

The Osteopathic Physician

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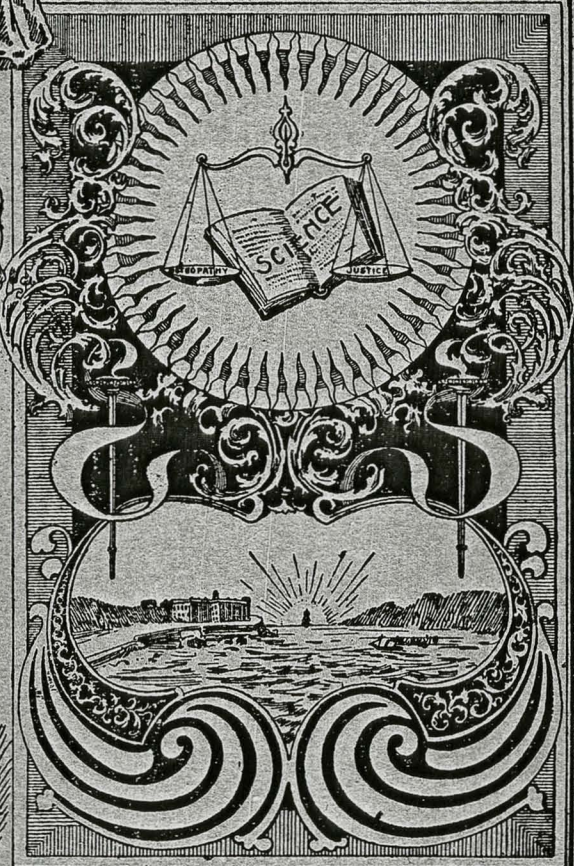
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THE OSTEOPATHIC PHYSICIAN



DEVOTED TO THE SCIENCE
OF OSTEOPATHY.



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THE OSTEOPATHIC PHYSICIAN

VOL. I.

MAY, 1899.

No. 7

"But we must live as much as we can for human joys, dwelling on sorrow and pain only so far as the consciousness may help us in striving to remedy them."—GEORGE ELIOT.

THE SCIENCE OF OSTEOPATHY.

HISTORY.

WE need not go back to the pages of ancient history, to the literature of the Greeks, of the Romans and of the Egyptians, for the early history of Osteopathy. It is but a few short years since Dr. Andrew Taylor Still first conceived the idea of healing by the principles of Osteopathy, and shorter still is the time since his method assumed the dignity of a science, and he began to demonstrate to an unbelieving public his power to handle disease mechanically by natural methods. It was no earlier than 1893 that Dr. Still first opened a school for the teaching of the principles he had discovered. Since that time the growth and development of Osteopathy has been beyond precedent. Dr. Still soon found that he could no longer handle his growing practice alone, and that others could be taught to do the same work that he was doing, and now claims the right to rest from active practice, while those whom he has educated now do both the operating and the school work. His school assumed immense proportions, and from this parent institution operators went forth to almost every state in the Union, and other schools thoroughly qualified for the propagation of the great work were founded.

Recently an association was formed by six of the most prominent of these schools, and a standard of work was adopted as a minimum for each of them. Within the last two years eight states have placed Osteopathy on a legal footing equal to that of any other school of medicine, while the laws of many other states permit its practice.

DEFINITION.

Osteopathy is the science of treating disease manually by the adjustment of all parts and organs to their natural relations

with each other, thus removing the irritations resulting from their abnormal relations, and removing obstruction to the vital forces and fluids of the body; and by stimulating mechanically all organs to their proper function or inhibiting abnormally active processes or movements of portions of the bodily organism. It, therefore, must have for its foundation a thorough and comprehensive knowledge of human anatomy and physiology, and of the normal and abnormal action and metabolism of all parts of the bodily mechanism.

THE NAME OSTEOPATHY.

(From *osteon*, bone, and *pathos*, suffering.) This name was adopted in an early stage of the development of the science which has to some extent outgrown the derivation of the word. The idea intended, however, is not disease of the bone itself, but that the bones, being the framework upon which the body is built, and being of hard and unyielding structure, by their pressure upon other organs, may cause disease more commonly than any other structures. Thus, a slight dislocation might cause an obstruction to the flow of one of the fluids of the body or the irritation of some nerve, with the attending consequences.

ILLUSTRATION.

Osteopathy recognizes in man a most perfect and intricate, and, to a certain extent, self-recuperating machine, which with every part or organ in its proper position and relation with every other part will run smoothly and perfectly; and that after replacement of parts displaced by accident, or any of the various forces incident to its surroundings and movements, a restoration of function and health will supervene. All recognize these conditions in the infinitely less complex timepiece, driven by a spring of human make, why do we not see them also in the mechanical body, different only in that it is driven by the God-given spring, or force, called life?

NATURE OF THE MACHINE.

The human body is built upon a marvelous framework of some 200 bones of every conceivable shape, giving form and strength to the structure. They articulate with each other by a great variety of joints, most of which, though bound tightly together by a system of ligaments, are subject to either partial or complete dislocation, causing the bones to press upon the numer-

ous soft structures surrounding them or passing between them. On all sides and between these hard supports we find portions of the nervous system, the most complete telegraphic system of which it is possible to conceive. This, with its millions of tiny wires or nerves, ramifies to almost every fiber of the body, carrying impulses of sensation and motion from and to every portion of the body, any filament of which being injured, paralyzed, or over-stimulated by the pressure of disarranged parts upon it, will cause pathological symptoms to appear. We find, also, a vast network of blood tubes or vessels carrying the nutriment and life to every portion of the body and carrying back the wasted and unused tissues to be rejuvenated or to be excreted from the body. A pressure or stoppage of any one of these branches would be followed by starvation, or in case it were a vein, congestion of the tissues supplied or drained by it, with the attendant symptoms. These vessels are directly under control of the nerves which we have just considered, and the nerves are dependent upon the blood vessels in turn for their life and strength. Surrounding all these, crossing them at every angle, we find a host of contractile muscles, which, by their abnormal contractions, may cause pressure and stoppage of the vessels or paralysis or irritation of the nerves, while at the same time the muscles are dependent on these vessels and nerves for their nutrition and their motion; then, with the many other organs, tubes and systems which we have not space to describe, dependent directly upon these we have named, we see the wonderful intricacy and interdependence of all parts of the system. The wonder is that no one had conceived the Osteopathic idea of disease and its cure, until the last years of the nineteenth century. This interdependence would seem to be so evident that it would seem impossible for these causes to be ignored in the treatment of disease.

SPINAL, ORIGIN OF DISEASE.

Emanating from each side of the spine are the spinal nerves with their sympathetic connections which control every organ of the body, both as to its action and its healthy development. This is the grand center from which the nervous control of all parts of the body is disseminated. The nerves pass out from the spinal cord between bones, ligaments and muscles, with only a limited amount of space, and the infringement upon this space by the contraction of any of the muscles or by impingement of

bone may cause a disturbance in any organ of the body. Upon these nerves the Osteopath must play as upon the keyboard of a piano, removing any pressure or obstruction which would cause discord in these nerves or in the functions of the organs which they supply. It is upon the spine, for this reason, that the Osteopath does the major portion of his work.

FEVERS.

The Osteopath, by controlling the supply of blood to the centers controlling the arteries of the body, and by work upon the nerves of the heart, produces very marked results in the treatment of fevers. They may be treated without drugs with vastly better success than by the old methods, the Osteopath frequently being able, in a few minutes, to reduce the temperature to normal, and bring about a healthy perspiration.

BOWEL TROUBLES.

There are no affections which the Osteopath can handle more readily than the different varieties of diarrhoea and flux, he being able almost instantly to check the abnormal peristaltic action of the intestines by work upon the motor nerves which control them. On the other hand, he relieves some of the most severe cases of chronic constipation by working upon the liver and its nerves, and opening the various ducts by which the bile, which is nature's physic, is thrown into the intestines.

GOITRE.

Goitre, one of the most intractable diseases handled medicinally, yields very readily to Osteopathic treatment. This disease is an enlargement of the thyroid gland, frequently caused by an obstruction to its very large blood supply, or rather to the veins which drain the gland. It may be caused by a contraction of the fasciæ through which the vessels pass, or by a depression of the collar bone from contraction of muscles, or from other remediable derangements. This obstruction being removed, the goitre disappears, sometimes in a very short time.

ASTHMA.

Asthma, another of the so-called incurable diseases, has been some times cured entirely by a single treatment, although usually requiring a longer time. It may be caused by an irritation near the spine of some of the nerves which control the

bronchial tubes, and throw them into this spasmodic contraction. The removal of this irritation may entirely cure the disease.

INSANITY.

Even insanity has yielded to Osteopathic treatment in a number of cases. These cases usually being due to some mechanical injury or derangement of the system, perhaps diminishing the blood supply to portions of the brain.

FEMALE DISEASES.

These diseases have been treated with a success following no other method of treatment; especially has it been successful in cases of obstetrics or childbirth. The suffering has been immeasurably lessened, and many mothers cannot be grateful enough for the relief afforded at these trying periods.

DISEASES TREATED.

We have named a very few of the great category of diseases which yield readily to Osteopathic treatment; in fact, it includes nearly all diseases, both acute and chronic, while its success has been especially pronounced in those cases which have been declared incurable by the representatives of the various schools of medicine; bronchitis, tumors, hip and spinal diseases, nervous diseases, paralysis in its different forms, diseases of the eye, ear, heart and liver, and, in fact, almost every disease is conquered by Osteopathy. While Osteopaths are proud of their theory, "nothing succeeds like success," and it is with especial pride that they point to their incontrovertible results. When it is remembered that the vast majority of cases that come to them have been pronounced incurable by physicians who have attended them, it is truly remarkable what a large per cent of them are entirely cured, and how many others are materially benefitted, and all this by means of a system which works injury to none.

There is nothing supernatural about it. Its apparently marvellous cures are accomplished through purely scientific methods, based upon a profound knowledge of the human mechanism.—
From the Cosmopolitan Osteopath.

WILL OSTEOPATHY BE PERMANENT.

A FRIEND of this new science, when among those who are somewhat skeptical as to its merits often hears the remark, "Will Osteopathy be permanent?" Some compare it to the water cure craze of a few years ago. Some suppose that like "faith-

healing" it has a class of followers, rich in imaginative powers. To such readers of the JOURNAL, as may have honest doubts as to the real merit of the system, the writer desires to call attention to some of the causes which seem to him to have been operative in building up the new science, and to invite an investigation of these causes to ascertain if they are sufficient to guarantee a permanent existence.

In the first place, there was nothing attractive in the surroundings of its early life. It was not launched in a great university by a man already famous, with wealth and social influence to give it prestige, and abundant advertising to make it known; as were antitoxin, Koch's lymph and a score of similar preparations, that flamed like a meteor and bid fair to disappear as rapidly as they appeared. The science was born in obscurity, was advertised only by those who were benefitted, and made its way against the influence of a powerful and influential profession. If single handed, without money, and without friends, a system can in less than ten years win its way to the front, and make hundreds of thousands of loyal friends, can it not make more friends and win more adherents on its merits in the years to come? If it has convinced the world thus far by its merits, will it fail in prosperity to hold what it gained in adversity? Naturally an enterprise which wins on its own merits, stands by virtue of those merits. In other words, any system which cures a considerable per cent. of people who have tried everything else, will never lack for patients, so long as accident and disease prey upon the frail bodies of humanity.

In the second place, it is a rational treatment, so simple that the mass of the people can understand why the treatment is given. Even the unlearned understand that nerves, blood vessels and bones are liable to be disturbed, and can comprehend that when they are disarranged or interfered with, a skilled operator might set them right. They know, too, that nerves are the controlling agency of all organs and that blood vessels supply the materials for their use. They can see that by removing a pressure on this nerve or opening up the blood supply through that vessel, a clogged and hampered organ may have its vitality renewed. There are thousands who never were convinced that deadly poisons could in small quantities be transformed into agents of healing. There are many who believe that a little poison is not the best treatment for a serious ailment, and that much poison is

not any better. The friends of Osteopathy may be pardoned for believing that its future is quite as secure as that of a system based upon digitalis, aconite, atropine, strychnine, arsenic, corrosive sublimate, calomel, chloral and a host of other cornerstones, as deadly as the venom of a rattle snake. The wonder is not that a new system has been proposed, but that the old system has lasted so long.

A medical brother of wide reputation propounded to an Osteopath the following: "Does Dr. Still know more than all the scholars of the old world and the new? That would be absurd," he added. So it would, but he knew something *different* from that known by all the other men; and in claiming *that*, there is not the slightest presumption. To sneer at such a claim is to deny possibility of human progress. And no sincere seeker after knowledge, in this century, sneers at the humble origin of any man or idea. *The sincere seeker for the truth investigates the facts and the argument.*

Our brothers, the medical men, claim to know all about what is beneficial in the treatment of disease and would deny to a layman the right to decide for himself on that question. But we appeal to the layman as the best qualified to judge in some respects at least. He has not been trained to think only of medicine as a remedy. The layman has no lucrative calling which depends on his decision. The layman wants to know the truth, for his health or his life depends upon it.

Everyone know how certainly an injury to the tissue of the brain causes serious effects, sometimes in parts remote from the injury. Paralysis of a limb, loss of sight in an eye, diabetes, irregular heart action, and a score of other results may come from a pressure of the injured skull or a clogged blood vessel in the brain. But few have recognized to what extent nerves anywhere in their course may be affected by pressure or bruise. Where they pass between muscles, a congested condition of the muscular tissue may cause such pressure on a nerve as to diminish greatly its activity. At every interval in the spinal region the delicate machinery is as liable to disarrangement by blows, strains or chills as is the brain, and consequently every vital organ may be impaired by such disarrangement. A local irritation sets the whole machinery of the body into a state of excitement, and a fever results. So intricate the nerve branchings and the windings of blood vessels that a disturbance in one place may affect

the action of the whole machinery. Is it strange that one taught to give medicine for every trouble should fail to appreciate how much may be done by the manipulation of parts to restore blood, nerve and bone to their proper relation and activity? Is it not reasonable that by a close study of the relations, manipulation may relieve better than medicine? If the nerves that supply the stomach lack vitality, which is more reasonable, a dose of strychnine to excite the nerves of the entire spinal region, or a manipulation of those nerves and blood vessels which supply the part affected?

If a nerve issuing from the spinal cord is affected by an injury and the stomach thereby affected, how long will it take to cure said stomach by putting hydrochloric acid, glycerine, strychnine, and other remedies into it, leaving the cause in the spinal region untouched?

But the explanation of the success of Osteopathy does not lie alone in its humble birth, the general distrust of medicine, or even the logic of the system. The chief reason is that so many people who have tried everything else are being constantly cured by it. "Whereas I was blind, I now see" is an unanswerable argument. To be sure, many are not cured; some not even benefitted; but enough are cured to make the treatment a permanent factor in the affairs of the coming years. Nine-tenths of those who receive treatment, go away friends of the system, even when little benefitted themselves. They see enough to convince them of its value.

We might in conclusion point to some indications of its growing importance. Five years ago few were willing to be called Osteopaths, now there are no less than three who claim to be the real founder, and half a score who modestly (?) profess to have greatly improved the system. Recognition in several states, and a reputation which ensures to students of the system a reasonable income from the practice of its principles, has brought forth a large number of impostors. That impostors may injure the cause, every one will recognize. But when Time has held her court and pronounced her final decision, I have no doubt, that the faithful work of honest men and women will perpetuate the principles of a system which has had such a remarkable growth in the face of so great opposition. And with its success the name of Dr. Still will be indissolubly linked even when none who knew personally of his life and work are left to testify to his originality and genius.—*Journal of Osteopathy.*

A HINT FROM NATURE.

PICTURE to yourself a beautiful pond. It is formed in a natural basin, and supplied with water from a reservoir some distance away. A gate regulates the flow of water into the pond. It is a beautiful spot. Through the long days of perfect summer weather the lilies in full bloom lie upon the surface of the transparent water. Wild flowers blossom upon the banks. The birds come here to drink and to bathe, and the melody of their song fills the air. The hum of the bees can be heard among the wild flowers. Everything in the vicinity seems to breathe a spirit of kindness, comfort, good will and good cheer. The gate to the pond is always open wide enough to admit a flow of water so abundant that it supplies a stream that runs through fields below.

Now a great change comes over everything. The gate connecting the reservoir with the pond is shut down, and no longer does the crystal stream feed and overflow it. On account of the lack of the life-giving water the lilies in the pond wilt. The fish that formerly swam in its clear water die. The flowers no longer bloom on its banks. The birds no longer come to drink and to bathe. No longer is heard the hum of the bees.

All this difference is caused by the shutting of the gate to the pond, thus preventing the water from entering it. To restore the pond and its surroundings to their original beauty would common sense suggest that we resort to chemicals? No! The most devoted believer in drugs would hasten to the gate, throw it open, and soon nature would bring all into harmony again.

The blood is the life-giving element of our bodies, and health depends upon its free circulation. The gate that regulates its flow is the vaso-motor arrangement of the sympathetic nervous system.

To restore health when there is disease, to bring about happiness where there is misery, the Osteopath does not administer drugs of whose action he can never be certain, but he goes to the head gate, corrects the trouble there by painless manipulation, and thus enables nature to supply every part of the body with the amount of the life-giving fluid requisite for normal action.

THE OSTEOPATH.

Who says to my head, "Never ache any more;
Be strong, do your work, now as never before"?

The Osteopath.

Who drives the rheumatics quite out of my sight,
With never a drug for my system to fight?

The Osteopath.

Who says to my nerves, "Rest in peace, be thou still;
Don't touch e'en a drop of the draught that will kill"?

The Osteopath.

Who tells me to eat and to drink what I please,
And shows me the way to take comfort and ease?

The Osteopath.

Who says to the blood, "You must flow bright and free;"
To microbes, "Begone! we have no use for thee"?

The Osteopath.

Who says to the bones, "You must help the good work;"
To organs, "Though small, each one up! never shirk"?

The Osteopath.

Who looks at the drug man and smiles as he reads
The face that he wears, as his misery he feeds?

The Osteopath.

Who tells him, "No use; in this fight we shall win,
'Twere better for you to be sorry for sin"?

The Osteopath.

Who'll stir up the fires down below that they burn
The obstinate pill-man, who never would learn?

The Osteopath.

—Subscriber.

DISEASES CURED BY OSTEOPATHY.

Acting upon the principles of Osteopathy, the manipulator is enabled to treat successfully the following list of diseases :

Cerebro spinal meningitis	Locomotor ataxia	Nervousness
Insanity	Palsy	Vertigo
Dementia	Neuralgia	Heart disease
Fever or coldness of any part of system	St. Vitus dance	All irregularities of heart
Headaches	Lack of assimilation	Rheumatism
Eczema	General debility	Hay fever
Dripping eyes	Cystitis	Short and difficult breathing
Granulated eyelids	Piles	Whooping-cough
Catarrh of nose	Hysteria	Varicose veins
Polypus of nose	Enteritis	Atrophy
Dizziness	Pterygium	Stiff and enlarged joints
Brain fever	Insomnia	Consumption
Enlarged tonsils	Dyspepsia	Gall stones
Appendicitis	Indigestion	Fistula
Tonsillitis	Gastritis	Flux
Bronchitis	Constipation	Female diseases of all kinds
Asthma	Biliousness	Milk leg
Goitre	Loss of appetite	Measles
Gout	Nausea	Mumps
Jaundice	Diarrhoea	Pneumonia
Croup	Dropsy	Chicken pox
Paralysis	Torpid liver	Diphtheria
Dislocated bones	Cold hands or feet	
Sciatica	Nervous prostration	
	Cramps	
	Kidney troubles	

Neuralgia of stomach and bowels.

MEDICAL LAWS.

IN this age of competition man's ingenuity has formulated many plans by which he hopes to escape Nature's rigorous "survival of the fittest." The path of progress is becoming steadily more thorny, yet Nature exacts that the man who asks pre-eminence in reputation and worldly success shall walk it.

A favorite method of avoiding the evils of competition without strenuous individual effort after excellence, is prohibitive legislation. The medical profession, in most of the States, has

built up a legal stone wall to protect it from the medical brethren of other States, consisting of a farcical State examination into their qualifications as practitioners. This examination is puerile and useless because it is technical in the extreme, and does not reach those qualities which have so much to do with success in practice, namely, common sense, judgment, tact, knowledge of and the ability to read human nature, and the possession of more or less extensive clinical experience. Besides, all men have a certain amount of individuality. They excel in certain directions and are deficient in others. The philosophic mind, which readily grasps principles, is often awkward and blundering in dealing with details. The doctor who comes into the sick room, sees at once what the trouble is and proceeds to remedy it, might be absolutely helpless to picture the situation in words or to explain just why he adopted a certain course of action. Yet he gets practical results and his patient is helped.

The man of more constructive mind may be able to detail every step in a process, yet apply the wrong method or give the wrong remedy. Men are not alike, some think in words, others in actions, "and a rigid, arbitrary, technical examination is manifestly unfair." We will not dwell upon the questionable wisdom of delegating interested parties to investigate and decide upon the qualifications of would-be competitors.

These examinations do not elevate the profession; on the contrary they degrade it by pandering to the petty selfishness, narrowness, and indolence of a certain element in it. Neither do they protect the doctor in the best sense of the word. Good work, independent thought and action, individual progress constitute the only genuine protection a man can have.

Medical laws are not only negative for good but positive for harm. Many a doctor, who is eminently qualified by past experience to practice his profession, and who desires, for personal reasons, to move from one state to another, hesitates because he dreads the examination on matters which he has long since forgotten in the rush of practical work. It is no shame to a man to fail in such an examination, for the worker must do those things nearest to him, yet fear of the possible stigma attaching to such a failure in the eyes of the public is often sufficient to deter a doctor from making the trial.

State medical laws are un-American, unjust and unconstitutional. Every graduate of a reputable, legally incorporated

school of medicine has a constitutional right to practice his profession in any state in the Union, and he should assert and defend this right. The doctor is a citizen of the United States, and the simple registration of the diploma of a legalized medical school entitles him to treat the sick. He has a right to the same untrammelled liberty in his efforts to make a living that is granted to the carpenter or the machinist. Great Britain is ahead of this boasted land of freedom in this respect. Her graduates have the unquestioned right to practice anywhere in the United Kingdom. Let the physician exert himself to convince the public that we are really a nation, not a confederation of hostile tribes, and that the classes, as well as the masses, have individual, constitutional rights.—*Medical Brief*.

A DREAM.

I SAW a broad and beautiful country ; the sun shone, the flowers blossomed, the birds sang, and the fruit ripened; but sorrow and sighing were heard in the land. I saw fair women stricken down in the beauty and loveliness of youth. I saw strong men, in the prime of life, suddenly robbed of their strength. I saw, day after day, long mournful processions, slowly winding their solemn way to the "white-towered city of the sleepers." Day and night I heard cries and lamentations ascending to the Throne on High. And the misery of these suffering people stirred my heart till it throbbed and ached with pity. "Oh God," I cried, "what are their sins, why are they so deeply afflicted?" But no man heeded.

The words of a prophet resounded through the land:—"Woe to the Medicine Men ! Woe to the Medicine Men ! Woe to the Medicine Men !"

Humanity listened and thus commanded the sorrowing people:—"Offer up now, on the Altar of Life, as a propitiatory sacrifice, the drug dispensing doctors !"

But the Medicine Men had gone in and out among the people, for lo these many years, and the people had learned to love them, and also, alas, their fatal medicine. The Medicine Men jeered and scoffed.

Then I remembered that the wicked and perverse had rejected the Savior of their souls, when He came among them,

and I ceased to wonder that this blind and foolish generation refused now to accept the Savior of their bodies.

In bitterness of spirit, I cried, "O vain task ! O forlorn hope ! O dreary people !"

"They are joined to their idols, let them alone," exclaimed the prophet.

And so great was the pain at the thought, that these afflicted people were renouncing their chances of life, were delaying their opportunities for happiness, were prolonging the stay of the curse of man, that my eyes opened and my dream vanished.

Zealot.

THE NINETEENTH CENTURY ANGEL.

A spirit looked down on this sorrowful star,
And noted the woe which all joy seemed to mar ;
The cruel means used to send people above,
And the ways they were torn from the homes they did love.

"While life here is sweet and removed from all fears
Of sorrow and sadness and shedding of tears,
How can I, content in this heavenly throng,
Be deaf to the prayers raised against this great wrong ?

To think of the years since their misery began !
To think of the drugs that are poured into man !
To know that results which are promised so bright,
Are ever deferred from the morn to the night.

The mother is seized from her little ones near ;
The lover is snatched from the maid he holds dear ;
A beautiful girl with her promise of worth ;
Resigns all her charms to the cold mother earth.

I feel unto man a new song I must sing,
Must shout through the land till the whole world shall ring ;
No drugs must you drink, they are fatal to you !
Accept with your heart, my brave messenger true."

Osteopathy was the good angel he sent ;
Humanity cheered as she proved her intent ;
For no such preserver of life ever came,
As this savior of life with a bone for a name.

—*Convert.*

SAN FRANCISCO COLLEGE OF OSTEOPATHY.

Course of Study.

The course of study is carefully graded, to give the most thorough knowledge of and training in the studies essential to the Osteopath. The course comprises four terms of five months each, beginning April 1st and Oct. 1st of each year.

FIRST TERM.

Descriptive Anatomy, including Osteology, Syndesmology, Myology and Angiology.
Histology and Microscopic Technique.
Elementary Chemistry—recitation, lecture and laboratory.
Lectures on Hygiene and Dietetics.

SECOND TERM.

Descriptive Anatomy completed.
Demonstrative Anatomy.
Chemistry, Urinalysis and Toxicology.
Histology.
Physiology.
Principles of Osteopathy, with clinical demonstration.
Medical Jurisprudence.
Lectures on Public Health and Sanitation.

THIRD TERM.

Demonstrative Anatomy.
Physiology.
Pathology.
Osteopathic Symptomatology and Diagnosis.
Clinics, Clinical Practice.
Medical Jurisprudence.

FOURTH TERM.

Surgery, Mental and Nervous Diseases.
Osteopathic Gynecology and Obstetrics.
Osteopathic Symptomatology and Diagnosis.
Operative Clinics.
Medical Jurisprudence.
Osteopathic Clinics and Demonstrations.

Women are admitted on the same terms as men. It is the policy of the school that there shall be no distinction as to sex and that all shall have the same opportunities, and be held to the same requirements. They pursue the same studies, attend the same lectures, are subjected to the same rules, and pass the same examinations. Separate reception rooms and all necessary facilities are provided for their comfort and enjoyment.

Requirements of Matriculation.

Any person of good moral character may be admitted upon giving satisfactory evidence of an English education in the following subjects. English Grammar, Arithmetic, History, Geography and Elementary Physics.

M. D.'s holding diplomas from reputable medical colleges may be admitted to any part of the course upon satisfactory evidence of proficiency in the work preceding that applied for. They shall be required to spend but one year in our work, providing they give the same evidence of proficiency as is shown by the regular candidates for graduation.

Tuition and Expenses.

The tuition for the entire course is \$300. There is no extra charge for notes, laboratory privileges, clinics, dissection, etc., as this covers the entire school expenses and entitles the students to a diploma after completion of the course, provided all other requirements have been complied with. For the Physicians' course a fee of \$200 is charged.

BOOKS, BOARD AND RENT.

The books for the entire course may be secured at a cost not to exceed \$35, while board and room may be secured at prices ranging from \$3.00 to \$6.00 per week, in some cases, may be reduced even below this figure.

Rent is as cheap in San Francisco as in any city having similar advantages. Four and five room flats and cottages can be secured at prices ranging from \$10 to \$50 per month.

For any information not found here address

SAN FRANCISCO COLLEGE OF OSTEOPATHY.

THE OSTEOPATHIC PHYSICIAN.

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TO CONTRIBUTORS:

The columns of this Magazine are open for the discussion of all questions of interest to public health. Preference will be given to those of an Osteopathic nature. Contributions regarding the history of difficult cases successfully treated by Osteopathy solicited. Copy must be in hand not later than the twentieth of the month preceding the issue for which it is intended.

Address all communications to THE OSTEOPATHIC PHYSICIAN, 126 Kearny Street San Francisco, Cal.

Contributions From Osteopaths.—The pages of THE OSTEOPATHIC PHYSICIAN are open for the publication of articles pertaining to the science of Osteopathy, and contributions relative to its promotion and success will be thankfully received and credited to the writer.

New Patients.—New patients will be gladly received at any time during office hours, examined and allotted days and hours for treatment, same being made as nearly in accordance with the patient's wishes as is possible. To our many friends bringing us new patrons, we wish to say that we can best show our appreciation by the results of our work.

Location.—Our College of Osteopathy and Infirmary are most centrally located, being on Kearny street, two blocks from Market and accessible to direct connections with all street car lines, railways and ferries.

Terms for Treatment.—We have adopted the following prices and terms, which are the same as those adopted by all *regular* Osteopathic Infirmarys:

Consultation free.

Two weeks' treatment, \$15; one month's treatment, \$25; payable in advance.

Calls outside of office made by special arrangements.

The San Francisco College of Osteopathy and Infirmary has changed its location. It will be carried on temporarily in the Thurlow Block, No. 126, southeast corner of Kearny and Sutter streets. Dr. J. W. Dodson, graduate of the American School of Osteopathy at Kirksville, Mo., continues as its President, and Dr. Coston Dodson, also a graduate of the same institution, is as-

sociated with him as Secretary. A permanent location is being equipped with all necessary accommodations for the growing classes. Dr. A. T. Noe, a former associate, is no longer connected in any capacity with the San Francisco College of Osteopathy and Infirmary.

A course of Osteopathic treatment is more or less protracted according to the nature of the case. In cases where a dislocated hip or clavicle, or a mal-position of one of the vertebræ in the lumbar, dorsal, or cervical region, or where a slight slipping of the shoulder, elbow, hip or knee-joint has been a source of perpetual discomfort, a single treatment often produces most magical results; crutches and canes are immediately laid aside, and patients are almost instantaneously restored as if by magic. Where the difficulty is one of functional derangement, as with the organs of digestion, or the action of the heart or lungs or brain or spinal cord, a succession of treatments of a few weeks or months. Osteopathy has accomplished some wonderful cures in ear, eye, and throat troubles.

KANSAS CITY, MO., April 20, 1899.

The Board of Trustees has decided to hold the next annual meeting of A. A. A. O. in Indianapolis, Indiana, July 5th and 6th. Members of the Association are requested to be present.

IRENE HARWOOD, D. O.

Dr. Effie Sisson, a graduate of the American School of Osteopathy of Kirksville, Mo., is located in Oakland, in the Abrahamson Block, corner of Thirteenth and Washington streets, where she is meeting with gratifying success.

NOTES AND QUERIES.

Our College and Infirmary now occupy rooms D. E. F. G. and H. on first floor, Thurlow Block, 126 Kearny, corner of Sutter Street.

One of our new students is a professional masseur of long experience. He says that Osteopathy is as much better than massage as massage is better than no treatment at all.

The Clinic is now opened, with a number of patients gladly availing themselves of this opportunity to secure the most painstaking and scientific treatment.

We are advertised by our grateful patrons. Every one helped is anxious to interest suffering friends.

The number of patients from a distance are constantly increasing. People need only to know of the many cures wrought by Osteopathy to be anxious to test its virtues.

Do you realize that Osteopathy is the only treatment that will cure your rheumatism without the aid of medicine?

Some of your friends have been drugged to death. Osteopathy requires no medicine.

Does medicine reach sprains, or does nature effect the cure? Osteopathy assists nature, hastening the results.

Do we believe that cures are wrought by the laying on of hands? Yes, if they are the hands of a skilled Osteopath. His knowledge of normal and abnormal conditions of bone, muscle, bloodvessel, and nerve is so complete that it may be said to be in his very fingers' ends.

We can demonstrate that brain and nerve weakness alters the nutrition and character of the surface organs, hair, skin, nails, and reproductive organs; we know that brain and spinal disease often precipitates disease in the joints, muscles, and bones, and it is fair to suppose that this trophic function of the brain and spine is universal, reaching to blood vessels, lungs, heart and digestive organs.

“ They resort to the trick of deceiving the sick,
With their poisonous powders and pills,
Cathartics, emetics and diaphoretics,
Hydrargyrum, jalap and squills.”

“ Needles and serum, powders and pills,
With nothing sure but the doctor's bills,
Physic of high and low degree,
Calomel, catnip and boneset tea ”?

TERMS FOR TREATMENT.

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ACCOMPLISHES WONDERFUL CURES.

IF you want to make an old-school doctor "real," raving, roaring mad, all you have to do is to whisper in his ear, "Osteopathy." This, you know, is simply the science and practice of curing diseases without drugs. It makes no pretense of "gifts of healing," but employs natural methods. Any doctor will tell you that the practice of medicine is an experiment—a two-dollar-a-visit experiment, as it were. To say that Osteopathy has effected no cures is to state what is absolutely untrue.

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

When our watch is out of order, it is no good giving it a dose of castor oil. That only makes the works more unworkable. The main spring, in many instances, is broken and must be mended. So with the human body. When all obstructions are removed, and all the organs made to work properly, then nature is ready to step in and bring health and strength. You may laugh at Osteopathy, but it has certainly accomplished some wonderful cures, notwithstanding.—*Cincinnati Enquirer*.

OSTEOPATHY IN TENNESSEE.

The following letter from Dr. A. L. Evans to Mr. John Evans of Kirksville, Mo. explains itself:

CHATTANOOGA, TENN., April 22, 1899.

DEAR FATHER:—Just received a telegram saying the Governor had signed our bill. "Glory to God in the highest." The little band of eleven Osteopaths in the State of Tennessee are a happy set today. Next Saturday and Sunday the Tennessee State Branch of the American Association for the advancement of Osteopathy will celebrate the victory in Chattanooga. * * *

Yours Joyfully,

A. L. EVANS.

—*Kirksville Journal*.

A CHANGE WORTHY OF INVESTIGATION.

For the benefit of its students and patients, the San Francisco College of Osteopathy and Infirmary has discontinued the services of A. T. Noe, who in the future will be in no way connected with this institution which is now without question eligible to admission to the Associated Schools of Osteopathy. We now have no operators except graduates of the (A. T. Still) American School of Osteopathy of Kirksville, Missouri, which is the original, and is nationally recognized as the superior school. There has been a strong effort made by some to counterfeit Osteopathy under the cover of M. D. and a questionable "Mill Diploma." We invite your early investigation.

WHY HE STUDIES OSTEOPATHY.

I believe that Osteopathy furnishes the best opening for a live, intelligent person that can be found. That Osteopathy cures many cases which drugs cannot reach is a fact too well established to admit of any question. The work being done by simple manipulation is entirely free from any of the evil effects of poisonous substances taken into the system. Osteopathy is a science based upon the relations of cause and effect. In diagnosis the operator reasons from effect back to cause; in treatment of disease, from cause to effect. While Osteopathy has accomplished wonderful results, it is still in its infancy, and furnishes an inviting field for the investigating mind. To those who feel a desire to relieve human suffering, Osteopathy offers an equipment unequalled by any other system of healing. From a financial standpoint, the outlook is most promising. The course of study is excellent, being based upon a thorough knowledge of the human system, studied from every standpoint. Taken all in all, I can only regret that I did not begin the study earlier. —Prof. R. B. Arnold, in *Journal of Osteopathy*.

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