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THE JOURNAL OF OSTEOPATHY

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A FEW REFLEXES.

Dr. Carl P. McConnell, Chicago.

The practitioner is constantly referring this pain or that disturbance to the realm of reflex symptoms. This custom is so common that in nearly every instance the patient is perfectly satisfied and content with the statement that a certain phenomenon is reflex. This "explanation" undoubtedly saves the physician much needless explanation. Still, on the other hand, there is a tendency for some practitioners to use the reflex idea as a scape-goat and thus cover up much ignorance. The question often arises whether a certain disturbance is from local causes or whether it is reflex, and where at times the honest physician may be mistaken the unconscientious physician may answer flippantly either negatively or affirmatively with even chances of being correct.

This brief article is not a pretense to enter exhaustively into the subject or even to simply enumerate the many sources of reflex disturbance. It is simply a few brief statements and suggestions on the very interesting subject of reflex neuroses. It is a familiar subject with the layman, and still it is not; to him it represents a definite but still vague attempt, if such is possible, at an explanation of nervous disorders that are felt at a point indirectly and a long distance from the seat of a disease. As long as the sufferer is satisfied that a disorder is not organic, i. e., due to tissue destruction, he is happy but nevertheless it may be almost impossible to remove it.

When one stops to think of it, it is really astonishing how great and extensive a factor the reflex symptom is.

In the first place, what is a reflex from a clinical view-point? It is a motor, vaso-motor, secretory, etc., manifestation due to a sensory stimulation. There is first some centripetal (toward a center) stimulation which may be either physiological or pathological (due to disease), which stimulus passes to some nerve center and then out centrifugally (from a center) over a motor, secretory, etc., nerve from and by which the reflex act is completed. For example: A piece of dirt gets into one's eye and a secretion of tears results. The dirt is the source of sensory stimulation, the sensory stimulus passes over

the centripetal fibres to a center in the brain whence it is transferred to the outgoing secretory fibres which causes the completion of the reflex act viz., the secretion of tears.

Another example is the well known knee-jerk. The physician taps on a tendon at the knee and the knee jerks. The tap is the source of sensory stimulus, this nervous excitation is transmitted to a center in the spinal cord, and thence out over motor nerves which causes the jerk.

The average patient is apt to think that reflexes from a pathological point of view are comparatively few in variety. He constantly hears of reflex headache or pains from uterine, stomach, bowel and liver troubles. This practically includes, to him, all. Indeed, it covers a good per centum, but there are many others as will be seen shortly.

A very interesting question arises here, Why is it that a certain diseased organ will in one instance give rise to certain definite reflex symptoms while in another case reflex symptoms of an entirely different character will result?

An intestinal or uterine disease may in one person cause palpitation of the heart, in another neuralgia of the face, in a third asthma, etc. There is certainly some definite cause or causes for this wide variation, and it has been the source of much discussion in medical literature. I fully agree with Doctor Hulett's idea as given in his excellent work on "The Principles of Osteopathy." I quote as follows: "Under the circumstances of a perfectly normal condition of every organ of the body, little disturbance if any will result when the one is disturbed. The excess of energy will be more or less equally distributed over the entire nervous system, perhaps indeed more to those offering the least resistance, i. e., to those having a greater number of nerve strands. But in most cases some one or more organs will be found in an irritated state quite out of the ordinary. In such cases a nerve impulse coming from the organ primarily involved will be effective in a much less intense form than would be required in case the organ were normal. Hence the statement may be made after this manner: *That organ will be involved reflexly which is in the more irritable condition.*" It seems reasonable that those organs, whether heart, lungs, kidneys, stomach or eyes, as well as any other, which are weakened or irritable or in any way below par in nerve tone or nutrition would be the ones first and most affected reflexly. A predisposition or lesion of any character involving a tissue or organ will naturally disturb its nervous equilibrium and leave that tissue or organ open to attack to disease or incidentally and indirectly to any local or general nerve storm of sufficient energy that would affect the body generally. We are just as strong or healthy as our weakest links, and the organ that is diseased is our weakest link or section. Every fatigue or general nervous atony will be felt in the weakest section first, whether it be in the stomach, knee or heart. And it stands to reason that reflex stimuli are going to affect those sections that offer the least resistance through being in an irritated or abnormal state.

As heretofore hinted reflex neuroses are innumerable and I am just going

to briefly refer to a few of them. The student of physiology knows how generally the physiological reflex enters into the normal life of the individual; it is truly inclusive of a goodly portion of our physical health and life. Here, we are considering pathological reflexes or neuroses, but after all pathology is nothing but the study of perverted physiology. Disease is a condition that the body is in, and in the study of pathology we attempt to understand the why of perverted function as well as the character of its result viz., the diseased tissue. Pathological reflexes, then, are symptoms, disease manifestations, of a disharmonious physiological act. Although we often look upon reflex symptoms as purely functional, still many times they are really organic, and perhaps oftener than we think.

It has become almost notorious how the general chronic sufferer is "bobbed" like a cork on the water from one specialist to another. It is getting to be a general complaint that in all of their pilgrimages from one physician to another they are neither the better nor the wiser (that is wiser as far as the patient's knowledge of his disease is concerned.) And I have noticed of late that the medical fraternity are criticising the osteopaths for taking the poor suffering patient into his confidence and revealing to him the intricacies of the laws of health and the causes of disease. Indeed! who has a better right to know what is the matter with his body and what is being done for him than the sufferer himself; although I venture to say that if man would study a little more about himself and the laws of health his position before his medical adviser would be a more charitable one?

Apropos of the remarks in the preceding paragraph I wish to quote the following from Dr. McGillicuddy's work on "Functional Nervous Disorders in Women." "Neuroses is a generic term for conditions of hyperæsthesia or disturbance of the nervous system which stimulate disease in an organ that is healthy, or without evident lesion of any of its parts. They may be general or local. Every general practitioner should be well acquainted with them, and every specialist also. The latter must first have the knowledge of the general practitioner, otherwise many mistakes will certainly be made in diagnosis and treatment of chronic ailments. For example, if the confiding and unsuspecting patient with a run-down constitution—the result of anxiety, bad air, and a worse diet—with a headache and some abdominal or uterine symptoms, strays into the office of an enthusiast in ocular tenotomy, he will probably want to relieve her distress by dividing the rectus muscle for eye strain. If, however, as is more likely, she applies to a surgical gynæcologist of a certain class, a symptomatic uterine catarrh, an inoffending laceration, or a harmless, retiring cystic ovary will be pounced upon by this enlightened specialist, and receive most vigorous treatment, and if he does not always sterilize carefully his instruments he usually succeeds in sterilizing the patient. Or perhaps her destiny may lead her into the office of a digestive specialist, who, of course, diagnoses stomach trouble as the cause of all her ills, and proceeds to lower several feet of rubber hose into her surprised stomach, and treat that organ to

a wholesome bath. If our specialism be allowed to run into exclusivism, very shortly the only safe man for a patient to consult will be the old fashioned general practitioner with all his faults and deficiencies. The benefits of a specialism are many and most important but there are also some dangers to be avoided."

(1). **HEART REFLEX.** The heart is usually affected reflexly from uterine, stomach and intestinal disorders. The affections are palpitation, a slow heart beat, a rapid heart beat, an irregular heart beat, and symptoms resembling angina pectoris.

The pains and suffocation simulating angina pectoris are the most severe; sharp pains across the chest and over the heart radiating up to the neck and down the left arm. True angina pectoris is a most serious organic disease of the heart and great care must be taken in diagnosis.

Probably every one has at times suffered from palpitation, irregular pulse beat, etc., from stomach or intestinal disturbance. Many times a patient consults a physician for supposed heart disease when it is purely reflex. Still many times a most searching examination is required to clear up the heart condition.

(2). **VASCULAR REFLEX.** This is a neurosis due to disturbances of the vaso-motor nerves (nerves that control the calibre of the blood vessels).

Among the common reflexes of this class are nervous chills, nervous evers, morbid blushing, globus hystericus (a feeling of a lump in the lower part of throat), coldness of the hands and feet, local sweats, burning of the palms of the hands or the top of the head, etc.

Coldness of the hands and feet is very common. Naturally the patient thinks his circulation is poor. In a way it is, but the cold extremities are due to reflex disturbances (of course not always though) to the vaso-motors of the hands and feet. These are nerves, as heretofore stated, that control the calibre of the blood vessels—that dilate and contract the vessels as occasion requires. Blood vessels are specially well provided with these nerves at dependent portions of the body as in the extremities and thus probably the reflex is felt strongest here.

Gastro-intestinal and pelvic diseases are the most fruitful source of these reflex phenomena. The physician may treat the general circulation till doom's day but permanent relief will not be forthcoming until the cause, stomach or intestinal indigestion, etc., is first removed.

The nervous chill or fever is often of little consequence. The cure depends upon the removal of the reflex causative lesion. Very annoying fevers, flushes and flashes arise in some cases during the menopause. Remember that occasionally in these cases great care must be taken in diagnosis.

(3). **PHARYNGEAL AND LARYNGEAL REFLEX.** Often pharyngitis and laryngitis are due to reflex disturbances from the stomach and other organs; and it is very often overlooked. The entire throat and tonsils may be sore, a hacking cough may be present or even a nasal region may be disturbed.

Some patients complain as if a hair were lying on one side of the throat, others of a strangulating or suffocating feeling of the larynx.

(4). **STOMACH REFLEX.** These reflexes are commonly known to every one—nausea, vomiting and nearly every variety of digestive affections. Uterine diseases are prolific sources. Kidney disorders and eye affections are fairly common but often overlooked causative factors.

(5). **BRONCHIAL REFLEX.** Asthma may be reflex from indigestion, uterine disease or nasal diseases. Hiccough and sneezing are other reflexes. Rectal diseases may affect the bronchi as well as other parts of the respiratory tract especially irritation of the tip of the nose.

(6). **RENAL REFLEX.** Disturbance in the secretion of the urine is common as a reflex.

(7). **SKIN REFLEX.** Probably one-half of skin troubles are due to reflexes. The functions of the liver, kidneys, stomach and intestines are closely associated with the skin. If the kidneys, liver and intestines are not purifying the blood freely it is quickly shown by the skin. Various rashes, eruptions, loss of sensation and increased sensation, are often reflex and can only be cured by removal of some internal trouble. Many times a rash is due to fecal impaction. All are familiar with rash from indigestion.

It has been demonstrated recently that a good superficial circulation is very necessary for not only the health of the skin itself but for the nourishment of deep tissue of the nervous system. Large nerve trunks depend as much for their blood supply from the periphery as from central vessels.

(8). **CEREBRAL REFLEX.** The mind is affected reflexly from abdominal and pelvic diseases in a variety of ways. Among the most common are loss of memory, depression, melancholy, morbid fears, neurasthenia, irritability, drowsiness, wakefulness, etc.

The foregoing does not comprise one-half of the reflex neuroses. Reflex neuroses of the tongue, eyes, ears, sexual organs, bladder and joints are important, and there is no question but that osteopathy offers more relief than any other system in ameliorating and curing these troublesome phenomena.

"COLDS."

H. W. Gamble, D. O., Missouri Valley, Iowa.

IN the human body Nature has a mechanical creation which will never be equalled by any machine man may construct. He may build a masterpiece of steel and iron to transform one kind of energy into another or harness forces being wasted, but he will never reach the perfection in mechanics enabling him to construct an engine losing a less percentage in smoke, unburned carbon and gases, less waste in ashes or friction than is shown in the human mechanism—our body.

Upon a little consideration the perfection of the body as a mechanical construction, becomes self-evident, yet it is less of a success in mechanics than

it is in chemistry as a laboratory of Nature and in its many physiological functions. The same article of food is transformed into every kind of tissue—muscle, bone and nerve; the same food creates chemicals, chemical actions and reactions; is transformed into solids, liquids and gases, heat and energy of various forms.

Within the healthy body we have processes both anabolic and katabolic, i. e., constructive and destructive, very evenly balanced; likewise forces that are heat generating and those that are heat dissipating, or thermogenetic and thermolytic, with nerve centers controlling the same, which must of necessity be in equilibrium and harmonious in their respective operations and co-operations.

Manifestations of abnormal functioning of these nervous centers are represented in chills or fevers.

The perfect accord with which these two powers operate has its limitations especially when the body or parts thereof become weakened or diseased.

One may be compared to a spur the other to a brake, which combined make a most important safety valve or balance wheel for our health and general welfare.

By their harmonious action we are enabled to endure either intense heat or cold. When we overtax them it often results in colds, which term covers a 'multitude of sins.'

The cold may result in a catarrhal condition in the nose, throat, lungs, ears or intestines, even terminating in a chronic disease of organs affected or extending into rheumatic and various other conditions. The cold may be manifested in some neuralgic condition, being possible wherever a sensory nerve fiber is found. This cold may terminate in myalgia or pain in muscles, which pain must of necessity be rather in the nerve trunks, fibers and filaments distributed within the muscles than in the muscle tissue proper, hence it is really a neuralgia or pain in the nerve.

In those suffering from cold on the lungs or in the head in various forms it is very common to find marked tenderness between the shoulders near the insertion of levator anguli scapulae and that portion of trapezius in that region. Treatment at this point does not result as satisfactorily as when directed to the nerve supply from the third and fourth cervicals and relaxation of contractures or correction of lesions in that region. Were everyone as careful to avoid the higher temperatures as they are exposure to cold and lower temperatures, they would undoubtedly suffer less frequently from colds.

Keeping the temperature of a room much above that which one is accustomed to is more likely to result unfavorably in many cases than if it is lower than usual, applying equally to sleeping and living rooms.

A striking illustration of the above point is found in the following case encountered during our coldest weather:

I might explain my presence at the home at the time was due to the fact that I was in attendance upon the mother in confinement. The mother and

little child one and a half years' old were recovering from a recent attack of measles, leaving the child of course in a receptive condition for contraction of pneumonia.

Two heating stoves were turned on full blast, in the middle of night, (when the mother took sick) to thaw out the guests and make the third room comfortable for the mother, while the child was sleeping as usual in a bed placed between the stoves. I was scarcely through attending the mother and infant when the little child awakened, took a small drink of water and in a few minutes was in severe convulsions which lasting about two hours. The head was drawn back and spine arched in opisthotonos spasmodically.

There had been no exposure to cold drafts whatever; the over-heated room alone being the exciting cause, in my opinion. The lungs were congested and filled up immediately with mucus, the intestines showed intense fermentive activity and tympanites.

Respiration ran from 60 to 80 per minute, fever in proportion; livid expression with cyanosed lips and pulse too rapid to record but weak. From the above it is very evident the child was in a dangerous condition and from the involvement of these various organs treatment was required to various spinal centers particularly however to the upper dorsal. I also relaxed the tissues of the neck. The result was most satisfactory though the case demanded persistent attention most of the forenoon, thus by noon sufficient improvement was shown to permit rest and dinner. Resuming duty proved fruitful in continued improvement; mucus and froth at mouth ceased, respiration, fever and pulse lowered remarkably, so by 3 p. m. the child was in peaceful slumber and in a day or so was entirely well.

The above nicely illustrates those points I wish to impress.

1st. Disturbance of equilibrium of heat generation and heat dissipation centers of the body is as apt to occur from exposure to high temperatures as from low, and results will be as severe.

2nd. Powers of the body to elaborate and secrete any and all compounds necessary for restoration to health and maintenance of same when Nature is not interfered with by obstructions.

3rd. Efficacy of osteopathic treatment in assisting Nature by removing obstructions to forces and fluids of same, thereby getting the best and quickest results in the most natural manner.

As for those dreadful germs and bacilli their existence is made most miserable, in fact, they are either rendered harmless or are annihilated by the natural processes of this perfect laboratory—the human body. If we but consider its many provisions for conquering these vultures, especially those entering the alimentary tract, first subjecting them to a mild alkaline bath of saliva, thence into a more strenuous experience of hydrochloric acid abluion from the gastric glands, again into that bitter alkaline secretion of the liver—bile, with the pancreatic fluid and intestinal secretions as reserve forces, we become impressed that Nature is well prepared for any battle if not interfered with by

obstructions. Then we must remember another powerful weapon we have—the blood and its leucocytes when circulating properly, which will prevent the accumulation of waste and dead tissues which afford rations to the enemy, the germs. Osteopathy will open the way, Nature will do the rest.

If you encounter a fever whether induced by a cold or other cause it is not always best to oppose it too strongly, but remember a temperature of 103° or 106° is fatal to many bacteria, and as the normal temperature of the blood in the interior of the body is above 102° F. your few degrees added by fever make a temperature which is fatal to these enemies so may be productive of more good than harm, though never neglect to remove any cause of which the fever is merely a symptom. Our results should not simply increase our enthusiasm for our science but our admiration of Nature and her powers, which means God.

TUMORS.

Frank Fitzgerald, D. O., Parsons, Kansas.

I do not know from personal experience just how much osteopathy can do in cases of malignant tumors although a number of such cases have been reported as cured under our treatment, but fatty tumors can often times be quickly and easily removed. I have been successful in removing a number of fatty tumors by osteopathic treatment. The length of time required usually depends upon the size of the tumor. A large per cent of fibroid tumors can also be removed by osteopathic treatment.

I do not claim anything for the osteopath who thinks he can remove a fibroid tumor by manipulating the tumor. You cannot disintegrate a fibroid tumor by direct manipulation of the tumor and bring about its absorption. You must change the forces that are building it. I make no claim for the osteopath who gives a general treatment in these cases.

Such people would twist your neck for sciatica, raise your clavicle for lumbago, rotate your arms and legs for bronchitis or try to dilate the foramen of Winslow in a case of gall stones. Such people always fail because they have failed to comprehend the science of osteopathy. The osteopath who removes a fibroid tumor must do so by securing a normal nerve and blood supply.

The good book says, "The blood is the life." Dr. A. T. Still said, "A natural flow of blood is health and disease is the effect of local or general disturbance of blood." You cannot have a natural flow of blood unless the nerve influence regulating it is normal. The blood vessels must be unobstructed and the circulatory system in a healthy condition.

We were taught by Dr. A. T. Still, the father of osteopathy, that a large per cent of fibroid tumors can be removed by our treatment. There are hundreds of osteopaths in the field today who can testify that this teaching is absolutely correct.

The osteopath who has treated a few of these cases and failed has no right to say that osteopathy is a failure in tumor cases. Because an osteopath has failed in any particular kind of cases, he has no right to assume that he represents all there is in osteopathy and therefore osteopathy is a failure in such cases.

The fact is no two osteopaths treat alike. Osteopathy is not a series of movements or manipulations learned and practiced by all osteopaths. One's ability as an osteopath depends upon his knowledge of the human body, his cultivated sense of touch, his conception of the science of osteopathy, his mechanical skill, and last but not least his common sense.

The following cases are among the number that I have successfully treated:

CASE I. Mrs. McDonald, age forty-two, associate editor of the Western Christian Recorder, Macon, Mo. Hard fibroid tumor, five or six inches in diameter, attached to the uterus, ten years standing; dyspepsia and constipation of twenty five years standing; irregular, painful menses since puberty.

Seven months' treatment removed the tumor and cured all other troubles. Up to date there has been no return of any of these troubles. Menses are regular and normal.

CASE II. Mrs. M—, Parsons, Kansas, age thirty-one. Intra-uterine fibroid tumor, seven or eight inches in diameter. She had known of its presence for about five years. This case was treated with drugs by a number of medical physicians. X-ray treatment was also given a fair trial. The tumor seemed to thrive under all previous treatment and an operation was urged.

I have treated the case about four months and am still treating it. The tumor has been reduced more than one-half and the patient greatly relieved. I hope for a complete victory in this case.

CASE III. Mrs. G—, Parsons, Kansas. Ovarian cyst, two years standing, about four inches in diameter. Case was cured in three months.

CASE IV. Miss Grace Bray, Parsons, Kansas. Fibroid tumor about four inches in diameter. Before coming to me this case had had about two years medical and electrical treatment. Patient was very weak and nervous and very much discouraged. Osteopathic treatment cured the case in six months time. Sixty treatments in all were given in this case.

SOME MISTAKES.

Charles Carter, D. O., Roanoke, Va.

To consider our successes is pleasant; to remember our failures is profitable—profitable to us and to those who place themselves under our care. All good osteopaths are more or less enthusiastic; our enthusiasm is born of success; it is sometimes productive of failure. Students in osteopathic colleges see many people made well who were supposed to be incurable. Some of these cures are made in a treatment or two; many of them require a long course

of treatment. The quicker the cure the more marvelous it seems, the more it is impressed on our memory, and the more certain it is to be cited to prospective patients. This is a great mistake as it often works harm to the profession. There are very few practitioners who are not able to refer to cases where correcting a slipped innominate, adjusting the head of the humerus, or setting the atlas (each at one treatment) gave immediate relief from sciatica, rheumatism, or headache, as the case may be. Possibly the suffering had continued for months or years, yet it was relieved in a few minutes. These results are very gratifying, and we are disposed to emphasize such cases unless we guard against it.

Many people are casting about for a new method of healing before they have heard of osteopathy. As soon as they hear of one of these quick cures, they conclude that it is the very thing they are looking for. They come to us for treatment and if they too are not cured in short order they are disappointed. There are in every community scores of chronic cases of years standing, that can be cured by six months' treatment that could not even be benefited by one or two months' treatment.

The duty of the profession is to educate the public in this matter. We cannot do this by continually referring to the quick cures. We must constantly bear in mind that these cases are the few exceptions. The public is not more unreasonable than you or I would be under the circumstances. To it, osteopathic treatment is an experiment. We must explain that while misadjustment is the chief cause of disease, that pathological conditions often result thereby and that these can only be overcome by a building process and in some cases can not be overcome at all, and that in other cases the readjustment itself is necessarily slow. One illustration that is often applicable is that spinal lesions (and they are the most common) result in flattening the intervertebral disks, and thereby pressure is produced on the nerves passing out between the vertebræ. This affects the function of the organs supplied by these nerves. The only way this can be overcome is to build up the disks by securing better blood supply to them. Any one can see that this will take time. If a patient is not willing to give osteopathy a trial of months, after giving other methods a trial of years, then it is our duty to discourage him in taking treatment. If all osteopaths would follow this plan, it would establish our practice on a firmer footing.

Sometime since a gentleman came to see me on his return from a visit to a large city. He wanted to take treatment, he said that an osteopath had told him he could put fifteen pounds of flesh on him in two weeks. He did not take treatment as I could not make any such promise, although I could have referred him to a very exceptional case of supposed pulmonary tuberculosis, the patient having had her voice restored (she had been unable to speak above a whisper for four months) and having gained seventeen pounds in one month's treatment.

Patients who expect quick results sometimes take treatment for a week or

two and think they have tried osteopathy. The following is an extreme case of this kind: A patient came to my office to take a treatment for neuralgia that had existed for years. I agreed to treat him, explaining at the same time that he needed a thorough course of treatment. Some weeks later, a friend advised him to take osteopathic treatment. "Oh," he exclaimed, "I have tried that and it did me no good." He had taken one treatment and seemed to be convinced that he had given it a trial. In the way of contrast, I will give the following: Mrs. B. came to see me about her sister, who had suffered for a year or more from an extreme case of neurasthenia with insomnia and other bad symptoms prominent. I said to her, "I think this is a case in which a short course of treatment would be unsatisfactory to all concerned, but the case can probably be cured by a long course of treatment." The patient took five months' treatment and is practically well.

Another mistake is the claims made by some members of our profession. Even our most conservative publications make statements that are extravagant. To say that a cold or even influenza can be cured by one treatment is true in a general way, but we do not always do this, and the public is more apt to remember the failures than the cures.

Another common mistake is the estimate we are apt to put upon the medical doctors. Our practice is made up largely of cases that they have failed to cure. This, taken in connection with their activity against osteopathy, their claim that all methods of healing should be regulated by them, and the assumption of *some* that they know all that is known of the healing art, is not calculated to arouse in us the most kindly feeling for their profession; yet, I think, we are liable to err in this respect. There are but few of us who have not had quite a number of patients sent us by members of the medical profession, showing that they are glad to have patients cured by some other method if they can not be cured by medicine.

We think the opposition to us and the injustice done us is often due to prejudice and ignorance. Let us not fall into the same error, remembering that the successful busy practitioner is not the one who is so loud in his denunciation of osteopathy, but that it is the lesser light who becomes panicky and seeks to climb up by pulling some one else down.

I often think of the good advice given to the graduating class of January 1900, by Dr. Hildreth. He said, "Oftentimes the antagonism of the M. D.'s is exaggerated, and remember it is your duty to always act the gentleman, whether the same course is followed by your opponent or not." It is well to remember that osteopathy is indebted to the medical profession for researches made and facts established along the lines of anatomy, physiology, symptomatology, and etc., I trust that we will gradually recognize the true worth of each other and be more in harmony.

In conclusion: The mistakes made by us are:

- (1). Emphasizing quick cures.
- (2). Making disparaging comparisons (let others make comparisons).

(3). Making extravagant claims.

Mistakes made by the public are :

(1). Expecting osteopathy to do in a month what other methods failed to do in a year.

(2). Failing to realize that we treat the cause of disease and thus hope for permanent results.

(3). Thinking there is no harmful side to osteopathy, for when not properly administered harm may result.

MEMBRANOUS CROUP.

Asa M. Willard, D. O., Missoula, Montana.

Of all those maladies peculiar to children membranous croup is among the most dreaded and in sections of high altitude it appears to be more dangerous than in others. If osteopathy could do nothing more than to lower the mortality of these cases alone, or even merely to relieve the terrible choking spells which the little sufferers pitifully struggle against, and which the parents vainly try to combat, its mission on earth would be God-given.

The disease occurs more often in boys than in girls and in children from two to seven years of age; very rarely in those under two or more than seven. Some writers consider membranous croup and laryngeal diphtheria the same. That they are closely allied there can be no doubt, but many of the authorities cite good reasons for differentiation and place membranous croup in the non-contagious list.

These differences of opinion existing, it is certainly wise, in the conduction of all cases, to use the same sanitary precaution that would be employed in cases of diphtheria. It is always best to err in being unnecessarily careful in such matters than to subject other children to even the slightest risk.

While in some instances the attack of croup itself comes on suddenly, in the majority of cases it develops gradually from a "cold in the throat," the child usually having had a catarrh of the larynx for some little time. Soon after the disease manifests itself, as a result of the inflammation of the mucous membrane lining the larynx, there is formed a tough, opaque, false membrane, and this with the spasms of the glottis obstructs the larynx and causes the suffocative attacks.

It matters not whether or not the laryngeal inflammation was immediately caused by a germ. Children breathe germs every day into the air passages and are not affected thereby. It would not, nor could not, have been produced by such had there not been an unnatural condition of the circulation of and about the larynx; and here is where osteopathic principles have application. The osteopath seeks and proceeds to remove the cause of this congestion. As a result of some exposure, a draft of air, or of irritation to the nerves supplying them, the throat muscles both superficial and deep are usually found

contracted and tense and consequently by their mechanical pressure are disturbing the normal blood flow. These are relaxed. Often derangements of deep ligamentous and of bony tissues are found which are irritating the vasomotor and sensory nerves to the larynx.

These causes removed, the laryngeal spasms are alleviated, the engorged condition of the blood vessels is relieved and further exudation and consequent formation of false membrane is prevented.

The great danger and obstacle usually encountered in these cases is in the repeated formation of the membrane. As fast as pieces are thrown out others immediately form until the child is worn out.

By this treatment directed to the removal of what is producing the false membrane, the congestion, the opportunity for continued reproduction is disposed of and the pure blood allowed to flow to the parts soon exerts its healing influence.

The following was a typical case of much severity :

Master H. H., age five, had had for two months a severe cough with much catarrh of the air passages which had become chronic in character. One evening the child began to be more hoarse. By twelve o'clock he could not speak except in a whisper. Osteopathic attention was secured about seven the next morning after other measures had been employed during the night and the child seemed nearing death.

At that time he was lying limp and seemingly unconscious, with feeble pulse and face blue from suffocation. Treatment was immediately applied to the cervical region with little hope on the part of the osteopath of being successful in giving any relief at that late stage.

The muscles were relaxed and a lesion of the atlas and axis partially reduced. The breathing began to be more noisy and in about fifteen minutes the lungs were filling and face flushed. Another suffocative attack occurred in the following evening but not nearly so severe as the previous one and the attacks after this were each time farther apart and lighter until the third day when because of an indiscreet exposure another quite severe attack resulted but was controlled. It was three weeks before all the hoarseness had subsided but this was doubtless in a large measure due to the chronic catarrh of air passages which previously existed and would naturally require some time for eradication.

The inhalation of the vapor of slacked freshly burned lime was employed and vomiting promoted to remove membrane already formed.

MEDICINE DEFINED BY SPERRY.

E. J. Breitzman, D. O., Fond du Lac, Wis.

"It is just a hodge podge mass of theory and practice."

This is the description of the medical methods of curing diseases, given by Dr. Lyman B. Sperry of Oberlin, Ohio, Sunday afternoon, January 17, at

Lincoln hall, Milwaukee, Wis. The entire address of Dr. Sperry, who appeared in Milwaukee under the auspices of the Y. M. C. A., was a severe denunciation of medical doctors and their nostrums. Among other things he said :

"It is about time that we get down to fundamental facts. Twenty per cent. of the babes that are born die before they are one year old, only one-half live to maturity, and of these a large percentage are defective physically, mentally, or morally. We doctors have catalogued 1,000 different diseases and to fight them we have an army of 150,000 physicians in the United States. Then there is a great quantity of drug store concoctions in pill, or powder, or liquid, of every shape and color. They have a remedy for every evil under the sun, real or imaginary, and yet the people continue to get sick and die as they always have done."

In closing his description of these conditions the speaker declared, "There are thousands who would get well if they would leave medicine alone and give their stomachs a chance." That declaration has an osteopathic ring to it that is as sweet as its doctrine is sound. What the world needs is more Doctor Sperrys to do missionary work along this particular line, to open the eyes of the masses to a humbug greater than Barnum ever dreamed of perpetrating on a gullible public, and that humbug masked in the guise of a profession practiced by men who have but the faintest conception of the properties of and the dangers lurking in the implements placed in their hands with which to do battle against disease.

OSTEOPATHIC PEBBLES.

J. F. Spaunhurst, D. O., Indianapolis, Ind.

Back to Nature.

★
Delays are dangerous.

★
It's the pace that kills.

★
Health is indeed a treasure.

★
Are you a physical bankrupt?

★
Every excess becomes a crime.

★
Perfect adjustment means perfect health.

★
If not to-day, when? Begin treatment *now*.

★
Nothing can stay the progress of osteopathy.

★
First to last, all the time, genuine osteopathy.

Worry shortens man's days; osteopathy lengthens them.

★
Drink abundantly of the "Champagne of Nature"—osteopathy.

★
Appeal to Nature; if the appeal is just, she will help you.

★
Pain is Nature's signal of approaching danger, a symptom of disorder.

★
"Osteopathy is all right if the osteopath is all right." Beware of mail-course osteopaths.

★
Osteopathy restores order to the body machinery and thus enables Nature to restore health.

★
Simplicity of cause; simplicity of treatment; certainty and accuracy of cure are osteopathic tenets.

★
Over-worked business men, who continually complain of that "tired feeling," find salvation in osteopathy.

★
Common sense is a good synonym of osteopathy; it is never at a discount, neither is genuine osteopathy ever below par.

★
Colds, lagrippe, pneumonia are cut short, aborted and lose their sting in cases where an osteopath is promptly called; then he is your timely friend.

★
Did it ever occur to you that the delicate mechanism of the human body is often thrown out of gear and that these slips, twists, and strains are the causes of most ailments?

★
The most liberal and best medical doctors of to-day are advising the minimum use of medicine and the maximum of common sense; they decry the liberal use of drugs.

★
The machinery of life would groan hideously were it not for osteopathy to oil the wheels to prevent friction, and adjust mechanical disorders to prevent pain and sickness.

★
The fingers of an expert osteopath are able to detect every fibre of the body structure that is out of harmony as quickly as the ear of a musician can detect a discordant note.

★
The old saying that there is no help for asthmatics, paralytics, and dyspeptics has become obsolete in this age of scientific advancement, with the birth of osteopathy.

★
Success is assured osteopaths who are thoroughly in earnest and ply diligently and skillfully their knowledge of liberating the inherent remedial forces of the body organism.

The crowning virtue of osteopathy is that it brings new hope to womanhood; it is her sure and safe escape from most of the ills peculiar to her sex and from the dreaded knife.

★

Disease results from an obstruction to the natural flow of nervous impulses and vital fluids. Osteopathy is unequaled for enlivening the nerves and accelerating the entire circulation.

★

Osteopathy is not a cure-all, yet its scope and range cannot be measured by the failures of other schools for it is restoring stubborn, chronic cases that medical practitioners have abandoned.

★

Ignorant, unscrupulous, fake osteopaths are abroad in the land preying upon the sick and afflicted. Assure yourself that the osteopath whom you patronize is genuine. Examine his credentials; look up his record.

★

The human body is the best of Nature's handiwork; it is perfect in design and wonderful in construction; its anatomy should form the constant study of mankind. Here is where osteopaths specialize, and it is the use of this expert knowledge that brings unprecedented cures.

★

The brain and the nervous system in conjunction with the circulation of the body fluids constitute the great machinery with which the skilled osteopath has to work and the mastery of them gives him the key whereby the remedial forces of Nature are unlocked and utilized against disease.

★

Health is Nature's greatest blessing; it is the birth right of all. Go to a competent osteopath and possess it. You will decide wisely when you determine to quit drugs and give an osteopath a fair chance. Your weal of woe for life may hinge upon your decision in this matter of health-getting.

★

Nothing tells like truth and facts. Osteopathy sustains its claims with such an array of facts that it bewilders the scoffer and convinces the skeptic. Osteopathy is not empiricism; it is science; it is success and thousands bear testimony that it has been the means of their recovery after exhausting every other known remedy.

★

The tendency of the age is against drugs. People are striving for something better, and it is being demonstrated to them daily that osteopathy is sound in principle, unharmed in reaction, liberates the life forces of Nature, utilizes them against the ravages of disease and thus restores to health multitudes of so-called "incurables."

★

From its intricate structure and constant use the spine is peculiarly liable to accident; slight slips and strains that were hardly noticeable at their occurrence are the real cause of most diseases. Osteopaths not only trace the cause of ailments to these slips and twists, but they skillfully adjust the mal-alignment and give Nature a chance to assert herself and health ensues.

All the sufferage osteopaths ask is that they be permitted to work with brain and hands unmolested, that they may demonstrate to the world the efficacy of their treatment and prove its worth by actual results. Thus will the history of extinguishing pain and preventing sickness be rewritten and osteopathy will take its rightful place as the latest and best chapter in the realm of therapeutics.

★

That slight derangements along the spine are the real causes of disease, osteopathy is demonstrating almost daily. Not necessarily a displaced bone, but any tissue of the body—chiefly bones, muscles, ligaments and tendons. Herein lies the main difference between osteopathy and other schools; it has revealed that the main causes of disease have been overlooked, and dependent upon the removal of the *cause* is the *cure*.

★

Fuel, oil and water are to the engine what food, air, and water are to the human body. They generate the power and lubricate the parts causing them to run, but they cannot mend the parts when out of fix. To an expert machinist belongs the repair of the engine and to a skilled osteopath should fall correct adjustment of the human machinery; then, and not till then, will either run smoothly and without friction.

★

Thousands of chronic cases have exhausted the treatment of warring medical schools without success. They have swallowed noxious mixtures for years in the vain quest of health, and, as a last resort, they appeal to osteopathy and often find full and permanent relief. To relieve these hardest types of chronic cases requires the most persistent, painstaking services of a skilled osteopath; he makes strenuous physical exertion, often when already fatigued, puts himself in the work and gives that which is beyond price. Patients, thus relieved, usually feel a personal gratitude, an obligation which money alone cannot repay, hence a strong bond of friendship is formed between the healer and healed and it proves of lasting value to both. The osteopath is differently situated from the medical practitioner, who simply felt the pulse, asked questions, wrote a prescription and failed to subdue the malady. Everybody knows what allopathy and homeopathy mean but not nearly everybody knows what osteopathy means; it is new and these enthusiastic patients, exhilarated with regained health, feel that they can in no way better offset their debt of gratitude to their doctor and perform their full duty to suffering humanity than to spread broadcast the news that there exists a complete and effectual system of treating all curable diseases without drugs or knife, that it is not Christian science, rubbing or scientific massage, but genuine osteopathy. This appreciation from grateful hearts works wonders; it brings new patients; swells the profession in a decade from one practitioner to thirty five hundred; gains favorable legislation and recognition, as a distinct system of healing, in over one half of the states; places our student body ahead of all other schools in numbers, except the allopathic school. Great are the results; they are the means of this unprecedented growth, our most potent weapon with which future battles will be fought and *won*.

Endowment for the American School.

Having recently talked with a number of osteopaths from discontinued osteopathic colleges and having heard expressions of regret and disappointment from so many, occasioned by these misfortunes, I feel that one of the most important questions that can occupy the attention of our profession to-day is the question of endowment.

Those who are familiar with the history of education know that institutions of learning are now, and have always been, largely philanthropic in character—supported by government or endowment funds. There is an expense in conducting a college having a large corps of professors, which is little realized by the public at large and which is rarely equaled by the amount of money paid in by students for instruction.

In view of these facts and in view of the number of osteopathic colleges which have been opened and closed in the last few years, I believe it is a duty that we, as osteopaths, owe to our profession and to ourselves, to start an endowment fund for the American School of Osteopathy.

There are now fully five thousand men and women whose future success and happiness are directly dependent upon osteopathy. Will not all of these who are so vitally interested contribute to an endowment fund for the parent institution? I believe that they will and I believe that one hundred thousand dollars can be raised in this way during the present year.

That there are other colleges and that there is something to be said on the other side of this question is true, but that there is a common ground of meeting where the entire osteopathic profession can work together in this great cause I firmly believe.

That Dr. Still himself, with that high degree of independence characteristic of his nature, should object to an endowment in the form of a gift is altogether probable. However, this work is to reach beyond the present—beyond the time allotted to Dr. Still. To this end the whole profession must for once over-rule the founder and say to him by their action "Our poor work may perish, but thine shall endure." The institutions we seek to establish may fail,

but the college you have founded and the truths you have discovered "shall not perish from the earth."

It is often said that "truth is eternal." While this sentence is true an institution which teaches a truth is by no means so abiding unless its foundation is completely secure and its yearly disbursements is equaled or exceeded by its yearly income, regardless of students or the amount of money they pay into its treasury.

"A Church at Rome." We are told that this was the watch word of Catholics in all lands and under all skies until St. Peter's, in solemn grandeur rose from its foundation and stood complete—the glory of the Catholic religion—the wonder of all the world.

What of the cost—uncounted—unknown! What did it matter to the generation which began that glorious edifice or to the generation which finished it! They believed in their religion with all their souls and they sought to hand it down, not alone to their children nor yet to their children's children, but to all generations for all the time to come. What did they care for the cost or the labor! In their hearts and in their minds there was but one thought, "A Church at Rome" that should be the home of their religion and stand unequalled for ever.

We are told that thousands worked upon that great edifice without pay. To take part in an undertaking so vast and far-reaching was reward sufficient. This was certainly true devotion—a type of that "love which loves self last," and a practical illustration of what unity and resolution will accomplish.

And now in the great cause of osteopathy all that is required is devotion to the science, united effort and a high resolve. Let a national committee in each state and territory be appointed and a work will be commenced which will mean that the American School shall have its support secure, that it shall be endowed and that it shall stand forever. Glorious thought! And why should it not be fully realized?

Next to our religion and our country's

flag what cause should be more dear to our hearts than our profession? And what phase of it more interesting than to assist in placing the parent institution on a foundation that will be secure so long as time shall last.

Who shall start this great work? Let the present managers of the American School take the lead. Let them appoint the committees. Let them start the fund and we shall all follow. Let the united committees meet in St. Louis during the week July 11th to 17th in conjunction with the A. O. A. and in returning from that great convention we shall know that endowment is not a dream, but a reality.

While endowment of the parent institution will advance osteopathy as nothing else will or can, in fairness to the other osteopathic colleges the A. O. A. could not perhaps, as an organization, take up this work. But that the endowment committees could all meet in St. Louis at the above dates and do their work at that time, there could be no question.

It is said that Andrew Carnegie, when asked to endow a certain institution, enquired what the present endowment fund amounted to and when told "nothing" he replied by saying "Show that you deserve endowment by starting the fund yourself."

While there are many philanthropists in our land this brief sentence sums up the manner in which they view all institutions to whose general or special endowment fund they are asked to subscribe. Harvard, Yale and Princeton have but to ask, but with a new institution these men must first be convinced by its work that it "deserves endowment."

Does the American School of Osteopathy deserve endowment? We believe that it does. Then let us, who are so vitally interested and who have so fully proved the high merits of this science start this fund. Let us commence this great work and go forward with it with unwavering faith and with that kind of determination which knows no defeat. By so doing we shall start an endowment fund which we shall see grow from year to year and from decade to decade. And with increased fund we shall see magnificent new buildings

rise with increased facilities where shall be taught osteopathy in its original purity—the true science of healing—and from whose portals shall go forth men and women who shall carry its truths to the ends of the earth.

Endow the parent institution and we shall then know that the science in which we so fully believe and to which we are now dedicating our lives shall not be taught for a year, nor a generation, but that it shall be taught and practiced for all time to come. Endow the parent institution and it shall some day be the acknowledged light of the healing world and stand abiding, enduring, forever—a monument to Dr. A. T. Still, a glory to the profession, and a blessing to the world.

S. C. MATTHEWS, D. O.

Paterson, N. J.

Diphtheria Antitoxin.

The press during the past two months has contained protests from representatives of the medical profession against the existence of an antitoxin trust.

In view of the fact that such a trust is extant it is stated that Dr. R. B. Preble, president of the Chicago Medical society is fathering a movement towards the manufacture of antitoxin by the United States government. The populist advocated government ownership of almost everything, but even their list omitted antitoxin. Now comes a strenuous denial from others of the medicos that any such antitoxin trust exists. The claim is made that antitoxin can be had by the suffering public at the most reasonable figures. While the merry war of words progresses it might be well to note that the report of the Registrar General of England for the ten years from 1881 to 1891 before antitoxin was administered for diphtheria showed that one hundred and sixty-two (162) out of every million of people died of diphtheria. The report of the same officer for the ten years from 1891 to 1901 during which time antitoxin was used showed that two hundred and sixty-two (262) out of every million died of diphtheria. These figures would certainly indicate that antitoxin as an internal application was high at any price. If it be

true that the price of antitoxin is being boosted beyond the reach of the poor man's exchequer, the evidence is that for him it is a blessing in disguise, and he can console himself with Longfellow's lines from Resignation. "These severe afflictions not from the ground arise; but oftentimes celestial benedictions assume this dark disguise." ASA M. WILLARD, D. O.

Osteopathy Attacked by the Medics in Florida.

PENSACOLA, FLA., Feb. 20, 1904.

DR. GEO. M. LAUGHLIN,

Kirksville, Mo.

DEAR DOCTOR:—

I opened offices in Pensacola, Nov. 23rd last and within a few hours the secretary of the medical board in this district called to inform me that I must appear before the board at once for examination.

Of course, having been inoculated with the anti-examination germ (?) while in Kirksville, I refused, whereupon the genial secretary made a few remarks about being sworn to do his duty, etc., and gave me fair warning that he would prosecute me to the fullest extent of the law. I told him to go ahead saying "may the best man win."

The first move made was to have me arrested for practicing without a city license, under an ordinance which reads as follows: "All regular licensed physicians and veterinary surgeons must pay an annual license fee of \$5.00. Herbalists and all others professing to cure diseases must pay a fee of \$100.00 per year." The case was tried in the city court and not being a regular licensed physician I was classed as one of the *all others* and fined \$100.00 for doing business without a license, the fine to be remitted if I obtained the license. Collection of fine or license fee was suspended until I could appeal to a higher court.

I appealed to the circuit court on the grounds of unjust discrimination but the circuit judge (whose child I am successfully treating) decided that although he considered the ordinance unjust he had not the power to declare it unconstitutional and advised the defendant to pay the fine or obtain a license. I hastened to secure a license for fear the city would fine me again.

Within one hour after obtaining license I was arrested for practicing medicine without proper qualifications, was taken before the criminal court which was in session at the time and made to give bond in the sum of \$200.00. After returning to my office I received a message from the state tax collector notifying me to at once pay state and county license tax or be prosecuted. Have not paid it yet, deciding to wait if I can until the case against me in the criminal court is settled.

My trial has been postponed until Friday, March 4th, at which time my attorney will move to quash the indictment, producing records of court proceedings in other states bearing on similar cases.

The argument of the prosecution will be amusing, being based upon the fact that osteopaths to intelligently manipulate the human body must understand the anatomy of it and as anatomy is a branch of medicine, therefore, osteopathy is the practice of medicine.

I have hopes of ultimate success in the persecution against me, have the best legal talent of the state and intend to carry the matter as far as possible to obtain a decision favorable to osteopathy that will establish a precedent governing future prosecution, should there be any.

The expense of conducting my practice and defending myself in the courts has been very heavy but I trust that I may be repaid by an increased practice from the free advertising I have been getting.

The persecution of Doctor Bennett, the osteopath, has been the topic of conversation in many clubs and social gatherings the past few weeks.

The case is attracting much attention locally and the people—many of whom I do not know—are very bitter in denouncing the medical fraternity for their narrow-minded "let me have it all" way of persecuting anyone opposed to their theory of practice.

Will keep you posted regarding the case against me and hope to soon report an acquittal.

With best regards, I am,

Fraternaly,

C. E. BENNETT, D. O.

Osteopaths Need no License in New Jersey.

Justice Dixon decided that osteopaths need no license to practice their profession in New Jersey. The decision seems to be eminently sensible, based on the ground that as osteopathy does not deal in the prescription of drugs it does not come under the medical laws of the state. Of course those who think there is no cure for ailments except by dosing with drugs will now attempt to frame a law that will prevent any other treatment of disease. It is getting to that pass with some that man must not only live by rule but die by rule, as suggested by some interest that would thrive by its own peculiar notions.—Camden Courier.

Indiana Osteopaths.

There has been a generous response to the notices sent out Jan. 1st, and our legislative fund has received quite a "boost." But *it is not enough*; let *everyone* do his part. Don't be a "sponger" and let the few do all the work and pay the cash besides. We must work together as a unit if we are to win our next battle in the legislature and to do this *each* must pay his part of the expenses. Don't wait until to-morrow but REMIT TO-DAY. Also don't forget our next meeting Wednesday, May 11th. Make your arrangements to attend and take part.

FRANK H. SMITH, sec'y. and treas.,

Indiana Osteopathic ass'n.,
Kokomo, Ind.

Notice to June Class 1901.

As you perhaps know the June class '01 who were at the Cleveland meeting of the A. O. A. rallied together the old officers and had a very enthusiastic and pleasant meeting, renewed acquaintance, etc., and elected the following officers for the ensuing year: Dr. E. E. Cramb, president; Dr. James T. Drake; vice-president; Dr. Jennie Evans, secretary; Dr. B. W. Sweet, treasurer.

Among other things, a dollar assessment was levied upon each and every member of the June '01 class to be used for maintaining headquarters at St. Louis, 1904, and the treasurer was instructed to send

each member of the class a letter requesting the dues to be sent to B. W. Sweet, treasurer, Erie, Pa.

Now, classmates, I will ask one special favor of you and that is to respond as quickly as possible to this call, in fact "Do It Now."

Trusting that I will see every one of you at St. Louis "Osteopathy Day," July 12, 1904, and that we may have a grand rally of the "biggest" class the A. S. O. ever had, I am,

Yours truly and fraternally,

B. W. SWEET, D. O., treas.

Erie, Pa.

Kentucky In Line for Osteopathy.

Dr. H. T. Lee of Carlisle reports the passage of a new law.

DEAR DOCTOR: Yours of the 20th at hand, and in reply to your inquiry as to legislative affairs in Kentucky, will say that our bill as originally proposed provided for a separate board of osteopathic examiners, and said bill was reported favorably by the senate committee, and would have easily passed the senate. Dr. McCormick, of the State Health Board, with an immense lobby of medical men had been fighting us bitterly and had the house dead against us, so that our bill would never have been reported for us.

At this stage of the game Dr. McCormick proposed a compromise, and Doctors Carter, Nelson, Thornbury and Coffman, who have been working so hard for the bill told him to submit his compromise bill, which he did.

The bill was in substance this: An amendment to the state medical law providing for a board of examination and registration to consist of two allopaths, one homeopath, one eclectic and one osteopath, each member to pass on applicants from his respective school; submit questions in studies peculiar to his school, said "individual" actions to be passed upon and indorsed by the entire board. It recognized osteopathy as "a system of the practice of medicine." It only provided for the exemption from examination those who had graduated prior to Jan. 1, 1904; it contained several other bad clauses which were stricken out after two days hard fighting before the senate committee.

The clause reading "prior to Jan. 1st" was changed to Feb. 1, 1904, and exempted all medical students or osteopaths who had graduated or matriculated in any school prior to Feb. 1, 1904.

Realizing that the independent bill could not pass, the compromise was accepted. The bill was reported favorably and passed in the senate by a vote of 30 to 2.

The words "in the commonwealth" were inserted by the legislative judiciary committee, and our amendment to cut those words out was voted down.

These words limit those exempt from examination to students who have matriculated in colleges in Kentucky. We wanted all students included who have matriculated prior to Feb. 1, 1904, but the members of the legislature said that other states admitted only those of their own state and they were going to be as severe as other states.

This bill makes the medical men recognize us as doctors, indorse our practice and stand by us in everything. It allows us to practice all branches of medicine, limiting us only in internal drug medication and surgery. We are allowed to practice obstetrics.

I think the law is a *good one*, but sorry we couldn't get in without examination, though I have no fear of standing an examination. The bill comes up for final passage today or tomorrow in the house and has no opposition. I might add that the majority of the homeopathic practitioners of the state, and their colleges in Louisville fought for the osteopaths all the way through.

Yours truly,

HARRY T. LEE, D. O.,

LATER: House passes the bill 52 to 5.

Book Review.

Clinical Lectures, by Sir Wm. R. Gowers, M. D., F. R. C. P., F. R. S. This is known as the second series, another having been published some years ago. The author is well known to the medical world by reason of his contributions to a knowledge of the nervous system and its disordered states, and hence this series of lectures comprising some 250 pages in book form will un-

doubtedly receive a hearty welcome. The lectures were delivered at different times and places and are not related. The subjects covered are subjective visual sensations, subjective sensations of sound, abiotrophy; diseases from defect of life, myopathy and a distal form, metallic poisoning, syphilitic diseases of the nervous system, inevitable failure, syringal hæmorrhage into the spinal cord, myasthenia and ophthalmoplegia, the use of drugs. While there are many points of interest to the osteopath in most of these lectures the last named will more likely attract special attention. The general distrust of the drug as a remedial agent which is becoming so noticeable among the modern medical authorities themselves is not shared by Dr. Gowers. Indeed he is quite optimistic with reference to the possibilities from a discriminating use of them. "The second fact that was impressed upon me," he says, "was that this method of treatment by drugs does, in a large number of cases, not only a definite but a great amount of good." He boldly advocates the application to medical practice of the scriptural injunction, "Try all things, hold fast that which is good," then later devotes several pages to a defense of this cut-and-try method as a rational procedure. It may be rational. It certainly has cost much in life and shattered health in the past, and would still were it not for the demand of an enlightened profession and laity that a more satisfactory and a less disastrous method of experimentation be used.

On the whole the book is quite interesting in style and instructive in content. It is for sale by Blakiston.

Notice to Missouri Osteopaths.

As state editor of the Missouri Osteopathic association I desire a report from every osteopath practicing in Missouri in order that I may make out my annual report for our state meeting in July. Make your report in the following form on or before May 1st, and send it to me:

How many cases have you treated the past year?

How many acute?

How many chronic?

How many obstetrical?

How many have you cured?

How many benefited?

How many have died? Were deaths from acute or chronic troubles?

Remember, none of these reports will be given separately; they will be given as a total in my report as requested by the M. O. A.

This work is done in order that we may know what is being accomplished by osteopathy in Missouri. How our system compares with other systems, etc. Statistics of this kind are certainly of enough importance to the profession to cause you to respond promptly without further comment. This means every practitioner in Missouri.

MINNIE POTTER, D. O.

Memphis, Mo.

State Editor of the M. O. A.

Detroit Osteopaths Reorganize.

The Detroit osteopaths met on Tuesday February 16th, for the purpose of reorganization. A full attendance at this meeting is reported. The new society is called The Wayne County Osteopathic Society. Officers elected for the following year are:

Dr. Geo. B. F. Clarke, president.

Dr. John M. Church, vice-president.

Dr. Mary Kelley Sullivan, secretary-treasurer.

Quit Eating?

And now a Boston doctor claims that the scarlet fever germ lurks in strawberries. When there is anything particularly good to eat or drink depend upon the officious to find a baneful germ of some kind or other in it.—Milwaukee Sentinel.

Don't Promise Too Much.

Doctor, be careful with your statements respecting percentages of cures. It may be true—we don't think it is—that "osteopathy permanently benefits at least ninety per cent. of all chronic afflictions abandoned as incurable by other systems of treatment, while seventy-five per cent. of them are absolutely cured, and not one was ever injured." But most people, especially those of a scientific turn of

mind, must be shown. Where are your evidences? Are seventy-five per cent of your cases of organic heart trouble cured, or ninety per cent. benefited? Is it true of chronic atrophic catarrh, of chronic articular rheumatism, of fibroid goiter? Do your cases of cancer, of tuberculosis, or of syphilis yield to the treatment? Are you successful with senile cataract, or chronic otitis media? Is epilepsy, or chorea, or paralysis agitans, or spastic paraplegia, or locomotor ataxia, largely controlled and cured as the optimistic circular states? We are not pessimistic. We are optimistic. The osteopathic method can do more, and much more, than can any other school of healing in all of these cases. It can do remarkably well with them considering the conditions as they are found. But as to absolute cure and permanent benefit—not temporary cessation of symptoms—we can afford to be guarded in our prognosis. Let every practitioner collect and analyze and record his cases, and let him compute his percentages and compare them with those of his fellow practitioners—then after ten, twenty, fifty years of observation and record, we will be in a position to speak authoritatively, and with figures that speak the truth. But in the meantime, doctor, have a care.

Disgusting Surgery.

In December the Associated Press dispatches told the story of another so-called "surgical triumph," the perusal of which would make most men shudder as thoughts come to them of the hideousness of the crime, for such it ought to be labeled. The grafting of an ear taken from a poor man onto the head of a millionaire whose \$5,000 enticed the former to part with a part of his anatomy, may appeal to modern surgery as a great feat, but its repulsive features will strike the majority of mankind. A brief report of the transaction is given in the following press dispatch:

"The western mine owner who procured, through the medium of \$5,000, a new ear, which was grafted upon his head after being cut by degrees from another man's head,

has returned from the private hospital in Philadelphia where the operation was conducted by a New York surgeon. Circulation has been established in the foreign flesh and, apparently, the operation was a success. There is some swelling about the places where the stitches were taken and a few small gatherings of pus, but the surgeon says this is no menace to the ear and will soon disappear under treatment. The man who sold his ear has returned to his home near Pittsburg, where he has a wife and child."

The next day's dispatches informed the public that the poor devil that had parted with his ear was in the market for another ear for which he was ready to give \$1,000. And the worst of it is that a man, a Hun in Northern Wisconsin, put himself into communication with the Pittsburg victim of the first ear butchering, with a view of making the sale of one of his ears but asked a bigger price than that offered. We have not noticed anything further in the matter and know not what progress has been made in this last venture.

The Milwaukee Sentinel in commenting on the first operation, editorially, under the heading, "Disgusting Surgery", had the following:

"A New York surgeon has gained a good deal of notoriety recently by replacing a millionaire's lost ear with the aural appendage of a man who cares more for \$5,000 than he does for the anatomical completeness of his face. The dispatches yesterday announced that the operation had been a great "success," and that the patient is overjoyed with the possession of an ear that once belonged to another human being.

"Aside from anything that may be said of the moral right of a person with plenty of money to buy a portion of the anatomy of some other person to replace a part of himself lost through accident, there is in this case of ear grafting something positively disgusting. Any one with a natural instinct of decency is inclined to shudder at the thought of it. There was repulsiveness in the very suggestion when the one eared millionaire was advertising for some poor wretch to disfigure himself for life that he might defy a law of nature. And now that it is done, the

surgeon is gloating over his work. It is quite possible, however, that the faculty will hold it a prostitution of the noble science.

"Of the two men who were the principals in the grewsome affair it is hard to tell which to pity the more. One of the poor wretches has been maimed for life, voluntarily, for a money consideration. That ought to be a pleasant thought for the other man who is so "overjoyed." On the whole, the victim, so to speak, should be the happier through life. Continuous nightmare ought not to disturb him, at least; and however he may regret his act he will not in periods of normal mental condition be haunted by the thought that one of his ears is the flesh of another man."

We are in receipt of a circular and letter sent us by a correspondent, announcing the advent of the "Columbia College of Osteopathy, Incorporated, Ravenswood, Chicago; Isabel M. Davenport, M. D., D. O., secretary." For twenty-five dollars one course with a diploma is given; for ten dollars another without diploma. Barber's book and a much advertised chart seem to be the facilities for teaching.

A few years ago there were several such schools and the condition was cause for much concern. Owing partly to active measures inaugurated by the educational committee of the national association, and other forces of the profession, and partly to natural causes, there is at present, we believe, little occasion for much concern. We hardly think it necessary to argue the legitimacy of the correspondence school. The people themselves are awakening to the fact that there is too much in the osteopathic system to be learned by any short cut course, and there are comparatively few students who are so "easy" as to be persuaded into parting with their cash for a mess of pottage. The correspondence school of osteopathy is going the way of all things not fitted to survive. It has been given plenty of rope and is hanging itself, and we believe that our energies from this time on can be more profitably directed to more important problems.

The Journal of Osteopathy.

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OF THE

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Editorials.

THE new freshman class at the A. S. O. numbers 105.

* * *

In this issue of the JOURNAL appears of contribution from Dr. S. C. Matthews of Paterson, N. J., on the subject of "Endowment for the American School." The proposition of making the American School an endowed institution sometime in the future has been seriously considered by its present management for some time past, although no plan as yet by which this can be carried out has been formulated. There is no question about it, an endowed school is what the profession needs. In order to secure the highest standards, and in order to perpetuate our science as a distinct system of medicine an endowed institution, public in character, must be established. At present the A. S. O. is a private institution with no endowment although it has large capital back of it and is in the very best of financial condition. Even this does not guarantee to the profession a school that will always exist. As a private institution the A. S. O.

expects no gifts. When her plan for securing an endowment is announced the present owners of the A. S. O. will head the list as the principal donors. The management will not be prepared, however, to announce a plan for some time to come, perhaps not before next year.

* * *

THE practice of osteopathy when regulated by law should be controlled by osteopaths only. The reason for this is apparent. The practice of medicine is controlled by state boards composed of medical practitioners, and rightly so. When attempting to secure legislation for our science we should either demand an independent osteopathic board or a representative on the state board of examination and registration. In Kansas the practice of osteopathy is regulated by law but controlled by a state board composed entirely of medical practitioners. The law reads, "Any graduate of a legally chartered school of osteopathy wherein the requirements for the giving of a diploma shall include a course of instruction of not less than four terms of five months each, in two or more separate years, shall be given a certificate of license to practice osteopathy upon the presentation of such diploma." Yet, for the past year osteopaths locating in that state have been "helped up" by the board and refused licenses. This action on the part of the board was entirely without reason as there was no cause for it whatever. This arbitrary action of the board has caused our practitioners in that state no little annoyance and inconvenience; it shows exactly the position we are liable to be placed in when our practice is controlled by a board of examination and registration on which osteopathy is not represented. Although the state board at its last meeting receded from its former action and issues licenses to all osteopathic applicants as provided by law, yet, there is no telling when the board will see fit to "hold the osteopaths up" again as the matter of recognition and control rests largely in its hands. The only charge made by the board against the osteopathic colleges was that they are not "regular." This charge was without foundation and was accepted by the board

as a basis for its action in withholding licenses without the merest shadow of an investigation. Of course osteopathic schools are not "regular" in the medical sense, the law recognizing our practice in Kansas does not require that, but they are "regular" in the osteopathic sense. Kansas osteopaths should make an effort to get their law amended at the next session of the legislature so as to provide for the appointment of an osteopath on the state board.

The following clipping taken from the Topeka Daily Capital of Feb. 12th, has some bearing in the recent action of the board:

"The osteopathic doctors have adjusted their differences with the state board of medical registration and examination. The board claimed that the osteopathic colleges were not "regular," but Dr. C. E. Hulett of Topeka, president of the Kansas association of osteopaths, made a talk this week which convinced the board that the colleges are entitled to recognition. Licenses to osteopaths will issue, therefore."

* * *

"Drug treatment is useless in cases of pneumonia. The medical profession, so far as medicines are concerned, can be of no assistance in the fight against this disease. The sooner the profession will acknowledge this to the public and set to work to discover some specific to save pneumonia patients the better for all concerned.

"The resisting power of the patient is the sole thing that determines whether he is to live or not. If he has not sufficient resisting power he is gone. A physician at the bedside is of no value."

"This startling statement by Dr. Arthur D. Bevan, who stands high in the profession, has stirred up the members of the Chicago Medical society before which he recently made the above statement. Several physicians of the city protest against this arraignment. All admit, however, that there is no definite remedy known and they base their protests solely on the contention that they might influence the patient favorably by easing him somewhat and by the moral effect of their presence."

The above quotation and comment recently appeared in a Chicago daily. Doctor Bevan, in common with many other leaders of his profession, is not an advocate of much drugging for sick people. The object of all treatment for all diseases is to increase the resisting power of the patient and when drugs fail to do this as they evidently do in such diseases as pneumonia and typhoid fever they are not only of no value but are positively harmful. Drugs do not cure; osteopathic treatments do not cure; Nature cures. That treatment then which removes obstructions to Nature's forces is the treatment that helps the patient. The resisting power of any part of the body is decreased by some disturbance in the circulation of the blood to that part, thus that part of the body may become the seat of disease as it is subject to invasion of disease producing germs. The resisting power of a weakened part is increased by improving the circulation to it; that treatment then which is best able to control the circulation is the one indicated in any particular disease. Right here is osteopathy's forte, it is able to control the circulation by its peculiar method to a degree not equaled by drugs; and that too without the harmful results that so often follow their use. In pneumonia the first stage of the disease is a congestion of the lungs, this weakens their vitality or resisting power and the disease develops. One of Nature's forces, the circulation of the blood, is interfered with; the cause for this interference is an obstruction to the nerves (the vaso-motors) that regulate the circulation to the lungs. As these nerves for the most part leave the spinal cord in the upper dorsal region of the spine we always find some trouble there that is obstructing the nerve force to the lungs; we find the back in that region sore and rigid, the muscles are contracted, perhaps a rib or two are twisted, a vertebra may be slightly slipped, there may be an anterior or lateral curvature that ordinarily would pass unnoticed. These conditions can be removed by the osteopath, they may adjust themselves in time as Nature always tends to the normal, but here is where the osteopath assists Nature by removing these

obstructions to her natural forces. By removing these spinal abnormalities the circulation to the lungs is improved and their resisting power increased.

* * *

The Editor of the Journal of Osteopathy Visits the Des Moines School

The editor of the JOURNAL OF OSTEOPATHY, in company with Dr. C. E. Still, spent the week beginning with Feb. 15, in Des Moines, Ia., visiting the Still College of Osteopathy. It was our first visit to another osteopathic school and we greatly enjoyed the privilege of attending the classes and getting acquainted with the instructors and students. This school since its acquisition by the A. S. O. continues to flourish as heretofore, the new February class numbering about sixty. We visited the classes of Drs. Ella Still, H. W. Forbes, T. J. Ruddy, C. H. Spencer, Chas. H. Hoffman and T. P. Bond and were highly pleased with their instructive lectures. We were unable to visit the lectures of the other instructors but heard nothing but favorable reports of their work. The school is doing good work and is well equipped for teaching. The department of microscopy in charge of Dr. Chas. H. Hoffman is especially well equipped for laboratory work. We were very pleasantly entertained by Dr. S. S. Still and wife and by Col. A. B. Shaw, the congenial secretary of the school.

* * *

CHRONIC AILMENTS.

Their Remedy and Its Effects As Viewed by a Scientist.

"We hear a great deal of talk nowadays," remarked a scientific man, "about a return to nature being the necessary thing to preserve man in his best estate. It is not all talk, either, for I've tried the nature remedy and it works like a charm. Instead of resorting to the perinicious use of powerful medicines which, especially in chronic cases, secure only temporary relief, I hold that more beneficial and lasting results will be produced by methods peculiar to osteopathic practice.

"It is more lasting in tonic effects than any treatment hitherto known and is so

far-reaching in its results that the most obstinate, chronic cases are successfully treated after much vaunted specifics, stomach and kidney 'cures,' so-called tonics and nostrums of every kind have been tried without success."

"For fifteen years I experimented with nostrums, consulted specialists and exhausted all available means without benefit," said Prof. W. T. Ayres, of DePauw university, Greencastle, Ind. "Two months' osteopathic treatment removed all symptoms of asthma. Smell, taste and appetite are restored. Asthma, hay fever and catarrh of head and digestive tract are cured. In three months I gained thirty-two pounds. I wish to acquaint all who endure the agonies of chronic ailments with scientific osteopathic treatment that they, too, may be relieved of long-enduring torture."

* * *

Report of the Wisconsin Convention.

The W. O. A. met at Oshkosh, February 24th and 25th with headquarters at the Athearn Hotel. It was by far the best meeting ever held by the association and much osteopathic enthusiasm prevailed.

The morning session on Wednesday was devoted to business. In the afternoon the first thing on the program was a paper by Dr. Harriett Whitehead on the subject of "Adjuncts." The discussion was lead by Dr. Young and Dr. Wright. A spirited discussion followed as was expected in which nearly all the osteopaths present participated. Dr. Whitehead rather vigorously denounced the use of electricity and vibration.

Dr. Elton had a paper on "Cause of Disease" which he illustrated by an original chart. This was followed by a clinic by Dr. Hildreth in which many osteopathic treatments were demonstrated.

Wednesday evening from 8 to 9 was devoted to the discussion of osteopathic gynecology, after which the convention adjourned to the Regal Cafe where covers had been laid for about forty. Dr. Thompson of Sheboygan acted as toast-master. There were responses from the visiting osteopaths in addition to the regular toasts.

Thursday morning was devoted to the

discussion of obstetrics in which a comparison was drawn between the old school and osteopathic methods. Dr. Forbes followed with a clinic in which he demonstrated treatment for spinal curvature and chest deformities, especially treatment for the chest in which the antero-posterior diameter is shortened and lateral diameter lengthened. This was followed by open discussion on various topics.

Thursday afternoon was devoted to the discussion of the relation of surgery to osteopathy lead by Dr. J. B. Littlejohn and Dr. W. B. Davis. This was followed by the election of officers. The writer left before the election was completed, therefore no report can be made regarding it.

The meeting was a very successful, profitable and enjoyable one, mainly due to the efforts of Dr. Foster McNary, the hard working, enthusiastic president of the W. O. A.

The visiting osteopaths were Dr. Hildreth of St. Louis, Dr. Littlejohn of Chicago, Dr. Forbes of Des Moines and the writer.

M. E. CLARK, D. O.

Mr. F. A. Piper, Jr., a member of the Junior class of the A. S. O., has demonstrated to his friends that he possesses rare musical talent. He recently composed and published a selection entitled the A. S. O. March which he has dedicated to the school. This march was played by the orchestra at the February graduating exercises and received much favorable comment from those who heard it. It is published in sheet form and is gotten up in artistic style. The cover page on which appears a half-tone cut of the A. S. O. faculty is printed in two colors, red and black (A. S. O. school colors.) Aside from it's high musical worth it is also a very appropriate souvenir of the school. Those who desire copies can secure them from Bledsoe's Book Store, Kirksville, Mo., at 50 cts. each.

A Clever Imitation.

A certain Cleveland attorney has two bright little children. They are quick at imitation, and have a talent for making up games in which they cleverly burlesque their elders. A few days ago their mamma

found they were playing "doctor." The youngest child was the patient, with head wrapped in a towel, and the older the physician, with a silk hat and cane. The mother, unseen by the little ones, listened at the doorway.

"I feels awful bad," said the patient.

"We'll fix all that," said the doctor briskly. "Lemme see your tongue."

Out came the tiny red indicator.

"Hum! Hum! Coated!" said the doctor, looking very grave indeed.

Then, without a word of warning, the skilled physician hauled off and gave the patient a smart slap in the region of the ribs.

"Ouch!" cried the sufferer.

"Feel any pain there?" inquired the doctor.

"Yes," said the patient.

"I thought so," said the healer. "How's the other side?"

"It's all right," said the patient, edging away.

Thereupon the doctor produced a small bottle filled with what looked like either bread or mud pills, and placed it on the table.

"Take one of these pellets" the physician said, "dissolve in water, every seventeen minutes—al-ter-mit-ly."

"How long must I take 'em?" groaned the patient.

"Till you die," said the doctor.

"Good morning!"

—Cleveland Plain Dealer.

A. O. A. Announcement.

The trustees of the A. O. A. have decided to issue an invitation in the name of the A. O. A. to be sent to friends of osteopathy requesting their presence at our meeting on Osteopathy Day at the World's Fair, July 12th. We shall in this way call general attention to the fact of our recognition by the exposition management and moreover give our friends a chance to see what a large and enthusiastic gathering we have once a year.

The details of the plan have been left to the committee on publication who will prepare an artistic invitation together with the program of our exercises for Osteopa-

thy Day. All the preliminary expense of the invitation, including the engraving of the plate, etc., will be borne by the A. O. A. The invitations will be furnished to osteopaths at the actual cost of paper and press work which will be only a few cents each. As soon as the committee completes the arrangements, announcement will be made as to price of the invitations for single copies and per hundred.

This plan has been carefully considered by the officers of the association who have decided that it will be a very nice and courteous way to bring osteopathy before its friends. The success of the undertaking rests entirely upon the way in which the members of the profession give it their support. The invitations will be furnished to any graduate of a recognized school irrespective of his membership in the A. O. A. We hope that osteopaths will give this effort the encouragement and support which we feel it deserves. Every osteopath will share in the benefit which will ensue.

I would suggest that each osteopath prepare at once a list of names to whom he will wish to send invitations, so that as soon as the final plans of the committee are made known, he can state the number of invitations he will need. The earlier such an estimate can be made, the better the work can be carried out by the committee.

Yours very truly,

IRENE HARWOOD ELLIS, D. O.,
Secretary.

ANOTHER VICTORY FOR OSTEOPATHY.

Dr. Bass, the Osteopath, Who Sued the State Medical Board of Colorado Is Happy.

The sealed verdict given by the jury this morning in the suit for damages brought by Dr. John T. Bass, proprietor of the Bass Infirmary of Osteopathy, against Dr. S. D. Van Meter and other members of the state board of medical examiners, awarding \$700 damages to the plaintiff for malicious prosecution, practically settles the question of the standing of osteopaths in this state. The decision establishes that the osteopaths are free from the control of the state board. It

is thought, however, that the case will be carried to the supreme court.

In September, 1901, in the case of Bass vs. Clark, which was tried in the county court before Judge Lindsey for the collection of a fee for osteopathic service, Judge Lindsey decided in a written opinion that the practice of osteopathy was not the practice of medicine under Colorado statutes, and hence no violation of the law.

Within two weeks after this decision the state board of medical examiners, through its secretary, Dr. Van Meter, caused the arrest of Dr. Bass on the ground that he was violating state laws regulating the practice of medicine. Two charges—practicing without license, and the unlawful use of the abbreviation "Dr." before his name, inasmuch as he had never passed the examination before the state board authorizing him to practice in Colorado.

A motion was made at that time by the defendant, in which he stated substantially that the practice of osteopathy did not constitute an offense under the laws of the state. Upon argument Judge Johnson, before whom the case was heard, intimated that he would hold with the defendant, whereupon the case was dismissed by the district attorney.

Not satisfied with the ruling of Judge Johnson, the state board, through Dr. Van Meter, again held a complaint charging an offense in the words of the statute and setting up as evidence, the specific treatment given by the defendant in a case treated by him.

DR. VAN METER THREATENED.

Dr. Bass at that time is said to have been approached Dr. Van Meter and asked if he was to be allowed to practice his profession in peace without further molestation from the board, and was informed by the latter that he would be arrested as often as he could find a patient that would swear out a complaint against him or a district attorney who would prosecute the case. Dr. Bass then brought action against the board for malicious prosecution.

The case was tried before Judge Mullins last week in the district court and Judge Mullins held with Judges Lindsey, Johnson and Carpenter that there has been no

violation of the medical laws. The jury agreed with this opinion and the verdict in favor of Dr. Bass followed.

The suit was for \$10,000 damages, but the jury was of the belief that the amount was too large and reduced the judgment to \$700.

John A. Rush, who, with Charles H. Burton, represented the plaintiff, expressed himself as highly pleased with the result. "We were not especially anxious about large damages. What we desired was an opinion that would settle the standing of osteopaths in Colorado once and for all. We are satisfied with what we have won. The osteopaths are willing and always have been to submit to examination and to the rules and restrictions of a board to consist of those learned in their manner of healing, but they protest against being compelled to go before a board which is composed of men who are learned in the use of medicines and drugs."—Denver Post, Feb. 29, 1904.

Resolutions of Sympathy.

Be it resolved: That we, the Sophomore class, do hereby extend our heartfelt sympathy to our class-mate, Mr. L. H. English, in the loss of his father. We also extend our condolences to his immediate relatives.

Be it further resolved: That a copy of these resolutions be presented to Mr. English, recorded in our minutes and published in the JOURNAL OF OSTEOPATHY.

D. O'HAGAN,
LULU HARTWIG,
W. W. VANDERBURG,
WILL E. REESE,
Committee.

"Return to Nature."

Adolph Just believes that paradise can be regained. We are in receipt of a book entitled "Return to Nature," by this author, in which the attempt is made to show that original man was perfect in body, mind, and spirit, and that civilization is responsible for the imperfections that are manifest in the three departments of his nature as he is seen today. The book is a translation from the fourth German edition by Benedict Lust, the editor of "The Natureopath and Herald of Health."

Not entering into the argument as to

whether primitive man was so free from imperfection as the author so calmly assures, we certainly question the propriety of calling "nature" many of the practices advised. Exposure of the nude body to the cold winds of winter and to the damp earth in all sorts of weather will certainly not appeal to most men as anything approaching nature. The tabooing of foods that are cooked and the advice to eat unripe fruits, the latter because children have a tendency to so indulge, do not appear as entirely rational. Neither will the rational man agree that "fire, therefore, is the real beginning of man's misery," even though it may have been responsible for the production of alcohol and other drugs which are detrimental to man's organism.

Briefly, the program of the author, by which man shall return to nature and hence to health, is to ignore the teachings of science and of reason, both of which are responsible for the drift away from nature and trust to "instinct and the organs of sense" as the only guide. Hence he would have man employ the "nature bath" which consists in splashing and pouring cold water upon the abdomen, the arms and the generative organs; spend all or as much as possible of the time in a condition of nakedness, thus using the "light and air" both, or if this cannot be done, at least dress lightly and without constricting bands of any kind; sleep upon the bare earth; eat nothing that is not palatable in the raw state, i. e., eat only such things as raw fruits and nuts.

We confess we were interested in the reading of the book. The calm assurance of the writer is attractive. The possibility that he might be wrong in premise and conclusion seem never to trouble him. His advice to let science and learning alone seems to be both preaching and practice.

There are many good things in the book. Advice about the proper use of clothing is timely. Protest against so-called "high living" is needed. The evils of "hot house" methods in rearing children must be emphasized. There are many good points made in speaking of these things. But the author has erred badly in his conception of human progress—universal progress for that matter. He would roll back the wheels of evolution

a million years. He would convert an inevitable evolution into an impossible devolution. We believe man today is suited for today; that man has changed with the times and with the world. So that to throw him back to the stage of primitive man would throw him into an environment the most unnatural. Reason is natural. It represents a step in advance of instinct, though it may at times be capricious. It represents the principal difference between man and other animals. It is to be used and developed, not stifled.

Osteopaths of Maine Organize.

The osteopaths of the state of Maine met in Portland, Feb. 13, in the offices of Dr. D. W. Coburn, and formed the Maine Osteopathic association. The following officers were elected:

President—D. Wendell Coburn, D. O., Portland.

Vice President—Goodwin Ramsden, D. O., Bangor.

Secretary—Florence A. Covey, D. O., Portland.

Treasurer—Benjamin V. Sweet, D. O., Lewiston.

Osteopaths Organize In Ninth District In Illinois.

The ninth district of the Illinois Osteopathic association organized on Jan. 27th, 1904, at Marion with the following officers:

President, Dr. Harley D. Norris, Marion; vice-president, Dr. Alfred Brimble-Comb, Carmi; secretary-treasurer, Dr. Laura E. Swartz, Carbondale. Legislative Committee, Dr. Wm. I. Webb, Cairo; Dr. Frank D. Bohannon, Anna; Dr. W. C. Swartz, Carbondale.

PERSONAL MENTION.

Born, on Feb. 14, 1904, to Dr. and Mrs. J. M. Kilgore, of York, Nebr., a son.

Dr. Mary Bower has changed her location from Holdrege to Humbolt, Nebr.

Dr. R. H. Graham of the last graduating class has located at Vermilion, S. D.

Dr. J. J. Pleak announces the change of his location from Pana to Hillsboro, Ill.

Dr. James L. Holloway of the last graduating class has located in Little Rock, Ark.

Born, to Dr. and Mrs. E. C. Chappell of Fresno, Cal., on February 10th, a daughter.

Dr. W. L. Gardiner has recently changed his location from Creston, Ia., to Corning, Ia.

Dr. Fairfax Fitts has changed his location from Abilene, Texas to Duncan, I. T.

Dr. J. W. Kibler, formerly of Richmond, Va., has recently located in Wilmington, N. C.

Dr. C. L. Kirkham announces his new location at 1516 Gluck Bldg., Niagara, Falls, N. Y.

Dr. H. Haydon has recently changed his location from Corinth, Miss., to Alamogordo, N. M.

Married, Dr. I. Chester Poole and Dr. Margaret Mathison at Littleton, H. H., on February 2, 1904.

Dr. A. Moffett, formerly practicing at Hopedale, Ill., informs us that he is now located at Cherryvale, Kas.

Married, Mr. George V. Chandler of Chicago, and Dr. Ethel E. Brown of Westfield, Ind., Feb. 22, 1904, at Chicago.

Dr. M. P. Browning, formerly of Griggsville, Ill., is now located at Macomb, Ill., where he is engaged in the practice.

Dr. Chas. H. Murray, a member of the February class, 1904, has located at Elgin, Ill., where he will practice his profession.

Dr. Lydia Copper, formerly of St. Louis, Mo., has recently gone to Warsaw, Ind., where she expects to engage in the practice.

Dr. J. A. E. Reesor, after seven months sojourn in Europe, has returned to Toronto, Canada, where he will resume his practice.

Dr. Sue Epperson of Louisville, Ky., announces the change of her office location from 414 West Chestnut St. to room 40, Courier-Journal Bldg.

Dr. Lena Creswell is now permanently located at San Diego, Calif., for the practice of her profession. She has offices in the Sefton Blk.

Dr. H. McMains of Baltimore was among the number who suffered from the recent fire in that city. The building in which his office was located was entirely destroyed and nothing of any value was saved from his office.

Drs. W. B. Ervin and Anna K. Stryker, members of the last graduating class, announce their location at 1212 Champlain Bldg., Chicago, Ill.

Drs. Miller & Miller, formerly of Owensboro, Ky., are now located in Wichita, Kas. They will be associated with Dr. Annie Stanley in the practice at that place.

Dr. S. H. Runyon, who has been practicing at Laredo, Texas during the past winter, informs us that he expects to return to Creston, Ia., his old location, in the near future.

Dr. G. O. Shoemaker for sometime past located at Wichita, Kan., has recently gone to Haysville, that state, where he expects to be permanently located for the practice of his profession.

Married, at Kansas City, Mo., Feb. 12, 1904, Dr. Levi K. Cramb and Dr. Carrie H. Ashlock. They will make their future home in Morganfield, Ky., where Dr. Cramb has an established practice.

Dr. Arthur Roberts, graduate of the A. S. O., June 1901, has recently opened offices at 401-2 Ashton Blk., Rockford, Ill., for the practice of his profession. He formerly practiced at Pontiac, Ill.

Dr. M. E. Donohue of Omaha, Nebr., after spending a year in the practice at Los Angeles, Calif., has returned to his old location at Omaha where he will resume his practice. He has offices at 306 Bee Bldg.

Dr. Ralph A. Sweet, who for the past three years has been engaged in the practice of osteopathy in the state of Rhode Island, has recently changed his location from Pawtucket to Providence, that state. His offices are in the Francis Bldg., 146 Westminster St.

Dr. B. E. May has recently opened an office for the practice of his profession at 116 Opera House Blk., Terre Haute, Ind. Dr. Frances Platt of the last graduating class has succeeded him in his practice at his old location at Crawfordsville.

The following alumni visited the A. S. O. during the past month: Drs. E. E. Tucker, Akron, O.; Perle Fields, Grand Island, Neb.; Elizabeth Ewing, Atlanta, Ga.; Ira Collins, El Paso, Tex. Arthur Roberts, Rockford, Ill.

A. N. Ovens, Mason City, Ill.; W. H. Nuckles, Marshall, Mo.; G. W. Haskins, Mt. Clements, Mich.; W. T. Thomas, Vandalia, Mo.; H. M. Still, New York City; J. M. Kibler, Lynchburg, Va.; Francis Millikin, Grand Island, Neb., and Joseph W. Henderson, San Francisco, Calif.

Anatomy, 500 questions compiled by Dr. W. R. Laughlin ("Dr. Billy") as taught by him, covering the whole subject of gross anatomy; splendid review for all practitioners. Twenty-five cents in booklet form.

Address,

REUBEN T. CLARK,
Kirksville, Mo.

Professor A. H. Stevens, College of Physicians and Surgeons: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of Nature."

Dr. Marshall Hall, F. R. S.: "Thousands are annually slaughtered in the quiet sick room."

Bostwick's History of Medicine: "Every dose of medicine is blind experiment upon the vitality of the patient."

Dr. Talmage, F. R. C.: "I fearlessly assert that in most cases our patients would be safer without a physician than with one."

Professor B. F. Parker, New York Medical College: "The drugs which are administered for scarlet fever kill far more patients than disease does."

Professor E. R. Peaseley, M. D., New York Medical College: "The administration of powerful medicine is the most fruitful cause of derangement of the digestion."

Professor Alonso Clark, New York College of Physicians and Surgeons: "All our curative agents are poisons, and, as a consequence, every dose diminishes the patient's vitality."

John Mason Good, M. D., F. R. S.: "The science of medicine is a barbarous jargon. My experience with *materia medica* has proved it the baseless fabric of a dream, its theory pernicious. The effects of medicine are in the highest degree uncertain, except indeed, that they have destroyed more lives than war, pestilence, and famine combined."