

Osteopathic Truth

June 1921

Vol. 5, No. 11

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Osteopathic Truth

A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

Pre-Convention Number

Our Guide and Compass

OUR PLATFORM—By Dr. Andrew Taylor Still

It should be known where Osteopathy stands and what it stands for. A political party has a platform that all may know its position in regard to matters of public importance, what it stands for and what principles it advocates. The osteopath should make his position just as clear to the public. He should let the public know, in his platform, what he advocates in his campaign against disease. Our position can be tersely stated in the following planks!

First—We believe in sanitation and hygiene.

Second—We are opposed to the use of drugs as remedial agencies.

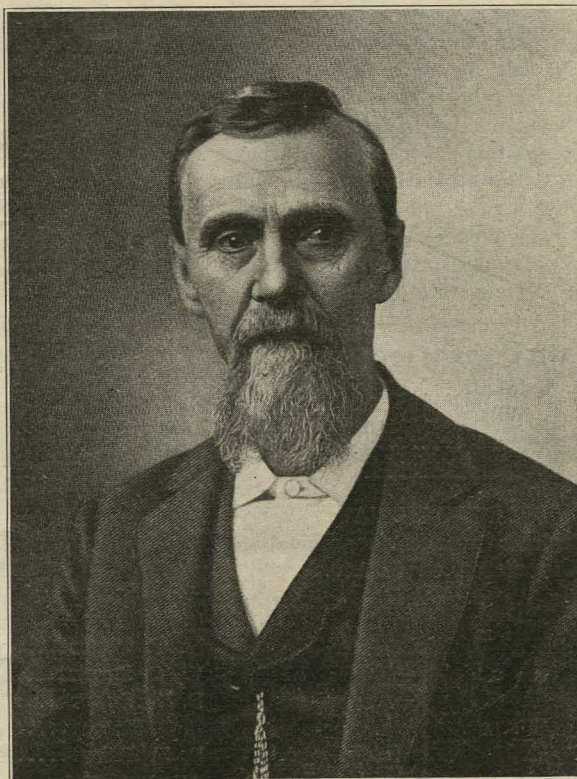
Third—We are opposed to vaccination.

Fourth—We are opposed to the use of serums in the treatment of diseases. Nature furnishes its own serum if we know how to deliver them.

Fifth—We realize that many cases require surgical treatment and therefore advocate it as a last resort. We believe many surgical operations are unnecessarily performed and that many operations can be avoided by osteopathic treatment.

Sixth—The osteopath does not depend on electricity, X-radiance, hydrotherapy, or other adjuncts, but relies on osteopathic measures in the treatment of disease.

Seventh—We have a friendly feeling for other non-drug natural methods of healing, but we do not incorporate any other methods into our system. We are opposed to drugs; in that respect at least, all natural, unharmed methods occupy the same ground. The fundamental principles of osteopathy are different from those of any other system and the cause of disease is considered from one standpoint, viz.: Disease is the result of anatomical abnormalities followed by physiological discord. To cure disease the abnormal parts must be adjusted to the normal;



therefore other methods that are entirely different in principle have no place in the osteopathic system.

Eighth—Osteopathy is an independent system and can be applied to all conditions of disease, including purely surgical cases, and in these cases surgery is but a branch of osteopathy.

Ninth—We believe that our therapeutic house is just large enough for osteopathy and that when other methods are brought in just that much of osteopathy must move out.

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June, 1921

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Twenty Thousand is needed to start this college to a more substantial Osteopathic foundation. When the charter is purchased from the M. D. who now owns it, the school will be placed under the management of the Educational Department of the A. O. A.

The purpose of this campaign is to purchase the charter of the Massachusetts College of Osteopathy from the MD who now owns it, and then to present it to the Educational Department of the AOA who shall manage and conduct the college for the advancement of Osteopathy. This college will thereby become a college owned by the profession in fact. There is a bonded indebtedness against the college which we believe the college with the proper professional backing behind it will be able to pay from earnings, or otherwise if the Educational Department chooses.

Let us put this school on the proper basis — Osteopathically Owned and Controlled.

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Osteopathic Truth

A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

Pledged to the TRUTH which Father Andrew saw,
No favor sways us, and no fear shall awe.

Volume V

JUNE, 1921

Number 11

Shall Osteopathy Set the Pace or Follow?

Let Us Employ a 100 Per Cent Efficient Lay Secretary—Likewise a Lay Publicity Man

H. M. Vastine, D. O., Harrisburg, Pa.

From all quarters comes unmistakable evidence of concern over the Osteopathic situation. No news columns are necessary to herald it—the profession is feeling the pinch itself.

Once we had numerous champions—newspapers, magazines, etc., but they are gradually slipping away, one by one. They have not been cultivated, nor appreciated, officially, and they tire of boosting a seemingly ungrateful cause.

Gradually the profession is passing down the toboggan of public failure.

It began with a brilliant outlook, but the impotence displayed in its promotion is rapidly bringing about its early relegation.

Along with its general decline has gone its Research Institute, what might have otherwise been a powerful driving force for Osteopathy. All these things are but the common fruits of a lack of policy—strict Osteopathic integrity—push and efficiency.

Thus our hold on public opinion is loosening with amazing swiftness.

Another pathetic and costly failure was our ostracism in the great war. This though largely due to our own lack in being big and capable enough in leadership to command the respect that the country could not have failed to grant, is a blighting shadow, a shame on the good and faithful men of our ranks, who, but for such failure, would have rendered conspicuous service to the country and the world.

Many of our best men and women are losing heart, God pity them. They have hoped against hope from year to

year that some real, tangible move forward would take place, but in vain.

Discriminators flourish and so do imitators, and the hopeless, helpless profession is obliged to stand their pelts without leadership or business acumen in our national body to help stay their onslaughts. It proves of little more service than an annual week's convention, and it has at last come home to the rank and file that they stand alone so far as the A. O. A. is concerned; that if it were not for the only semblance of a real organization we possess, our several State Societies, which are far from what they should be because of the deadly lethargy of the parent body—the A. O. A.—they should have to fight a lone-handed fight against heavy odds. They have come at last to taste the gall of bitterness which we saw coming, and for which this little paper, TRUTH, was launched in an attempt to stem through advocacy of clean Osteopathy to check the formidable development of imitators who have found life through our heresy; also to place our organized activities on an efficient business basis.

Thus we might have re-commanded the respect and admiration of men and women of affairs and secured for Osteopathy their support and backing.

We have not capitalized public opinion, and we're losing it. This could easily have been conserved had our affairs been conducted along the right lines which make for the success of any big project.

From an organization standpoint we have not outgrown the stage of

childhood. Pity what might have been a powerful public factor as it has permitted its principles to be compromised, frittered away its opportunities or sacrificed its Soul to the God of personal ambition or selfishness. Any profession that permits its members to break faith with its principles, that lacks the essentials of successful organization or that places self ahead of the cause is bound to hit the rocks sooner or later, for the world hates hypocrisy and it will smite to its doom with unerring certainty any cause that preaches one thing and practices another. The A. O. A. cannot permit its members to traduce the principles of Osteopathy without the whole cause of Osteopathy suffering public disrespect. We are paying a heavy price for winking at the violator.

Some openly say they have drugs in their office and give them whenever they see fit. If an organization stands for anything, how can these things go on? Little wonder we are forfeiting public respect. God forbid that aspersion should be cast on the motives of faithfulness by which many of our men and women have served the profession so unselfishly.

They will not be misguided by the statements herein made—those whom the shoes fit, let them put them on, they need them.

Personal ambition has also made a heavy draft on our resources. It has been a costly liability against our development. The sad part is that a great principle has to be so sorely wounded before its representatives

come to see that they are on the brink of destruction through a false policy. The profession is staggering under these demoralizing handicaps.

Its principles advocate the perfection of body organization in order to secure health, but in its methods of development it adopts the antithesis of its principles—chaos. It is not certain that it fully believes in its tenets. Can the public faith exceed ours?

It is clearly juvenile in organization.

In both of these it moves toward the defeat of its life principles and cannot hope long to survive under them.

Unless both of these points are corrected it writes its own epitaph. Can it yet be saved? Will it be done? Verily it is hard to establish public confidence, but infinitely harder to re-establish a waning confidence. An heroic job lies ahead.

We have tried to point the way to these many years, but our warnings fell on deaf and oftimes the maddened ears of even some whom we felt should see. Now the price is being paid.

Today there are few who don't begin to realize how far afield we are. If we can recover and at least make a telling stride toward what should have been our ends, it must be done with no uncertain, nor sluggish endeavor.

Courageous, capable disciples of Osteopathy must officer the A. O. A. Those who realize the situation and who will set about to put the machinery in order.

A great central business headquarters must be established. A lay secretary—a 100% efficient man, not merely some wire puller's friend either, but one who has the capacity to deliver, should man the office. This is no job for a practitioner. Establish as a part of this office a great national publicity bureau also manned by an efficient lay publicity man. It too is a 100% job and cannot be attended properly by a practitioner.

The secretary's duty should be to reorganize the profession and correlate all of its component parts, and create a going machine.

That this might be aided to complete success, a ways and means committee of our ablest men and women who see these needs should be created to aid the officers and Board of Trustees in advising with the lay Secretary to carry forward the thorough

and sound building of a professional policy.

All of this will require money. We cannot be professional beggars, nor should we. All organizations pay the price of success or they fail. Can we hope to defy the accepted law and win?

Withal Osteopathy must ring true to the world. It cannot continue to sound its false notes, part Osteopathic and part Drug, and command public respect. Unless it plays fair it had better close its doors now, for if it dallies another year, if it does not get down to real business and do things at Cleveland, the day of its decisive defeat is not far off.

Is it not high time that our profession awakes and puts on its old fighting armor and re-wins its place in public esteem?

SOME MIS-USE OF TERMS

M. F. Hulett, B. Sc., D. O.,
Columbus, Ohio.

Under the head "Osteopathic Centers," an article in a recent copy of an osteopathic journal, we find the expression: "Treat first rib close to spine. Treat the nerve just back of mastoid process." Similar statements with as little meaning continue to appear in the same magazine nearly every month.

Gould defines the term treat: "To manage disease by the application of remedies."

Now, what disease is to be managed? And by what method shall we attempt to manage it? One might suggest a serum injection; another, a dose of physic; another, hot packs, electricity, massage, etc., ad infinitum. The suggestion is valueless without diagnosis accompanied by description of the method of treatment.

Perhaps we may reasonably assume that "osteopathic treatment" is intended. But if so, what is the nature of the osteopathic treatment? Osteopathy is not a method of treatment—manipulations—adjustments—it's larger than that. Years ago, at least, we were taught that to "find" the trouble was of first importance, and second, "fix it." Somehow, in those early days the impression that disorder (disease), at least most generally, followed, and, therefore, was the result of abnormal structure. Is it possible that our schools are teaching differently now, and that it has taken the form of "treating" in a hit or miss

manner; that osteopathy is a system of movements instead of a principle relating to the cause of disease? "Back to the backbone" is not a bad slogan, and while we are getting back there, let's forget such expressions as "treat" here and "treat" there.

While making suggestions, it is not out of place perhaps to criticize the expression all too common in our literature: "I gave him Osteopathic treatments." In that sense, "treatments" is poor English. "Treatment," Gould says, is "the means employed in effecting the cure of diseases; therapeutic management or methods." "Treatment" will cover just as much territory as "Treatments," and is much more elegant, and at the same time dignifies the science of osteopathy by lifting it above bath-house nomenclature.

MAY MEETING OSTEOPATHIC SOCIETY OF NEW YORK CITY.

May 21, 1921
PROGRAM

Cranio-Cerebral Topography with Osteopathic Relations. Dr. F. Clyde Humbert, Syracuse, N. Y.

X-Ray Findings as an Indication or Contra-Indication for Osteopathic Manipulations. Dr. Lewis Gregory Cole, New York City.

Progress of Vigilance Committee. Walter J. Trudden, Esq., Brooklyn, N. Y. Vigilance Committee Attorney.

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Convention Program

Osteopathic Women's National Association
Cleveland, Hotel Statler, July, 1921

Saturday, July 23rd

- 2:30 P. M.—Executive Board Meeting with State Presidents.
- 7:30 P. M.—Business Session. Reports of Officers and Chairmen of Committees.
- 8:30 P. M.—“Our O. W. N. Follies.” Direction of Dr. Evelyn Bush.

Monday, July 25th

- 2:00 P. M.—Reports of Presidents of State Ass'ns and City Clubs. Address, Mrs. Lillian Burt of Ohio State Dept. of Health.

Tuesday, July 26th

- 1:00 P. M.—Women's Annual Luncheon, in charge of Cleveland Osteopathic Women. Judge Florence Allen will be honor guest and speaker.

All Osteopathic women and all associate or affiliate members are cordially invited to attend these meetings.

Suggested amendments to the constitution and by-laws of the O. W. N. A. which will be presented at the annual meeting in July, 1921.

CONSTITUTION

Article III, Section 1, shall be amended to read: Membership in this Association shall consist of two classes, Active and Associate.

Article III, Section 3, shall be

amended to read: Women students in Osteopathic Colleges, and other women who are sufficiently interested in the advancement of Osteopathy, shall be eligible to Associate membership.

Article IV, Section 1, shall be amended to read: The Officers of this Association shall be a First Vice-President, a Second Vice-President, a Secretary, a Treasurer and an Auditor, who shall be elected by ballot. In case there is but one candidate, the Secretary may, by unanimous vote, be instructed to cast the ballot.

BY-LAWS

Article I, Section 1, shall be amended to read: The annual dues for Active members shall be five dollars (\$5.00) payable in advance, January 1.

Article I, Section 2, shall be amended to read: The annual dues for Student Associate members shall be one dollar (\$1.00) payable in advance, January 1.

Article I, Section 3, shall be amended to read: The annual dues for other Associate members shall be two dollars and fifty cents (\$2.50) payable in advance, January 1.

Fannie E. Carpenter, D. O., Ch. Press Com., 27 E. Monroe St., Chicago, Ill.

M. A. LANE, TEACHER AND OSTEOPATHIC SCIENTIST

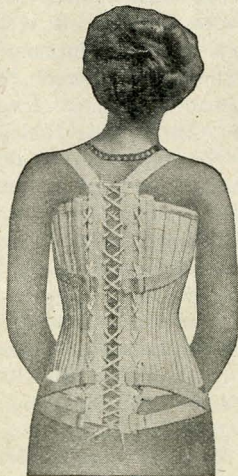
L. E. Page, D. O., Newport, Vt.

The untimely death of Dr. M. A. Lane at Kirksville, Mo., March 19, 1921, was a very distinct loss to the osteopathic profession. Those whose privilege it was to be present at his classes in Biology, Pathology and Immunity at A. S. O. will recall his enthusiasm for osteopathy, his devotion to scientific truth, his wide experience in research, and his remarkable ability to make complex natural processes clear in the student's mind. His greatest work, however, consisted in his attempt to place osteopathy on a scientific basis, and in linking the work of A. T. Still with the labors of the distinguished groups of scientists whose work has revolutionized the conceptions of disease in the last quarter of a century.

The subjects he taught gave him the opportunity of applying the principles of osteopathy to his immense store of scientific learning. The foundation was laid in Biology. The entire animal kingdom was passed in review. The one called amoeba and paramecium were taken as the primitive types of life and it was shown how by continuous development the wonderful structure of the human body has been derived from the protozoon. With dramatic interest he

Continued on page 160

Many Osteopathic Physicians Find It a Great Help



YOU doctors of Osteopathy have the faculty of finding the *cause* of ailments in your patients. You are not given to treating symptoms. You seek out the *source* of trouble. And *very often* you find the source of trouble in the spine—a deflected vertebra, a slight or perhaps well-defined curvature, or tender spots at various points. Now, in cases of that sort, in addition to the regular osteopathic treatment many of your brother practitioners have found a most efficient aid in the

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American Osteopathic Society of Ophthalmology and Otolaryngology

July 21 - 23, Hotel Statler, Cleveland

Dr. Edwards will Demonstrate New Eye Technic

Dr. John H. Bailey, Chairman of the Program Committee of the American Osteopathic Society of Ophthalmology and Oto-Laryngology, reports that the following tentative program has been adopted for the coming Convention at Cleveland. The Convention will be held on Thursday, Friday and Saturday, preceding the A. O. A. National Convention.

In accordance with the resolution adopted by the Society at last year's Convention the program will be half Finger Surgery and half Instrumental Surgery. Osteopathic Methods will be the Keynote of the program.

The Clinics will also be half Osteopathic and half Surgical, and will occupy the morning hours. Dr. J. D. Edwards, of St. Louis, is President of the Society and has promised some startlingly new and effective Osteopathic and Surgical technique on the EYE. Dr. T. J. Ruddy of Los Angeles, Dr. John Deason of Chicago, Dr. Curtis M. Muncie, of Brooklyn, Dr. L. S. Larimore of Kansas City, Dr. W. B. Goodfellow of Los Angeles, Dr. C. W. Young of Grand Junction, Colorado, Dr. Glenn S. Moore of Chicago, Dr. John H. Bailey of Philadelphia, and other pathfinders in Osteopathic Eye, Ear, Nose and Throat work will demonstrate, in the Clinics, the various new ideas they discuss in their addresses. The detailed Clinical Program will be announced as soon as some of the minor details can be arranged, but, in the meantime, it is safe to announce that it will be an intensely interesting and practical demonstration of the superiority of Osteopathic methods in Eye, Ear, Nose and Throat work.

The afternoon sessions will be devoted to Addresses and Discussions. The program, so far as it has been tentatively arranged, is as follows:

Thursday.

1:30 p. m.—Address of the President: Dr. James D. Edwards of St. Louis, Mo.

2:00 p. m.—Dr. J. D. Edwards, "Osteopathic Ophthalmology in the treatment of myopia, glaucoma, incipient cataract, trachoma and other Eye Diseases."

2:30 p. m.—Dr. L. S. Larimore,

"Acute Mastoiditis."

3:00 p. m.—Dr. C. M. Muncie, "Specific Technique for Prevention and Cure of Catarrhal Deafness."

3:30 p. m.—Dr. G. S. Moore, "Static Labyrinth in Relation to Deafness."

4:00 p. m.—Dr. H. McD. G. Bellew, "Why Osteopathy Can Cure Refractive Errors Without Glasses."

4:30 p. m.—Dr. Philip S. Spence, leading Round Table Discussion on What Osteopathy can do to improve and save the vision and hearing of school children, address entitled: "Eye and Ear Defects in School Children Prevented by Osteopathy and Corrective Exercises."

Friday.

1:30 p. m.—Dr. T. J. Ruddy, "Basal Metabolism in Infection."

2:00 p. m.—Dr. John Deason, "The Naso-Pharynx."

2:30 p. m.—Dr. W. B. Goodfellow, "Sinus Irrigation, Dangers, Indications, Limitations."

3:00 p. m.—Dr. D. W. Young, "Treatment of Nose and Throat in Pulmonary Tuberculosis."

3:30 p. m.—Dr. John H. Bailey, "Local Anesthesia in Finger Surgery."

4:30 p. m.—Round Table Discussion on Prevention of Exanthemata and Infections by Osteopathic Treatment and Finger Surgery of Nose and Throat. (Leader to be announced later.)

Saturday.

1:30 p. m.—Business meeting. Election of Officers.

2:30 p. m.—Open meeting. Every one who has something good to tell may read a ten-minute address, followed by five-minute discussion. From among the papers submitted to the Program Committee under this heading, the eight of most general interest will be selected.

4:30 p. m.—Public Welfare. Good of the Order.

Note:—The main papers will be limited to 20 minutes. It is realized that this time is rather short for some subjects. It is therefore arranged that the salient points will be brought out on the platform within the twenty minutes time allotted, and the paper will be printed at length in the Official Journal of the Society.

OSTEOPATHIC—AUTHORITIES

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THE FOUNTAIN HEAD NEWS, (DAVENPORT, IOWA), OF "CHIRO" FAME HAS THE FOLLOWING FROM B. J. PALMER ON PAGE 6 OF ITS ISSUE OF JAN. 15, '21.

"Only 'tother day Mr. McAnnis (maker of Osteopathic tables) called upon us. Spent several days looking us over. He had his entire factory crew with him. Dr. McAnnis and his wife, two of his technical staff and his engineer foreman were all here. They came direct to The Fountain Head to get ideas for the manufacture of Chiropractic tables.

In discussing the downfall of Osteopathy, he and I agreed that one of the serious reasons was their designed attempt to ape the medical profession on education (high standards), and legislation (to kill competition). He commends us on our attitude to keep the standards reasonable, and to beware of the pitfalls of legislation, which is throttling medicine and choking Osteopathy.

Dr. McAnnis has been in the Osteopathy business for many years. They are all graduate Osteopaths—graduates back in the early days under A. T. Still himself. They are in a position to know whereof all they speak."

Clippings From Near and Far

BRANDS MEDICAL ASSOCIATION AS DISGRACE.

Refusal to Allow Convention Draws Fire.

SPRINGFIELD, Ill., May 13.—Protesting action of the Sangamon County Medical Association which yesterday forbid the Illinois Osteopathic Association to hold its convention clinics at St. Johns Hospital, Dr. Hugh Thomas Wise of Rockford, president of the Osteopaths in his annual convention address this morning denounced the medical association as perpetrator of "a shame and disgrace to this great commonwealth."

"Osteopathy," Dr. Wise said, "has won its enviable position in the field of therapeutics on sheer force of merit alone. It has met opposition from the medical fraternity for a quarter of a century and although outnumbered today twenty-five to one, it is steadily gaining ground in public favor and esteem.

RANK INJUSTICE

"The fact that Osteopathic physicians are boycotted from practicing in the hospitals of the state is a shame and a disgrace to this great commonwealth. It is rank injustice. There is only one cause. The same organized gang of self-styled 'regulars' that have fought us 'tooth and nail' ever since we became a separate school are still at it.

UP TO PUBLIC

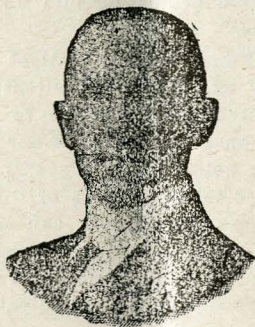
"Who owns the public hospitals? Is it the doctor or the people? You Mr. and Mrs. Taxpayers are the owners. It was your money that builded that hospital and it is your money that maintains it. You have a right to say what form of treatment shall be administered. You have a right as a free-born American to say what doctor you shall have. You are responsible for the care of your body as well as your soul.

"Who shall say you must worship your Creator in this or that particular way? We have religious freedom, but we will cease to be a democracy when we cease to have medical freedom."

The above appeared in the Decatur Daily Review of May 13th, and no doubt was in other papers of Illinois.

From Wood County Sentinel-Tribune, Bowling Green, Ohio, Nov. 18, 1920, page 7.

LOCAL CHIROPRACTOR IS HIGHLY HONORED



Dr. C. E. Norris, a local chiropractor, has been greatly honored in his profession. Thursday the doctor received a telegram from Dr. J. V. McManis of Kirksville, Missouri, which invited him to assist the famous Missourian osteopath in perfecting his new model McManis treatment table.

The invitation came as result of a relationship that the two men had established while attending the Chiropractors' Convention at Chicago last August. Dr. Norris was chosen from among 1000 other chiropractor to instruct the world-wide known osteopath in how to convert his osteopathic treatment table to that of a chiropractor's treatment table.

Dr. Norris will leave this city Saturday evening for Cincinnati where the two doctors will meet at a factory in that city for conference in regard to the Missouri man's invention.

WOOL GROWERS NEEDING SLOGAN

WALDOETTES

"You must sacrifice to grow—I was married in 1915."

"Let your fee tell your patient that all has been done that can be done."

"Palmer doesn't want educated students—we do."

MEDICAL ACT OF STATE HELD NOT CONSTITUTIONAL

Drugless Physicians Win Long Fight.

Springfield, Ill., June 22.—[Special.]—The Illinois medical practice act as revised in 1917 was found unconstitutional in the state Supreme court today. The decision was handed down in the case of Lucius J. Love, a chiropractic of Danville, who refused to take out a license.

The court's opinion holds that the revisions of requirements for chiropractics are unreasonable and discriminatory. The court's action restores the old medical practice act in effect prior to the revision.

It was announced tonight that a motion for a new trial will be filed. In the meantime numerous prosecutions instituted by the state department of registration and education will be held up until this motion is disposed of.

Verdict Is Unanimous.

There is little hope that the revision will be saved, however, as the opinion of the court, which was prepared by Justice Duncan, was concurred in by the full membership of the bench.

The decision is a blow to the state medical society, which spent much time in preparing the revision of 1917, but it brings joy to the heart of President Palmer of the Des Moines, (Ia.) Chiropractic school, who has been protesting against the act ever since its passage. Love, who made the fight in the Supreme court, is a graduate of the Palmer school.

The revision of 1917 was prepared by Charles E. Woodward, now president of the state constitutional convention. Its one weak spot, it seems, was the section which revised the law relating to osteopathy, chiropractics and practitioners other than medical doctors.

Qualifications Unstated.

The old law provided for an examination and the licensing of these practitioners, but did not undertake to specify the qualifications required of applicants for licenses.

In making the revision, applicants for licenses were required to pursue a course of study equivalent to that of the medical practitioners and in addition qualify in their own school. The educational qualification contemplated a period of four years in college.

Love took a two years' course at the Palmer school and then asked to be examined for a license. This was denied, and on advice of his attorney he began to practice for the purpose of testing the constitutionality of the law.

Chicago Tribune, June 23.

"Conditions are always 'peculiar,' but the results are the same, that is, you 'get it in the neck.'"

—Team Work.

Oh, Girl!

LOOK AT THE LIST OF TECHNICIANS WHO WILL SHOW US HOW TO FIX IT

Cleveland

Osteopathic Truth

A MONTHLY JOURNAL OF
OSTEOPATHIC PROGRESS

EDITED AND PUBLISHED BY

PRACTICING OSTEOPATHIC PHYSICIANS
FOR THE OSTEOPATHIC PROFESSION

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PRESENTATION COPIES. When making a subscription for a friend and you desire the magazine to stop at the end of the year, please make a statement to that effect when addressing us.

ADVERTISING RATES

Advertising rates will be submitted upon application to the Business Office in Chicago.

JUNE, 1921

There is a duty to the living more important than any charity to the dead.—Works of Edgar Allen Poe.

Educate That You May be Free

Educate the Educators

Over the door of a certain high school is the legend, "EDUCATE THAT YOU MAY BE FREE."

Every time we have passed the school the phrase has made a deeper impression upon our brain convolutions particularly as it may affect the osteopathic profession and its varied problems.

Educating the Patient

Either educating the patient or the prospective patient seems to be the favorite pastime of most of our profession. A selfish motive seems to activate the motor centers of the brain and unless ten dollars can be seen coming in for every cent spent then the sign "Nothing Doing" is remailed to all appeals from the central offices of our associations.

We must educate the patient in order that they may know more about Osteopathy and its marvelous cures. We must educate the patient to a realization that Osteopathy is good for more than the one thing he came for. We must educate the patient so that he can successfully answer questions and arguments put to him by doubting friends, for the satisfied patient is the best advertising medium—he carries conviction.

Educating the prospective patient may be done in many ways, either by individuals or by groups of individuals. Groups may be either small or large.

Upon our education of the patient and prospective patient will probably hinge his opinion of osteopathy and the idea he has of what osteopathy is good for will govern his use of osteopathy. If our institutions are to grow, if our own practices are to grow then we must never stop educating the patient.

We may educate directly and we may educate indirectly.

Educate the Educators

Educating the educators; teachers, preachers and priests, and newspaper and magazine writers, is the greatest field we have to work with whereby we may reach the prospective patient indirectly, and some patients are only influenced by this indirect method. Our popular literature never strikes home until some individual tells them of our wonderful work.

The newspaper and magazine writers are educating the public one way

or another every day, according to their own ideas about the subject in hand. These people are also looking for some of the same filthy lucre we look for from the patient to buy our daily bread and the other necessities of life. These newspaper folks must have advertising and subscribers in order to have some extra change in their jeans, and they are not going out of their way very much to tell their subscribers all about osteopathy as we know it to be until after we have educated them.

The preachers and priests are next in importance as public educators of the sick for they are constantly in touch with those who need spiritual guidance in the hours of travail.

Both preachers and priests evidently forget that the sickness is due to the disobedience of the laws of God else they would not blame the disease upon the Will of God. Dr. Still's anti-pathology for the preacher and priest was from the fact of their so loudly proclaiming from the pulpit that the Laws of God must be obeyed and then immediately after sit at a meal which transgressed every law of God and the Devil too, or soon thereafter preached at a funeral wherein all the blame was upon the Lord for the death of the beloved. Osteopathy is the very exemplification of the obedience to the Laws of God, and any individual who professes to preach or practice according to His laws cannot but be the greatest booster for Osteopathy.

Education of the preacher and priest is second in importance for our cause.

Educating the teachers is third. Training the child, the future adult, is the task of the teacher and how many times does a teacher have the opportunity presented to him to tell the parents of a child that osteopathy is the only thing that will restore the child to normal. The teacher is held in high esteem by pupils as well as parents and since teacher said that osteopathy was the needed method of treatment then osteopathy it must be.

EDUCATE THE EDUCATORS is a good slogan, but not all educators can be educated directly, so we must go the indirect route to reach them.

Educate the Doctor

Most important of all is the education of the doctor of osteopathy. Can he deliver the goods and how?

If we are to have satisfied patients then we must have the properly trained doctor of osteopathy who can care for his patients as Dr. Still did years ago. We have several patients who formerly went to a certain doctor of osteopathy for a "little rubbing" since that is all the doctor could do; not a single adjustment was ever made and neither could an adjustment be made. The patient went to a kiro hangnail for the adjustment.

The doctor in question was not trained, and along with the lack of proper training the brain has never been used to look about for the reason of a larger growth in practice and more satisfied patients. The lack of proper professional education is with the profession and our schools.

Shall we through our organizations really and truly direct the education of the doctor, by having the properly conducted schools.

Educate That You May Be Free

Educate ourself in order that we may know how to give the patient the best we have in osteopathy is truly a way to free ourselves from adverse criticism that we do not deliver the goods. Imitate Dr. Still for awhile and see what results follow your efforts.

Educate the future doctor aright in order that when he steps into the field he too will care for his patients as Dr. Still did.

Educate the newspaper and magazine men directly by presenting them with our books and magazines in order that they in turn will educate those who read their articles. Our educating must be aright else in their writing they will write as did the editor of the Los Angeles Times a year ago that, "Time was when the osteopaths boasted of the successes of their 'bloodless surgery.' Now, a majority of them have embraced medical fallacies—vivisection, drugging, unnecessary operations and all the rest of it. In short, they have become 'ethical', although the 'regulars' still retain the juicy political plums for themselves. A minority protest at this sacrifice of ideals, but it avails little to stem the wave of commercialism."

Shall we give them an opportunity to score our duplicity or shall we deliver the goods?

The newspaper men will educate the legislator and his education will enable us to get better laws than we now have at present. Educating the newspaper men will free us from the

wrong public opinion and from legal oppression.

Educate the teachers from the standpoint of disgust for the present system of child domination and it will not be long before the system is thrown out of the schools, and we will be freed from the disadvantage of unequal opportunity to care for the child as a future adult. The school doctor's object is to impress upon the mind of the child that he must always see a pill shooter else he has not seen a 'doctor.' An osteopath may be all right when nothing is wrong but we just must have a doctor when we are sick. Education will free the mind of the patient from such rot.

Educate the Doctor.

Educate the Educator.

Educate the Patient.

EDUCATE THAT YOU MAY BE FREE.

SECRETARY'S ANNUAL REPORT OF THE CHICAGO COLLEGE OF OSTEOPATHY CORPORATION

March 10, 1921.

This Annual Report of your Secretary is the eighth annual report given by the present incumbent of that office, this being the eighth annual meeting since the organization of the CHICAGO COLLEGE OF OSTEOPATHY under that title. As this annual meeting marks the expiration of your present Secretary's term of office as a Trustee of your corporation, having served in that capacity since the organization of the Chicago College of Osteopathy, he begs leave to make this report rather a resume' of the past eight years, than simply a report of this last year.

In presenting this report, your Secretary wishes the members of the corporation to fully appreciate that there has been and is just one principle that overshadows every other consideration in the statement, observations and recommendations that are contained herein. That principle may be stated as follows: The Chicago College of Osteopathy, with its hospital and other affiliated institutions, as an institution is of paramount importance; its welfare, its perpetuation and its future success is of far more importance than is the personal ambition of any individual, or group of individuals, associated with it.

Just so soon as any individual places his personal ambition, or his personal opinion, above that of the institution, as expressed by the majority vote of its governing body, just

that soon does he become a liability to the institution and his profession, and ceases to be an asset. For the good of our college and hospital each member of the corporation should appreciate the value of this principle, and govern his actions accordingly.

In reviewing the history of the Chicago College of Osteopathy, it becomes very evident that whatever hazzards have been put in the way of its progress have been the results of statements, rumors, insinuations and actions engendered by the inability, or the unwillingness, of representative members to mold their actions and their activities according to the policies of the corporation as determined by a majority vote of the corporate members or by the duly elected representatives of those members in the government of the corporation.

The immediate predecessor of the Chicago College of Osteopathy was chartered as the "Littlejohn College and Hospital." Being convinced that Chicago was the logical location for a large and successful college of osteopathy, a group of the alumni of that institution sought to learn, if possible, what were the conditions that were responsible for that institution making so little gain in its enrollment, and why it received so little support from its graduates and others of the profession. A committee was appointed to investigate, and this investigation was started in the early Fall of 1912.

Your Secretary who was at that time President of the Alumni Association, sent a letter to every alumnus of the College, asking for confidential replies, giving the reasons for the lack of support for the college from its graduates. A very large majority of the replies indicated that there was a very prevalent belief that the institution was "too much of an individual institution," and too much represented the ideals and ambitions of one or two individuals. The letter made it very plain that until the college broke away from that so-called "one man" plan, it could not expect the support of its graduates, much less the support of other members of the profession.

It was this investigation, and the results thereof that was the starting of the reorganization that developed the CHICAGO COLLEGE OF OSTEOPATHY. Therefore, the underlying principle of the CHICAGO COLLEGE OF OSTEOPATHY has been, and is, an INSTITUTION OF THE OSTEO-

(Continued to page 156)

Convention Program American Osteopathic Association

July 25 to 29, Hotel Statler, Cleveland

Legislative and Educational Conference, Sunday, July 24th

Technic Twice Each Day—Carl J. Johnson, D. O., Louisville, Chairman

Memorial to Dr. A. T. Still

Monday

10:00 to 12:00—Invocation: Rev. J. H. Goldner, Pastor, Euclid Ave. Christian Church, Cleveland, O.
Address of Welcome—Hon. W. S. Fitzgerald, Mayor of Cleveland.

Response to Address of Welcome—Hugh W. Conklin, D.O., Battle Creek, Mich.

President's Address—William E. Waldo, D.O., Seattle, Wash.

Inspection of exhibits.

1:30 to 3:30—Sections.

4:00 to 5:00—Technique. (a) Adjustive technique and osteopathic principles—Carl J. Johnson, D.O., Louisville, Ky., Chairman.

Lumbar Technique.

8:00—Reception and ball.

Tuesday

8:30 to 9:30—Technique. (a) Adjustive technique and osteopathic principles—Dr. Johnson, Chairman.

Innominates.

Demonstrators—H. H. Fryette, D.O.; Chester H. Morris, D.O., Chicago, Ill.
Occiputo-Atlantal Lesions—H. W. Forbes, D. O.

(b) Exercise technique and muscle training—Evelyn R. Bush, D.O., Louisville, Ky., Chairman.

How to Maintain the Correction.

Practical Muscle Building.

10:00 to 10:20—The ductless glands: Arthur M. Flack, D.O., Philadelphia, Pa.

10:20 to 10:40—Goitre: Allan Z. Prescott, D.O., Syracuse, N. Y.

10:40 to 11:00—Experiences and observations in practice: John M. Ogle, D.O., Moncton, N. B.

11:00 to 12:00—Newer knowledge of the relation of oral infections to disturbances in the nervous system. (Motion pictures presenting dental research.) Weston A. Price, M.S., D.D.S., Cleveland, Ohio.

1:30 to 3:30—Sections.

4:00 to 5:00—Technique. (a) Adjustive technique and osteopathic principles: Dr. Johnson, Chairman.

Demonstrator—H. W. Forbes, D.O., Los Angeles, Cal.

The Circulation of the Cerebro-Spinal Fluid.

6:00—Reunions.

8:00—Recreation.

Wednesday

8:30 to 9:30—Technique. (a) Adjustive technique and osteopathic principles—Dr. Johnson, Chairman.

Bedside technique—C. J. Gaddis.

(b) Exercise technique and muscle training: Dr. Bush, Chairman.

Rebuilding the convalescent.

Practical muscle building.

10:00 to 11:00—Psychoanalysis: George Davis Bivin, M.A., Ph.D., Chicago, Ill.

11:00 to 11:15—The visualizing touch: Almeda C. Adams, Cleveland.

11:15 to 12:00—Memorial to A. T. Still: A. L. Evans, D.O., Miami, Florida, Chairman.

A. T. Still—The man and humanitarian—M. F. Hulett, D.O., Columbus, Ohio.

A. T. Still—Physician and philanthropist.

Ellen B. Ligon, D.O., Mobile, Ala.

A. T. Still—Scientist and discoverer—Percy H. Woodall, D.O., Birmingham, Ala.

A. T. Still—Prophet and reformer—A. L. Evans, D.O.

1:30 to 3:30—Sections.

4:00 to 5:00—Technique. (a) Adjustive technique osteopathic principles—Dr. Johnson, Chairman.

Bedside Technic.

Demonstrator—Cyrus J. Gaddis, D. O., Oakland, Cal.

8:00 to 11:00—Boat trip on lake Erie.

Thursday

8:30 to 9:30—Technique. (a) Adjustive technique and osteopathic principles—Dr. Johnson, Chairman.

Sacral technique.

Demonstrator—Franklin Fiske, D.O., New York City.

Sacro-iliac lesions—H. H. Fryette, D. O.

Lesions of the feet—R. K. Smith, D. O.

(b) Exercise technique and muscle training—Dr. Bush, Chairman.

Corrective exercises for the feet.

How to maintain the correction.

Practical muscle building—Dr. Bush.

10:00 to 10:30—Symposium—The delicacy of the human mechanism.

Reactions to treatment—Chas. C. Teall, D. O., Kirksville, Mo.

The Feel of the tissues—Geo. V. Webster, D.O., Carthage, N. Y.

10:30 to 10:50—Some important points in the diagnosis of tuberculosis—supplemented in the laboratory diagnosis section—Francis A. Finerty, D.O., Montclair, N. J.

10:50 to 11:10—The relation of the future of osteopathy to the office organization—T. J. Ruddy, D.O., Los Angeles, Cal.

11:10 to 11:30—Diagnosis—George A. Still, M.S., M.D., D.O., Kirksville, Mo.

11:30 to 12:00—Petering out at forty—Rowland Haynes, Director Cleveland Recreational Council, Cleveland, O.

1:30 to 3:30—Section.

4:00 to 5:00—Technique. (a) Adjustive technique and osteopathic principles—Dr. Johnson, Chairman.

The lymphatic system—F. P. Millard, D. O., Toronto, Ont.

7:00—Banquet.

Friday

8:30 to 9:30—Technique. (a) Adjustive technique and osteopathic principles—Dr. Johnson, Chairman.

Dorsal Lesions—H. R. Holmes, D. O.

Cervical technic—C. J. Johnson, D. O.

(b) Exercise technique and muscle training—Dr. Bush, Chairman.

Restoring Muscular Tone.

SECTIONS

"Each section shall meet at the time of the annual session of the Association, and shall not hold more than two meetings for formal program, but may hold a third for business or informal conference." By-laws, page 165, A. O. A. Directory.

DAY	Eye, Ear, Nose and Throat	Gastroenterology	Gynecological	Nervous and Mental	Obstetrics	Pediatrics	Laboratory	Public Health	Surgery
Monday...	#	#	#			#			
Tuesday...	#	#		#					#
Wednesday					#	#	#	#	#
Thursday..			#	#	#		#	#	

Practical Muscle Building.
10:00 to 1:00—Address—Mr. Philip Gray, Chairman, Board of Directors, Detroit Osteopathic Hospital, Detroit, Mich.

The natural laws safeguarding health—C. B. Atzen, D.O., Omaha, Neb.
The relation of the profession to its institutions—W. Curtis, Brigham, D.O., Los Angeles, Cal.

Resume of House of Delegates proceedings.
Installation of officers.

EYE, EAR, NOSE AND THROAT SECTION

Curtis H. Muncie, D.O., Brooklyn, N. Y.
Chairman

Monday, July 25th

1:30—Treatment of acute otitis media. Discussion—L. M. Bush, D.O., Jersey City, N. J.

1.50—Pharyngeal technique. Demonstration of finger technique—John Deason, D.O., Chicago, Ill.

2:45—"Vertigo." Discussion—Glenn S. Moore, D.O., Chicago, Ill.

3:15—Deafness in middle age prevented by proper treatment in childhood—Wm. Otis Galbreath, D.O., Philadelphia, Pa.

3:45—Business meeting.

Tuesday, July 26th

1:30—The nasal respiratory function—L. S. Larimore, D.O., Kansas City, Mo.

2:00—Finger surgery of the eye, ear, nose and throat. Technique demonstration—James D. Edwards, D.O., St. Louis, Mo.

3:00—Technique of local anesthesia in nasal chambers. Demonstration, discussion—T. J. Ruddy, D.O., Los Angeles, Cal.

3:45—Specific technique for detached retina and congenital nystagmus—Curtis H. Muncie, D.O., Brooklyn, N. Y.

GASTROENTEROLOGY SECTION
Charles J. Muttart, D.O., Philadelphia, Pa.
Chairman
Supplemented by Laboratory

Monday, July 25th

1:30 to 1:50—Hemorrhoids and their relation to gastro-intestinal diseases—Nettie M. Hurd, D.O., Chicago, Ill.

1:50 to 2:30—Demonstration of the use of colon dilators—C. W. Young, D.O., Grand Junction, Colo.

2:30 to 2:50—X-Ray diagnosis of gastro-intestinal conditions—Francis A. Finnerty, D.O., Montclair, N. J.

2:50 to 3:20—Colon irrigation—Hugh Conklin, D.O., Battle Creek, Mich.

3:20 to 4:20—Palpitation of the colon with special reference to the cecum—Charles C. Teall, D.O., Kirksville, Mo.

4:20 to 5:00—Business meeting.

Tuesday, July 26th

1:30 to 2:00—Gastro-intestinal reflexes—S. V. Robuck, D.O., Chicago, Ill.

2:00 to 3:00—Viceroptosis and Technique of adjustment—Dayton Holcomb, D.O., Pasadena, Cal.

3:00 to 3:30—Gastro-intestinal clinic—Charles J. Muttart, D.O., Philadelphia, Pa.

3:30 to 4:00—Chronic appendicitis—D. S. B. Pennock, D.O., Philadelphia, Pa.

4:00 to 4:30—An original office treatment for hemorrhoids—C. E. Amsden, Toronto, Can.

4:30 to 5:00—Abdominal exercises—Andrew A. Gour, D.O., Chicago, Ill.

GYNECOLOGICAL SECTION

Dena Hansen, D.O., Moose Jaw, Sask.
Chairman

Monday, July 25th

1:30—Anomalies of pelvic organs—their causes and treatment—Anna E. Northup, D.O., Moose Jaw, Sask.

1:50—Salpingitis—Nettie H. Hurd, D.O., Chicago, Ill.

2:10—Tuberculosis of fallopian tubes—Robert D. Emery, D.O., Los Angeles, Cal.

2:35—Surgery of fallopian tubes and ovary—George A. Still, M.S., M.D., D.O., Kirksville, Mo.

3:00—Discussion—Harry C. Collins, D.O., Chicago, Ill.

3:25—Business meeting.

3:30—Clinics—Ella D. Still, D.O., Kirksville, Mo.

Thursday, July 28th

1:30—The endocrine in gynecology—Percy H. Woodall, D.O., Birmingham, Ala.

2:00—Dysmenorrhea—Frances Graves, D.O., Boston, Mass.

2:25—Osteopathic treatment of pelvic diseases—Grace Simmons, D.O., Milan, Mo.

2:45—Discussion Cecelia G. Curran, D.O., Philadelphia, Pa.

3:15—Clinics—Ella D. Still, D.O., Kirksville, Mo.

LABORATORY DIAGNOSIS SECTION

Thomas R. Thorburn, D.O., New York, N. Y.
Chairman

Wednesday, July 27th

1:30 to 3:30—No formal program. This section co-operating with the Chicago College Laboratory Exhibit will be devoted to the demonstration of laboratory technique and the study of interpretations.

3:30—Business meeting.

Thursday, July 28th

1:30 to 3:30—Continuation of Wednesday's Program.

OBSTETRICS SECTION

Blanche Mayes Elfrink, D.O., Chicago, Ill. Chairman

Wednesday, July 27th

1:30 to 2:30—Indications for Caesarean Section—Harry L. Collins, D.O., Chicago, Ill.

2:30 to 3:30—Toxemia of Pregnancy—C. B. Blakeslee, D.O., Indianapolis, Ind.

3:30 to 4:30—Obstetrics in the Home—Emma R. Cobb, D.O., Kalamazoo, Mich.

Thursday, July 28th

1:30 to 2:30—Mechanics of Obstetrics—Edward G. Drew, D.O., Philadelphia, Pa.

2:30 to 3:30—Difficulties in Obstetric Practice and How to Overcome Them—Frank L. Bigsby, D.O., Kirksville, Mo.

3:30 to 4:30—Antepartum Care—Olive Williams, D.O., Worcester, Mass.

PEDIATRICS SECTION

Harry W. Sutton, D.O., Galt, Ontario
Chairman

Monday July 25th

1:30 to 2:00—The infectious diseases—Effie O. Jones, D.O., Evans-ton, Ill.

2:00 to 2:15—Discussion.

2:15 to 2:45—Transforming the de-formed spine—F. E. Dayton, D.O., Es-canaba, Mich.

2:45 to 3:00—Discussion.

3:00—Business meeting.

Wednesday, July 27th

1:30 to 3:30—Mental defectives—Raymond W. Bailey, D.O., Philadel-phia, Pa.

PUBLIC HEALTH SECTION

Jenette M. Bolles, D.O., Denver, Colo.
Chairman

Wednesday, July 27th

1:30 to 3:30—Conference—public health work in my community, with informal discussions.

Jenette H. Bolles, D.O., Denver, Col.

Raymond C. Ghostly, D.O., Edmon-
ton, Alberta.

Florence A. Covey, D.O., Portland,
Me.

Evelyn R. Bush, D.O., Louisville,
Ky.

Illustrated with slides.

Conference—Public Health Work,
with informal discussion.

Thursday, July 28th.

1:30 to 3:30—Reports continued.

Harry M. Goehring, Pittsburgh, Pa.

Ellen B. Ligon, D.O., Mobile, Ala.

Curtis W. Brigham, Los Angeles,
Cal.

Illustrated with slides showing the
effects of bad posture.

Business meeting.

3:30—Business meeting.

Thursday, July 28th

1:30 to 3:30—Continuation of
Wednesday's program.

SURGICAL SECTION

George J. Conley, D.O., Kansas City,
Mo.

Chairman

Tuesday, July 26th

1:30—Preparation and after-care of
surgical patients—O. O. Bashline,
D.O., Grove City, Pa.

2:15—Blood transfusions—their use
and technique—W. Curtis Brigham,
D.O., Los Angeles, Cal.

3:00—Acute Conditions of the Fe-
male Pelvis—Simon Peter Ross, D.O.,
Philadelphia, Pa.

3:45—General discussion of all
papers.

Wednesday, July 27th

1:30—X-Ray findings of lesion of
the gastro-intestinal tract—F. J.
Trenery, D.O., Des Moines, Ia.

2:15—Surgical treatment of gonor-
rheal complications—case reports—
Frank L. Bigsby, D.O., Kirksville, Mo.

3:00—General discussion.

3:45—Business meeting.

**SECTION IN NERVOUS AND MEN-
TAL DISEASES**

J. Ivan Dufur, Philadelphia, Pa.

Chairman

Tuesday, July 26th

1:30 to 2:10—Clinic, nervous and
mental diseases—Harry W. Forbes,
D.O., Los Angeles, Cal.

2:10 to 2:50—Focal infections as
causes of insanity (with a record of a
number of cases)—J. Ivan Dufur, D.O.

2:50 to 3:10—Reflex irritation of
the nervous system from prostatic
hypertrophy—J. O. Sartwell, D.O.,
Boston, Mass.

3:10 to 3:45—Official causes of
nervous diseases—Hedley V. Carter,
D.O., Baltimore, Md.

3:45—Business meeting.

Thursday, July 28th.

1:30 to 2:10—Clinic, nervous and
mental diseases—L. Von H. Gerdine,
D.O., Macon, Mo.

2:10 to 2:30—Epilepsy—Hugh W.
Conklin, D.O., Battle Creek, Mich.

2:30 to 3:00—The blood and its re-
lation to mental functions—Chas.
Haggard, D.O., New York City.

3:00 to 3:20—The Wasserman test
in mental diseases—A. S. Bean, D.O.,
Brooklyn, N. Y.

3:20 to 3:40—Psychotherapy in
mental diseases—H. R. Holmes, D.O.,
Chicago, Ill.

3:40 to 4:00—Internal secretions
and their relation to mental functions
—E. E. Tucker, D.O., New York City.

C. C. O.**Secretary's Report**

(Continued from page 153)

**PATHIC PROFESSION, BY THE
OSTEOPATHIC PROFESSION AND
FOR THE OSTEOPATHIC PROFES-
SION.** This slogan has always been
before your Board of Trustees since
the organization of the Chicago
College of Osteopathy, and every ac-
tion taken by the majority of that
Board has been actuated entirely and
unalterably by that motive.

In 1916, it was thought to be to the
best interests of the College to apply
for and endeavor to receive the regis-
tration in the State of New York.
This registration was granted. It
necessitated the inconvenience of
some seventeen students who were
not qualified according to the New
York standards. This action was
criticised by some of the students
and by some members of the profes-

sion, but it has proven to the advan-
tage of the college, though it entailed
a monetary loss for a few years.

Always having in mind the best
interests of the Osteopathic profes-
sion, and of the college, the majority
of the Board have "hewn to the line,
letting the chips fall where they may."
The great World War came on and
the draft made great inroads into our
student enrollment. We needed ad-
ded support from the profession. It
was not forthcoming, principally be-
cause we were occupying property not
our own and for which, many of the
profession asserted, we were paying
too much rent. A change had to be
made.

The opportunity presented itself to
purchase our present fine property.
Due to the endeavor of other parties,
trying to get this property, our first
moves had to be kept practically lim-
ited to the knowledge of the Board
members. After making our first
payment, so that the property was
secure, we could, and did, take the
entire profession into our confidence,
and told the members thereof of our
wonderful opportunity, and asked the
co-operation of the Osteopathic Phy-
sicians in this community in the
financing of this property. At this
time practically the entire bur-
den of this venture had to be borne
by a very small number of our profes-
sional members because of the lack
of co-operation from the majority of
the profession in this community.
However, much criticism was made
of the secrecy that was at first nec-
essary, and many used that as an
excuse for not co-operating in the
establishment of this excellent institu-
tion. Among the critics were those
who, instead of refusing to co-
operate, started and spread rumors
derogatory to the members of the
Board of Trustees and to the College,
even insinuating dishonesty and ul-
terior motives. Practically all of these
critics were those who would do little
or nothing of a constructive or help-
ful nature.

Because they could not agree with
the policies adopted by the majority
of the corporate membership, or by
the majority of the Board of Trustees,
there have been members who have
withdrawn from the corporation, or
from active participation in its gov-
ernment. It is indeed regrettable
that any member, or group of mem-
bers, of any organization should take
the position that they cannot, and
will not, co-operate with the other
members of an organization when a

policy contrary to their personal desires is adopted by that organization. One then assumes the position that his opinion is of greater consequence than the majority opinion of his organization. He is then placing his personal opinion above that of the institution.

Any and all disaffections, rumors, insinuations of dishonesty, suggestions of misappropriations and infidelity to the institution's welfare are injurious to the college and hospital, and to the entire Osteopathic Profession. The greatest benefit to the institution would result from the harmonious submission of the minority to the decision of the majority; not necessarily giving up the minority's ideals and policies, but by straightforward argument and work try to convince the majority that it is in error, and thus gain the victory of the minority's policies. If there is criticism, make it to your Board of Trustees or to your officers, and they will try to overcome the causes thereof; if the services of your college or of your hospital are not satisfactory, tell it to the Board members, or to the Dean, or the Superintendent. It is surprising how many of our profession will have something go wrong in the college or in the hospital, and instead of letting the Board know of it, they will go out and knock and do everything possible to injure their OWN INSTITUTION.

Your Board of Trustees and the Dean and the Superintendent want your institution to be the best, the most accommodating, the cleanest, the most efficient, and the most pleasing institution of its kind in the country. Could it possibly be to their advantage to have it otherwise? Then isn't it perfectly logical that they should want to correct every error and complaint that they know of? Why, then, tell your troubles to others and not to them? Does it help your hospital any to spread these criticisms among the laity? You would be surprised if you knew how often members of the laity, who are faithful to our institutions, bring us reports and untrue statements from members of the profession who are not as loyal to their profession and its institutions as are these laymen to whom they spread this derogatory gossip. It is indeed true that more impediments to our professional progress come from within the profession than from without.

During the past year, your Board of Trustees have met twenty-nine

times, and spent sixty and one-half hours in actual session. The Executive Committee, which is composed of the Officers and the Dean, have spent almost as many additional hours in considering institutional problems.

The following is the record of attendance of the Board members during the past year:

Of the 29 meetings, this is the attendance:

Dr. Bischoff, 27; Dr. Carpenter, 26; Dr. Foreman, 21; Dr. Myrtle Fryette, 18; Dr. Jessie O'Connor, 17; Dr. Comstock, 17; Dr. Deason, 14; and the Dean, 22.

Dr. J. B. Littlejohn resigned September 23, and out of a possible 20 meetings, he attended 7.

Dr. H. H. Fryette resigned June 3, and out a possible 10 meetings, he attended 8.

Dr. J. C. Groenewoud's term of office as representative of the Illinois Osteopathic Association expired July 1, and out of a possible 15 meetings, he attended 10.

On June 28 the election of the representative members of the Illinois Osteopathic Association to the Board of Trustees was held. Due to a change in the By-Laws of the College the Illinois Association was granted five members on the Board to be elected for one, two, three, four and five years respectively. Beginning next year one member will be elected each year for a term of five years. Out of a possible 14 meetings since their election, they have attended as follows:

Dr. Hal. W. Shain, Chicago, 14 meetings; Dr. J. M. Fraser, Evanston, 9 meetings; Dr. C. P. McConnell, Chicago, 1 meeting; Dr. C. E. Medaris, Rockford, 1 meeting; and Dr. C. E. Tilley, Lincoln, none.

Due to their distance from Chicago, we can hardly expect Drs. Medaris and Tilley to attend more than the Annual and Semi-annual meetings.

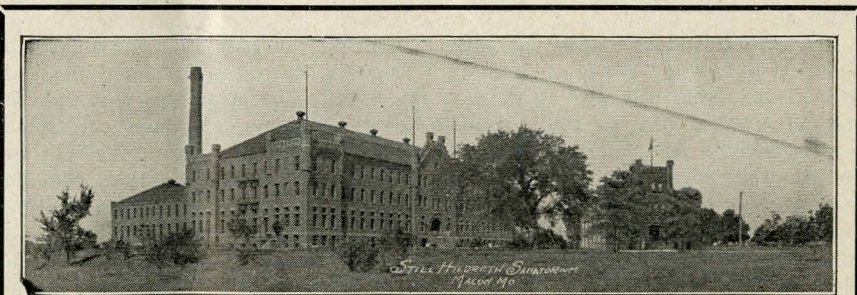
Following the Annual meeting last year the following officers were elected for the year:—

President, Dr. George H. Carpenter; Vice-President, Dr. James B. Littlejohn; Secretary, Dr. Edgar S. Comstock; Treasurer, Dr. Fred Bischoff.

Upon the resignation of Dr. Littlejohn, Dr. Myrtle W. Fryette was elected to fill out the unexpired term of the Vice-President.

Request was made by the College for recognition of our Obstetrical Department by the State Department of Registration and Education. An Investigating Committee, composed of Dr. Worthy Noble and two other Medical gentlemen, came to inspect the work of that department, and the real objection to our department was that we had only one medical graduate on its staff, while the other four members were graduate Osteopathic Physicians. The amount of experience these members had had would not count.

Dr. Blanche Elfrink reported having had a conversation with one of the members of this inspecting committee in which she asked the clinical re-



Still-Hildreth Osteopathic Sanatorium

MACON, MISSOURI

DEDICATED TO THE CURE OF NERVOUS AND MENTAL DISEASES

Address All Communications
to the Above Institution.

A. G. HILDRETH, D. O.
Superintendent

C. C. O.
Secretary's Report

(Continued from page 157)

quirements, as well as other requirements, to meet the satisfaction of the State Department in our obstetrical work. She was informed that unless we engaged in our Obstetrical Department, medical graduates to oversee the clinics, no amount of clinical work would be considered adequate. Dr. Elfrink proposed, with the sanction of the other members of her department, that we add to our present staff in Obstetrics, four or five Osteopathic Physicians who were also medical graduates and who had medical licenses, to meet this requirement until our department was accepted by the State Department. This was authorized by the Board of Trustees.

The books of the Corporation were audited by Archibold Harris and Company at the end of the fiscal year, August 31, report of which is open to the inspection of any member of the corporation.

During the year the Treasury Department of the United States Government officially exempted donations and contributions to the Chicago College of Osteopathy from taxation.

Also during the year the Board of Trustees established free Obstetrical and Surgical beds, and in order to more nearly meet the cost of educating our students the matriculation fee was raised from \$5.00 to \$10.00, and the tuition from \$50.00 per quarter to \$60.00. M. W. Bowen resigned as Business Manager and was appointed Field Manager for the purpose of soliciting memberships and contributions.

The pay of student nurses has been raised to \$20.00 and \$25.00 per month, there being great difficulty in getting student nurses, due to the demand for women in the mercantile field and the high wages paid. The nurses' home is now located in a three story building on the north-west corner of Ellis Ave. and 54th St. It is very pleasant and very conveniently located. The Women's Auxiliary to the Hospital have done great work in making this house for the nurses home-like and attractive.

The Board of Trustees had prepared and adopted a Budget upon which the expenditures of the College and Hospital are being based for the current year. This Budget appears on pages 18 and 19 of the Year Book.

There have been 105 LIFE MEMBERS admitted to the corporation this year to March 1st, most of whom

are members of the profession in Illinois, New York, Wisconsin, Indiana and Michigan. An active campaign is now in progress to add to this membership about an equal number of laymen, and to raise a "foundation fund" for the purpose of paying off the mortgage indebtedness and making such additions and improvements as will be necessary in the near future.

The Hospital has been running to full capacity recently and the College has over 200 students enrolled, with a small class graduating in June and a probable addition of nearly one hundred new students in the Fall. What are we going to do with them? We shall have to have more college room. Does it mean a new building for either the college or the hospital?

A Layman's Committee has been recently organized, with Mr. John H. Witter, of the Chicago Boys' Club, as its Chairman. This committee is organizing an active campaign for contributions, large and small. The committee is asking for lists of friends and patients to whom may be sent literature now being prepared, which it is guaranteed will not be offensive in any way. This literature will tell these friends and patients what has been accomplished and what is going to be needed, as well as tell them of our plans for the future. These lists will in no way fall into the hands of any Osteopathic Physicians, as they will be handled entirely by this Laymen's Committee, so no physician need hesitate to send their lists to this committee. Send your lists to Mr. Perry S. Patterson, Tribune Building, Chicago.

During the past year the Board of Trustees has spend a good deal of time in going over the By-Laws of the Corporation, and have attempted to so amend them that they will be much more democratic than the old ones; and so that the organization and management of our College and Hospital shall be much more efficient and satisfactory than has been heretofore possible. All the "Red Tape" possible has been cut out of the administration of the Board's orders and the policies adopted, and the attempt has been made to make the election of your representatives as democratic and fair as possible. These By-Laws are to be ratified at this meeting, or ordered amended as the majority of the voting members present shall decide.

Whatever changes may be made in the personnel of your Board of Trus-

tees at this meeting, the Board that shall represent you during this next year will solicit a better spirit of cooperation from each and every member of the corporation, a more pronounced spirit of boosting your own institution, and less pronounced spirit of destructive criticism (which doubtless is often thoughtlessly given), a displacing of whatever personal ambitions may exist in any of us by an institutional spirit and pride, and an enthusiastic spirit of happy co-operation and good fellowship. May we not, all of us, forget our personal differences, our tendencies to spread loose gossip and rumor, and forge ahead with an unified determination and effort to make the Chicago College of Osteopathy and the Chicago Osteopathic Hospital the best and biggest institutions of their kind in existence.

Our only ambition is that the Chicago College of Osteopathy and the Hospital shall rapidly grow and shall attain a reputation of efficiency and thoroughness that shall not be equaled by any other like institutions. We beg of you, for the sake of the profession that you represent, for the sake of your College and Hospital, and for the sake of posterity, to pull together, to eliminate all possibilities of factions, to work for harmony and not discord, to give, give, give until it hurts (give of moral support, of financial support, of good will and kindness), and boost, Boost, BOOST. YOU'LL BE SURPRISED HOW GOOD IT WILL MAKE YOU FEEL.

Respectfully submitted,
(Signed) E. S. Comstock,
Secretary.

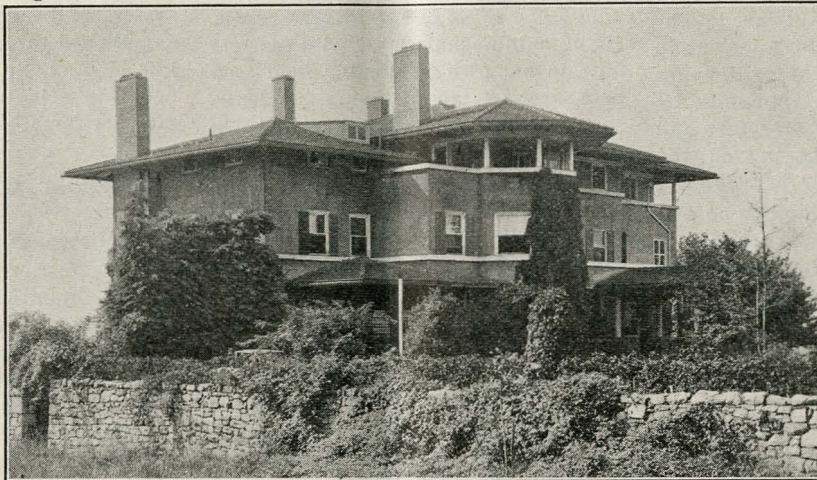
**DR. JOHN OGLE OFFERS \$5,000 TO
AMALGAMATED SCHOOLS**

Dr. John Ogle of Moncton, N. B., who has just started the Ogle-Colpitts Silver Black Fox Ranch makes a most generous offer to those who would like to become interested with him in this very profitable industry in that he will give a per cent of what they invest with him back to the school proposition which we have advocated. This fund is not to exceed \$5,000.

We hope to tell you more about this plan later on and would be glad to have any of you talk to us about it while in Cleveland. The Silver Black Fox farms in which Dr. Ogle is already interested are paying from 50 to 150 per cent profit.

We thank Dr. Ogle for his most generous offer to the profession.

Doctors Usually Excel in One Thing



“THE MILK AND REST
CURE GETS RESULTS”

FIVE years' experience in our Milk Diet treatment combined with Osteopathy is why we excel in this one thing. It is a marvelous remedy when given properly. Doctors, like merchants, have goods to sell and the splendid results by our Milk Diet method are the merchandise you may be in need of. Every patient treated Osteopathically. Terms moderate.

The Moore Sanitarium

Office: 908 Selling Building
PORTLAND :: OREGON

M. A. Lane, Teacher and Osteopathic Scientist

Continued from page 149

would sketch the processes of metabolism and reproduction in the lower forms. He would point out the resemblance and its significance between the development of the ovum and the phylogenic development of the race. He expounded with remarkable clearness the theories of natural selection, survival of the fittest, Wiessmann's theory of germ plasm, and so on through the intricate field of modern Biology. His extensive knowledge of the biography of the discoverers enabled him to lighten the discourse with anecdotes from the lives of the scientists themselves.

Not only did he present the facts of Biology interestingly but he taught the student to think in a scientific manner and prepared him for the subjects of Pathology and Immunity by explaining how the very structure and physiology of the body proved the soundness of osteopathic principles.

In his teaching of Pathology he emphasized the fact that the intelligent physician must see in his mind's eye the actual cell changes going on in the diseased body before him. The processes of inflammation, degeneration, tissue repair, and the reaction to cell toxins, were taught not as cold scientific facts, but as actual happenings with which the physician and particularly the osteopath are intimately concerned. The histological and chemical changes which give rise to the signs and symptoms of disease were shown as protective efforts of the body, as the processes by which disease is replaced by health. It was then shown how osteopathy could be intelligently applied by a thorough understanding of the tissue changes in disease.

The most practical of his subjects and the one in which he was most interested was immunity. To him all the work done by the great immunologists of Europe and America in the last twenty-five years was but proof and confirmation of what A. T. Still had set forth as the principles of osteopathy before them.

It was almost with reverence that he would refer to A. T. Still as the originator of the grand generalization that the body reactions cured disease which was proved by Erlich, Metchnikoff, Bhering, Koch, and a host of others. No student could attend his course in immunity without feeling that before him was a man who could

place osteopathy on a scientific footing and who could place the name of A. T. Still above any of the scientific men of his time.

His method of teaching was unique. He followed no textbook and used no notes, because he had need of none. He presented his facts as such because he had proved each one in the laboratory. He was modest about his own achievements. It was almost with confusion that he referred to his own original research work on the pancreas.

His range of learning was enormous and his versatility remarkable. He was familiar with at least five languages and often when giving the derivation of scientific terms from the Latin or Greek he would comment on points of syntax of the foreign words. His minute acquaintance with matters outside his own particular field may be shown by the following incidents. In describing the minute structures of the alveoli of the lungs he referred to the atrium, so-called from its resemblance to the main room in a typical ancient Roman house. He then proceeded to describe in detail the structure of Roman houses, giving the Latin for each named part. On another occasion when speaking of the chemistry of the alcohols he gave a description of the beverages of the ancient Scandinavians and also an exact and accurate account of the mythology of those people.

As a result of his extensive scientific training he was inclined to be slightly materialistic in his thinking. But nevertheless he regarded life itself and the manifestations of nature with a reverence that was truly religious. When asked concerning the bearing of scientific facts to religion he would close the argument in these words: "When you learn any proven fact of nature that interferes with your religion, you must adjust your religion to the fact."

Great as he was as a teacher he was greater as an osteopathic scientist. He regarded osteopathy as the practical application of a great truth of natural science. As an exponent of osteopathic principles he emphasized the fact that the two things of most importance given to the world through osteopathy are, the principle that the biological curative powers of the body are the sole means by which disease is really overcome, and the application of that principle in osteopathic technique.

He realized and taught as no one else in the profession had that osteopathy must stand or fall on its scien-

tific merits. He wished to demonstrate by actual experiment the connection between osteopathic technique and observed clinical results, particularly in the infections. Had he been spared to continue his researches there is little doubt that he would have finally solved his problem. The most of his time was employed in teaching and preparing laboratory material for his classes. It is doubtful if there is anyone who is capable of taking up the task at the point where he left it. Some day his dream will be fulfilled and osteopathy will be established on as firm a scientific basis as he hoped.

It is to be remembered that when osteopathy is placed on a secure foundation and becomes a truly scientific system of healing that it will be accomplished through the efforts of men like M. A. Lane who can interpret in accurate scientific terms the principles set forth by our beloved founder.

RETROSPECT AND PROSPECT.

W. J. Novinger, D. O., Trenton, N. J.

Four hundred years ago, Luther protested, not against Religion, not at all, only to correct what he perceived to be wrongs. So did Dr. Still, who, also being a leader in his profession, protest against the wrongs, not against the Medical Profession, but against those wrong methods of diagnosing and treating the sick that he and his loyal followers have ever since been proving him to have brought about a real reform.

He never doubted the honesty, or denied the great good done by medicine, but he did find a better way.

The over-zealous Osteopath who sees no good in Medicine is quite as culpable as the Medic who in his ignorance or bigotry holds Osteopathy as a fake, for Truth will prevail. Osteopathy is an exact and demonstrable fact. Not only in curing most cases given up by Medicine, where in fact it made its first great appeal, but also in treating the acute ills of all kinds with greater efficiency and facility than had ever been dreamed of before its advent.

For argument's sake admit all that is claimed for medicine, then go back over Osteopathic history and note what Dr. Still's disciples have accomplished in Diptheria, Typhoid Fever, Pneumonia, etc. Also in the realm of Surgery or in the borderland between Surgery and Medicine, Osteo-

Allopathy Must Not Man Osteopathy's Boat

Asa Willard, D. O., Missoula, Mont.

pathic Practitioners of many years experience are not few who have yet to order the first Ovary, Uterus or Appendix removed. More than 90 per cent of the surgical practice can be averted when the cases are handled by a competent Osteopath.

To Dr. Still and those of his followers who have stood loyally by and used only Osteopathy as he practiced, taught and wrote it in his published works are we indebted for this great and growing science and to these and their followers must we look for its perpetuation.

During the first half of the period since Osteopathy has been taught we stuck as close to Dr. Still and his views as we could and we prospered, perhaps too well for our own and, the profession's good, for we began to broaden out in the teaching at the Colleges, also we got caught in the Medical web and were tricked into agreeing to be governed by Medical standards and taking Medical State Board examinations. Was it not Dr. Still himself who said it was as unfair for an M. D. to examine an Osteopath as for a Catholic Priest to examine a Baptist Minister.

Having lengthened our course and in many states being required to take the Medical Board Examination has brought about a condition of strangulation of Osteopathy, this in turn deterred making of converts from which student recruits must come, also it left the field exposed to the proselytting of the Chiro Imitator.

For the past fifteen years Osteopathy has vacillated, been in the doldrums as it were, its schools, practitioners and organizations drifting with the whims of fancy. Fortunately within the past three years there has been a reawakening to the need of a rebirth, a going back to first principles, a revival and a conversion, consolidation and consecration to the truth that The Law of The Artery Is Supreme.

Not for a decade have the members of the profession been so intent and earnest at all our conventions to see the adjustment technique demonstrated. This is a sign of health and can result only in a renewal and forward movement of Osteopathy to the end that it will soon be the universally accepted method to regain and maintain normal, physical, mental and moral health.

Are you giving Osteopathic treatment, fixing the causes of perverted function as did Dr. Still and adding

In a recent issue of the American Medical Association Journal Dr. Wm. J. Mayo delivers himself as to Osteopathy as follows:

"This cult has tried to improve its educational basis, but it is doomed. To tell a man that his knees or ribs or other visible parts of his anatomy are dislocated may be credited for a time, but if he compares these parts of his anatomy with those of members of his family, or perhaps joins a Y. M. C. A. physical training class where he may see other men's ribs or knees, he loses faith because of the absurdity is evident. Poor osteopathy, Chiropractic has stepped in and taken the spine out of osteopathy. Every man knows that he has a spine, but it is behind him, he cannot see it, and therefore he cannot get those enlightening comparisons open to most patients of osteopathy. Chiropractic does less good, perhaps, than osteopathy, but it has a better alibi, with a shrewder conception of the possibilities of concealment of the absurd.

Can we wonder that the public at large fails to appreciate the essential differences between what we speak of as functional nervous diseases and their mimicry of the physical, when we as a profession have so little knowledge concerning these matters? In these cults is represented treatment without knowledge, in response to the desire of the people for a remedy for existing ills, real or imaginary. The "patent medicine" business is based on the same desire for a remedy and a suggested cure. The public is satisfied with each cult until its failure becomes known."

Events of the last few years have forcefully emphasized that the only hope of Osteopathy's developing to its greatest possibilities and opportunities lies in the osteopathic profession's maintaining its professional independence in legal regulation and otherwise.

This contribution of Dr. Mayo's is another bit of evidence to that end.

a constant accumulation of cured human beings to the long list, or are you simply manipulating, rubbing, exercising, vibrating, massaging, drugging, baking, bluffing and faking the credulous sick under the name of Osteopathy?

If a man of the learning and breadth of Dr. Mayo, in spite of all that osteopathy has accomplished and in spite of the opportunities which Dr. Mayo has had to investigate, still maintains the illogical and prejudiced attitude of mind as to osteopathy reflected in the quoted excerpt what may our profession expect from the average allopath when he is placed in a position where he can dominate the regulation of our people? If Dr. Mayo's mind was as biased in reasoning out his surgical problems, he would certainly never have reached the place he has professionally.

It is a fact that physical trainers and professional athletes as a class have been appealed to particularly by osteopathy and among no one class of people has it stronger advocates. Following Dr. Mayo's line of reasoning they should be most antagonistic for if the pupils in their classes "lose faith" in and see the "absurdity" of Osteopathy because they have the opportunity of comparing their "ribs or knees" with other men's, how much greater should the "absurdity" of Osteopathy be evident to the physical trainer himself? Dr. Mayo would hardly figure that the average lay individual without professional training could pass very accurate judgment on the real condition and its significance of a tonsil because he sometimes had the chance to look at somebody else's tonsil and compare it with his own, and more than one professional man has erred as to a dislocation to say nothing of subluxations even when he had had the opportunity to carefully examine.

Dr. Wiley's testimony before a congressional committee a few years ago will be recalled. He designated osteopathy as a fraud but admitted that he really knew nothing about it. There are none so blind as those who will not see. We must sail our own ship and not let the blind and prejudiced sail it for us. We must fight that our profession's regulation be in our own hands or in the hands of unprejudiced laymen as the profession's policy as adopted at Chicago outlines.

"Hang up a 'Cash in Advance' sign, but don't run and take it down when you hear someone coming."

Vital Vegetables

By Dr. Mary Patton Hitner

Professor of Infectious Diseases—Philadelphia College of Osteopathy.

Few people have any idea of what to expect from the food with which they stoke their physical machines three times a day.

They eat over-cooked vegetables, under-cooked meats and suffer in silence from the too many starches and too many fatty products, forgetting the need for mineral products.

Balanced menus in the majority of homes are unknown and when they do exist, it is too often the result of fortunate chance. Dietetic research has established scientific formulae for health that will actually vanquish many diseases of long standing. The body requires for its health certain proportions of minerals, salts, carbohydrates and fats, all of which are found abundantly in the products of the earth.

In the days before the pig-pen of a Chinese philosopher burned down and roasted meats appeared to tickle the palates of man and later to require accompanying delicacies of stewed and boiled and baked and fried vegetables, these products were eaten raw and men lived their lives in health and vigor.

This article is not intended as an argument in favor of eating only raw meat and raw vegetables, but to emphasize the paramount importance of green vegetables properly cooked and properly balanced.

Not all vegetables contain all the elements so necessary to the maintenance of health and vigor in the body, but practically all of them, in the raw state, contain the life-giving element called vitamins. Tomatoes and lettuce are two of the most important mineral vegetables on the list, leading the procession of what are called the watery vegetables, such as asparagus, cabbage, celery, cauliflower, cucumbers, peppers, squash, spinach, radishes, turnips and other "greens," all of which are rich in vitamins.

Blood, bone and muscle demand certain minerals, such as iron, lime, salt, potassium, phosphorus, magnesium, sulphur and silica to build up the tissues which form a bulwark against sickness and disease. Tomatoes, lettuce, onions and spinach furnish the iron, a pound of them supplying enough iron for an average person for

one day. The citric acid in tomatoes make them valuable as a stimulant to the intestines. In turnips we find a mine of phosphorus and potassium to be turned to good use for the human body. Lime and magnesium make their appearance in celery and asparagus. A different mineral combination of lime, potassium and sulphur make of cabbage, cauliflower and Brussels sprouts, useful blood purifiers.

Green vegetables are an absolute necessity to the maintenance of health and vigor.

The tomato is one of our best vegetable foods. The growing of tomatoes and their marketing, both fresh and canned is an important industry. Because Americans can get fresh lettuce and tomatoes in winter, millions of people work and play with more efficient bodies and more capable minds. While these watery vegetables have little food value both contain an excellent supply of vitamins, and provide mineral salts necessary for the nutrition.

Other watery vegetables such as asparagus, cabbage, celery, cauliflower, cucumbers, peppers, squash, spinach, radishes and turnips contain not more than twenty grains of carbohydrates to the pound but they offer elements that are very necessary for growth and maintenance of health. Without the mineral salts depletion of tissue will result giving an open sesame to disease.

The virtue of lettuce is invaluable. Spinach is the great iron-giver and supplies the pale, listless, dragged-out person. It is excellent raw and acts as a broom to the stomach in the way of roughage. It can be fed to little babies of six months or over where the baby's health is below normal. When fed to little folks it is best cooked in a steamer. As much as a tablespoonful a day may be given to a six months old child.

Cabbage is best when eaten raw but lettuce, spinach and beet and turnip tops are of more value. Cold slaw gives us the benefit of raw cabbage.

The raddish is a stomach stimulant. With carrots, beets and turnips it is one of the best additions to diet in constipation.

No vegetable finds larger favor than asparagus as it exerts an active in-

fluence on the kidneys. There is no foundation for the idea that asparagus must be avoided by people suffering from rheumatism.

All the vegetables in the watery group with the exception of asparagus, cauliflower and squash can be eaten raw, some of them, as lettuce and radishes, never are eaten any other way. Vitamine power of vegetables is decreased by cooking. Vegetables eaten raw are the best carriers of these virtues. If raw vegetables are eaten when fresh and ripe, it is known that they put less strain on the digestive organs than cooked vegetables but they should be thoroughly washed.

In closing let me say let no one neglect fresh green vegetables as a part of his menu in these days when we do so much indoor work which is a functional cause of constipation. They are nature's health guards. Let us use them as such. "Vegetables are vital!" 421 Widener Building. Philadelphia, Pa.

LOS ANGELES OSTEOPATHIC SOCIETY

Holds May Meeting at Athletic Club

PROGRAM

6:30—Social department—Eva Kate Coffey, chairman. Reading by Miss Dorothy Bartosh.

7:00—Roll call of districts.—You are all urged to attend, but do not forget to pay your dues. You vote if you "due."

7:15—President Emery (Dr. Emery's husband), announces that this is Election of Officers, and some questionable talent is abroad. So come out and protect, defend, support. But do donate your dues.

7:30—Hope you enjoyed the dinner. Only \$2.05. Of course, we get nothing for the last "jit."

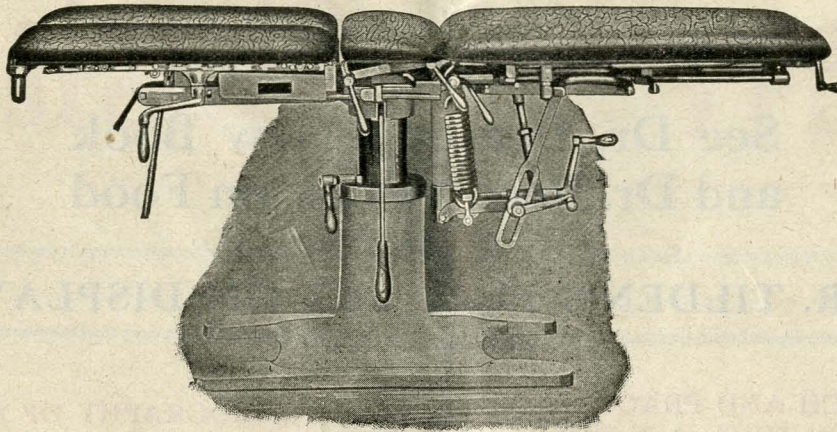
7:45—Legislative department—Henry S. Miles, chairman. "Bouquets and Wreaths"—Charles H. Spencer.

8:15—Professional education department.—L. C. Chandler, chairman. "Mission of Osteopathy"—Dr. Mortimer Clayton.

8:35—Public health department—Ed Merrill, chairman. "Our Duty to the Crippled Soldier"—Dr. Warren Schilling. "Los Angeles City Nutritional Centers"—Dr. Louis Crowe.

9:00—Election of officers. Mr. Dooberly, your dues are due. So-do!

9:30—Adjourn. On time! Honest, cross our heart.



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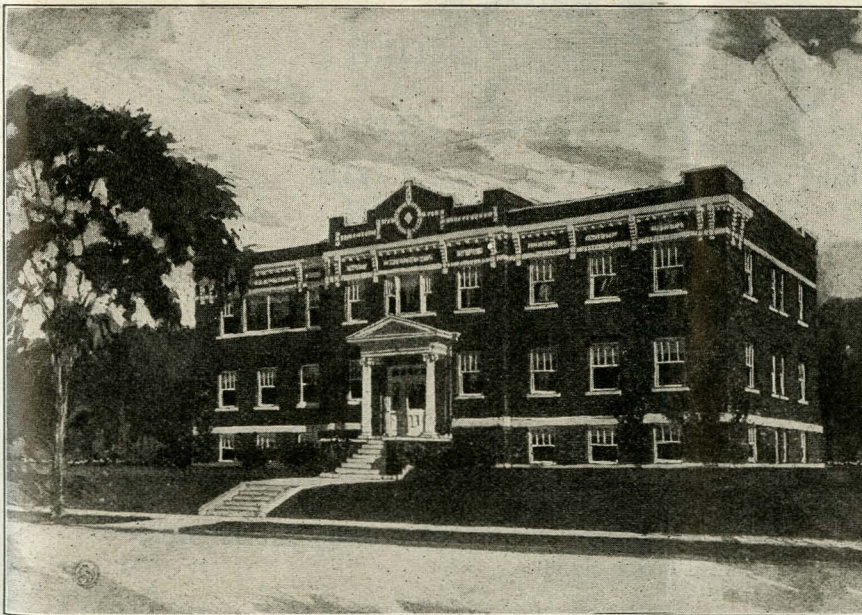
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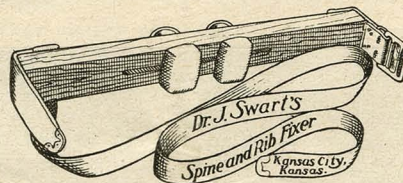
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