

# JOURNAL OF OSTEOPATHY.

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## OSTEOPATHY IN THE NORTHLAND.

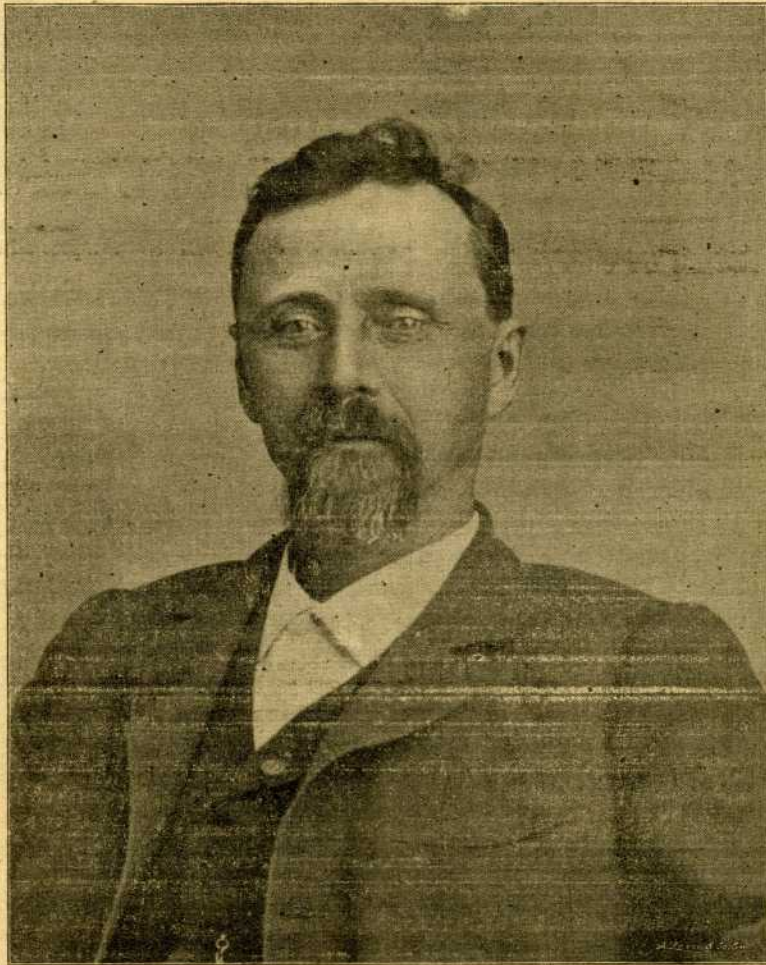
A Brief Description of the Rise and Progress of the Institution Located at Red Wing, Minnesota.

E. C. PICKLER.

Red Wing, Minnesota, is a beautiful city of 10,000 inhabitants, situated on the banks of the Father of Waters, about 40 miles from St. Paul and Minneapolis. The scenery in and around the city is extremely picturesque and beautiful. It lies at the foot of Barn Bluff, which is said to be the highest and most imposing landmark along the Mississippi, and on whose summit is the grave said to contain the bones of the Indian chief Red Wing, from whom the city takes its name. Its people are a progressive, wide-awake and most hospitable class, and it takes but a short time for them to make a stranger feel as if he were at home and among friends.

The country surrounding Red Wing is exceedingly rich and attractive, and the extensive fields of corn and small grain, lying at the foot of the mighty, towering bluffs form a picture never to be forgotten. The writer had the pleasure a short time since of driving over the county in this vicinity, and a richer, more fertile and more beautiful country it has never been his privilege to see.

To the city of Red Wing, the American School of Osteopathy has sent one of her ablest and best graduates. Dr. Charles E. Still, the oldest son of the founder and discoverer, located in Red Wing almost one year ago. Although a comparatively young man, Dr. Still is very proficient in the science, as his wonderful success and the high esteem in which he is held by the best people of the city, will testify. By his thorough knowledge of the great principles of Osteopathy and by his careful and conscientious work, he has established a high reputation with the citizens and his already large practice is increasing rapidly. Of course he has met with the most determined opposition from the medical fraternity. No trick has been too low, and no scheme too vile for them to resort to, in order to injure him, but each and every one has proved a boomerang to them, and they have been shown the full force of the old proverb that "truth is mighty, and will prevail." The sentiment in Minnesota is fast crystalizing in favor of the TRUTH, and the days of the autocracy of the medical fratern-



DR. A. T. STILL.

ity and the Board of Health is fast approaching an end.

When Dr. Still first settled in Red Wing the medical persuasion at once pronounced him a fraud and said he would probably last a month, but not longer. When the month was up, they magnanimously agreed to let him stay three months more, saying by that time the people would find him out and that he would be forced to leave. But Dr. Still very perversely refused to be starved out, and his practice grew at such an astonishing rate that the M. D.'s saw they could not freeze him out by fair means, so they resorted to foul. They even went so far as to try to have him arrested and jailed and tried numerous other plans, all which recoiled upon their own heads, and only emphasized the fact that one man cannot build himself up by attempting to pull a better one down.

Dr. Still has clearly demonstrated that he can successfully handle diseases that are beyond the reach of the medical profession, and evidence is not wanting of many of their mistakes which he has rectified. His wonderful success during the epidemics of diphtheria and measles, through which the city has lately passed, has caused hundreds of parents to bless the day that Osteopathy was given to the world. Dr. Still numbers among his patients some of the best and

most prominent citizens of Minnesota and Wisconsin. He has a number of patients from St. Paul, Minneapolis, Hastings, Winona, Duluth, LaCrosse, Madison and other northern cities, and his business is constantly increasing, so that it is no inconsiderable factor in the amount of money brought to Red Wing and the citizens are not slow to see and appreciate this fact.

We cannot close this article without speaking of our visit to Diamond Bluff, Wisconsin, a beautiful little city ten miles from Red Wing, where Dr. A. T. Still, the founder of Osteopathy, was invited by the citizens to deliver a lecture on the principles embodied in it. After a delightful carriage drive to the Bluff from Red Wing, and a bountiful supper at Mr. Willey's, Dr. Still delivered a most excellent address to a large and enthusiastic audience, and the kind words and hearty grasps of the hand showed that Osteopathy at this place was known and appreciated.

Truly the great commonwealths of Minnesota and Wisconsin are shoulder to shoulder with the foremost states in the Union forenlightened, intelligent and progressive people, and Dr. Still has chosen a rich soil in which to sow the seeds of the great truths embodied in the science he represents; a soil in which it will ever continue to grow and flourish until all will be made familiar with this great, this priceless boon to the children of men.

## DR. C. E. STILL.

From a Red Wing, (Minn.) Daily.

Fifty-six people waiting to visit Red Wing the coming week to see Dr. C. E. Still.

They have not all been invited to come because the doctor does not know of suitable places for them to room or board and mentioned the fact to one of our citizens. John Richter has found places for about one-fourth of them.

Any one will confer a favor upon the doctor and Red Wing by notifying him, if they can accommodate one or more for a reasonable compensation.

The patients the doctor has here now from abroad are paying over \$1,000 per month to the citizens of Red Wing for board and lodging. This overworked man needs room at once for 150 new patients. \$15,000 to \$20,000 will be paid out in Red Wing within a year by his patients from abroad for board if the people will kindly make room for them. The doctor's charges are moderate. His work speaks for for itself. As a matter of fact and business it will do many people good to Red Wing and stay a two even if the doctor cannot cure them.

Red Wing was fortunate to get Dr. Still here and she will not be slack in assisting the doctor in finding room for all his patients. He is a good advertisement for our city. We want to see his patients here and the money paid for board and lodging our people can find use for. He will find our people appreciate his ability. Dr. Still has had special inducements offered him lately to locate in the larger cities. So far he has declined all offers made. As many will be glad to get boarders, we do not think Red Wing will let this enterprising young doctor lose patients for want of accommodations in our city. His integrity and honorable way of dealing with his patients will soon make him one of the wealthiest and most successful young men in our state. A live man always succeeds in Red Wing. Dr. Still knew where to locate.

No excess of waste is found in the body when the machinery is perfect.

All excesses vanish before the manipulations of a thoroughly educated Osteopath.

Remember that mother Nature is all sufficient for the demands made upon her.

The earth is the matrix of all life—plant freely in the fields of nature.

**JOURNAL OF OSTEOPATHY.**

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JULY, 1894.

The advocate of Osteopathy has the highest respect for the Science of Surgery which has been recognized as a science in in all ages

As defined by Dunglison, "Surgery is that part of the healing art which relates to external diseases, their treatment, and especially to the manual operations adapted for their cure." A little more definite is the wording in Chambers encyclopedia—"Surgery signifies the manual interference, by means of instruments or otherwise, in cases of bodily injury, as distinguished from the practice of medicine which denotes the treatment of internal diseases by means of drugs."

As has been before stated the object of Osteopathy is to improve upon present systems of surgery, midwifery and treatment of general diseases, in other words it is a system of healing which reaches both internal and external diseases by manual operations and without the use of drugs. In the common acceptance of the word, as popularly understood, surgery means "cutting", and any reference to a surgeon's work calls up a mental picture of such instruments as the knife, scalpel or lance, and their use upon the human body. We accept that part of surgery also as of great use and benefit to mankind. An Osteopath will use a knife to remove any useless parts, as quickly as a carpenter would use a saw to remove a useless piece of timber.

We recognize the necessity for bandages, lint, splints, stays and anesthetics, because they have proven their beneficial uses.

But when should the knife be used? Never, until all the nerves, veins, and arteries have failed to restore a healthy condition of the body in all its parts and functions. The great failing of many who enter surgical work, is their too frequent use of the knife and anesthetics. Where chloroform is used a hundred times, ninety-nine times it could have been avoided with beneficial results to the patient.

Many are the sufferers who go through life disfigured, maimed or deprived of some essential organ, who should have had their

body restored to a perfect condition without being so mutilated.

The oftener the knife is used upon the limbs, body or head for any purpose the more positively is shown an inexcusable ignorance of the natural law which we recognize as a law able to restore any and all parts where death of the tissues has not occurred.

The diseases treated successfully by Osteopathy are those resulting from an abnormal condition of the nerves, blood vessels, or other fluids of the body caused by partial or complete dislocation of the bones, muscles or tissues. The following list of diseases, with many others, have succumbed to Osteopathic treatment, often when all else has failed: Brain Fever, Cerebro-Spinal-Meningitis, Headache, Granulated Eyelids, Dripping Eyes, Pterygium, Dizziness, Polypus of Nose, Catarrh, Enlarged Tonsils, Diphtheria, Croup, Whooping Cough, Asthma, Pneumonia, Hay Fever, Goiter, Indigestion, Lack of Assimilation, Torpid Liver, Gall Stones, Neuralgia of Stomach and Bowels, Constipation, Dysentery, Flux Piles, Fistula, Irregularities of the Heart, Kidney Diseases, Female Diseases, Rheumatism and Neuralgia of all parts, Atrophy of Limbs, Paralysis, Varicose Veins, Milk-leg, Measles, Mumps, Chicken-pox, Eczema, Fever or Coldness of any part of the system and Nervous Prostration. Osteopathy knows no compromise with disease, because it depends and works upon the laws of nature

At Muscotah, Atchison county, Kansas, there are three graduates of the American School of Osteopathy who are successfully introducing the new science into that part of the country. Drs. Herman T. Still, Elbert Rickart and J. H. Osborne have been treating there for the past month and their flattering success is but a forerunner of the future awaiting all qualified Osteopaths.

The great demand for efficient Osteopaths throughout the different localities where Dr. A. T. Still and his science are known has taken from the working force at Kirksville two of the Doctor's sons. But the third son, Dr. Harry M. Still, who was the first to take up his father's work and who was a practical operator long before the thought had ever occurred to anyone that here was a science worthy of life long study and investigation, is permanently located with his father to aid with his skill and experience in the great work to be done here.

"Nature never disappointed me once, while I have probably disappointed her hundreds of times."

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Text Books: Gray's Anatomy, Dunglison's Dictionary, Yeo's Physiology, Potter's Compend of Anatomy.

Tuition: \$500.00 for the full course.

A very able article from the pen of Mrs. Lizzie E. Walker, of San Antonio, Texas, under the title of "What is your highest and holiest desire?" was unavoidably laid over till next month. The line of thought carried throughout, that health is the great desideratum will prove most interesting to our many readers.

All trains coming into Kirksville are met by a representative of Dr. Still's institution, who will give strangers any information desired, and direct them to comfortable and convenient boarding houses.

Business Department.

The business management of my affairs is in charge of H. E. Patterson, our well and favorably known fellow-townsmen, who has filled many positions of trust and honor, establishing a reputation for honesty, sobriety and justice. He has the entire confidence of the business men of Kirksville and vicinity.

A. T. STILL.

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To Prospective Patients.

Those coming to us for treatment will save themselves much inconvenience, by preparing for a somewhat longer course of treatment, than is usually done by the average patient. Very few cases can be safely discharged on less than one month's treatment, and longer time should be given in most cases. After the cause of the trouble has been removed the patient should remain under treatment for a time in order to more surely receive lasting benefit. Of course some cases are cured in a few treatments, some in a single treatment, but they are comparatively few. All should make up their minds to take just the course of treatment that may be prescribed at the time of their examination.

A thermometer marks the degrees of atmospheric heat. When it passes beyond a certain point animal life ceases to be sustained. The human body is a thermometer from head to foot. Its warmth increases or diminishes according to the velocity of the dynamo. When there is no action of the heart, there is no animal heat. As you understand the action of the vaso-motor nervous system you will understand the cause for the increased or diminished action of the heart.

**MEDICAL MONOPOLIES.**

P. F. GREENWOOD.

To-day, July 11th, 1894, no difference what our individual ideas on the question of strikes, lock-outs, arson, rapine, bloodshed, devastation and death, are, yet the fact exists, we have them, and whence is their origin and why do they come to paralyze and strike down the business interests of the industrial millions of our great republic.

To the class laws, trusts, and monopolies existing in our land, is due largely the parentage, birth and propagation of these hideous monsters, which disgrace and endanger life, limb and property, to-day, all over our land. Those who stand ready to condemn trusts and monopolies which are called into existence by class laws, to enable one or more persons to amass untold or fabulous wealth in a few months or years at the expense of the life-blood and toil of their employees, the starvation of the poor and the taxation of the middle and lower classes, and which trusts and monopolies are, to-day, calling loudly for more help and protection to enable them to longer rob, plunder and oppress the down-trodden masses and give them a longer lease in which they may further absorb the wealth of the nation and its people. Let me invite your special attention while on this line of thought to the fact that the medical monopoly is patterned after the same idea of class laws. "A medical hierarchy is growing up in the republic in some respects as intolerant and despotic in its instincts as the religious hierarchy of the Dark Ages, which crushed free thought, strangled science, and rendered progress well-nigh impossible." The analogy between religious and medical legislation and injustice is expressed by Herbert Spencer as follows: "There is manifest analogy between committing to government guardianship the physical health of the people and committing to it their moral health. The two proceedings are equally reasonable, may be defended by similar arguments and must stand or fall together. If the welfare of men's souls can be fitly dealt with by acts of parliament, why, then the welfare of their bodies can be fitly dealt with likewise. He who thinks the state commissioned to administer spiritual remedies may consistently think that it should administer material ones. The fear that false doctrines may be instilled by unauthorized preachers has its analogies in the fear that unauthorized practitioners may give deleterious medicines or advice and the persecutions once committed to prevent the one evil countenance the penalties used to put down the other. Contrary-wise, the arguments employed by the dissenter to show that the moral sanity of the people is not a matter for state superintendence, are applicable with a slight change of terms to their physical sanity also.

Let no one think this analogy imaginary. The two notions are not only theoretically related: we have facts proving that they tend to embody themselves in similar institutions. There is an evident inclination on the part of the medical profession to get itself organized after the fashion of the clerisy—moved as the projectors of a railway, who whilst secretly hoping for salaries—persuade themselves and others that the proposed railway will be beneficial to the public—moved, as all men are under such circumstances, by nine parts of self interest, gilded over with one part of philanthropy. Little do the public at large know how actively professional publications are agitating for state appointed overseers of the public health.

Whoever has watched how institutions grow, how, little by little, a very innocent-looking infancy unfolds into a formidable maturity, with vested interests, political influence, and a strong instinct of self-preservation, will see that the germs here peeping forth are quite capable, under favorable circumstances, of developing into such an organization. He will see further that favorable circumstances are not wanting—that the prevalence of unemployed professional men with whom these proposals for sanitary inspectors and public surgeons mostly originate, is likely to continue.

The most specious excuse for not extending to medical advice the principles of free trade is the same as that given for not leaving education to be diffused under them: namely, that the judgment of the consumer is not a sufficient guarantee for the goodness of the community. The intolerance shown by the orthodox surgeons and physicians toward unordained followers of their calling is to be understood as arising from a desire to defend the public against quackery. Ignorant people say they cannot distinguish good treatment from bad, or skilled advisers from unskilled ones; hence it is needful that the choice be made for them.

Then following in the track of the priesthood, for whose persecutions a similar defense has always been set up, they agitate for more stringent regulations against unlicensed practitioners, and descant upon the dangers to which men are exposed by an unrestricted system.

The many friends of Mrs T. E. Flemming of Graham, Nodaway county, Mo., will be delighted to learn that she has entirely recovered from her terrible malady and has left Kirksville with boundless gratitude for Osteopathy to join again the family circle of the home she loves so well. Mrs. Flemming has been a patient sufferer for many months and after trying in vain all of the medical institutions in her reach she decided to try Osteopathy with results which makes her the happiest and most grateful of women.

St. Louis, July 8, 1894.  
 DR. A. T. STILL,  
 Kirksville, Mo.  
 My dear Doctor,  
 You know when "old maids" become a certain age they never again confess to having birthdays. Now this is just my position, and this is the last birthday I'm going to recognize. I mean to make a new beginning, and date my life hereafter from the 22nd of July, 1893, my "birthday in Osteopathy," for it was only then that I truly began to live in the physical sense.

My life has been a happy one, in spite of the fact that I have for twenty-two years been a seemingly hopeless cripple, able to walk only with the aid of a heavy iron brace and crutch, growing daily a greater burden to myself, and the knowledge deepening that I should never become strong and healthy like other people.

When 16 months old my parents noticed, after recovery from a severe illness, that my left side was almost helpless, and after due examination by one of the most eminent specialists, the trouble was pronounced "infantile paralysis." I was kept under his care for a year, taking electrical treatment three times a week. I recovered the use of hand and arm, but the development of the limbs was retarded; consequently when I grew heavier of body the limbs were unable to support my weight, and I was forced first to resort to braces, then to cane and finally to crutch. A number of other physicians gave their opinion, which was that I should never get better. I was under their constant care for some ailment or other, all to little or no purpose. I suffered from constant headaches and dyspepsia.

To-day I rejoice in the ability to walk without any aid, with the warm blood coursing through withered limbs, causing them to grow straighter and stronger every day, and every organ of my system strengthened to do its perfect work. All this is due to the science of Osteopathy, after five months treatment by yourself and your efficient operators,—after the setting of the hip (which had been out of its socket all these years) the straightening of the spine, and the adjustment of other delicate machinery. It now only remains for Nature to assert its rights and build up nerve, muscle and tissue, when I shall be ready to do battle with the world in true earnest and with a brave heart.

So I am willing to number a hundred Osteopathic birthdays, even at the risk of being forever called "an old maid," and number myself by adoption with the great family of sufferers now made sound and well by your God-given knowledge of the laws governing the human frame.

Sincerely yours,  
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**TWO DAMS.**

G. W. TULL.

On Friday, May 31st, 1889, the great "South Forks Dam" burst and spread death and destruction through the little valley in which Johnstown, Pa., is situated. There seems to have been only one class who suffered, those who could not or did not reason and who built their dwellings below the danger line of highwater. They placed too much confidence in the stability of the dam and its constructors as the sequel proved.

The builders did put some good material in it, solid blocks of stone masonry, which stood the tremendous pressure of water when the straw and shale of which other parts was constructed had broken away. It was inherently weak by reason of the ignorance of its builders and contained within it the elements of death and destruction. There were, to be sure, a few feeble protests now and then against the method of its construction and the material used; but in the main the people seemed not afraid of any calamity even after repeated warning, so indifferent had they become to the actual danger of a break in the dam. But it came at last and buried hundreds of poor unfortunates under the shale, straw and debris of the dam, lake and valley. Now for a parallel and application of the above.

There has been a dam in process of building for many centuries past, to the erection of which has been donated the results and productions of many minds. Many have devoted their lives to the upbuilding of this structure, and it as a whole represents the labor and toil of thousands. This dam is not all bad and to no purpose. The solid masonry of stone in the dam at Johnstown is typical and represents knowledge of the anatomy and physiology with here and there a section representing works of scientific research which are good and add to our general fund of knowledge. The straw and shale at Johnstown typifies all the works ever produced on the great(?) results obtained by the use of drugs in particular diseases which afflict mankind.

The water above the dam represents the thousands of different drugs, the grand aggregation of all the poisonous chemicals and nauseous drugs obtained from all parts of the world.

The dam at Johnstown was built for the purpose of forming a pleasure resort. This other lake was intended as a "health resort," but alas! it has proven a sad failure as millions could testify if they had not partaken of its waters too freely. The dam and lake at Johnstown had only one or two men as "keepers" to

look after the dam. The "health resort" lake has many, very many guardians who are banded together as a medical fraternity. Unlike the dam at Johnstown it has not burst suddenly and wafted into eternity in a few fleeting moments the victims of ignorance and over confidence; on the other hand its overflow has been going on for centuries. Through many crevices in the wall of this dam trickles the vile decoctions from the lake above, some clear and sparkling as a dew drop in the morning sun, others dark and turbid like the water of an "Irish Bog," nearly all with an odor and taste that would nauseate a "Digger Indian;" all of which the M. D.'s smilingly and confidently recommend as sovereign remedies for all ailments of the human family and dispense them in Alopatic, Eclectic and Homœopathic doses. But there is a change coming, this dam is bursting and it will carry destruction, not to the people as did the dam at Johnstown, but to ignorance, intolerance and bigotry, and I came near saying empiricism.

An Osteopathic rat is at work in this dam and will make such a hole that the fabric will soon give way. The shale and straw of ignorance with the agglomeration of all poisonous distillations above the dam will pass down the valley forever.

**Repose.**

The thought of quietness shines with bright luster through the Bible. "God is not the author of Confusion but of Peace." "In quietness and confidence shall be your strength."

Phillips Brooks, who was to me the grandest man of the age, said, "Get the pattern of your life from God and then go quietly about your work and be yourself."

Quietness in a man or woman is a mark of strength.

In all departments of life it is the quiet forces that do the most effectual work.

The sunbeams fall quietly, but in them is great energy, and wondrous power for good.

The dew falling silently at night touches every plant and flower with new life.

It is in the lightening, not in the noise of thunder that the electric energy lies.

So in nature we see that real strength lies in quietness and the mightiest energies work noiselessly.

This is certainly true morally and spiritually. In the calm, quiet life the truest strength is found. Quietness is the secret of power. If we are suffering pain we bear it better if we are quiet, but the quiet must be within.

"A quiet heart will give a quiet mind." ALICE C. BUTLER.

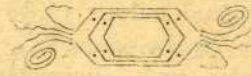
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Local Freight leaves 2:15 p m

GOING EAST.

No. 3. Mail and Express ..... 8:45 p m  
No. 4. Express ..... 7:30 a m  
No. 6. Stock Express ..... 8:45 p m  
No. 8. Local Freight arrives 11:30 a m  
Local Freight leaves 12:00 m

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