

Journal of Osteopathy.

The Object and Aim of Osteopathy is to Improve and Advance Our Present Systems of Surgery, Obstetrics and Treatment of General Diseases to a More Satisfactory Position than They Now Hold.

VOL. II.

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NO. 7.

HEALING WITHOUT MEDICINE.

AN ABLE ARTICLE FROM A RENOWNED WESTERN AUTHOR.

CODEY'S Magazine for October contained the following from the pen of John R. Musick, author of the celebrated Columbian Historical Novels:

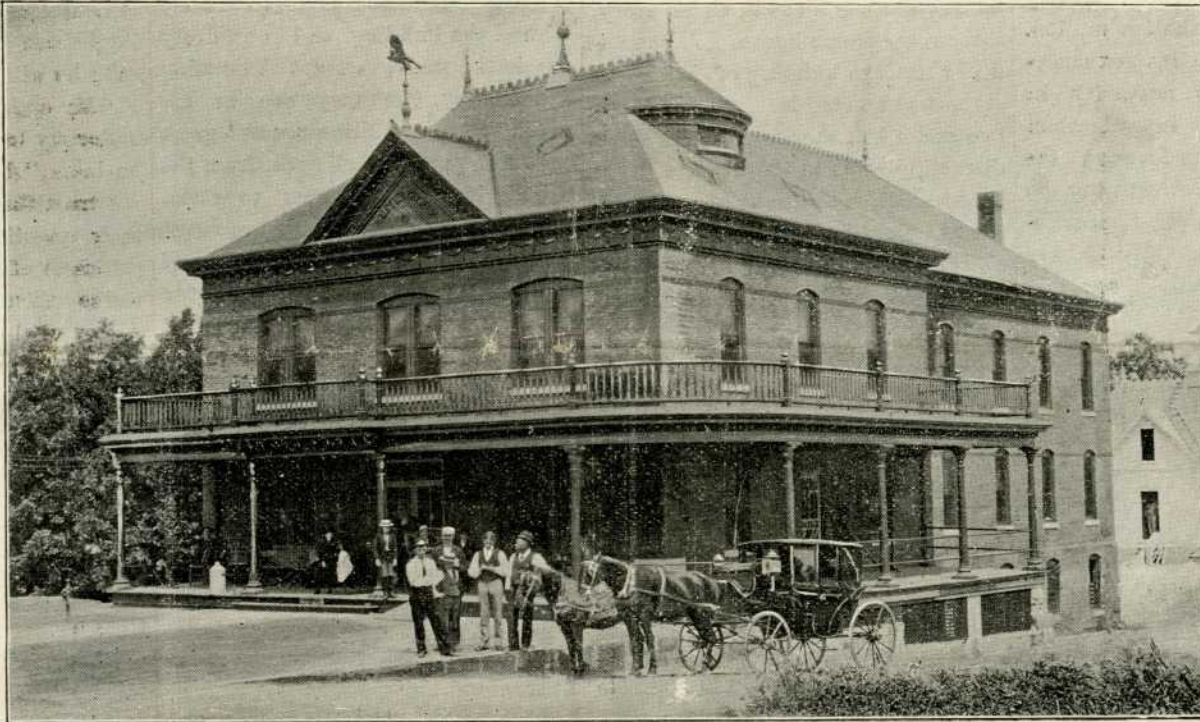
"The search for panaceas, or at least specifics, is such a keen one that quacks and charlatans have everywhere sprung up to throw bait before the eager sufferers, extort money from them, and, perhaps, incidentally render their cure impossible.

In order to remedy this abuse many of our State legislatures have enacted laws regulating the practice of medicine, so that no one who is not a graduate from some reputable medical college is permitted to practice the healing art. But the most rigid laws have been insufficient to prevent quackery entirely.

On the other hand, some claim that the State Medical Boards and State Boards of Health—who usually have charge of such matters—sometimes overstep the bounds of reason, and place barriers in the way of scientific investigation, limiting the healing art to the narrow confines of established schools. Every few years some new discovery or system in the art of healing is announced. Many are frauds, but some have proved to be of practical value, so it will not do to denounce a theory because it is new. Investigate it, and if it stands the test, it is valuable, and is worthy of recognition by the scientific world.

No person looks with more suspicion on a new theory that threatens to invade his established ideas than the doctor. He may be liberal, or even radical, in other matters, but as a rule he is wedded to his "school," and professional pride, etiquette, or whatever it may be termed, confines

him to the metes and bounds laid down therein, regardless of the wishes of the patient. The allopathic, the homoeopathic, botanical, and eclectic schools, as a rule, take no professional recognition of each other.



DR. A. T. STILL'S INFIRMARY.

The best physicians, so some declare, give the least medicine, and for the last twenty years there has been slowly growing a class of doctors in the West who dispense with medicine altogether.

The founder of this new school is Dr. A. T. Still, a Virginian by birth, who during the Civil War served as surgeon in the United States Army. He is sixty-seven years of age, tall, slightly stoop-shouldered, with blue eyes and dark hair in which there is scarcely a thread of silver. He is unassuming in manner, even to eccentricity, with little regard to the social formalities of life.

He has named his new science Osteopathy, not because it relates to the bones in the body alone, but because the bones are the frame or foundation on which the organs of the body are built. His theory is that man is an animated machine, built by a divine and infinitely wise mechanic, and he

declares no one can improve on the works of God. If the machine gets out of order, the best way to remedy the defect is to set the works right and then it will run. "For instance," he illustrates, "if some substance should get in the wheels of a watch, or the cogs should become locked or bent, would a sensible workman pour arsenic, nux vomica, or some chemicals calculated to destroy the works into it? No. First he would ascertain where the obstruction was, would remove it, straighten the bent wheels, and set it going. But, you

when he saw her lying dead before him, he declared medicine a fraud. Doctors had surely been all these years pursuing the wrong theory.

He began to study anatomy anew; not from text-books, but from nature. He was then living on the frontier of Kansas, and robbed Indian graves for subjects. Indian after Indian was disinterred and dissected, and the organism studied more minutely than is done in college. From the closest study of the human body in every form he reached the conclusion that lack of blood-

supply was the cause of a large percentage of diseases. By experimenting with living and dead subjects he discovered that this wonderful piece of mechanism called the body could be manipulated at will by a skillful operator; that the organs could all be regulated by manipulation much better than by drugs. He asserts, for instance, that nature has implanted in the human body castor oil in the form of gall, and in cases where a physic is usually given, he claims

that it is only necessary to open the gall-duct by manipulation, and better results are obtained than with medicine.

He learned that a dislocated rib might produce heart disease, and that a dislocation in the shoulder might produce rheumatism in the hand or wrist, or that an obstructed vein might produce cancer.

About twenty years ago, when his science was in its infancy, he remov-



ed to Missouri and settled at his present home, Kirksville, where he continued his studies and experi

ments. He was supposed to be a magnetic healer, or a faith doctor, and was made the butt of ridicule. In a quiet, unassuming manner he pursued his investigations, and about ten years ago announced his new science.

He was regarded as a crank, and for years his theories did not even receive local attention. His location in the quiet little Missouri town was a wise selection for his purpose. He was, to some extent, retired from medical critics, who might have antagonized his plans before they were perfected. But patients to practice upon were scarce. Life is too sacred to be risked in an experiment. Among some of the poorer and more ignorant, however, he found a few willing to subject themselves to his method of treatment.

Reports were soon circulated that Dr. Still had performed miraculous cures, but the incredulous, even of his own town, scouted the idea. He was very poor, and at one time, according to his statement, could not have got credit for five dollars in Kirksville, where his check to-day would be honored for half a million. His family was large, his expenses great; yet amid every adversity he steadily pursued his investigation. He took frequent tours through the country, occasionally lecturing on the new art of healing, and practicing where he could. His hearers and patients were usually poor and ignorant, and their reports of his success attached to him a supernatural power, which went further to convince the intelligent that he was a humbug.

The first case which brought him into prominence and favorable notice in his own town was the daughter of a prominent minister in the city. The young lady was suffering from a peculiar painful lameness in her limbs. Skilled physicians and surgeons from her own town, Kansas City, and St. Louis were baffled. Some declared it was a case of rheumatism, others hip disease, yet none were able to afford any relief. It is said she was utterly unable to bear her weight on her feet or move her injured leg, which was greatly swollen and painful.

From some of her colored help the mother had heard many wonderful stories of Dr. Still, and when everything had failed, resolved to bring him to the house without the knowledge of anyone, and have him treat her daughter.

The prophet of Osteopathy gave the young lady a treatment, and in ten minutes she was able to walk, run and leap as well as ever.

"Don't call this a miracle," said he. "I exercise

no supernatural power, for I have none. This is simply a scientific method of healing which anyone can practice who thoroughly understands the process."

From that time patients of a better class came to him, and in a few months he had established a local reputation. His plan was not so much to build up a practice as to establish his theory. According to his own words he had sworn eternal enmity to "drugs and alcohol," and started a never-ending crusade against them. Two of his sons, who were officers in the United States Army resigned and came home to enter their father's first class in the study of Osteopathy. In 1890 he duly incorporated the American School of Osteopathy under the laws of Missouri. A class of twelve or fifteen students of both sexes, who had been working for some years in his school, was graduated in 1891 and most of them were retained as teachers in the college or as operators in the infirmary.

The first school-building used for instruction was a small, single story, three-room frame house. A magnificent college building of brick and stone was erected last year. It is two and a half stories high, with a dissecting-room in the attic, a large lecture-hall, recitation-rooms, study-rooms, operating-rooms, and offices, all brilliantly lighted by electricity and supplied with all modern conveniences. Forty or fifty disciples to the new faith graduated from the institution this year, and have gone forth into the world to make war on drugs; and over one hundred are preparing to graduate in the next class.

The chief study in the curriculum is anatomy, and the time and attention given to this is four or five times what it is in the best medical colleges. Each student must be able to name every bone, muscle, nerve, artery, vein, and organ of the body

before he can pass. After the student is perfect in anatomy he then takes up Osteopathy. There are no text-books on the subject yet, and he must get the information from the teacher and by practice.

Graduates from the school have scattered over Missouri, Illinois, Iowa, Kansas, Minnesota, Nebraska, Colorado, and other western states and territories. From the first they encountered the bitterest opposition from the medical profession, and in many of the states there were laws prohibiting any person not a graduate of some medical college from practicing. As the Osteopaths are hostile to drugs, they neither study nor practice medicine. In nearly all cases where they have been arrested they secured acquittals.

A visit to the college and infirmary will convince one that they are conducted on business and scientific principles. The Infirmary is situated in the western part of the town, with a broad-paved avenue leading up to it. There is a large, open court in front, with trees in the rear. A great porch runs almost entirely around the building, and on every day in the week, except Thursday and Sunday, one may see in the porch or in the waiting-rooms a great crowd of people of all ages, from the babe in its mother's arms to white-headed men and women on the verge of the grave. Such a collection of cripples and afflicted I have never seen. Almost all the ill flesh is heir to, seem to have representatives here. The patients, I learned, are from nearly every state in the Union, and represent many nationalities.

On entering the institution each patient buys a ticket which entitles the purchaser to one month's treatment.

The Secretary or his assistant in the hall calls each ticket-number in its turn and the patient is sent or carried to the operating-room. Occasionally an operator or doctor

steps into the hall for a breath of air. If it is a man, he will be in his shirt-sleeves, his face reeking with perspiration, and looking as if he had been engaged in some very hard physical labor. That is what he has been. It is no easy work pulling together dislocated joints, straightening curved spines, removing obstructions to veins and arteries, and securing a healthy blood-supply. The woman operators say it is as hard work as washing or ironing. No mechanical appliances or invention is permissible—the work must be done with the hands and arms.

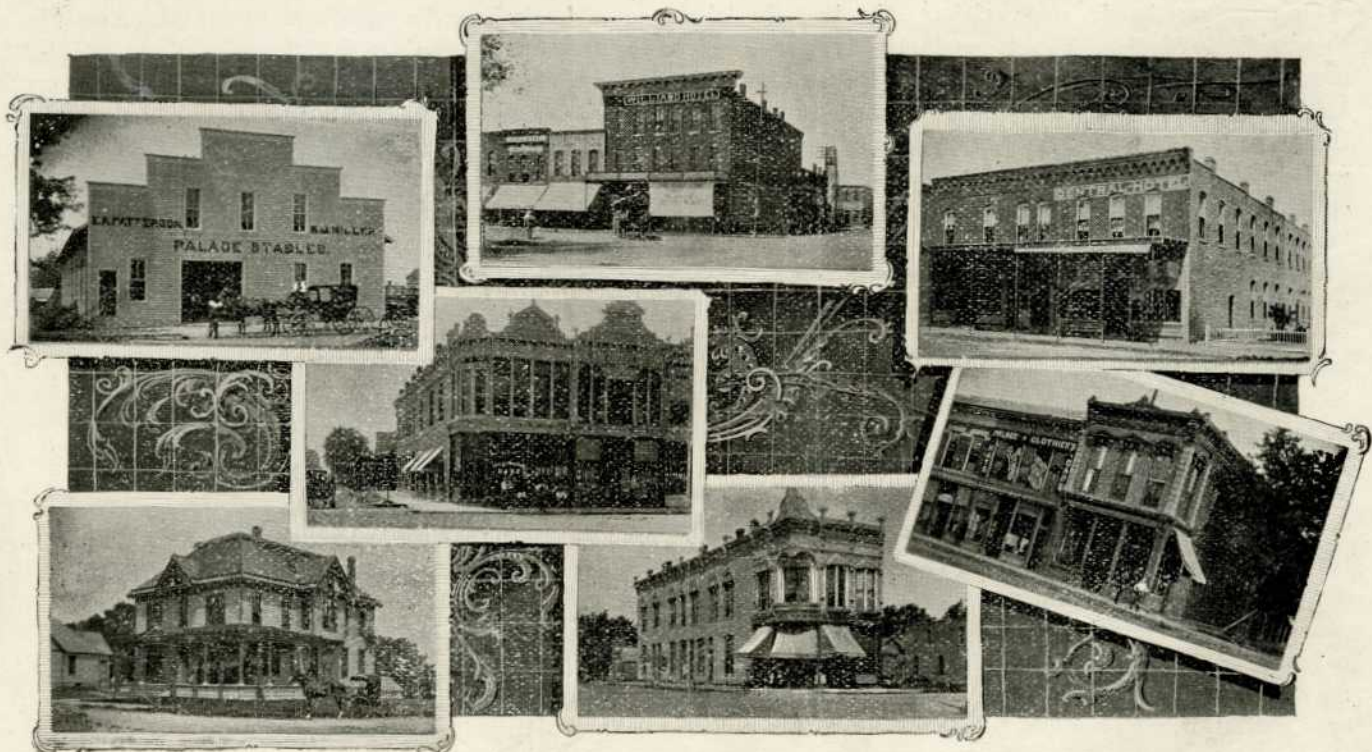
You may see operators and employees about the building, but you will be fortunate if you see Dr. Still, Sr., the founder of the system and institution. He spends a great part of his time in his private office, studying and further developing his science. He or his sons manage to examine and diagnose every case, and if it is a difficult one they watch its progress and instruct the operators. The old Doctor may even occasionally take a hand at it himself. It is useless to ask him to take any single case and treat it wholly himself; he will not do it.

"My operators are all graduates under my training, and know their business," he says. "If I could not trust them they would not hold their positions. Bring your best professor of anatomy and let him examine them as thoroughly as he wishes, and they'll make a grade of ninety-five every time."

During my visit to the institution I managed to have a few moments' conversation with the Secretary, Dr. Patterson, who is not only a doctor, but a thorough business man, and a reputable citizen of Kirksville since boyhood. From him I gained many facts concerning Osteopathy.

"We give no medicine under any circumstances," he declared.

"What do you do in cases of acute pain?"



BANKS, BUSINESS BLOCKS, HOTELS, ETC.

"Desensitize the nerves by manipulation, find the cause of the pain and remove it."

I was informed that the number of patients treated annually at this Infirmary had been about ten thousand but during the present year they would reach fifteen thousand.

From my own observation I should think a majority of the patients were afflicted with nervous troubles and paralysis, but successful treatment is by no means confined to the two diseases mentioned. Asthma, consumption, bronchitis, cancer, female diseases, goitre, hip and spinal diseases, diseases of the eye, epilepsy, heart disease, and in fact all the complaints I had ever heard of, are treated. Dr. Patterson said:

"We don't cure every case nor every person. Dr. Still asserts that Osteopathy cures nothing. We merely set the machine right and nature does the rest."

Dr. Patterson, who keeps a careful record of the diseases treated, gave me some statistics of the result. Of asthma cases eighty per cent. have been cured, fifteen per cent. benefitted, five per cent. gave no perceptible results. In nervous diseases, spasms, and epilepsy the cures are eighty per cent., perhaps the greatest record known. In paralysis and consumption the average is between seventy-five and seventy-six per cent. of cures.

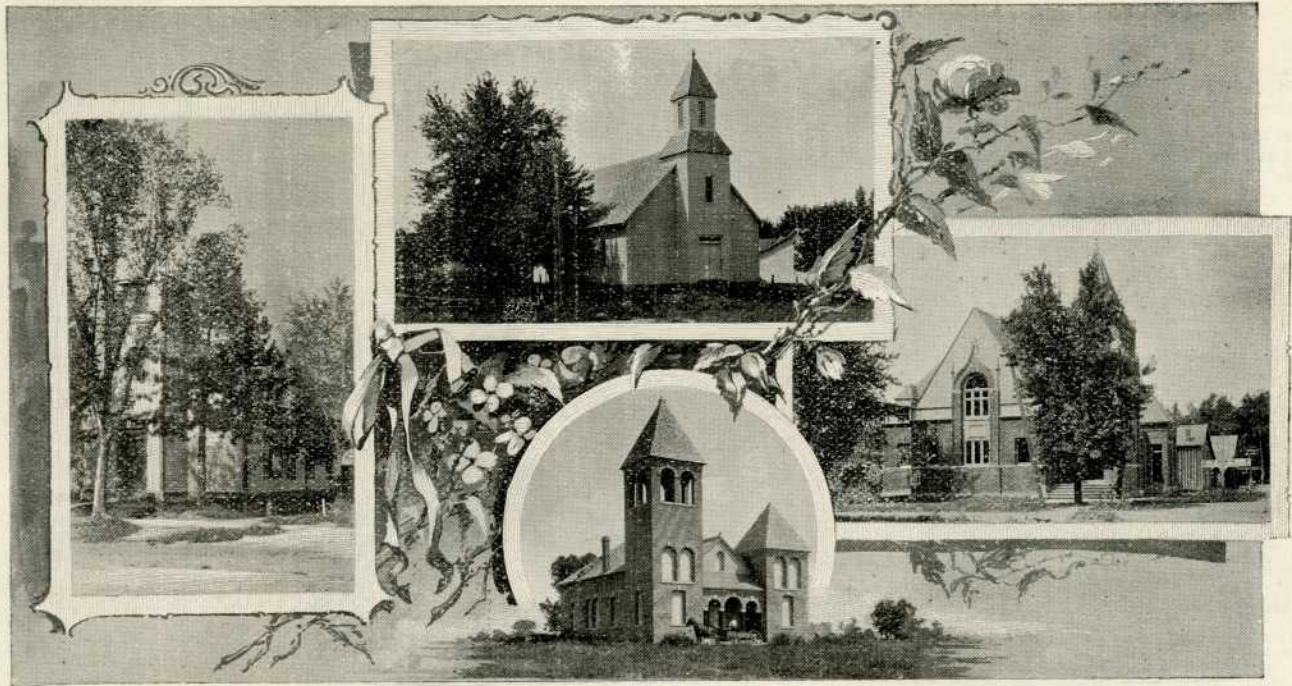
He explained that most of the cases of paralysis were of long standing. In many instances the muscles were lifeless, or so nearly so that it was impossible to restore the blood-supply and feed the starved nerves and muscles. If there was enough life to get up a healthy blood current they never failed to make an absolute cure.

"You must not forget," added the doctor, "that all cases brought here are hopeless. They are people who have tried every other remedy and failed, and as the last resort try Osteopathy."

The doctor told me a pretty little story of one anxious father who brought his daughter, a beautiful girl of seventeen, on the early morning train to the Infirmary. For four years she had walked on crutches, and every known method had failed to cure. The physicians pronounced it a case of hip-disease, but it proved to be only one of those dislocations which had baffled the skill of the surgeons.

They went away on the ten o'clock train that same morning, the father going like a madman down the street, holding aloft his daughter's crutches and crying, "Crutches for sale," while the restored daughter walked at his side as well as ever.

"That is only one case among



FIRST BAPTIST CHURCH.

COLORED BAPTIST CHURCH.
CATHOLIC CHURCH.

FIRST PRESBYTERIAN CHURCH.

many," said the doctor. Dislocations ever so complex are easily managed, and if there has been a lack of blood-supply and paralysis has set in, then it takes time. It may require a month, it may take a year or longer."

Dr. Still, in enumerating the cures of Osteopathy, declares that the science is absolute conqueror over spinal meningitis, measles, flux, diphtherias or fevers, if the patient can be reached in time.

Whether Osteopathy will accomplish all its discoverer claims for it or not, it has already done enough to demand recognition and scientific investigation. It is not all a humbug, as thousands upon thousands of cures testify. It is natural that Dr. Still should be an enthusiast on the subject, and he may over-estimate the capabilities of Osteopathy; nevertheless the proof of the pudding is the eating. The great test is results, and enough results have been obtained to make Osteopathy worthy of consideration.

I will conclude with a single case that came under my own observation. A girl of sixteen was afflicted with a severe attack of tonsillitis and sore throat almost amounting to diphtheria. She had a high fever and her temperature was considerably above normal, while her tonsils were so swollen as to interfere with her breathing and speech. Mrs. Patterson, one of the doctors of the Infirmary, came to treat the patient. She began to manipulate the throat and jugular veins with her fingers—very gently at first, for the throat was swollen and exceedingly painful. After desensitizing the nerves, she went at the work like a mechanic, opening the arteries so as to obtain blood-supply. Then she manipulated the arms and shoulders for a few moments.

The operation lasted, perhaps, five minutes. When it was over I laid my hand on the patient's cheek,

and the fever was gone, and a healthy perspiration had set in. When the patient spoke, the voice was clear without the least sign of obstruction. It was but a few minutes before the swelling had gone from the tonsils, and that afternoon I saw the patient on a bicycle with a party of young people taking a pleasure ride and apparently as healthy as any in the merry crowd. This may be called an exceptionally fortunate case.

Operators say they have found others much more stubborn, yet insist that if they can reach the patient in time, the most violent attacks must yield to their treatment.

There can be no doubt that the founder of Osteopathy honestly believes all he claims. He has amassed a snug little fortune from his discovery, and now declares that his only aim in life is to supplant noxious drugs with a more successful and agreeable method of healing. His theory has certainly achieved much success in the past, and is worthy of a careful investigation before it is condemned.

THE CALF-PATH.

[This little poem may not be new, but it surely contains a good deal of homely truth, which the medical profession and its friends might apply with profit to their own experience. The medical calf was perhaps a little more ancient than the allegorical beast here mentioned, but none the less crooked in its meanderings. With the substitution of "two thousand years" for the "two hundred years" in the fifth line, the poem is complete.]

I

One day through the primeval wood
A calf walked home as good calves should.
But made a trail all bent askew,
A crooked trail as all calves do.
Since then two hundred years have fled
And, I infer, the calf is dead.

II

But still he left behind his trail
And thereby hangs my moral tale.
The trail was taken up next day
By a lone dog that passed that way;
And then a wise bell-weather sheep
Pursued the trail o'er vale and steep,

And drew the flock behind him, too,
As good bell-weather always do.
And from that day o'er hill and glade
Through those old woods a path was made.

III.

And many men wound in and out,
And dodged and turned and bent about,
And uttered words of righteous wrath
Because 'twas such a crooked path;
But still they followed—do not laugh—
The first migrations of that calf;
And through this winding wood-way stalked
Because he wobbled when he walked.

IV.

The forest path became a lane
That bent and turned and turned again;
This crooked lane became a road
Where many a poor horse with his load
Toiled on beneath the burning sun,
And traveled some three miles in one.

And thus a century and a half
They trod the footsteps of that calf.
The years passed on in swift fleet,
The road became a village street,
And this, before men were aware,
A city's crowded thoroughfare.
And soon the central street was this
Of a renowned metropolis.
And men two centuries and a half
Trod in the footsteps of that calf.

V.

Each day a hundred thousand rout
Followed this zigzag calf about;
And o'er his crooked journey went
The traffic of a continent.
A hundred thousand men were led
By one calf near three centuries dead.
They followed still his crooked way
And lost one hundred years a day.

For thus such reverence is lent
To well-established precedent.

VII,

A moral lesson this might teach
Were I ordained and called to preach.
For men are prone to go it blind
Along the calf-paths of the mind;
And work away from sun to sun
To do what other men have done.
They follow in the beaten track,
And out and in, and forth and back,
And still their devious course pursue
To keep the path that others do.
They keep the path a sacred groove
Along which all their lives they move,
But how the wise old wood-gods laugh,
Who saw the first primeval calf.
Ah, many things this tale might teach—
But I am not ordained to preach,

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DRUGS ARE INJURIOUS.

The University Medical Magazine thus quotes from the "Chicago Medical Record" of April 1894. "Lee thus formulates his treatment of typhoid fever: 'Without waiting for the development of the disease, the very first proposition is to make the patient surgically clean. The bowels are drenched with a copious douche of water, either plain or soapy, until the water returns as clean as it enters the bowels. Bathing is performed at regular intervals. The patient is put in a cold pack to reduce the temperature. The internal treatment is uncomplicated, safe and useful. Its basis is cold water. Large amounts of cold water are given at regular intervals. The food is milk and eggs. Stimulants and drugs are injurious without exception.'"

The above article is clipped from the New York Medical Abstract of September 1894.

The Medical profession has been forced to realize, not only that something else besides medicine must be depended upon in the treatment of typhoid fever, but that "stimulants and drugs are injurious without exception." And the advanced thinkers of the profession are learning not to depend too much upon "stimulants and drugs" in the treatment of any disease.

Take any disease; look up the writings and reports of experiences in handling that disease, and you will find competent authorities among medical men, who will say that they have been most successful in treating that disease without the use of medicine. You can go through the whole catalogue of diseases and find the same testimony from some authority, who has made special study of the disease about which he has written.

Every living organism has within itself, as its special gift from God, the power to manufacture and prepare all the chemicals and other materials needed to build and rebuild itself; each is provided with all the machinery and apparatus required to do this work in the most perfect manner, producing the only substances that can be utilized in the economy of that individual. No material, other than food and water taken in satisfaction of the demands

of appetite (not perverted taste), can be introduced from the outside without detriment. All recent research and study in the chemistry of digestion, absorption and assimilation, has proved these to be facts.

One of the basic principles of Osteopathy is that when each organ and part of the human system, is provided with an unobstructed nerve and blood-supply, it will perform its full share of the work, and the normal condition of health, towards which all vitality is constantly striving, will be restored and maintained.

ent London chemist. The professor delivered a lecture to a select crowd at the A. T. Still Memorial hall while here, and returned to London to make a detailed report of his discoveries in Kirksville.

For many years there has been growing in the public mind a suspicion that medicine is not a science. For a life occasionally saved or a patient temporarily benefitted this ancient system of guess work claims the right to fill the jails, asylums and Keeley institutes with the vic-

chanical order, it will run smoothly without any chemical assistance except that which the native forces within the body select from the ordinary foods prescribed by the appetite. There is no guess work about the laws of nature. This system of healing is but a newly awakened understanding of one of nature's simplest laws, the principles of which, applied with intelligence, are as unfailing as Deity.

The article, "Healing Without Medicine," which occupies the first three pages of this paper, is from the pen of Mr. John R. Musick, who has written many noted works of fiction and travels. He is now en route to the Hawaiian Islands to write them up for a popular New York publishing house. The article is especially valued by the friends of Osteopathy on account of its having been prepared by a famous author and published as a scientific article by one of the greatest magazines in the country, without the request or even the knowledge of Dr. Still.

Friends of Osteopathy are invited to send in the names of everybody to whom they would like to have sample copies of the JOURNAL of OSTEOPTHY mailed.

A REQUEST.

We are working to obtain as complete a record as may be possible, of the results secured by Osteopathy in combatting disease and affliction, and ask all who have been treated in the past to write statements of their cases, giving their condition before treatment, the time treated, and the results. We ask all of our friends to help us to reach many patients of former years of whom we have no record. We will not publish any statement without being requested to do so by the person making it.

A. T. STILL.

SCHOOL OF OSTEOPTHY.

The regular term of the American School of Osteopathy began October 2nd, but so many applications are coming in a new class may be started about Jan. 1.

The school is open to both sexes, with certain restrictions as to character, habits, etc. The especial qualifications which will be rigidly insisted upon in every student, are:

A student must be over 20 and under 45 years of age, strictly temperate, of good moral character, good native ability and at least a good common school education.

The tuition for the full course of two years, is \$500. No one will be received for less than full course, and the full tuition in cash or its equivalent must be arranged for in advance.

The cost of living in Kirksville is about the average in cities of 5,000. Good board costs from \$3 a week up.

Any one desiring further information regarding the school should address the secretary, H. E. Patterson, Kirksville, Mo.

After reading the JOURNAL hand it to your best friend.



DR. ANDREW T. STILL, FOUNDER OF OSTEOPTHY.

A DISTINGUISHED VISITOR.

Prof. R. Blitz, who is at the head of the largest Biological and Physiological laboratory in London, came to Kirksville the first part of the month to investigate Osteopathy. He is an analyst and biologist of international reputation, being perpetual secretary of the National Society of Agriculture in London, and assayer expert for the English government. He was also official reporter for the Industrial and Technological Arts in the Paris Universal Exposition of 1889. He spent several days at the Osteopathic Infirmary and was very profuse in his praises of the new healing science. "If you could get the doctors to see what you have demonstrated to me," said he to Dr. Still, "the medical world would be at your feet. Osteopathy is upon a truly scientific basis."

Professor Blitz agrees with the Osteopath that drugs have no business inside a human being; and there is probably no man in the scientific world better qualified to speak of the effects of drugs upon the human organism than this eminent

London visitor. The poor, unfortunate, half-living witnesses of its incompetency can be seen everywhere. Wasting disease and premature deaths grow more frequent in open defiance of medicine's best efforts. Even the simplest forms of fevers and "Mother Goose" maladies invade the family circle and leave death and desolation in their track, as they did two thousand years ago when the science (?) of Medicine was in its infancy. That the civilized world is ready to welcome a more rational method of treating disease, no unprejudiced thinker will gainsay.

The JOURNAL desires to keep its readers posted on what the world is saying about Osteopathy, and will be very thankful if friends will clip out and send in all notices appearing in print upon the subject.

The day star of Osteopathy is its confidence in the wisdom and ability of the Divine Architect, who constructed the human machine to discharge the duties of life. The Osteopath knows to a scientific certainty that when the machinery of this great living engine is in proper me-

ANDREW T. STILL.

A Brief Sketch of the Life of the Founder of Osteopathy.

The following biography of Dr. Still is from "Noted Men of North Missouri," a volume now in press:

This prominent physician of Kirksville, Mo., is the originator of a new system of healing without drugs, known as "Osteopathy." He is the founder and president of the "American School of Osteopathy," a regularly incorporated college, in which pupils are received and instructed in the new science.

The first question arising at this point will be, "What is this new Pathy?" Little information can be gained from any other source than the word of mouth of Dr. Still, his pupils and thousands of grateful patients who owe health and life to this wonderful discovery. There is practically nothing in print on the subject as yet. The word Osteopathy was chosen by Dr. Still as a name for his science, because it was more appropriate than any other word, but it is by no means sufficiently comprehensive; its name should mean all that is implied in the word "remedies," and should carry with it the idea that man is a machine—an engine—and the physician an engineer, whose duty it is to place the engine in order by adjusting every part to its normal relation with every other part. Health will then follow as a result of natural laws implanted in the patient, illustrating the perfection of Deity. The adjustment of the bones of the human body is one of the leading features of the system, and where they are not directly at fault, they are used as levers and bases for the manipulation and adjustment of the soft parts.

You ask how they treat? They answer, just as the engineer "treats" his engine when it is out of order. They must understand the anatomy and the physiological use of every part, just as the engineer must know his engine. Then they locate the cause of the trouble and remove it.

This is claimed to be a science as true as mathematics, that will revolutionize the whole medical practice and place it upon a more rational basis. It teaches that better results can be secured in combatting disease without drugs than with them;

That many of the diseases and troubles of the human family are directly traceable to the use of drugs;

That the use of the knife can be avoided in seventy-five per cent. of the cases where it is now thought necessary;

That many diseases heretofore pronounced incurable can be successfully handled;

And the doctor and his assistants have the results secured in years of

practice on tens of thousands of patients, to prove the correctness of his theories.

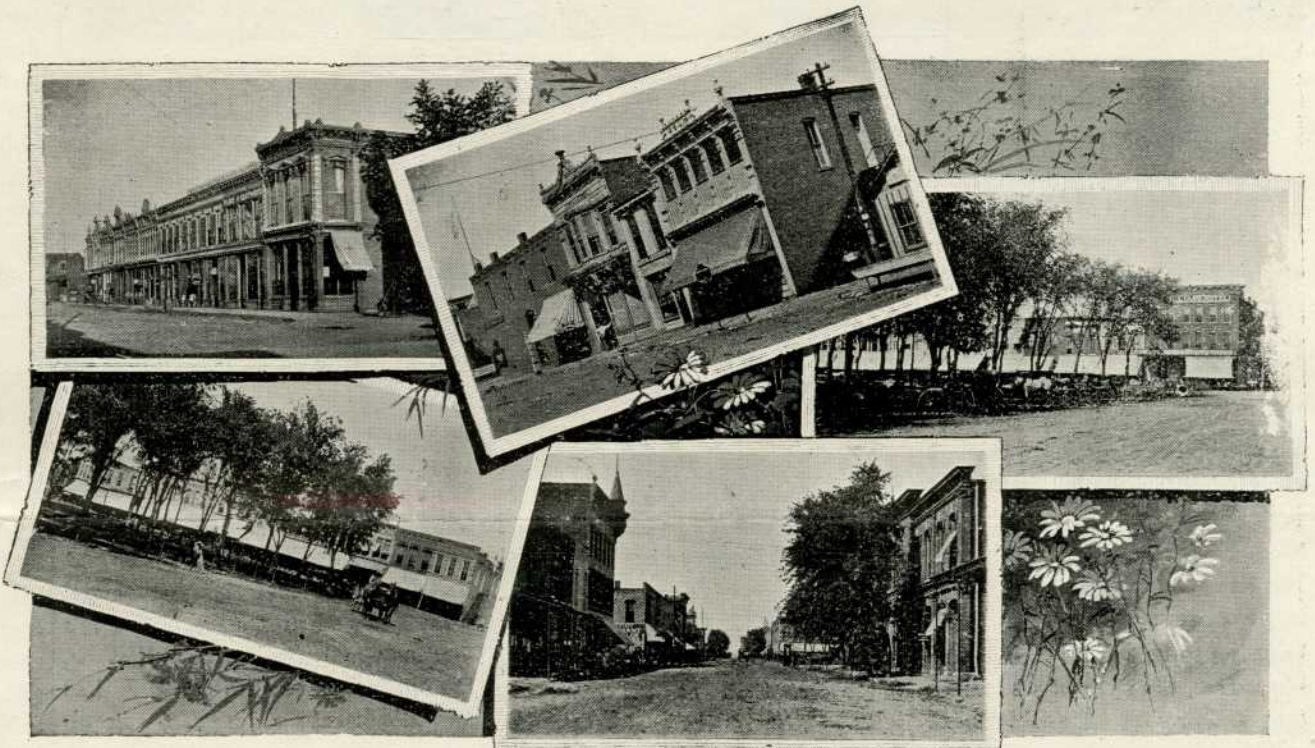
In developing the science, Dr. Still was aided in his many years of patient labor by circumstances and forces that seemed to have been started centuries ago. His father, Abram Still, was of German and English descent, a physician and minister, and for many years in an early day, missionary to the State of Missouri, from the Tennessee Conference of the M. E. Church. His mother, Martha (Moore) Still, was pure Scotch. Thus he inherited the qualities that were cultivated and developed by pioneer surroundings, preparing him for just the work that became his to do. As a boy and a man, he took nothing for granted; demanded proof for everything;

other incident in his life, seemed to be for a purpose, as it was probably influential in causing him to reach the conclusion that "Man is an Engine, and all that is required is an engineer to properly handle the machine and it will run in a perfectly healthy manner." It was over twenty-one years ago that he reached this conclusion and established it as a basic principle upon which to build up a better method of handling disease than any in use. He worked and experimented, though it cost him fortune and friends, and gradually added principle to principle, until he developed a science that stands the test of a more scientific investigation than the medical profession is prepared to make.

The principles of the science apply to the treatment of all forms of

that his sons and other assistants can take the burden of labor from his tired shoulders and carry it forward. But they find that the old doctor's counsel is very valuable. A few years ago he was prevailed upon to open a school and teach his science to others. His first results in that line were not very promising, because he did not hold his students with him long enough for them to understand and apply the science. But he is now securing better results, and has about fifty students in his college; and a more intelligent, enthusiastic body of young men and women would be hard to find.

On January 10, 1895, a handsome \$20,000 Infirmary and College building was dedicated. It was erected without appropriations or donations. It is a model of beauty and conven-



BUSINESS STREETS.

would give volumes of theories for a live truth; preferring results to resolves. To try to relieve suffering humanity was a passion with him, as with both his parents. He received a good common school education, and when of proper age, began the study of medicine under his father, completing his course at one of the older medical colleges at Kansas City, Mo. He practiced for many years with more than average success. He served two terms (1857-1859) in the Kansas legislature; and served his country during the rebellion, part of the time as army surgeon; and many are the arms and legs he saved from the knife by his skill. He was with John Brown in his famous stroke for the freedom of the negro, which, the doctor says, fitted him for the work of aiding in freeing the white man from the curse of slavery to whiskey, opium, and other poisonous drugs.

At one time in his life, Dr. Still owned an engine, which he learned to run, familiarizing himself with its every part. That, as well as every

disease—acute as well as chronic, but circumstances have seemed to force its development with special reference to those ailments that are pronounced incurable, or are imperfectly handled by the ordinary practice. Ninety-five per cent. of the cases treated come under this head, yet they cure about sixty per cent., and it is very seldom one is found that does not receive some benefit.

Dr. Still has lived in Kirksville for about nineteen years, but it is only within the last ten years that he has grown famous by reason of the seemingly remarkable cures he has performed. He was first assisted in the work by his four sons, three of whom are yet living and helping him establish his science. Charles E., the oldest, and Herman T., are with him at Kirksville, in the Infirmary and College work. Harry M. is conducting an infirmary at Evanston, near Chicago.

They were the first in whom the doctor demonstrated that he had a science that could be taught to others. Now, at the age of 67, he finds

ience, provided with every modern comfort. They have from three to six hundred patients all the time, representing almost every State in the Union.

IMPORTANT TO PATIENTS.

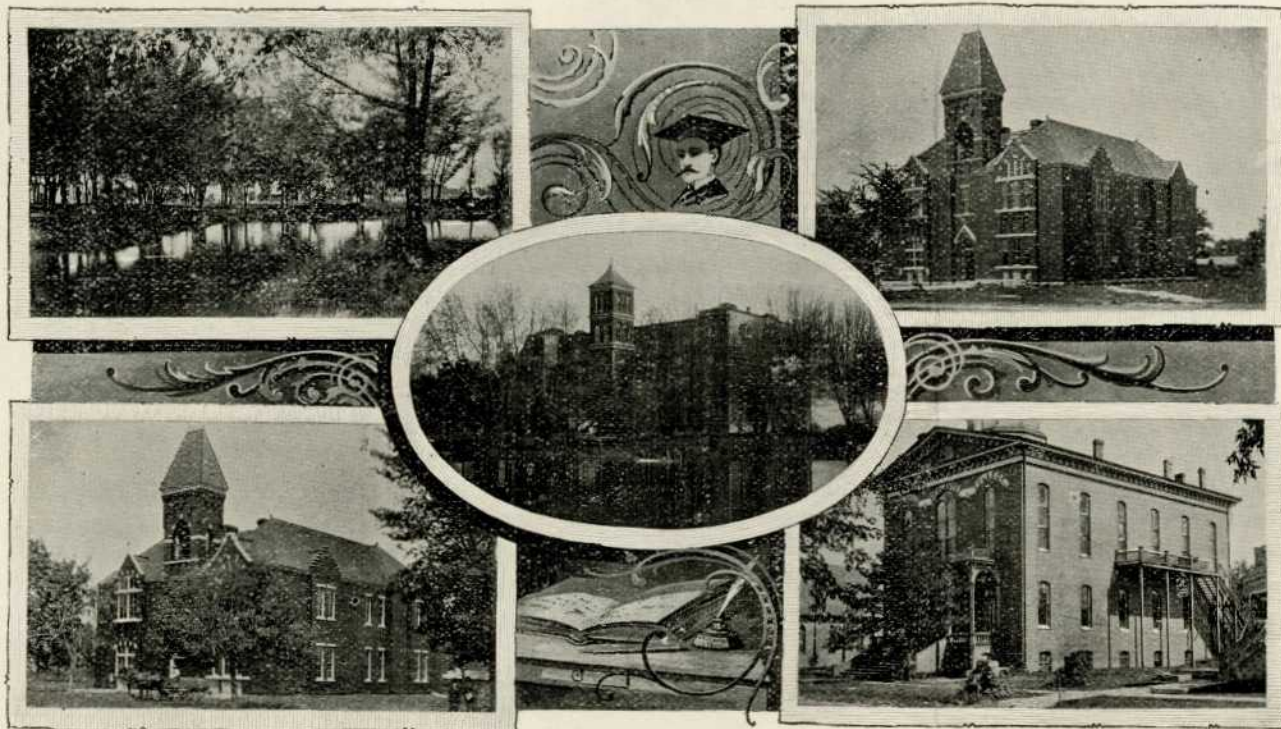
All patients who come here for treatment MUST abstain from the use of intoxicating liquors of every kind while under our care. We do not wish to treat habitual whiskey tubs.

This rule must be strictly obeyed by all patients, and those who feel that they cannot conform to it had better stay away.

We have no counselors on the street. Patients should become acquainted with the regulations through the secretary, and obey them to the letter for our mutual good.

A. T. STILL.

An interesting little story entitled "Four Great Cranks," written for the JOURNAL by John R. Musiek, will appear in the next issue.



VIEW IN NORMAL SCHOOL GROUNDS.
NORTH WARD PUBLIC SCHOOL.

STATE NORMAL SCHOOL.

SOUTH WARD PUBLIC SCHOOL.
MERCANTILE COLLEGE.

PATIENTS GIVE TESTIMONY.

Kirksville's Big Infirmary Again Visited by a Reporter.

From Kirksville, (Mo.) Graphic of Oct. 4, '04.
Results convince.

What has been accomplished is the best evidence of what may be expected.

None are so competent to testify to results as those who can speak from personal experience.

Desiring to hear from the most reliable source, the story of what Osteopathy is doing for afflicted humanity, a Graphic reporter invaded the lobbies of the Osteopathic Infirmary one day this week, armed with note book and pencil. It was not his purpose to select only those known to have been remarkably cured or greatly benefitted, but to interview the patients just as he happened to meet them, and record their voluntary opinions regarding Osteopathy.

The patients interviewed were not only willing but anxious to have their opinions of the new treatment recorded; and the many accounts of long years of suffering recited to the reporter would be interesting reading, but entirely too lengthy for these columns. Nearly all those met had "been the rounds" from the high-priced city "specialists" to the remotest "mineral springs," "mud springs" and other cure-all fakes without number, and for the time and money thus lavished, had received—experience:—nothing more.

To meet these people and listen to their stories is well worth anybody's time; and certainly awakens in the mind of the healthy man a broader appreciation of his own good fortune.

During several hours spent among the many patients, the reporter failed to meet a single "kicker," al-

though he tried to find one just to give variety to the interviews. Every person with whom the scribe talked had only the most enthusiastic praise for Osteopathy, and especially for the gentlemanly and courteous manner in which the business of the Infirmary is conducted.

Limited space prevents the publication of the entire number, but the following interviews obtained in and about the Infirmary are fair specimens:

Mrs. H. H. Darst, of Creston, Iowa, was sitting in the yard waiting to see Dr. Still at his home, and talked enthusiastically about the new science. She said her husband, H. H. Darst, had been a confirmed asthma sufferer nearly all his life and had burned "more dollars than she could count" endeavoring to smoke himself cured—had tried everything—all to no avail, until he finally landed in Kirksville and became acquainted with Osteopathy. He took just eight treatments and had never been troubled with asthma since. She considered him completely cured. Mrs. Darst said she had suffered severely with bronchitis of the worst kind for many years. Every remedy she ever tried—and she thought she had about exhausted the list—had failed to give her relief, but Dr. Still and Osteopathy had done great things for her. Since treating at the Infirmary bronchitis had left her, and she felt perfectly free from bronchial trouble. Her son had suffered over a year from a partial dislocation of the hip and ankle. He was treated at the Infirmary, and is now nearly well. Mrs. Darst says Osteopathy is doing more for afflicted humanity than all other schools put together. She is looking for her husband to join her here in a few weeks. He will come to take a few treatments just to generally tone up his system and get his

machinery in good working order.

Captain H. V. Stall, a tall, soldierly appearing old gentleman was met in the basement. He had received his last treatment and was taking a "good-bye" survey of the premises, just before returning to his home in Cass county, Mo. "Have I been taking treatment? Well, do I look like a dead man?" he exclaimed good naturedly when the scribe accosted him. "That is just about what I was when I came here a few months ago. The doctors, that is, the old fashioned ones said I had Bright's disease and a great complication of ailments, and that my case was beyond hope. And I was in an awful fix, sure enough. There was some kind of an abscess in my head, and I had the worst case of constipation you ever heard of, besides kidney trouble. I suffered, oh, I could never tell you how. The doctors gave me a few hours to live, and to humor a dying man, as they thought, permitted me to send for the Osteopaths. One of the operators from Dr. Still's Infirmary made four trips to my house, and the fourth trip, I was able to be brought to Kirksville on a stretcher, more dead than alive. You see me now," and the old gentleman, who must be along in his sixties, stepped off as lightly as a boy of sixteen—"I do not even use a cane. I laid it aside several weeks ago. Never felt better in my life. I am going down to see the Priests of Pallas blow out at Kansas City and then I am going home, perhaps to bring my daughter here for treatment."

A. Bleakley, of Carmi, Ill., is treating for a 'dripping eye.' When seen by the Graphic reporter he had taken only three treatments, but expressed himself as greatly pleased and glad to give his opinion of the

treatment. "I can notice a great difference already," he said. "Last night I was out walking for half an hour, and during the trip I did not have occasion to wipe my eye once, which is something truly remarkable in my case. I think this Infirmary is a grand institution. It is certainly performing wonderful cures. Of course they can't cure everybody who comes here—that would require supernatural power. You may say that I consider Osteopathy the greatest science ever discovered."

Jacob Abbott, of Canton, Ill., is treating for locomotor ataxia. He has been here just one week—scarcely long enough to tell what Osteopathy can do for him—but he says he feels much better already and is greatly encouraged. Before coming here he was compelled to use a great deal of morphine, whisky and other powerful poisons to relieve the terrible pains he suffered, but he is now able to get along very nicely without them. He thinks that is good enough for one week.

Mrs. H. C. White, of Collinsville, Ill., was seen in the ladies reception room Wednesday morning. She is here with her little eight year old nephew, Master Walter Gerding, who is being treated for a partial dislocation of the hip. The little fellow's parents had taken him to eminent specialists in St. Louis and other places without the slightest benefit. At Okaville Springs the doctors treated him a long time for rheumatism without doing him any good. Mrs. White brought the boy to Kirksville just two months ago. He was unable to walk a step without crutches, and could not get around very well with them. When he had been treated one month here, he threw away his crutches, and now runs and plays as well as other boys. He will soon be ready to go home perfectly cured. Mrs. White thinks there is nothing like Osteopathy.

R. L. Turabull, a loan broker, and a prominent business man, of Nevada, Mo., is here with his wife and son. The three are taking treatment and say they have been benefitted. Mr. Turabull says his wife who came here with but very little faith in Osteopathy, has changed her mind, and is now one of the most enthusiastic advocates of the new science. "It cures people, I don't care what you say," said Mr. Turabull earnestly, "and I too, have greatly changed my mind concerning it. In our locality and over the state generally, the enemies of this institution have created a prejudice against it by telling that only ignorant people come here. On my arrival I made an inventory of the waiting rooms and was agreeably surprised to find that the opposite was true. The highest order of intelligence is present everywhere about the Infirmary, and a large ma-

majority of the patients are from the very best social and business circles. If this thing was a humbug it could not fool such people long. I have not been here very long myself, but I have been greatly relieved even by the few treatments." Mr. Turnbull has the appearance of a shrewd, successful business man, and a close observer.

Mr. James M. Brooks, of Atlanta, Ill., came here about a week ago with his son, Gordon G. Brooks, whom he registered for treatment. The boy was a raving maniac, and had been treated in the asylum at Jacksonville, Ill., for some time without effect. His insanity was caused by jumping into the water while overheated. He had been riding his bicycle on a race track and went directly from the track to a stream where he plunged into the water. He was perfectly sane when he jumped into the water, but came out raving crazy, and started off through the woods. Friends followed and captured him, but found the unfortunate boy's reason completely dethroned. After one week's treatment at Dr. Still's Infirmary young Brooks went home Wednesday morning sound and well, with his reason completely restored. It would be superfluous to say that both father and son went home sounding the praises of Osteopathy.

J. P. Courier, of Maquoketa, Iowa, was seen at his boarding house just across the street from the Infirmary. He is treating for locomotor ataxia and came here four weeks ago. He has suffered with his present ailment over four years and has visited eminent specialists in New York, Chicago, and nearly all of the principal cities with no result except a very noticeable depletion of his exchequer. "I do not expect to be cured of a trouble of so long standing in a few weeks," he said to the reporter; "but I can say that I have been greatly benefitted. My general health is much better and my limbs are a great deal stronger than when I landed in Kirksville, four weeks ago. My wife is here; we have rooms and are living 'at home' now very pleasantly. I am going to stay and believe I will go away cured. I like Osteopathy and its methods and think it superior to any other system of healing. It is all right and if a man can't get help here he had just as well go home and die."

Frank Rowland, a former Kirksville boy, who has been in Wisconsin several years, is at the Infirmary taking treatment for rheumatism. He says he has taken his last medicine. He doctored for rheumatism in Wisconsin until he spent a small fortune and nearly ruined his stomach with poisonous drugs. He has only taken a few treatments here, but feels much better and believes

Osteopathy is going to straighten him out alright.

B. F. Mason, of Minneapolis, Minn., came to Kirksville and began treatment at the Infirmary, August 1st. His trouble was a severe case of sciatic rheumatism, and like a majority of patients who come here, he came after having gone the rounds of all other methods of treatment in vain. He had doctored with all the eminent specialists whom he could reach, tried numerous springs, etc., but grew worse instead of better. One eminent specialist, after giving his case a thorough examination, informed Mr. Mason that nothing would help him but a surgical operation. The sciatic nerve, said the specialist, would have to be taken out with a knife and stretched. They could not promise the sufferer any permanent relief even from this severe operation. "I told him it would be a long time before he got into me with a knife," said Mr. Mason to the reporter. "I had heard of Osteopathy, but thought it all a fake. As there was nothing else to try, though I came down here, expecting to have an examination and then leave. I had no faith in it whatever, but I want to tell you, when the doctor put me on the operating table and examined me, I soon changed my mind. It did not take me long to see, even through my deep seated prejudice, that he understood his business. In a few minutes he told me just where the trouble was, and that he could cure me. For many months I had suffered the most excruciating agony—especially in the morning as soon as I began to stir. I could not even put on my own shoes, and to move about was simply torture too horrible to describe. After a few weeks treatment these pains began to grow less, and since that time they have decreased day by day until they have almost entirely forsaken me. I am almost cured,

and feel like a new man. What do I think of Osteopathy? I think it is the grandest science ever discovered by man, and I firmly believe it is destined to entirely revolutionize the methods of treating diseases all over the civilized world. The new philosophy seems very simple when understood, yet all great discoveries are easily comprehended when somebody else has unearthed them."

If you desire to know whether Osteopathy can benefit you, write a full statement of your case to the Secretary, Mr. H. E. Patterson, Kirksville, Mo.

COTTON STATES AND INTERNATIONAL EXPOSITION.

Atlanta, Ga., Sept. 18 to Dec. 31, 1895.

The Wabash Railroad has made a special low rate for parties desiring to attend the Cotton States and International Exposition at Atlanta, Ga., which will be open until December 31, 1895. Tickets are now on sale, good returning until January 7, 1896. Only one change of sleepers from points on the Wabash Line to Atlanta. For detailed information, rates, sleeping car berths, etc., call on or write to nearest ticket agent of the Wabash or connecting lines, or

C. S. CRANE,
Gen'l Pass. & Tk't Agt.,
St. Louis.



TIME TABLE.

GOING SOUTH.	
No. 2, St. L. & K. C. Mail	10:09 a. m.
No. 8, " " " "	Exp 12:04 a. m.
No. 22, Local Freight	2:03 p. m.
No. 98, Through Freight	11:43 a. m.
GOING NORTH.	
No. 3, Ottumwa Mail	4:56 p. m.
No. 7, Des Moines & St. P. Ex.	3:30 a. m.
No. 21, Local Freight	12:45 p. m.
No. 97, Through Freight	9:20 a. m.
7 and 8 daily. 2 and 3 daily. Through Chair Cars on Nos. 7 and 8 between Kirksville and St. Louis and Des Moines.	
W. E. NOONAN, Agent Kirksville, Mo.	
C. S. CRANE, G. P. & T. A., St. Louis, Mo	

THE American School of Osteopathy.

DR. A. T. STILL, President.
H. E. PATTERSON, Secretary.

The object of the American School of Osteopathy is to improve the present systems of Surgery, Obstetrics and treatment of General Diseases.



The old "HOME LINE" in new dress will be known in the future as the original and only O. K. LINE.

QUINCY ROUTE.

REMEMBER that our agents sell through tickets to every important point and health resort in the United States.

Be sure your ticket reads via the O. K. Line

QUINCY ROUTE.

Connections can be made at its junctions and terminal points with trains from and to all points North, South, East and West.

REMEMBER this is the line selected by live stock shippers as the

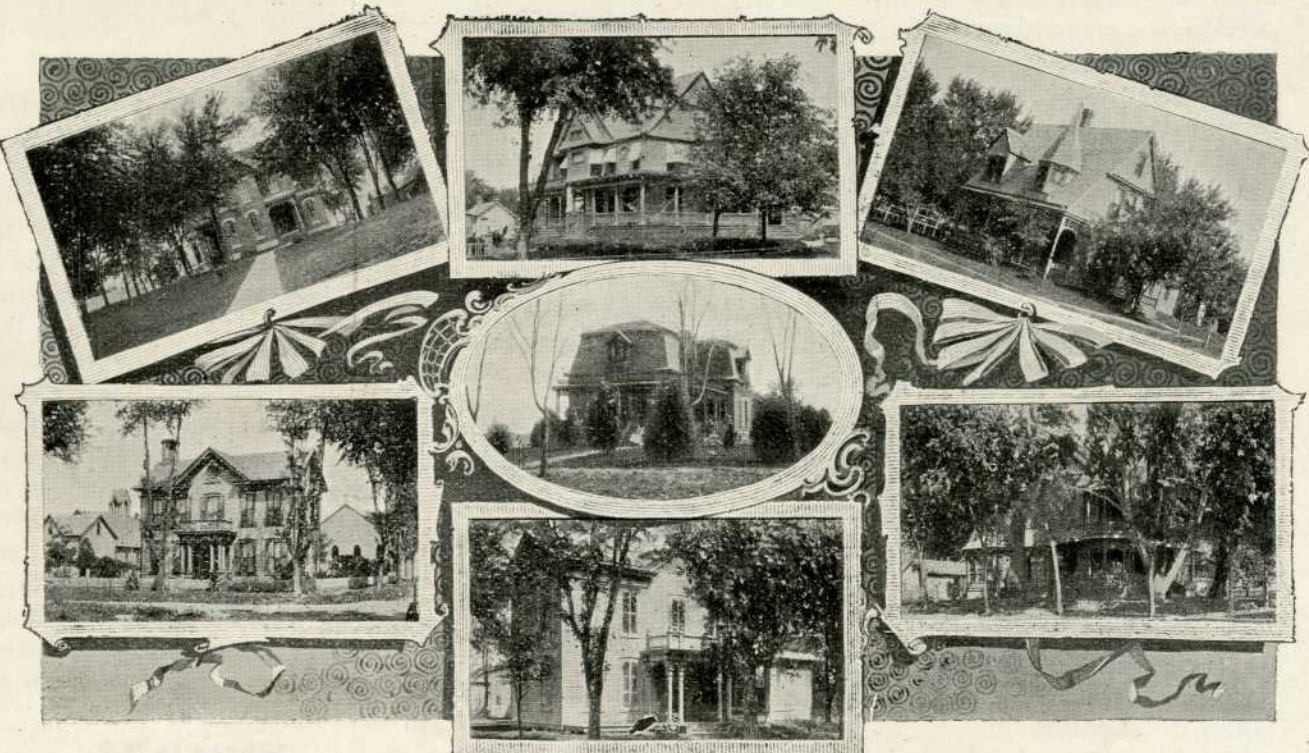
Rapid Transit Live Stock Route

for Chicago, St. Louis and Quincy markets, as well as all other large commercial trade centers. Every comfort and convenience provided for the shipper and his property by the O. K. LINE.

REMEMBER that Northeast Missouri, which is traversed by the Q., O. & K. C. Ry., affords home seekers, either for farm lands or business location, a better opportunity than can be found anywhere.

Q. O. & K. C. R. R. TIME CARD.

GOING WEST.	
No. 1, Mail and Express	11:30 a m
No. 3, K. & Q. Express	7:30 p m
No. 5, Through Freight	2:30 a m
No. 7, Local Freight	arrives 11:50 p m leaves 12:45 p m
GOING EAST.	
No. 2, Mail and Express	9:15 p m
No. 4, K. & Q. Express	7:30 a m
No. 6, Stock Express	10:50 p m
No. 8, Local Freight	arrives 10:15 a m leaves 10:40 a m
For tickets, rates or other information, ask any of our agents or address:	
JOHN SAVIN, Gen'l Mgr, Quincy, Ill.,	F. W. EVATT, G. F. & P. A., Quincy, Ill.
C. H. SPENCER, A. G. P. A., Quincy, Ill.	W. H. PHALEN, Agent, Kirksville, Mo.



KIRKSVILLE RESIDENCES.

THE CITY OF KIRKSVILLE.

Osteopathy's Home One of the Prettiest and Busiest Little Cities in North Missouri.

Kirksville, the home of Osteopathy, is one of the prettiest, healthiest and thriest little cities in the state of Missouri. It is located on the Wabash railway, 205 miles north of St. Louis, and on the Q., O. & K. C. route, 70 miles west of Quincy. It now has a population of about 5,000 and is growing every day.

The city is clean and healthy. It was originally laid out upon an open plain but its thoroughfares now penetrate a grove of maples, many giant specimens of which bear the rings of half a century. The business portion of the city occupies a square built up solidly of two and three story bricks and extends from one to two blocks in each direction upon the side streets. The residence portion of the city extends in all directions from the square. The principal streets are well macadamized, and the city abounds in beautiful drive ways. West of Kirksville are the Chariton hills, a dense forest through which winds the Chariton river and several smaller streams, affording a most perfect system of drainage for the city. The hills and forest extend many miles from the city limits, and abound in pleasant retreats for those who enjoy an occasional day in the woods.

Kirksville, while an old town, is just now enjoying a very prosperous second growth. Since the announcement by Dr. Still of the discovery of Osteopathy and the founding of his Infirmary, the population of the city has about doubled, and a vacant house would be almost a curiosity. During the last three years, the city has built $4\frac{1}{2}$ miles of macadamized streets, 20 miles of granitoid and brick side walks, put in a first class system of water works, a telephone system, and grown from a third class to a second class, international money order postoffice. It has six schools, including the First District State Normal, the Kirksville Mercantile College, and two public school buildings second to none in North Missouri.

The First District State Normal is known as one of the foremost educational institutions in Missouri. It was established here twenty-five years ago, and has annually from 600 to 700 students. The Normal building is the property of the State, and was erected at a cost of nearly \$200,000.

The Mercantile College is open all the year round, and is a credit to the city. The Richard Wagner Conservatory of Music and Languages is a recent addition to Kirksville's educational institutions.

There are eleven churches and no saloons in the city. The society and morals are of the highest order.

Kirksville is a city of pretty homes, and a busy, contented people—an admirable and interesting resort for invalids.

In addition to its other attractions, Kirksville has a long list of business advantages, which home seekers and capitalists should investigate. Seven coal mines are operated in the county, and good bituminous coal is delivered in the city at \$1.55 a ton. Among other industries, Kirksville has wagon and carriage factory, handle factory, barrel factory, 3 brick factories—dry pressed, paving and building—vinegar and cider factory, fruit evaporator, 2 steam planing mills, 2 steam laundries, 1 candy factory, marble and granite works, soda pop factory, foundry and stove works.



RESIDENCE OF W. T. BAIRD, KIRKSVILLE, MO.

QUESTIONS ANSWERED.

What is Osteopathy?

Osteopathy is a new method of healing without medicine. It is based upon the fact that the human body is an animated machine, capable of running smoothly until worn out by age. To facilitate long life and good health, according to Osteopathy, it is only necessary to keep this intricate machine in mechanical repair. The recuperation of naturally expended energies was wisely provided for by the Creator when he placed within every living creature, the power of selecting that which is needed to maintain life and health. As long as the human machine is in order, like the locomotive or any other mechanical contrivance, it

will perform the functions for which it was intended. When every part of the anatomy is adjusted in harmony with every other organ, it is capable of choosing and retaining, from the most ordinary foods, all the elements essential to health. There is no chemist equal to Nature. The combined wisdom of the scientific world could not make blood out of a turnip or a potato—yet in the economy of the human body are forces that accomplish this and even more wonderful things hourly. Thus it is with the selection, assimilation and absorption of all the elements necessary to bodily welfare. There is no laboratory where this work can be done as well as inside the human body. When the machine fails to properly perform its work, the Osteopath seeks a remedy as would the engineer if his engine was out

of order. He arms himself—not with pills and pellets—but with an accurate knowledge of human anatomy, and guided by the principles of Osteopathy, he goes to work upon the human machine precisely as the machinist would go about repairing the finest Corliss engine, every part of which he knows to have been faultlessly constructed. The first cause of nearly every human ill is mechanical disarrangement of one or more intricate parts of the machinery of life; and these unnatural conditions are removed by the Osteopath without drugs or knife. Harmony being thus restored, health returns as the natural condition.

Where is it?

In Kirksville, Mo., is the American School of Osteopathy, and

the A. T. Still Infirmary—the only institution of its kind in the world. It was founded by Dr. A. T. Still, discoverer of Osteopathy, who has successfully practiced the new method for many years. He began teaching it under a legal charter in 1893, and in October, 1894, the College was founded. The Infirmary and School now occupy a handsome three-story building, fitted with steam heat, electric light, and every modern convenience.

What Does it Treat?

At the Osteopathic Infirmary are successfully treated all diseases, chronic and acute. This method of healing has outgrown its experimental stage. From four to five hundred patients are receiving treatment and the number is increasing. Since January 1, 1895, about thirty thousand treatments have been given. The list of diseases cured or relieved includes almost every physical ailment known to the human family. In the many thousands of cases treated by Osteopathy, a careful record shows that about 60 per cent. were cured outright, 95 per cent. benefitted, and none were injured. These results, too, without a drop of any kind of medicine, and where a large majority of the patients had been pronounced incurable by the medical profession.

Any information will be cheerfully furnished by the Secretary, H. E. Patterson, who should be addressed at Kirksville.

What Does it Cost?

The charges for treatment are very reasonable. No work is done on the "No cure, no pay" plan, but examinations are made free, and every patient is told frankly if there is no hope of benefit. Treatments are given from one to three times a week, according to the requirements of the case. The charges are uniformly \$25 per month, or \$15 for a half month. Some cases are cured by a single treatment, while others require several months. Boarding accommodations are very reasonable—from \$3 a week up.

Notice.

All parties keeping or desiring to keep Infirmary boarders will please hand in their cards for publication in the next JOURNAL which will be issued soon. We want to publish a list of all reputable boarding places for the guidance of patients.

A. T. STILL.

The public is warned against all persons pretending to practice Osteopathy without a diploma from The American School of Osteopathy. There is no other such school in the world.