

# **Osteopathic Truth**

**July 1921**

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# Osteopathic Truth

A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

“Almost one-half of the women living bear the knife mark, and I tell you God’s intelligence is reproached by it.”

—Dr. A. T. Still.

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# The Oklahoma Law

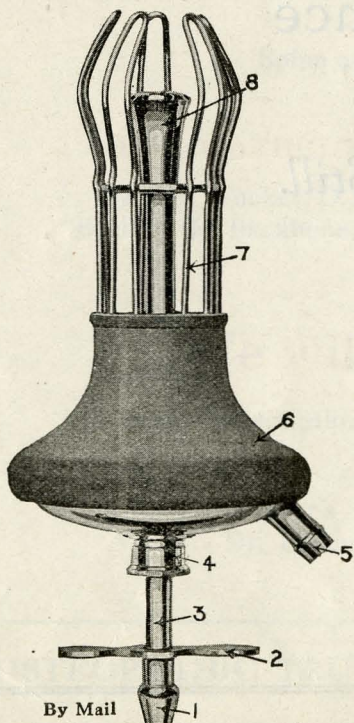
The profession in Oklahoma have freed themselves from the strangle hold of the dominant school of medicine. The Model Bill, practically as proposed by the A. O. A., has become a law but not without strenuous efforts and untiring work on the part of a few, especially Dr. F. A. Englehart, who was chairman of the Legislative Committee, and who dropped everything when necessary for the interests of the bill. Oklahoma should feel especially fortunate in gaining this victory at a time when such strenuous efforts are being made by the dominant school to strangle the profession in so many states. The fight in California is apparently a life and death struggle. The medical men are proposing, and have introduced in a number of legislatures, the Illinois law, which is equivalent to putting osteopaths in the same class with masseurs and Swedish movement operators. Every legislative effort and other activity of the A. M. A., which concerns us, has been an effort

to squeeze us out of existence as a separate school. The time has come when we must throw off this domination or we are doomed. Our schools cannot exist if they must require two years college pre-medical work and one or two years internship of every applicant for practice. In the first place the schools could not get the students and in the second place we do not have hospitals to give the internships. This effort has already killed practically every medical school except those endowed or supported by state money. Standardization of hospitals is in progress and legislative standards will be the next move. They will be such that new hospitals cannot start nor training schools be established. The proposed laws will require hospitals to have fifty patients, daily, before a training school is recognized. Counting five hundred population for each bed, which is the standard, it would require twenty-five thousand population to support a fifty-bed hospital provided there were no other hospitals. What chance would

the osteopathic profession have if we allowed this policy to dominate our activities? Six bills are now pending in congress purporting to be for the good of the public, but placing the public health and physical education in the hands of the drug practitioners. Boards of Health, Quarantine Officers, and other agencies, dominated by the drug school, are continuously seeking more power and opportunity to throttle us.

The Model Law establishes higher standards of education than do the present medical practice acts of the various states but these standards are so fixed as to enable our schools and our practitioners to meet them instead of being required to meet standards devised and arranged by medical boards with the idea of destroying our schools. Freedom to manage our own affairs for the good of our own profession and the public is the only solution permitting of future existence as a separate school of practice.—Bulletin Southwestern Osteopathic Sanitarium, May, 1921.

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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

JULY, 1921

Number 12

## Letter to the Graduates of 1921

(Not Copyrighted!)

E. E. Tucker, D. O., New York, N. Y.

Gentlemen:

It begins to appear that the science of Osteopathy is destined to modify profoundly the thought and practice of the future. That much appears at the present. How much more than that will it do? Is that the best preview that the profession after its nearly three decades of experience can hold out to the student?

That it will modify the thought and practice is discovered in the fact that here and there medical men are "discovering" various parts of the osteopathic science (the incidental nature of these developments but emphasizes the magnitude of the original achievement); various medical men in contact with osteopathic physicians here and there are re-discovering—and in their own names—certain of the facts that make up our science; a sacro-iliac here, a costal lesion there, spondylotherapy in another quarter, fatigue from mechanical strain somewhere else—advanced by a self-advertiser here, a pseudo-scientist there, a grabber after straws yonder, true scientists a few, and honest and friendly hearts a few, but enough.

This they will continue to do, either until they have rediscovered the whole giving little credit to the pioneers, or until the science of Osteopathy has grown enough to force the recognition of its tenets, its facts, its methods, or has perchance supplanted the medical practice in large measure.

Meanwhile what is our own attitude to the work we are engaged in? The great osteopathic idea reached out into the crowd and picked out you and me to represent it—some for my rea-

son, that whereas they were blind now they see; or once lame now they walk; etc., etc.; and what better reason could there be for anyone's giving his life and his best efforts to a cause? Some because they saw the release from pain of their kin, or friends; some because they saw in it a prosperous professional career; and let me here say that that is a perfectly honorable reason. Where money is earned honestly it points to a need or want or a service to the public. Ninety percent or more of the money that is earned is earned honestly, otherwise civilization would not endure. The motive is perhaps not the highest—he who is led by it has a poor conception of himself and of life; but need be no less a good comrade in arms for that reason. Some are picked out of the crowd to devote themselves to this idea because the strength and the truth of it appealed to them and they followed it as St. Paul did, for the healing of the nations and the spread of a new gospel and the leading of a glorious life.

But what is the thing itself into which we find ourselves initiated and inaugurated with such augurs? Are we to lead a guerilla warfare; in contradistinction to the dominant medical school? Is this new doctrine merely a new method, a new departure, an addition, a branch of healing art? Is its future merely a matter of compelling the recognition of a neglected element or factor in diagnosis and therapy and when that is done, of conforming and assimilating ourselves with the dominant spirit of the time and the dominant profession? Is that

the citadel we are to take, that the scientific field we are to occupy, that the mental and spiritual outlook we are offering to those who are new accessions to our ranks?

Not quite! No, not in the least; in fact, that is but the beginning. It is the first attitude that a mind not willing to jump to conclusions finds itself taking. We shall not be unsatisfied if that is the mental attitude of the majority of the graduates of this year. The facts and your experience will enable you, if they do not compel you, as they have slowly led and compelled most if not all of the older graduates to see a greater thing than that. In the face of the almost immeasurable strength of the psychological position of the dominant school of medical therapy, you will be inclined to take a position almost apologetic. And it does not seem to be the best policy ever to depart from a position of at least respect for the beliefs and feelings of the minds trained in medicine, or ever to develop a spirit of belligerence. But little by little if you have learned to handle the tools of your trade, which is mainly technic, you will perceive the unshakable nature, the fundamental logic, the working strength of your position and your therapy, and—

Well, let me put it in the words of a greater authority than myself—Immanuel Kant; whom I shall not quote verbatim, but somewhat liberally. He says in effect that when you find a science going ahead just so far, and then compelled to retrace its steps and begin over again, you can be pretty sure that something is wrong



with the foundation itself—something wrong with its axioms, some assumption that it holds because it is traditional, probably, without having ever inquired exactly into its right to be there.

We find an exact case of this kind in the so-called science of medicine. Not once but a thousand times, in every decade, a hundred times a decade, it has been compelled to retrace its steps, or what is in effect the same thing, has been compelled to abandon its standard practices and to discover new so-called remedies to experiment with. Yes, so far short does this come of expressing the truth—there are a great number of established firms turning out hundreds of new preparations every year for no other purpose than to be used experimentally. The only justification of this is that the human race has not up to the present been able to do any better.

But this is just the very thing which the discoveries of Dr. Still, which we have the honor to represent to the world, should in the end correct—should compel a re-examination of the foundations, the axioms, the principles, of healing. Much of the medical practice may in the end prove to be correct, prove logical and physiological; we hope it will. The point is it has not yet proved it, is without an adequate foundation, is like a rag waving in the wind. We are not speaking here of surgery, of sanitation, of the surgical and sanitary and prophylactic and antidotal medicines, whose purpose is limited and whose relation to that purpose is demonstrable; nor, of course, of the marvellous sciences of anatomy, chemistry, and other analytical studies, which well deserve the efforts of the age that have produced them. These we heartily praise, adopt, and use so far as needed.

Under even these, however, as a foundation and critique for their application to therapy, we insert the osteopathic facts and principles; these we assert to be fundamental as laws of mechanics are necessarily fundamental wherever they apply; these we assert should be carried as far as it is found possible to carry them; and then whatever further may be found necessary or advisable is perfectly permissible and advisable.

Incidental discoveries by individual medical men will have to go a long way before they total up to such a change in principle and cause such a re-examination of the fundamentals of healing arts and sciences. The

task must be ours. That is the next phase of the task before us. That is sufficient for the most unlimited zeal and energy of the members of this profession for the next generation.

That the perview does not stop there, but expands into practically all fields of human endeavor, I ask you to believe, for the present; into the field of education, for many reasons; into politics, art, religion, ethics, into the whole moral and mental outlook and the physical development of the race. Not perhaps the science of Osteopathy as at present constituted, so much as the understanding of the body and the comprehension of the laws of life to which that science introduces us. In fact, if I were an indifferent onlooker and asked to choose what field presented the greatest opportunity for wide experience, wide expansion, the best opening for the expanding mind seeking its adventure, its New World, its OPPORTUNITY, I could point out no better than this profession and this science.

#### THE LEPROUS CLAW OF GREED

Jim Jam Jems

When we stripped the white glove concealing the dirty paw of greed from Standardizing Salvation via the Interchurch World Movement the public quit showering gold into its itching palm. We are going to perform the same service in stripping the white glove of concealment from the leprous claws of greed of the A. M. A. seeking to enslave the public via its "Standardizing Hospitals" fakery. It is one of the wildest plots which ever debased brain cells of the A. M. A. greed hatchery ever produced.

First, we are going to show you the whole leprous claw—that is the scheme in its entirety of greed—and then one of its putrid fingers—badly mangled—at Oskosh, Wisconsin.

Here is the whole dirty hand of A. M. A. predacity in its "Standardizing Hospitals" fakery. It proposes to rate—without the slightest legal or moral authority so to do—all hospitals in the U. S. A. and to put the immaculate A. M. A. brand of "Class A" upon certain ones of its favored selection. Then it proposes to enforce a rule that no patient, tax payer nor citizen be admitted to those hospitals unless they want their passports to the Hereafter countersigned by the hands of A. M. A. allopathy! It's another clever scheme—now being worked from Maine to California—to handcuff

American humanity to the predaceous claws of sectarianized medical allopathy forevermore.

Now watch one of these putrid fingers of the leprous hand of the A. M. A. thuggerly protrude itself at Oshkosh, Wisconsin—and get badly pulpified at that!

Dr. F. N. Oium has practiced osteopathy successfully at Oshkosh, Wisconsin, for nineteen years. He has had agreeable relations with his medical brethren and with St. Mary's Hospital at Oshkosh. Recently he was called to attend one of his patients, Mr. R. R. Kooser, desperately ill with a serious infection of the bowels. The temperature of the patient was 105.6 and his life hung in the balance. He required hospital facilities. Dr. Oium telephoned to St. Mary's Hospital for a room and was informed that he could not enter any patients in that hospital unless he surrendered them to A. M. A. practitioners of allopathic predacity. This was by order of the Governing Staff, Dr. F. G. Connell, President. The patient declined to be strong-armed into allopathy's clutches. Dr. Oium cancelled all other engagements, installed the needed apparatus in his patient's home, worked tirelessly, and emerged from the battle with death with his patient's life saved—despite the A. M. A. attempt to practically murder the patient by refusing him hospital facilities. These are facts and even somnolent Oshkosh opened its eyes.

We ought to say and we do say in this connection that no blame for this disgusting and almost murderous episode attaches to St. Mary's Hospital. Its management was temporarily in the grip of the A. M. A. leprous hand of allopathic greed.

What is the real situation in Wisconsin sought to be made a mere preserve of allopathic legalized thuggerly? It is this: Osteopathic physicians are required to pass and do pass precisely the same examination before the State Board of Medical Examiners as do allopathic physicians—except that the Board is loaded seven to one against them by the membership of seven allopaths and one osteopath! But nevertheless osteopaths pass and practice successfully in Wisconsin—too successfully to please allopathic competitors!

Now observe this obtuse angle of allopathic greed. The Wisconsin medical law grants to osteopaths the right to take the full examination of the State Board, including surgery. But the State Board—dominated by the



trade malice of allopathy—would not allow osteopaths to take the examination for surgery. They might pass doncherknow! Thereupon osteopaths mandamused their trade haters and vilifiers and the Supreme Court of Wisconsin recently, and unanimously too, upheld all the osteopathic contentions. And down goes another citadel of medical trade malice.

Now observe how greed o'erleaps itself. The State Federation of Labor has taken up this affair and has resolved to demand legislation in Wisconsin which will put medical competitors upon an equality—precisely where they should stand—before the law.

Notice now another angle within which the greedy hand of allopathic thuggery is getting well smashed. In Wisconsin, as in most other states in the U. S. A., hospitals are exempt from taxation. In other words you are taxed more in order that hospitals be not taxed at all upon the theory that they perform a public service. But when they close their doors against all sufferers except those branded in the A. M. A. corral they cease to do a public service and become merely one of the fingers on the throttling hand of allopathic greed! Therefore bills are to be introduced in Wisconsin and elsewhere compelling hospitals discriminating against other medical schools and acting as mazuma extractors for allopathic greed to be taxed! And right there is where the hand of allopathic greed will be pulpified. By what right does allopathy dip its greedy paws into the public taxes to further its trade malice and its unholy profiteering? If the A. M. A. cohorts of greed want exclusive allopathic hospitals let them pay for them. If allopathic sectarianism wants to brand mankind with allopathy let it pay for its own branding irons! Isn't that good American doctrine?

Hanging for witchcraft was once one of America's favorite sports until some of the hangers were getting hung! Allopathic medical witch-hunting is getting darned close to its own scaffold, too!

Brethren, you might just as well look this issue right square between the eyes. The leprous hand of allopathic greed, hidden in the white glove of pretended "public good" is determined to throttle your medical liberties and to frisk your pockets for money in legalized hold-ups!

We write for no "pathy"—osteop-

athy, homeopathy, allopathy or any other—except "freedomopathy!"

Americans bought with their blood the right to freedom of worship, the right of representation in taxation. Americans won't have, and they have said so in every constitution in this land, a state religion! Are they going to submit to a state medicine grafted on them by clever lobbyists and by legal legerdemains? Are they going to retain freedom for their souls and embrace slavery for their bodies? Did they chisel off chains of political and religious slavery only to have welded upon them chains of medical enslavement? You know they didn't!

Wherever and whenever the leprous hand or any of its putrid fingers of allopathic greed protrude—no matter how immaculate be the white glove of hypocrisy hiding it—smite it and smash it! Any freedom—religious, political or medical—worth having is worth battling for. And just as long as our brain functions we are going to wallop any hand of enslavement which seeks to fetter our medical liberties.

March 10-1921.

**WOMEN'S AUXILIARY OF CHICAGO  
OSTEOPATHIC HOSPITAL**

**Secretary's Report.**

In August, 1918, the present Osteopathic Hospital was opened. On May 31st, before the opening of the Hospital, eleven women, friends of Osteopathy, were called together in Field's Tea Room. They were united in their determination to help the Hospital. The organization started at that time was called the "Women's Board of the Chicago Osteopathic Hospital."

The first work accomplished included the making of curtains, the selection of linens, silver and china for the hospital. Funds for these materials were not supplied at the time by the Women's Board.

After the first work in helping the hospital get started was accomplished, definite plans for raising funds were made. The organization was changed somewhat to conform with better methods for the raising of funds and for handling this money. About this time the name was changed to the "WOMEN'S AUXILIARY."

The following report covers the activities of the Auxiliary from April 15th, 1920 to the present time. During this time the membership increased but slightly. Twelve new members have been secured. Almost an equal number dropped out, leaving the mem-

bership about as it was last year, a total of 87. The membership fee of \$5.00 goes into the general auxiliary fund.

When the new year began, old King "Hi-Cost" was sitting tight upon his throne. One of our enthusiastic members conceived the idea of conducting a rummage sale, thereby giving those people who were hard hit by high prices an opportunity to buy bargains, and also an opportunity for the auxiliary to make some money for the hospital. After much solicitation of auxiliary members and of friends and neighbors, and after much hauling of clothing and other articles of all descriptions from the four corners of the city, a rummage sale was carried on for three days, April 23, 24 and 25, in a store in Roseland, a poor district of Chicago. From this sale was netted \$1050.00.

Our\* next fund raising enterprise was the second Annual Bazaar, held Nov. 19th, in Recital Hall of the Fine Arts Bldg. New features of this bazaar included the dinner served to between three and four hundred people, followed by a dance. So far the receipts of this bazaar amount to \$3,945.75, and when all receipts are

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in, the total is expected to approximate \$4000.00. The organization of the Bazaar is made up of a number of committees under the general direction of the Chairman of the Bazaar. A number of physicians rendered very valuable assistance in this undertaking.

At Christmas time a gift of \$500.00 was presented to the Hospital, with which was purchased surgical equipment. Last August, the Auxiliary voted that the Superintendent of the Hospital be given \$52.50 with which to purchase additional surgical supplies, which were much needed in the operating room at that time. Two steam diet tables were also installed in the Hospital in March of last year at a cost of \$455.60.

The Auxiliary feels that the permanent success of the Hospital depends in a large measure on the Hospital being equipped to render such service as patients and physicians have a right to expect. The Auxiliary was founded for the purpose, among other things, of helping maintain and improve the Hospital equipment. As an evidence of their desire to give this helpful co-operation with reference to the needs of the Hospital, and of the doctors, this incident may be told:—Dr. Foreman, having a patient in the Hospital and finding the Hospital cold, impulsively and generously went out and bought of his own accord, and at his own expense, six electrical heaters. These heaters proved to be of such permanent value that the Auxiliary found, on investigation, that a few more of them could be used and which they secured, and they were glad to remunerate Dr. Foreman for his expenditure to the amount of \$56.25.

Other items of expenditure are for additional linens, china, glassware, silver, curtain material and surgical supplies; also refrigerators, ice cream freezers, articles for the Birth Room, kitchen equipment, sewing machines, needles, thread, vacuum cleaners and other miscellaneous articles of hospital supplies, amounting to approximately \$1,625.00, making a total of nearly \$2,500.00 contributed to the Hospital during the past year.

The Auxiliary has not stopped at giving aid to the Hospital, but has been able to do a great deal for the College.

At the close of the College Year in the Spring of 1920, it was found that in order for the College to pass certain required state inspections, that

the College must have a thoroughly equipped Physics Laboratory. In May the Auxiliary voted the sum of \$500.00 to be given to the College with which to start a Physics Laboratory, hoping to do more later on.

At Christmas, a gift of \$500.00 was made to the College. This amount with an additional \$137.50 which was given later, was used to buy chairs for the students in their class rooms. A dictionary and stand was also bought for the students' use.

These amounts totalling about \$1,200.00, are the Auxiliary's contributions to the College.

The Auxiliary has been interested in helping the Hospital get a suitable home established for the nurses. Much time has been spent in making the home clean, attractive and homelike. It is our belief that the nurses should be made as comfortable and contented as possible. At Christmas time ten nurses were living in the home. The Auxiliary presented each nurse with \$1.00 as a Christmas gift, to be used as she wished. This proved more satisfactory than giving them a party with refreshments as was done the year before.

When the nurses moved into their present home, the house was thoroughly cleaned and decorated at an expense of \$87.20. The sum of \$176.25 was expended for curtains, carpets, drapes, and hangings. The Superintendent's room, which is in the south wing of the hospital, was thoroughly cleaned and redecorated; a rug, drapes and electric lamp were furnished by the Auxiliary and an electric heater was donated by one of the Auxiliary members. The sum of \$30.00 was given to complete the payment on a \$100.00 Victrola, to which the nurses themselves had contributed.

The Auxiliary members meet at the Hospital on the second Monday of each month, to do such sewing and mending as the Superintendent of the Hospital recommends. Each member, at these meetings, pays the Hospital 50 cents for her lunch. From Jan. 10, 1920, to Jan. 10, 1921, Auxiliary members made up 376 garments for the use of the Hospital. A statement of the purchases for the Hospital is appended to the report.

It has been the pleasure of the Auxiliary to co-operate with members of the Chicago Osteopathic Association in selling tickets for the Skeyhill lecture. They also sold tickets for the concert-recital benefit given at Or-

chestra Hall in February, through the efforts of Dr. Foreman.

The Auxiliary donated materials and money for a dinner, under the supervision of Mrs. Anderson, LaRochelle and Comstock, at the College building in February. This dinner was given for the purpose of launching a campaign to clear the corporation of its real estate indebtedness. Members of the Auxiliary are now soliciting the Osteopathic Physicians for the lists of names which are to be used by the Laymen Committee in circularizing friends and patients of Osteopathy with what has thus far been accomplished and with the needs of the institution for the present and the future, giving them an opportunity to make voluntary contributions.

A second dinner will be given in the near future under the direction of Mrs. Bischoff, at which time further steps will be taken to pay off this debt. The program of this dinner will be under the direction of the Laymen's Committee.

Plans for the near future include a second rummage sale, and the further perfection of the Auxiliary's organization. This will be done by the appointment of a permanent Rummage Sale Committee and a permanent Bazaar Committee.

A permanent College Committee will be appointed to co-operate with the College authorities. We wonder if it might not be advisable for the College administration to encourage the student body to organize a committee or a students' council, or some such group, to co-operate with this permanent College Committee of the Auxiliary.

The Corporation will doubtless agree with the Women's Auxiliary that the helpful co-operation of every agency in the Osteopathic Profession will insure the permanent advancement of the Hospital, the College, and the general professional standing in this community, giving a commanding position for the furtherance of Osteopathy.

Respectfully submitted,  
Grace N. Morrow,  
Secretary.

**It Takes the Women to Do  
the Work.**

A LIVE AUXILIARY  
BEHIND EACH SCHOOL HOSPITAL  
IS ALWAYS A WINNER

**Organize One!**



# Dr. A. T. Still, Founder of Osteopathy

S. C. Matthews, D. O., New York City

"The river of another life has reached the sea."

All that is mortal of Dr. Still has vanished in the grave, but he has left to us and to all future generations two priceless legacies—the truth he discovered and the example of his noble life.

To know his life intimately is to place him at once among the greatest who have ever lived.

Dr. Still was an absolutely honest man. He was kind to every one. He was sober, industrious and generous to a fault. No children ever had a better father, no wife a more considerate husband. He was in every way a good citizen, and was always on the side of justice, law and order. He was extremely sociable and loved to be with his friends and neighbors. He enjoyed their conversation and companionship. His mind was clean and pure. He was genial, good natured, agreeable and companionable in every way. As a physician he gave

to every patient his very best regardless of whether the patient was rich or poor. His fight was against disease and no person who suffered, however poor, ever called upon him in vain.

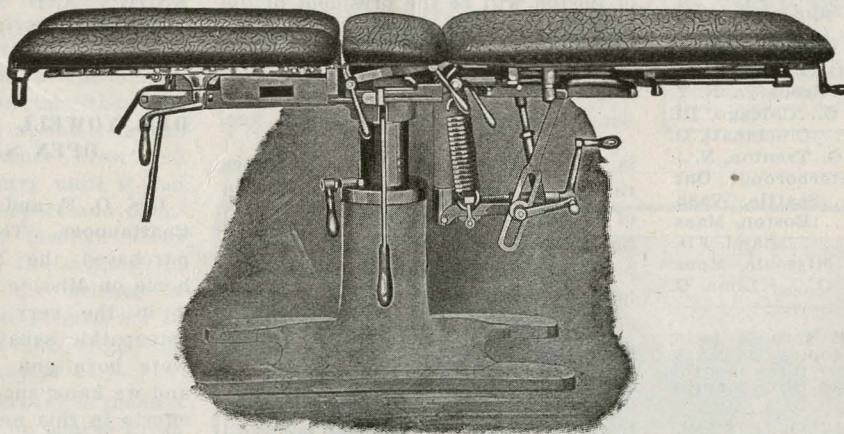
And yet this kind and generous man who had in the very highest degree every virtue as a citizen, husband, father, friend, physician, was on account of an idea, completely ostracized by his profession. And the makers of this ostracism were vindictive to such a degree that they spread its influence to his patients, friends and neighbors. He saw these one by one turn from him until he was eventually deserted by every one save his wife and children.

The little property he had was soon absorbed and then without patients, without money, without friends, without professional associates, began one of the most remarkable struggles in the annals of all the world.

We would not overdraw the picture. Those who knew Dr. Still best, however, know that this, in the best sense, can scarcely be done.

Others have struggled in poverty, against seemingly overwhelming odds; others have been reviled and ridiculed; others have worked and waited. Yes, true, but in the case of Dr. Still we must add the word ALONE! We must realize that when he announced his discovery, his professional brethren became his enemies, and that through their influence his patients and friends were so completely alienated, that he did in fact, stand alone. Nor did he stand alone, surrounded merely by indifference. His enemies were active and malicious. They planned his downfall. They caused his arrest. They sought to ruin him—to make him an outcast—and they succeeded.

(Continued on Page 174)



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JULY, 1921

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enough to make a living by is good  
enough to boost."

# Dr. Foreman New Editor of "O. T."

## Dr. Drinkall Retires

"Osteopathic Truth" is to have a new editor beginning with the August number in the person of Dr. Oliver C. Foreman. Dr. Foreman has served as Secretary and Treasurer for the past several years and is very well known to our readers.

Dr. Earl J. Drinkall, who has been editor for the past two years and a half will retire to the position of Treasurer and Associate editor.

Dr. Foreman is well fitted to take up the duties of Editor. Dr. Foreman lived for several years in the home of Dr. Andrew Taylor Still and his intimate association with Dr. Still should bring forth some intensely interesting information in his editorials. Several years spent in close association with Dr. Still should enable Dr. Foreman to give Dr. Still's viewpoint upon many of our important problems and we shall not be disappointed.

We bespeak a very excellent magazine under the guidance editorially of Dr. Foreman.

## Other New Officers

Just to make things interesting the entire coterie of officers was changed and readjusted. Dr. George Goode, of Boston will be the president of the Osteopathic Truth Publishing Co., for

the coming year. Dr. H. M. Vastine, of Harrisburg, who has been president since the birth of the magazine, and whose idea it was, will now be the vice-president. Dr. John A. McDonald, of Boston, becomes secretary. Dr. McDonald has long been connected with Osteopathic Truth but not in an official position. Dr. Drinkall becomes the treasurer.

## Solid Organization

"Osteopathic Truth" today stands upon the same high ground of principle that marked its birth into the osteopathic profession and behind it is a solid business organization composed of the staunchest supporters of Osteopathy.

"Singleness of Thought and Oneness of Purpose" would make a most excellent motto for all of our profession and following its intent would soon carry the banner of Osteopathy far in the lead of any other organization or science in the world.

May we all put our shoulder to the wheel and with this magazine "Osteopathic Truth" as the vehicle push our most wondrous science forward toward the goal of "OSTEOPATHY KNOWN AND SOUGHT FOR ALL OVER THE WORLD."

## CHOKING TO DEATH

is not pleasant whether it comes rapidly or slowly! Under the strain of increasing practice, I find that I am getting less fresh air than is necessary to maintain health. As I have no desire to die young of tuberculosis, anemia, pneumonia, apoplexy, or anything else, I am going to get more fresh air and exercise out of doors. This letter is going to my friends, who will please pass the word along, that my office will be closed henceforth on Wednesdays.

Here's hoping that you will take time to keep from choking to death yourself!

Also should you care for a free subscription to the Osteopathic Magazine, just let me know by card, or word of mouth.

Sincerely,

Dale S. Atwood.

St. Johnsbury, Vt.

(Editor's Note—A bit of good advice for all of us to follow.)

## DRS. YOWELL OF CHATTANOOGA OPEN SANITARIUM

Drs. O. F. and Elizabeth Yowell of Chattanooga, Tenn., have recently purchased the handsome Colyarton home on Mission Ridge and will open it in the very near future as an osteopathic sanitarium. Drs. Yowell were born and raised in Kirksville and we know success will crown their efforts in this new institution.

## DRS. J. H. AND JOHN F. MAXFIELD OF NEWARK, N. J., PURCHASE NEW OFFICE BUILDING

Dr. J. Harris Maxfield and his brother, Dr. John F. Maxfield of Newark, N. J., have just formed a partnership and are moving the office from 4 Myrtle Ave., where Dr. J. Harris has practiced for eleven years, to 366 Sussex Ave. They purchased the building and are remodelling the same for the new offices.



## “Osteopathy” Theme of Rotary Speaker

**Dr. Francis W. Wetmore of Pawtucket Says Once Much-Abused Science Has Won Favorable Recognition in 50 Years**  
**—Dr. Still Discoverer**

A feature of the Rotary Club meeting today in the Y. M. C. A. was a talk by Dr. F. W. Wetmore, on the subject of osteopathy, which he defined as an American product 50 years old, the science having been really discovered and developed by Dr. Still of Missouri. There was a large attendance, including several guests, among them Howard F. Barker, president of the Providence Rotary Club, and other members of the Providence and Worcester Rotary organizations, besides several local residents.

\* \* \* \* \*

The speaker of the day, Dr. Francis F. Wetmore, in the course of a very carefully prepared address, free from technicalities and couched in plain and understandable language, set forth the origin, history and development of osteopathy over the 50 years of its existence. In an interesting way he touched briefly on the manner in which it was discovered, how many cures were effected until the application of osteopathy gradually grew to become recognized as an established science. He asserted that in the study of it, and in its practise, the spine is considered the keynote of the human body. He related how the study and practise of osteopathy at one time was derided, yet the science grew and spread over the country until it had won a place in the respect and confidence of the public through sheer merit. He explained the methods of the schools where the science is taught, there being at present six in this country, in some of which the four-year course is compulsory.

In some schools, surgery is made a distinct feature and the course given in that science compares favorably with that of the medical schools. In the course of his remarks, Dr. Wetmore related many interesting instances of the success attending treatment by osteopathy, citing cases where its application had met with very good success in the cases of insane patients and children suffering from infantile paralysis. He asserted it had proved especially efficacious in the treatment of hay fever. Like all good things, he said, the science had been imposed upon by many whose practise it had been

to take a part of the science of osteopathy and call it by some other name, several cases of which he cited. He concluded with the contention that osteopathy stood alone as a distinct science. He claimed that sickness in any part of the body can almost always be traced to some derangement in the spine, which when treated by intelligent methods, is almost sure to bring relief.

Dr. Wetmore's efforts were received with much attention by the members, who evidenced their appreciation by applause and congratulatory remarks at the close.—Pawtucket Times.

### CUSTOM AND TRADITION

We are reminded of the many statements in medical works having little or no foundation in fact, but which are accepted as gospel truth and handed down without investigation from one writer to another. What, and how many, these statements are, especially with regard to therapeutic practices, heaven only knows and we would dread to have disclosed all at once. Disclosed they will be in time, but that time seems needlessly slow and long drawn out. If medical authors

could somehow be held responsible for their statements the casting out of dead and harmful timber from their works would be accelerated. As it is, the amount of matter that bears the stamp of the author's own experience, and therefore originality, is, in most books, and must be in any large work, exceeding small. The great bulk of his matter is a repetition of what has stood, possibly for centuries, unexamined, for truth. For example,

(Continued on page 178)

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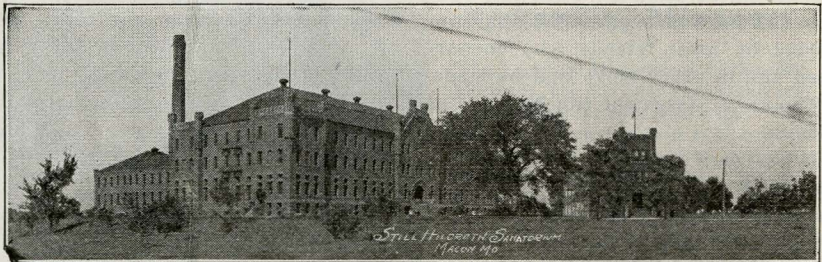
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### DR. STILL, FOUNDER OF OSTEOPATHY

(Continued from page 171)

Columbus waited many years and endured many hardships before the expedition was finally fitted out to put his ideas to the test.

While most of the scientists of his day ridiculed his idea that sailing westward would bring the navigator to the coast of India, they looked upon him as an innocent dreamer. They were not his enemies. The way he met his hardships shows that he was of heroic mold. And yet these hardships were mostly those of poverty and years of waiting. But, withal, while he waited, he had companionship and friends, many of whom really believed in his idea.

No one can read the life of Washington without being thrilled at his heroism and what he endured to make the Colonies free.

His little army, half-clothed, and half-fed, with little army equipment, was defeated again and again. It was literally driven from place to place. One marvels how he continued to fight under so many defeats and under such trying circumstances. And yet when we seek the answer, we find it in the fact that he was surrounded and supported by men fully as determined as himself.

He had enemies in England and in the armies that were continually following him; but no general in the field was ever supported by a more loyal or a more determined government.

Washington endured much for freedom but he was surrounded and supported by loyal friends who encouraged him in every move that he made.

The same statement can be made of Lincoln.

It has been said that "Lincoln bore upon his shoulders the cares of a nation."

And yet it must be remembered that in all that Lincoln did, he realized to the fullest extent, that the majority of this great nation had said to him, by their vote "You are right and we are with you."

To be put off year after year and still not lose faith in an idea, as did Columbus; to lead thousands in a great cause and stand firm against odds, as did Washington; to inspire a party and a nation with confidence, when confidence was wavering in the balance, as did Lincoln,—all of these,

are of course, qualities commendable in the highest degree.

They show the hero, the highest test of leadership whose acts are not to be beclouded nor value underestimated.

But if to remain steadfast through years of waiting, if to lead thousands who believe as you believe, if to stand firm with thousands who think as you think—if these prove the qualities of a hero, and they do, what must we say of the qualities of that man who leads in a cause with not even one to follow, who stands alone, unmovable on a principle, with no companion but the truth, and no friends but the facts, while on every side he was being attacked by the wolves of calumny and hate.

These were the qualities and these were the acts of Dr. Still.

And it must also be remembered that these trying circumstances prevailed not for a week, nor a month; but from the time they commenced until even a fair degree of recognition was conceded to him, more than twenty years had flown and Dr. Still had passed from middle age to an old man.

When he first announced the principles of Osteopathy, the medical profession demanded in so many words that he renounce and disavow his discovery. The medical doctors of his community demanded that he should think as they thought, believe as they believed, and practice as they practiced.

To these demands Dr. Still could not concede and then began that struggle lasting more than twenty years with Dr. Still standing firm on the principles of his discovery and the medical profession of his town, his state, and the nation, arrayed against him.

In the end Dr. Still won, but human speech can never tell what he really endured.

Ostracized, made an outcast by his powerful and numerous enemies, he was compelled to go among the extremely poor of his home town and adjoining towns to make even the scant living which he had, during all those long and weary years.

New teachings generally filter downward to the poor and humble after being presented to the rich and powerful. But in this case, as in the case of the Great Teacher, the powerful would not listen and this regular process was reversed.

To visit the home of a lowly wash-woman whose child was dying of flux, to treat the child in such a way that the rush of blood was instantly stopped; to meet a poor colored man on the street, reset a joint, and send him on his way rejoicing and carrying his crutch—these and thousands of similar cures though wrought among the humblest of the humble, began finally to have their effect.

The medical profession, then as now, was a powerful organization. It could ostracize, it could cause arrest on framed-up charges, it could besmirch a good name, all of these to such a degree as to leave one "naked to his enemies."

And yet powerful as the medical profession was, it was not powerful enough to withstand the effects of Dr. Still's cures—even when these cures were made among the poor.

Human beings are so constituted that when they suffer they ask relief and are practically always loyal to the man and his methods who brings it to them.

Hence it was that in time, here and there, one among the so-called better classes who suffered and failed to find relief from drugs, medicines and old methods, called in the outcast doctor (generally bringing him into the house through the back door and kitchen) who was doing such remarkable work among the poor.

The principles of Osteopathy apply to kings as well as to peasants. All that Dr. Still ever asked was to put them to the test and when they were put to the test among the upper class, they were found to be just as effective there as they had been among the poor.

But wealth is both power and influence. And when a wealthy lady who had been bed-ridden for months despite the best efforts of many doctors of the old school, was made to stand up and walk—made whole—in ten minutes time by Dr. Still and when similar remarkable works were done among people of influence, the tide was turned.

Patients, friends, honors, money, all began flowing to him now. But his arch enemies, the drug doctors were just as determined now as of old to defeat his idea.

That Osteopathy had been proven efficacious where drugs had failed, had nothing to do with their opposition. They sought to do now by the force



of legislation what they had failed to accomplish by slander.

They introduced a bill in one of the states prohibiting the practice of Osteopathy under penalty of fine and imprisonment.

This Bill and similar bills in other states were defeated by Dr. Still's friends—by those who had tested the new method of treatment and proved its value.

So the struggle was carried from state to state until Osteopathy won recognition throughout the union and throughout practically every nation in the world.

Dr. Still tested the principles of Osteopathy before he announced them. He knew they were true and being true could not fail finally to win recognition.

He lived to see thousands of his graduates in the field upholding the banner which he had struggled so many years and against such overwhelming odds to unfurl.

**Educate the Educators.**

—Drinkall.

**“SHOOT THE PILL”; GET “GOLF SPINE”**

**That's What Happens to Many Golfers Says Dr. Goode; Other Damage**

(Special to the Trenton Times-Advertiser)

NEWARK, N. J., May 7.—Dr. George W. Goode, of Boston, who spoke yesterday at the annual meeting of the New Jersey Osteopathic Society in the Robert Treat Hotel, Newark, said that with the continued popularity of golf there has developed a new ailment, the golf spine.

“The trouble is found among old-timers as well as beginners and is due to the unusual exertions necessary to the game. It develops in two forms, both resulting from partial dislocation of the spine. In one form the dislocation is at the base of the neck and in the other it is just below the small of the back.

“The reason why the sixth or seventh joint of the neck is partially dislocated more often than any other is because a beginner usually grips his club too hard with the right hand. He uses muscles driven by nerves whose roots originate at this portion of the

neck and he is constantly swinging in one direction.

**AND SWEARS**

“If he misses the ball he strains these nerves and the neck. If he hits the ground he jars the nerves. Irritation is the result, with its accompanying inflammation, soreness, stiffness, pain and limited motion.

“In cases where the strain is just below the small of the back, it results from too vigorous swingings at the ball while leaning slightly forward. A vigorous swing in this position often results in torn ligaments or a twisted pelvis.

“In the first-named form of the trouble there is pain, usually centered in the right shoulder, similar to that caused by rheumatism. The strain of the lower back produces a soreness down the leg, etc.”

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**DR. GEORGE M. LAUGHLIN - - Kirksville, Missouri**



## Summary of the Dean's Annual Report— Chicago College of Osteopathy

During the past year three members of our Corporation have been taken from us by death. They are Dr. Fred W. Gage, formerly Treasurer of the Corporation; Dr. John H. Lucas and Dr. T. M. Schofield of Mendota. Also one of our most promising students, Mr. Willard Ellery Roberts, President of the Sophomore Class, died on Feb. 28th.

Since the last Annual meeting a new system of keeping the records of the students' work has been installed and is working very satisfactorily. Under this new system the records of the students are kept by quarters instead of by years, as formerly. Each student's work is now checked up and recorded at the close of each quarter, so that every twelve weeks the college and the student knows right where the student is in his work.

A carefully arranged curriculum has been printed, and each student has his individual course sheet showing exactly how much of the curriculum he has completed at the end of each quarter, and how much remains for him to complete. This system avoids the uncertainty and confusion which existed in the minds of many of the students under the old system. This new system has been inspected recently by a representative of the Department of Registration and Education of Illinois and received his hearty approval. Inspectors representing the States of Minnesota and California have also been here and inspected the new system and approved it. Dr. C. B. Atzen, official inspector of the Department of Education of the American Osteopathic Association, inspected the system on his recent visit of investigation here, and gave it his enthusiastic endorsement.

The regulation to which our institution is subjected by various authorities is constantly increasing. One of the principal duties of the Dean seems to be to receive visits from inspectors of various kinds and to try to satisfy their demands. Most of these official visitors are Doctors of Medicine, who are not strongly prejudiced in favor of Osteopathy, and who sometimes come to our institution with their minds apparently already made up to condemn us. During this week of

March 7th, four of these medical gentlemen, each one from a different state (New York, Illinois, Minnesota and California), have visited us. The New York and Illinois representatives have visited us before, while for the other two this was their first visit with us. I am glad to be able to report that we were apparently able to satisfy all these inspectors, and that none of them had any serious criticism to make after the inspection. The Chicago College is now recognized and approved by all the regulatory bodies which have supervision over us, and I am glad to be able to report that there is no requirement which is made of us by any of our authorities which we are not now meeting.

With our present enrollment we have reached the limit of our laboratory capacity, and indeed have passed the limit of work that is as efficient as we wish to give, there being 162 students in the Freshman and Sophomore classes in which most of the laboratory work is done.

During the past year \$800.00 have been expended upon our physics Laboratory, \$500.00 of which was donated by the Woman's Auxiliary of the Chicago Osteopathic Hospital. Our Physics Laboratory is now fairly well equipped, but we hope to add considerable equipment to it in the coming year.

For our Anatomy Laboratory work we also have good facilities, but to obtain these facilities we have been renting the Anatomical Laboratories of the Y. M. C. A. College which is just one block from our college. For this we are obliged to pay a rental of \$750.00 per year. This amount would be good interest upon a considerable investment in an Anatomical Laboratory built upon our own property.

Our Chemistry Laboratory has become inadequate for our present classes in this subject and we must immediately provide additional space with sufficient hoods to carry off the chemical fumes, forced ventilation and much modern equipment.

While our Chemical Laboratory has become too small for our present enrollment, our greatest need is in what we may term our "Microscopic Laboratory," where our work in Biology,

Physiology, Embryology, Histology, Pathology, Bacteriology and Laboratory Diagnosis is given. Our present laboratory is adequately equipped to accumulate 31 students at one time, but as our classes have become very much larger than that, we are forced to divide them up in a number of sections, and as a consequence, laboratory work has to be given every evening in the week in order to take care of our present classes.

It is therefore imperative that we have erected before our next Autumn quarter, a Laboratory Building sufficiently large to accommodate our growing classes in Anatomy, Chemistry, Physics and Microscopic work. We have adequate room in our property for such a building, and we must either have it erected or else limit the number of students we accept in each of our classes, so that the maximum enrollment in the college shall not exceed two hundred. That is one of the great problems we must solve immediately.

With our present facilities, the only course to pursue would seem to be to limit our attendance strictly to about two hundred students. If we do this deliberately and wisely, we may select our two hundred students, permitting only those to remain who do high grade work and give promise of being the highest grade physicians. I do not refer to the hard working plodders, who, while they do not always receive high marks, are nevertheless earnest and diligent, do as well as they know how, and in the long run get much of their course. I do refer to a number of careless, indolent students, who, while our facilities are so limited, are taking up space which could be better assigned to earnest students who are now excluded by lack of room. I strongly recommend the adoption of a policy of dropping chronic cases—grossly inattentive and careless students who make no progress whatever in their work and do not appear to care whether they do or not, thinking they will "get by" somehow.

If the Corporation and the Board of Trustees will approve a policy of systematically excluding hopelessly indolent, inattentive, indifferent stud-

(Continued on page 178)



# More and Better Schools Our Slogan

EVERY SCHOOL OWNED BY THE PROFESSION AND ENDOWED

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.

Send your pledges (not checks) to Dr. E. J. Drinkall, 1421 Morse Ave., Chicago (Osteopathic Truth).

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| G. F. Muntz..... 100                                       | Granville Shibles ..... 10                    |
| M. Demerais ..... 100                                      | C. Downing ..... 10                           |
| A. E. Were, Albany, N. Y..... 100                          | D. Wing ..... 10                              |
| Senior Class M. C. O..... 100                              | C. W. Wood..... 10                            |
| Freshman Class ..... 100                                   | M. W. Brunner..... 10                         |
| K. P. D. Field Members..... 100                            | Mrs. E. T. Walker..... 10                     |
| Mary S. Croswell..... 100                                  | Mrs. A. Luther..... 10                        |
| Dr. Lizzie E. Osgood, Pittsfield.. 100                     | W. B. Meacham, Paid, gift from friend ..... 5 |
| A. J. Boucher..... 50                                      | Dr. E. C. Elderkin, Paid..... 5               |
| I. T. S..... 50  | Dr. Lottie D. Faul..... 5                     |
| K. P. D..... 50  | C. A. Vinnedge..... 5                         |
| P. S. G..... 50  | M. L. Hartwell..... 2                         |
| Sophomore Class ..... 50                                   | F. E. Moore..... 2                            |
| L. Plaisted, Leominster, Mass.... 50                       | George R. Boston, Newton, N. J. 2             |

Total.....\$9,881



**C. C. O. DEAN'S REPORT**

(Continued from page 176)

ents, who waste their own time and disturb others, we could have a wonderfully successful college, even with our present limited space and facilities.

(By unanimous vote of the Corporation members present, the above recommended policy was adopted and ordered immediately put into force.)

The future of Osteopathy depends upon the kind of Osteopaths which this and other Osteopathic institutions prepare. We, of course, are responsible only for our own institution. We could have here, even under present conditions, a body of two hundred exceptionally high grade students whom we could develop into such skillful physicians that no one, however prejudiced, could question their scientific standing, and it would come to be the case that the simple statement, "I am a graduate of the Chicago College of Osteopathy," would be as proud a boast as in antiquity was the sentence, "I am a Roman citizen."

Whatever policy we pursue regarding the selection of our students, the important fact remains that more space must be provided. Both the College and the Hospital are now running to their full capacity. An additional building must be provided at the earliest possible moment, either for the Hospital or for the College. Even a small building, containing four modern, well equipped laboratories, would enable us to meet the immediate emergency. Can we not induce some friend or friends of Osteopathy to provide this new building which is so sorely needed?

Our General Clinics, as well as Obstetrical and Surgical Clinics, have materially increased, but we can handle many more of all classes of cases, and the members of the profession may feel assured that all clinic cases will receive the very best of care under the supervision of our excellent clinical staffs in each department. Free beds for Obstetrical and Surgical cases will be provided whenever the circumstances of the patient is such that they cannot afford to pay anything toward their own board and room. A special fund is also provided for the care of Pediatric cases under the same circumstances.

During the past year a Budget for the College and Hospital was adopted by the Board of Trustees, based upon estimates carefully considered by the Board. The result of the deliberations

of the Board is printed on pages 18 and 19 of the College Year Book. The officers of the institution are instructed that under no circumstances are the amounts appropriated to the various objects to be exceeded. The purpose of the Budget is to make the income of the institutions cover all the necessary expenditures. An examination of the Budget as printed in the Year Book, will disclose the fact that both the Hospital and the College are meeting their operating expenses on the present basis of expenditure.

During the year extending from March 1, 1920 to March 1, 1921, the total cash receipts of the College were \$79,009.15, while the total disbursements of the College were \$78,285.89, leaving a balance of \$723.26 on the right side. For the Hospital the total receipts were \$43,922.58 and the disbursements \$43,911.92, leaving a balance of \$10.66. Even if the balances are not large they are on the right side in each case.

The surplus from the receipts of the two institutions is not sufficient to meet the real estate indebtedness, in which we have an equity of \$40,000.00, and after April first shall have an equity of \$50,000.00, beside owning all the equipment and having paid for the many improvements and alterations made. The real estate indebtedness must be met from other sources than the income of the College and Hospital, for which purpose a Laymen's Committee on a Foundation Fund has been organized. This committee is now diligently at work on this problem.

While on the subject of benefactions, it might be mentioned that we shall need thirty to fifty more tablet armed chairs for the class rooms and approximately the same number of additional microscopes. We hope these necessary additions to the College may be provided during the coming year.

Respectfully submitted,

(Signed) J. H. Raymond,

Dean.

**CUSTOM AND TRADITION**

(Continued from page 173)

in textbook after textbook of pathology the statement was formerly (perhaps is still) made that emphysema was produced by glassblowing and playing upon wind instruments, though investigation showed that, unless in one instance of such exercise following too soon after pneumonia, there was

no ground other than guesswork for such an assertion.

There is a present tendency, happy for all concerned, for authors to issue monographs, instead of compilations, containing but a few pages of original matter for which the writer can vouch. Considering the expense of medical works as well as the little time the physician has for reading, it is fortunate that he is not obliged to cumber his shelves with reprintings of traditions which may not be reliable. A medical library a few years old is valueless enough from every standpoint, and any thing which will add to its worth should be welcomed. While the physician does well to give due weight to tradition and to authority, he should at the same time be ready to question any and every statement as to its foundation. There are a great many fine theories and many hoary practices in modern medicine that need to be faced by what Professor Huxley styled "naughty facts." Ross in his studies of tumor cells found that the proportion of salt influenced their growth to a certain extent. About the only suggestion of cause and effect as yet suggested for the origin of cancer is in diet, and apparently excessive diet. If this guess is correct it would seem that an overworked kidney might follow the excess of food and a disproportion of salts in the blood might be the final cause of cell anarchy.—New York Medical Journal.

**GAMBLE OSTEOPATHIC SANATORIUM NOW OPEN IN SALT LAKE CITY**

Dr. G. A. Gamble of Salt Lake City, Utah, has recently opened a sanatorium at 1145 East 6th St., South, for convalescents and other chronic cases.

We wish the doctor the greatest of success.

**DR. W. C. DAWES RETURNED TO STATE BOARD OF OSTEOPATHIC EXAMINERS IN MONTANA**

Dr. W. C. Dawes of Bozeman, Mont., has just been re-appointed a member of the osteopathic examining board. Dr. Dawes has served twelve years on the board and is reappointed for four years.

**DR. PAULINE MANTLE REMOVES HER OFFICE**

Dr. Pauline Mantle recently removed her office to Suite 515, New First National Bank Bldg.



**SHALL D. O.'S PRACTICE IN NEW SHRINE TEMPLE IN ST. LOUIS?**

Each member of the Shrine is taxed \$2.00 annually to build and maintain this hospital, which will be a wonderful monument and representation of the order. This hospital will be specially devoted to the treatment of crippled children and while we have had the assurance of several members of the committee that the osteopaths would be dealt with fairly in regard to practicing in this hospital, I believe that we should get a Shrine member in each town or city where a Shrine temple is located, to petition the different members of that order to allow osteopaths to practice in the Shrine hospital and this upon an even basis with any other profession. I do not believe that there is anything unfair in this proposition and if the osteopathic profession wants representation in this hospital, they will have to show that the interest of members of the order so wish it.

I am asking that each magazine print a notice to this effect, asking the osteopaths in the different cities

where Shrine temples are located, to get in touch with me as soon as possible.

Thanking you for any suggestion that you might offer in the matter and your co-operation, I am

Fraternally yours,

F. H. Healy, D. O.

Victoria Bldg., St. Louis, Mo.

**MILK CURE AT MOORE'S**

The milk cure as advocated by the Moore Sanitarium, suggests nothing more than the adoption of Nature's method in caring for the body and supplying it with the kind of food that will establish nutritional stabilization. Most of us are seriously handicapped with nutritional disturbances. Too often we are "off feed." Our mental equilibrium becomes unbalanced, and we disturb the calm serenity of everybody with whom we come in contact. We attempt to place the blame for our indigestion on something we have eaten, and no doubt if we knew more about what we should and should not eat, we could easily locate the trouble.

Our best cure is Nature's cure, which means rest, and the milk diet. We say "milk" advisedly, because milk is now recognized as the great stabilizer, the greatest protective food. It restores the digestive system to its normal working form, and at the same time builds up the system and acts in place of foods which have been consumed and yet have not served any useful purpose.

When people realize that "the milk way is the health way," and so order their meals that a quart of milk a day shall constitute a part of the diet of every man, woman and child, then we may appreciate more fully what it means to live right.

—April Dairy Diet.

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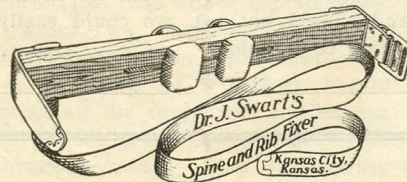
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