

**Kansas City Osteopathic Magazine**

**Vol. I No. 5,6**

**July, August 1898**

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VOLUME 1 JULY, AUGUST, 1898

KANSAS CITY

# OSTEOPATHIC MAGAZINE

DEVOTED TO  
INTRODUCING  
EXPLAINING  
AND ADVANCING  
THE SCIENCE OF OSTEOPATHY

PUBLISHED MONTHLY

BY THE

National School and Infirmary of Osteopathy

418 Keith & Perry Building

Telephone 2814

KANSAS CITY, MO.

OSTEOPATHY is a method of healing diseases by scientific means, without the use of  
poisonous drugs, and recognizes dislocations or obstructions of the joints as one of the  
most primitive cause of pathological conditions. It is practiced in the States of Vermont, Michigan, Missouri, North Carolina, and

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# Kansas City Osteopathic Magazine.

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JULY, AUGUST, 1898.

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### PHYSIOLOGY AND WAR.

It is interesting to note how the popular mind takes on the forms of prevailing environments, and how even scientific expression borrows figures and types of definition from the same sources. Thirty-three years ago, when the Civil War was occupying so much of popular thought, one of the great surgeons of our country quaintly adapted some of his anatomical lectures to the figure of military organization. And now since the wheel of time has again brought military ideas into the ascendant, it may be acceptable to our readers if we reproduce a few paragraphs of Dr. John H. Packard's figures of speech. He says:

"Let me draw a parallel between the living body and an army. In both these organizations, individuals (cells and men) are massed together for the accomplishment of common objects; in one sense they cease to act as individuals, while in another they continue to do so. They are massed for the purpose of nutrition and the performance of function; they keep them separate from and in order that each may take his due share, no more and no less, in the distribution of supplies and the assignment of duties.

"The men of an army are massed into companies, regiments, brigades, divisions, corps. They are uniformed, armed and equipped. Every officer and man has his prescribed duty, permanent or changeable, and upon the efficiency with which this is discharged by each one depends that of the whole.

"The general commanding controls, through his subordinate officers, every individual man in his army. He disposes his cavalry, infantry and artillery so as to carry out his plan of campaign. Under him, the quartermaster and commissary departments provide for the supplies needed for the subsistence of the troops.

"If now any corps, division, regiment or company of this army is captured, cut up, discharged, demoralized, or in any way rendered ineffective, the fact will influence the remainder to an extent and degree corresponding with that of the disaster. If the officers are inefficient, or there is want of energy or judgment in the supply departments, the trouble arising will be more or less serious, according to the degree of the defect and its nearness to the central point of the organization. If any part of the army is overtaken, or composed of bad mate-

rial, the operation of the whole will be interfered with. Should the necessary supplies be out of reach, and the stores at hand exhausted, the men must suffer individually, and their efficiency as a mass will be impaired in an equal degree.

"In likemanner the nervous system may be said to control and take cognizance of the state and operations of the living body. The digestive and circulatory system furnish the supplies of nutriment to the whole. And so long as the original constitution is sound, the tissues and organs properly developed, the

functions normally exacted of each part, and a due amount of suitable nourishment distributed, the result is and must be absolute health.

"But if an injury is sustained from without, or if the nervous system is weak and irritable; if a tissue originally is defective, or a part is overworked; if the supply of nutritive material is insufficient or improper in kind, disturbance will ensue. And from any or all of these causes disease may arise, affecting the whole or any part of the body according to the extent and severity of the primary evil."

## BREAD RIOTS.

BY DR. DAVID H. REEDER.

America will do well to profit by the lesson which may be learned of "our friends, the enemy," across the sea. Not only in Spain, but in Italy, the bread riots are becoming alarmingly frequent. The staff of life, bread, is one of the articles of food which all nations think they must have. We have gathered statistics from many countries regarding the materials of which bread may be made, and the variety would astonish many. How bread may be best secured and of what materials it may be made are questions with which all should become familiar. No human being can, at the present time, tell how long the war may last, nor what complications may arise. The question of food may become a serious one for Americans, as well as for her enemies. Fortu-

nately, there is no great nation upon the globe which has more resources within itself than the United States of America. The great variety of cereals which can be produced by us would feed the world, in times of peace, if properly distributed with the fruits and vegetables. One of the greatest sources of waste of cereals in America is in the production of so-called corn-fed beef and corn-fed pork. It is claimed that it requires from three to five pounds of corn to produce one pound of beef or pork, and the food value of one pound of corn in its original state is equal to two and one-half to three pounds of beef or pork. So, then, if we take the lowest figures and say that one pound of corn or wheat is equal to only two pounds of beef, and that it requires only three pounds

of the grain to produce one pound of meat, we have sacrificed three pounds of clean, pure food in order to procure the equal of one pound of that food in a form which may to some appear more palatable. But we are convinced by experience that where the same skill and ingenuity is exercised in the preparation of the original cereal that is expended upon the meat the appetite will prefer the cereal.

In the case of grass-fed cattle or nut-fed pork this enormous waste is eliminated and a more healthful food is produced, the exercise of the animal in procuring its own food, instead of being stall-fed, being greatly in its favor. The time is not far distant when animal life will become extinct—man only will remain. Any keen observer will only need to look about him to satisfy himself that animal life is slowly but steadily decreasing, while human life is slowly but surely increasing, absorbing, if you will, all the living beings into themselves. Many species of animals of which we have an apparently inexhaustible supply would now be extinct were it not for the fostering care of man.

The study of the food problem will become more intense as we progress. It has been said by a wise man that "every man has lain upon his own trencher," or, in other words, that we are what we eat. Is it not, then, important that we eat only the purest, the best food obtainable, that which will return the greatest amount of nutrition for the least expenditure of our substance and the least draught upon the storehouse of Nature? Should we not have a care that in our eating we do not deprive some other human

being of that which would have sustained life?

It is a well-known fact among dietitians and most physicians that the majority of people eat altogether too much; condiments, spices, sauces, wines, gravies, liquors, and other things innumerable are used with which to spur on the appetite for more food. The overburdened stomach is crowded continually to its utmost capacity, and still the cramming goes on.

It seems a harsh thing to say, but I have seen just as great intemperance at the table of ministers of the gospel as I have in saloons. Of personal knowledge is the case of one minister, apparently in perfect health, who suddenly dropped over in his seat during the Sunday evening service, and after being carried to his home lay for nine days unable to move or speak, and was then, by the "dispensation of Providence," called to give an account of the deeds done in the body, this body which is the real temple. The cause of death was intemperance at the table, and an autopsy would have revealed huge chunks of meat, bread, potatoes, pie, cake, ice cream, sauces and coffee from the dinner, and a large quantity of cold broiled lobster, bread, butter, fried potatoes, more pie, ice cream, and a large glass of milk taken just before going to church. Another case was that of a most enthusiastic evangelist, one who drew great crowds and counted converts by the score. He could not sleep, was bilious and constipated, suffered from dizziness and dyspepsia, and called me to relieve him. There was nothing in the world the matter with him except too much food. I watched him tear off

great mouthfuls of fried chicken with his teeth, spread enough butter for three meals upon one-half a tea biscuit, and bolt the entire quantity without half chewing; then upon that he poured almost half a cup of strong coffee. Before I had eaten one-quarter as much, he had finished two cups of coffee, several pieces of chicken, and other things in proportion, and was calling for cake, pie, and pudding. These were followed by nuts, raisins, an apple, and two bananas. The case was not difficult. Some tiny sugar pills were prescribed, with strict injunction not to take over one at a time in a tumblerful of hot water three times per day, with strict regulations in regard to a dry diet, and absolute prohibition of any drink during meal (lest the powerful (?) drug might not act correctly in conjunction with the gastric juice), which compelled him to eat slowly and masticate his food thoroughly, thus securing a copious flow of the saliva, and I received great credit for knowing how to give such powerful medicines in such small doses. It would be a great blessing to

many sufferers if they were compelled by necessity to limit themselves to two or three articles of food, and none too much of that, for a month or more, provided the quality was good and the food of such a nature as to amply supply the necessary elements.

Bread riots in America will never be known if the people will learn the real value of proper food properly eaten, and we predict that in time the farmers of America will receive a higher price for all kinds of cereals because of the increased consumption by man. Through famines in other countries American corn has been introduced and found to be both palatable and wholesome. It will in time become a necessity, and thus the literal fulfillment of the scriptural injunction to "Cast thy bread upon the waters," will be verified. When our farmers freely gave away their corn to feed the starving people of famine-stricken countries there was no thought of reward, but in time it will prove a most profitable investment and will return them "an hundred fold."

## EQUILIBRIUM OF SEX.

BY FLORENCE E. B. SHAFER, B.O.

A wave of mild excitement swept the scientific world recently, when a noted German physician announced that he had discovered a law by which the sex of human progeny might be determined by the parents' will. At first thought such a theory or declaration would tend to startle

even the thinker, not to mention one whose reflections never sought the realm of the superhuman; but since we know that sex is the result of an absolute law anyhow, albeit existing outside the generally known boundary of finite knowledge, it must also be true that its intelligent use is re-

moved from the present race only by man's or woman's inability to grasp and reduce it to the control of his or her will.

This being true—and to the student mind it would seem to require no proof—it should, like all laws, be made, through human wisdom, subject to Humanity's will, and in her interest brought to execute the bidding.

Whether our German scientist has really succeeded in accomplishing this great triumph or not remains to be seen; but in reading carefully the press comments, with which we were well supplied for a time, I could not fail to observe the sentiment of gratification everywhere expressed by men writers over the fact that, if true, they could now have more sons. This note of joy over the prospect of added physical prowess outrang by many degrees any sound of rejoicing in that the same law, in effect, might cause the higher or spiritual forces to transcend the lower or material ones; forgetting, evidently, that since in these days woman, being both mother and student, would be in a position to assume direct exercise of the principle; and therefore, instead of battle-ships manned with warriors, the physical universe might, not many centuries hence, witness ships of state freighted with white-winged arbiters of peace following methods of right, which lead to plenty for all, based on justice; and whose weapons increase in might just in proportion as they who wield them are governed by laws removed from the world of force and matter. This, I say, might, and logically would, be an outcome of this development; since the subjection of any newly discovered law tends to bring all creation nearer the

throne of the Creator, by overcoming matter and annihilating time and space.

So much for statement. Let us consider proof of why the application of such a law should, for the best interests of the race, be utilized for the increase of women rather than of men.

The quality of soil determines largely that of its products. If inferior, that which springs from it will be of a like character. The nearer to a state of perfection the soil or material substance can be brought, then the more nearly perfect will be that which it yields, and not only so, but our poor benighted reason would dictate that the quantity of the higher quality should be increased, as well as the higher quality cultivated.

So with the reproduction of the human race. The lives of woman-kind, as a whole, are freer from vices, both natural and acquired, than are those of mankind; and I would advise men writers to refrain from attempting to dispute this statement, since it could only result in unveiling much that, out of regard for public modesty, it is best not to mention. I only refer to the fact here because it is necessary to the deeper and more important subject I wish to discuss. Remember, though, I am speaking generally, and not individually, knowing but too well that some men are better than some women. A great cry might go up from the masculine kingdom on reading thus far, however, and its dominant note would be for proof of my assertion.

In support of it, I might point to our churches, where women outnumber men, and to our penal institutions, where this condition is reversed. I might go into de-

tail, furnishing statements of many men, whose views coincide with mine, thus filling page after page of convincing matter; but I will retract my charge at once if some man philosopher will explain—essentially, I mean, and not from a mere conventional standpoint—why it is considered unsafe for one of my sex to go alone at night about the streets of a well-lighted and police-officered city. From childhood I have been taught that man was woman's natural protector; yet in all my travels, alone in a city by night or by day, I have never seen anything more dangerous, or from which I should be guarded, than these natural protectors of women. I am not writing in a spirit of irony or even unkindness. Those who know me best are aware that I am not governed or influenced by such sentiments. I have merely stated one fact in support of my proposition, and one, too, which every reader knows to be true.

Being true, then, does it not indicate a state of affairs radically wrong? And, if wrong, must there not be a remedy somewhere? Has this great scientist unwittingly discovered an instrument which woman's powers can wield even more effectually than those of his own sex, and instead of increasing sons, outnumber them with daughters? Not every mechanical invention operates to just the end its inventor expected; and this wonderful truth in operation may, with a mighty force, sweep away forever the very barriers to human progress it purposes establishing—namely, the physical powers of the earth as opposed to the spiritual and real ones of the universe; which, existing as unchangeable laws

in the mind of the eternal God, cannot be thwarted, but must accomplish the ultimate purpose for which they are designated, sooner or later.

Is it not apparent to any intelligence of the higher order that, as we add weight to the substance which draws away from the ethereal, we but lend strength to the force which can only combat with arms on the plane of the material? Physical potencies must ever produce results less far-reaching; hence, less beneficial—as should be, and ever is, the purpose of real strength—than those which flow to the children of the earth, and could they but recognize the truth, for their special use, from the great Source of Being, and which necessarily partake less and less of the character of matter, but which become more and more real as we train our spiritual senses to perceive them.

Then why should we, by any material device, clip the wings of the soul when its servant, the mind, would lead it on to loftier heights and larger spheres by cultivating and encouraging into renewed life and activity the fleshly senses and their further or increased manifestation? Why not realize and know of ourselves that we can wholly dominate the earthy realm of our being; and that as we do this out from such dominion will spring delights and soul-illuminations, fruits of our higher lives, beside which those of the coarser earth-nature soon sink from sense or sight?

Have I lost sight of my original aim in discussing the object of controlling sex at will? By no means. I am striving to demonstrate its value in the hands of the highest spiritual force known to the world to-day—womankind.

## EXERCISE.

BY MARCELLUS R. ELY.

The literal meaning of the word "exercise" is *to drive on*. When we exercise our bodies we drive on the blood from one part to another; we drive on the different secretions, fluids and forces to do their allotted tasks; we hurry forward the business of life.

If we do not keep the powers within us moving forward naturally and freely, an unnatural energy is begotten—an energy of death and decay.

If the blood is obstructed in its flow through the veins toward the heart, the result is stagnation and inflammation; if there is not a free flow through the arteries, an anemic condition is at once apparent, fever in the first case, cold and weakness in the other.

Shut off the flow of the gastric juices from their cells and indigestion immediately follows, and with indigestion may come almost any disease. Exhaust the supply of saliva or neglect to use it and the food is not prepared for the stomach. All the secretions of the body have their uses in connection with other parts of the physical system. By proper exercise the fluids of the body are driven on to build up and sustain. By its use the natural activities are accelerated and the growth of the body assisted.

The alternate contraction and relaxation of the muscles of the arm keeps the blood constantly moving, thus renewing and filling with life all the tissues.

Just as in the heart there is an alternating contraction and relaxation, so there must be in all other parts of the body a period of work and a period of rest. The length of these periods is different in the various organs.

A constant strain on the nerves soon causes nervous prostration, but if there are alternating periods of rest with the strain, the work may be carried on to an indefinite period.

The muscles, when held contracted for too long a time, become stiff and the movements of the body awkward and therefore less strong, for grace and strength go together. In addition, the flow of blood is retarded by the prolonged contraction, thus proving that weakness and awkwardness are associated.

All of these statements will be recognized at once as familiar physiological facts.

How important is it then that everyone should have some system of exercises to practice daily in order that the physical man may be at all times in good health and therefore proof against disease.

For disease cannot obtain a hold where every physical element is in proper condition.

It is safe to say that all disease is the result of carelessness, ignorance or willful violation of the laws of health.

True, very few persons are born with perfect bodies and strong

constitutions, yet it remains a fact that the individual is himself responsible for his physical condition in nearly all cases, for the energies of the body are so strong that they throw off the germs of disease readily, if given very little care and attention.

Keep the channels of the body free, and disease will flow out as health comes in.

Only a few moments daily is necessary for exercise; everyone

has time for it. Time is never saved by neglect of exercise. If you do not take time to care for the health, ill-health and death will take your time for you.

A man who comes into this world with a sound body and reaches the years of responsibility with all his members still in perfect condition ought to be ashamed to die before he is ninety years old!

### ONE OF NATURE'S LAWS.

BY DR. CLIFFORD E. HENRY, LOS ANGELES, CAL.

Ever since the days of alchemy man has found pleasure in attempting to unravel some of the mysteries of Nature. There are many things that have been proven, but there are many things that will never be known to man while mortal.

Life is a principle of Nature's law that mortal man can trace just so far and then must cease. A nerve impulse is traced to the oscillating granular nerve-cell, but the cause of the oscillation is lost.

All living matter has one fundamental law governing it; even in inanimate matter there is a law which governs its existence. If not, why will a mineral always crystallize in a certain form with certain angles? Animal and vegetable matter are near akin. In fact, it is with the greatest difficulty that the two are distinguished. There is one law governing all life.

In the statements made in the balance of this article it is hoped

that they will create a deeper feeling of admiration for Osteopathy. I believe that this is the first time this principle of Osteopathy has ever been presented to the public.

As school-boys, learning our first lessons in physics, we were taught that light, heat and sound traveled in ether waves. There were experiments made to show that greater or less density of the air, or ether, the better the transmission of these forces. A noise differs from a musical tone in the length and regularity of the ether wave. Water boils under a rare atmosphere more readily than in a heavy one. Light is only a form of ether waves; color only a form of ether waves acting upon the eye. Then, can we have color from heat and light from color? It is only a slight alteration of the ether waves that will change the one from the other. Sound travels in ether waves; the alarm clock makes no noise under the exhausted dome of an air-pump; the vibration of the bell sets no

ether in motion. Then here we have again the phenomenon that ether is essential to another of Nature's laws. These are all external forces acting upon the delicate forces of animal life. What becomes of them after they have produced their impression upon the animal tissue? They are continued in a wave-like motion.

It has not been clearly demonstrated that nerve-force travels in wave-motion, yet it is reasonable to suppose that it does, from the fact that it starts in a wave-like oscillation of the nerve-cell. With every thought and every action here is a peristaltic wave of the brain; for this reason we have the meninges and the water cushions surrounding it. All the organs of the body act in peristaltic waves; the liver when in action is in peristalsis; the same with the pancreas, stomach and intestines. The contraction of a muscle is another example. The two great wave-motions or rhythms of the body are those of the heart and lungs. When a tracing of the action of these organs is taken with a sphygmograph a wave-like tracing

is obtained, but if this tracing is continued, there will be found a grand rhythm governing the two, and they act in unison. When the one is highest the other is lowest, and they meet in regular nodes. Can we overlook this great law as has been done? Must we not observe that the preservation of this perfect rhythm is life and health?

Any condition whereby this rhythm is disturbed produces disease. The disturbing factor may be at some distance, as, for example, the diseased uterus will cause liver and stomach troubles through its connection with them.

The Osteopath, in seeking out the cause of a disease, is seeking out the object that is causing the discord in the perfect harmony of action that should be ours. It may be an obstruction to nerve-force that will not permit of its perfect transmission, or it may be an object sending out impulses that conflict with those of natural sources and produce a jar in the delicate organism.—*The Osteopath.*

### WOMAN IN OSTEOPATHY.

Before Osteopathy received its present recognition, its worth was shown me by a circumstance in our family. My father had for years been failing in health. Every remedy seemed to aggravate his disease, and eleven years ago he went to New York, remaining four months under the care of skilled specialists. Without benefit and almost without hope, he

returned home, soon to be cured by our neighbor, Dr. A. T. Still.

Because of this fact, and many of the cases I have seen brought "back from the jaws of death," the science of Osteopathy must be held by me in the deepest respect and gratitude.

During recent years a new department of the practice has been a source of happiness to patients

and practitioners. Women, to whom the doors of many occupations are closed, saw here an "open sesame," congenial both to mind and heart. The influence of the old tradition that woman should remain in the home, no matter what the circumstances, has had the effect of debaring her from many occupations, valuable to both herself and community. But when the opportunity was offered her to heal the sick and thereby cheer the disconsolate, her woman's nature responded and "none could say her nay."

As logic has not been limited to the masculine head, women as readily grasp the science of Osteopathy as men, and to their knowledge they add the skill and gentleness resulting from sympathetic hearts.

As independence is as much an attribute of woman's nature as man's, she finds in the practice of Osteopathy a new field for self-support, and one by which the world is benefited. There are thousands of women, victims of disease, who will suffer silently rather than consult a man physician. But when they find women understand their cases from experience, the mental suffering is gone, for freely they can discuss their afflictions, not only because they hope for relief, but because of the "fellow-feeling" which makes us wondrous kind."

If a child is sick, it is woman whose intuition soothes its cries, but when to that intuition is wedded the knowledge and skill of dispelling the ailment, we have the best physician Nature has provided.

And for the woman Osteopath?

We have shown that this science is suited both to her mind and heart, that it provides a means of self-support and assistance to others, and it is perhaps less taxing upon the physical system than any other occupation open to them. Here the nervous tension synonymous with the school-room does not exist; the long hours of standing, as endured by clerks, or the sedentary confinement of copyists, are not experienced, but the continual gentle exercise and variety produces the health and light spirits so observable in the practitioners of this science.

In heathen lands the field is open for the woman Osteopath. Here the ignorant hand of oppression so tyrannizes over woman-kind that the sick wife or mother is not allowed to see a male physician. Because of this cruel law many die, death often resulting from neglect.

Now comes the woman physician carrying before her the banner of Osteopathy. She tears aside the curtain, walks to the narrow cot, and with one pressure of the hand she cools the fevered brow of her fellow-sufferer. Then with tender care and the skillful manipulation of this science, she brings the patient back to health and happiness, not with a constitution permanently weakened by strong medicine, or dependent upon the use of stimulants, but with increased strength in every vein, muscle and fiber, a healthy circulation of the blood.

In these benighted lands, among the thousands of perishing mothers and children, what a blessing will be the Woman Osteopath.—*Journal of Osteopathy.*

## DRUG THERAPY A BASELESS DREAM.

In what he calls "Retort Courtous," the editor of the *Eclectic Medical Gleaner* makes some very emphatic statements in answering a criticism, and the retort is such sound common-sense that we hope it may be read by not only every physician in America, but by every other person who has ever tasted, or ever expects to taste medicine.

In order that the facts stated may be widely read, we quote the substance of part of it:

"You, in common with thousands of unreasoning practitioners, are not capable of discriminating between food and medicine. Doctor, put this down as a fundamental fact: *No medicine is assimilated.* If you give something which you call a medicine, and it adds itself to some tissue, then it turned out to be a food and not a medicine. Four-fifths of the high dilutionists, and a good many eclectics, practice under the insane hypothesis that medicine is assimilated. Who does not know that almost all physicians, of whatever school, give such agents as iron, phosphorus, etc., under the delusion that they will be assimilated, and supply a lack? Under this ankle-deep philosophy the lack of a systematic element constitutes the disease. Thus, in most anemias there is a lack of hemoglobin. The ankle-deep philosopher reasons thus: 'We will supply this lack (which is the disease) and presto, the disease will vanish.' Then he orders his favorite preparation of iron. It may be the tincture of the muri-

ate of iron. If it happens that the primal lesion in the case is susceptible of being shaken up by the acids contained in the preparation, good may result. It is certain that the iron would not be assimilated, for, in this case, this iron-lack depends upon non-assimilation of it even when offered by Nature. This lack of hemoglobin is a proximate, evident effect, the cause being located in or behind the assimilative apparatus. If we could directly supply this lack, the cause would still persist, and, of course, the disease would remain in full force. To put your therapeutic pry under this effect is to put it under the wrong end of the disease. But this is just what four-fifths of the doctors are doing. There is no direct medicinal lack-supplier; there is no direct medicinal tonic. Medicine does not import into the system any vital element. All it does is to create a general or local perturbation, as the legitimate effect of its foreignness. Foods do not do this, unless taken intemperately toward either extreme, and that is why foods do not cure. Note that the systematic disturbance resulting from starvation or glutony is pathological, not physiological.

"If there is any efficacy in high dilution, the fact depends upon the effects of the dynamization and not upon infinitesimalism. I have forgotten how much iron is naturally resident in the system; but suppose it is one drachm. Suppose an anemic girl has lost her iron. Suppose we give her the



thirteenth trituration of iron with a view of making good this loss. Suppose we give her a grain at a dose during her waking hours; how long will she have to take it before the loss is supplied? I won't attempt to compute it, but it would take millions of years! Too tedious; the patient would get nervous and dissatisfied.

"It is claimed by many that we get the *spirit* of the drug by high attenuation. This contradicts a fundamental principle of physics. We get the spirit (essence) of a substance by compression, not diffusion. How much of the spirit of aconite is there in a one-hundredth dilution? If it contains even the hint of the shadow of the ghost of its spirit, it would

require the infinite mind to apprehend it. The one-hundredth dilution of a drug is not intellectually relationable to any finite thing. It is the unimaginable concrete representative of an incomprehensible idea. In other words, it is nothing that is distinguishable from pure abstraction. It has been called moonshine, but moonlight is grass compared to it. It is a scientific fact that dynamization adds no permanent principle to a substance which is not descriptively comprehended in the word "comminution." There may be a rational excuse for extreme attenuation, but it is not apparent to me, except under the hypothesis that drug therapy is a baseless dream."—*The New Race*.

#### HOW TO DRINK WATER.

There are few people, we think, who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water, as pointed out a week or two ago by our excellent contemporary, *Health*, vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed at a large draught, or if it be taken in two portions with a short interval between, certain definite results follow, effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to the circulation, a thing which ordinary drinking is not. During

the act of sipping the action of the nerve which slows the beats of the heart is abolished, and as a consequence that organ contracts more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which the bile is secreted is raised by the sipping of fluid. And here is a point which might well be noted by our readers: A glass of cold water sipped slowly will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught. In this connection it might not be out of place to mention that sipping cold water will often allay the craving for alcohol

in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.—*People's Health Journal*.

#### TO PROSPECTIVE STUDENTS.

In reply to many letters of inquiry from prospective students, we make the following announcement: By an agreement with the College of Homeopathic Medicine and Surgery of the Kansas City University, all of our students who desire to avail themselves of a very broad and liberal education, including not only Osteopathy, but medicine and surgery, may enter the next regular term, which begins September 15th.

Special attention will be given to anatomy and physiology, in fact, all branches on which Osteopathy is based as well as medicine and surgery. All lectures upon Osteopathy will be delivered in the rooms of the National School of Osteopathy, in the Keith & Perry Building.

All other lectures to this class will be delivered at the College of Homeopathic Medicine and Surgery. At the expiration of twenty months all who have passed the required examination will be issued a diploma in Osteopathy, and a certificate entitling them to two years' credit in any homeopathic medical college,

or to complete the medical course in the Kansas City College with out additional charge.

Before a student may graduate in Osteopathy the law requires four terms of five months each, which may be continuous. Before a student may graduate in medicine, the law requires four terms of six months each in four different years. Thus students taking the entire course can practice Osteopathy during the long vacations after the first twenty months and qualify themselves in all branches in the same time required by a medical college.

We use no medicine in our practice, but advise the full course, that graduates may be in a position to practice surgery, use anesthetics and register in States that do not recognize Osteopathy. The next regular term begins September 15, 1898. Tuition, \$400. See annual announcement, page 115, June number of the Kansas City "Osteopathic Magazine."

Remember our students are not required to take the medical or surgical course.

### Kansas City Osteopathic Magazine.

Keith & Perry Building, Telephone 2814, Kansas City, Mo.

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ADVERTISEMENTS.—Rates made known on application.

PREMIUM LIST.—For five new subscribers for the Magazine, one copy of Barber's "Osteopathy," 176 pages. For fifteen new subscribers, one copy of Barber's "Osteopathy Complete," contains 366 pages and fully illustrated.

AGENTS.—Active agents are desired in every part of the United States, to whom liberal commissions will be paid.

ENTERED at the Kansas City, Missouri, Post Office as second-class matter.

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#### TO CONTRIBUTORS.

The columns of this Magazine are open for the discussion of all questions of interest to public health. Preference will be given those of an Osteopathic nature.

Contributions regarding the history of difficult cases successfully treated by Osteopathy solicited.

Copy must be in hand not later than the 15th of the month preceding the issue for which it is intended.

"The country has swallowed Hawaii without unbuttoning its vest," says the *Atlanta Constitution*. And it isn't going to lose a button, either.

Write for sample copy of the Kansas City "Osteopathic Magazine."

When they tell you that Osteopathy is a humbug, do a little thinking for yourself. Is it prob-

able that a humbug would receive the sanction of five sovereign States of this nation? Is it probable that every State in the Union would allow the public practice of a fraud upon the citizens? Is it probable that they would escape punishment in every instance at the hand of the judge and jury?

Osteopathy cures after all other methods known to science have failed, and though you may have tried all that has been prescribed, and received no material benefit, do not lose hope.

Osteopathy is not related in any way to mesmerism, hypnotism, Christian science, waterism, or any other ism, but is a common-sense method of treating diseases.

Dr. Geo. C. Evans, of Spring Hill, Kas., President of the Kansas School of Osteopathy, called to see us yesterday. The doctor is certainly not only a skillful Osteopath, but a rustler. We are informed that his business has assumed such proportions that he contemplates moving his school to Wichita, Kas., in the near future.

Our old friend, student, assistant editor and coworker, Dr. Sanford T. Lyne, has accepted a call to Allentown, Pa., where a large number of patients await him. The doctor is an exceptionally bright and thorough Osteopath, and it was with feelings of regret that we yielded to the requests of our Eastern friends. We trust he will get a move on himself, cure all the invalids in Pennsylvania and get back to Kansas City in time to get out the next issue of the Kansas City "Osteopathic Magazine."

#### ADVICE TO CONSUMPTIVES.

You that to break consumption's bonds desire,  
See that henceforth you wholesome air inspire.

In this commandment, also, virtue lies:

Be prodigal of outdoor exercise.  
An even climate, too, must be your lot,

Nor now too cold, nor now exceeding hot.

Inclement weather likewise needs your care.

Be sure that clothing warm enough you wear.

On Phœbus' chariot ride from east to west;

With him arise, and with him sink to rest.

No close, confining occupation yours.

But rather one that outdoor life insures.

Of sports and games select, as being best.

Those that contract not, but expand, the chest.

This way another point, too, will be gained:

In all you do be ever self-contained.

There yet remain two cautions for you still:

The first, be careful to avoid a chill;

The next, of Venus' wasteful rites beware,

And live upon abundant wholesome fare.

—Translated from the French by Milner Kenne.

A Bright Boy.—"Ma," said a newspaper man's son, "I know why editors call themselves 'we.'"

"Why?"

"So 's the man who doesn't like the article will think there are too many people for him to tackle."

—Washington Star.

#### TO HIS DELINQUENT PATIENT.

"If I should die to-night—  
And you should come to my cold corpse and say,

Weeping and heart-sick, o'er my lifeless clay;

If I should die to-night—  
And you should come, in deepest grief and woe,

And say, 'Here's that ten dollars that I owe,'

I might arise in my great white cravat

And say, "What's that?"

"If I should die to-night—  
And you should come beside my corpse to kneel,

Clasping my bier to show the grief you feel;

I say, if I should die to-night—  
And you should come to me, and there and then

Just hint 'bout paying me that ten,

I might arise awhile—but I'd drop dead again."

—Ex.

A Canadian newspaper calls attention to a nursing-bottle advertisement which concludes with the words: "When the baby is done drinking it must be unscrewed and laid in a cool place. If the baby does not thrive on fresh milk, it should be boiled."

—Ex.

Appropriate.—"So you have got twins at your house?" said Mrs. Bezumbe to little Johnny Samuelson.

"Yes, ma'am; two of 'em."

"What are you going to call them?"

"Thunder and Lightning."

"Why, those are strange names to call children."

"Well, that's what pa called 'em as soon as he heard they were in the house.—Selected.

M. E. C. ROCKWELL, D.O.

The following from the *Webster County Argus*, Red Cloud, Neb., would indicate that the graduates of the *National* may be found in the very front ranks of the profession:

"Among the professional fraternity of Red Cloud is Mrs. M. E. C. Rockwell, D.O. This lady is a disciple of Osteopathy, the drugless science that has attracted such widespread attention and comment during the last few years. They use no drugs or medicines of any kind, but the theory this treatment is based on is a thorough knowledge of anatomy. They reason that aches and pains can be cured by removing the cause only. This they accomplish by resorting to Nature's means. Mrs. Rockwell is an enthusiast upon the subject of her work and has made a very remarkable number of cures since locating here last March. She is a talented lady, fully abreast of her profession, and we are glad to note her success."

The fall term will begin September 1st, in the Osteopathic department.

Tuition, \$300.

Students desiring to take the entire course in Osteopathy, Medicine and Surgery must be ready to enter the class not later than September 15th.

Tuition, \$400.

Graduates in Medicine may enter the first of any month.

Post-graduate course, \$150.

More patients have been cured at the *National* during the past month than in any previous month on record.

*The Penalty.*—The Young Doctor: "Just think, six of my patients recovered this week!"

The Old Doctor: "It's your own fault, my boy. You spend too much time at the club."—*Life*.

*A Matrimonial Conundrum.*—A pretty, young schoolma'am of Kansas puzzled the powers of pronunciation of her class recently with the word "husband" chalked on the blackboard. To help them out she asked: "What would I have if I should get married?" "Babies, ma'am," shouted the class in unison.—*Selected*.

We are pleased to learn that our boy, Dr. A. L. Barber, who marched away with the Third Missouri as private in Company K, has been appointed regimental postal clerk, and that while he will miss the fun and glory of fighting in the front ranks with the brave Missouri boys, he will not be under the painful necessity of stopping Spanish bullets. The boys are much disappointed at not being in at the fall of Santiago, but hope to take a hand in the capture of Havana.

#### ARE THE RESULTS PERMANENT?

No matter how beneficial the effects derived from a treatment, it fails entirely in its aim if the results are merely temporary. The practicing Osteopath is often asked the question, "Are your results permanent?" "Most assuredly," we answer. We should feel that our system had but a very poor claim upon the attention of an intelligent public if its results were merely ephemeral. The value of any discovery placed under the observation of the pub-

lic is soon established by its results, as measured by its usefulness to mankind generally. We are proud that, in spite of the selfishness and hatred of unscrupulous enemies, Osteopathy stands far ahead in the straight path of advancement, pointing back, not scornfully, but with pity, at the great army of its maligners, who have too late discovered that that which is founded upon truth and merit will overcome all obstacles. State after State is eager to admit and legalize the practice of a science established upon the firmest of all foundations—*Nature*. The Osteopath is Nature's assistant in her continual and unequal fight against abnormal and artificial conditions of the human system.

Medical authorities admit that, if left to Nature alone, the greater majority of the sick would recover without the administration of more or less injurious drugs. Why? Because there are forces at work in the human organism prepared to fight against the establishment of unnatural conditions. The demands of modern life and customs are far from being in accordance with the demands of Nature. Our clothing, food, occupations, even our homes, no matter how well planned, according to the principles of modern hygiene, violate, more or less, the dictates of common sense. These are conditions against which Nature is powerless to react; she cannot escape the vise-like grasp of the corset, the poison of ill-ventilated abodes, nor the indiscretions of

unwholesome living. It is in the fight against all these foreign conditions and their results upon the system that Nature needs the help given by such a treatment as Osteopathy. As soon as the bad effects of these conditions are removed, Nature steps in, and a "cure" is the result; permanent, because brought about by a potency tending toward the continual upbuilding and welfare of being.—*New York Osteopath*.

#### MORPHINE HABIT CURED BY OSTEOPATHY.

Joplin, Mo., June 28, 1898.

Dr. Barber:

I report a case to you for the journal.

Mrs. S., Empire, Kas., came May 28th, aged 55, had catarrh and constipation; had been treated for five or six years, with no results. Examination found spine contracted, tenderness in dorsal region from fourth to seventh vertebra, tenderness in cervical region first to third. She had taken morphine for four years.

*Treatment.*—Osteopathic; lifting and stretching all spinal muscles with abdominal vibrations. The patient is well; has not had a dose of morphine since May 25th.

Your friend in Osteopathy,

D. T. Riddle, A.B., M.D.

*Note.*—As Dr. Riddle is one of the leading physicians and official surgeons of Joplin, Mo., his endorsement of Osteopathy comes only after mature investigation. We welcome you, doctor, to the Osteopathic fold.

Editor.

*Osteopathic Department.*

The next regular term will begin September 1, 1898. Branches taught: Anatomy, Physiology, Physical Diagnosis. Osteopathic Symptomatology and Diagnosis, Gynecology, Obstetrics, Principles and Practice of Osteopathy. Our facilities for clinical work are unsurpassed. All students must expect to be in attendance four terms of five months each before graduation. All students who have made suitable grades will be admitted to the operating-rooms after the first term, and be permitted to practice under the supervision of the school at the expiration of the second term.

Good board may be secured at from \$3.50 to \$6.00 per week.

Rooms can be secured for light housekeeping at reasonable rates. Tuition for Osteopathic course, \$300.

*Post-Graduate Course.*

All applicants, whether graduates of medical or Osteopathic schools, may enter the Post-Graduate Class the first of any month.

Diplomas from any reputable school of medicine or Osteopathy will be accepted as proof of proficiency in all branches except Osteopathy. The length of time required to complete this course depends very much upon the ability of the pupil to absorb the principles of Osteopathy. The work of the Post-Graduate Class will consist principally of clinical demonstrations and lectures upon the principles of Osteopathy, Anatomy and Physiology, by Dr. E. D. Barber, president of the school. Fee for tuition, \$150.

**LUMBAGO—THE CAUSE AND TREATMENT.**

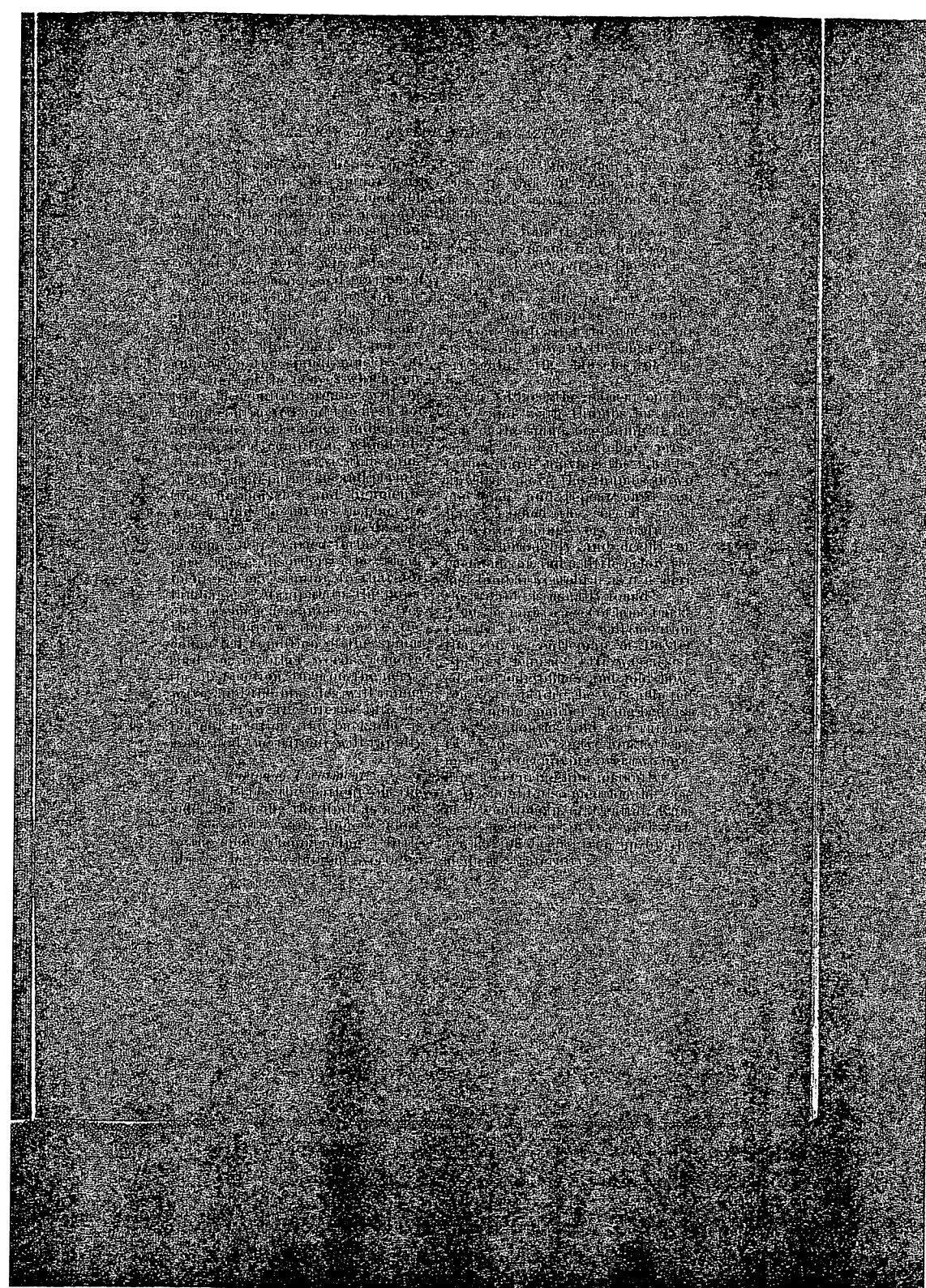
Lumbago can be traced to many different causes, but is most frequently the result of contracted muscles in the lumbar region. This condition is often primarily caused by exposure to a draft after unusual exertion by overlifting or straining the back in any manner. As many of our readers are not familiar with anatomy, we will be obliged to refer briefly to that branch of an Osteopath's education to make our position clear.

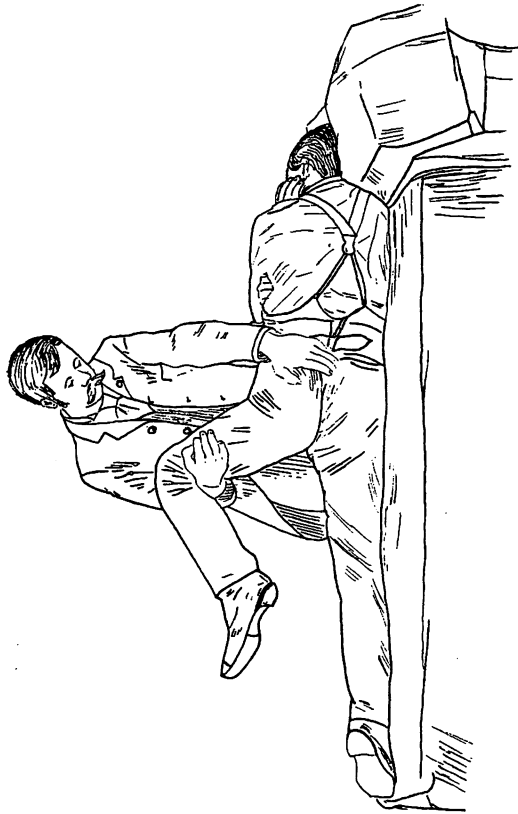
The spinal column is made up of twenty-four separate and distinct bones (not including the sacrum and coccyx), articulating with each other in perfect harmony, affording attachment to many muscles, enclosing and protecting the spinal cord, and also supporting the head and trunk.

The spinal cord is a prolongation of the brain, not only conducting nerve impulses from the brain, but originating in its self many nerve centers which have a direct influence in controlling the machinery of life. The principal blood-supply of the cord is a branch of the vertebral artery reinforced by smaller arteries its entire length, which are accompanied by veins which permit the escape of venous blood from the spinal cord.

The arteries have a very strong muscular coat, while that of the veins is the reverse; consequently a pressure upon the artery and vein strong enough to check the escape of the venous blood would have no effect on the arterial supply.

It has been discovered that a contracted condition of the spinal





CUT 31.—Lumbago.

## MISSOURI VOLUNTEERS.

When the President called for men to defend the nation's honor, Missouri nobly responded with over five thousand of her citizens. Kansas City alone furnishing nearly two whole regiments. They are citizen soldiers, who left their homes and loved ones for their country's sake. They were first sworn into the State service and mobilized at Jefferson Barracks, near St. Louis. After two weeks of drill and camp life, they were mustered into the Volunteer Army of the United States. The boys were all enthusiastic and very little complaint was heard, although they were put under strict military discipline.

On the 25th of May, the Third Regiment was ordered to proceed to Camp Alger, Va., twelve miles from Washington, D. C. At 1 o'clock the following day tents were struck and we marched to the trains that were to carry us from our native State, some of us never to return.

After hours of waiting, the troops were all loaded and we were on our way. We passed through eight States *en route*, and it would be hard to tell where the most enthusiasm was shown. Great crowds with flowers, lunches, and souvenirs met us at every station. The finest scenery was near Harper's Ferry. The trains arrived in Washington on the 28th after three days of hard travel. From there we were sent to Falls Church, Va., then marched three miles to Camp Alger. We were given a hearty welcome by the troops already in camp. Every one was surprised to see that we were to camp in a fine forest, with underbrush so thick that it had to

be cut before we could march through it, twelve miles from the capitol of the United States.

The creeks here are called "runs." Bull's Run is but fifteen miles from us.

Camp Alger is located on a 1700-acre plantation, owned by a Mrs. Campbell. Before the Revolution it was the Lord Fairfax estate. An old house stands near the center, or rather the ruins of one. The bricks with which it was built were brought from England.

A part of Washington's army was encamped here, and the road they cut through the forest has always been kept open. It is known as the Gallows Road, from the fact that a set of gallows were erected near it on which a number of British spies were hung. This is certainly historic ground. Washington's army camped here in 1776. The North and South fought here in 1864, and to-day 25,000 sons of both blue and gray are tenting together, only waiting for the word to go to the front. It is rumored now that the soldiers from Missouri will soon be on their way to Porto Rico. If they go, they will prove that they are from Missouri, and the Spaniards will have to show them.

It is amusing to hear what the Easterners think of us, or rather what they thought before they got a good look at us. They imagined we were half savages.

As we were marching into camp a lady and gentleman were standing near, watching boys from the West. As we passed by, the lady turned to her companion and said, "I thought you told me they all had long hair." We did not hear the reply.

The other night a little German was on guard. The countersign was "St. Paul." A corporal with a squad approached the guard lines and was brought to a stop by the ringing cry, "Halt! Who goes there?" "Friend," replied the corporal. "Advance, friend, and say 'St. Paul.'" demanded the guard in the full German dialect. The officer did so, and was then asked if the rest of the party knew anything about St. Paul. When told that they did, they were allowed to pass. The sentry was relieved in a few minutes and spent the balance of the night in the guard-house.

We were all paid Friday and the boys are happy, as there are lots of hucksters on the grounds, and they have a chance to spend their money.

We may be having a hard time now, but there will be "a hot old time" in Kansas City when the Third comes marching home.

I just returned to camp after spending thirty-six hours in Washington. I left camp at 8 a. m., and drove three miles to the station, where I took the electric car. The cars run to the bridge across the Potomac River, where you have to get off and walk for a quarter of a mile, then you take the car again and go down the far-famed Pennsylvania Avenue, to the capitol building. The first place I visited was the Congressional Library. The rotunda of this building is the grandest piece of art I ever expect to see. The ceiling is two hundred feet high and the walls and floor are of pure white marble sculptured and engraved at a cost of hundreds of thousands of dollars. In this building is a copy of every book or pamphlet ever published in the United States. I next went

to the capitol, the corner-stone of which was laid by George Washington. This great building is composed almost entirely of marble. The Senate was in session and Mark Hanna, Vice-President Hobart, and the other big guns were discussing the Hawaiian question. In the House of Representatives I saw Speaker Reed and the members, visited Statuary Hall, the President's reception-room and the members' reception-room. By this time I was getting hungry and went to dinner. It was the first time I had put my feet under a table since leaving St. Louis. After dinner I went out to Washington's Monument and climbed up 1460 steps to the top, 555 feet. I tell you it is "some up." People on the ground look like flies. It is a wonderful tower. I rode down in the elevator, and went over to the White House; was shown through the grounds and house by a guard; saw the President at his desk, but did not get to speak to him. It is not as pretty a house as I thought the executive mansion would be. The next place was the Smithsonian Institute, reputed to be the finest college in the United States. They have a very fine collection of birds, a specimen of every variety in the world. From here I went to the National Medical Museum; here they have specimens of everything known to the medical science.

The most interesting place was yet to come—the National Museum. It is worth coming 10,000 miles to see. Everything in the history of the world is represented here, but the greatest are those from our own country. All of General Washington's personal effects are on exhibition. His uniforms, swords, camping equip-

ments, the tents he used at Valley Forge, and many other things. La Fayette's saddle is here. The first locomotive ever invented. Morse's first telegraph instrument. As I had taken in the principal sights in town. I took the train and went to Mt. Vernon. Washington's home and burying-place. It is fifteen miles out. It is just like the pictures we see of it, but they are not like seeing the place itself.

General Robert E. Lee's old mansion, which is near our camp, is a great deal like it.

Took in the theater in the evening, and was then tired enough to go to sleep. It was the first bed I have been in since leaving home.

This morning I attended to the business I had and returned to camp.

I have just been appointed regimental postal clerk. There were about sixty applications, and as I had made no effort to secure the appointment I was much surprised when the colonel sent for me. I have a postoffice tent, and congratulate myself as I see the boys drilling in the hot sun. We are very much disappointed in not being ordered to the front. I had hoped to report cases of yellow fever and other diseases incident to Cuba cured by Osteopathy long ere this.

A. L. Barber,  
Third Reg., Co. K., Mo. Vol.

## OSTEOPATHY IN IOWA.

It would appear that the medical doctors are not only considerably agitated over the rapid strides of Osteopathy, but that the Osteopaths in recent legislation in Iowa have rather overreached themselves, and opened the field to all who may see fit to style themselves Osteopaths without even the formality of registration. We refer to the following article, taken *verbatim* from the May number of the *Iowa Health Bulletin*, published by the Iowa State Board of Health.

### *Osteopathy Again.*

"As the smoke of legislative battle has cleared away and the practical features of laws enacted are being tested, there are such surprising revelations that one is forced to conclude that, after all, legislators are but mortal, and en-

vironed by limitations of judgment like the rest of us.

"We have no word or thought of adverse criticism, but simply desire to hold up this Osteopathic law before the gaze of our late legislators, so that they may see the length and breadth, the height and depth, the convexity and concavity of this legal monstrosity begotten by them—we mean by the bare majority who voted for it.

"*First.*—The law is enacted in the sole interest of a certain specified class of manipulators, who are legally said to treat diseases by the system commonly known as Osteopathy, without defining Osteopathy.

"*Second.*—The party who practices Osteopathy may have, upon certain conditions, by paying twenty dollars to the *State Board*



of Medical Examiners, a certificate. This certificate is supposed to be an honorarium—an indorsement by the State, through the State Board of Medical Examiners, of the system commonly known as Osteopathy. For gross immorality or fraudulent misrepresentations in procuring this certificate, the *State Board of Health* may revoke it. It would seem as if the board that granted the certificate, having all the statements, etc., required to procure the certificate, ought to have been empowered to revoke instead of the State Board of Health.

"Third.—But why should any one who has a mind to practice Osteopathy go to the trouble and expense of getting a certificate, especially when the State Board of Health might take a notion to revoke it. There is besides a severe penalty, in section 3, attached to efforts to secure the certificate when false representations are made as to graduation. Why, therefore, should all this trouble and expense and risk be taken when *there is absolutely no penalty for practicing without a certificate, nor any legal obligation to get one.*

"We do not expect that the State Board of Medical Examiners will have a single application for a certificate under the law as it now stands. The State will thus be deprived of all revenue from Osteopaths, while physicians have their fees increased from two dollars, without any examination by the board, to twenty dollars and an examination beside.

"Fourth.—In section 5 the State is generous enough to say to those desiring to practice Osteopathy, not only that they are made the special wards of the State,

without any compensation in return unless as a gratuity, but that they shall not be annoyed by the other fellows who, as *physicians*, pretend to cure or heal the sick, and who, after years of study and great expenditure of money, and heavy fees to the State, are granted a certificate.

"This section 5 is a State 'indulgence,' insuring any one who sees fit to style himself an Osteopath from annoyance or persecution as a *physician*. It means hands off and reads as follows:

"The system, method or science of treating diseases of the human body commonly known as Osteopathy is hereby declared not to be the practice of medicine, surgery or obstetrics within the meaning of section twenty-five hundred and seventy-nine (2579), title twelve (12), chapter seven-teen of the code."

"The wonder is, and still the wonder grows, that Governor Shaw should have signed such a law.

"Fifth.—As many of our readers have not seen a definition of Osteopathy and as our amusing statute above referred to does not define it, we lay before our intelligent readers the official definition; that is, the definition given by the highest Osteopathic authority, the *Journal of Osteopathy*, published at Kirksville, Mo., the very head-center of the thing or system thus defined:

"*Technical.*—Osteopathy is that science which consists of such exact, exhaustive and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws

and remedial resources, within the body itself, by which Nature under the scientific treatment peculiar to Osteopathic practice, apart from all ordinary methods of extraneous, artificial or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength."

"Now, dear reader or legislator, please read this definition over two or three times, then shut your eyes and tell us in your own simple language what the *definition* means. You can't do it. We have tried a number of Osteopaths and have not yet been able to find one who could tell us what the definition means or what Osteopathy is as defined above.

"Whatever it is, though, it is what the great State of Iowa has said should have the right of way in curing and healing diseases!"

### PURIFYING THE BLOOD.

We have been asked why in all our papers on health we have nothing on the purifying of the blood. Perhaps we might reply that we do not believe in the usual ideas of the blood's condition. The character of the blood has vastly less to do with health and healing than is so generally believed.

For example, we are told that a certain affection is the result of "blood poisoning." Well, here is our first difficulty in believing this notion. The very same blood which is blamed for a small portion of diseased tissue is making perfectly healthy tissue all over and within that same body in which this sore is seen. How can we believe that the very same substance can be "poison" to one part and perfectly "good" and "pure" to another part through which it circulates? How can that same blood destroy the very same tissue in one part which it healthily nourishes in another? It is not with the blood as it is

with the more stationary substances. It is circulating rapidly and constantly, so that the very same particles of the fluid are passing into and through all sorts of tissues.

When we find a sore, therefore, in any one part, and all or even any other part of the body in a perfectly healthy state, it is not reasonable to think of the blood as at fault. The true cause of the injury is not to be sought for in that which is common to healthy and unhealthy parts, as the blood is, but in that which belongs to the unhealthy part and not to the healthy. Nothing can be clearer than this, and so we seldom look to the condition of the blood as the root of any disease which is of a local nature. Then if, as in fever, every part of the body is showing that all is in a diseased condition, we are constrained to inquire as to whether something else is putting the blood wrong, or whether the blood is putting all else wrong.

It seems to us a most shallow mode of thinking that ascribes the diseased condition to the blood as its primary cause.

*A More Important Substance than the Blood.*

There is a far more obviously important substance than the blood—that is, the organic nerve-centers. These are the centers of vital force, and it is their excitement that creates the heat which consumes the patient in fever. These heat the blood. It is not the blood that heats them. So we cannot but view the matter. The very carefully applied cold to the spinal system, which reduces fever heat so beautifully, tells first upon the sympathetic nerves, and afterwards on the blood through these nerves when their fever force is lowered. Hence, the very same blood which was coursing the system a few minutes before at a furious rate is going quietly now.

*Cases Which Illustrate This Truth.*

We had once to attend a very dangerous case of scarlet fever, and an allopathic medical man was also in close attendance. It so happened that we called daily an hour or so before the other doctor. He did not know of any treatment but his own. He said one day, "I cannot understand this case. It is evidently a very serious one, and yet the pulse is always moderate." The pulse had been brought down from about 130 to 96 or so before he called. This was simply by the application of cold to the head and spinal region. Nothing introduced into the blood could have had this effect. So he, who was thinking only of affecting the circulation by medicine, was

simply at his wit's end in the case. The flame of the great nerve-centers was lowered, and the blood behaved itself wonderfully. The patient got well through the sore ordeal, and the blood that had been apparently destroying the vital organs of the throat and brain wrought all good work needed on those organs when the vital centers had been restored to their proper condition.

If we take as another illustration outstrikes on the skin, so generally ascribed to the state of the blood, we are taught the same truth. The very same blood that is in a part just now which is all a sore, is in another part immediately which is all right and well. It is clearly not to blame for the sore, to say the least of it. If we use right means with the skin itself, we shall soon see the same blood doing its part perfectly. Cover well with a fine lather of Pear's soap at night, soak that off with good white vinegar in the morning, and the skin will come right. The blood will do admirably even if no change has been effected in its quality, or quantity either.

*The Condition of the Blood Important Also.*

But we are not by all this to be regarded as caring nothing for the quality of the blood. If, for instance, too rich food or drink, or too much of either or of both, is turned into blood, there may be seriously bad results. These results will not, however, arise from "impurity" of the blood. They will arise from its richness, and all the more readily that its quality is otherwise excellent. What is wanted in all such cases is less rich food and drink, so that the blood made may be more

easily used up to the benefit of the body and health of the patient. A few quarts of distilled water, with a few pounds of good wheaten meal, will put things right in such cases.

Cases of "stones" in various organs will be met in this way very easily with the same sort of blood, only diluted so that the organs can more perfectly dispose of it. The truth is, that in such diseases the cause of evil is the character of the food taken, or in its quantity, and not in the quality of the blood. Take an infant fed on too rich milk, and it breaks out in distressing eruptions on the skin. Mix hot water in the milk so that it is half the richness only. All will soon go right. The milk was not impure. It might be the milk of a perfectly healthy mother, only needing to be diluted somewhat on account of the rather weak power of the infant to dispose of it otherwise.

A world of letter-press is constantly showered upon us about

the composition of the blood, and all to exceedingly little purpose, so far as health is concerned. A world of money is gathered in connection with the idea of blood-purifying, but we must confess that experience and observation compel us to regard most of all this as very profitable to those who give it. We hear sometimes of "bad blood" arising among certain parties, in a metaphorical sense no doubt. Even in such cases the "blood" is not so bad if only it is allowed to keep circulating in "whole skins," and is allowed also to "cool" quickly. Thomas Cooper says that he does not dislike "short tempers," but "deplores long ones"! The heat in protracted wrath is apt to cause damage even if the "blood" be not so "bad." Let us keep the blood we have at a moderate temperature and of moderate richness and we shall not be in great difficulty with it.—*Medical Liberty News.*

### LACK OF GOOD BLOOD AND ITS SUPPLY.

It is no uncommon thing with us when seeking to remove distress to find something like a great deficiency in the supply of red blood. You see at a glance in the white lips and in the waxy hue of the cheeks of a weak and weary sufferer, that somehow there is a failure in the circulating stream. The doctor is ready enough to tell you what you see without his aid, that at least the bright red element in the blood you have to deal with is far too meagerly supplied.

We have in hand just now a pa-

tient in this trouble who is going apparently down in every way from this lack of red blood. Now, the all-important question in such a case is, How is such a patient to be cured? That is, How may you provide a supply of red blood where it is so manifestly lacking? Our answer to this question ought, if possible, to be easy of access to the poorest sufferer, if we may have it so. It must be cheap and simple in application, or we need not write about it in the cases which we have most in



hand. How, then, is this good blood to be supplied in the most easy and yet effective way?

Make sure, if you can, that you understand our ideas. Observe, then, that blood is in a great measure really only water. In a thousand parts of blood there are nearly eight hundred parts water. The very best blood that can be made to circulate in our veins and arteries consists of good water in this great proportion. We need not say that the blood is not all water, but it is, as we say, in a great proportion so. This truth of itself is encouraging. Water is cheap and not difficult of application. Let us take an illustration of this part of our subject. We get a supply of pure water of blood heat. This is to be given in dessertspoonfuls every five minutes to our bloodless patient. Make sure that you have the right idea. You are to give this pure water in small spoonfuls every five minutes—not less, not more. You are to give this pure and heated water in this way, so that such water is slowly made to pass into the circulating system. This water is largely composed of oxygen, and this oxygen is conveyed into the blood that needs it to give vital force to the failing stream. You may say, in fact, that the oxygen of this water, so introduced, is life itself infused into the poor failing blood of our failing patient. The pure water at the temperature at which it is given, and in such small portions, parts readily with its oxygen, and makes the blood take on its living color. It needs no iron. nor anything else of a metallic character, so far as the vital life-giving character is concerned—we need only the heat and the water.

But now we must not write as

if water alone could supply the needed blood. There is a supply of feeding stuffs on which the oxygen of the water and air may act. This is probably best supplied in exceedingly small portions of milk and hot water, in proportions such as may feed the blood while not choking the supply of oxygen that is supplied in the water and in some degree in the air that is supplied in the lungs. On that we shall remark more fully by and by.

It is with the oxygen of the water and its action on the food that we have chiefly to do at present. We shall say that two tablespoonfuls, or perhaps only one spoonful, of very light food, perhaps only milk and water, half and half, is given. The oxygen of the water acts upon this, and sets a fire of life a-burning. This is an easily understood process, and shows us how a proportion of really good blood is supplied on the true and natural plan.

The food is given in small portions every half-hour, or in still smaller portions every quarter of an hour, or in rather larger portions every hour, or every two hours. In this way the feeding stuffs of the blood are supplied, and so both the oxygen and the feeding element are supplied to the blood while the fire of life is kept burning. This is all through that remarkable and natural remedy which is seen in a skillful application of a little hot milk and water. The color soon comes to lips and cheeks when this process is secured.

But we have not noticed that part of our cure that is found in fresh air to the lungs. Here the supply of oxygen and other elements to the blood, and also the passing away of carbon which has

been used, is of greatest moment.

Most people have some idea of this part of the supply in its freshness compared with those who see the importance of pure hot water supplied as we have indicated.

But light is fast dawning on many minds. It is marvellous that it should be so difficult to enlighten them. When you take half a teaspoonful of hot milk and water, and see the oxygen and feeding substances slowly supplied to the system—so slowly that the patient is enabled to receive the supply—nothing can be more simple and obvious than the truth which is here taught us in reference to the supply of blood.

You, for instance, give a dose of iron, which you fancy is to mix with the too white blood, and to redden it. But your iron only blackens the membranes with which it comes in contact! If you would instead give some hot water, and then some milk and water, which the natural forces would convert into good blood, how much more like common sense your action would be!

We write not this at haphazard, but in the presence of scores of cases in which the hue of health has taken the place of a totally different color. Surely, by and by, the simple but blessed truth will have the victory.—*Medical Liberty News.*

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