., that each and every member thereof, acknowledge with gratitude, the considerations, honest and energetic work of Dr. A. G. Hildreth while during his short term of office he has occupied the chair of president of the A. A. A. O.; that his administration of its affairs has been efficient and effective; that his relations with all its members have been honorable and of the warmest and truest character; that through his personal efforts much substantial gain has been accomplished by this society; that while the organization will miss his clear thought and guiding hand in its management, it most sincerely congratulates him in his selection by our Alma Mater as a representative member of her corps of Professors; knowing him to be capable and worthy of the place.

We feel that in the renewal of his place, he will impress upon the army of students whom he shall instruct, the same conscientious belief, which is so necessary to success in this profession, that he himself feels, in the science of Osteopathy, and will further add to his already honorable career.

We realize his future success and felicitate him upon his advancement; while we regret his loss as our president yet to whatsoever sphere in life he may be called, our Frater is still our Frater.

The Board of Trustees of the A. A. A. O.

IRENE HARWOOD, Sec'y.

E. W. GOETZ, Chairman.

Sept. 27, 1899.



## The Journal of Osteopathy.

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### THE NEW CLASS.

The American School of Osteopathy is again filled with its army of students. For several days prior to the opening of school on September 4th, the trains brought in from every direction the hundreds of men and women who were either returning to go on with the work already begun, or else to take up for the first time the study of Osteopathy. With the many Osteopathic schools located in the different states it was hardly thought that this class would surpass in numbers the former classes in the A. S. O., but such is the case, there being now enrolled over 200 students in the September, 1899 class.

This new class is made up of men and women who come from the many different avenues of life; some have been ministers, a larger number were teachers, others were trained nurses, medical students, and business men and women; many are college or university graduates, and all are entering upon the work with an earnestness and a zeal that betokens a rich reward for the two years they will spend in the American School of Osteopathy.

\* \* \*

The following is the complete list of the graduates of the American School of Osteopathy who successfully passed the examination in Illinois: S. D. Barnes; Georgia A. Carter; C. O. Deeming; Frank C. Farmer; L. D. Hickman; Marguerite McCulley; Joseph H. Sullivan; Roger K. Williams; Chloe C. Carlock; Frank Chapman; W. H. Eckert; William Hartford;

Howard Kretschmar; Mary E. Kelley; Dudley Shaw. Secretary J. A. Eagan of the State Board of Health says that these successful ones will soon receive their certificates, and that permission to practice has been given in each case.

\* \* \*

The American School of Osteopathy—the first ever chartered to teach this grand healing science—is to-day in a better condition than ever before. Its faculty, made up of men who have no superiors as instructors in the departments they represent, was never so strong as at present. Its seven hundred students are men and women who have entered upon the work with earnestness and enthusiasm, and who will, when they have completed their two years work, go out as true representatives of Osteopathy, able and willing to advance and defend its principles.

\* \* \*

On account of the growth of both the Infirmary and the School it has been deemed wise to secure more assistance; Dr. Arthur G. Hildreth, who for many years, was associated with Dr. A. T. Still and his sons, but who has been for the past year located in St. Louis, Mo., has returned to the parent institution, where he serves the school in capacity of Dean, and the Infirmary as a member of its operating staff.

\* \* \*

Already the correspondence concerning the February 1900 class is very large. Every mail brings in a number of letters from prospective students, announcing their intention of enrolling in the next term.

\* \* \*

### To the Power and the Glory of Progress,

A TRIBUTE, WILLIAM WEST.

Once upon a time there was a mighty kingdom but its king was born to the pity of life as to its sublimity—to swaddling clothes and immortality. And the pity ruled while the immortality chafed at its bars and the broad plains and vast forests slept for when the king called for courtiers and warriors he cried but from a cradle and his nurse murmured "hush," and crooned to him the lullaby of the earth born.



Thrice cried the king in his weakness and as the nurse said "Hush," so the friend said "Peace," so the sage smiled.

And the King sent to the Northland where Progress was born and to the Southland where Faith flourished and to the East where Wisdom tarried and to the West where the King's coming had been prophesied. And brains and brawn and wit and wisdom came at the King's behest and Romulus built a city on seven naked hills and Still built a science with black, charred embers.

Romulus proclaimed the might of Rome. The court and the swords of Romulus maintained that proclamation. Still proclaimed the power of Osteopathy. The students of the American School of Osteopathy have maintained and will maintain that proclamation to the uttermost limits of land and sea.

Osteopathy outgrew provincialism, bigotry and smallness and became broad, brave and irresistible in a magnificent universality of motive; in a splendid cosmopolitanism of spirit for in its court are Power's matchless trinity, the true king, wise courtiers and dauntless warriors.

There is inspiration in this analysis of a beloved theme, there is reflected honor in the very fellowship and as I weigh this great dominant body with its resistless energy, its splendid resources of mind and matter, its future so pregnant with possibilities, I feel as did the jester at King Arthur's table when he cried:

"Near the greatest of Kings am I; among the most valiant of Knights am I; Ah! great and most valiant am I."

The temptation of bigotry woos me subtly to write only of the class of 1900 whose leap into junior dignities has been marked by bringing into prominence the varied resources of brain and sinew, of tact and taste and yet, as class legislation would imperil Osteopathy so would class praise be too small a mead to so virile a body. It is the body militant, the superior senior, the apologetic sophomore, the wondering freshman as well as the triumphant junior which surrounds the throne of promised enlightenment to the world that I pay tribute.

Viewed alone, the reception to be given this month by the juniors to the freshmen, while pretty and promising yet seems but a trifling with a triviality as a subject for serious reflection. Viewed however, in all its significance, observed, analyzed, criticised or reviewed it lifts its pretty self out of the common place and becomes symbolical of Stillism, of Osteopathy and of the A. S. O.

As a social recreation—"Charming! Oh! Yes, charming," and an amiable smile!

As the symbol—It is all force, all grim determination, all pride of strength.

"A reception" with a hissing accent on the second syllable! Yes but such a reception!

Whereat I am met with a cynical—

"But class spirit would account for that."

Yes and such class spirit! The class spirit that sent from Alexandria the scientific progress of a whole world; the class spirit that sent from Netley the conquerers of India; the class spirit that sent from Annapolis to the Phillippines the stars and stripes; the class spirit that stops at no obstacles, that acknowledges no master, that fears no enemy, that meets strength with strength, matches cunning with cunning, the class spirit that makes a small group a resistless power; the class spirit of loyalty to the king, of love for the kingdom Progress is the creed of that class, knowledge is its prayer.

And thus am I proud of my theme—a reception.

\* \* \*

Owing to circumstances which I am unable to control, it has become necessary for me to leave St. Louis and again join the American School of Osteopathy, at Kirksville, Mo. And in order to leave my friends in good hands, and the profession with an able exponent in my office, I have transferred the same to Dr. W. H. Eckert, a graduate of our home school and a man in whom I have the utmost confidence, both as an Osteopath and a gentleman. It gives me pleasure to recommend him to my friends and to the public. Thanking you for past favors and with the hope for a continuance of the same for my successor, I am,

Very respectfully yours,

ARTHUR G. HILDRETH, D. O.



## Clinical Reports.

REPORTED BY W. E. GREENE, D. O., GLENS  
FALLS, N. Y.

### Hay Fever:—

Mr. Slocum of Hartford N. J., aged forty-two, came to me the 29th day of August, 1899, suffering with hay fever for thirty-nine years. Usually it came on the 1st of June and lasted through August. I told him I thought I could help him but that he ought to have come a month sooner, and that it would probably take two months treatment: he was skeptical, said he had been trying for thirty-nine years to get well and every year grew worse. He was much emaciated and distressed about his trouble. On examination I found lesions in the cervical and dorsal region. It took me two months to correct them from fact that he was run down in health and the that the fever was on him when he came. I have not had a case of asthma or hay fever that I have not cured, and I have had a number of cases.

\* \* \*

REPORTED BY T. B. MANSFIELD, D. O.,  
WICHITA, KAN.

### Neuralgia:—

Case 1057. Patient had been suffering from facial neuralgia two years, the pain becoming so intense that she was taken to the Wichita City Hospital for special medical treatment. The physicians in attendance soon passed the limit of their skill and one of them recommended that an Osteopath be called. After the first treatment the patient enjoyed the first night's sleep she had had for weeks, and from the first the pain began to subside. Six weeks of treatment effected a complete cure, the patient gaining twenty-two pounds of flesh during that time.

REPORTED BY THERESE CLUETT, D. O.,  
CLEVELAND, O.

### CASE 1.

#### St. Vitus's Dance:—

Had patient, male, aged twelve, suffering from chorea for two years. The right hand and arm were involved. There was constant pain and at times the right side of the face was attacked. The hand was useless and had to be carried in a sling or pocket constantly. I located the trouble between the 1st and 3d dorsal. After one month the patient could and did write a letter as good as I could. All pain disappeared after the fourth treatment. He now uses the hand perfectly. This has been three months since and there is no return of the difficulty.

### CASE 2.

#### Epilepsy:—

Had patient with pronounced epilepsy, a young man aged eighteen. He was treated by the medical fraternity for seven months. He had spells daily and never went without an attendant. He lived principally upon bromides. I made an examination and told him he had no epilepsy, that he had nervous stomach trouble. I treated him for three months and then dismissed him. He has been resting since last March and has no more spells. He called on me last week and told me of his complete cure. He has never had one particle of bromide since I first treated him. I hope those who are suffering from this terrible disease will give Osteopathy a trial, as I feel confident it will do as much for them if they only stay with the treatment long enough to give it a chance to do the work.



## CASE 3.

**Bright's Disease:—**

I also wish to say a few words along this line of thought.

Three different patients have been under my care for this pronounced incurable disease, but I say it can and is cured by Osteopathy, for I have had it demonstrated so clearly under my own hands that I must believe. You know there is an old saying, "Seeing is believing" and in these cases "I saw" and consequently must believe.

\* \* \*

REPORT BY P. M. AGEE, D. O., LEXINGTON, MISSOURI.

## CASE 1.

**Chronic, Gastritis and Hepatic Inactivity:—**

A Mrs. B., of Lexington, age about forty-five, for two years suffered with a severe case of indigestion. She had been unable to eat any solid food for *many months* and took only such nourishment as punches and light soups. Nausea after meals was a frequent symptom. At times vertigo was marked, the bowels were constantly constipated. Being a lady of considerable wealth, she had tried the leading physicians of this and adjoining states to no avail. She came to my office for examination in March and I found her suffering from a severe case of chronic gastritis and torpid liver. There was marked lesion at the fourth and fifth dorsal vertebrae which affected the nerves to the stomach. A slight lesion was also apparent at the ninth dorsal, which I think affected the innervation of the liver. The treatment removed the apparent cause and after four months treatment the patient has practically recovered. Thus in four months Osteopathy accomplished a cure which the best physicians in two years had failed to accomplish.

## CASE 2.

**Involuntary Urination:—**

Master William B., aged nine, for eight years was troubled with involuntary urination during sleep. He had tried all kinds of treatment, drugs, electricity and so-called magnetic healing without relief. I found great tenderness and a slight lesion

at the second lumbar vertebra. This lesion affected the nerve center which controls micturition. The lesion was removed and recovery was the result.

## CASE 3.

**Epilepsy:—**

Master William McConnell, aged twelve, for several years had been subject to epileptic fits of a periodic form. Once a month regularly he had an attack which lasted usually about two days, during which time he would have from three to five spasms. The lesion was at the third cervical vertebra which was drawn far to the right. He has been taking three months treatment and has missed the two last periodical attacks. I think I am safe in saying that a complete recovery will result as the lesion is yielding nicely to treatment.

## CASE 4.

**Ex-Ophthalmic Goitre:—**

Miss Lelia Gordon, of Lexington, aged about twenty-six, was troubled with enlargement of the thyroid gland. She came to me for treatment in May. I found circulation very poor, also marked eczema about the face and neck. This case was cured with six weeks treatment and Miss Gordon has just entered the September class in the A. S. O.

\* \* \*

The following report was sent by Dr. L. S. Brown of Denver, Colo. Dr. Brown is a graduate of medicine as well as Osteopathy. He says, "I treat all my cases Osteopathically since graduating at the A. S. O."

## CASE 1.

**Appendicitis (?)—**

Eunice, age ten, under the family physician's care continued to decline, having what he termed chronic appendicitis. A consultation decided she must be taken to the hospital and operated upon for appendicitis. This action frightened the mother and upon telling her grief to a neighbor the mother learned of Osteopathy. I found in the child a condition of hereditary constipation with imprisoned gases in ascending colon near the ileo-caecal valve. You know the rest of the story.



Some weeks after this little girl was dismissed she came running to her mother one day after playing very vigorously and cried out, "O mamma, mamma, I've got appendicitis on the *other* side now, O my!" She was brought to me; I simply set her *left* sacro-iliac synchondrosis and her second case of appendicitis was cured instantly. The child's diagnosis proved to be as near right as that of the associated doctors. In the midst of now-a-day fads, a correct diagnosis is much needed. Still, appendicitis may sometimes exist.

## CASE 2.

## Dysentery:—

On July 31st last, I was called before six A. M., to see this same little maid suffering from dysentery. The mucous membrane of the bowel was being thrown off in strings with frequent discharges of blood. This was as severe a case of that disease as I had seen in several years. Then I thought; "Well, now you're in for it, Mr. Osteopathy, so, show your strength!" That patient received treatment less than two whole days, when natural stools began. I called to see her a few times afterward but did not treat her. She did not need me or my treatment, so I let well enough alone and dismissed her to play again. Best of all, the ordinary sequelae of depression, weakness, constipation, etc., were absent. This beats my former treatment of dysentery with medicine so much that I am not only astonished, but I hardly know what to say suitable to the occasion. "If I be I," I am excelling myself! I had no thought of confining myself to one patient when I sat down to write; but this is enough for once.

\* \* \*

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

## CASE 1.

## Spinal Curvature:—

Master Sammie Hutcheson, Mission Ridge, came to us for treatment in June. He had been in very delicate health, his trouble had originated because of spinal curvature. On examination found he had

posterior curvature in dorsal region, and had been wearing a brace for support. He was full of malaria; the liver was inactive. He was very sallow, constipated and suffered with catarrh. After two weeks treatment we removed the brace and he improved very rapidly in his general health. After two months treatment his curvature has entirely disappeared, his back is strong and he has no use for the brace and has gained seven (7) pounds in last month of treatment.

## CASE 2

## Eye Trouble From Slipped Atlas:—

Miss ——— prominent young lady of Chattanooga, came to our office for examination after consulting eye specialists who told her nothing could be done possibly glasses might help her. She was very much discouraged and decided to try Osteopathy. She had suffered with constant headache for some three or four weeks. We found the trouble to be a slipped atlas. After the first treatment she never had the slightest headache and after seven treatments her eyes were entirely well. This case was only of two or three months standing. It shows what Osteopathy can do in a few treatments when the case is taken in time.

\* \* \*

REPORTED BY DEAN MERRIL BODWELL,  
CRIPPLE CREEK, COLO.

## CASE 1.

## Piles:—

Mr. Oscar Wolf, steward at the National Hotel, Cripple Creek, Colorado, had been troubled for years with a very bad case of piles and chronic constipation. He had doctored a great deal, being to the good pile specialists at Denver, but never obtained relief. His suffering was terrible; he concluded he would try Osteopathy and come to me the 4th of September and he has now had four treatments which have given him more relief than he ever had before and he will soon be cured as a result of removing the cause, which was consti-



pation, and a bent coccyx interfering with the hemorrhoidal circulation.

\* \* \*

REPORTED BY ALBERT FISHER, ENGLEWOOD, ILL.

The following testimony speaks for itself and is but another evidence of what can be accomplished by Osteopathy. While the cure in this case may seem to many marvelous—to the Osteopath, with his thorough knowledge of anatomy and his careful touch—it is but the exemplification of “finding the cause and removing it.”

To whom it may concern:

I submit the following statements for the information of anyone interested in the restoration to health of any afflicted person. I have been careful to give only exact facts, without coloring or comment.

April 20th, 1899, my thirteen year old son was taken ill; apparently not very seriously so. Not getting better, April 20th, we called in a medical doctor, who had previously practiced in our family, always with uniformly good results. In this instance, however, our boy got steadily worse. April 26th our practitioner called another physician in consultation and on April 29th still another, but their combined skill did not succeed in checking his alarming symptoms. It was therefore concluded best to take the patient to a hospital, connected with a famous medical college, for treatment, and this was done on the evening of the 29th.

At the hospital the case was put in charge of one of the most skilful surgeons of the city, a member of the college faculty and a gentleman with a very great reputation for success in difficult and delicate operations. He diagnosed the case as “septic peritonitis,” probably caused by appendicitis (which practically coincided with the diagnosis of the attending and consulting doctors) and prognosticated that the boy would probably not recover. He stated further, that it would not be wise to perform an operation, owing to the patient's extremely weak condition, and gave it as his judgment that, in case of an immediate operation, the patient would

not live more than twelve hours. He however said he would take personal charge of the case and, if the alarming symptoms could be controlled sufficiently to justify an operation, would perform it.

The patient seemed to do a little better in the next few days but continued in such an alarming state, that still another member of the college faculty, an eminent physician, recognized as authority on medical practice, and head of the medical department of the college and hospital, was called in, and both of these celebrated men gave the case their personal and unremitting attention, supplemented by the intelligent service that the best trained nurses, night and day, could give. Notwithstanding all this skill and attention, and after over four weeks at the hospital, I was informed by the physicians that although the acute form of the disease had been controlled, it had developed into tuberculosis of the peritoneum, that the boy was getting steadily weaker and weaker every hour, and that there was absolutely no chance of his recovery. That, inasmuch as he was worrying to get back home, it would seem better to humor him by taking him home and making him as comfortable as possible until the end came, which might be in forty-eight hours; that he might live a week, possibly two, but there was positively no possibility of his ultimate recovery; that his death was only a question of time, more or less—probably less than more. I put the question to my practitioner: “As long as there is life is there not hope?” He replied to the effect that it was not true in this case, as there was nothing upon which to build. Even if the disease could be completely arrested (which was impossible) the patient was in too low a state of vitality to recover; his muscles and tissues were atrophied to such an extent that they were simply strings; his emaciation was so great that he was skin and bone only, and there could be no possible hope, under the circumstances—as much as he, personally, would like to hold it out if he could conscientiously do so. In addition to the frightful emaciation, his abdomen was dreadfully distended with the disease's inflammation, so much so as to seem ready to burst open.



His temperature averaged above one hundred and one and his pulse one hundred and twenty. His bowels went from the extremes of constipation to those of diarrhoea and seldom moved except in response to the most powerful cathartic. His face, hands and other extremities had a ghastly bluish, deathlike color, peculiar to one in the last stages of dissolution. My practitioner further said that everything that the best medical science possibly could do had been done, and recommended the boy's removal from the hospital, that his wish to be at home might be respected. We accordingly got him home, and, after keeping him under medical treatment two days longer, concluded to call Dr. Albert Fisher, Osteopathist, to see him, more as a forlorn hope than from any idea that anything possible could be done.

After a careful examination Dr. Fisher informed me that, while the boy was in a desperate condition and liable to die any hour, and, in his judgment, if medical treatment was continued, would die in a very short time at the outside, yet he thought there was a possible chance to save his life by Osteopathic treatment; not a real good fighting chance—a possible one only.

After much reflection and hesitation, and solely owing to the small ray of hope held out by Dr. Fisher, (the medical doctor still offering absolutely none and positively confirming previous doleful prognosis) we concluded to put the case in Dr. Fisher's hands. Accordingly, on May 31st, we discontinued the use of medicine entirely, and Dr. Fisher began the first Osteopathic treatment.

In his primary examination Dr. Fisher discovered conditions of the nerve centers that led to inquiries that elicited the fact of a serious fall the patient had had a few weeks prior to the illness and which led to a theory that the primary cause of the peritonitis was the mechanical injury, and not tuberculosis, and the line of treatment was adjusted to suit such hypothesis.

Almost during the entire period previously the boy had been subject to the most excruciating pain—hours at a time, and the night and day previous to the first Osteopathic treatment he had suffered terribly. He seemed to respond immediately to the new methods and the pain ceased almost at once. For a period of four succeeding weeks the total sum of pain would not exceed two hours. We therefore felt that even if the boy did not recover ultimately, much had been gained in giving relief from the disease's terrible tortures; but contrary to all medical expectations, the unfavorable symptoms continued to gradually subside, notwithstanding severe, unfavorable climatic changes and conditions. The tissues began to fill, his bowels and other excretory organs to act naturally; the natural color to return to his flesh, and strength and ambition to his body and limbs. His abdomen has assumed its normal condition; there is not a trace of soreness or inflammation—not a single evidence of any existing peritonitis (septic, tubercular or otherwise); his flesh and strength are increasing daily and, in every way he shows his complete recovery.

During the entire fourteen weeks of Osteopathic treatment to date not one drop of medicine of any description has been given. All credit is entirely due to Osteopathy as administered by Dr. Fisher.

Considering the above, there is joy in my soul in knowing that my boy is restored to health, and I cannot be too grateful to Osteopathic treatment, which, in skilled hands, did for him what medical science, with its ages of progress, had failed to do, and when the full force of the achievement is perceived, it produces a feeling of awe and reverence, much as if we have stood in the shadow of a miracle, which the apostle of this new science, touched by the wings of divine knowledge, has accomplished.

Respectfully,

(Signed) GEO. H. ABBOTT.

Chicago, Ill., 640 W. 37th Place.

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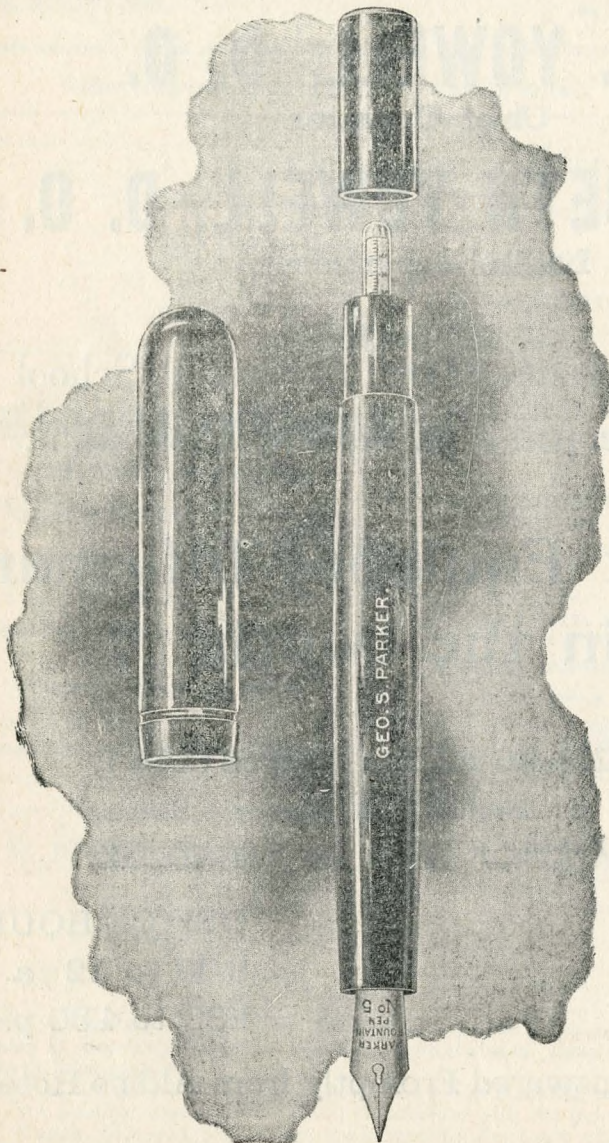
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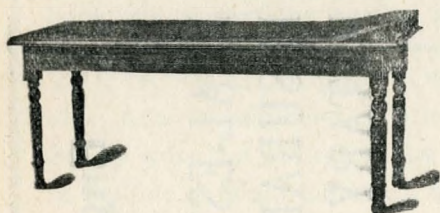
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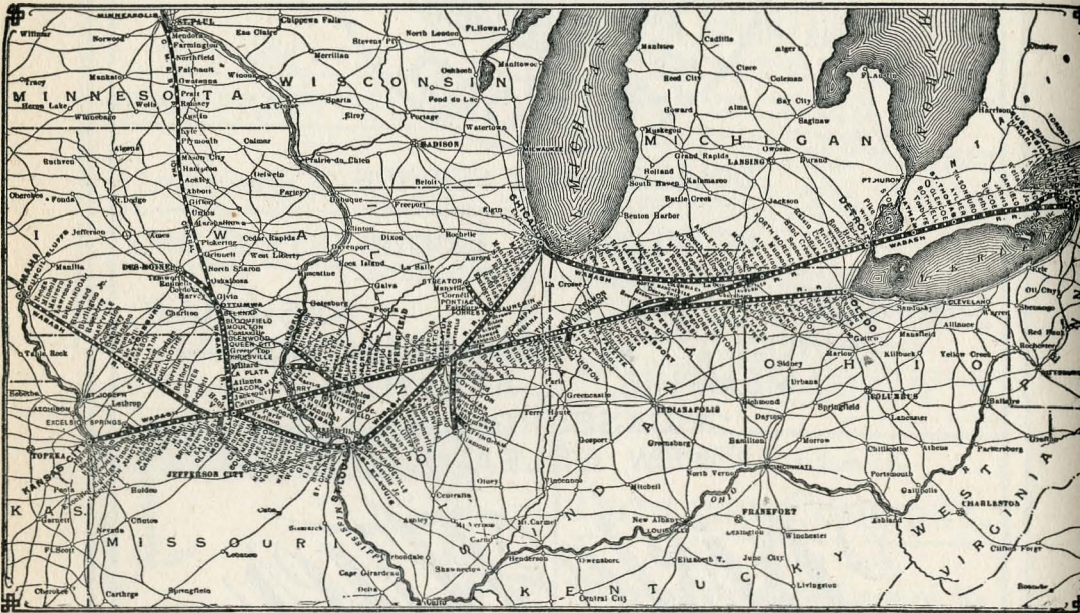


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That light might purify her loathsome path;  
Didst backward hurl the ranks of dumb despair,  
Inviting smiling Hope and Courage, true,  
To sit with thee and drink to rosy health.

Didst err? Alas, 'tis human so to do.  
Yet erring, sweet eyed Mercy, wooed and won,  
And Pity, weeping, turned thy generous will  
To break an only crust with him who did but ask.  
Such deeds, when fortune frowns, are grand, sublime;  
They are the keys that ope the door of Truth  
And usher him who has to his reward.

Mankind, oh rise and sing a song of praise  
To him who, valiant, dared for Truth to fight;  
Who set at naught, for her sweet sake, their scorn,  
Whose senseless tongues first rise to calumny.  
Oh rear to him a monument that shall  
"Outshine the wealth of Ormus or of Ind."

Oh may the hand that opes and fills our lives,  
That shuts, and we return again to dust,  
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