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ASTHMA AND SORE THROAT.

SAMUEL DENHAM BARNES, B. S., M. E., D. O.

All diseased conditions from which people seek relief have one striking similarity in that the patient likes to read of others who have been afflicted in the same way, and of how the condition may be cured. For that reason I last month discussed in these pages a disease that may be said to attack nearly everybody at some time or other. To continue now down the respiratory passages, we come to sore throat and asthma, which, though less common than colds, are also much less amenable to home treatment and therefore require the more attention from the Osteopath.

Though it may seem strange to consider these two subjects—asthma and sore throat—together, yet considerable similarity of cause may be shown between them, and great similarity in the fact that both yield with remarkable readiness to Osteopathic treatment.

"Sore throat" is of course a very general term, that may be used to denote either a condition of specific infection or one uncomplicated by contagious germs. In either case the "soreness" is due to inflammation of the throat, which in nine cases out of ten must be

present with its devitalizing effect on the membranes before disease germs can find a lodgement there. If the inflammation can be reduced and the membranes revitalized before disease germs make their presence markedly felt, the disease can be abated; and in this Osteopathy is especially efficacious.

Inflammations of the throat and respiratory membranes may be brought about by five general agencies: Chemicals, extremes of heat (scaldings), noxious gases; extremes of cold (catching cold), and so-called Osteopathic lesions or displacements of throat structures. The first three require perhaps, in addition to Osteopathic treatment, something along the surgical line, though broadly speaking, that would be included in the Osteopathic treatment. But the sore throats due to the last two mentioned causes yield beautifully to the treatment by nature's own instruments, the digits. It is needless to say that the vast majority of cases are due to these two causes.

The inflammation may cause either of two conditions, an extremely dry condition of the mucous membranes, or an excessive secre-

tion that causes clogging and expectoration. Both conditions cause coughing, the former by the irritation of the "pricking" sensation, the latter by the irritation of the excessive mucous. By his control over the vaso-motor nerves and by relaxing the tissues, the Osteopath usually finds no difficulty whatever in reducing the inflammation and hence the irritation; and where the inflammation is due to contracted muscles or displaced vertebrae, as is so often the case, the Osteopath's triumph over any medicine that could be used is complete.

While at Kirksville I was called one afternoon to treat a child who had the symptoms of approaching croup. The active youngster was always catching cold, and was subject to frequent and severe attacks of what his parents called non-membranous croup. Whenever the attack was upon him they could see it coming afar off, and knew it meant a night of suffering for the child and of worry and sleeplessness for themselves.

That was the condition I found on the day mentioned; the child was restless, feverish, perspiring and coughing. I administered the indicated treatment—stimulated the proper nerves and loosened all structures so the blood could flow freely through the little throat—and left instructions to send for me in the night if necessary. Next day I met the father, his face wreathed in smiles and wearing that satisfied look that goes with a good night's rest. He reported that within three hours after I left, father, mother and child had all

three forgotten their troubles in a sound night's sleep.

They considered it wonderful that the cough and fever could be "handled" so readily, and repeatedly thereafter they sought Osteopathic protection from the terrors of "croup," when they saw the symptoms coming on in the afternoon. In each case except one the relief was afforded as before, and they were saved a night of misery. In that one exception I did not reach there until late in the evening, and the attack was well on its victim; two or three treatments were necessary to drive it away. The gratitude of both patient and parents was completely won, however, for the relief afforded, and whenever the Osteopath was seen passing by the little voice would pipe out, "Ere goes my doekker!" and puff up with pride at having a doctor of its own.

This is but typical of the multitudes of cases that come to the Osteopath; in young and old alike, even the most malignant sore throats are cured with the promptness of a miracle; some of the cures of that condition are even brilliant. Yet so commonplace have they become that the Osteopath lays little stress on them, gaining his reputation by cures of greater magnitude; though the former are just as remarkable as are the cures of gastritis or constipation.

What may be called peculiarly Osteopathic lesions (that is, such as are not recognized by any other school of medicine), such as slight displacements of vertebrae, contractions of muscles and impinge-

ments on nerve fibers, are directly responsible for the vast majority of sore throats; which fact furnishes the reason why they are so readily cured by the Osteopath. But if this is true as to sore throats, it is even more markedly true with regard to asthma.

In asthma we have a condition that at the start is wholly nervous—a defective or irritable nerve supply to the lungs. In the list of causes we would put first and foremost the lesions that are recognized by the Osteopath alone—namely, displacements of ribs and vertebrae. In this respect the Osteopaths are far in advance of medical doctors, who pay no attention to putting the structures of the body into proper relation with each other; and this accounts for their so numerous failures. As I remarked in my paper of two months ago in these pages, "the vertebral lesion is an ever-present and never-suspected disturbing factor in medical practice." But the Osteopath recognizes the all-important fact that when hard structures press unduly on nerves or vessels, these cannot properly perform their functions. In asthma, we have, almost invariably, ribs or vertebrae causing an irritation to nerves to the lungs. Result, the spasmodic paroxysms of dyspnoea.

Medical writers approach to the real cause of asthma in that they recognize it as a purely nervous condition. An old school writer calls it "a true neurosis of the respiratory apparatus. The result of peripheral or local disturbances in the nervous system—chiefly hereditary." (Now I will guarantee

that if the child's ribs and vertebrae maintain normal position he will never have asthma.) That it is due to a nervous irritation, however, is proved by the following phenomenon: In the treatment of asthma I always prescribe systematic breathing exercises. In a well marked case, after the patient has gone through an exercise for the fullest expansion of the chest and the complete filling of the lungs, two or three times, he must then stop and pant for his breath, to recover his breath lost in the exertion of breathing. Respiratory muscles perfect, chest expanding freely, air unmistakably rushing in at the mouth and showing a good lung capacity, yet the lungs failing of their normal function and the blood calling for more oxygen. If you will ask your friend, the M. D., for an explanation of this singular phenomenon, he will probably hem and clear his throat, and then recollect urgent business that will prevent the full discussion that the question needs until later in the day, when if you will call he will be glad to discuss the question and explain it fully. Or, if he be more adroit, perhaps he will explain that air taken in at the mouth doesn't always go to the lungs, but under certain conditions is diverted to the stomach, which can hold a large amount of air that is of no use to the blood. He may even go so far as to verify this wonderful explanation by asking you if you have not often felt the "wind" in your stomach? I always recognize and respect medical wisdom, even though medical opposition to Osteopathy has shown

itself in every way from sneers to attempts at legislative suppression.

In pneumonia we find a similar phenomenon to the above mentioned, namely, a pitiful puffing and panting, with failure to oxygenize the blood. The two conditions, widely varying as they may seem, are due, to the same cause; which is that some or all of the little air cells of the lungs are already full of something that prevents fresh air from coming into them to purify the blood. In the case of pneumonia, this something is a fluid exudate from the blood that fills the air cells and keeps the air retained in the alveoli (groups of air cells). The air cells are arranged in alveoli or racemes like bunches of grapes, the entrance to each of which is guarded by fine muscular filaments. In asthma the whole trouble arises from the fact that the nerve supply to these little muscles is in an irritated condition, and a slight additional irritation throws them into spasmodic contraction when the air cells are full. This imprisons the air, which quickly becomes vitiated and causes the gasping for more breath.

Now, to apply this to the explanation of the phenomenon above described, the recognition of the Osteopathic nature of the cause of asthma makes the explanation simple. The irritation of the nerves to the little muscle filaments is caused by some displacement or irregularity of ribs, vertebrae or muscles; this irritation is increased when these same ribs, vertebrae or muscles are brought into vigorous action; this causes intensified contraction of the muscles of the lung-

alveoli, obstruction to the passage of air, and hence panting. Like all other Osteopathic reasoning, it is a simple proposition in applied mechanics; so simple that our medical brethren have gone way beyond it in their gropings in the darkness of uncertainty of medical action.

The Osteopathic treatment of asthma is as simple as the explanation, and as effective as could be desired; and the same may be said of the treatment of almost every other disease from the Osteopathic standpoint; the success depending on the skill of the operator in locating and removing the cause. The Dr. Ulrich, to whose article in the D. and H. Gazette I made reference two months ago in these pages, complains that "the Osteopaths do not explain how they raise a rib into position, nor what holds it there when it is replaced." The explanation of the how is so simple an application of mechanics that to the trained anatomist it is no more necessary to explain how to raise a rib or reduce a subdislocation than it would be to explain to a layman the most approved modus operandi of "raising" a chain that had fallen. Suffice it to say that if the muscles of the body are not of sufficient tone to retain in normal position the replaced rib or vertebrae, Osteopathic treatment of the muscles in question is as a rule all that is necessary to make them regain their normal tonicity.

Turning to my case book, I find as a typical case that of Mr. H., of Atlanta, Ga., who first went to

Kirksville with the most distressing spasms of dyspnoea.

His lesion was quickly found and apparently removed, with such radical relief that in a few weeks he thought himself entirely cured of the asthma, and left Kirksville a little prematurely. A slight tendency to recur showing itself, he continued occasional Osteopathic treatments of Dr. Hardin at Atlanta, who later referred him to me for a continuation of the treatment. He recently returned to Atlanta in the best of health.

I will close with a fuller description of a case, a brief mention of which I forwarded to the editors over a month ago. Mr. F., of Reid, Murdoch & Co., for a number of years has been troubled each winter with severe attacks of bronchial asthma. A year or two ago he took one treatment from another Osteopath, but for some reason did not continue. Medical treatment he adhered to, however, with little benefit. Last December a friend of his came and besought me to give him a most careful and thorough examination, then went and returned later with the patient. The examination, being given as promised, revealed three upper ribs on the left side distinctly depressed, and it was quite plain that these were irritating nerves to the lungs and air passages, causing severe attacks of coughing and dyspnoea. He was frequently awakened at night and obliged to sit up to regain his breath. He paid for a month's treatment and began. He had been using an inhaler for his lungs and a vitalizer

of some kind for his general health. These I discontinued at once.

In the third week of treatment he sat upon the table and remarked with an air of resignation, yet protest, "Well, doctor, I don't know what I'm coming up here for—I'm all well!" I was unwilling to discharge him as cured until I was sure that those ribs, now adjusted back into position, were going to stay there. At the next treatment he made the same remark, and I promised that after one more treatment, though he was entitled to several more for his money, I would consider him cured and let the other treatments stand to his credit in case he should need them. But he never came up for a next treatment, wherefore I had to consider the cure as dating from the previous treatment. On April 20, being interested to know the results, I telephoned to him to learn his intervening history. Even the wires seemed to glow with the enthusiasm of his reply: "Why, doctor, I haven't had a bit of trouble of any kind since I quit treatment. I have been up to your office several times to tell you so, but always found you out"—(his office hours being about the same as mine.)

These cures are not unusual nor wonderful to an Osteopath; they simply illustrate the complete effectiveness of a rational, common-sense, natural treatment of disease, and the application of the time-worn Osteopathic slogan, "Man is a machine."

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THE "FIFTH LUMBAR" IN OSTEOPATHY.

CHARLES HAZZARD, PH. D., D. O.

When Osteopaths speak of the "fifth lumbar" they generally refer to the fifth lumbar vertebra, although there are several other structures in that region which are referred to by the same name.

There are several reasons why this particular bone is an important one to the Osteopath. In the first place, its position in the anatomy of the human body is such that it might be described as the corner-stone of the spine. It is the largest vertebra of all the twenty-four which go to make up the spinal column proper. It rests upon the sacrum below, and is thus the connecting link between the spinal column and the pelvis, or the whole lower part of the body. Hence it is that disturbance of this vertebra may cause profound disturbance of the whole lower part of the body. Moreover, the fifth lumbar is the foundation of the spine; and whether the spine stands straight above its "corner-stone," or base, depends in great measure upon the perfect adjustment in position of this bone. For this reason a faulty condition of this important bone may affect the whole spine above it, and thus become the disturbing factor which may produce trouble in the whole upper as well as lower part of the body. Why this is so may be made clear by comparing the spine to a tall pile of round wooden blocks of the same dimensions as the various vertebrae, the blocks becoming slightly larger toward the bottom of the pile. Imagine the blocks at-

tached to each other by flexible structures, as are the vertebrae, allowing of complete freedom of motion of as great an amount as is found in the human spine. It is easily seen that displacement of the bottom block of the pile will disturb the equilibrium of the whole of the column above. So it is with the spine, disturbance of the fifth lumbar destroys the equilibrium of the spinal column, which has been secured by most delicate adjustment of the bones composing it. Such a fault gives rise to a long train of evil results, for it throws upon a strain all the ligaments and muscles concerned in holding upright the spinal column itself and in holding in their positions all the several structures composing the upper parts of the body. It also brings pressure at various points along the spine, suffering from loss of perfect equilibrium of all its parts, upon the nerves which proceed from the spinal cord, within the spinal column, running out between the vertebrae to supply all the various parts of the body. Now, all of these spinal nerves are connected with those very important nerves, the sympathetics, which have control of all the operations of life. Irritation of spinal nerves leads to abnormal impulses in the sympathetics, and finally to disease in the parts controlled by the sympathetic nerves thus affected.

For example, pressure at the upper part of the spine, upon the nerves supplying the heart, leads

to irregularity and disease of that organ. This is frequently seen in cases of spinal curvature affecting the upper dorsal region.

But the Osteopath, while bearing all these things in mind, must devote his attention more particularly to those organs and parts which derive their nerve supply from the portion of the spine indicated by the fifth lumbar vertebra. For the fifth lumbar is an important center; the nerves which rise from that region have most important connections, and in consequence disease may be caused in the organs thus supplied through derangement of the fifth lumbar vertebra. For example, the Osteopath has learned that derangement at the fifth lumbar may interfere with the intestines and bowels, may disturb the action of the hypogastric plexus of nerves controlling the bladder, genital organs and other pelvic viscera, may disturb the circulation of the blood in the lower portions of the body, or may cause sciatica, lameness, or paralysis in the lower limbs.

One of my patients with lesion at the fifth lumbar was troubled with lameness, numbness in the feet, and inability to walk easily or to go up and down stairs without difficulty. Another patient with disturbance of the fifth lumbar was troubled with the bowels and threatened with appendicitis.

Another important thing with regard to this bone is that it marks an anatomical weak point. It is therefore more susceptible to displacement. A strain, a slip or twist, a fall or blow, or any one of

the thousand exigencies besetting one who lives in a world of physical things, may result in disturbing this structure, perhaps not more than a minute fraction of an inch, but sufficiently to result in great evil to the system.

What does the Osteopath do under such circumstances? In the first place, he finds the derangement of the fifth lumbar, having previously suspected such from his diagnosis of the case. This may be said of no other system of medicine. Physicians, masseurs and others pay no attention to such causes of disease, for they know nothing about them. They look at disease from a totally different point of view. To regard luxations of vertebrae as causes of some kinds of ailments might seem rational to them, but to go through a special course of training in surface anatomy and in minute physical diagnosis because of a habit of regarding disease from the point of view of actual mechanical obstruction to the forces of life, is to them a foreign matter.

The Osteopath is trained with this object and is skilled in his special methods of diagnosis to detect abnormal and disease-producing conditions.

Obviously, a luxated fifth lumbar must be readjusted in order to cure the resulting disease, whether this be in pelvic organs, limbs or other parts of the body. It would seem clear that medication, internal or external, or rubbing and massaging would not return this errant vertebra to its proper position. Now comes the Osteopath as

the skilled mechanical engineer of the human body and replaces the bone through understanding the structures, forces and conditions in-

involved in such a problem in "animal mechanics."

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SOME TRIUMPHS OF OSTEOPATHY IN CHATTANOOGA.

ANNIE RILEY HALE.

This has been called the day of scientific "fads" and theories; and to many conservative and orthodox minds an audacious and impious spirit of inquiry and criticism has brought in the reign of "science falsely so-called," denounced by the apostle so long ago.

But although investigation and research have multiplied and broadened the sources of our information, and caused a great white light to beat upon the strongholds of many ancient opinions—and this has, in turn, begotten a spirit of tolerance and candid examination even of "scientific fads"—it is nevertheless true, in America at least, that purely speculative knowledge in every department is mercilessly subordinated to practical utility.

So that utilitarianism, rather than rationalism, is the distinctive mark of modern inquiry in our country. "A quoi bon?" is sharply demanded of every new hypothesis that knocks for admission; and the practical benefit to be derived from the system is the crucial test for every fresh applicant to public favor.

Within the past few months the Christian Scientists, the Hypnotists, the Magnetic Healers, Divine

Healers, palm readers and psychologic soothsayers have struck this city with cyclonic fury, and in the same category with these, the malicious or the ill-informed place the Osteopaths.

But the classification is unjust, upon the score of modesty, if no other. The Osteopaths do not claim to annihilate sickness and death, time and space. They do not assume to divine the secret imaginings of the human heart, nor to tear aside the veil that hides the future. There is nothing occult nor uncanny in their methods.

They have a theory which is plausible enough, the truth of which they propose to make good, by its practical application to the relief of pain and disease. Its title to credence, it seems to me, rests upon its ability to do this, and not upon its "soundness" under the "scientific" canons of the medical schools. "By their fruits ye shall know them," was promulgated by the Founder of Christianity, who thereby aligned himself with the best utilitarians of all ages.

Having been asked to write something in the interest of Osteopathy, and having but little personal experience with its workings,

I started forth on a tour of inquiry among my acquaintances who have tried the new system.

The first one to testify to its efficacy in nervous troubles was the mother of a little girl afflicted with a nervous disorder of a most aggravated character. The child was unable to control the muscles in her limbs, and they would fly out after the manner of persons affected with St. Vitus' dance. In fact, the case was diagnosed as such by the leading physicians of Chattanooga.

Another physician, however, with keener insight, saw that the nervousness had been superinduced by ulcerated bowels, and the ulcers being removed by a surgical operation, the child's general health improved. Still the nervousness remained, and in time grew worse. For several weeks the child neither ate nor slept, and the parents were well nigh distracted.

Finally they invoked the aid of both the Osteopaths and the Magnetic Healers to quiet the nervousness; and for this, I believe, they divide the honors between them. But the mother's statement to me—"the Osteopaths put her to sleep, which everything else had failed to do"—was most significant to any one who can trace the connection between insomnia and nervousness. One month after the Osteopaths began to treat her the child could walk, and from that time her improvement was steady, until she was restored to normal health.

"And what did Osteopathy do for you?" I asked of a wiry, nervous-looking little woman, one of

the "Marthas" of earth, sinking beneath a weight of household cares. Her reputation as an immaculate housekeeper had evidently been acquired at the expense of her physical well being.

"Kept me out of bed and possibly out of the lunatic asylum," was her prompt rejoinder to my query. She had suffered from that malady most common to the victims of worry—nervous headaches—and these, she assured me, Osteopathic manipulation had relieved again and again. She had taken the treatment for one month only; yet the permanency of its good effects was evidenced in the fact that the headaches, which used to occur once or twice a week, came now at long intervals, and were not nearly so severe.

Another lady, who has very weak eyes, claims that they have been much benefited by two Osteopathic treatments. But the chief note in this woman's Osteopathic song of praise is the burden of four children with whooping cough made easy by Osteopathy. Her eldest child suffered from the most acute symptoms of that child malady—vomiting, nose bleeding, etc. These symptoms were so much alleviated by the skill of the Osteopath that whooping cough got to be a joke in that family, one or two of the children leaving it off entirely, as not rising to the dignity even of a juvenile ailment.

In my search after Osteopathic truth I encountered two gentlemen, an elderly and a middle-aged man, whom the Osteopaths had treated successfully for lumbago. The old-

er man had suffered from it for several years, and at the time he stumbled on Osteopathy, he told me he could with the greatest difficulty rise from his chair. He took the treatment for three months, last summer, discontinuing it in September, but that he had had scarcely a touch of lumbago the entire winter.

The younger man's case was of much shorter standing, when he applied to the Osteopaths for relief. Yet he deposes that he suffered intensely with lumbago for several months, and that one month of Osteopathic treatment overcame the trouble entirely. The most marvelous part of this man's witnessing for Osteopathy, however, is the account he gives of a severe attack of la grippe with which he was seized about a month ago.

He left his office—so his story ran—about 11 a. m. with every indication of serious illness, and repaired to the office of an Osteopath, who gave him a treatment and sent him home. Then, at 7 p. m. of the same day, his fever ran up to 104 and he became delirious. The Osteopath was sent for, and he gave the patient a second treatment, which brought down the fever and induced perspiration in two hours. The patient then received two treatments a day for four successive days, after which he was able to leave his room, and in six days from the beginning of his attack he was back at his work. He affirms that he had la grippe in one of its worst forms, and he believes that his recovery under Osteopathic manipulation was much speedier than it

would have been by the administration of drugs.

His own experience having thus securely pinned this man's faith to Osteopathy, when his 16-year-old son developed a case of malarial fever, he promptly summoned the Osteopath, over the protest of his wife and friends, and at the imminent peril, he asserts, of being mobbed by his neighbors, who were thoroughly indignant over his "allowing his son to die without medical aid."

Well, the son recovered, under Osteopathic management, and no thanks to the drug men.

A severe case of intermittent bilious fever, and one of typhoid fever, were also reported to me, both having yielded to Osteopathic treatment and restored to health without the aid of drugs.

The most remarkable case I discovered on this round of inquiry, however, was that of a frail looking woman, the mother of seven children, who told me that "last spring her doctor said she had consumption;" and from her condition, as she described it, most anyone would have argued pulmonary tuberculosis. But if that were her trouble, then Osteopathy should be accorded some skill in arresting, if not in curing, this dread malady, which has thus far baffled all curative science, and is said to destroy more lives than war and pestilence combined.

This woman was taken to the Osteopaths when her strength was barely equal to the journey. She was given the treatment for two months, after which, she declared

to me, "her health was better than it had been in years." She is not very robust looking yet, but that, upon her own statement, she has never been; and she has more strength and less indigestion now than she has ever had.

Still another delicate woman gave me the history of a serious stomach trouble which had been much alleviated by Osteopathy.

These instances, though by no means all that I might cite, would seem to indicate a wider range for Osteopathy than the purely nervous and muscular troubles commonly ascribed to it; and despite their patent medicine ring, they merit the attention and personal investigation of all similar sufferers.

As to the genuineness of this testimony, I can only say that it came to me direct from the patients themselves, freely, voluntar-

ily, "without fear of punishment or hope of reward," and my motive in collecting the same has been equally disinterested. I have been actuated by a desire to discharge a debt of gratitude, in speaking a good word for Osteopathy, where it can be honestly spoken, and not disclaiming altogether the presence of a motive which is seldom lacking in feminine investigations, viz., the "original sin" of womanly curiosity, which laid the foundation for that Garden of Eden story. I have reported these cases, illustrating "the good in Osteopathy," substantially as they were given to me; in the same calm, judicial spirit avowed by Herodotus, the father of history, and I present them to the reader in the cautious language of "Uncle Remus": "As the tale was gun to me, so I gin it to you."

Chattanooga, Tenn.

THE SITUATION IN GEORGIA.

M. C. HARDIN, PH. B., D. O.

It will be remembered by the readers of this journal that a bill recognizing Osteopathy passed the legislature of Georgia in December and was vetoed by the Governor at the instance of the medical men of the state. Their success in this way inspired them with hope and they have since contemplated the extermination of this innovation. This idea has been in the minds of some of the political medicos for some time, but the most important question with them was just how to do it. The situation was very much

like the old story of the convention of rats, where they unanimously agreed that it would be a good idea to have a bell on the cat, but the question hardest to settle was, Who will put it on her? After some discussion and division and delay it was decided that that individual-less investigation committee, called the grand jury, should do the work. After careful investigation the grand jury found "no bill" in my case. This infuriated the doctors so much that one of their number went at once be-

fore the judge of the city court and swore out an accusation against me charging me with the practice of medicine without a license. Dr. John Swanson, a graduate of the school at Minneapolis, who has only recently located in this city, is also under arrest on the same charge.

Since coming to this city the new science has made many good friends among the most influential citizens of the state and city and we fear nothing adverse to our cause. The fact is that the Governor's veto, with Sam Jones' response, which has been printed in all the journals the country over, has been a great boon to us. Two state medical conventions have, within the last two weeks, met in Atlanta—the eclectics and the allopaths. Both passed resolutions of thanks to the Governor for his "manly defense of scientific medicine." The last named appointed a special local legislative committee of three with a single member added thereto from each county of the state to look after the legislative interests of the profession, as it was likely, in their estimation, that "the friends and promoters of the Osteopathy bill would appear again." They were right; "when the last roll is called, we'll be there." So you see we have them scared.

In January Dr. J. E. Anderson, that dauntless and generous-hearted descendant of a son of the Emerald Isle and member of the famous April class of the A. S. O., located in Augusta to do pioneer work as an Osteopath. The M. D.'s had, some time ago, had an ordi-

nance passed in the city council taxing all methods of healing, not licensed by the state, \$150 per year. In the course of a few days after Dr. Anderson had opened his office the authorities confronted him with the matter. He consulted his friends and refused to pay it. He sent in a petition to the city council to have it reduced to \$10 per year, the same annual tax paid the state by an M. D.

In a letter to me the other day he wrote that he had heard no more of it; that the committee to whom the council referred it had never met and he supposed would never meet. Dr. Anderson is doing well in Augusta and counts among the friends of Osteopathy some of the most influential men of the city.

Then there's Dr. Mayhugh at Savannah. I hear fine reports from him. Last fall an M. D. of that city, for the diversion of his own mind or to attract attention to himself, wrote an article to one of the daily papers expressing himself profusely on Osteopathy and the local Osteopath. Dr. Mayhugh had moved his office to where he is now located and this doctor undoubtedly thought he had left town, as he stated in his article that an Osteopath had been located at the DeSoto hotel during the summer, but he had been informed that there was a law in this state for such fakes and that in the night, Arab-like, he had folded his tent and silently stolen away. Dr. Mayhugh appeared in the paper with a card the following morning, in which he informed this medical wit that he was still in

the city and was not near starvation's gate.

All around we are having our little experiences, but all these happenings only call attention to Osteopathy, and that does us no harm. I have treated some of the leading men of this state and they are enthusiastic in our cause.

Some time ago I cured a case of locomotor ataxia. An M. D. in the city here had been treating him for more than a year. After I had accomplished the cure this doctor came to me and is now taking treatment. He communicated his experience and observation of my work to another M. D. friend of his and he, too, is now taking treatment. During the year and a little more that I have been lo-

ated in Atlanta I have treated eight M. D.'s and it was not a very good year for M. D.'s either. Let the agitation go on. I hear good news from Ohio. Ohio is all right. Kentucky—poor old Kentucky—needs Osteopathic treatment, and the state board—it needs it, too.

I hope we will have a good attendance at the meeting of the A. A. O. at Chattanooga. There was never a time that we needed more of an uplift in a more complete organization and a stirring of our enthusiasm than now. Let every graduate of Osteopathy join the A. A. O. and let all of us attend the meeting at Chattanooga.

704 Lowndes Building, Atlanta, Ga.

THE NATIONAL MEETING OF THE A. A. O.

A. G. HILDEETH, D. O.

As a member of this organization, and as one whose greatest desire is to help as best he can the profession which it represents, I take the liberty of saying just a few words to the members of the A. A. O., and not only to the members of the above association, but to every legitimate Osteopath who is at present practicing in the field.

It is only a very short time now until July 5, 6, 7, the time appointed for the annual meeting of the National Association of Osteopaths; and it behooves every Osteopathic practitioner who has the good of his profession at heart to begin at once to get ready to at-

tend the meeting at Chattanooga, Tenn. No matter if you may think that the A. A. O. is not what it should be; or that it is not doing the work that could be done, I assert that it is the duty of every Osteopath to become a member of that association; and if it is not now just what it should be, you can by your presence, if you are able to attend the meeting, or by your support, if you are not able, aid those of us who can be present to make the national organization what we so much desire it to be.

The time has come when the profession should be divorced from any individual school. The Amer-

ican Association for the Advancement of Osteopathy should be the paramount influence in fixing the standard of education or qualification for the Osteopath. This organization alone can do this, because its members are not in the school business and will not be biased by circumstances which might mean a few dollars more or less to some individual institution. We have reached the point in the development and advancement of this profession where the interests of the science stand pre-eminently above individuals or schools. In other words, there is no man nor no individual school whose interests should be considered when the good of the profession is at stake. Now I fully realize that so far, to the majority, it may seem that but little has been accomplished by the association; yet I am also sure that during the past year much good has been accomplished, and how much more can be done if only all

of the legitimate Osteopaths would join the association and put their shoulders to the wheel and help us to do the work we now need done so much. There is a great deal of important work to come before the association at the next meeting. And knowing this, I do earnestly urge every graduate that possibly can to be present at that meeting. The trip there will do you good. The meeting of old friends and the making of new ones will do you good, and the literary features of the programme should be helpful to us all. Begin your preparations now; take a week's rest in July and be with us in Chattanooga; and let us make that gathering the beginning of a new era in the growth, development and progress of our profession. Beginning with 1900, make the A. A. O. the organization of our profession, strong and ever active in promoting its highest interests.

Kirksville, Mo.

OSTEOPATHY AND LEGISLATION IN OHIO.

II.

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

The second chapter in the history of the Ohio legislative contest is one filled with many interesting incidents. In my article on this subject in the April issue of your magazine I noted the fact that the Love medical bill, then in the hands of the medical committee of the senate, having passed the house. When the com-

mittee met an amendment exempting Osteopaths from the provisions of that bill was placed in the hands of a member. After much discussion from the medical side of the representatives present at the hearing, the committee adjourned without action. A few nights later the committee again met, unknown to the friends of

Osteopathy. Dr. Love, author of the bill, made a strong plea for the measure without change. He stated that there was pending in the house an Osteopathic bill which would give the Osteopaths all they could desire, and that "it had no opposition," and he saw no reason why Osteopathy should be tangled up with his bill. The committee, by a small majority, reported the bill out without this amendment.

On Thursday, April 12, the bill came up for final passage. Seeing defeat before them unless they granted our request to exempt us as they do the dentists—who have a separate law—the friends of the measure resorted to their old ally, "misrepresentation." The chairman of the medical committee, while posing as our friend, hastily summoned the secretary and chairman of the state board of medical registration and examination, and together, it is reported, formulated an amendment in its essentials as follows:

That Osteopaths, graduates of Osteopathic colleges in good standing as such, in which the course of study requires an attendance of four terms of five months each "in four separate years," before being allowed to practice their profession, must appear before the state board and pass satisfactory examination in anatomy, physiology, chemistry and physical diagnosis.

This amendment was handed to a friend of ours with the explanation that it had been agreed upon by both Osteopaths and the medical men (but no Osteopath ever saw the amendment until it had

been voted upon), and upon such misrepresentation passed with practically no opposition.

The Osteopathic bill came up for final vote in the house a few hours later, although a strong effort was made by the medical men to have it withdrawn on account of the amendment that had been made to their bill. But our friends, seeing that we had not been fairly dealt with, stood faithfully by us. In the evening session our bill was reached. At evening sessions many members are absent, only about seventy being present at this time. But as there were but two more working days of the session, we thought it very risky to delay final action longer. The vote stood 63 to 3 (three physicians being present). The bill was messaged over to the senate that night and placed on the calendar for next day's second reading. Fearing that the chairman of the medical committee, whom we had now begun to thoroughly distrust, would attempt to further delay the bill, we asked—and it was granted—that the bill be referred to a special committee of one to expedite its consideration. This particular one had been our staunch friend from the beginning. His wife had been very successfully treated by one of our practitioners, and is an enthusiast on the subject of Osteopathy. We were confident that no medical influence could turn him. But here is a good example of the political power that can be brought to bear upon the representatives of the people when some dirty work must be accomplished. It was re-

ported that this particular senator was a candidate for congress, the nominating convention of which was to meet in a few days. Learning that there were two doctor delegates to this convention from the senator's home, the medical lobby immediately sent for them to come to the capital city. It is reported that they came and that they informed the senator that he must drop the Osteopathic bill or they would "knife" him. Whether or not the report be true, our friend (?) passed the bill over to the chairman of the medical committee and did nothing further to aid in its passage. (It is some satisfaction to our friends to know that the weak-kneed senator did not get the nomination he sought.) Our friends, and we had a majority vote in the senate, hearing of this piece of treachery, by motion, relieved the committee of further consideration of the bill. An attempt was then made to have an immediate hearing, but as this required a two-thirds vote of all the members, it could not be done; so the bill was placed on the calendar to wait its turn. This was on the 14th, and as little business was

done on the following Monday—the day of adjournment—nothing further was accomplished. And thus closed one of the most famous contests for recognition in the history of Osteopathy.

Just what will now be the relation of the Osteopath to the Ohio law, it is unable to state at this time. It was clearly the intent of the legislature—and that intent must be taken into consideration by courts of justice—to give Osteopathy recognition. In fact, it has given that recognition; but the recognition comes in such a way as to disqualify every Osteopath, as no school of Osteopathy complies with the requirements of the statute as passed. It has been intimated that the state board of examiners must take into consideration "extenuating circumstances;" but if it can "extenuate" that part of the law which requires the "four separate years" course they can "extenuate" the rest of the law.

Further proceedings we await with interest.

The Bazaar, Columbus, O., April 19, 1900.

WHAT OSTEOPATHY IS NOT.

CHAS. C. REID, D. O.

Many people hold the idea that Osteopathy is the same as massage; and some say it is a system of rubbing. In fact, some of the enemies of the science try to make those ideas predominate. I want

to say to those seeking to get a true idea of Osteopathy that it is not rubbing. It is seldom that the hands of the operator ever slip on the body of the patient. The Osteopath does not rub; he takes

hold and sets a bone, stimulates a nerve, opens up a stagnant blood channel, corrects a ligament or a tendon, puts into position a misplaced organ, stretches a contracted muscle, and by his scientific manipulations influences the activity of any organ of the body and increases or diminishes the amount of blood flow to any part of the system.

The Osteopath has nothing to say against massage, and would use it if occasion should arise where it was necessary in his practice. But the well prepared Osteopath knows the course of the nerves and blood vessels through the body and the points at which he can best reach them to influence their activity; he knows the position of all the glandular and other structures; how to find small lesions and abnormalities; and how to apply the proper means of correcting them. His work is not a general kneading or rubbing, but is something direct and definite to correct certain abnormal conditions.

Massage, rubbing, Swedish movement, exercise, etc., with proper use are all good in a general way and any honest physician would not hesitate to prescribe any of them where he thought it for the good of the patient; but these things, as has often been said before, are emphatically not Osteopathy.

There are other persons who think that Osteopathy is no more than bone-setting. While that certainly comes in as a part of Osteopathy, the science is not that

alone by any means. All classes of disease known as curable and many so-called incurable cases yield readily to Osteopathic treatment.

Again, when we say we treat disease without drugs some people immediately jump at the conclusion that Osteopathy is faith cure or something of that nature. It does not make any difference if you have no faith in anything or anybody, the principles of the science hold good and the treatment, when applied, has its proper effect, whether you believe or not. It has nothing in common with faith cure, mind cure, Christian Science or divine healing.

A smaller class of people have thought Osteopathy to be suggestive therapeutics, hypnotism or magnetic healing. Such notions in regard to Osteopathy are becoming displaced by more light on the subject. Osteopathic literature setting forth the science in the true light can be had upon application from most any legitimate practicing Osteopath.

In many localities it seems that there are numbers of people who think that Osteopathy is all right in chronic ailments, but is unable to do much in acute troubles. Of course there is not much logic about that, but such ideas do exist, and because of that fact I wish to report a few acute cases. By consent, names of persons treated for these ailments will be given upon application:

La Grippe—I have had a number of cases of la grippe where the person was in bed with great pros-

tration, severe pains in the back, headache, catarrhal symptoms, some fever and unable to sleep. In some cases there was disturbance of the stomach and bowels. Under Osteopathic treatment so far every case has been able to be up in from one to three days. No complications entered in; no sequelae, weakened conditions, nor predisposition to other diseases followed, as is often the result of la grippe.

Acute Bronchitis—Cases of this disagreeable trouble have been treated very satisfactorily. Will only speak of one case in particular. A young lady has been having an attack of bronchitis every winter for several years, the attack usually lasting about two weeks. In the winter just past her spell of bronchitis came on. This time Osteopathic treatment was applied. She lay in bed about two days and a half and after four or five days

was able to be around again as usual.

Malarial Fever—Miss A. B. had chills and fever for five days, which was gradually growing worse each day. Her people kept urging her to take something, but having heard so much about the merits of Osteopathy, she decided to try that first, as her aunt and two or three of her cousins at that time were very sick with malarial fever and had been in bed about four weeks under medical treatment. After her first treatment she ceased to chill, her fever gradually subsided and at the end of five days all symptoms of malaria had gone.

If the people understood well the principles of Osteopathy and would be as patient and persistent under the treatment as they are in taking drugs, I dare say they would receive more lasting and beneficial results.

Warren, Ohio.

CORRESPONDENCE RELATING TO "ASSOCIATION LECTURES."

F. W. HANNAH, D. O.

"Relative to the lecture method in Osteopathy, I will say that I have been watching the progress of the plan with a great deal of interest, and realize that it would be one of the grandest means of reaching and educating the people on earth if properly handled, and I am willing to help in the matter all I possibly can."—A. G. Hildreth, D. O., Kirksville, Mo.

"I think the plan to establish the lecture system in Osteopathy a very good one and I shall be only too glad to do anything I can to assist in carrying it out."—H. A. Rogers, D. O., Trustee A. A. A. O., Minneapolis, Minn.

"I am very much in favor of the lecture method in Osteopathy and stand ready to do anything desired

to help it along."—L. M. Rheem, D. O., President A. C. O., Minneapolis, Minn.

"The plan for the lecture method in Osteopathy is one of merit and I cordially endorse it. If any words of encouragement from me could have any force, you certainly may feel that your efforts along this line are entitled to my support, just as I hold myself in readiness to endorse all laudable methods tending to the advancement of our dear science."—M. E. Butler, D. O., Minneapolis, Minn.

"The plan for the Association Lectures meets with my hearty approval. I shall be glad to aid in furthering the plan in all ways I possibly can."—D. Ella McNicoll, D. O., Trustee A. A. A. O., Frankfort, Ind.

"I note the contents of your article relative to the Association Lectures, and will say that I have long been in sympathy with such a move. I will be only too glad to help in any way to promote this project."—L. A. Liffing, D. O., Trustee A. A. A. O., Napoleon, O.

"I think the plan to establish the Association Lectures is much needed. I do not think there is anything that will bring our science up to a better standard than a move of this kind. I assure you that anything I can do to assist in any way I am ready and willing to do."—J. R. Shackelford, D. O., Trustee A. A. A. O., Nashville, Tenn.

"I write to say that I have read the articles on the lecture method in Osteopathy and think the plan thoroughly practical, and the most efficacious step the A. A. A. O. could take at this time."—O. E. McFadon, D. O., Davenport, Ia.

"Your article relative to the Association Lectures read with much interest, and I shall be glad to coincide with you in such a laudable enterprise. I believe much can be done through good, able, personal presentation of the science of Osteopathy."—F. L. Purdy, D. O., Boston, Mass.

These and others are but straws that show which way the wind blows.

Chattanooga July Weather.

We have received several inquiries from Osteopaths in the north about the climate in the south during the summer. Fearing that some might stay away from the annual meeting here in July from a misconception of the facts we hereby submit a statement kindly furnished by Mr. L. M. Pindell, the courteous official in charge of the United States weather bureau office, Chattanooga, Tenn. What he says is official and ought to set at rest the fears of those who would attend the meeting but for the "horrid summer weather" of the south:

Chattanooga, May 3, 1900.

Over the western section of East Tennessee the hottest weather occurs between the 1st and 15th of July, but the heat is not as oppres-

sive as in northern cities. This city is surrounded by mountains, and they can be reached easily, where the nights are cool and covering necessary. In the valley cool breezes continually fan the warm air and heated pavements by day, and at night the rapid radiation and the cool air flowing down the sides of the mountains and ridges relieves the city of the day heat, and one can slumber sweetly while the waves of cool and refreshing air chase each other through their sleeping abode. It is of a very rare occurrence that sleepless nights are experienced from heat. While our northern cities are recording daily numerous cases of sunstroke, not one case of genuine sunstroke has been recorded in the city of Chattanooga.

The highest temperature ever recorded in Chattanooga was 101 degrees on July 12, 1879, while Nashville has recorded 104 degrees, Omaha 106 degrees, North Platte 107 degrees, Port Huron, Dak., 108 degrees, Bismarck 105 degrees, St. Paul 100 degrees, Moorhead, Minn., 102 degrees and Duluth 99 degrees. The highest temperature recorded during the first ten days of July was 99 degrees on the 10th in 1880, and the lowest temperature was 56 degrees on the 3d in 1885. The mean temperature for July for twenty-one years is 78.4 degrees; and the mean summer temperature for twenty-one years is 77.2 degrees. The following table, showing the maximum temperature for each day from the 1st to the 10th, inclusive, for the past eleven years, will clearly show com-

paratively low temperatures. The mercury reaches its highest point about 3 p. m., when, as a rule, if over 90 degrees a thunder storm develops over the mountains, and frequently passes over the city without precipitation, but invariably produces a fall in the temperature from 16 to 30 degrees:

MAXIMUM TEMPERATURE FOR FIRST TEN DAYS IN JULY FROM 1889 TO 1896, INCLUSIVE.

1889	1890	1891	1892	1893	1894	1895	1896	1897	1898	1899
88	94	84	86	87	93	83	92	86	87	86
79	84	87	86	88	94	81	91	85	86	85
88	92	90	85	90	92	74	77	95	92	90
88	91	89	82	90	91	81	86	94	87	85
84	82	85	80	84	80	83	87	93	82	82
86	86	78	76	85	83	80	76	92	90	89
86	85	84	83	82	85	82	78	90	86	89
87	83	86	75	91	83	88	74	92	91	88
88	84	78	83	91	72	83	82	91	86	88
90	88	81	78	86	84	82	87	91	87	86

L. M. Pindell,

Official in Charge, U. S. Weather Bureau, office Chattanooga, Tenn.

Meeting of Osteopaths.

Information has been received at the office of The Popular Osteopath, the local organ of the new healing science, that has been creating such wide interest recently, not only among the sick, but among men of science as well as among men of medical profession, to the effect that delegates will attend the annual meeting of the National Association, to be held in this city July 5, 6 and 7, from almost every state in the union. The programme is already being arranged and will cover the widest possible range in the researches of the profession. This meeting will be of special interest, giving the public an opportunity to hear from the most noted expounders of the new faith, the

fullest possible details of the methods and system employed in healing the sick and curing disease.—Chattanooga Times, May 4.

Arrangements for Annual Meeting.

The committee on local arrangements has not yet completed its work, but it has progressed so far that we can assure members that a rate of \$2 per day will be secured at the best hotels.

Everything possible for the comfort of our guests will be done, and we will report progress more fully in the June issue of The Popular Osteopath.

In addition to this, any member of the committee will take pleasure in responding to any inquiries that members may desire to make.

A. L. Evans,
Chas. Owens,
O. Y. Yowell,
Committee.

Proposed Amendments.

The following amendments have been offered for consideration at the next annual meeting of the A. A. O., to be held in Chattanooga, July 5, 6 and 7, 1900:

To amend the constitution by adding the following, to be known as Sec. 9, Art. I:

"No one shall be an active member who has not paid dues for two (2) consecutive years, and a failure to pay dues in any year shall cut off the active membership. It may, however, be regained by the payment of the back dues making continuity. No one not an active member is eligible to office."

To amend by adding the following, to be known as Sec. 8, Art. II.:

"At each annual meeting of this association, the members there present shall, by a majority vote, fix and determine the place for holding the next annual meeting, and they may also, if they desire, by a majority vote, determine the time of holding the succeeding annual meeting, and in the event of their failure to do so, the board of trustees shall determine the same."

Irene Harwood, Secretary.

Kansas City, Mo., April 2, 1900.

Osteopathy and Osteopaths.

For the subjoined endorsement of Osteopathy, which we find in the Ladies' Home Journal for May, we have to thank Prof. E. B. Warman, the eminent conductor of the health department of that interesting and popular magazine: "Osteopathy, in my opinion, is all right if the Osteopathist is all right."

Of course, time and results will likely exhibit the character and skill of every practitioner; but the public need not always wait for these slow tests. Happily, the American Association for the Advancement of Osteopathy has put upon the Secretary, Dr. Irene Harwood, New York Life Building, Kansas City, Mo., the duty of keeping a roll of those who graduate from the reputable colleges of Osteopathy of the country; and where any doubt exists as to the probable status of anyone claiming to be an Osteopath it is only necessary to address an inquiry to Dr. Harwood, in order to obtain reliable information concerning such a person.

ANNUAL MEETING OF THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF OSTEOPATHY,

TO BE HELD AT THE AUDITORIUM, CHATTANOOGA, TENN., JULY 5, 6, 7, 1900.

Programme.

Thursday Morning, July 5, 9 O'clock.

Invocation, Rev. J. W. Bachman.
Address of welcome.
Response, by President F. W. Hannah.
Reports of officers of Association and
chairmen of committees of board of trustees.

Noon.

Unfinished and new business.
"Osteopathic Ethics," C. E. Achorn, D. O., Boston, Mass.
"Relation of Osteopathy to the Law," S. D. Barnes, B. S., D. O., Chicago, Ill.
"How Shall We Educate?" F. W. Hannah, D. O., Indianapolis, Ind.
"The Fake Osteopath, How to Deal With Him," S. C. Matthews, D. O., Wilkes-Barre, Pa.

Night

Reunion.

Friday Morning.

Ten-minute reports of the Osteopathic situation and needs in various states:

M. F. Hulett, D. O., Columbus, O.
H. E. Nelson, D. O., Louisville, Ky.
M. C. Hardin, D. O., Atlanta, Ga.
C. W. Little, D. O., Lincoln, Neb.
W. W. Steele, D. O., Buffalo, N. Y.
U. M. Hibbets, D. O., Grinnell, Ia.
J. D. Wheeler, D. O., Boston, Mass.
J. H. Sullivan, D. O., Chicago, Ill.
D. Ella McMicoll, D. O., Frankfort, Ind.

Discussion of, and vote on amendments to constitution.

Selection of next meeting place.
Choosing official organ.
Election of officers.

Noon.

"Gynaecology," Louise P. Crow, D. O., Janesville, Wis.
"The Nature of a Sub-Luxation," D. L. Tasker, D. O., Los Angeles, Cal.
"Puerperal Sepsis," N. A. Bolles, D. O., Denver, Colo.
"Obstetrics," C. E. Still, D. O., Kirksville, Mo.

Night.

Public meeting at auditorium.

Music.

Address: "The Scientific Basis of Osteopathic Therapeutics," Mason W. Pressly, A. B., D. O., Philadelphia, Pa.

Address: "The Small Beginnings of Death," Mrs. Ellen L. B. Ligon, D. O., New Orleans, La.

Address: "The Coming Physician," J. F. Spaulhurst, D. O. (not yet located.)

Music.

Address: "Osteopathy in 1900," Helen De Lendrecie, Fargo, N. D.

Address: (Subject not yet announced)
Judge Andrew Ellison, Kirksville, Mo.

Saturday Morning.

"Differential Anatomical Features in Paralysis," Wm. D. McNary, M. D., D. O., Milwaukee, Wis.

"Importance of Correct Anatomical Position of the Ribs," A. G. Hildreth, D. O., Kirksville, Mo.

"The Abdomen," Chas. Hazzard, Ph. B., D. O., Detroit, Mich.

Noon.

"Can it be learned from a book?" S. S. Still, D. O., Des Moines, Ia.

(Subject not yet received), C. P. McConnell, M. D., D. O., late of A. S. O., Kirksville, Mo.

Balance of time to be used as convention may direct.

We suggest that time be given after each number for a full discussion by members.

Night.

Banquet.

As to the above programme, which is herewith respectfully submitted, the committee on programme feels that no apology is due with respect to the subjects to be discussed, and the parties presenting them. The names of those who are to lead in this work are an earnest of the entertainment and instruction which await those who attend.

The work of arrangement, however, devolved upon the chairman and had to be done hastily without opportunity being afforded him to consult with his colleagues. Knowing, however, that many questions will arise which could not be foreseen by the committee which will require time for discussion and adjustment, we will say that the programme and business of convention may be taken up in any order that may best suit its convenience.

We have aimed at short sessions and to avoid crowding the programme, and believe it will be possible by some re-arrangement of it to allow the members an opportunity of visiting the points of surpassing scenic and historic interest, in Chattanooga and vicinity, without which we feel that this meeting will not have attained its highest success.

Fraternally,

A. L. EVANS, Chairman.

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300-501 Miller Building, Chattanooga, Tenn.

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A. T. Hunt, Suite 305 Karbach block, Omaha, Neb.

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Printing and Advertising—H. A. Rogers, chairman; A. L. Evans, D. Ella McNicoll.

If the association is not what you think it ought to be, attend the annual meeting and help make it what it should be.

Important Notice.

To those who expect to attend the meeting of the A. A. A. O. at Chattanooga, Tenn., July 5, 6, 7, I desire to make the following statement:

A fare and one-third has been secured for the round trip to Chattanooga, good going three days before the beginning of the meeting and good returning four days (including Sunday) after the close of the meeting.

Purchase your ticket from the agent over whose line you expect to travel and call for a certificate.

Buy your ticket going one way only, and upon presentation of the certificate at Chattanooga, after being signed by the Secretary of the A. A. A. O., you will be entitled to a return trip ticket at one-third the regular fare. No reduction of fare will be allowed unless accompanied by a certificate properly signed.

Consult your agent in advance of your starting if he has the certificates. If he has them not you will buy a local ticket to the nearest point where the same may be had and there you will take up your certificate. Your agent will instruct you where the certificate can be had.

The reduction of fare is conditioned upon there being an attendance at the meeting of not less than 100, except in the territory of the Southeastern Passenger Association, which limits the attendance to fifty.

E. W. Goetz,
Committee on R. R. Rates.

Remember that the A. A. A. O. convention meets at Chattanooga, Tenn., July 5, 6 and 7.

There will be a large attendance of representative Osteopaths at the Chattanooga convention.

As Osteopathy makes no compromise with disease, so there will be no surrender to those forces which would drive it from the field. Osteopathy is here to stay.

To attend the annual meetings and hear the discussion of professional problems by the brightest men and women in our ranks is almost equal to a post-graduate course.

Dr. C. V. Kerr has sold his practice at Dubuque, Iowa, to Dr. M. D. Cole and has become associated as partner with Dr. D. Ella McNicoll, of Frankfort, Ind. This makes a strong firm and we predict great success for it.

The A. A. A. O. is a democracy. Every member has a voice and vote in its proceedings, and as it is the duty of the citizen to study problems of government, so it is the duty of members of this organization to study the problems with which it has to deal, and to work and vote for its advancement.

The few temporary reverses which Osteopathy has recently met at the hands of courts, legislatures and governors serves only to accentuate the need of effective organization. "Intelligent concentration is

the secret of efficiency." Let us therefore get together. There is yet much fighting ahead of us; let us present a solid front to the enemy.

A rate of one and one-third fare has been secured to the Chattanooga meeting.

To Osteopaths who are not members of the A. A. A. O. and to students who will graduate in June of this year who may wish to attend the annual meeting in Chattanooga we would say, come right along, you can be elected to membership and participate in the proceedings of the meeting.

A fine contribution to the growing literature of Osteopathy is "The Theory of Osteopathy," by Dr. Wilfred L. Riggs, Dean of the Still College of Osteopathy, Des Moines, Iowa, and Professor of Physiology in the same institution. We know of no one more capable of writing authoritatively on the theory of Osteopathy than Dr. Riggs. To the preparation of this book he has brought a fine literary ability, a well-disciplined thinking apparatus, an intimate knowledge of physiology and Osteopathy, and clinical experience. The "theory" is exhibited in a well printed, handy volume published by the New Science Publishing Co., of Des Moines, and sells for the moderate price of \$2.75. It will prove of especial value to the practitioner of Osteopathy, though old-school physicians and laymen of a scientific turn of mind will find it interesting and enlightening.

Thanks to Our Northern Friends.

In the May number of the Northern Osteopath appears the following signed editorial, for which we extend Editor Rheem and his associates our best thanks:

"With the inauguration of the change in the Northern Institute of Osteopathy, announced elsewhere in this paper, it has been decided by the Board of Regents to cease the publication of the Northern Osteopath, as it is believed that other and more effective means of presenting the advantages of the Northern Institute of Osteopathy can be devised. The Northern Osteopath has done its full share in the advancement of Osteopathy in the United States of America and elsewhere, and has succeeded in making thousands of friends for the science of Osteopathy. The Board of Regents believes that support should be given to those journals which are entirely unconnected with any of the educational institutions. The best one of these that we know of is The Popular Osteopath, published at Chattanooga, Tenn., which besides being the official organ for the American Association for the Advancement of Osteopathy, is an Osteopathic journal of the very highest grade, whose publishers are working for the interests of Osteopathy with their whole soul, and on this account the journal should be strongly supported. The editor of this paper takes pleasure in adding his personal commendation of The Popular Osteopath and requesting his friends to transfer the support which they have here-

before given the Northern Osteopath to The Popular Osteopath.

"In closing my editorial labors I desire to return sincere thanks to the ladies and gentlemen in the profession who have helped to make the Northern Osteopath a success and to wish them long life, prosperity and happiness.

"L. M. Rheem, D. O."

The N. I. O. On a New Basis.

Henceforth the Northern Institute of Osteopathy, located at Minneapolis, will be conducted solely as a college of Osteopathy, the infirmary department having been discontinued. This college, which is now being reorganized on broader and more liberal lines, was the second institution of the kind founded in this country. It has a splendid record behind it and we believe that under its new organization it will be even more successful than it has been in the past. The Northern Institute has taken a brave step in the right direction. Success to it.

The failure of the legislature of Ohio to pass the Osteopathy bill is to be regretted, of course, but it is not to be taken as evidence that Osteopathy is without friends in that state. Its defeat was due to the determined opposition and political juggling of the medical doctors, who see in the advent of this new science a serious menace to the monopoly in the healing art which they have hitherto enjoyed. The battle has just begun, and the people are with us.

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 A. Shackelford, J. R., Wilcox Building, Nashville.
 A. Shackelford, Mrs. J. R., Wilcox Building, Nashville.
 A. Shackelford, E. H., Wilcox Building, Nashville.
 A. Tull, H. B., Hartsville.
 A. Vance, G. T., Brownsville.
 A. Watson, T. J., Fayetteville.
 A. Whitecomb, H. P., Knoxville.
 A. Wilderson, W. H., 37 and 38 Southern Express Building, Memphis.
 A. Wingard, Adher, Wilcox Bldg., Nashville.
 A. Wood, E. P., Bristol.
 A. Wood, Mrs. E. P., Bristol.
 Yowell, O. Y., Temple Court, 205-S, Chattanooga.
- Texas.**
 A. Clark, D. L., Jones and Crockett Sts., Sherman.
 A. Clark, Wm., Houston.
 A. Goben, C. L., Bryan.
 A. King, A. M., 2113 Church St., Galveston.
 A. King, H. F., 2113 Church St., Galveston.
 A. Polley, A. A., El Paso.
 A. Polley, Mabel, El Paso.
 A. Ray, T. L., Board of Trade Building, Fort Worth.
- Vermont.**
 A. Beeman, E. E., 64 State St., Montpelier.
 A. Brock, W. W., 134 State St., Montpelier.
- A. Corbin, C. E., 157 State St., Montpelier.
 A. Loudon, Guy E., 157 So. Union St., Burlington.
 A. Mayes, Matthew, Rutland.
 A. Martin, L. D., Miles Granite Building, Barre.
 A. Wheeler, Chas. G., 32 N. Main St., Brattleboro.
- Washington.**
 A. Hart, L. M., Safe Deposit Building, Seattle.
 — Hicks, R. Celeste, Spokane.
 N. Hodgson, John E., Spokane.
 N. Johnson, Robert S., Walla Walla.
 A. Lyda, Geo. V., Olympia.
 — Nichols, Grace M., Spokane.
 A. Potter, W. A., Safe Deposit Building, Seattle.
- Washington, D. C.**
 A. Henninger, Grace, Washington Savings Bank Building.
 A. Patterson, H. E., Washington Loan and Trust Building.
 A. Patterson, Mrs. Alice, Washington Loan and Trust Building.
- West Virginia.**
 A. Chappell, Geo. G., Wheeling.
 A. Donechy, A. L., Wheeling.
 A. Ely, W. E., Parkersburg.
 A. Ely, Mrs. Anna L., Parkersburg.
 A. Kibler, J. W., Charleston.
- Wisconsin.**
 A. Ashlock, Thos. H., Burlington.
 N. Blaser, W. O., Madison.
 N. Cherry, Leslie A., Milwaukee.
 N. Cherry, Mrs. Essie S., Milwaukee.
 N. Crow, Louise P., Janesville.
 M. Davis, W. B., Milwaukee.
 N. Davis, Abbie S., Matthews Building, Milwaukee.
 N. Gage, Ora L., Oshkosh.
 N. Ibach, A. H., Portage.
 N. Jorris, A. U., Lacrosse.
 A. Lewis, J. L., Hingham.
 N. Lewis, Emma A., Prairie Du Chien.
 N. Lewis, N. H., Prairie Du Chien.
 N. Thompson, S. A. L., 121-123 Wisconsin St., Milwaukee.
- Canada.**
 N. Dillabough, W. J. E., The Arlington, Toronto.
 N. Hitchings, John R., Winnipeg, Manitoba.
 A. Spangler, H. L., 46 King's Square, St. Johns, N. B.
- Hawaiian Islands.**
 A. Severson, Katherine, Honolulu.
- Members Whose Addresses are Unknown.**
 We will be under obligations to anyone who will furnish the address of any member given below, and the school from which graduated, where same is not given, and also any other informa-

tion which will enable us to correct errors where any occur in directory.

- Beal, Isaac M.
- Braden, A. E.
- A. Carter, Chas.
- A. Downing, D. M.
- A. Duffie, W. M.
- A. Eaton, Francis A.
- A. Gilmore, J. R.
- A. Graves, Murray.
- A. Harding, W. C.
- A. Jones, H. R. (undergraduate).
- A. Larrimore, F. B., Jr.
- A. Lindsay, Linnie.
- A. Linville, W. B.
- A. Meeks, Geo. P.
- A. Minear, A. N.
- Murphy, F. J.
- A. Propst, Z. Z.
- Rogers, C. R.
- Sweet, W. W.
- Vernon, J. H.
- Watson, W. F.
- N. Wheeler, T. H.
- Wiles, A. M.
- Williams, A. J.
- A. Yakey, W. G. (undergraduate).

J. C. Wilcox on Osteopathy.

That bright journal of musical and dramatic comment, the New York Concert-Goer, prints the following interesting statement from the pen of its managing editor, Mr. J. C. Wilcox:

OF INTEREST TO SINGERS.

Actuated purely by the principle that when one discovers something beneficial he should tell his fellows of it, I wish to call the attention of vocalists to Osteopathy as an instantaneous cure for congested organs. Through personal acquaintance of a doctor of Osteopathy I was led to try the treatment, some months ago, when I suffered from a congested throat and was obliged to sing an elaborate offertory solo in church. To my surprise no less than my delight, I found complete and instantaneous relief, and was enabled to sing approximately as well and with as much comfort as if I had been free from cold. Since

then I have on several occasions repeated this experience, so I feel sure that the result cannot be attributed to coincidence. I have not the space at command to even attempt a detailed explanation of the science of Osteopathy, but will state, for the benefit of those who know nothing of it, that it consists in forcing circulation to diseased parts through physical pressure of the nerve centers, and the stretching of contracted muscles and ligaments. This is a very inadequate definition of a minute science, but it may give some sort of an idea to the reader. No medicines are used, but the treatment is external and its effect is—at least in cases of congestion—practically immediate. This is the feature that makes it particularly valuable to public singers, who frequently cannot afford to wait for the slow action of medicine. Doctors of Osteopathy are now located in nearly every American city, and I heartily recommend singers who have trouble with congested throats to investigate the merits of their practice.

J. C. Wilcox.

Osteopathic Victory in Canada.

W. J. E. Dillabough, D. O., Toronto, Ontario, who was arraigned for a violation of the medical practice act of that province, informs us that a decision was rendered in his favor on April 24. The judge held that as no medicine or instruments were used the practice did not come under the ban of the law.

Dr. Dillabough has been doing some good work in Toronto and we congratulate him upon his victory.