

# **Osteopathic Truth**

**March 1917**

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# Osteopathic Truth



A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

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

Volume I

MARCH, 1917

Number 8

## WHY I BECAME AN OSTEOPATH

A. G. HILDRETH, D. O., Superintendent Macon Sanitarium, Macon, Missouri

**W**ITH me there were several contributing causes that brought about my taking up Osteopathy as a life's work.

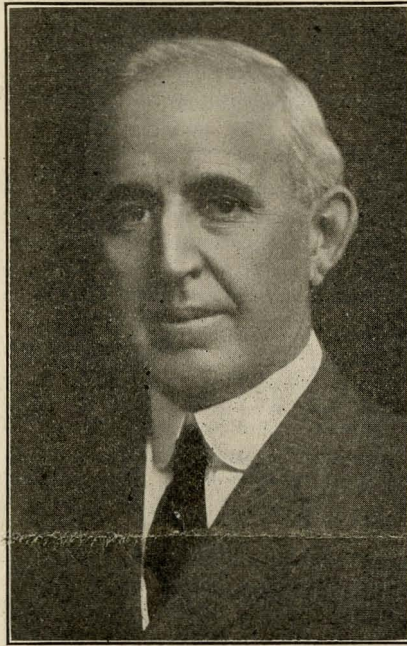
First, Dr. A. T. Still was a visitor in our home long years before he made his discovery; he, my mother and father were very close personal friends. He came to our place and talked his beliefs and theories to my people, consequently I was in close touch with the man and what he was doing in the world. Then again, there exists in the heart of every living individual an ambition to do something in the world, to feel one's life is a benefit to other lives; in other words, not to live in a little corner hidden just for one's own self; I had longed for opportunity to grow, to expand, to come in contact more with the world and to feel more keenly I was a part of it and was doing my part in it; then, too, of course no matter what our position is we are always anxious to better the same. This is but a natural desire in every life.

I was born and reared on a farm and while I loved the outdoors and my nearness to nature and the life which was free and good, yet it did not satisfy that longing for greater contact, neither could I see wherein the future offered other than a living. I was married young and my wife when I married her had been a sufferer from granulated eyelids for years, in fact from childhood until after we were married.

A year or two following our marriage her eyes became very bad, she had taken all the treatment prescribed by the old school, we had consulted the best physicians in our part of the state, capable, good men. She had been treated year in and year out until they frankly said there was nothing more they could do and advised us to take her to Dr. Green of St. Louis for an

operation, which they said might help her. They did not know. Dr. Green was at that time, and for years afterwards, a man of international reputation. To take her to him in our financial condition meant every dollar we owned and perhaps some besides, without any certainty of a cure. This being true and knowing Dr. Still as I knew him and by that time knowing of a

number of seemingly remarkable results he had obtained by his method of practice, I finally prevailed upon her to go with me to see him. Her parents, while they had known Dr. Still for years, were particularly opposed to my taking her to him. However, we consulted him. He examined her and said to me after the examination that he could cure her until she could see clear as an angel; after making that remark, I said to him, "Dr. Still, how are you going to remove those growths from her eyes without using a knife or else using something that will eat them off?" His reply was—and right here he gave me the key to the real life principle that has made Osteopathy world famous—"Arthur, the same law which obstructs the circulation to those eyes and permits those growths to form, re-established will



A. G. HILDRETH, D. O.

absorb them." Mark you, the growths mentioned were fungoid and grew from the upper margin of the eyeball downward until they had obstructed the vision of one eye entirely and nearly so of the other eye. The irritation produced the growths, which were so large that when the eyelid closed over them the lid was raised and looked like a lump on the lid itself. After asking the question of how he would do this, he replied, "I will correct her neck, let the blood out of her head, there is too much going there, the nerves are not controlling the return circu- (Continued on page 92)

## BOSTON IN 1918

Boston is out to capture the A. O. A. Convention for 1918. There is no doubt about it. To show that they mean business, a mass meeting of the profession was called on Saturday evening, March 24th, at which the BOSTON NATIONAL OSTEOPATHIC CONVENTION ASSOCIATION was formed with a suitable constitution and by-laws.

The object of this Association is to secure the A. O. A. Convention for Boston in 1918, and to continue in force as a working association until after the convention is held.

Officers elected were: Dr. Francis A. Cave, President; Dr. Francis K. Byrkit, Secretary, and Dr. L. Curtis Turner, Treasurer.

Boston seems very much in earnest and will doubtless make itself heard repeatedly within the next few months.

At the New England Convention April 6-7 resolutions were unanimously adopted asking that the convention be held in Boston. Thus, not only Boston and Massachusetts are back of this move but the New England states are a unit in favor of it.

## HEWING TO THE LINE

The past sixteen months mark an important milestone in the history of our profession. The first gun was fired by Dr. E. R. Proctor, of the Chicago College, down at the famous Chiles banquet in New York City in December, 1915, when he said: "The Chicago College will not teach materia medica unless compelled to do so by the A. O. A."

The subsequent announcement of the Kirksville school that "there are no classes in materia medica taught in this school and we have no intention of establishing any. We are not in sympathy with the idea of materia medica classes. This school intends to devote its energies to intensive osteopathic instruction," is one of the strongest constructive statements issued from any source for a long time.

Following which came the announcements of the Philadelphia school and the Boston school along similar lines (see recent issues of this publication). This hewing to the line by our colleges will mean a larger percentage of efficient and successful osteopathic graduates in the future. It is up to the profession now to stand back of these institutions and show their approbation by sending them as many students as possible.

The February issue of the JOURNAL OF OSTEOPATHY (page 100) throws much light upon this vexed question of the teaching of materia medica in osteopathic colleges. Feeling that this matter should

be given greater publicity we take pleasure in quoting from the Journal:

## Teaching Materia Medica

EDITOR JOURNAL OF OSTEOPATHY:

In the January issue A. S. O. authorities published a signed statement that that school does not teach materia medica. The A. T. Still osteopaths, of which the writer claims to be one, rejoice at the stand taken, if that which may be read between the lines is not excluded.

But it may be ventured that the school should and does teach a limited materia medica, and that not one of those whose signatures appear under the declaration refuses to use drugs as anesthetics and antiseptics, and perhaps occasionally for other purposes; or that they as teachers advise when, where and how to use them. Yet this instruction is "materia medica," or rather pharmacology.

Now the harm in such declarations lies in this: In those states in which the osteopathic physician is partly or wholly under the control of medical boards, they find therein an excuse for denying him the right to use such agencies, because it may be assumed that he has no knowledge of drug action. With such authoritative statements before them, is this not a reasonable interpretation?

M. F. HULETT, D. O.

Columbus, Ohio.

This communication is in reference to a statement published in the December Journal of Osteopathy, in which the position of the A. S. O. is declared as to the teaching of materia medica in osteopathic schools. In the statement above referred to, signed by the members of the Board of Directors of the A. S. O., it is declared that the A. S. O. teaches no classes in materia medica and that it is the intention of the board to establish none in the future. Furthermore, it is the belief of the members of the board that the teaching of materia medica in an osteopathic school is not consistent with osteopathic theory and practice.

In answer to the above communication, we deem it wise to explain our position more fully so there can be no misinterpretation. I think no reasonable person will deny that there is a field of usefulness for drugs. The field of usefulness, it is true, is very limited when we consider drugs as agents in the cure of disease. Materia medica may be defined as that branch of medical science which treats of the origin and preparation of drugs, their physiological action, their doses and their modes of administration. The medical practitioner studies drugs in all these aspects for the reason that drugs are his main dependence in practice. He uses them in practically all his cases in one way or another. He administers them internally for the purpose of influencing

disease processes toward recovery. Science has proven that drugs do not possess the power to cure except in a very few diseases; that the body recovers from disease automatically. In other words, the body contains its own drugs which are formed when needed for its use.

The osteopath, on the other hand, while believing that nature cures, has put into practice a mode of treatment, non-drug in character, which aids the natural tendency toward recovery. He presents a new etiological factor for disease. He practices a new idea in therapy. It is his contention that such anatomical abnormalities as subluxated bones, contracted ligaments and muscles, especially in the various spinal areas, retard recovery and that whenever practicable, such abnormalities should be corrected; and that when corrected, the natural tendency toward recovery is aided. One doses his patients; the other treats them by manipulation. One system is chemical; the other is mechanical.

However, there is no one principle of treatment that is broad enough to apply fully to every contingency. Osteopathic treatment, for the reason that when it is judiciously applied increases the patient's comfort and adds to his resistance, is therefore of general application. But to apply it without aid to all pathological conditions, we would not always find it sufficient. Surgery, for example, we teach and practice. It is mechanical and therefore closely related to the osteopathic idea, but it is not in the strictest sense the application of the osteopathic principle.

We do not teach materia medica, for the reason that drugs do not cure, for the further reason that the medical and osteopathic ideas are antagonistic in principle. To teach dosage is inconsistent in theory and impractical in practice. Nevertheless, we need and use some drugs but we do not need them or use them with the idea of curing disease by their use. It is not inconsistent for an osteopath to use anaesthetics or antiseptics or even an analgesic when occasion may require. We need these agencies and teach their use, but we do not teach materia medica in the sense that I have presented it here.

—GEO. M. LAUGHLIN.

Dr. Pauline R. Mantle of Springfield, Ill. writes:

"I thoroughly endorse Osteopathic Truth. The profession needs just such a paper. Pure Osteopathy must be fostered and promoted."

"I think this little paper is boring in the right direction and good will surely come out of it.—DR. W. V. SHEPHERDSON, Minneapolis, Minn."

## THE "OLD DOCTOR'S" COLUMN

SOME OF HIS PITHY SAYINGS.  
READ AND MEDITATE

I want you to think, think.

Truth has no cause to fear opinions.

I never tell you anything but what I know.

An osteopath shows his skill by the result of his work.

The more you talk, the less you say. Do something.

If you have a doubt, go to the bottom and search it out.

What is Osteopathy? It is anatomy first, last, and all the time.

All nature is made for an object. My business is to find the object.

I give you these things. They are not in a book, and never have been.

Know thyself and be at peace with God. Nature has no apologies to offer.

Osteopathy is to improve over all the old things. If you have a fact, keep it.

Man's system is a miniature Universe. It represents all parts and principles.

Each organ of the body is a laborer of skill and belongs to the union of Perfect Work.

Nature moves by system in all her works. She succeeds in all because her plans are perfect.

There is no God higher than the Creator of the universe. There is no language better than the English.

A lesion precedes and produces the effect known as disease. This is the soul and body of Osteopathy as a healing art.

The more you know of the architecture of the God of nature, and the closer we follow it, the better we will be pleased with the results of our work.

The original thinker on any subject cares nothing for so called authority either of the past or present. The time has come for the practical man to lay down all undemonstrable theories and prove what he says by what he does.

It is the magazine the real osteopaths have wanted, and one the "physician first and osteopath last" needs. Let us hope Osteopathic Truth will show them how to be both at the same time.—H. A. DUGLAY, No. Manchester, Ind.

## MANIPULATIVE SURGERY

The osteopaths of England have secured a great deal of valuable publicity because of the results they have obtained in the treatment of soldiers returning from the trenches. In spite of the fact that the war office has refused to employ or recognize osteopathic physicians, the osteopaths have demonstrated that they can cure wounded soldiers in many instances where the medical doctors fail.

Some light is thrown on the situation by the following quotation which is taken from the Over-Seas Edition of the London Daily Mail, Feb. 9, 1917.

"The refusal of the War Office to employ manipulative surgery in the treatment of wounded soldiers was challenged in the House of Commons on February 20th. Mr. MacVeagh asked for an investigation by an independent committee, but the War Office refused.

"Mr. MacVeagh: 'Is the honorable member aware that five members of his own government have undergone that treatment? (Laughter and cheers.)

"Sir Clement Kinloch-Cooke: 'There are many officers fighting who would not be doing so but for this treatment.'

"Mr. MacPherson: 'Under the law the military authorities could not use anybody who was not a registered medical practitioner. Some of the finest doctors and orthopedic surgeons in England are working for the army.'

"Mr. MacVeagh added that five generals in the Army and two admirals, in addition to hundreds of officers of lower ranks, had been cured by manipulative surgery."

The New York Tribune March 9, 1917, contained a lengthy editorial dealing with this same question. This editorial, the title of which is "Bone Setting in War

Time" is reprinted in this edition of "Truth."

## IOWA OSTEOPATHS TO MAKE HISTORY

May 15th, 16th and 17th the Iowa Association is going to hold the largest state convention in the history of the Association, in Des Moines; May 15th being devoted wholly to a free surgical clinic by Dr. S. L. Taylor, at the Osteopathic Hospital. We have secured the whole top floor of the Chamberlain Hotel, the largest and best in the city and will have twelve rooms for exhibiting purposes.

The Chamber of Commerce will furnish autos for a ride over the city the afternoon of the 15th.

Our big banquet will be held the night of May 16th. Our program will be complete in every detail.

Dr. Conley of Kansas City will give a paper on Abdominal Surgery.

Dr. Moore, of Iowa Falls, Ia., will show how nitrous oxide and oxygen are used to secure painless child birth.

Dr. McManis, of Dayton, O., will demonstrate technique on his table.

Dr. Peterson, of Omaha, Neb., will give a paper on business problems in our profession.

Dr. Johnson, of Des Moines, will give a paper on Nervous and Mental diseases.

Dr. Caldwell, of Des Moines, will have charge of the Children's department.

Dr. St. Clair, of Clarion, Ia., will give a paper on problems of a country practitioner.

The present legislative situation and suggestions for the future will be given by the writer.

Fraternally,

H. J. MARSHALL, D. O.

Doctors, Read This Letter. We Have Thousands Like It.

222 King St., Charleston, S. C.

"DEAR DOCTOR JACKSON:

Your circular letter was read and approved. I not only prescribe ROMAN MEAL but eat it myself and find it delightful in every way as well as effective. I think you have the ideal health food.

I would be pleased to have some of those letters to give my patients and suggest that you send Welch & Eason some literature to distribute to their trade on which you may use my indorsement if you wish.

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R. V. KENNEDY, D. O."

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## BETTER LAW IN OHIO

The Ohio osteopaths have succeeded in amending the old law and securing for themselves broader privileges than heretofore.

Whereas the old law was construed to prohibit even the use of anesthetics and antiseptics, the new law specifically confers this privilege, in the following words:

"Such certificate shall authorize the holder thereof to practice Osteopathy in the state, but shall not permit him to prescribe or administer drugs, except anesthetics and antiseptics necessary in the practice of Osteopathy; neither shall the certificate permit the holder to perform major surgery, which is hereby declared to be all operative procedures requiring the use of the knife or other surgical instruments for the opening of any natural cavity of the body or the amputation of any member or part of the body."

Commenting upon this new law, Dr. John M. Hiss, Corresponding Secretary of the Ohio Osteopathic Society, says:

"This perhaps is the best law regarding Osteopathy in the country. It will have a great effect, as it is the only law that specifically gives the right to use anesthetics and antiseptics to osteopaths. It is the first law that has a definition of Major Surgery in it. Although this definition is not complete in every particular, for the purpose of this law it is exceptionally good for the osteopaths. A careful study of the definition will show that we can now handle all fractures, all dislocations, all orthopedic operations, and all bloodless operations. In reality, while limiting in some respects, the definition gives osteopaths a much broader field of surgery than they ever had."

## HOW AND WHY

The month of May is to witness the birth of a new magazine called "How and Why." It will be of interest to the osteopathic profession because of the fact that the editor is to be Dr. N. Alden Boles, founder of the old Boles Institute of Osteopathy at Denver. The purpose of the publication is to determine the how and why of things, the aim being to get at the truth of matters.

The ultimate end in mind can be gleaned from the concluding paragraph of the Editor's foreword:

"The TRUTH (as fast as you can comprehend it and apply it) shall (ever progressively) MAKE YOU FREE (lead you to real mastery)." True freedom is but self-mastery, self-control, self-direction, after learning that inequitable self-love is only a prison or bondage that limits our innate possibilities."

We wish the new publication success.

## OSTEOPATH HONORED

Dr. C. E. Dove of Glendive, Montana, has been elected mayor of his town. Dr. Dove is one of the kind of osteopaths that we in Montana are proud of. He is one of the kind that has never considered himself deserving of any portion of that sympathy which has been spilled during the past few years by some of our profession for our people who have to drive the sagebrush country and do acute practice without unlimited drug-giving privileges. For about ten years Dr. Dove has had an ever increasing practice, a large percentage of it being acute, and he has handled it right along by strictly osteopathic methods and meanwhile gained the respect and confidence of his community to the extent indicated by his being elected Mayor of his City and he has never been a politician nor played politics.

I am glad to report this of Dr. Dove.  
ASA WILLARD, D. O.

## INSPIRATION

That recently discovered constellation, named Dr. Jennie A. Ryel, of Hasbrouck Heights, New Jersey, is certainly some luminary, and one of which the profession should be mighty proud. Here is a young woman with a vision,—the ability to look forward into the great possibilities open for osteopathic education of the public along health lines, especially in relation to school children.

Dr. Ryel has diagnosed the condition of the profession as one of deep somnolence and has prescribed that well-known remedy, composed of two ingredients, namely, Organization and Hustle. She can tell you several brand-new ways for advancing the best interests of Osteopathy. Dr. Ryel should be given an opportunity to appear on the convention programs all over the country.

She has an important message for every one of us, a message that will make us throw out our chests and make the heart beat faster with pride and anticipation.

If you want to see a human dynamo operated by the motive power called Love for mankind, just go to some meeting where Dr. Ryel is on the program and listen to her message. "OSTEOPATHIC TRUTH" will guarantee you will be better fitted to minister to the welfare of your community after doing so, and a full year's subscription to this publication will be given to any such listener who feels that this little write-up exaggerates in the slightest degree.

Just turn Dr. Ryel loose on your convention and then put her ideas into action by organized effort.

Success to you, Dr. Ryel, and many thanks for the inspiration already given to various of the editors and contributors of "OSTEOPATHIC TRUTH."

## ANATOMICAL EXHIBIT AT A. O. A. CONVENTION

In a recent issue of the Kirksville Daily Express a whole column was devoted to a consideration of the dissections being made by Dr. H. V. Halladay and his associates for exhibition at the Columbus Convention. Great interest is being taken in these dissections, and they are coming along in good shape. The work thus far done, according to Dr. Halladay, is beautiful. The bodies are in fine shape and look good enough to eat. In fact he says they are about as tempting as a turkey dinner.

Finding and tracing the minute nerves in the body of a baby is a difficult task, and is trying on the eyes of those who have this matter in charge. The profession will look forward with much interest to this anatomical exhibit. It promises to be a great drawing card for the convention.

First edition of one thousand copies of **Clinical Osteopathy** exhausted within ten days after receipt from printer. Place your order quickly for copy of second edition. Let everybody boost.

## ZONE THERAPY

After three years of experience, and one year of teaching and lecturing before societies and institutions,—owing to an increased demand, I offer a practical correspondence course of instruction in the methods of this new discovery.

This will include six months' privilege of an information bureau.

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Practicing osteopaths on the faculty.

Postgraduate facilities the best.

Excellent new hospital connected.

SEND FOR CATALOG

## The Endowment Problem Solved \$750,000 Annually Assured for Our Colleges If YOU Support Them

The New York Osteopathic Society has taken the initiative by passing the following resolution at its annual meeting at Utica on October 29, 1916:

**RESOLVED:** That the New York Osteopathic Society views with appreciation and hearty approval the recent action taken by the State Osteopathic Examining Boards to give applicants for license to practice Osteopathy a practical test as to their ability to recognize, diagnose, and adjust the Osteopathic lesion.

And further, we hereby extend our sincere appreciation to those Osteopathic colleges which have raised the entrance requirements and increased the length of the college course to the point where they meet the requirements of the strictest medical practice acts. And in recognition of this action on the part of these colleges we hereby pledge the renewed support of this Society and its membership toward interesting and enrolling suitably fitted and qualified young men and women as students in sufficient numbers to meet the rapidly increasing demand for Osteopathic physicians throughout the country.

And be it further **RESOLVED:** That we hereby urge all colleges to use the Osteopathic text-books now available, and to aid in the movement to produce other text-books along Osteopathic lines, and also to aid in the study of reactions to Osteopathic treatment.

To aid in carrying out the aims and purposes of these resolutions, we hereby authorize the appointment of a committee by this Society to work as a State branch of the Education Department of the American Osteopathic Association in its efforts to co-operate with the colleges in all educational matters, and suggest this action to the favorable consideration of all other State organizations.

Yes, the New York Osteopathic Society solicits co-operation by urging upon every state society the adoption of a similar resolution to make this "Forward Movement" a national issue.

## THE IDEA

The resolution was adopted to meet the growing demands upon the profession.

The idea is to have each osteopath in the field send **one** student to our schools this year.

Why should **you** feel any personal responsibility in the matter? If, for no other reason, through a feeling of gratitude to the school that made possible your present position. A successful graduate, like a grateful patient, expresses his gratitude for service rendered. He sends you other patients; you can send some school **ONE** student.

## A STUDENT A YEAR KILLS ENDOWMENT FEAR!

—Education Committee for the New York Osteopathic Society.

EDITOR'S NOTE.—We are heartily in sympathy with this move and take pleasure in printing this advertisement without charge, "for the good of the cause."

## THE FACTS

What can take the place of an endowment for our schools?

One student a year from each of the other 4999 osteopaths—and **YOURSELF**.

Get your pencil. Given an annual tuition fee of \$150, what will be the income from 5,000 students? Answer, **\$750,000**.

What for a course of 4 years? Answer, four times \$750,000, or **\$3,000,000**. Right? Precisely! **\$3,000,000**.

Will you subscribe the first \$150 to this sum by sending a student this year? Just send the student, that's all. Co-operation means \$3,000,000 for our schools. You pay no money, simply send **ONE** student.

## Osteopathic Truth

A MONTHLY JOURNAL OF  
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FOR THE OSTEOPATHIC PROFESSION

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MARCH, 1917

"It is my hope and wish that every osteopath will go on and on in search of scientific facts as they relate to the human mechanism and health, and to an ever-extended unfolding of Nature's truths and laws."

—A. T. STILL.

### THE OSTEOPATH IN THE ARMY AND NAVY

At the present moment our profession has before it an open opportunity to show its patriotism, its humanitarianism and its real power of progressive positive action in a natural way. As our nation has now declared for war there will be a searching about for means to increase and conserve the efficiency of the Army and Navy, and all things which contribute toward it will undoubtedly have consideration.

That we possess a powerful arm for this service need scarce be stated—a service which our profession alone can render. Each unit of the service today possesses

its dental officers, why not its osteopathic officers? If the value of dentistry is recognized, why not the more extensive service we can render? The first part of the answer undoubtedly is that we have not presented the matter to those in authority.

It would seem that our authorized heads should at once take action on this matter and tender our services as a profession to the Secretary of War, or the Council for National Defense requesting the commissioning of osteopaths. In tendering our services, a carefully prepared brief setting forth the number of practitioners, and the value and extent of our services should be drawn and presented. It should cite that the Army and Navy, as at present constituted, does not possess this valuable factor. That it cannot be rendered by any other profession, and should make clear our ability and facilities to care for and refit for service quicker than any other system all non-surgical cases (and they are multi-form in number).

We can render this invaluable service, and President Meacham gives assurance that he will proceed to ask authority of the Board of Trustees to tender our services. A careful census should be taken showing the available men at call for field service, and women for base hospital and such other services as the profession may be able to render in its several capacities. This should accompany the tender of services and our especial capability for successfully handling the many conditions to which the soldier is liable. Also to pray the Secretary of War, or the Council of National Defense that all intra-professional jealousy should be cast aside and that we take it as a part of the Government's business that all available resources are war assets, and since we hold a powerful factor which may be used and which is not available elsewhere, hence our services are tendered.—H. M. V.

### DON'T BE A VEGETABLE

The material world can be somewhat arbitrarily divided into the animal, the vegetable and the mineral kingdoms, but closer study will serve to eliminate, to some extent at least, the dividing lines between the three. Some religious sects of considerable size believe the very rocks of the earth to be alive, and indeed, to have souls immortal. And from the standpoint that they are ceaselessly undergoing chemical changes, breaking up into primeval atoms and molecules and then undergoing re-arrangement and incorporation into entirely different substances, who shall say that they are not actually alive, just as much as the animal of flesh and blood or the plant of cellulose, sap and chlorophyll, which are undergoing just precisely such changes?

The actions of certain plants, likewise, so closely resemble the actions of certain animals that they are often credited with thinking powers and consequently given a wide berth by the resident natives. Fly-catching plants, flesh-eating plants, poison-gas plants, "man-traps," etc., have for many years been known to exist in the plant world, and unusual reflex irritability has thus oftentimes formed the basis for attributing the actual power of thought to such plants. Here again the dividing line between the vegetable and the animal kingdoms is somewhat ill-defined, and who shall say that plants of this type are any less animal than certain living things classed as animals are like vegetables?

Certain of the attributes of vegetable life are worthy of a bit closer study, inasmuch as certain professional difficulties can only be corrected through a proper appreciation of such matters.

Vegetables become firmly rooted to one spot. Their view-point therefore becomes absolutely limited to what can be seen from that particular spot. They thrive upon mould, disintegration and decay,

rather than upon the vitalizing things of the animal world. Unless fertilized by extraneous agencies, they undergo the natural process of "in-breeding" and resulting inevitable extinction. They are unable to appreciate the difficulties and problems of their neighbors, and under certain conditions their property of "reflex excitability" becomes exceedingly exaggerated, so that they become actual pests in the country of their domicile. Most plants likewise are "green" at the top, and lose their greenness only when about to get "seedy" or to die. And of course each plant has to withdraw to itself, for its own sustenance, just as much moisture and food materials as it can obtain from the soil, without a single thought for the welfare of the other members of the plant community.

With all of this word painting of the "outs" of plant life, existence itself would be impossible without the slow chemistry of these very plants, simply proving that analogies must not be carried too far, else they lose the force intended.

The moral, however, already appears most obvious. How many of our osteopathic profession are content to qualify in the vegetable class, rather than in the red-blooded activities which concern the problems of the profession as a whole? How many are there in the field who fully appreciate their own opportunities and responsibilities in these history-making times, when the medical world is waking up to the basic truths of the osteopathic philosophy and the imitator is running amuck. How many are there who do not belong to their local and state societies? How many have never been to a national convention? How many are educating the public up to a knowledge of the basic principles of our philosophy? How many are working for higher standards of education and supporting our colleges either by sending students, by financial assistance or by sacrifice of time and income while teaching? How

many are working for more liberal and just laws for the osteopathic physician? How many are content to remain in the background and "kick" to the efforts of the "live-wires"? In short, how many fully appreciate the demonstrable fact that ours is an advanced philosophy of diagnosis and therapeutics, something sorely needed by sick humanity, and which can be developed just as rapidly as we ORGANIZE and put our hearts and souls into its development?

Observation has shown that very many of those who incline to talk about the "limitations" of Osteopathy are the very ones whose faces are never seen at state or national conventions. Such people must always remain "green at the top," for how are they to know of the constant advance in the science and art of Osteopathy unless they keep in touch with their fellows? The mere reading of printed articles will not alone suffice to furnish the inspiration which carries one through trials and hardships; it takes the "human touch" of association with kindred and living thoughts which can only be secured through attendance at professional meetings. What if such meetings sometimes are stormy? Democracy is founded upon open and free discussion of vital matters, and your own voice and vote should by all means enter into the decision of all such things.

Those who have attended our national conventions, with a mind open to the truth, have always felt much more than repaid for the effort and expense. The momentum acquired at such conventions, the enthusiasm of co-ordinated effort, serves to carry one through the yearly battle until the next one. The "convention habit" is one easily acquired. Try it and see. One of the finest "samples" ever shown is in preparation for the Columbus meeting in August, a "hammer" of the most strenuous type. Dr. Frank Farmer is in charge of the program and he is

noted for always delivering 100% of the goods. Try it once and see what a difference it will make in your conception of the depth and breadth of the philosophy of Osteopathy.

These national conventions are great places for studying human nature. For instance, down at the Philadelphia convention one osteopath was heard to make the remark that the high pitch of enthusiasm was "just simply hysteria." Almost needless to say that that man has made a substantial failure of his practice of Osteopathy, even to the point of denying its fundamental principles. Nothing wrong with Osteopathy, but simply his own limited conception of its basic truths.

An example of the very opposite kind, the kind which stands for success, uplift and enthusiasm, was that of a physician attending the Kansas City Convention, who left the comfort and coolness of the northern mountains for the mid-summer heat of this convention city, simply from a sense of duty and "the good of the cause." Almost needless to say, likewise, that this latter physician is one of the most successful in the field, known far and wide as a booster for things osteopathic.

Probably all of us can qualify in the "vegetable" class in some particular, considering the varied activities opening up for the advancement of our profession. With a population of something over 100,000,000 people, the United States has today less than 7000 osteopathic physicians in active practice, an average of one physician to about 15,000 people. How many of us are trying to reach our individual 150,00 with the truths of disease prevention as well as cure? How much literature are we spreading over the country bringing the knowledge of Osteopathy to those who need it most? There is surely an abundance of dignified and worthy literature now being offered for such purposes, at

reasonable rates. The field is large and the public demand for further enlightenment is unlimited. Neither considerations of ethics nor wrongly accented personal pride should prevent the education of our patients and the general public to the great truths of the osteopathic concept, whether by literature, public lecture or dignified newspaper publicity.

Listen to this report from the annual meeting of the Clinical Congress of Surgeons of North America, as reported in the newspapers last October: "Dr. Charles Mayo of Minnesota has advocated that the public be educated in preventive medicine in the advertising columns of newspapers. He held medical practitioners responsible for the high mortality in this country, saying that they do not attempt to educate laymen in preventive medicine." Shall we yield first place as public educators along the lines of preventive medicine, when we possess the very fundamentals of health-giving and health-restoring philosophy? Think this over.

How many of us are equipped with a library of osteopathic text-books and allied publications? How many of us are subscribers to the periodicals of the profession, which depend upon our financial and moral support for their very existence? After securing legislation which permits the older practitioners to practice, how many are working for more liberal laws for the new graduates?

How many of us are trying earnestly to send new students to the colleges, thus furnishing the ONLY means for the perpetuation of our system and our organizations? It has been said that "the truths of Osteopathy will never perish, and it therefore makes no difference whether we flourish or perish as a separate profession." The person who will look at things that way could fairly claim complete indifference as to whether their country was ruled by American, Mexican,

German, Greek, Italian or Asiatic. In both instances, the element of loyalty and patriotism (national or professional) would be lacking, and constant retrogression be the order of the day.

Let us all take an accounting of ourselves and our relations to our science and our fellows. Let us strive to rise above the "vegetable" class into the field of red-blooded, enthusiastic workers for the evolution of the osteopathic concept, THE PRINCIPLE rather than the mere method of its application. In our local and national activities, in our professional and field literature, in our college standards,—all along the line is being shown a better appreciation of our own great work. How much are you and I as individuals doing for this "Great Forward Movement?" Now is the time of all times to support organized effort through the A. O. A. and state associations, and clinch the progress of the past year. Which will it be for you, and you, vegetable or animal, selfishness or cooperation, inertia or progress?

—F. A. C.

#### WHY I AM AN OSTEOPATH

*Continued from page 85*

lation and the blood is seeking new avenues in which to deposit its strength. After helping the nerves do their work and correcting the neck properly, I will take my finger and with the nail draw it gently across those little feeders that feed the growths until a disconnection will come and the blood will fail to feed them and then they will die of starvation." Mark you these feeders were three little arteries that trickled across the sclerotic coat into those growths and are what he termed, "feeders of the growths;" they were the avenue through which the arterial blood was carried into the growths and consequently fed them. He also said to me that after creasing his fingernail across those arteries as feeders there would come a disconnection in those feeders and the

blood would fail to pass. After this took place the eye would suppurate and the matter would almost run from them.

Could the world have witnessed Dr. Still's treatment of this case alone and watched, as it was my privilege to watch, or could those who have wives afflicted, or loved ones in danger of going blind, then they could possibly conceive something of the anxiety felt in watching the process of their cure; could they have witnessed, I say, as I did the results of the treatment and consequent results following up in the smallest detail of what he said would take place, the world would then know why Osteopathy has grown. Could the osteopathic profession, individually, have watched this result, they would be better osteopaths today and could not help but understand the divine principle upon which Osteopathy has been builded. This result in my own home, together with many other conditions which came under my personal observation, are the things that gave me confidence in the method as practiced by Dr. Still.

Then too, I might add that in 1886, even before Dr. Still had named Osteopathy, my father was stricken with stricture of the stomach, or lower end of the oesophagus, a spasmodic muscular contraction of the opening into the stomach. It was just a year from the time the first attack occurred until he lay a corpse in our home. Dr. Still was the only man who could relieve him, and we tried every appliance and every method known in handling such cases with the result that he gradually starved to death. Could Dr. Still himself at that time have understood Osteopathy, or his own principles as taught in years that followed, my judgment is my father could have lived for many years afterwards, for the reason it has been my privilege to come in contact with five similar cases, two of whom it has been my privilege to cure with my own hands, one was

cured by another osteopath, and the other two were only examined by me. This dread condition can be cured osteopathically if the osteopaths but properly understand the origin of the nerves controlling the functions involved and get the case in time.

The above cases, with others, and a little incident that happened in April, 1892, were the real reasons why I studied Osteopathy. I was living on the farm, and one morning took the train for La Plata, a little town twelve miles south of Kirksville. I had not been seated in the train long when I walked Dr. Still and sat down beside me; we had not ridden far when he said to me, "Arthur, I would like to find one hundred young men who do not drink, chew tobacco or swear, to take up the study of Osteopathy with me." I thought I knew what he was driving at and my reply was that such young men were rather scarce. Presently I turned to him and said, "Dr. Still, there is only one reason why I am not ready to say to you here and now that I will study Osteopathy with you." He wanted to know what that reason was, and I told him I was afraid I never could learn to diagnose diseases as he did. People at that time thought he had some supernatural gift whereby he could and did make his diagnosis. He looked at me very straight and said, "I can teach you all I know." We rode along a little way, I got off the train, came home and told my wife what Dr. Still had said and we made up our minds to give it a two years' trial and if we found after trying to learn it that either I could not master the subject, or it was not what we thought it was, we could give it up; in other words, I would not follow a profession that I did not know had truth back of it and one in which I could do a good work for humanity.

Soon after that I made a trip to Kirksville and in talking over the matter with Dr. Still, he said he could teach me in eighteen months'

time to know all he did. My reply to him was that I was not coming to join the class unless I could be assured I might have the privilege of staying not only two years, but five if necessary, to master the knowledge he possessed, to which proposition he readily agreed. Mark you, at that time there was not a single state in the union wherein an osteopath could practice his profession as a law abiding citizen, according to the interpretation of existing laws at that time by medical schools. My confidence in Dr. Still, my knowledge of what he had accomplished in individual cases was so great that I was willing to risk the future, in fact my all, to learn what this man knew. These are some of the reasons why I studied Osteopathy. This occurred in the spring before the first class was organized; I shall never forget my visit to Kirksville on the morning of the tenth of May in 1892 for the purpose of matriculating with Dr. Still, at least pay him a fee, enough so he would know I meant business and give me the privilege of entering the class the following fall. I paid him one hundred dollars and ten dollars for a Gray's Anatomy, and upon the third of October in 1892, I entered the first class in the first chartered osteopathic school on earth, which was organized with seventeen students. This was the beginning.

You have asked me also to express in my own way the satisfaction derived from my connection with this profession and through my experience in practice. Let me just say this, of the three of those original longings, or ambitions, of my younger manhood, namely: contact with the world, opportunity to do good in the world and to better our condition financially and in every way, have all come in a way so much greater than my fondest anticipations that I haven't the language to express my satisfaction over the incidents that led me into and gave me as a life's work this noble calling. Only

those who have had similar afflictions in their own families and could have known the joy and satisfaction of results in my wife's case can begin to comprehend what a cure meant to our young lives at that time and only those who have spent their lives as physicians can know or comprehend what it means to be able with their own hands to help suffering humanity to regain well, sound bodies; there is something about it in the way of satisfaction that words fall far short of expressing. It was twenty-four years ago the third day of last October that the first class was organized. Throughout all these years I have been actively engaged in the practice; those who know me know how active my life's work has been; each year has added to the richness of experience and of results as they have grown better and better, and today, here in this work of helping mental diseases back to normal equilibrium, Osteopathy is being tried and it has not been found wanting. It is a new field for our profession, but one in which our science is measuring up to the full standard of its past example and is one in which satisfaction comes that again cannot be expressed in words; to look into a face that is blank, one in which the mind has lost its equilibrium and with your hands, guided by a knowledge of that structure, help take away that blankness and restore normal activity of that mind, is a privilege that is certainly beyond my ability to express and the fact we are doing these things is an added satisfaction and also an added knowledge that whenever our profession has been tried it has not been found wanting. The profession has given me every avenue, it seems to me, a mind could possibly ask in which to grow, by coming in touch with all that is best and good in life, friends, social position, coming in contact with the brightest minds on earth, by being given the privilege of helping those who need help in such a manner that

could but make one feel that they had not lived in vain. As to the betterment of financial conditions, when one can do that kind of work the finances take care of themselves.

This is a statement of facts regarding why I studied Osteopathy and expresses only in a small part my feelings of thankfulness and gratitude that I was guided to this profession and that I have been privileged to make it my life's work.

#### GOOD CHIROPRACTIC DOPE

If you are looking for some good material on Chiropractic to distribute in your community, you can get it. The Electric Press Company, 18 Jay Street, New York City, has prepared in pamphlet form the illustrated articles originally appearing in Harper's Weekly, written by Creel, on Chiropractic, etc. To add spice and to further discomfit the "Chiros" a copy of the correspondent's diploma recently issued by Palmer, so called fountain head of Chiropractic, accompanies each pamphlet. They are an effective weapon as they show up the true nature of these pseudo-osteopaths, who label themselves Chiropractors. These pamphlets are supplied in any quantity at 5c each. They should be distributed freely by the osteopathic profession, and especially in those communities where these "hang nails" are disgracing the good name of Osteopathy.

Another good booklet dealing with the imitators of Osteopathy has been prepared by Dr. John F. Spauhurst of Indianapolis, Indiana. The title of the booklet is "Preparedness," and the aim is to show how "the mechanical principle is sedulously appropriated by a new cult whose practice is based on such a lack of scientific preparedness as to render it unsafe and dangerous to society." The booklet was used by the Indiana D. O.'s in their legislative campaign recently.

#### GEORGE J. HELMER

With deep sorrow we record the passing of Dr. George J. Helmer, the pioneer osteopath in New York City and one of the ablest exponents of osteopathic technique in the history of the profession.

Dr. Helmer had been seriously ill for many months past and his death was not unexpected, but his loss will none the less be keenly felt by a host of patients and professional friends.

In his departure, Osteopathy has lost one of its most prominent "stalwarts," a man who stood unflinchingly for the osteopathic ideal.

#### ALIVE TO OUR PATRIOTIC DUTY

There are many evidences that we, as a profession, are alive to our patriotic duty. The following resolution was unanimously adopted and signed by nearly one hundred practitioners at a special mass meeting of the Massachusetts profession held in Boston on March 24th:

"The undersigned osteopathic physicians, all of whom are in good standing and are duly registered and licensed to practice by the State Board of Registration in Medicine of the Commonwealth of Massachusetts, hereby tender their professional services to the Commonwealth for osteopathic treatment at such base hospitals in Massachusetts as it may be necessary to designate in case of military necessity, particularly for the purpose of more quickly restoring to the ranks convalescent wounded."

Likewise the Michigan State Osteopathic Association, at a meeting held in Detroit on April 4th, adopted the following resolutions:

Whereas: In the present crisis effecting our country it becomes the duty of all citizens to support the Government of the United States to the fullest extent; and

Whereas: All of the countries now at war are burdened with vast numbers of men crippled to a point of helplessness which makes them a grave menace to their respective governments; and

Whereas: As osteopathic physicians and surgeons our specialized manipulations fit us for effective service in the treatment of cases of nerve shock, stiffened joints, adhesions, and post-operative conditions generally, such as are resulting from the modern engines of war. Be it therefore

Resolved, That the members of the Michigan State Osteopathic Association in special meeting assembled, do hereby respectfully tender our professional services to the Government of the United States, and also pledge ourselves to enlist as large a number of the six thousand four hundred and eighty-two legally registered osteopathic physicians and surgeons of the country as may be required to form an efficient hospital corps, for the purpose of reducing to a minimum the military and economic peril which a large army of defectives would be at this time. Be it further

Resolved, That copies of this resolution be sent to the President of the United States, to the Secretary of War, to the Governor of the State of Michigan, to the Congressmen and Senators of Michigan, and to the National Council for Defense.

At the Annual Convention of the New England Osteopathic Association, held in Hartford April 6th and 7th, a similar resolution was adopted and a PERMANENT COMMITTEE was appointed to SECURE

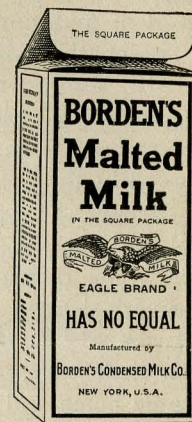
ACTION by the national authorities.

Other states are also "on the job" and if all hands will pull together, our profession should be strong enough to secure the recognition which is due it, without being subjected to the insults and delay accorded our profession in England. (See N. Y. Tribune editorial elsewhere in this issue.)

#### "CLINICAL OSTEOPATHY"

Throw out your chests, ye osteopaths, and let the red blood quicken in your heart. The reason for this timely suggestion is the new book just issued by the A. T. Still Research Institute, edited by Dr. Carl P. McConnell and a host of osteopathic writers. This is the book which has been so sorely needed for many years past, a book distinctly osteopathic and covering practically the whole field of the general osteopathic practitioner.

If you have ever doubted the scope of the osteopathic philosophy, just send in your order to Dr. Hulett and get yourself a copy of this valuable publication. Nothing better could happen to our profession just now than to have every physician supplied with a copy of "CLINICAL OSTEOPATHY." It is an example of what can be produced by concerted effort along such lines.



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#### NEW YORK MEETING TO BE A HUMMER

Just ten years ago, Governor Whitman signed the bill legalizing the practice of Osteopathy in New York State. This being anniversary year, the New York Society had planned on having a big jollification meeting, but owing to the gravity of the situation which has been forced upon our country by the European war, most of the jubilee features intended for the celebration will be eliminated.

The program, however, will be of exceptional merit. All the work will be of an original character. "Text-book" papers are to be eliminated. Moving picture films will be a prominent feature. The following, and perhaps others, will be exhibited:

1. Wound sterilization, showing the latest methods employed at the Hospital Rond Royal at Campagne, France.

2. Functional condition contracted from life in the trenches.

3. Re-education Center, at Vizille, France. (Showing methods of restoring function to paralyzed muscles, etc.)

The meeting will be held on Friday and Saturday, May 11th and 12th, at Hotel Astor, New York City. The afternoon of Saturday will be given up to the "For-

ward Movement," which is aimed to solve the problems of "our Future."

The banquet will be held on Saturday, May 12th. Reservations for tables should be made as early as possible by application to Dr. Cecil R. Rogers, 47 West 34th Street, New York, giving names and number of your guests. Tickets, Four Dollars per plate. Speaking and dancing will follow the banquet.

If you live within three thousand miles of New York City, you will feel well repaid for attendance at this anniversary meeting.

Osteopathy has lost a sincere friend in the death of Mr. R. H. Hetherington of the Borden's Condensed Milk Company of New York. He died as a result of an operation for gall-stones. He was a familiar figure at our National, New England and State conventions. He was loyal to our cause and his sunny face and cheery smile will be missed by all those who knew him. Rest in peace good friend!

Dr. Ward C. Bryant of Greenfield, Mass. says:

"I am not so sure but the Chiro will save the osteopathic principles from being annihilated. The osteopath tried to emulate the medical man too much."

#### A DESERVED RECOGNITION

(Resolution passed at Convention of New England Osteopathic Association, Hartford, Conn., April 7th.)

Resolved, That the members of the New England Osteopathic Association, in annual convention assembled, express their appreciation of the self-sacrificing devotion of Dr. E. Florence Gair in the conduct of her clinic for poor children in the City of Brooklyn, and their renewed determination to accomplish greater results henceforth along similar lines.

Osteopaths generally are invited to the Annual Convention of the Third District Osteopathic Association of Illinois, to be held in Galesburg, May 24-25 and 26. It is suggested that any D. O. travelling in that part of the country, at that time, pay the convention a visit. The program committee is working up a strong bill and up to the minute Osteopathy will be the slogan.

I will bind myself to that which once being right, will not be less right when I shrink from it.—Kingsley.

## THANK YOU!

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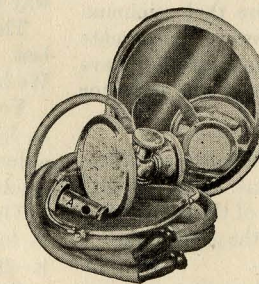
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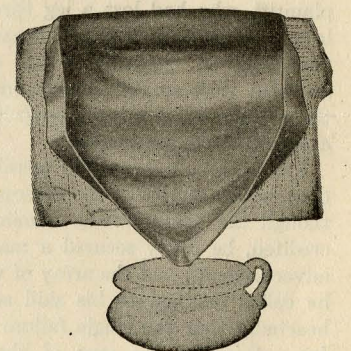
P. TRONIZE OUR ADVERTISERS AND DON'T FAIL TO MENTION OSTEOPATHIC TRUTH

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Made with heavy muslin covers (sterilized and aseptic), it is very inexpensive, as the cover can be thrown away after each case, the cost of each being only 33 cents for best heavy muslin cloth coated with paraffin, or covered with genuine Para rubber, 50 cents.

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CHICAGO

**BONESETTING IN WAR TIME**

(Editorial New York Tribune March 9, 1917)

A few months ago a British major general of some note made a plea on behalf of one of the most renowned exponents of manipulative surgery, asking why it was that his services had never been sought or accepted by the government, seeing they were so singularly adapted to the urgent needs of the day. He was followed by many others, including a number of grateful patients who had been wounded in the war and who, after prolonged treatment at the hands of the orthodox, had been cured promptly by the famous bonesetter.

A desultory discussion of the merits of Osteopathy was carried on for some time in the press, and at last a question was put in the House of Commons "whether some of the leading exponents of 'manipulative surgery' had offered to give their services free to suffering soldiers and their offers had been rejected." The representative of the War Office admitted that professionally unqualified bonesetters were not employed by the government, thereby laying himself open to a series of questions plainly designed to promote a reconsideration of the merits of unorthodox forms of surgical treatment.

The advocates of manipulative surgery have been waiting for an opportunity of this kind for a long time. The status of Osteopathy and allied systems is not so clearly established in England as it is here—at least in this state. Six years ago there was an important trial for damages which it was hoped would clear up the question of the so-called bonesetters' liability. Unfortunately it failed, for though the jury found in favor of the plaintiff, who had lost a leg through alleged negligence in the performance of a manipulative operation, the damages awarded were so ridiculously small that the verdict could only be regarded as an absurd sort of compromise.

Probably no event could possibly have done better service to the osteopaths, for though the operator was nominally discredited, he really secured a magnificent advertisement, and the array of witnesses he called testified to his skill so wholeheartedly that the single failure counted for nothing in the eyes of the public. But there were other circumstances that attended still more to enhance his fame. A physician of excellent standing, who had worked for many years as medical officer of the Westminster Union, had been so deeply impressed by the value of the bonesetter's work that he consented to help him in the capacity of anaesthetist. This was, of course, unprofessional conduct, and he was solemnly warned by the medical council. Nevertheless, he refused as a matter of conscience to dis-

solve the partnership, the result being that his name was struck off the register on a charge of infamous conduct.

Then a terrible thing happened. One of the most successful surgeons in England, a past president of the British Medical Association and an operator of world-wide fame, so completely forgot his standing as to come out with a violent denunciation of the profession, accusing his fellows of prejudice, bigotry and unreasoning jealousy, and incidentally praising the bonesetter's work to the skies, declaring that from personal experience he knew there were few regular practitioners in England who could vie with it in certain cases, and strongly advising them to reconsider the new methods, as he had considered them, with an open mind and with due regard to the results.

This was all highly encouraging to the advocates of manipulative surgery, and no doubt it will be recalled in the endeavor to win over the War Office. It is alleged that the medical profession in France has already availed itself of the services of these irregular experts, and this argument, too, has been used in the plea for "a dilution of labor" in the surgical field. A difficulty remains, however. Even supposing there are miracle workers among the bonesetters, ought not the dangers as well as the possible advantages of uncertified practice be kept in mind? For, after all, the laws providing against irregular practitioners were designed for the protection of the public, and the barriers that have been put up are the result of long experience. Are they to be torn down merely because some skillful hands have failed to gain admission?

For the rest, there is no law against Osteopathy or any other form of surgery: the laws, such as they are, were designed only to keep out the manifestly incompetent. And the osteopaths in England are not worse off than a rabble of cranks and professors of new systems in this country, all of whom would be at perfect liberty to ride their several hobbies to their hearts' content if only they would take the pains to acquire that minimum of education which, however inadequate it may be, serves in some measure to save the public from the downright impostor and quack.

Dr. Ira W. Drew of Philadelphia writes: "Osteopathic Truth is fine. I read it with as much interest as any of the osteopathic publications. Keep up the good work."

Dr. J. V. McManis, the table man says: "In the degree that the flexibility and activity of a joint (including spinal joints) falls below normal, so will the blood supply to that joint and adjacent tissues (including that segments of spinal cord in relation) be impaired."

**HAY FEVER**

Dr. John H. Bailey, after many requests from physicians who wish to learn his technique for Hay Fever, has decided to open up a course of instruction in Philadelphia for private classes at stated periods during the months of May, June, July, and August.

Enrollment should be made as soon as possible as classes will be limited.

For particulars address

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**TECHNIQUE****At the Next National Convention**

I am planning to give a week's work, in the evening and afternoon hours that will not conflict with the Convention.

The work will cover specific technique and correction of lesions for every articulation in the body.

I have developed this non-painful, immediate correction of lesions and gave some of the work to a small class at the Convention in Kansas City. They were enthused over it and have been requesting me to hold a class at the next National Convention.

We have progressed wonderfully in surgery and digital oral manipulation, but not one new thing was shown in the way of spinal correction.

The cry during the whole Convention last August was for more technique. We have developed it for you.

You can now have something new, that is, less back-breaking and more rational adjustments, which means more specific results.

The average treatment is much shorter. It follows the Old Doctor's maxim, find it—fix it—and leave it alone.

IF THIS APPEALS TO YOU, I would advise you to write at once. The class will be limited, so that I may give each one the required time in which to have the work absolutely perfect.

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