

The Osteopathic Physician

October 1901

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HEALTH SCIENCE SIMPLY TOLD

THE OSTEOPATHIC PHYSICIAN

HENRY STANHOPE BUNTING, A. B., D. O. EDITOR

HEALTH IS NATURAL
DISEASE, UNNATURAL



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(Continued on back inside cover page.)

THE OSTEOPATHIC PHYSICIAN

HENRY STANHOPE BUNTING, A.B., D.O., EDITOR.

A Popular Journal to aid those who, having health, wish to keep it, and others, having lost health, who would regain it.

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VOL. I.

Chicago, Ill., October, 1901.

No. 1.

GREETING!

¶ With this issue THE OSTEOPATHIC PHYSICIAN makes its bow to the public and runs its colors to the masthead. It is put forth to aid those who, having health, wish to keep it, and others, having lost health, who would regain it. Its standard proclaims that Nature, the Great Physician, is the only healer; that the blessings of health are bestowed not by miracle or special favor, but by intelligent observance of natural laws; and that the practice of Osteopathy—not the established systems of drug medication—is most in accord with the demands of the human organism.

It will be the mission of this journal to teach the laity that the body is a wonderful piece of mechanism, more complete and delicate than all the machines and implements in the United States patent office put together, for it exemplifies—strange to say—every mechanical principle, every device, every sort of structure and movement that man has been able to work out in his arts—all are but copies of the intricate apparatus which Nature, ages before science found birth, had evolved in this human organism.

Such knowledge, widely disseminated and given a new application in view of the osteopathic discovery that disease is at its basis a mechanical disturbance somewhere in the body, can not but exalt the popular respect for this "tenement of clay" and secure better observance of the laws governing its operations.

It will labor early and late to make the sick understand what their bodies most need is intelligent anatomical engineering—not drugs, not electricity, not rest cures, not fads in diet, not promiscuous operations at the hands of specialists nor—when all these have failed—even the inexorable penalty of medical helplessness, “an immediate change of climate.”

This paper will point out a better way to health than these classic methods; and one that will enable most persons to stay at home and get well, if that be possible, without undue sacrifices of business, time and money.

Not least of its ambitions will be to teach such common-sense principles of diet as body chemistry—not the modern faddist, argues should be applied to one’s three meals per diem. It is easier, we submit, to choose food intelligently in certain diseases than “doctor” the body to take care of rubbish it cannot assimilate.

Practical hygiene, such as school children should know before they are taught to parse verbs and recite the names of presidents, will be emphasized.

Lastly sanitation will receive such note as gives it practical value to householders.

By attention to such prophylaxes, the methods of preventing disease, therefore, we shall make this little journal full of interest to every person who draws breath, who still finds it necessary to eat and who has a desire to dwell long in the land which his Lord God hath given him.

HENRY STANHOPE BUNTING, A. B., D. O., Editor.

EDITORIAL NOTES.

¶ Not physic, but physics.

¶ Osteopathy is better than a change of climate.

¶ Drugs have no place in the economy of the human body.

¶ Summer is the best season to get results from treatment.

¶ Osteopathy is the science of applied Anatomy and Physiology.

¶ Though you have been to Baden-Baden, yet may Osteopathy save you.

¶ Osteopathy has demonstrated its ability to cure many diseases hitherto considered incurable.

¶ Medicine has grown too accustomed to deadening bodily pains without removing their causes.

¶ Turkey’s Sultan has shot the court physician. Every profession has its own special handicaps.

¶ Osteopathy stands for ease, order, harmony, balance in the physics and chemistry of the body.

¶ To say that Osteopathy is massage is to confess that one has not read the definitions of the new science.

¶ He is the best physician,” wrote Benjamin Franklin, “who knows the worthlessness of most drugs.”

¶ “Orthodoxy is my doxy and heterodoxy is your doxy” surely enough when it comes to the practice of Medicine.

¶ The basis of Osteopathy is just as broad as the sciences of Anatomy, Physiology and Pathology upon which it rests.

¶ Osteopathy rests its case upon the cures it has made among those pronounced hopelessly incurable by other systems of medicine and surgery.

¶ Nature can always vindicate the wisdom of God’s most perfect mechanism—the human body—if the doctors will not rise too quickly to a question of privilege.

¶ Osteopathy enables whatever health and strength one may possess, or may acquire, to work under the most favorable circumstances for longevity and comfort.

¶ Mark Twain said to the New York legislature, “I like Osteopathy because it acts quicker and you don’t have to take drugs.” Mark was not joking, either.

¶ Skeletal adjustment, nervous equilibrium, the normal flow of blood and lymph and glandular activity are the medicines used by Osteopathy. These do not kill.

¶ Dyspepsia vanishes before Osteopathy like dew at sunrise. What the gastro-intestinal tract needs in every case is a normal nerve and blood supply, and in many cases more rational diet.

¶ Opie Read says, “there is physical refreshment, mental rest and moral force in Osteopathy’s tonic treatment for brainworkers and those nervously overwrought.”

¶ If any one doubts that drug medicine is a monstrous evil he should read what the foremost men of medicine think on that subject. We shall quote them at length in the next issue.

¶ According to the fathers of medicine, to be quoted at length in the next issue of this journal, it is only the young doctors just out of college who make the mistake of supposing that drugs are medicine.

¶ Osteopathic cures are permanent because they are natural. There is no reaction against improvement made under this system. Health continues to build up steadily as a rule after treatment is ended.

¶ If God meant to build the human machine so it would run at all, it looks as if he would give the job enough care to make it run well. He did. If the machine runs badly it is out of mechanical order.

¶ When you consulted the best physicians of Europe about your malady, you still failed to learn what the most modern school of medical science, based on mechanical principles, might do towards restoring you.

¶ The late Chris L. Magee's physician has presented a bill of \$190,000 for professional services rendered the senator during his last illness. His rate was \$80 an hour. He must charge for what he knows—not what he accomplished.

¶ One reason why physicians have been so long in learning that disease comes when the machine gets out of mechanical order was probably because they looked everywhere in Nature except within the body to make their discoveries.

¶ Most persons would not think of running a steam engine with as little regard for its needs as they show for the human body. Why? The steam engine would blow up in a minute. It takes a stroke of apoplexy to bring some folk to their senses.

¶ Within five years Osteopathy has been legalized in Vermont, Ohio, Indiana, Michigan, Illinois, North and South Dakota, Montana, Kansas, Nebraska, Missouri, Texas, Tennessee, Iowa, Wisconsin and California. That is a pretty good indication of what the people think of it.

¶ There is no disputing that the world has outgrown drugs.

Most persons consuming drugs as medicine do so under protest—not knowing any rational escape from it. To all such Osteopathy comes as a double deliverance—it offers escape from both drugs and illness.

¶ Osteopathy does not claim to cure everything. It deals in no miracles. It has nothing to do with mysticism. It does induce Nature to cure many diseases, however, which other schools utterly fail to, and incidentally, all diseases which other schools are able to.

¶ Certain springs and certain drugs may “soak out” and neutralize the poisons of rheumatism when once they have choked up the system, but Osteopathy seeks to eliminate the poisons and prevent their manufacture in fresh supplies in the system. That is the difference between relief and cure.

¶ Perhaps no better explanation can be given why physicians for ages have searched through both kingdoms of Nature and delved into the bowels of the earth to find the means of curing disease than to say they forgot somehow to explore first for the curative resources hidden within the body.

Medicines Which Never Kill.

¶ “The most dangerous cases, so far as recovery is concerned, are the physicians' medicine cases,” wrote the sage. There is nothing to fear from an over-dose of normal nervous equilibrium and normal blood supply, which are the Osteopathic medicines.

Fewer Operations Are Needed.

¶ Osteopathy makes no warfare against “conservative surgery,” but it is in arms against the promiscuous operations of modern specialism. Nine-tenths of the surgical tinkering of specialists is, we think, not only unnecessary, but positively pernicious. Our practice proves it.

Let Each Tub Stand on Its Own Bottom.

¶ To have tried massage, Swedish movement and a home exerciser for your disease does not tell you what Osteopathy could do for you. To have been hypnotized, mesmerized and mind-cured does not tell you. You would not be satisfied to interview the postman if you needed a piano-tuner.

Reports of Osteopathic Cures.

¶ In the next issue of this journal I shall present a wide range of clinical reports showing the possibilities of Osteopathy

to cope with disease. If you will familiarize yourself with the theory of Osteopathy as set forth in this issue you will better appreciate its application to special cases. Should readers of THE OSTEOPATHIC PHYSICIAN wish to know about results in special diseases I will include such cases as have been reported by the profession if requests are sent in early.

They Ask for Bread and Get a Stone.

¶ "Pain is the prayer of nerves for pure food," wrote a great Physiologist.

"Give them antipyrine or opium instead," says the Modern Drug Doctor.

The Osteopathist believes with the Physiologist, that a good blood supply would be better.

Philanthropy Among Doctors of Drug Medicine.

¶ New York physicians, representing the allied drug systems, urged a bill upon the General Assembly in March to shut out their growing competitors, the Osteopathists. Of course the law-makers would not enact such a foolish statute—not even to please the old family doctor. The laugh is now on the drug end of the profession. We should honor its unselfish pains to perpetuate the franchise of the people for the unlimited use of pills, powders, plasters and potations.

Osteopathy's Indebtedness to the Medical Profession.

¶ Osteopathy acknowledges its indebtedness to the medical and surgical professions for practically all that is known about the human body. While working to prove theories now proven all but valueless, these toilers in medicine wrought out the splendid sciences Anatomy, Physiology, Pathology and Chemistry and in this, we declare—putting their achievements to use, as we do, with a new application, according to new principles and with new methods—that the physicians of the older schools builded wiser than they knew. Seed of their sowing surely find in the new science, Osteopathy, a splendid fruition.

A Boon in Woman's Ills.

¶ In no other line of practice has Osteopathy scored greater triumphs than in the relief and cure of woman's manifold pains and weakness. It seems to be almost a specific cure for menstrual irregularities for the common sense reason that it relieves congestions in pelvic organs and their controlling nerve centers in the spine; those awful backaches are always relieved; those splitting,

throbbing headaches are ended—and without deadening the nervous system into insensibility by bromides, opiates and other death-dealing poisons. Nine-tenths of the woman's ills are due to defective spines and there alone can treatment secure permanent benefit.

Osteopathy Goes Hand in Hand with Conservative Surgery.

¶ Surgery is a great art upon a truly scientific basis; but, like many great things, it is greatly overdone. What mankind wants today is an excuse to avoid operations, not multiply them. Surgery is needlessly bloodthirsty. Surgery manifests too much zeal for operations known to be useless and fatal. Surgery too often cuts for the sake of fees and love of cutting. Osteopathy honors the conservative surgeon and his humane art; we appeal to his splendid skill as Health's Court of Last Resort; but as Osteopathists we exhaust every resource of Nature, every curative principle of our milder art, before suffering our patients to run the surgical gauntlet.

Eminent Medical Authorities Declare Drug Practice Unscientific.

¶ Every dose of "medicine" is another nail to one's coffin, if the foremost men of medicine are credible witnesses. Read what they have to say concerning drugs and drugging in our next issue. We shall quote two score of medicine's most eminent teachers, editors, text-book authors and practitioners who argue that drug therapy is not only useless, hopeless, but destructive in the extreme to health and life—absolutely devoid of scientific basis. This symposium is not a tirade. It represents the deliberate views of scientific men of the various drug systems who gave, or still give, their lives to advance medical science. As ranking authorities most of them will not be challenged.

The Crime of Being a Young Man in Medicine.

¶ "Young doctors give too much medicine," said the venerable Austin Flint, Sr., M. D., of New York, in his time regarded as the dean of the profession in America.

"A doctor will give more medicine the first year than in the next three; he will give more the fifth year than in the next ten. The better doctor he becomes the less he gives, and I suppose, if we would become perfect doctors, we would give none."

That was twenty-five years ago.

William Osler, M. D., F. R. C. P. (London), Physician-in-Chief to the Johns Hopkins Hospital of Baltimore, who stands at the head of the profession to-day, writes:

"The young practitioner may bear in mind that patients are more often damaged than helped by the promiscuous drugging which is still too prevalent."

Verily, the patience of the sick must be sorely tried while adolescence focuses itself to this simple idea!

X-Rays Verify Our Diagnosis.

¶ Examinations by the X-Rays give conclusive proof in many strictly medical cases that osteopathic diagnosis is correct. Many minor forms of skeletal displacement never dreamed to occur, not even by our best surgeons, are demonstrated; and their removal by osteopathic treatment is later just as evident.

Physicians and surgeons have denied with much vehemence that slight slips and twists of the bony segments of the body come about with much frequency; they have denied that such mishaps cause diseases of the blood, nerves and various organs; they have scouted the declaration that adjusting these bony displacements is enough in countless cases to cure dependent diseases.

Now X-Rays back up the osteopathic contention and prove again and again that we are right. The question is when books have been written and all this data is presented in scientific form, what will the physicians and surgeons do about it? Will they still say "it is not true," or that they "knew it all along"?

Osteopathic Treatments are not Severe.

¶ Some say Osteopathic treatments are severe, that they are too rough for very delicate invalids—is this true?"

This question comes to the Osteopathist continually.

It is absolutely untrue.

Occasionally physicians of other schools—chagrined at Osteopathic success with patients whom they themselves fail to benefit, notably neurasthenics and locomotor ataxias—often resort to deception of this sort in order to frighten patients, to keep them from going to an Osteopathist.

"Osteopathy is doubtless good for some things," such men will say, "but it won't do for you, it is too severe in your condition—you can not stand it."

That is the last weapon a drug doctor has to fling at his more modern rival who, it seems, is cutting into his practice. Manifestly, it is the Osteopathic physician alone who understands his own system, who is entitled to pass judgment upon it. Go to him for an

opinion—not to some one who defines Osteopathy one minute as massage, the next as hypnotism.

Osteopathy is not a trial of endurance—it is a treatment for bodily weakness; it is not a pastime for hardy athletes—it is a medicine for invalids; it is not rough or depleting—it is soothing and restorative. It is a scientific method to overcome disease, adapted to the requirements of each individual from infancy to infirm age, and, except in rare cases, it is not a painful treatment, but a pain-reliever, a pain-cure.

Do not become prejudiced against Osteopathy by what may be said about it ignorantly or through jealousy. Ask an accredited practitioner about it. Ask patients who have been treated by accredited practitioners about it. Read its theory and form your own judgment. Osteopathy courts your personal investigation.

It's Getting Dangerous to Health to be Rich.

¶ There are other evils beside gout in America that seem to menace the rich. Appendicitis knocks with partial hand at the palaces of the rich—where there is ability to pay \$500 to \$2,000 for operation fees—but it stalks stealthily by the hovels of poor or, if detained, masquerades in the humble guise of common, every-day belly-ache. This is a little overdrawn, but the truth in it is obvious. It has gotten so that no man of means, his wife or children dare acknowledge distress on the right hand lower side of the abdomen within hailing distance of McBurney's point or—the keys of his strong box click, the relatives blanch and wait in fear, while busy attendants at St. Luke's or Mercy Hospital move solemnly about amid the fumes of ether and in sight of human blood.

This is one specialty of surgery that has been disgracefully overdone. Yet surgery is perhaps not to be unduly criticised for stepping in promptly where the physician acknowledges his materia medica absolutely of no avail. Operations are doubtless necessary when intestinal inflammations have been neglected to the stage of suppuration; but it is usually malpractice that allows this end if the case comes to the doctor in the first symptoms.

Any man of fortune who entertains prejudice against a domestic experiment with this fashionable operation should see if Osteopathy cannot take away these pains before contemplating a shoot through the rapids of abdominal section. It costs less, does not detain one so long from business, is less painful, and should one really require the knife, he will be recommended in plenty of time to the skill of the surgeon.

Osteopathic Health Clubs.

Believing that in many communities the advocates of correct living and osteopathic medicine would profit by forming organizations for the systematic study of the science of health, THE OSTEOPATHIC PHYSICIAN proposes to undertake this work in every locality where our physicians are in practice. A new era, it is plain, has dawned for the practice of medicine in *all* its branches—the age of enlightening the patient concerning the real nature of disease and medicine, and it has been found perfectly safe to take the people into confidence and let them learn all they care to know. Time was—and not long ago—when the family doctor was as inscrutable as a sphinx, when the art he practiced was as black in mystery as the sorcerer's wonders. His knowledge, he had paid to get, and the public, he seemed to think, valued him in proportion as he covered his tracks and used the ipse dixit method in every tight place. Times have changed and the people are themselves fairly grappling with these problems of health and disease, of proper food and proper medicine. The physician has not less to do than before and he finds it easier to treat patients who can follow him in reasoning from cause to effect, who understand something of the rationality of his orders. It is safe to say his successes are greatest when this added bond of sympathy exists between his patients and himself. Yet there are doctors who still say: "Don't tell your patient too much—it cheapens you in his eyes—you will do him less good—he has less respect for you if he comprehends you."

Whatever may be the result of professional experience on this line, osteopathy is squarely against this position. We hail with gratification the new order of things. The patient should know himself. As osteopaths we help him to learn the laws of his being and teach him to respect them. Under the direction of our local practitioners, therefore, we plan to organize clubs for studying health science wherever a group of our readers express the desire for it. The scope and plan will be announced in the November issue.

OSTEOPATHIC CATECHISM.**Every-day Questions and Answers that Pass Between Patient and Practitioner.**

(Copyright, 1901, Henry Stanhope Bunting.)

¶ Q. What is Osteopathy?

¶ A. The latest development of medical science, constituting an entirely new and complete practice, most successful in treating human ills, both medical and surgical, by skilled manipulations which enable Nature to do her allotted work without recourse to knife or drugs.

¶ Q. What does the word mean?

¶ A. It comes from the Greek *osteon*, bone and *pathos*, disease—which latter has come to signify the system of treating disease indicated by its prefix. The derivation of a name, however, cannot explain the philosophy or practice of a school of medicine. The propriety of the name will be manifest to any one who reads this journal.

¶ Q. Does Osteopathy teach that the bones are usually diseased?

¶ A. Absolutely no.

¶ Q. Is it only a treatment for bone diseases?

¶ A. No. It is a complete system, applicable in all diseases.

¶ Q. Do you prescribe drugs at all?

¶ A. Not to induce the body to perform its proper work. We use drugs to antidote poisons, of course, and as antiseptics, in accordance with the demands of Hygiene, to destroy bacteria which threaten to invade the human tissues; but that is a very different thing from using drugs upon the body itself. We also approve thoroughly of anesthetics in surgical operations. In rare instances we may countenance the use of opiates, but never to supplant more rational treatment which might cure the cause of pain.

¶ Q. What is the fundamental conception of Osteopathy?

¶ A. That abnormal functioning of the body is of necessity dependent upon structural defect; that the structural alteration first in order of occurrence is mechanical displacement, derangement in relationship, mal-adjustment of parts; that this mechanical disorder serves to obstruct the nerves and blood vessels, thereby perverting nutrition; that disturbances of function result which, if not checked, lead on finally to visible, palpable deteriorations of form known as "organic lesions." Thus, the primary and common-

est cause of disease is affirmed to be, not a change in the substance of bodily tissues, but a disturbance in their relative arrangement.

Nature's Effort is Toward the Normal.

¶ Q. If drugs are not used, what agency does Osteopathy employ to overcome disease?

¶ A. The only agency that is ever operative under any treatment—Vital Force, Nature's own power of repair, Nature's ceaseless effort to restore and maintain the normal, the inherent resources of our bodies for upbuilding and recuperation. The point at issue is whether the drug or the Osteopathic practice is best able to co-operate with the body to promote this end.

¶ Q. How does the Osteopathic physician control vital forces so as to restore health?

¶ A. (1) By scientific manipulations, skillfully applied upon the basis of a comprehensive knowledge of normal human anatomy, restoring the body to normal adjustment when its parts have become deranged.

(2) By scientific manipulations, skillfully applied upon the principles of advanced Physiology, controlling both nerve force and blood supply, thereby holding the keys of nutrition for the system.

(3) By scientific dietetics, rational habit, hydrotherapy, massage and sanitary environment which are important auxiliaries.

(4) By allowing Nature time to restore co-ordination of function, to renew the harmonious work of the tissues, organs and systems. Thus it is Nature, the Great Physician, which ultimately works the cure. The Osteopathist is Nature's chief assistant.

Do Not Confuse Osteopathy with Massage.

¶ Q. Then Osteopathy is some form of massage?

¶ A. It is not. Osteopathy is as unlike massage as the art of sculpturing is unlike the trade of hewing pavement blocks.

¶ Q. Is Osteopathic treatment indelicate in women's diseases?

¶ A. Not in the least. On the contrary, most of the ordeals and embarrassments to which women are subjected in medical treatment are avoided. Examination and treatment are made with the patient wearing a loose gown instead of tight-fitting outer clothing and corsets. Osteopathic manipulations, except at the head and neck, are rarely made in direct contact with the patient's body. Treatment is best given through a thickness or two of ample clothing.

¶ Q. Do you have to believe in it?

¶ A. You do not. You are not expected to until you understand it. It is not a faith cure, nor a suggestion cure, nor a hypnotic

cure. It gets results alike upon infants, skeptics and believers—those who understand it.

¶ Q. What is health?

¶ A. Health is not a material, not an "entity," to be put in, or taken, from the body. Neither is disease a "demoniacal possession," as held in ancient days, nor even an "entity," a something which entrenches itself within the body and demands forcible ejection—as medical speculation has been presuming on one hypothesis and another ever since the possession-of-devils idea abdicated. Health is the sum of bodily processes working in natural harmony; the balance of vital energies; the co-aptation of tissue to tissue, of organ to organ; the co-operation of system with system; the due and proportional discharge of each special function of the entire organism—conditions which, as long as, operative, render the body not only automatic, self-regulative and self-adjusting to a remarkable degree, but even self-restorative—a phenomenon not less marvelous perhaps than the original creation of life.

¶ Q. What is disease?

¶ A. Disease is any departure whatever from this good running order; the failure of any part of the machine to work in harmonious adjustment with the rest; disturbance, dis-order, dis-comfort, dis-ease—etymology alone makes the definition manifest.

What There Is New in Osteopathy.

¶ Q. What theory, essentially new to medical science, has Osteopathy established to be the common cause of disease?

¶ A. Mechanical disorder within the organism. Mal-adjustment of parts, particularly of the bony framework of the body upon which all the soft structures are supported, any slight deviations of which from its correct position and alignment may cause pressure, strains, congestions, pains and interruption of work in the local, softer parts—the nerves and blood channels—thereby blockaded. Advanced thinkers in medicine have got so far as to affirm "structural defect" first necessary to produce functional aberrations; but bad mechanics, abnormal relationship, faulty proportions as the initial point of this faulty structure has not somehow appealed to them.

¶ Q. What brings about such mechanical disturbances in the body—in other words, *what causes sickness?*

¶ A. The ordinary wear and tear of life; the innumerable incidents and accidents to which everybody every hour is liable. These may be grouped, viz.: (1) Falls, jars, blows, wrenches, and other forms of force expended upon the body. (2) Strains, wrenches, twists and immediate displacements from overwork, spasmodical

effort to recover from falls or avoid threatened injury—force acting from within the body. (3) Contractions, as of muscles, from taking cold, draughts, dampness, exposure, etc. These mechanical disturbances, Osteopathy has demonstrated, are first in importance in upsetting health, in producing sooner or later ills functional or structural, acute or chronic, "medical" and "surgical." Osteopathy thus has added a new class of disturbances to the science of Pathology, to-wit: The very commonest of all—the real, *primary first cause* of disease.

¶ Q. Are mechanical disturbances the only first causes of disease.

¶ A. By no means. Hardly less important are the abuses of function from overwork in local parts of the body, such as result, for instance, from over-eating or over-drinking. An organ may break down from over-work when it has an average nerve and blood supply. Heredity affords an important latent predisposition determining the quality and quantity of nerve energy and its aberrations. Mechanical lesions co-operate with this hereditary weakness, however, much oftener, we think, than heredity acts alone in producing disease.

¶ Q. Has any other school of medicine recognized such mechanical disorders as causing disease?

¶ A. Absolutely no. It seems to have been entirely forgotten by physicians that higher life exists upon a basis of physics, a basis of mechanics, as well as of chemistry. Physicians wedded to *materia medica* and surgeons to operations, do not, as a class, admit this common-sense proposition. How handicapped must they be in consequence to diagnose and remedy bodily defects when clearly due to hidden mechanical causes!

Two Medical Views of Osteopathy.

¶ Q. What does the average physician say about Osteopathy—about this new mechanical theory of disease?

¶ A. Ask him and see. If he is thoroughly representative of his school—if he is high over the dome, broad between the eyes and rich in experience, he will probably welcome Osteopathy for the good it is doing, albeit he may not understand thoroughly the tenets of the Osteopathic system. If he should belong to the small per cent of his school doing original thinking outside of traditional ruts, he will say with Dr. Byron Robinson, of the College of Physicians and Surgeons, Chicago:

"The physician cannot consent to the view that a machine may go wrong without it becomes structurally defective."

This is one proposition at the basis of Osteopathy. To state the substance of our faith in full, we need but add:

OSTEOPATHY ADDS A NEW BASIC PRINCIPLE.

Structural defect originates more often from a disturbance of relationship—whether due to mal-adjustment of the supporting frame work or to muscular contracture and congestion, either of which blockades nutrition—than from any other lesions.

If, on the other hand, the physician interviewed is on a dead level with mediocrity, unable to peer beyond the fogs of ancient professional bigotry, he will betray these symptoms: (1) He will not know that such a theory has been promulgated and established. (2) He will not know it is the fundamental conception of Osteopathy. (3) He will declare Osteopathy is massage, hypnotism, faith-cure, quackery and other good and bad things which it is not. (4) He will not know that Osteopathy has been legalized in more than twenty states within five years. (5) He will not know that the Osteopathic physician spends more time in college to get his equipment than did 95 per cent of the physicians of all schools in practice. Probe your friends of medicine on these points. Let each one take his deserved rating.

¶ Q. What do other schools of Medicine ascribe as the main primary predisposing cause of disease?

¶ A. No consistent hypothesis capable of general application has been formulated. A great number of minor and disconnected disease factors have been advanced, often ingeniously, but without working out a general principle that will explain a majority of cases such as the osteopathic idea does. Microbes, "deadly miasms," extremes in temperature, electrical, magnetic and barometrical variations, dampness, over-work, improper diet, excesses, lack of exercise, drug poisoning, the weaknesses bequeathed by heredity, poor ventilation, bad hygiene and sanitation have been regarded each in turn as the primary cause of one or another disease. Where violence is cited its effect usually has been confined to surgical cases. Even disease-products like uric and acetic acids, gall or bladder stones are, with singularly wretched logic, sometimes made to do service as *original causes* of disease, as when it is said that "rheumatism is caused by lactic acid." Lacking, therefore, an appreciation of the foremost underlying principle of disease—the *mechanical blockade of nutrition*, Medicine has juggled with microbes, heredity, over-work and drug poisoning in the vain hope to interpret disease—and the riddle has too often gone unsolved. Most of the agencies recited, according to osteopathic thought, have little or

nothing to do with the average case, else act in a *secondary* sense as *exciting causes*. Medicine experiences periodical waves of hysteria over one or another of these vagaries. Just now it is bacteria. "Bacteria cause everything." So says one branch of the profession, but not the brainiest, nor, it is likely, even the most numerous.

¶ Q. What does Osteopathy hold regarding microbes?

¶ A. That rats do not make a house dirty; that vermin do not make people uncleanly; that rats, vermin and bacteria do thrive, however, wherever there is filth. The human body should be clean within as well as without. When the blood is impoverished, or circulation is poor, waste products remain in the body and pollute it; disease impairs nutrition; it fails to rebuild body cells wasted with work; it fails to sweep out the body sewage; body poisons accumulate which make an unclean body within; depraved nutrition from uncleanliness within means weakened vitality of body cells; there no longer remains the ability on the part of these cells to destroy dangerous bacteria—which they are fully able to do in perfect health. Thus when disease has rendered the resistance of the body below par, microbes lay siege to it and make it a breeding ground much as rats capture a dirty tenement. Microbes are thus *an effect* of prior disease. They are a symptom, not a cause of disease. They follow in the wake of depletion. Stagnant blood breeds bacteria. The products of bacteria may finally become a danger element in the body—the toxins and ptomaines—but that is secondary to an earlier onslaught upon body nutrition which had rendered vitality unable "to drive the rascals out." The cause for microbes being tolerated was a prior failure in health. Immunity against disease or susceptibility to it lies, then, with the body, not the microbes.

¶ Q. So the body is endowed by Nature with its own adequate defenses?

¶ A. Beyond dispute. White blood cells, for instance, devour disease germs; they march as an army of health inspectors and sanitary policemen through the tissues, seeking out microbes and attacking them whenever found. They rally in brigades, corps and divisions, for instance, wherever there is infection, as when an open wound admits pus germs into the flesh. If the enemy be few the white cells eat them. If they be many and courageous fighters, the white cells drive them into some fastness and build a prison wall about them. They hold them prisoners until they die. In this struggle other body cells fight under the banner of the white blood cells. This struggle is throughout life a mimic battle royal. Its issue determines whether we live or die. While we live the white cells keep on fighting. This fight is not only fierce when a splinter

wounds the flesh, but when one breathes tuberculosis germs, or pneumonia germs or swallows the typhoid bacillus. Our body cells, as long as healthy, can and do make way with these microbic offenders. They give them no quarter. So, Osteopathy holds that proper medicine is—not some drug to kill disease germs (and most likely still further deplete the vitality of all our bodily cells) but a removal of whatever has weakened the body's nutritive powers in the first place. A disturbance of blood flow or nerve energy is always sufficient to disturb nutrition. Our medicine, then, is first find out this mechanical disorder—this blockade to nutrition—next remove it. Nature will do the rest. The body will take care of the microbe.

The Human Body Adequate for the Demands of Life

¶ Q. What common-sense postulate does Osteopathy affirm concerning the body?

¶ A. That the human body is a complete machine, faultlessly constructed, perfectly adapted to the ends of living, and able to run an ordinary life time with ease, comfort and health if only the demands of life are satisfied—proper food and drink, proper air, proper work and rest—and *the machine itself be kept in good mechanical order*. It has within itself all the machinery needed to build up itself from one primal cell into the most complex and marvelous organism constructed by the Master Mechanic; all the machinery needed to rebuild its own parts as it wears them away with work; its own mysterious, automatic, self-adjusting, self-regulating apparatus which subordinates each separate organ and force to the needs of the whole engine; its own devices and processes for elaborating food elements into living protoplasm and transforming potential energy of body fuel into kinetic forms of body work; its own inscrutable methods of co-ordinating psychic activity with physiological processes—all of which goes on momentarily in the life experience of normal healthful bodies without attention, with scarcely a moment's wonderment at these unceasing marvels! This machine, like an engine of wood and iron, is built upon mechanical principles and its mechanism includes every mechanical principle and device known to architecture, mechanics and the arts. In the words of the LADIES' HOME JOURNAL:

"The human body is an epitome in nature of all mechanics, all hydraulics, all architecture, all machinery of every kind. There are more than 310 mechanical movements known to mechanics to-day, and all of these are modifications of those found in the human body. Here are found all the bars, levers, joints, pulleys, wedges,

pumps, pipes, spirals, eccentrics, wheels and axles, ball-and-socket movement, beams, girders, trusses, buffers, arches, columns, cables and supports known to science. At every point men's best mechanical work can be shown to be but adaptations of processes of the human body, a revelation of first principles used in nature."

Like other machines, therefore, the body is subject to the same penalties of getting out of repair—bad alignment creeps in, friction develops, conducting wires are grounded, pipes clog, the orderly procedure lags, function is subverted; these structures waste away and can not be repaired, the whole engine is thrown out of gear, health is lost and eventually, if harmony is not restored by good anatomical engineering, death supervenes. The engine has served its day and is ready for the scrap-pile. Osteopathy is able to delay this denuement for a decade or two in countless cases by the application of good mechanical sense to the regulation of body processes before body forces are untimely spent and body tissues and organs undergo fatal deterioration.

Nerve and Blood Channels Liable to Blockade.

¶ Q. How is it the body is so liable to "bad mechanics?"

¶ A. Because the more complex and delicate the machine, the more liable it is to disorder. Again, all the processes of life—maturation, conception, birth, growth, maintenance and repair, mentality, reproduction—are ordained by Nature and momentarily proceed upon the basis of (1) a free uninterrupted Nerve Connection, which in some mysterious way distributes vital force to all the cells of the body from the central ganglia of the cerebro-spinal nervous system, much like copper conduits distribute power from the central dynamo to run "machinery hall;" (2) a free, unimpeded Blood and Lymph Supply which, in a way easy to understand, bears food materials to every cell of the body and sweeps away its waste products into the body's sewerage system for elimination. Inasmuch as both conditions are absolutely essential every hour of life for the perfectly normal operation which constitute health, it is easy to figure out how bad mechanics, bringing pressure, strain and even complete obstruction to bear upon either of these twin systems, must blockade vital force, establish local famine, pollute with stagnant sewage and at length, if not corrected, disintegrate the organism.

¶ Q. Then Osteopathy simplifies Pathology, the science of diseased structure and function?

¶ A. Yes, very materially. It brings medical speculation out of the clouds back to the living mechanical body. It gives Pathology a new, practical working basis.

¶ Q. How about Symptomology—the science of disease symptoms?

¶ A. Osteopathy subordinates symptoms as a means of locating the initial trouble because our new diagnosis proves that symptoms are a most fallible guide to disease causes. Two mechanical "obstructions" or lesions widely different often give like symptoms; two lesions as nearly alike as possible need not give two symptoms in common. Therefore, the plan of the "regulars" of "treating symptoms as they arise," and the plan of the homeopaths of "treating symptoms only," both seem to us as unscientific and blind games of chance with health as could be invented. Osteopathy treats *The Cause*, to remove it, and symptoms take care of themselves.

MOST DISEASES OF SPINAL ORIGIN.**Proofs that the Osteopathic System Is Built Upon the Bed Rock of the Physical Sciences.**

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Most diseases are of spinal origin.

That is the characteristic generalization of Osteopathy in a nutshell.

It is upon this proposition that we throw down the gauntlet to older schools of medicine, and it is only by disproving this contention that Osteopathy can be made to take a back place in the march of science.

If, as we believe to be true, the fundamental principles of the basic medical sciences—of Anatomy, Physiology and Pathology—are correct, then our position is impregnable. It may take Medicine ten years to find this out and get into focus with this osteopathic idea, but its ultimate acceptance seems unavoidable.

Our diagnosis is new, our treatment is original and our percentage of cures have attracted the widest attention. That much is history. It will not be challenged. If we can show that we but correlate and apply in a new way, with new force, old principles that are, in unsystematic form, a part of the recognized but theoretical teachings of every school of practice, we have established our system in lawful succession with all that is scientific in the field of medicine. Let us see how this works out. What is the testimony of Anatomy?

Anatomy Upholds Osteopathy.

It is impossible to study the Anatomy of the spinal column without marveling that it so seldom gets out of order. The wonder is that it should be able to do its work at all. The spinal column is made up of twenty-four separate bony segments, the vertebrae, which join the head above and pelvis below. Each vertebrae is separated and at the same time joined to its fellows above and below by dense buffers of yielding cartilage; over bone and cartilage dense strong straps of ligament pass and interlace with mathematical precision, binding all firmly together. This marvelous pillar, when braced on every side by guys of muscle and tendon, becomes the incomparably strong, slender, graceful, agile spinal column—strong enough to support not alone the body but all the burdens men carry; scarcely thicker than a broomstick, yet as supple as a carriage whip; capable not only of bending in every direction, but also of torsion and—marvel of marvels!—self-restorative to its correct axis after every conceivable gyration, so long only as its mechanism is

in correct position and adjustment. Fancy a machine of steel and rubber, capable of such complex motion, such wondrous strength, yet having such an elastic power to regain the normal. The spinal column stands the most matchless piece of workmanship in all mechanics!

Now is it conceivable that the most intricate of mechanical devices is less liable to get out of repair than the coarsest? Are such extraordinary demands of motion less likely to disorder a machine than simpler motions? Gross displacements of these spinal segments and fractures are frequent from maximum violence, but will the machine not suffer in a thousand smaller, less discernible ways from all the gradations of inadvertent violence from least to greatest? Will not a multitude of lesser injuries happen for every one of the more quickly recognized surgical cases? And may such disorder overtake the supporting framework of the body—yet without damage to the most finely wrought, delicately set, exquisitely balanced structures that occupy exact positions within this framework? The conclusions of Anatomy are unmistakable: The spine, by all laws of physics, is liable momentarily to get out of good mechanical adjustment; it is subject to slips, wrenches, pressures, dead-locks, sprains, contractions and congestions—all of which require an intelligent Engineer to adjust, to relieve, to cure. That specialist, when Nature comes to a dead-lock and cannot regain the normal, is the osteopathic physician.

HOW SPINAL CENTERS ARE EASILY IRRITATED.

Stretched along both sides of the spine, within the cavity of chest and abdomen, running the entire length of this "back bone," are the gangliated cords of the Sympathetic Nervous system. This wonderful automatic system with its central power-house at the Solar Plexus, or abdominal brain, furnishes energy for all the organic involuntary activity of the body—the machinery that runs as well while we sleep as during wakeful activity. All the body organs, but not the voluntary muscular system, are operated, controlled, regulated by this Sympathetic System. Its importance to life is obvious.

Now this system of double nerve strands also passes just across and upon the head of each rib, where it hinges movably, yet with limited motion, to its vertebra. At that point there is a special ganglion, or relay battery of sympathetic nerve cells, upon each side, corresponding with the number of vertebrae. Here at this bone-and-ligament hinge the Sympathetic System gives off one or more delicate filaments on each side to pass within the spinal cord. These regulate blood supply and other vital economies for the cells

of the Cerebro-Spinal system. Thus is it that nutrition is regulated for the busy Cerebro-Spinal Centers within the spinal marrow, which in turn busy themselves affording voluntary muscular motion, sensation and nutrition throughout the body. Upon the integrity of these little connecting sympathetic fibers, therefore—their freedom from abnormal pressures, strains, ruptures and other forms of interference—*depends the nutrition of these all important spinal centers WHICH CONTROL NUTRITIVE AND VOLUNTARY ACTIVITIES FOR THE REST OF THE BODY.*

These same Cerebro-Spinal cells within the cord send back, reciprocally, nutritional fibers into the sympathetic ganglia which relatively are just as important for the welfare of these sympathetic automatic nerve centers. These delicate nerve tendrils in turn are just as likely as the sympathetics to be interrupted in their functions by displacements or congestions.

Such delicate relationship and adjustment, it must now be plain from these revelations of Anatomy, make the twin nervous systems peculiarly sensitive to every slightest mechanical disturbance about the spinal column.

NO FAILURE TO PERCEIVE BUT TO APPLY.

Occasionally one of the foremost thinkers of medicine discovers afresh this situation—which is the basis for osteopathic philosophy—and heralds it as a brand new idea in medicine.

Dr. S. V. Clevenger, of Chicago, America's foremost neurologist and alienist, formerly pathologist to the Cook County Insane Asylum, lecturer in neurology at Harvey Medical College and author of standard texts, wrote in his book on "Spinal Concussions":

"THESE VIEWS OF HILTON ARE CAPABLE OF EXTENSION TO WRENCHES, ETC., OF THE VERTEBRAE, NOT ONLY DISTURBING THE PRECARIOUS CIRCULATION OF THE CORD, BUT BY STRAINS INDUCING MORE OR LESS PERMANENT IRRITATION OF THE NERVE-ROOTS AND MENINGES, AND WHAT SEEMS TO HAVE BEEN WHOLLY LOST SIGHT OF BY ALL WRITERS, LESIONS OF THE SOFT AND POORLY-PROTECTED SPINAL SYMPATHETIC COMMUNICATING FIBRILS."

Thus do occasional authorities in medicine dig up the same nugget—only to drop it before it reveals to them the mine of therapeutic riches underlying their discovery. Dr. Clevenger's quotation proves—were statements in medical literature of more value than demonstrable body facts—the essential truth for which Osteopathy is battling. Yet will physicians not receive it, preferring to search the skies, the earth and the deep blue sea for reasons and causes why the body should fail upon occasion properly to functionate.

How Physiology Proves Osteopathy.

This wonderful "backbone" has much to do besides carry its own burdens. It is very much more than the "center pole" of the body. These vertebrae are hollowed out; this yielding, twisting, elastic pillar of bone, ligament and muscle stands like a tall, narrow chimney; through it runs the very delicate and very intricate spinal cord and appendages, the axis of the cerebro-spinal nervous system, the great highway over which flash back and forth between center and circumference all the million momentary messages of life—nutrition, sensation, motion, heat regulation and the automatic control of organs, systems and all local activities through every minute of existence. This nervous "trunk-line" is so fragile that it is suspended in a water-bed to avoid injury. Between each two opposing vertebrae, at each "joint" of this spine, there pass out from this spinal cord, through little grooves between the bones, a pair of nerves—one at each side, close to where the head of the rib rests upon its vertebra. With these nerves there pass also an artery to send nourishment into and a vein to bring waste stuff—nerve sewage—away from the nerve cells within the cord. These three delicate, thread-like structures, with their filaments, ramify and are interwoven among muscles, ligaments and bone in the most intricate arrangement.

There is no waste room in this region—no hollow places—every structure accurately and exactly fills the space reserved for it. Think, for a minute, of the hum of molecular industry within these delicate nerve cords as they vibrate back and forth from department to department, from system to system—orders and responses for supply and demand of materials and forces in order that the whole complex organism may from moment to moment survive. Think of the stores of oxygen, albumen, sugar, fats and serum with its salts that are freighted momentarily up and down this great pipe system for the support of controlling nerve centers and all vassal tissues! Think, too, of the broken-down waste products, the ashes, must, dregs, shavings and garbage of nervous protoplasm, which with equal care must be swept away for excretion by way of the veins!

MEANING OF RIB AND VERTEBRAL LESIONS.

Anatomy has shown how easily displacements of structures may occur all along this great trunk line of vitality. Physiology shows that the consequences must be momentous. What if a slip of bone from its true alignment, a contraction, and consequent congestion and thickening of muscular fiber, or even a contracture of ligamentous tissue should draw across tender cables of blood and

nervous impulse and hold them tightly pinioned against a bony background! A wire will not flash its electric message if grounded; a hose will not transmit water if stepped upon; nervous energy and the local circulation of blood must be blockaded likewise with every abnormal encroachment upon the delicate avenues set apart for their activities.

Not alone do the vertebrae lose normal alignment very often, but the ribs—which, remember, are *movable hinges* that change their angle of relation to the spinal axis with every breath, and, more or less, with every effort of lifting burdens—these ribs are subject to frequent slips and partial rotations within their shallow sockets. This very common occurrence—the “stitches” we often feel in our sides—brings additional disturbance of relationship to bear upon vessels and nerves. What further mechanical mischief could be demanded upon occasion as the condition of blockading nutritive processes absolutely both to and from the Cerebro-Spinal axis?

SPINAL “CENTERS” CONTROL BODY FUNCTIONS.

Physiology has done much more to prove the *spinal origin of disease* as advanced by Osteopathy. Nerve centers have been long discovered and located, for the most part with absolute accuracy, up and down the spinal cord, which furnish the power by way of these consecutive pairs of emerging nerves to every process of the body. Thus there is a “breathing center” which it is only necessary to deprive of blood, or to puncture artificially, to end life at once by paralysis of breathing. There are two “heart centers” from which emanate opposing impulses, one to increase, the other to check heart activity. There is a center which controls temperature. There is a “vaso-motor center” which, by furnishing power to contract and dilate blood vessels, both generally and locally throughout the body, determines when and where the most blood is needed for a given function: thus when the stomach is busy digesting a meal it gets an increased supply of blood; when the mind is deeply engrossed, the brain gets relatively more blood; when the muscles are exercised actively they enjoy the bigger ration. This center, therefore, is the Commissary Department for the organism, regulating the feeding, up-building and reciprocal work demanded of every bodily tissue. There are known to be nerve centers in the brain and cord for all bodily processes. It is the subordinate, yet active, responsible, working reflex and automatic centers which are located in the spinal marrow. Physiology has absolutely defined the location of many of these centers and has long inferred that the rest would be demonstrated with further experiment.

OSTEOPATHY HAS DEFINED NEW CENTERS.

Osteopathy now comes to the aid of Physiology, by clinical methods entirely original, and has located and verified with precision nearly all additional centers for organic processes with the certainty of demonstration. Thus we have found centers more or less diffuse along the spine which preside over local nutrition, motion and secretion in stomach, bowels, liver, pancreas and spleen; others which regulate the kidneys and bladder; another controlling the ovaries, tubes and uterus; another the lungs and their important work; another which regulates the process of systematic relaxation, rest, repair and refreshment, better known collectively as Sleep; still others which control all other processes of the living organism. Furthermore, Osteopathy has discovered the pathways by which to reach these centers and manipulations that control their functioning.

Nerves radiate throughout the body with a million times more complexity than the electric wire systems of Chicago. Each carries only the messages of its own system, just as one wire transmits electric light, another telephonic messages, another telegrams, another fire alarms, another electric power, etc., depending upon the center and the apparatus with which it has connection. Thus it becomes apparent how breathing, digestion, secretion, absorption, excretion, circulation of the blood and lymph, urination, defecation, menstruation, procreation, parturition and all other processes of life, specialized in and dependent upon one or another of these centers along the “spinal” column, lie within reach of and become subjects to the control of osteopathic fingers. This knowledge makes it plain—this Anatomy and Physiology of the spine—why osteopaths diagnose most diseases and treat most diseases by close study and attention first and last to the spinal mechanism. As osteopaths we have learned that most diseases are traceable to, or at least inseparably associated with, abnormal conditions at spinal centers. We go direct to the spot—to these powerhouses of living energy, to find and remedy the evil.

The Argument from Pathology.

Pathology, the science of diseased Anatomy and Physiology, adds the binding link to this osteopathic argument. It shows that there are two factors in disease which by endless variety of permutation and combination, define every departure from normal functioning. These are the BLOOD and the NERVES. These sustain Life when in harmonious balance. They end it, too, when they work too much at variance.

Pathology shows that the blood must maintain a steady and equal flow, throughout the body or dire consequences result. The millions of red corpuscles freighted with oxygen, inbound, and carbonic acid for exportation from the system and of white corpuscles or leucocytes—the sanitary policemen of the body which seek out disease germs and literally eat them up to prevent damage to the tissues—must travel through the body approximately one round trip and a half each minute or there is soon trouble. Not only must the circulation be equal as between head and feet, but each particular organ and tissue must get its due and proportionate share of blood and lymph, dependent upon these demands for its own activity. Arrest the blood flow appreciably throughout the body and the whole system suffers from mal-nutrition, is soon poisoned with accumulated body-sewage. Arrest the blood flow appreciably through a single vessel, or set of vessels supplying one area, and at once that locality is thrown into an abnormal condition; famine is established; the part becomes diseased. Work being done in behalf of the whole organism by that area—whatever that work may be, is delayed or suspended; deterioration follows; inflammation is apt to set up, making pus, as in appendicitis or quinsy, and there opens up the whole catalogue of degenerative changes down to gangrene and even death of the organism. Such processes are steadily progressive, while the cause remains, whether muscle, bone, ligament, cartilage, skin, nerve cells and nerve fibers or other body tissues are involved. It applies to the heart and coverings of the blood vessels, which must have their own independent blood supply, apart from the general blood stream whose circulation they maintain. It applies of course to the stomach and intestines, liver, pancreas, spleen, kidneys and especially to the brain and spinal cord and the sympathetic nervous system on the principle that the more important a body function, the greater is its need for a food supply, the more imperative its demand that waste products shall be excreted. It is manifest, then, how absolutely essential is a free, unimpeded blood supply to maintain the physiological nerve centers along the spine—the little “power houses” that control every separate bodily function.

ALTERED BLOOD FLOW MEANS DISEASE.

Blood and lymph circulation follow the laws of hydrostatics. Every one knows what will stop the flow of fluid through a system of elastic pipes, intricate in complexity, subject to myriad pressures. Most any faulty position will cause blockade somewhere. The body is such a machine. It becomes clear as daylight, then, why the Osteopathist finds that most *diseases are associated at basis*

with an abnormal blood flow. He is merely going back to the beginnings of disease—and any intelligent patient may follow him on this exploration to locate the disturbing lesion.

Not less does an abnormal increase of blood supply bring about disease than the want of it. So, deviation from the normal either way in the blood and lymph circulation is subversive of health.

NERVE PRESSURE AS A DISEASE FACTOR.

Physiology teaches also that every tissue of the body must be guaranteed protection from unnatural pressure or that tissue will degenerate. It is true of muscles, blood vessels, nerve tissues, bone, cartilage, ligaments and likewise of the complex tissues, the organs. It is emphatically true of nerve cells and fibers whether in ganglia, plexuses or isolated strands. The more specialized a structure in the body, the more differentiated and important its work, the greater its demands upon nerve-life and blood supply. The more also will these principles of Pathology apply to it.

“Pressure atrophy,” therefore, finds its best illustration in alterations wrought in the form and function of the nervous system. Any change of structural relation; any contraction, whether of muscle, fascia, ligament or skin; any congestion, such as from interrupted blood supply, or any deposit anywhere between a nerve center and a nerve terminal, is able and momentarily liable in our bodies to bring abnormal pressure to bear on the soft nervous substance and establish the conditions of irritation and famine resulting in disease.

If such pressure upon a nerve lasts only a short time, it will not do more than irritate the nerve, inflame it, make it feel sore and overact temporarily. If pressure continues it will more or less suspend the function and somewhat alter the structure of the nerve, while if it protracts long enough it will likely cause complete atrophy. Not only atrophy of nerve but of its dependent muscles and other tissues. This is orthodox Pathology, as Osteopathy learns it from Medicine. Medical doctors seem content to adorn text books with the knowledge mainly, while Osteopathists insist on applying it to the body.

OSTEOPATHY APPLIES THESE PRINCIPLES.

Keeping the Anatomy and Physiology of the spinal column uppermost, Osteopathy makes a practical application of these principles of Pathology to the nervous system. Of course, all physicians and surgeons readily recognize that tumors growing in the body where they impinge upon nerves cause atrophy; and that very gross dislocations, as of hip or shoulder, may also do it; but it

is the osteopathic contention—which physicians and surgeons of other schools do not yet admit in great numbers—that *minor structural alterations*, such as *changes in the relationship of part to part*, produced mainly by accidental *mal-adjustments in the skeleton*, cause various gradations of pressure atrophy and other disease changes in the organism perhaps a hundred times where some foreign growth in a purely surgical case may do it once. Indeed, the osteopathic view accounts rationally for the presence of many tumors as the product of such changes.

It is known to every one that nerves carry different impulses, are highly specialized on the division-of-labor plan. Bearing in mind the imminent liability of nerves to pressure as they emerge from the bony canals of the spine to intertwine among bones, ligaments, cartilages, muscles, fascias and blood vessels—all of which are dependent for their correct positions upon the correct alignment and adjustment of the vertebral segments—it is easy to apply the principle of degeneration such as may lead up to pressure atrophy and note all the gradations of disturbance from irritation to gangrene.

The A. B. C.'s of Man's Myriad Ills.

Nerves control motion, sensation, temperature, absorption, secretion, excretion and nutrition by which latter term is meant technically that a body cell cannot utilize the food brought to it by the blood unless it has unimpeded contact with its own nutritional, or trophic, fibers of cerebro-spinal nerves which ultimately center in the brain. Pressure upon a nerve fiber causes it to act abnormally in proportion to the degree and duration of the pressure, the extremes of alteration, of course, being mere irritation and complete atrophy.

If a nerve of motion is slightly impinged upon it may be irritated into excessive motion, giving rise to spasmodic or irregular movements—palsies, cramps, weakness, etc.; if the pressure is greater or longer continued, it may reach total paralysis.

If a nerve of sensation is involved it will give the pins-and-needles sensation, numbness, soreness, or acute pain—the various degrees of anesthesia, hyperesthesia, paresthesia, neuralgia, neuritis, irritability and brain-fag. Other disturbances occur reflexly.

If the "trophic" nerves to a tissue or organ are most concerned, there will be a quick weakening of the function of that structure, to be followed by prompt deterioration in the structure itself; and soon will there be apparent all the derangements of health determined by the particular life-processes subverted.

DIETETIC DEPARTMENT.

FOODS AS TISSUE-BUILDERS AND ENERGY-MAKERS.

If there is a sensible lesson in the analogy between the human organism and a steam engine it is the lesson that health can only follow running the engine of flesh and bone properly. And there is no more patent thing in the science of health than the need for combining a knowledge of chemistry with common sense in the matter of dietetics. Who is there so illogical as to say he does not believe in rational dietetics? I do not mean the maze of wild theories advanced by most dieticians, but such undisputed facts and principles as make up the science of food actions upon the human system in health and disease. Eat anything? How ridiculous! Would you feed any grade of coal to a locomotive, or run any quality of water into a boiler? A child knows better. Does the engineer fill his coal box till it chokes or let the boiler run dry and invite explosion? Work done by the engine, its age for service and condition after service are dependent absolutely, as every one knows, upon what goes into the engine—the quantity, quality, manner. The body is an engine. There is no difference between its physics and the physics running a locomotive in so far as they are parallel. That the body, through its endowment of vitality, has the added power to repair itself from wear and tear only proves it infinitely more delicate and liable to abuses. Admittedly, then, it is of the utmost importance to choose foods well in diseased states—when the work of the organs already is thrown more or less out of balance. This reduces the work done by the gastro-intestinal tract to secure a needed amount of power—in short, it saves energy. It also saves wear and tear on the machinery of the system.

Food is taken for three reasons: (1) To build up the body to mature development; (2) to repair tissues that waste with work; and (3) to furnish heat and energy. Foods are divided, therefore, into tissue-builders—the albumens, both animal and vegetable, containing nitrates and phosphates, such as meat, eggs, cheese, milk, buttermilk, peas, beans, maccaroni, and, in lesser degree, such cereals as wheat, oats, rye, barley and rice, which have not been "bolted" too much in milling. To build up the system then one requires sufficient of such foods.

Fuel-foods are the other class. Starches, sugars, fats and other non-nitrogenous foods constitute these energy-givers—body-fuel

merely, and they are consumed as a locomotive consumes fuel and water to produce work. They are converted into heat and power merely, with some residue of "ash," but they cannot under any circumstances build up into nerve, muscle, bone and blood, no matter how liberally fed or what the demand may be in the body for restoration of its tissues. In this list of fuel-foods are all other vegetables and fruits, potatoes, corn, as well as butter and fats, animal and vegetable. Although it has been shown that fuel-foods cannot take the place of tissue-foods, yet the albumen class can easily supplant fuel-foods in the body economy. The tissue-foods contain all the chemical elements of the fuel-foods—carbon, hydrogen and oxygen—and more; they can generate power just as well as the purely fuel-foods. They contain also nitrogen, phosphorus and sulphur, which starches and sugars do not, and it is this added property which makes the albumen class capable of being transformed into living protoplasm.

By a wise arrangement in nature, however, most food substances are not exclusively made up of one class or the other, but are blended in a judicious combination, because the body does best on a mixed diet, both tissue-builders and heat-givers. Thus wheat and oats, peas and beans, contain both foods. On the other hand, a diet consisting exclusively of such vegetables as potatoes, of "light" bread, corn bread and soda crackers, butter, corn-starch pudding, molasses, fat bacon, and tea or coffee, would certainly starve the body and brain, while giving far more heat and energy than is needed in metabolism—the running schedule of work, waste and repair always in progress in the body.

Thus the first indication of dietetics is for a mixed diet. The body needs both classes, the albumens and the starches and sugars. Different organs and different digestive juices are required to convert these different foods into the uses of the body.

The second lesson of dietetics is, therefore, that when stomach, or liver, or pancreas, or intestines are out of normal condition the burden thrown upon one or the other by an excess of the peculiar foodstuff it cannot manage may be temporarily lessened, and that organ given a chance for physiological rest and repair by choosing foods which will be worked up mainly by other healthy organs. Thus may pains be lessened, organs may be repaired by resting them, and the maximum of bodily health and strength possible to a given person will be secured with a minimum expenditure of vital energy.

(In every subsequent issue THE OSTEOPATHIC PHYSICIAN will develop this field of knowledge in a simple, common-sense way, so that every reader will be able to understand it and apply his knowledge in his every-day diet.)

OSTEOPATHY TREATS SUCCESSFULLY (Continued).

(Continued from front inside cover page.)

Diseases of the Circulatory System:

Irregular Heart Action; Weak Hearts; Over-Worked Hearts; Palpitation; Valvular disturbances when dependent upon Spinal Lesions; Heart Pains.

Poor circulation; Anæmic and Congestive Headaches; Cold Feet; Portal Vein Congestion; certain Liver Disturbances as Congestion and Jaundice; Malaria; Varicose Veins; Piles; Anæmia; Tendency to Fainting; Mal-Nutrition; Eruptive Skin Diseases; Pallor; Sallow, Muddy Complexions; Suppression of Perspiration; Eczema; some cases of Obesity; some cases of Dropsy; Disorders of the Spleen.

Sore Throat, Tonsillitis, Laryngitis, Quinzy, Croup, Diphtheria, Typhoid Fever, Pneumonia, Pleurisy, Cerebro-Spinal Meningitis, Erysipelas.

Diseases of the Gastro-Intestinal Tract:

Stomach troubles in their myriad manifestations, dependent upon whatever causes; Gastralgia, Gastritis, Dyspepsia, Catarrh, Gastric Ulcer, Dilatation of the Stomach; Hyperacidity of the Stomach, Insufficient Acid or Pepsin Secretion, Flatulency.

Bowel Troubles in like complexity of Symptoms; Gout; Gastro-Intestinal Fermentation, Constipation, Acute and Chronic; Diarrhœa; Dysentery; Colic; Cholera Infantum; Cholera Morbus; Acute and Chronic Appendicitis; Intestinal Obstructions; Bowel Parasites; Ascites; Bloating.

Biliary Calculi; many Liver and Pancreatic Disturbances.

Diseases of Women:

Irregular Menstruation; Suppressed Menstruation; Excessive Menstruation; the various and aggravated pains of Menstruation; Leucorrhœa; Flooding; Uterine Misplacements; the Most Frequent Forms of Barrenness; Bloating; Pelvic Inflammations; the Chlorosis common to Girlhood; Milk Leg; Inflammations of the Breast; Ovarian Troubles.

Diseases of Men:

Sexual Debility; Impotence when associated with or due, as it most often is, to spinal lesions; Emissions; Enlarged Prostates; Incontinence of Urine; Cystitis.

Diseases of Childhood:

Bed-Wetting, Mouth-Breathing, Worms, Whooping Cough, Croup, Measles, Mumps, Cholera Infantum, Rickets, the Fevers and their Sequelæ, St. Vitus' Dance, etc.

Diseases of Age:

The Stiffness, Aches and Sluggish Functions of old age are certainly given great benefit. Osteopathic Treatment is worth ten years of life to the average old person.

Diseases of Special Senses:

The Eye—All Disorders dependent upon faulty nutrition. Weak Eyes, Sore Eyes; Dry, Tired Eyes; Granulated Lids, Pterygium, Cataracts; Astigmatism; Blood Clots from traumatic hemorrhages, etc.

The Ear—Catarrhal Deafness, Buzzing, External Irritations, Suppurations, etc.

The Voice—Hoarseness and Loss of Voice, common to public speakers and singers; Hacking Coughs, Chronic Sore Throat, etc.

Taste and Smell in certain cases.

New Growths:

Osteopathy is often able to absorb tumors and has sometimes cured cancers, such as of the breast and uterus, which have been diagnosed as malignant.

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