

Journal of Osteopathy

DEVOTED TO THE ADVANCEMENT OF THE SCIENCE OF OSTEOPATHY.

VOL. III.

KIRKSVILLE, MISSOURI, DECEMBER, 1896.

NO. 6.

THE NEW BUILDING.

THE accompanying engraving is a south and east view of the new home of Osteopathy at Kirksville, Mo. The building is now completed and occupied wholly by the American School of Osteopathy and A. T. Still Infirmary.

As it now stands it is one of the largest and most complete school buildings in the state. Erected and fitted throughout for the especial needs of Osteopathic work it is the only building of its kind in the world.

The outside dimensions are 64 by 176 feet. The building is four stories high, with a commodious attic which might be called a fifth story.

The long verandas on the sides give the whole structure a rather colonial appearance and the outside effect is on the whole very suggestive of comfort and substantialness as well as architectural beauty.

The building contains 68 rooms, making altogether 30,000 square feet of floor space. Its size can be appreciated by imagining 300 rooms each 10 feet square.

The completed structure as it now stands cost

in round numbers eighty thousand dollars, and was built by Dr. A. T. Still without a dollar of donation or outside help whatever.

The walls are of pressed brick, with mansard roofs of slate and iron. The highest point of the building is the top of the observatory on the north wing, which rises 100 feet above the ground.

The wood work inside is of oak, cypress and yellow pine, all beautifully finished in the natural wood. From basement to dome there is a complete system of sanitary plumbing, with hot and cold water and steam heat in every room. The plumbing and hardware furnishings cost nearly \$15,000. Electric lights are everywhere from the top of the flag pole on the observatory to the boiler room in the basement, over 600 incandescent lamps being used.

FIRST FLOOR.

The first floor contains a mailing room for the JOURNAL, printing office, three operating rooms, toilet room, bath room, boiler room, two storage rooms, and in the north wing two class rooms, each 31x40, with two toilet rooms and two cloak rooms. These class rooms which are

for the junior students have a seating capacity of 600. There are 16 rooms on this floor.

SECOND FLOOR.

The second floor, which is on a level with the street at the south entrance contains 36 rooms. The main hall runs north and south, is 150 feet long, and connects with another hall 62 feet long which runs east and west through the north wing. On this floor are four large waiting rooms, two for ladies and two for gentlemen, two offices, a private consultation room, three toilet rooms, two bath rooms, a linen room and seventeen operating rooms, a clinic room, with other closets and hallways.

The ladies' waiting rooms and offices are car-

peted throughout with brussels, and seated with easy arm chairs.

lectures and demonstrations on the cadaver, etc. There are three large attic rooms, which might be called a fifth story. There is also a large attic room on the fourth floor. All these rooms will be utilized for dissecting and other class purposes as the demands of the school require.

The second floor is used exclusively for treating purposes and the general business of the Infirmary. Everything above the second floor with half of the first floor is wholly occupied by the school.

From a window in the attic of the front part, is quite a novel "promenade" or walk, extending along the comb of the roof of the building to the roof of the north wing, where it leads to the observatory. From this elevated walk, as well as from the observatory, visitors can get an excellent view of the surrounding country.

The entire building was designed by Dr. A. T. Still, and constructed under his personal direction, for the purpose of teaching and practicing Osteopathy.

No detail has been overlooked. The structure is complete. It was

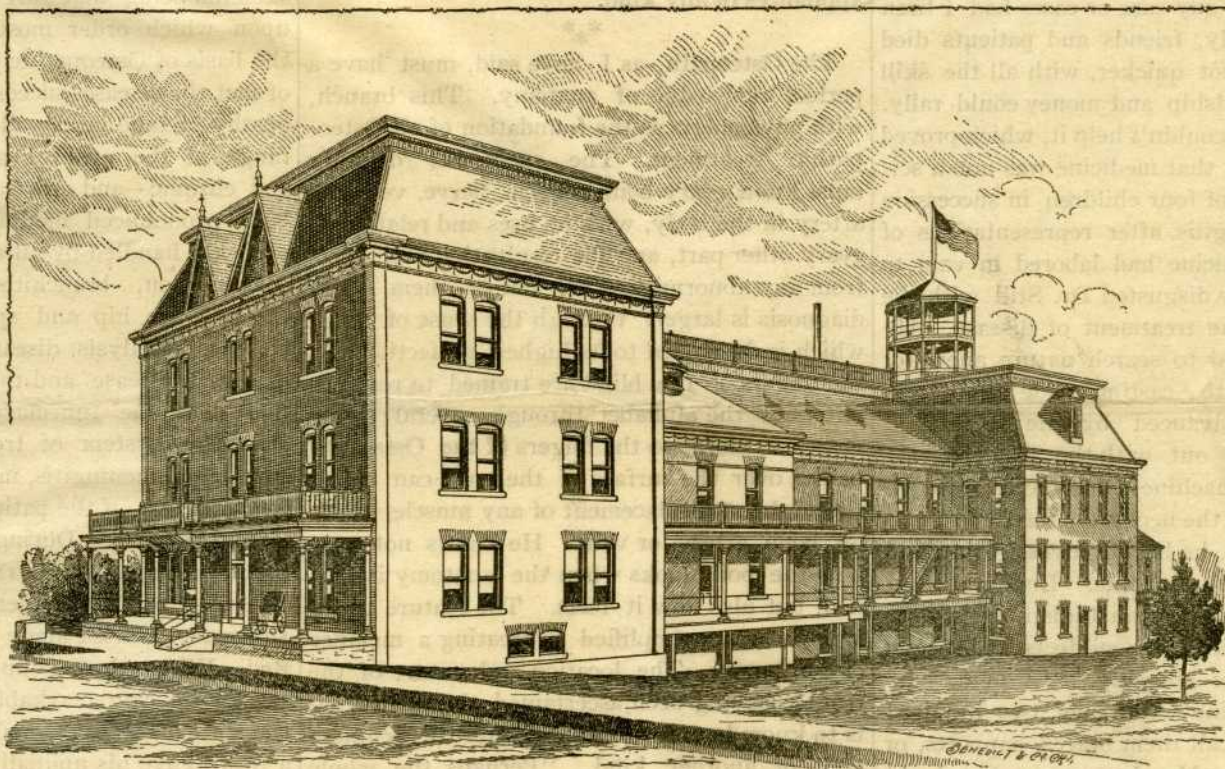
designed and constructed for Osteopathy, by the first Osteopath, and paid for by money earned in the practice and teaching of Osteopathy.

A SOUTHERN MINISTER INVESTIGATES.

Rev. Edward James Young Visits Kirksville and Gives His Opinion of Osteopathy.

The following article recently appeared in the Magnolia, (Miss.) Gazette. The writer, Rev. Edward James Young, is a minister well known throughout the South. After a thorough investigation, he wrote to his home paper as follows:

This attractive little town of 5,000 inhabitants, situated 205 miles north of St. Louis, is a delightful place in which to spend the summer, and offers a field for scientific investigation such as is not found in any other part of the world. Here is located the A. T. Still Infirmary, where the principles of the new method of healing, known as Osteopathy, are successfully practiced in the treatment of thousands of patients yearly. Nearly every state in the Union, with several foreign countries is represented at this institution where there are from



THE AMERICAN SCHOOL OF OSTEOPATHY.

peted throughout with brussels, and seated with easy arm chairs.

In the hallway is a fifty room enunciator which communicates with electric call bells in every operating, class and waiting room.

THIRD FLOOR.

On the third floor are two large assembly halls, one 36x60 and the other 42x62. They may be thrown together by raising the rolling doors which separate them. Both halls are superbly finished, one in white enamel and bronze, the other in natural hard wood. When thrown into one large hall they would seat comfortably one thousand people. One side of the new hall is occupied by a mammoth glass case containing many rare natural history specimens.

Besides these halls there are on this floor four large class rooms, Dr. A. T. Still's private office and library, with toilet rooms, hallways, etc.

FOURTH FLOOR.

The fourth floor has a dissecting room 20x40, an amphitheatre which almost fills a room 38x40, and is capable of seating over 200. There is also a room for anatomical and surgical specimens, reading, etc. The amphitheatre is for

five to six hundred patients all the year around. As this system of healing is but slightly known in the South, I wish to give your readers some account of it, gathered from close observation during the past three months.

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The Infirmary, with its hundreds of patients, and "The American School of Osteopathy," where the theory and practice of the new science are taught to a large body of students, are the outgrowth of years of patient study and experiment on the part of the founder, Andrew T. Still, M. D., a Virginian by birth, formerly a surgeon in the Federal army, and for many years a practicing physician of the allopathic school of medicine. Dr. Still long ago realized the insufficiency of the standard remedies for the cure of disease. As he expressed it in an interview, "In all fevers of all seasons of the year—typhus, typhoid, billious, congestive, flux, pneumonia, dysentery, mumps, measles, diphtheria, whooping cough—through the whole of diseases hitherto treated by drugs, successfully or unsuccessfully for twenty-five years, with or without counsel, I found nothing that I could say was a cure for any case or cases had I been sworn. My family, friends and patients died just as quick, if not quicker, with all the skill and all that friendship and money could rally. They died and we couldn't help it, which proved to my mind then that medicine was not a science." The loss of four children in succession from spinal meningitis, after representatives of all schools of medicine had labored in vain to save them, further disgusted Dr. Still with the drug theory in the treatment of disease. He thereupon resolved to search nature anew for the secret of health, casting aside all preconceived theories advanced by the recognized schools. Starting out with the idea that the human body is a machine, constructed by a Divine Builder, with the necessary force to run its course to old age, he began investigating and experimenting along that line. Living at that time in Kansas and near an Indian agency, he robbed Indian graves for subjects and began again the study of anatomy. "A man," he says, "is a machine with over two hundred bones. You may call them braces, supports, or what you please. Muscles, nerves, blood vessels and tendons are distributed all over and through this frame work. There is an engine, and pipes run from that engine to all parts of the body, and from all parts blood is carried back to the place it started from by the veins or blood tubes. * * * Health is that condition we are in when all the wheels of life are in their centre and move without any obstruction, great or small. Disease is the creaking of the eccentricities of any or all parts of the machinery." The chief cause of disease, he holds, is due to some mechanical obstruction to natural functions.

There is some displacement, enlargement, obstruction or abnormality, of a bone, muscle or ligament, or some unnatural pressure upon a nerve or blood vessel. For example, a dislocation at the shoulder may cause rheumatism in the hand or wrist, a dislocated rib may produce heart disease, an obstructed vein may cause cancer, a diseased nerve in the stomach may effect the eyesight, and so on.

By experimenting with living and dead subjects he found that this wonderful machine, the human body, could be manipulated at will by a

skillful operator who has a perfect knowledge of anatomy, and that the organs could all be regulated much better by manipulation than by drugs. For instance, where a physician is needed, instead of administering a purgative, the Osteopath simply opens the gall bladder by manipulation with much more satisfactory results. Dr. Still says, "The results that I have obtained over disease I have secured when I have handled the engine of life as an engineer handles his engine. So long as I conform to the laws governing an engine, the human locomotive obeys, just as well as any locomotive will obey its engineer when he treats it as the machinist has indicted by the form of any and all parts of the engine. If some substance should get into the wheels of a watch or the cogs should become locked or bent, would a workman pour arsenic, nuxvomica or some chemical calculated to destroy the works into it? No. First, he would ascertain where the obstruction was, would remove it, straighten the bent wheels, and set it going." This is done by the Osteopath by scientific manipulation alone, without the use of drugs, the knife, or surgical appliances of any kind.

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The Osteopath, as I have said, must have a perfect knowledge of anatomy. This branch, with physiology, is the foundation of all Osteopathic treatment. The successful operator must know every bone, muscle, nerve, vein and artery in the body, with its uses and relation to every other part, and the results that will follow from any abnormality of any one of them. The diagnosis is largely through the sense of touch which is developed to its highest perfection. As the fingers of the blind are trained to read the letters of the alphabet through several thicknesses of cloth, so the fingers of the Osteopath passed over the surface of the body can detect the slightest displacement of any muscle, tendon, bone, artery or vein. He knows not only how the body looks when the anatomy is normal, but also how it feels. The feature of diagnosis was exemplified in treating a member of our party. The location and nature of the trouble having been ascertained, the next thing is to know how to remove it, and this requires skill of another kind. "Perhaps the whole trouble is caused by the malposition of some small ligament an inch or more from the surface, where it is impossible to get the fingers directly upon it. Then the operator must be acquainted with all the principles of mechanics as applied to the machinery of the human body. He must understand how to use the various bones, muscles and ligaments as levers, pulleys, etc., and be able to calculate to a mathematical certainty just what movement is required and what the result will be. This involves not only a thorough knowledge of the laws of mechanics, but a knowledge of the mechanical relation of every part of the body to every other part. This knowledge is not found in any printed work on earth, nor can it be written in a manner to be understood. In fact, Osteopathy as a whole involves a practical application of principles that cannot be imparted by books. An explanation that would explain cannot be written."—Journal of Osteopathy, June, 1896.

Osteopathy is neither "faith cure," "Christian science," hypnotism, animal magnetism, nor massage, although it has been classed with these things by those who have heard of it but never investigated. As it consists of manipulation it is frequently confounded with massage,

but there is nothing in common except that the hands are used in both systems. Beyond this fact they are totally different. In massage the operator rubs and pats the body at random, without any knowledge of anatomy, and expects results simply because such vigorous stirring up of the surface of the body has proven beneficial in some other case. The Osteopath, however, can give a reason for every move he makes because his manipulation is directed with regard to the requirements of that particular case and from a thorough knowledge of the anatomy and physiology of the human machinery with which he is dealing. He knows exactly what particular nerve, vein or artery he is endeavoring to reach, or what bone, muscle or ligament he desires to readjust. Again, it is ignorantly supposed by some that this system of healing deals only with bone dislocations, because of the name "Osteopathy." This name, however, is not sufficiently comprehensive. It was coined by Dr. Still as the best that could be devised because the bones of the skeleton form the framework upon which the organs of the body are constructed. The human skeleton being that part of the animal system upon which order most depends, it serves as the basis of Osteopathic practice. As a matter of fact the diseases successfully treated by Osteopathy include nearly all that come within the range of the medical profession—both acute and chronic—and especially those which have been pronounced incurable, or have been imperfectly handled by all other schools. Asthma, consumption, bronchitis, cancer, female diseases, goitre, hip and spinal disease, nervous troubles, paralysis, diseases of the eyes, epilepsy, heart disease and the like are successfully treated at the Infirmary. Dr. Still declares that this system of treatment will certainly cure spinal meningitis, measles, flux, diphtheria and all fevers, if the patient can be reached in a reasonable time. During an epidemic of diphtheria in Minnesota in 1893, Dr. Charles Still, eldest son of the founder now in charge of the Infirmary, treated many cases in St. Paul and Red Wing, losing but one patient. His success was so remarkable that the governor of the state made a personal investigation, and as a result gave his unqualified endorsement of the doctor and his methods.

While quick results are not the rule, yet many cures are effected with a few treatments, or even a single one. Goitre has been removed in a few hours; diphtheria, croup and acute tonsillitis in a few treatments, and to my personal knowledge diarrhoea and constipation at a single treatment. Some of the cures seem almost miraculous and would not be believed if they were not vouched for by unimpeachable testimony. I could give many such cases, but will mention only one, as related to me by an eye-witness. My informant is Mr. Charles W. Little, of Des Moines, Ia., formerly editor of the Lake Charles' La., American, and now a student at the School of Osteopathy in this town. A gentleman living in Iowa had been under the best medical treatment of Chicago and Boston for nearly a year, having a knee trouble and being obliged to use crutches. Instead of improving, his case was rapidly growing worse, and in Boston he was told that it was an aggravated form of synovitis, and that the leg must be amputated above the knee. He was advised to return home, settle up his business, submit to the operation and then await results. When he returned home and announced the doctor's

decision to his wife she was naturally distressed. She had heard of Osteopathy and begged her husband to try it as a last resort, but he was skeptical of receiving any relief in the little town of Kirksville, after the failure of the Chicago and Boston physicians. She continued to plead with him and finally prevailed. He came to please her, utterly incredulous regarding the treatment. He was taken to the operating room and placed on the table, and Dr. Still himself examined the case. In his blunt way the Doctor said: "There's nothing at all the matter with your knee except those scars where it has been blistered. The whole trouble is in the hip." The patient was nettled at this diagnosis, and answered: "If you say there is nothing the matter with my knee after I've suffered agonies with it for over a year, I might as well get up and go home." "Well, get up and go home," the Doctor retorted. "I didn't tell you to come here, but if you'll be reasonable we can help you." The patient subsided, and the doctor proceeded with his manipulation. In less than five minutes he said to the patient: "Now stand upon the floor and walk." The patient protested that he had not walked for months. The Doctor insisted, and the man placed his feet on the floor and found to his great surprise that he could bear his whole weight on the injured limb, and was still more astonished when he walked across the floor without his crutches. In about twenty minutes the treatment was completed when the patient walked to his hotel, entirely discarding his crutches. The trouble was relieved at this first treatment, but subsequent ones were necessary in order to strengthen the muscles that they might be able to retain the dislocated hip in its place.

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The patients at the Infirmary represent all classes in society and all conditions of disease and disability. Among the persons of note who have been recent patients here are the sister of the late Senator Plumb, of Kansas, and child of ex-Governor Foraker, of Ohio, who was accompanied by his mother. Among the Mississippians here are Mrs. Taylor of Columbus, Mrs. Stanton and Miss Belle Morrison of Ocean Springs.

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In conclusion I would express my profound conviction that Osteopathy is one of the most remarkable and far reaching discoveries of the age, and destined to play an important part in relieving the ills of afflicted humanity. It is now only in its infancy, as its founder readily admits. New discoveries and new applications in connection with the science are constantly occurring, so that a text book of the system written this year would be out of date next year. Osteopathy is no longer an experiment but a well defined science and can challenge the world by its results. It is worthy of investigation by scientists, and to the afflicted I can commend it from a gratifying personal experience.

EDWARD JAMES YOUNG.

It is said of me, "Dr. Still is the biggest hearted man on earth." Now let me tell you something, I am as selfish as a wolf. I work and study hard from morning till night, year in and out, not for your happiness but A. T. Still's. I am human and dislike a drone of two legs. I work for bread and meat for myself and those dependent upon me. I love and hate, bitterly and sweetly. I love an honest toiler of body or mind—I hate a liar, a thief, a hypocrite or a lazy person, all are alike to me. A lazy man has to live and will if he has to lie and steal. I will help those who have an honest

claim on my sympathy, and in a loving manner, as a man should do to his fellow man. I hate a man who is all gab and gets sick when his lame and worn out wife, once a rose, asks him to bring in some wood and water to cook his dinner with. I love the works of nature; to me it is life and joy; it makes a man glad he is a man. I am sorry we know so little of ourselves. Let us put in the twelve months of ninety-seven in study, study for knowledge that will do us good. Never work for the love and admiration of the dear people, which is too often like a soap bubble and bursts to curse you for what you have done. Remember they too have some wolf or dog in their chamber that should be filled with gratitude. I hope and only ask that I may be wisely just to all.

Dr. Hildreth's Talk.

The following address was delivered by Dr. Arthur Hildreth, on the occasion of the surprise party given in his honor Nov. 20th. A report of the affair was printed in the November JOURNAL, but the manuscript of the address had been misplaced and could not be found in time for that issue. It is printed at the request of a large number of students and other friends of the popular doctor. The address was wholly impromptu, as the affair was a complete surprise to Dr. Hildreth. He said:

Mr. Chairman, brother and sister students:—I have not the language nor ability to express to you my feelings. Were I possessed of all the eloquence of the great orators, I could not do justice to this occasion, or express my appreciation and gratitude for this token of your esteem, and your commendation of my feeble efforts to do my duty while associated with you in this great work. To Dr. Hulett, Dr. Smith and my unknown friend who has spoken so fluently by the aid of the phonograph, I must say that, while your words indicate great rejoicing at my departure, and while you outnumber me, there is plenty of room for rejoicing from my standpoint, for while you get rid of one nuisance I get rid of many.

To Dr. Patterson and Dr. Summerfield Still I wish to express my gratitude for the tribute they have paid me tonight. I have known Dr. Patterson many years—yes, fully as long as he has known me, I guess—and have had many business transactions with him. I have been intimately associated with him in the study and practice of Osteopathy, and I must say the closer my relations become the greater is my confidence in his ability and judgment. And right here let me say that my associations with each member of our faculty and with the ladies and gentlemen who have from year to year been added to our able corps of operators, have been most pleasant. There was never a word to disturb the harmony of our relations. When I step out of this institution, I will carry with me memories of the most pleasant associations of my life. Now I would not have you imagine these good-byes are final. Dr. Patterson has said he did not feel they were losing me and if the good of the school and science required, he felt I would yield to its demands. When I took up this profession as my life work, I did not do it blindly, nor merely because I had faith in it, but because I KNEW of the results of Dr. Still's work, and believed I could see, not only prosperity, but a chance to do a world of good for suffering humanity. I had not a friend on earth who would encourage me to take the step, but I took it, and tonight, after over four years of toil and study and practical experience in Osteopathy, I wish to say that I am in this great work, life, heart, body and soul. The almighty dollar, individual success and all outside influences pale to insignificance before the upbuilding and maintaining of our beloved science and school. Its success is my success, is your success. I am with you still, and whenever my mite is needed and will and to the strength of the school, you may be assured I will be with you.

To my brother and sister students, into whose bright, intelligent faces I have the pleasure of now gazing, I wish to say: Your words of commendation and encouragement tonight shall ever be preserved, not alone on the paper which you gave me, but in my heart, there to remain while I live. I am aware that a great majority of you, too, have entered this school in direct opposition to the advice of your friends, and while you may sometimes have these little discouragements to contend with, remember your battle cannot be one tenth as hard as that of the first class. I tell you it looked blue then. But at the opening of the second class, when the list was completed and I saw enrolled the names of some of the brightest and best young men and women of this city, I said, "Thank God; we are now starting onward and upward—we are bound to win." and now when our classes number so many of the brightest and best, not only of our own city, but so many from afar, I do indeed feel we are moving onward and upward. Do not think that I imagine our battles all fought and won. We are only beginning. We are still pioneers, yet unlike the pilgrim fathers who landed on that bleak New England coast with only a continent to explore, to conquer and civilize, we have the whole world before us. Dr. Still has uncovered a great truth, which will soon be known to the uttermost ends of civilization. Dr. Still has given us his life's work, yet all he has done and the rapid strides we have all made in this work have merely laid the foundation—its great superstructure depends upon you and me and those who shall follow us. And, oh, my fellow students, I beseech you to be earnest, be zealous, be thorough and above all, be patient. You may think at times Osteopathy is coming too slow, but if you will only bear with us we will give

you all we have and help you to get more of the great truth. We are just as anxious that you be thorough as you can be. We realize that should you go forth from this institution failures, you are not the only ones who would suffer. We have much to do to perfect it. We are brothers and sisters in a common cause. Stand firmly together and this great temple which we are building today in memory of one who has given his life to humanity shall stand while time lasts.

Dr. Still, when you bade me this evening "go forth with God speed and do battle with the world," you presented me with a sword and bade me be ever ready to draw it in defense of myself, my country and humanity. I accept your gift; I hold it here in my hands. Its bright blade glistens with ten thousand truths—nay, it is Truth itself. I go forth to do battle, not in mortal combat with the world, but with disease. You have taught me how to wield this shining weapon, and while I live I shall seek the thickest of the fight until our beloved banner is planted firmly where neither time nor eternity can tear it down.

And in conclusion what can I say to Dr. Still? May God ever bless him and teach you and I to so care for his wants, to so shield him from life's petty cares and afflictions that he may be spared to us many years and that his great mind may yet unfold to the world more of the grand truths of our beloved science. May he enjoy for many, many years the fruits of his labor. Allow me to thank you for this reception.

CLASS MEETINGS.

I was raised a Methodist. I found the idea of class meetings was a very good thing. The class leader would ask us how we had prepared and what arrangements we had made to die, and so on all along the road to heaven; if we had read the bible, been to Sunday School, visited the sick, fed the hungry, clothed the naked, paid our quarterage, and fed the Lord's horse which the preacher had ridden, and so on, and all was pronounced good and marked "O. K."

I was drilled so long, much and often in class that I got so well posted that I could examine myself quite well, and when the time came that the people wanted and urged me to establish a school, and teach the science of Osteopathy, I opened a class meeting to examine myself as to my qualifications for the great task of conducting a college of such dimensions as would be required for the purpose desired. I had seen enough of life to know that no man could be a success in any enterprise, and be ignorant of anything pertaining to the duties from start to completion of all that would be required in a first class college of learning. First a good and practical knowledge of the principles to be taught, then a knowledge of building—must be of much experience to plan and construct a building to suit the work. That would require much thought and originality to harmonize the needs of such a house. There was no book or plans that could instruct the builder. Inventive genius must be the guiding star from base to dome. Then the most important question of all came: "Have I the \$75,000 cash to pay for all of a four story house, 60x176 feet long, with 68 rooms, steam heating, water and electric lights, all with a finish to date?" Answer must be, "Yes."

Then came other questions equally as great, which pertain to conducting the business of a great institution of learning. Many important positions will have to be filled by persons who must have the necessary attainments to do the duty devolving upon that office. Then all must be combined and have one head that is mentally qualified with long experience to select competent persons to fill all places of trust and honor in the whole institution, with the nerve and judgment to execute.

TO TRADE.—320 acres of clean land in Nebraska suitable for cattle or sheep ranch, or Colorado business property in mining town 100 miles from Denver, to trade for home or business property in Kirksville, Mo. Will give good trade, as party wishes to go to Infirmary. Address

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The Journal of Osteopathy.

ISSUED MONTHLY

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Address JOURNAL OF OSTEOPATHY,
Kirksville, Mo.ENTERED AT THE KIRKSVILLE POST-OFFICE AS SECOND
CLASS MATTER.

THIS issue of the JOURNAL is the work of Dr. A. T. Still. It was written by the old doctor at the request of many friends, who wanted to preserve such an issue as a souvenir. Those who enjoy a personal acquaintance with the doctor will no doubt find these pages a rare treat, for they will be able to read not only what he has written, but volumes "between the lines." Dr. Still was ably assisted in the preparation of his copy by Mrs. Sol Morris, of Millard, Mo. Mrs. Morris is an old friend of the doctor and was one of the first to recognize the truth of Osteopathy. —[Editor.

The year 1896 is about to come to a close forever and with it many usages we have had to get along with for the want of room will all be laid aside, everyone of them. We will open the new year with a system of rules well digested and suited to the business of the college of Osteopathy, in teaching all of the branches which are thought to be necessary for a complete and thorough education to arm and equip men and women for the duties of life and their profession. My object in building a house with 68 rooms has not been for the purpose of making a show whereby I could deceive the people with no object but to wrong and defraud and obtain money through their ignorance. Since I gave my consent to teach Osteopathy I have tried to instruct and make men and women masters of a knowledge of this science which means all that is meant by the word remedies, come from what source soever it may. After long years of study and experimenting with the nerves, veins, muscles, bones and arteries found in that great engine, man, I have found in endeavoring to impart a knowledge of handling this engine to ward off disease and retain its individuality in health, that it was a vain effort to expect to impart the necessary knowledge without first being armed and equipped with rooms large enough and plenty of them, skilled professors, dissecting materials, drill masters, and system, therefore I have completed the preparation desired and required for the full execution of any and all parts of a finished education in the science.

It has been my design and desire to qualify the doctors of Osteopathy to a skilled use of the surgeon's knife, built upon a thorough knowledge of human anatomy in the field of battle or at home in this or any other government, or on the high sea. I am now prepared to teach anatomy, physiology, surgery, theory and practice, also midwifery, in that form that has proven itself to be an honor to the profession to date.

Osteopathy has been upon the seas of battle now for a quarter of a century. The sun during this time has never set on twenty-four hours without being able to report the boomings of the canons of success from the boat of Osteopathy, having had many combats with all kinds

of diseases belonging to the climates of North America. Though the vessel is small at this date, no captain has ever reported a single defeat in any engagement. Fevers of all kinds have appeared in open combat with this mighty champion of health, Nature, only to have their torches put out immediately. Flux, pneumonia, scarlat fever, mumps, whooping cough, diphtheria, the terrors of all mothers, have fallen before the keen edge of the sword of a well informed Osteopath. Osteopathy in its purity at the end of two well spent years in this school is a blessing to the people, and less time than two years is but a shade above a curse. After long experience and careful observation of nearly if not more than one hundred thousand persons afflicted with all the deformities known to the surgeon, all the diseases of the climate, I feel to be able to speak truthfully that at least two years must be spent in the branches taught in this institution before a diploma should be granted. Remember it requires six months of the hardest study to master enough book anatomy to understand the work in the dissecting class, and six months in dissection and physiology before a man or woman can obtain a sufficient knowledge to be anything like a philosopher. He is, without this qualification, a superficial brag, able only by imitation to relieve some diseases, and my advice to all persons is thoroughness or not at all. I would advise persons who wish to buy a three dollar book and a diploma which is issued in the first place for twenty-five dollars with no intention of imparting a knowledge of this science, to get one, lay down your dentistry, insurance agency, and go out into the world and get all the money you can and do it quick, for the day is close at hand when people will employ the intelligent and well qualified only.

The literary world has now begun to criticize those incompetent scoundrels that are now out lying and fleecing the people. Osteopathy has a character built upon merit, all over the civilized world, and these counterfeiters are now living on the credit of a well established truth of which they know nothing. They are throwing themselves on the credulity of the people with the statement that they are graduates in Osteopathy. They are not Osteopaths in any sense whatever. This article is for people who are ignorant of the science of Osteopathy, and who are likely to fall victims of these traveling pretenders. Read it, digest it, or throw it away, just as you please.

The advocate of Osteopathy has the highest respect for the science of surgery which has been recognized as a science in all ages. As defined by Dungleon, "Surgery is that part of the healing art which relates to external diseases, their treatment, and especially to the manual operations adapted for their cure." A little more definite is the wording in Chambers' encyclopedia: "Surgery signifies the manual interference by means of instruments or otherwise, in cases of bodily injury as distinguished from the practice of medicines which denotes the treatment of internal diseases by means of drugs." As has been before stated, the object of Osteopathy is to improve upon the present system of surgery, midwifery and treatment of general diseases. In other words it is a system of healing which reaches both internal and external diseases by manual operations and without the use of drugs or instruments. In the common acceptance of the word as popularly

understood, surgery means cutting and any reference to the surgeon's work calls up a mental picture of such instruments as the knife, scalpel or lance, and their use upon the human body. We accept that part of surgery as of great use and benefit to mankind. An Osteopath will use a knife to remove any useless part as quickly as a carpenter would use a saw to remove a useless piece of timber. We recognize a necessity for bandages, lints, splints, stays and anaesthetics, because they have proven their beneficial uses, but when should the knife be used? Never until all the nerves, veins and arteries have failed to restore a healthy condition of the body in all its parts and functions. The great failing of many who enter surgical work is their too frequent use of the knife and anaesthetics. Where chloroform is used a hundred times ninety-nine times it could have been avoided with beneficial results to the patients. Many are the sufferers who go through life disfigured, maimed or deprived of some essential organ who should have had their body restored to a perfect condition without being so mutilated. The oftener the knife is used upon the limbs, body or head, for any purpose, the more positively is shown an inexcusable ignorance of the natural law which we recognize as a law able to restore any and all parts where death of the tissues has not occurred.

No age has been equal to the nineteenth century. The last one third has been equal to eight centuries of previous date. The dreaded ocean is now the joy of the world, the "angry waves" are the harps of joy to the traveler. Invention has tamed the sea. It is a "paradise of greatest joy." The tongue of man reaches to all nations with the speed of light, giving and bringing joy and tidings of all works, griefs and loves of all who can hate or admire. The mother can caress the son of her bosom and make him know the last pulse of a mother's heart is the milk of eternity, held in store forever by a mother for her son, the memory of which sweetens by days and years of separation and is sealed for the feasts of eternity, the hope and joy of all who can love and reason. This age has placed its hand upon the hitherto untamed lightning and made it our Sampson of strength, and our Bill Nye of fun and mirth. Edison is the ringmaster of our great circus; and the soul of Greeley holds ever before our eyes the words, "This is the beginning of the irresistible conflict between those who can and do think and those who cannot and object to all who dare to reason and act." No time to lose in this period of the work to be done.

Medical men administer old bourbon innocently for the sake of stimulating the stomach and as a result in the course of time many a man finds himself a drunkard in the ditch. It is the system which is wrong. As a child follows the advice of its mother, so the medical student follows the instruction of his alma mater. From her walls he goes out instructed to give so many drops of a certain liquid to excite the nerves and so many drops of another liquid to quiet them, and so all the way through his path is laid out. If after diagnosing, prognosing, and prescribing, the patient goes down, then wine and whiskey are administered to aid in rallying the weakened life forces. If a council of the same school is called his course is commended. In just this manner the love of strong drink is instilled in many men, and I tell you that if our national

curse of drunkenness continues for a period of five hundred years, God will have to send people in a baloon to repopulate the earth which will have degenerated under the influence of whiskey from a world of beauty to a bald knob.

My father was a progressive farmer and was always ready to lay aside an old plow if he could replace it with one better to do his work. All through life I have ever been ready to buy a better cow, so when I found a way out of the big drunk of ignorance and superstition into which we were born, the belief that God was a poor mechanic and needed the help of medicine, then I was ready to walk in the more enlightened path. I fully realized how tough the old way was when I remembered how they used to hold my nose and spank me to get to administer a dose of castor oil. Then they asked God to bless the means used for my recovery, and I suppose this petition included both dose and blister.

Osteopathy doesn't look upon man as a criminal before God, to be puked, purged and made sick and crazy. It is a science that analyzes man and finds that he partakes of divine intelligence. It acquaints itself with all his attributes, and if the student of it does his work well and goes out with his brain full of its teaching instead of his pocket full of cardamon seed, he will find by results that its principle is unerring. God manifests himself in matter, motion and mind. Study well his manifestations.

WHO CAN PASS THE FIRST MILE POSTS OF LIFE, KNOWLEDGE AND FAME?

Many thousands live to a great age and at death their mental bodies are found on the first mile of mind's action. No motion, or at most, very little sign of thought, is left on anything seen or said.

His mind had been a blank for eighty years, but a good and just man asked for his way in life, and was told that this man was a cinnamon trader. Did he ever talk? Oh, yes, he talked "cinnamon bark" all the time. He could do anything with his cinnamon bark. He said he had learned that the goat skins he carried his bark in would get as soft as cotton and stay so if the bark ever got wet in the skin. He believed cinnamon bark had a charm in it for goat hides. He was pitied for his ignorance and useless life, and was called a blank. A cool headed thinker reasoned thus: "Might not this man's speech on cinnamon, water, soft and hard skins, been the beginning of all our great system of tanning all over the world?" He left his mark. Though he could not pass another mile post in all his life, he had unearthed one of the greatest truths belonging to man's needs, that of tanning hides. But he had not the facilities to help him pass the first mile post beyond which is a greater ability to unfold truths that roll across our paths, and by their beauties, ask our attention. All we know is what we learn between the mile posts we pass on our life's journey. Much that we know is of no use to anyone. We seldom go to the rich pastures of reason until driven there by the pangs of want. What is the champion of success, and fame, Reason, is not a fully grown gift, but a gift of culture. It takes days and years to make its body and a lifetime to build its head. Then all we can do is to lay down our bundles, the labor of all our days, stick a peg in the ground to mark the place we fought the last battle and get on the ambulance and go with the other

wounded to the hospital of eternity, to have our wounds dressed and be placed on the pension rolls of that government which never fails to do justice to all claims of merit. My life has been freely spent in the pursuit of knowledge. I have been pleased to take all truth one or many from the rich or poor, learned or ignorant, old or young, dead or alive, from the elements above me or the ground beneath me. I read as a rule of life all I see written by the hand of God or man in all the leaves of His book, whose lessons no mortal can number. I love Nature and all the laws of life as written there and stamped in the face and body of all worlds, beings and atoms, by the hand of the Infinite. Who could wish to be in a higher school than each day of life is able to teach, if we only learn to read the lessons as they come? As the sun rises, the engines of Nature blow the whistles to tell the laborers of earth that the hour for work has come, and each foreman obeys the order, and lines his men for the day's labor. Millions enter each corn or wheat field, forest or garden and go to work making grain, vegetables, flowers, trees and produce, all that the appetite of the eye, body or mind could wish for, from the material world. The blue sky gives birth to the clouds laden with the dews of heaven to water the thirsty millions of laborers who make all from the beauties found in the flowers to the man who is king of the fowls and the beasts. Our forefathers have read this book of nature during all ages, and it is better now than ever before. Read all you can from this book, for each day lost is your fault if you do not improve it.

A PLEA FOR TEMPERANCE.

Was God ever drunk? Was nature ever intoxicated? If so do you believe that God was intoxicated when he was formulating the divine image of Man? If not intoxicated and he was duly sober during this important period when he was formulating the superstructure of Man, which is material, mental and motor in its oneness? If it was really necessary that this grand mind of the universe should be duly sober and in full exercise of all that pertains to mind or thought, is it not just as necessary to keep this grand superstructure not only sober, but under sober influences that it may be able to operate all the parts, principles and qualities of the divine laws pertaining to the human life? If I must carry you further then allow me to say that he is fully devoid of reason who would throw the human machine from a normal to an abnormal condition and expect normal results in its execution of the laws of harmony and life. Then why should a normal brain, normal nerves, normal blood vessels in locality, form and calibre, be made abnormal by the powerful narcotics, stimulants, astringents, or alcoholoids, and expect in the results a display of the beauties of life in action, comfort and duration? Have such minds any claim to recognition as philosophers? Nay, verily, not even to be called respectable fools.

We often think if we had our lives to live over we would do wonders. We can say many things and find much fault with the way we have spent our lives. Did you ever think that if you had to live your life over, you would be a baby when you started to live from birth, sixty or eighty years, and the chances might be much worse, and that no child ever was born who had any experience when it arrived?

We have much to be proud of as to how well we have done under the circumstances. We might have done much worse. We might have been fool enough to run for president and get scooped, or been an ass on the money question, got drunk and bet on the election and lost all that daddy gave us, bought bicycles, gone some pup's security, paid it and been a fool generally. We might have been vain and idiotic enough to want to display a gold headed cane and plug hat to make people think, "big injun, me." I have given some of the reasons why it might be best to live out the remnants of this life as we are. I am willing to go on and do business as grandfather Sampson, who with a jaw bone unjointed three thousand necks and left all his patients dead. I think that by handling more bones than he did, I can make my patients well. I am willing to let well enough alone.

"HOPELESSLY INSANE."

Insanity so called is a very serious question. It is old as time, and with the advent of the philosophy held out by Osteopathy ages have passed and no changes have been made in the methods of trying to restore reason to the afflicted. All hope has had to be set aside and be content to listen to and live under the decision of the board of doctors who pronounced the sentence "hopelessly insane." He or she may talk for hours just as wisely as any man or woman and in less than one minute be as violent and dangerous as a person who is crazy from alcohol in its worst form. A question: Is he or she drunk like a man crazy from whiskey? When each rage is over, prostration follows with sleep. Did we ever think or say, he or she is drunk only? Have we not the powers of mind to reason and find what nerve is at fault to allow this intoxication to come and go with its dangerous effects? Let us reason out the cause of these extremes of mental action. Let us begin with the nerves, charge them at solar plexus, note if or not the solar quiets as soon as the alcohol reaches the brain by the carotids. Say you give a man four to six ounces of whiskey, note a smile and an outburst of joy. This condition of mind lasts for a few moments if not renewed by other and larger drinks which brings out the brute in man with all the animal. He will kill a friend, a wife, child or parent, fall asleep, awaken and be surprised to know he is in prison to be tried for murder of his best friends, of which deed he has no memory at all. Read the medical works of all ages on insanity; follow their efforts to show cause. You are left at sea without a compass if you follow their prescriptions. At the end of all efforts you are lowered to the common stool of disappointment to while away another age in ignorance of the cause and cure of insanity. My ship is now launched on the open sea as an explorer for cause and cure of insanity. So far I am well pleased with what I have found, I believe much of the cause of insanity is now visible to my telescope. More for future numbers of the JOURNAL.

There is a talk of extending the time required to graduate from medical colleges in this state. This is a good idea. If men will persist in the foolish and dangerous practice of administering poisonous drugs the laws regulating such practice cannot be made too stringent. The doctor who is going to deal out deadly poisons should understand his business and be able to destroy health and life as slowly and painlessly as his system and a high conception of professional etiquette will permit.

Definition of love.

DR. A. T. STILL.

Love is the true odor of life,
When moved by contact of eye,
Oceans of inexpressible acts of strife,
Come from friend, man or wife.

It has not yet been described by man,
It binds man to man, how? unknown,
It comes never to leave again,
It fills our minds to feast when alone.

It comes and stays,
A loving flame of soul,
And asks no change of ways,
But to find a friend and unfold.

It is the odor for smell, taste and sight,
Comes with self as part of laws,
Comes gentle, and never with might;
Without a word of self or cause.

To embrace, to fondle and draw to
Itself to feed the being unseen,
That law of life only can make or do,
Willing to allow nothing to stay between.

Love begins in self and ends in you,
And asks to roam no farther during life,
Is content when found in friend, child or wife;
And no other ending can even partly do.

HOW TO LIVE LONG AND LOUD.

The time is now at hand for Christmas, New Years, and great big dinners. Big turkeys, big pies, mince, apple, goose and chicken pies, with oysters as big as Cleveland in the stuffing, and cheese with celery, sausage with sage, garlic and onions to kill, nut cakes and soup, ice cream and frozen vinegar, slaw with jersey cream, and walnut cakes with it, and fillibusters and codfish and taters, sweet and irish, and grannie's kind of pies, flavored with pure good old whiskey or brandy, all served in an air tight room, heated to kill by a furnace to 120 f. and not a single vent of pure air.

Now to eat, is the command. Eat means to sit still for two hours and cram your bodies with three to twelve changes or courses of dishes. Then I thought of the fighting preacher who always prayed before he went into a battle among shot and shell. He said: "Oh, Lord, I ask thee to save my body if possible from those vultures of lead and iron; if not able to save my body, oh, please save my soul." Now the battle is open. I see the gunners and aids all in line. The rockets are high in the air, which say the first course is so close you can see their eyes, and the command from the general is to charge along the whole line and show no quarters. Eat up the enemy if you can. The first line is a regiment of bread black and white, ham, butter, celery, cheese, turkey, coffee, tea, slaw and cream, lots more. We downed the first line. I felt good and brave to know I had helped to down the first great line of the enemy. I wanted to go home and tell our wonderful victory, and asked the commanding general for a furlough. He said no, and handed me his field glass and said "look at the second regiment; you may fall at the feet of that regiment and be tramped and left there for the beasts of the field, or sent to Dr. Smith's room for an autopsy." I took in the sight, saw the arms of the second great and extended division, that we must charge and slay at once, or be forever branded cowards by drum head court martial. Oh, my! can I stand another such engagement as the last? I dread their arms. They are the essence of danger. Sausage by the yard at the enemy's side.

I fell and was trampled to unconsciousness, as our general said I might be. All was dead within me but my dreaming powers, and they

kept up a perpetual panorama of the lives and customs of the fowls and beasts; how they ate and how they lived; the lion, panther, eagle, vulture, elephant, and many other long lived animals. All the animals from the ape to the eagle, told me big dinners composed of a hundred kinds of eat and drink would ruin the stomach of all but the buzzard, that never was known to be foundered.

All long lived birds and animals that live on but few kinds of food should be a lesson for man, not to eat and drink 'till the body is so full that no blood vessel can pass in any part of the chest or abdomen. Our great dinners are only slaughter pens of show and stupidity. Some would say, "it is such a nice place to talk and visit. Does an owl hoot and eat at the same time? Let me eat quick and trot and I will have health and strength.

PHILOSOPHY.

How to Learn to be a Great Thinker.

Now I will make a philosopher of you, if you will obey and follow the rules I will give you, if you have the germs of reason with average culture.

Rule first—Is the machinery of the object, then the duty each part is to perform. Now I will take as an example to explore or know what this machine is designed for, a hog for our subject of exploration. For conclusion as to the design nature had in its construction. Now the first order I give, you must obey or fail: Look at the hog's snout. I mean snout and nothing else. Now let the tail alone. I said snout; not foot, but snout. You have nothing to do with the hog's foot; I told you to look at the snout. What do you see about the snout? Look and get its form, and let its uses alone. I want you to know a snout first; its form is all I want you to look for. Now you see the snout do you? You must not think of anything about which end of the hog the snout is on or its use or attachments. You cannot succeed as an investigator if you leave that snout before you get the form in your mind. Now you are master of the form of the snout, you can look how it is attached to the end of something by this time. You see a plow to turn over the ground, now go from your discovered plow to attachment to head which is fast to neck, neck to the body 'til hog is complete.

Moral: When you wish to learn anything, take some part to study and stick to it until you master a part at a time, 'til you know all parts. Then put them together in their places and your work is done. Nature does the rest as is indicated by all forms of animal life. Learn the parts and places and they will show their uses, if not, you have failed to use your reason and are lost, time spent and you none the wiser. Study the snout or you will forever fail.

SURPRISE FOR '97.

Dr. Still is out, and we go to press. His last move is a chair just visible to his oldest operators. It was under lock and key until the mail started with papers for the patent office. By it an expert can do more and better work than six of his best and most experienced workmen who have ever been in the school or treating rooms. All work is done by the hand of the operator and not the chair in the least. The work is what tells. More of it in February.

DR. STILL'S LECTURE.

The following lecture was delivered by Dr. A. T. Still in Memorial hall on the evening of Dec. 21st. The hall was filled with students, patients and visitors. The doctor said:

Ladies and gentlemen, patients, students, Americans and foreigners:—I am glad to see you here to-night. You have come to hear something of the science of Osteopathy. The word "Osteopathy" is not expressive enough. A person who examines a lexicon to find the meaning of it is not satisfied. Os signifies bone—pathology is the science of disease. So we concluded here in the back-woods that we would just name the baby "Osteopathy," bone pathology. The reason we used the word bone is because it is like the handle of a hoe, it is the principle by which the motion is given to the instrument. We find all the fibers attached to bones, except the nerves. The nerves are somewhat independent of the bones, still, they penetrate all of them, surround them, it is not known to what extent the nerves do penetrate the bones. The bone is supplied with blood, which would indicate that there are nerves of action there and nerves of nutrition; when you cut into a bone you find nerves of sensation.

Nearly a quarter of a century ago a question came into my mind as to why it was God, not accident, had placed man on the face of the earth and that in sickness he should be in such a crippled, helpless condition. We called for help. We resorted to remedies. The patient died and another patient got well. We didn't know whether we had cured one or whether he had killed the medicine and then the disease and got well anyhow. These are facts. I began to think "What is man?" I might have started with the question "Who made man?" but I concluded I would let that job alone. "What is man?" I find one lying on the road stretched out full length, another one doubled up, another one erect, one in motion, one still, inactive. I began to look at this machine, not as an engineer, because as an engineer I was just as ignorant of the human body as the mule I rode. I called her Bets, and that is all she knew about it. The engineer of the human system ought to be as able to control the engine of life as the common locomotive engineer is to control the locomotive—run her fast, we expect that—run her slow, we expect that—stop, we expect that. There are the three principles that that man has to work on. Then, his machinery may not work at all. What do you expect of that man? Do you expect him to give a lecture on the financial issue? Do you expect him to stand on his head? There is your train stopped and your journey only half done, and the children crying at home, one of them had a broken arm when you left. What do you expect of that engineer when the machine stops? You expect in the first place, that he will use as much good, practical sense then as he ever did in his life. If he has good sense what do you see? You see him jump off the cab. He goes along the side of the train to see what is the matter. You see him stoop down. "What have you found?" "O, I have found that wheel locked here, got hot, and it is locked." "Can you get it out of that condition?" "Yes, I cool it off and put a little oil on it and it will go along." You come to another place. He says "Whoa," when he gets to the depot, and the engine goes right by. What do you expect of that engineer when his machine will not stop at your station and he cannot make it stop by the ordinary methods? You expect that engineer then to run along by the engine while it is in motion, let the air out of the brakes, and you expect that engine will obey the word "stop" and it does stop. If there are no air brakes he applies the chain and that clamps the engine and every wheel of the whole outfit, and she stops.

In every pursuit of life, it matters not what it is, you expect the leader to show and exercise reason, just as you did with that engineer. He examines the boiler, the drive wheels, the long

and the short shafts and the brakes. If he don't do that he is a failure. How can he do this? In the first place, before he can be an engineer of something, he must know what that something is, and must know where the power is generated. He must know how to apply it. He must know how to move it. If it is an electric engine he will examine the connections and see that they are all right. If it is a steam engine, he will see that the steam valves, the steam chest, the steam pipes, and the supply pipes that keep the water coming into the boiler, are all right. If the engine threshes along, steam up, all the valves open, you will expect that man to give a reason why. You know he will do it if he is an engineer, and no hesitation about it. He will examine the mud valve; possibly the water is all out and he is running her on an empty boiler. Another time it stops, and what is the matter? You look at the water gauge and it is clear to the top, the whole boiler is full of water. Do you expect that engine in that congested condition to run? The most limited knowledge of an engine would suggest, let out a part of that water, so you can generate some steam and fill the steam chests and meet the heads. Suppose then, after all these conditions are met, that the train will not start. What is his conclusion? Here we stand. We have an engineer that does not know much about it; he does not know enough to see that the steam heads are on a center and it won't turn. If he don't know enough to start that with a crow bar you will all stay there till you freeze. You have to change it from its center. He must know that or he is a failure. If he should report to the chief mechanic that he could not get his engine off of the center, they would undoubtedly take him off the engine into the machine shop and would teach him a few lessons as to what is meant by stopping on the center.

I want to tell you ladies and gentlemen that every well conducted business has a head. It has its branches, its executioners—from the courts of the United States down to the county court, each has its head. He works all the branches connected with it. If he does not he gets nothing done. Your government has a head, it has a president; and his word is the electric battery for the whole nation. Each officer who is under the government must obey at the word "go." If not there is stagnation in the government. When you go into the military department, what do you expect there? System. You expect to find a head, or general of the army. It has branches and subordinates down to the private. Without that there is failure. You claim to be in a Christian land; not where they rob and kill as they do down there in Cuba, or some other places. You claim to be here in a good land, where people are good. Good people ought to think pretty well, they ought to think kindly of the Mechanic who made all the mechanics and everything connected with them. I want to make this assertion: That for the last twenty-five years my object has been to find one single defeat in all nature, to find one single mistake of God. But I have made a total failure in this respect.

When I reason I must have something to reason from and something to reason with. I make to myself, and I have as much privilege to do that as the savage has to make him a wooden God, I make to myself a God of Intelligence. And then and there I begin to ask questions, and as most of our made gods are dummies, I ask the question and I answer it. By reason I propound a question and wait, and by reason I am led to a conclusion.

One of my breasts is sore, a lump in it, and I don't know what is putting it there, and the doctor don't know either. He says he will cut it out. Will that stop it? I don't know and the doctor don't know and you don't know either. You bleed and you groan, and maybe another one appears somewhere else, or you may die. The engineer, or the man who reasons as an engineer, would go over your breast and see if one of the shafts, that we call a rib, wasn't thrown across another shaft or running up a little too close. The blood must get through

some place to make my breast and to make yours. When it has done its work it must have the privilege to take the remainder off. When we commence to reason and look around what do we find? We find a body with over two hundred pieces of timber in it. We call them ribs and shanks and femurs and spines, and all those things. Here is a brace, here is a joist, miter, etc. We need in this frame of man crooked shafts and rafters—we find almost none at all straight. The fact is, not a straight bone can be found in the body. We begin to look at the machine, and if a man will use his reason he will find that there is a constructed house and inside of that house is a principle that we commonly call life, and in that life a principle called mind or reason. We find motion that requires power; we find that the temperature is not very high, therefore it is not steam power. We find it not above a hundred. Steam must be higher than that. What have we? It must be electricity, as that needs only common temperature. Where is this electricity generated? Go on with your investigation, saddle up your horse and take a ride, your mental horse, and take a ride up between your eyes; you will find yourself passing between two hills and going over a little bridge; on the right is a heap of brain and on the left is another, and in the center is what we call a septum. We find a great big lump of matter that we call the big brain; we run over that hill and we find a little hill, the small brain or cerebellum. Below that we have what looks like a dutchman's maul with the spinal cord for a handle. We go down the spinal cord till we come to the cauda equina or horse's tail, with thousands of electric wires branching off. If you clip one of these everything below it is inactive, just as that light would be if we clipped the wire. Osteopathy is based upon the wisdom of God, and when a man has passed a grade of from 90 to 100 in anatomy under our rigid examinations he will know where to find the right electric button. I wish I knew what button to turn when a man is drunk on whiskey. Tell me the difference between what you pronounce insanity and a drunken man and I will get you a yellow coat—and then you will be a gold bug. What makes one crazy when he drinks whiskey? It strikes the terminations of the solar plexus, the great nerve that spreads around the stomach, and affects the heart causing it to pump the blood faster through the arteries, paralyzing the brain, and the blood does not return; therefore you are drunk. The question that Osteopathy has before it now is to know why alcoholic stimulants makes a man drunk, and why you call a man or woman crazy who is perfectly sane all day and suddenly goes into a spell of insanity, as you term it, and remains so until he becomes exhausted, and when this exhaustion is gone they are just as rational as the man who got drunk last night. That is a proposition that is taking my time day and night. I want to take your husband out of that asylum and sit him at your side. For hundreds of years the world has trifled with the thought of insanity. It generally results in housing the insane up, hampering them, chaining them, and forcing doses of castor oil and jalap down their throats. I have never yet pictured out a good old Methodist hell to be half as bad as an asylum. I would rather see my daughter shot and buried than taken to one.

Osteopathy is a science; not what we know of it, but the subject we are studying, is as deep as eternity. We know but little of it. I have worked and worried here in Kirksville for twenty-two long years, and I intend to study for twenty-three thousand years yet.

There is another subject I am going to tell you about. The fat man gets fat because he cannot help it. We have some very scrawny ones that won't do to fry at all. My investigation so far is a great step toward solving the problem why one woman is fat and her sister is not. I believe that before twelve months passes around I can jerk the fat off of you. Why so? So far in the last two months that I have been investigating this, I find that lean women, or a great many of them, have had abscesses in the

side of the neck near the glands in and about the jaw, near the 5th pair of nerves. I believe we are on the verge of finding how to get rid of that annoyance, too much fat. Nature's God intended every particle of that fat to be utilized in support of muscles and other tissues. You will find that the arms of those persons are as hard as bologna sausage. That shows that the overplus has been thrown overboard. I am after that fat, I am after the insane person, who is to be pitied as the inebriate is to be pitied, and it is the duty and determination of this School of Osteopathy to solve just such questions. I could almost put my finger on a person who was decided insane and sent to the asylum, but who only had asthma. I could place my hands almost on another one who was placed there because he had the headache. He had his neck set here and was alright until he was injured again, when his head commenced aching. And rather than let him come to these contemptible Osteopaths a committee of doctors decided that he was insane and there was great danger that he would kill his family. They took him to the asylum, and in order to get himself out he told them he was better when disease was preying on him almost to the very center.

We expect to come back about the 4th of January and begin another year's work, and we expect to keep at it until we can walk by the side of sane men and women who have once been in the asylum. I am invited by a United States Senator to visit the insane asylums of the great state of Ohio. I am not sure but what I will go, but I don't know enough yet to take hold of it. Some men that know more than I do tell me what effect a drink of whiskey has on the blood. I will go to the head and take out the insanity. A very dangerous man came here a while ago. His father and brother stayed with him all the time. He is now enjoying soundness of mind and good health. He told me that he knew there was something wrong but he couldn't tell what it was. He wanted to hit something, to destroy something, and it would be a pleasure if he could do some heinous crime. I have no doubt but that it is a delight to an insane man to shoot the brains out of his wife; he anticipates it with as much pleasure as you do what you will get in your stocking tomorrow night. I have talked with them and asked them about this, and they say that at the time they knew everything, but the idea of destruction of life or doing some great crime was pleasing to them.

I want to make you all welcome here tonight. We have not had an opportunity for four months to talk to anyone while the building was being erected. I am going to shave and get some sand-paper and sand-paper my neck and then I will talk to you. If I undertake to do anything you need not ask me any questions, I will execute it regardless of consequences. Had I not done that in regard to Osteopathy, just as I have done with this house, you would never have had any trouble with it. Osteopathy was a single fight. It was a fight for truth. It never struck a wave that made it tremble. When people would call me a crank I didn't get mad at that, I didn't get cross at all. Says I, if you had as much sense on this subject as the sheep I would feel hard towards you, but you are perfectly excusable. I would ask the very fellows who laughed at me how many bones they had in their foot, and 75 per cent of them could not tell. Each of those bones in the foot has a place to supply, muscles are attached to them, arteries and nerves pass around and between them.

Here in the throat you have a button that has a good many colors in it, that button has the color of diphtheria, croup, scarlet fever, measles, whooping cough, tonsillitis, sore breast for the mother, and spots on your face. You better get acquainted with that button and quit putting powder on your face. Now, when you go home don't think you will find buttons sticking out all over your skin.

What is the coldest part of your body, men, women or children? And how do you prove it? When you open your dry eye there isn't a bit of water on it, and before even the lachrymal glands can act, as soon as the air strikes it it converts the moisture in the air into water, the oxygen and hydrogen unite, the eye being colder than the atmosphere. It is the mystery of God

himself how that water is spilled in the eye, when there was no water on it. It is a mystery that we ought to think of. You get acquainted with the machinery of man, and if you will do nothing else but master that, you will find something always new. One says; if I just knew how to make a few moves I could stop flux etc. Then he would go and tell the people, why I just came from Kirksville, I understand all about it. This fool with a little \$3 book says he is an Osteopath. If he understands Osteopathy, I do not, and I am the discoverer of the science. The greatest wonder is that after Osteopathy has produced its cures it can make more pretenders and counterfeiters in a town of 1000 inhabitants than any thing I ever knew of. You take one of them, and they cannot describe a single muscle, cannot give the origin and insertion of any three muscles in the body, and let them choose the muscles. Do you want such a man as that for a doctor? If you do, it is all right. There are plenty to wait on you. They will treat you for so much. They know just as much as the old doctor because they hitched up his team three times.

I want you all to come out here some time in January. I want you to feel at home. If I were to talk to each of you in detail it would talk my head off in less than a week. A patient that has been to all of the physicians in Europe and America, can ask a string of questions that would almost go around Cleveland, and they are just as hard as the glittering diamonds of Africa.

I want to tell you that this science will handle all fevers—typhus, malaria, typhoid, scarlet fever, croup, pneumonia, and right along down the list. It will handle any fever that it reaches in time without ipecac, quinine, digitalis, belladonna or aconite. It will do it just as surely as when you turn one of these electric buttons the light goes out. I have proven that nature has provided the body with all that is necessary for our comfort and health. Take the lungs they are made so they will act as well in New Orleans as in Alaska. Why is it? When you go down south they widen out; it takes a little more room when you get there. The same lungs will do you on any part of the earth. You do not need to wait for a shoemaker to make you a new set of lungs to go north or south with. The lungs will suit themselves to the change. And when you begin to take calomel, quinine, nux vomica, belladonna, use the hypodermic syringe, etc. you are proving that God does not know his own business. The very instant that you take any drug that is not a nourishment to the body you have proven God to be a failure in just that much. I work by the intelligence of God and live by it. Good Night.

Dr. Harry Still, of Chicago, spent several days in Kirksville this month.

Senator and Mrs. Foraker departed for Cincinnati on the 16th. Dr. Herman Still accompanied them.

Drs. Harry Still and Arthur Hildreth who have formed a partnership as Still & Hildreth, will hereafter be found in rooms 905 and 906, Masonic Temple, Chicago, and at Dr. Still's old office in Evanston at 1405 Benson avenue. Their card appears elsewhere in this issue.

Mrs. J. G. Hammer, of Butte, Mont., is the mother of a bouncing boy who will no doubt grow up to be a great Osteopath. The little fellow arrived December 29th, under the Osteopathic auspices of Dr. Alice Patterson and Dr. Thomas Still. Mrs. Hammer, who is a patient at the Infirmary, is getting along nicely, and the "future Osteopath" is as bright as a new dollar.

One of the memorable holiday pleasantries in Osteopathic circles was a surprise party given by the October '95 and January '96 classes, at the home of Prof. Wm. Smith, demonstrator of anatomy, on the evening of December 17th. The principle feature was the presentation of an elegant cut glass water set and silver tray, from the two classes to Prof. Smith. Mr. D. B. McCauley made the presentation speech. The evening was spent very delightfully in games and other amusements, with refreshments.

Another year now stands in the rear rank of time. It has recorded all our acts of mind and body, silly or scientific. Some of us know more and are more useful. To those ninety-six was profitable, and they are ready to enter ninety-seven for another haul of the seine of time. This sea ebbs and tides with books of knowledge. They come under the franking privilege of the government of Nature. Take one and read it or you will be guilty of the sin of omission, which is as bad as commission.

H. M. STILL. A. G. HILDRETH.

Still and Hildreth.

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(SUCCESSOR TO DR. J. H. CARTER,)

Kirksville, Mo.

Office upstairs, south side over Kirksville Millinery Store.

ROSTER OF STUDENTS

—IN—

The American School of Osteopathy

OCTOBER (1895) GLASS.

Ash, Mary E	Oneida, Ill
Baldwin, Mollie	Plevna, Mo
Darling, Agnes	Evanston, Ill
Darling, Charles G	" "
Hartford, Wm	Kirksville, Mo
Hartupee, W N	West Liberty, Iowa
Hulett, C M Turner,	Edgerton, Kansas
Illinski, Anielka	E St Louis, Ill
King, A M	Hester, Mo
Landes, Mrs Mae	Kirksville, Mo
Martin, Clara	Purcell, Kansas
McCaw, Cora	La Plata, Mo
Mahaffy, C W	Brashear, Mo
Mahaffy, A D	" "
Mayes, Mr M T	Dalton City, Ill
Mayes, Mrs Florence	" "
Potter, Will A.	Kirksville, Mo
Smith, L. B.	" "
Smith, Wilbur L	" "
Smith, Ernest P	Englewood, Mo
Shackelford, J R	Lewiston, Mo
Still, Thomas C	La Panza, Cal.
Still, Mrs. Ella	Maryville, Mo
Strong, Mrs J W	Evanston, Illinois
Taylor, L H	Columbia, Mo
Vallier, Robert	Leonard, Mo
West, Bertha M	Washburn, Ill

JANUARY (1896) GLASS.

Bailey, M W	Brashear, Missouri
Bernard, H E	Chicago, Illinois
Bernard, Roy	" "
Buckmaster, Robert M	Kirksville, Missouri
Emeny, Harry William	St Paul, Minnesota
Furrow, Nettie	Kirksville, Mo
Gravett, H H	Grayville, Ill,
Hazzard, Charles	Peoria, Ill
Hobson, Mary	Chicago, Ill
Hulett, Mac F	Lawrence, Kansas
Hulett, Mrs. Adelaide S.	" "
McGavock, R E	Columbia, Mo
Owen, J E	Kirksville, Mo
Owen, Mrs J E	" "
Parker, John W	Winchester, Ill
Pendleton, Gid H	Gallatin, Mo
Proctor, Mrs Alice Heath	Kirksville, Mo
Rankin, J T	Monmouth, Mo
Rider, Clarence I,	Kirksville, Mo
Shackelford, Ed H	Lewiston, Mo
Sippy, A H	St Louis, Mo
Warner, John R	Browning, Mo
Williams, Mrs D S	Council Bluffs, Iowa

MAY (1896) GLASS.

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Campbell, Arthur D	" "
Cluett, Frank G	St. Louis, Mo
Ely, William E	Kirksville, Mo
Ely, Mrs Anna L	" "
Fletcher, William A	" "
Gentry, Benton F	" "
Green, Ginevra I	" "
Greene, W E	" "
Hart, Lawrence M	" "
Hartford, Isaac J	Queen City, Mo
Hulett, Marcia Ione	Edgerton, Kansas
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Johnson, Mrs Alice	Fairfield, Ill
Johnson, Norman S	Horton, Kansas
Johnston, Willie H	Canton, Ill
Jones, Hiram R	Estill, Mo
Little, Chas W	Des Moines, Ia
Miller, Frank C	Kirksville, Mo
Miller, Mrs Sadie Hart	" "
Peterson, Charles A	Chesterton, Ind
Shaw, Dudley H	Maroa, Ill
Willard, Mrs Alice N	Kirksville, Mo

SECOND DIVISION.

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Cole, M D	Kirksville, Mo
Conner, D L	Kirksville, Mo.
Densmore, O	Mason City, Ia
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Harlan, Mrs. F J	Webb City, Mo
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Hook, Otis	Kirksville Mo
Hook, Virgil A	Pond Creek, Oklahoma
Hudleson, Mark E	Macon, Mo
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Landes, Agnes V	" "
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McLain, Harry C	Wellsville, Kas
Prickett, Orson B	Kirksville, Mo
Smiley, William M	" "
Smith, Le Roy	" "
Spangler, Harvey L	" "
Underwood, Evelyn	" "
Williams, Roger K	Kansas City, Mo
	Council Bluffs, Iowa.

OCTOBER (1896) GLASS.

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Deeming, C O	Kirksville, Mo
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Northrop, W N	Louisville, Ky
Novinger, W J	Novinger, Mo
Potter, Miss Minnie	Kirksville, Mo
Pellett, H L	Prairie Center, Kans
Sisson, Miss F E	Genoa, Ill.
Swan, W E	Franklin, Ky
Underwood, E B	Lake Como, Pa
Underwood, H R	Lake Como, Pa
Vance, G P	Pomona, Cal
Walker, Mrs. Cornelia	Cameron, Mo.
Wirt, J D	Kirksville, Mo

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Burton, George	Paris, Mo.
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Corbin, W S	Brashear, Mo.
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Dodson, J W	" "
Donohue, M E	Beresford, S D
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Fout, Geo E	Kirksville, Mo
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Long, J Weller,	Kirksville, Mo.
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Wilson, T N	Laplata, Mo.
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