

**The Northern Osteopathy**

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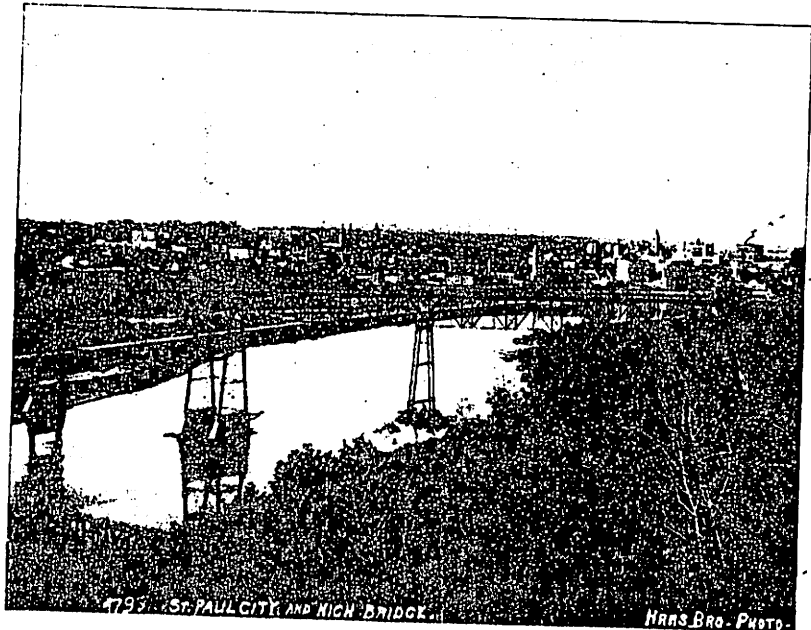
# Northern & Osteopath.

VOL. II.

MINNEAPOLIS, MINN., NOVEMBER, 1898.

NO. 10.

DEVOTED  
TO THE  
ADVANCEMENT  
OF THE  
SCIENCE  
OF  
OSTEOPATHY



St. Paul City and the High Bridge.

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# THE NORTHERN OSTEOPATH.

VOL. II.

MINNEAPOLIS, MINN., NOVEMBER, 1898.

NO. 10.

A Monthly Journal Devoted to the Interests of the Science of Osteopathy.

*Natura naturis curantur.*

## The Northern Osteopath.

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Minneapolis, Minn., November, 1898.

### Editorial.

The theories of today will be the facts or traditions of tomorrow.

We strive to excel, and in excelling we elevate the standard of excellence. Perfection itself is none too high.

Osteopathy makes fast friends of its patients, and these in turn acquaint the world with their benefactor in order to do it good.

"Man is a harp of a thousand strings, and he who hath the tactus eruditus to set those strings vibrating in harmony, is, unto humanity, a boon whose worth can scarcely be appreciated by the finite mind."

We are in receipt of the initial number of the Ohio Osteopath, published by T. F. Kirkpatrick, D. O., and Mavis Kirkpatrick, D. O., both of whom are graduates of the Northern Institute of Osteopathy and who are respectively President and Vice President of the Ohio Institute of Osteopathy, which they have organized in the Capitol City of the state. The NORTHERN OSTEOPATH extends to them congratulations on their new enterprise and expresses the hope that they may realize their fondest anticipations.

Our ideal of life is physical, mental and moral perfection. The trinity which stands pre-eminent in every successful life, either component of which is dependent on the ones preceding it. The first forms the foundation for the second, and accomplishment or realization of the first two gives a basis and makes possible the third. Thus, beginning with the basic

principle, physical perfection, upon which the temple of our ideal is reared, we must first construct it. Here is where the beneficent nature of the profession of the Osteopath makes itself felt. Here it is that when the structure has become disarranged that by his power he can restore natural conditions, making perfection possible, and paving the way for the final realization of the most exalted ideal in life.

In the perusal of clippings sent us we note mention of Dr. So and So, Osteopath, etc; and on reference to our files we find that there is no such person who is a regular graduate of a reputable school. We would warn our readers against patronizing any Osteopath who cannot produce a diploma from a reputable Osteopathic school. There is also a class of physicians who, by the aid of a so called "Manual of Osteopathy", are endeavoring to practice the science. He is as dangerous as the graduate of the diploma mill. He does not understand the abiding principles of the science and as a consequence cannot secure the results that could be secured by the competent Osteopath. Money spent with such people is money wasted and we would warn our readers against patronizing them, as failure and harm is more likely to result from their operations than benefit and cure.

The bi-ennial elections are over and the members of the coming legislatures have been elected. The medical organizations in two or three states have carried on active campaigns in order to secure sufficient prestige in the legislative bodies to carry legislation in their favor. While there has been no organized action on the part of the Osteopaths, we feel sure that there will be no legislation during the coming winter detrimental to the best interests of the science. We feel that we can rest our case with the fair mindedness of the representatives of a free people. One thing of which this people is jealous is their liberty, and this has been encroached upon by the medical laws, and their sense of fairness and justice to their constituents will prompt them to be on the side of legislation that will leave unobstructed by law, the choice by any citizen of the system which he shall adopt in the relief of his bodily infirmities.

Osteopathy is not a synonym for miracles. While many of the results achieved have seemed almost miraculous, yet because this is true in one case, is no reason that it can or is to be anticipated in all. It is hardly to be expected that dislocations which have existed for years can be reduced in a day, or that nerves which have been functioning improperly for years can be restored to their proper rhythm by a single touch of the operators hand; or that spinal curvatures which have been the result of injur-

ies and have become almost structural in character are to be straightened at once. It took nine months originally for nature under the most favorable conditions to produce in its perfection this human mechanism, is it then to be expected that a structure so changed as to bear no resemblance to the normal, can be brought to the condition planned for it by nature, in a less time than was required to construct it in the beginning? Much can be and is accomplished by Osteopathy every day, so much in fact in some cases as to lead other sufferers to expect equally wonderful results in theirs. To them we would call attention to the fact that no two physiques or diseases are alike in their condition, and consequently the results obtained cannot be identical as to time. Osteopathy is the most natural of all means of restoring health, and when once restored, there are no ill effects left from poisonous drugs.

In the prospectus of a certain pseudo-medical college, which professes to give instruction in Osteopathy, we note the following: "Osteopathy is a valuable adjunct to medicine." In the first place we would call attention to the fact that this institution has not in its corps of instructors a single individual who has any knowledge of Osteopathy except such as he has learned from the so called works on Osteopathy which hardly rise to the dignity of a manual of gymnastics, and from this they presume to judge of the science. If Osteopathy, such as is laid out in these pamphlets, "is a valuable adjunct to medicine", the genuine Osteopathy as understood by the competent graduates is of sufficient potency to supplant medicine altogether. This is our claim and one that the results obtained verify to the entire satisfaction of thinking men and women. "Imitation is the sincerest flattery" but imitation can never be intelligent and will work detrimentally to the thing which it endeavors to imitate. We would warn our readers against any institution which presumes to combine medical with Osteopathic measures, they are frauds and imitators at best and are to be avoided as one would avoid a pestilence. They have neither an adequate conception of the science sufficient to enable them to intelligently apply it, nor have they the honor to confess their ignorance of the subject. They endeavor to clothe themselves in fine colors and an array of medical nomenclature which will lead the uninitiated to believe them all-wise and powerful. "You can fool some of the people all the time, and all of the people some of the time, but you cannot fool all of the people all of the time." Such is certain to be the history of the lives of such institutions, they are to be branded as fakirs pure and simple, and classed with the commercial leeches which infest all large centers.

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Summer Season, 1898.

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## Heart Failure.

Mr. Michael Joseph Donnelly, of St. Paul, has observed a popular medical craze of the day and has satirized it in a lively fashion. We cordially commend his verses to the reflection of the medical fraternity.

He shuffled along the scaffold walk,  
Nor heeded the dizzy height;  
Then having dumped his mortar out,  
He turned and passed to the right.  
He stumbled—grasped to save himself,  
His downward course to check;  
He dropped about a hundred feet  
And lit upon his neck.

Did he die?  
Yes.  
Dislocated neck?  
No. Heart Failure.

He skated on the river's ice,  
The night was crisp and clear;  
The city being close at hand,  
There were no wolves to fear.  
On, on, he sped with lightning speed,  
The town more distant grew.  
A hole—a splash—a gurgle, and  
He disappeared from view.

Did he die?  
Yes.  
Drowned?  
No. Heart failure.

He loved his Nell, for many years,  
He loved her hard and well.  
But never had the courage his  
Affection strange to tell.  
He nerved himself at last one night,  
As by her side he sat;  
He only got as far as "Nell,"  
Then asked, "Where was I at?"

Paralyzed?  
No. Heart Failure.

## THE RELATION OF MIND TO HEALTH.

BY MASON W. PRESSLY, A. B., PH. D., D. O.

**N**EVER has mind received such profound and varied investigation in its relation to health and disease. Both Physiology and Pathology have inseparable causal relations with Psychology. The trend of thought is, indeed, toward making Mind the basis of all phenomena. Mind is an actual practical force, the intensity and utility of which has been almost undreamed of. The search light of an intelligent and earnest desire for universal law—as a great harmonious unit—is being turned upon many problems which have been regarded as settled, and they are receiving a careful and scientific consideration. We are emerging from a blank and blatant materialism. Therapeutics has been conspicuously and persistently materialistic. Medicine is based, from first to last, on Matter. There is no mind in medicine. The highest potency in it is mere chemical affinity. Osteopathy boldly postulates Mind in its philosophy, and maintains that the movements, molecular and mechanical, of all the matter of the body, is under the presidency of Mind. It is not enough that we find phenomena—we wish to find noumena, as well.

Two great forces are contending for mastery—one is matter, whose pathological outcome is pessimism, and resultant disease,—the other is Mind, whose physiological outcome is optimism, and resultant health. One magnifies external conditions—the other exalts internal states over external circumstances. Osteopathy does not ignore the external. It believes in a thorough mastery of the matter of the body, its chemistry, its anatomy, its physics; but it does not stop here—it has a place for psychology. All internal stimulation of the nervous system from the higher volitional centers is psychological. The kingdom of health is WITHIN a man, not without. The realm over which the mind has sway is primarily subjective, but through

its objective relations its dominance is projected outward. Being a positive, active force it shapes and controls matter and all its motions. In the body mind is, through the brain, constantly at work; like a carpenter in a house, either building up or pulling down. Mind gives possibility, tone, tendency and temper to all chemical changes and transformations which continually go on within the bodily structure. Medicine, and all its philosophers, virtually ignore mind; and when they do speak of it, they make it only a function of the brain. Very many of their conspicuous writers say that thought is secreted by the brain as bile is secreted by the liver, and that thinking is only cerebration. It is more than this, and even superficiality in a true philosophy can show that it is.

It is true, for example, that we do not consciously direct our digestion, assimilation, heart action or breathing, but, though unconscious, it is none the less mental. We do a thousand things plainly and directly under the control of mind of which we are not conscious. We must remember that the consciousness that is on the surface is only the merest fraction of the great stored-up sub-conscious deeps of the mental reservoir. The life-forces and bodily functions operate with supreme intelligence and exactness, and there can be no intelligence without mind. The wonderful complexity, accuracy, and delicacy of our deeper unapparent mental operations would astound us, were we able to behold and analyze them. These deeper actions lie in the area of our SUB-CONSCIOUS MIND. This sub-conscious, or subliminal mind acts unceasingly; and because it acts involuntarily does not take its action from under the control of mind. It is, rather, so unceasingly under the control of mind, that even the will cannot control it, hence it is called INVOLUNTARY. Its action is beneath and independent of consciousness. It is this subliminal mind that controls and indeed dominates the body. It is this and not the matter of the body, that constitutes the REAL personality. It is this element of our nature that "takes disease" or MAKES disease. It is through this mind that medicines and even poisons produce many of their effects, and not through chemical action, as is usually supposed. I have no doubt that a hypnotized patient would be proof against the effect of medicine through the opposing suggestions of an operator. If this could be demonstrated, then it would show that chemical action is not a real potency in medicine. If such medicine is put into a dead body—body minus mind—it would not be followed by such chemical change. There are many who believe that it is mind which invests medicine with its supposed virtues. Hence, the physical effects that so often follow the giving of bread pills and colored water. The usual effects do not come through the body DIRECTLY, but must come through the superintending mind. Just as in a locomotive engine, the direction of its motion is under the control of the engineer; so in the body, the physical effects are dominated by mind, and when mind loses control, by an estoppage between the brain and the functioning organ, the normal function degenerates and fails. The Osteopath, above all other things, needs to study and master the great natural laws of nerve force. When we learn the law which governs any force, we tame and harness it for service. Electricity has been waiting to serve us since the days of primeval creation, but it waited so long because of our failure to study and master the laws of its manifestation, and operation.

Every conceivable force, when traced back, has for its original bases, MIND IN OPERATION; and this activity is regular, orderly, and to be relied on. (The activities of the body are just as regular, orderly, rythmical, invariable, and indeed infallible; and when we master the laws of these activities, as manifested through the brain, under the dominance of mind, we can secure, and even predict accurate and invariable results.) If the forces and fluids are normal in their actions, they cannot be other than constructive in their workings; but if they are abnormal, they are certainly destructive. The motor cause, therefore, both of health and disease is traceable to the control and operation of mind over the body. Medical history is crowded with examples of the disastrous effects upon the human organism of fear, anger, envy, jealousy, worry, hate and other abnormal passions and emotions. No fact is better understood than that these qualities of mind pull down, disintegrate and paralyze the physical forces, and nerve centers; and the breaking down, or weakening of the high centers is the inevitable prelude to lessened functioning power in the nerves. Pride, ambition, selfishness, and pessimism or gloominess, depression, tend to the disturbance of many delicate physical processes, which finally result in chronic and even acute disorders. Anger suspends digestion, acidulates the blood, and dries up the secretions. Certain qualities of mind change the action of the lungs, the heart, the stomach, the liver, the kidneys, with kaleidoscopic rapidity and in exact correspondence. The physiology of the feelings is yet an unexplored subject, and it will be found, as we scientifically explore it, that an unsound psychology lies behind much of pathology. The limitations of health are not alone those imposed by mechanical obstructions, but mental, and even moral, irregularities. A railroad wreck may often occur as the result of irregularities in the engineer, rather than in the machinery.

This much will suffice to indicate how psychological influences may induce pathological conditions. We wish, now, to suggest that proper psychological influences may reduce such pathological conditions into normal physiological, or healthful conditions. This therapeutic force has for generations been neglected. It is only an unsound psychology that assumes that humanity has no control over its thinking, or that the motor-force of mind must drift helpless on the currents of mere circumstances. It is only ignorance and weak self-limitation that thus gives the reins to mind, and allows it to carry the body captive into the morbid negations and inversions that open up. Indulgence in improper thought, sensuous mental pictures, inevitably registers itself on the body. Every unhealthy thought, feeling, impulse, leaves an impression on the mind and brain. Every cherished ideal adds a tinge of its own hue and quality. One's real life is that which is built out of one's thoughts, mental states, and imaginations.

Just as disease is primarily a mental spectre, so is an attitude of conscious, and confident health the most potent influence that works for health. It is better to study health than abnormality. To advertise and emphasize disease by dividing and sub-dividing and multiplying its symptoms, and by giving it formidable and so-called scientific names, is a gross mistake. Just here I have some strong words which I shall sometime speak out. It is simplification and scientification of disease that we need. Abnormal-

tics have been introduced by medicine before the public mind, until one can easily imagine that one has every disease as one reads the gruesome symptoms of diseases.

No sculptor or architect would ever make any progress toward perfection were he to spend his whole time in a study of imperfect and deformed models. The quality of mind sent out and impressed upon patients by pathology only adds to the burdens of the sick. It is a well known fact that medical students are often subject to attacks of the special diseases they are studying. A formal diagnosis often stamps its unwholesome verdict upon a patient. (Fever thermometer, feeling the pulse, etc.)

He sees the specification, accepts it, embodies it, and fills out the outline. One may feel an actual palpitation of the heart to be told of "heart failure", which means always and everywhere, "Beware". A current of fear and a pathological ideal is thrown upon the aortal keyboard, and deranges the action of all the nerves. Such a heartless procedure though "regular" and "orthodox" deserves open condemnation.

To announce to a sensitive patient that a fever is likely, at once raises the pulse, and there it is—by appointment! Even to name the disease to an invalid, especially if it be a high sounding, formidable Latin compound, gives it a kind of formidable character and standing. But such is the etiquette and ethics of medicine. It is a total disregard of the principles of a humane and helpful practice.

## THE SPINAL CORD.

E. A. PETERSON, B. A., D. O.

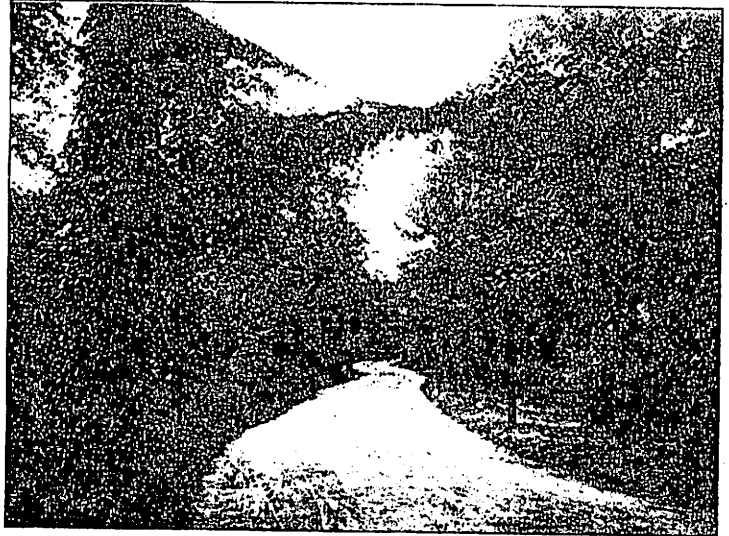
**T**HE spinal cord is the structure through which Osteopathy accomplishes the greater and more important part of its work. It controls in a sense all of the organs and activities of the body, and is fortunately so situated that it can be reached by manipulation. The brain, of course, is the controlling power of the whole, but has as yet been reached only indirectly. Still the cord is the medium of communication to and from the brain, and contains numerous centers which have the power of originating impulses. Its centers control the activity as well as the health of the vital organs as long as there is no obstruction to its supply of blood or irritations to its afferent or efferent nerves, or pressure upon and derangement of its own substance, it will continue to do this until worn out by age. If the cord can be kept in a healthy, active condition, the other parts of the body, muscles, organs of digestion, secretion, respiration, circulation, etc., are quite certain to be healthy. Of course this does not include cases of traumatic injury to the extremities, poisoning, or the like. So the chief business of the Osteopath is to keep the cord in a proper condition of healthy activity. This means a perfectly free and unobstructed blood supply in the first place, a true alignment of its bony covering so that there is no pressure upon it or its nerves, and a proper tone of elasticity and vitality in the spinal muscles. In an article of this length it is possible only to give an outline of the subject, with a few suggestions from an Osteopathic view.

The spinal cord extends from the medulla oblongata to about the second lumbar vertebra. It is within the bony canal formed by the ver-

tebrae, and is hung rather loosely so as to be protected the more effectually from injury. It is further protected by membranes. As is well known, it is composed of white and gray matter, the latter surrounded by the former except at the posterior roots, and is distributed in the form of anterior and posterior cornua. The white matter is composed of nerve fibres, passing through the cord, from the brain to the various organs. It is arranged in different tracts and columns, some for motor or efferent fibres, and others for sensory or afferent fibres. The gray matter is largely composed of cells, which, on receiving impressions from one set

violent reflex in the quadriceps extensor. The influence of the brain has been removed, so the spinal center has more unrestrained freedom of action. An abnormal condition of this function is an important symptom, because it often indicates where we may look for a lesion in certain nervous troubles. If there is loss of reflex action, the reflex arc is broken at some point. The trouble may be in the spinal center, or in either the afferent or efferent nerve. But if the reflex is increased, as it frequently is, we may safely conclude that the trouble is higher up in the cord.

But one of the most important functions of



THE IVY ARCHES WHERE THE SHADOWS LINGER, COMO PARK.

of fibres, originate impulses and send them out over another set. The cells of the cord are also connected with the fibres of the white matter leading to and from the brain.

The functions of the spinal cord are among the most important considerations of Osteopathic practice. One of them is that of conduction of motor impulses from the brain to the body, and of sensory impulses from the body to the brain. This is done by the white substance, which is fibrous, and nerve filaments can be traced from centers in the brain, through the cord, to definite tracts in the body. The majority of cases in which this function is interfered with, come under the province of surgery because it is generally the result of severe traumatic injury. Still we do meet it in dislocation of the vertebrae, and also in degeneration of certain portions of the cord, especially the posterior columns, which are sensory, the result being locomotor ataxia. A large number of the so called surgical cases are within the province of Osteopathy.

Another function of the cord is that of reflex action. A reflex arc consists of an afferent or sensory nerve, an efferent or motor nerve, and these united in the cord by a more or less complicated center. Thus a muscular act can take place when a spinal center receives an impression from a sensory nerve, and sends out an impulse over a motor nerve without the intervention of any of the higher centers of the brain. Where the connection to the higher centre is injured, the reflex action increases as is seen in locomotor ataxia. If the tendo patellae be struck lightly in this disease, there is a very

the cord from an Osteopathic standpoint is the control certain centers in it exercise over the internal viscera. Of course the viscera are under the immediate control of the sympathetic system, but the sympathetic is in turn largely controlled by the spinal centers. The anterior roots send out small fibres, the rami communicantes to the gangliated cord and other parts of the sympathetic system, and it is through these that the influence is transmitted. This is a subject that the medical world has almost entirely overlooked. Although they admit the intimate connection between the cord and viscera, they seem to ignore the fact that lesions in these centers or injuries and obstructions to the nerves leading from them will affect the health of the organs. It is also the secret of a most important part of the Osteopath's work. In addition to removing obstructions, the Osteopath can control their activity in several ways. He can remove irritations which may be causing undue stimulation in them, and controlling the blood supply to them, he can bring them up to a proper state of activity. Pressure upon the vertebral spines, together with the ordinary Osteopathic manipulation, has a most powerful influence on the flow of blood. In the upper part of the cord we find centers controlling the heart. By working on these we control fevers and irregularities of heart action. In the middle portions are centers controlling stomach, bowels, liver, kidneys, etc. It is perhaps in the effect our work has on the bowels and stomach in acute cases that the soundness of Osteopathic principles is most strikingly proven to a new investigator.

Another function, important in Osteopathic therapeutics, is that of nutrition. There are centers in the cord that control the nutrition to the muscles, as well as the bones and articulations. Wasting of muscles accompanies loss of power, so the function of nutrition is closely associated with that of motor conduction. Vasomotor centers are also located all along the cord, and send out controlling filaments to the plexuses on the different blood vessels. Much of our work is accomplished through these two sets of centers. Our general treatment up and down the spine is so effective in all cases of debility, weakness and muscular wasting, because the vaso-motor and nutritional centers are aroused to greater activity by the increased nourishment they get from a fresh flow of blood.

Medical works say that the blood supply, though it should be understood in a way, is not a matter of very much importance in treating diseases of the cord. To the Osteopath it is a matter of the first importance, not only in troubles of the cord as such, but in almost every other disease of the body, as he refers so many of them to the cord and its centers. The reason for this difference is apparent. The ordinary therapeutic measures do not reach the blood supply directly, while we do. A drug, or electricity, or even massage may be supposed to influence the circulation of the cord in a general way. But the Osteopath, after first discovering exactly where the circulation is defective, goes to work with a definite aim in view to correct it. Now, a part of the blood supply to the cord comes down from the vertebrae at the base of the brain. If there is pressure on the artery or vein, either from a dislocated bone or contracted muscle, causing congestion or inflammation, he corrects this, just as a mechanic would his machine. Very often the small transverse muscles of the upper cervical region tighten up and obstruct the circulation, especially the venous. The only reasonable way to correct this is to knead and stretch out these muscles in different ways, and nature immediately restores the normal condition. Spinal meningitis is a good example of obstruction to the spinal blood supply from the upper source. Then all the way down the cord receives blood vessels through the inter-vertebral foramina from the intercostal and lumbar arteries. These very frequently become clogged by the contraction of the spinal muscles. It is probable that a great majority of diseases come from such disturbance of the blood-currents along the spine. One of the chief objects of our general spinal treatment is by gently pulling the deeper muscles, especially the multifidus spinae, from the vertebrae, to relieve the pressure on the spinal arteries and veins, and thus give an impulse to the blood flow. Extension also helps this.

To understand the pathological conditions of the cord, we must have an accurate knowledge of the structures surrounding it. Abnormal conditions in these must certainly affect the spinal centers and columns very strongly, both through interference with the blood supply, and by pressure and irritation to the cord as well as the nerves leading to and from it. In the bony structure, which encloses the cord, we find many irregularities. It is composed really of alternate layers of hard and soft tissue, i. e., the vertebral and the inter-vertebral cartilages. The separate segments are short, but broad, with large bases for articular surfaces. So while the column has great strength, it is al-

so quite flexible, or should be. It has a great many prominences and projections for the attachment of the spinal muscles. But while it forms a support and source of purchase for these, it is at the same time itself held erect and in position by them. They act as guy-ropes on all sides to keep it in the desired posture. As soon as they let go it falls immediately to the one side or the other. Now if any segment of this column is out of place, that is, twisted or moved ever so slightly from its articulation, it must unavoidably impinge upon the adjacent structures. The nerves, if they be in the way, will be irritated or paralyzed according as the pressure is greater or less, and the blood-flow will be deranged. Hence the cord with its centers suffers either by undue stimulation or the reverse, and is deprived of nourishment or influenced by congestion as the case may be. It is surprising how universally these irregularities are found in all chronic ailments, and also how universally they have been overlooked or ignored. A fall or blow causes a slight luxation which increases with time. The ligaments get a severe wrench on one side or are torn away, and the spine naturally moves in the direction of least resistance. An unequal contraction of the muscles on the two sides may draw the column out of line. It may be asked why these luxations with their attendant ailments are so common among us, while simple and savage people are quite free from them. It is easily explained by the fact that more people have poor muscular development through lack of exercise and improper living, so that they cannot resist even a slight strain. We ought to be able to withstand a severe shock, and will if we are in the proper physical condition. But after the damage is done, it is useless to try to regain health, even by better methods of living and exercise until the mechanical defect has been corrected.

The bones are bound together by ligaments, and covering the whole are the five layers of spinal muscles. These must be considered a part of the spinal column, and any trouble in them is felt in the cord and the organs it controls. The Osteopath locates the cause of a great many troubles in the contraction of these spinal muscles. When the muscles get into this condition, they harden up by becoming full of waste matter which the sluggish circulation cannot dispose of. Not only this, but adhesions between the different layers of muscles, and between the muscles and ligaments, or even bones may take place. If carried to extreme, the several layers become a compact immovable mass through which it is impossible for the blood to force its way. It is reasonable to suppose that a delicate nerve passing through such a hard mass as this can transmit impulses and work fully? The cord soon becomes starved, and any one of a number of chronic diseases may result. Unequal contraction will distort the spine itself and then in addition to the obstruction caused by the muscular contracture, will be the luxations of the bones.

The irregularities of the spinal column, including bones, muscles and ligaments, are almost as varied as the number of cases. The atlas and coccyx are especially liable to be displaced, and are important on account of the grave results attending this condition. A dislocated atlas may cause almost any trouble of the head, from deafness to insanity. When the coccyx is out of place, the ganglionic cord is apt to be broken as far as the free passage of nerve currents is concerned, as it is just in front

of this bone that the two chains unite in the ganglion impar. The ribs, which are very flexible, and rather loosely articulated with the vertebrae, are easily moved up or down on the transverse processes and irritate the spinal nerves. In the case of a great curvature or dislocation as the result of a severe blow, the cord often receives such a shock itself, that its vessels are ruptured and its substance injured. Even after the dislocation is reduced the symptoms, as paralysis and the like do not always disappear. Muscular contractions are common in all parts of the column, but are especially liable to occur in the cervical and upper dorsal region.

Anyone who carefully studies the anatomy and physiology of the spinal cord, must admit that physical defects in the grosser anatomy will injure the working ability of the centers. If the centers are inactive or unduly irritated, the organs they control must suffer. That the mechanical abnormalities mentioned are not merely occasional, but really the universal rule, anyone can see who will take the trouble to investigate. This being true, the principles of Osteopathy aim to correct these deformities, however slight, directly, by going straight to the spot. Osteopathy therefore is the most reasonable method of treating affections which arise from improper conditions of the cord.

## PRACTICE OF OSTEOPATHY.

THE TREATMENT OF DISEASE BY PRACTICAL METHODS.

FEVERS: Continued. Typhoid. &c.

BY CLIFFORD E. HENRY, Ph. G. M. D. D. O.

**S**YNONYMS: Enteric Fever, Gastric Fever, Entero-Mesenteric Fever, Abdominal Typhus, Nervous Fever, Autumnal Fever.

**DEFINITION:** An acute, self limited, infectious fever due to deposit of a specific poison of mucosa of alimentary canal, characterized by hyperplasia and ulceration of lymph follicles of intestines and parenchymatous changes in other organs; high fever, abdominal tenderness, diarrhoea, tympanites, enlargement of spleen and rose colored eruptions.

**ETIOLOGY:** It prevails most in the Autumn months hence, the name Autumnal Fever, and is more liable to occur during hot, dry seasons. The most frequent age is between fifteen and thirty-five. The exciting cause is the bacillus of Eberth. From their first deposit they may find ingress to the lymph and blood, and be found in the spleen, liver, kidney, the rose-colored eruption and the urine.

Outside the body they live for months. Cold has no effect on them. They are killed by steam heat; 1 to 200 carbolic solutions and 1 to 2000 corrosive sublimate solutions. The fever germ gains access to the body through the alimentary canal as, in infected water the most common form of infection; the contamination of a well, by carelessness of a sloven or ignorant nurse, or the point of contamination may be at a distant point, as, for example, the contamination of a small brook that empties into the reservoir of a city.

Milk is very rapidly infected as the germ grows very rapidly in fresh milk.

The use of sewerage water for irrigation pur-

**The American Ass'n for the Advancement of Osteopathy.**

THROUGH the courtesy of Mr. N. P. McMurray, Asst. Secretary of the A. A. A. O., we are enabled to present in this issue the photographs of the officers of the Association for the current year. They consist of active practitioners, in the field, who realize the value to the practitioners of the association, and of Osteopathic students soon to become full-fledged D. O.'s.

As yet this organization has been handicapped in such a way that it has been unable to carry on the work of establishing the science on a firm legal basis, but the outlook for the future in this direction is very bright, and we will look during the coming winter for some beneficial legislation as a result of their labors. This winter is when many of the state legislatures are in session and we trust that no stone is being left unturned to insure the favorable consideration of laws recognizing Osteopathy in the various states in which it is not now a legalized practice. In union there is strength and we would urge upon all of our students who have not done so, to become members of the association prior to January 1st, as after that date only graduates will be admitted. The membership fee for the ensuing year is but \$1, but that will go far towards assisting in the work that is being undertaken. Mr. Fred E. Moore, of the Senior class, and Mr. Geo. L. Huntington, of the 2d Junior class are officers in the association. They will furnish copies of the constitution of the association for your perusal.

We are pleased to hear encouraging accounts of the association in general. We are pleased to note that the Osteopaths of Colorado, though comparatively few in number, have organized a local organization. That is a hint to some of the other states. Will Minnesota be next?

We would like to impress upon all of the students and graduates with the value of membership. If you can publish the fact that you are a member of this association, it will be an item in your favor. In this connection we would take the liberty of making a suggestion to the association managers. "That a handsomely lithographed certificate be prepared and furnished to its members at the cost of production, and endeavor to make it so general in character that it may become the 'brand', as it were, of all graduates of competent and reputable schools. Make the certificate one which the possessor would be proud to have framed in his office." If such a thing could be inaugurated it would simplify matters materially in differentiating the chaff from the wheat. Our friends could be informed that if a pretended Osteopath could not produce his certificate of membership in the A. A. A. O. he could safely be branded as a fraud and an imposter.

We will hope in the near future to give our readers more definite information regarding the operations of the association, and in the meantime would urge all of our students to send in applications for membership at once.

**New Literature.**

**OSTEOPATHIC THERAPEUTICS.**

The latest addition to Osteopathic literature is a "Manual of Osteopathic Therapeutics," by Clifford E. Henry, Ph. G., M. D., D. O., now Professor of Anatomy and Minor Surgery in the Northern Institute of Osteopathy.

pathic practice, forming a guide to a certain extent of what follows.

The main body of the text is devoted to a classification of Osteopathic methods as to their physiological action. For example, he deals with anaesthetics, anti-pyretics, cardiac stimulants, depressants, etc., and thus with this as a guide, the student or practitioner can outline the treatment for his case after he has diagnosed it. Thus in certain kinds of diseases the diagnosis would indicate the necessity of anti-pyretic, cardiac depression, with perhaps cathartic or diuretic treatment. In this way the treatment can be outlined for the case in ad-



Officers of the American Association for the Advancement of Osteopathy.

It is very appropriate that this work should emanate from the mind of the man who was the first to introduce it as an element in Osteopathic curriculum, and in view of this fact it is the product of the best and most scientific work along this line of thought. It is a marked deviation from the beaten path of literature of the science that has heretofore found its way into the hands of the profession and laity. It has sought, not to be a book to be picked up by any one with a superficial knowledge of anatomy and from it endeavor to practice Osteopathy, but is intended as a text book in Osteopathic colleges and for use by active practitioners.

It takes it for granted that its readers are already thoroughly conversant with the finest details of anatomy and the physiological action of the body in health and disease, together with a thorough understanding of the principles of Osteopathy. Thus equipped he will be able to take this work and understandingly apply the therapeutic agencies laid down in the context. The author has paid no attention whatever to the technique of Osteopathic treatment, confining himself to the physiological action or effect upon the bodily organism.

The introduction contains concise, comprehensive definitions of terms common to Osteo-

vance as a physician would write a prescription.

This work will prove itself invaluable as a guide to the student and practitioner and is well worth the price of \$2.00 asked for it. Brevity was one of the cardinal points the author sought and as a consequence the work is much condensed as is compatible with completeness, making it more desirable as a book of reference in that it is not necessary to read much in bulk to secure little in fact.

**OSTEOPATHY AT HOME.**

This city is the home of Osteopathy in the Northwest; but while this is true, yet people have not had it at their homes. The people have had to call on Osteopaths, while they could "call in" other practitioners. Dr. F. H. Baird has opened offices at the Berkeley, 1st avenue south and 18th street, where he may be found from 9 a. m. to 8 p. m., and all cases for Osteopathic treatment at the homes of patients will be promptly responded to. Owing to the popularity of Osteopathic treatment, there are those who have sought to give them who have no recognized professional standing. Dr. Baird is a graduate of the Northern Institute of Osteopathy located in this city and is esteemed a competent operator by the managers of that institution.—Minneapolis Tribune.



**A Testimonial.**

Northern Institute of Osteopathy,  
Dear Sirs:—If the experience of one who has been a victim of that prevalent, little understood, and much abused disease, nervous debility, will be of any benefit to Osteopathy or humanity, I wish to put it on record.

For several years I had periods of indigestion, chronic constipation, lack of mental concentration, fatigue at the slightest exertion, nervous irritability, insomnia, and muscular rheumatism. Medication, baths and electricity were alike productive of but temporary relief, and competent physicians told me that complete rest and mental tranquility, with proper tonics, (i. e. strychnine, phosphorus, quinine and iron,) alone could bring about a permanent cure. At this point I applied to Osteopathy and two months treatment wrought a change in my condition that I had hardly dared to hope for.

My son at an early age developed an undoubted case of heredity, his condition was as near like mine as the difference in child and adult life would permit, except that he was deaf. The best talent available only gave temporary relief to the effects and passed by the cause. At the age of seven he began to have regular periods once a month when for two or three days he would be completely prostrated. At this time his condition was truly pitiable. At the age of twelve his periods lasted over one half the month, and Osteopathy having done so much for me, I took him to Dr. Pickler, and it worked wonders for him. After the second treatment he remarked that the sun seemed so much brighter and things did not seem so dreary as they always had; and by application to the treatment he has fully recovered and is strong and well in every sense.

His case was perhaps uncommon, but mine has thousands of duplicates in every community, who are wasting their time and money in vain endeavor to get relief by means of medicine. Hundreds of advertising quacks are getting rich at their expense, and hundreds are being poisoned or driven to despair and suicide by what they consider an incurable malady, when a few treatments at the hands of a competent Osteopath would demonstrate what the science can do, and application would bring about a radical cure. Yours, etc.,  
2618 15th Ave. S. J. R. BAILEY.  
Minneapolis, Minn.

**TO OUR LADY PATIENTS.**

The Infirmary of the Northern Institute in Minneapolis is the only genuine Osteopathic institution in the Twin Cities where a competent lady graduate in the science is on the operating staff, to whom cases can be assigned where the patients so desire. Dr. Ada M. Peck has had a very extensive experience in Osteopathic practice, having practised her profession in Toledo, Ohio, and for the past year has been a member of the staff of infirmary of the Northern Institute. The successful work she has accomplished, both in acute and chronic cases, have given her an excellent reputation as an Osteopath, and assures the patients under her charge of receiving the best possible attention.

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Correspondence Solicited.

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**Mrs Cornelia Walker, D. O.**

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**KANSAS CITY, MO.**

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& Alice M. Patterson, D. O.

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**Roster of Graduates.**

OF THE NORTHERN INSTITUTE OF OSTEOPATHY.

We herewith print an accurate list of all the graduates of the Northern Institute up to this time, together with their addresses.

- |                          |                     |
|--------------------------|---------------------|
| C. E. Achorn,            | Boston, Mass.       |
| Ada A. Achorn,           | " "                 |
| G. S. Archer,            | Litchfield, Minn.   |
| C. C. Bennett,           | Minneapolis, "      |
| Frank H. Baird,          | Minneapolis, "      |
| Katherine G. Becker,     | Winnebago City, "   |
| Guy W. Burns,            | New York, N. Y.     |
| J. B. Bemis,             | St. Paul, Minn.     |
| Louise P. Crow,          | Janesville, Wis.    |
| S. R. Cooper,            | St. Cloud, Minn.    |
| Anna B. Collins,         | Oshkosh, Wis.       |
| L. E. Cherry,            | Milwaukee, "        |
| Essie S. Cherry,         | " "                 |
| J. C. Crowley,           | Graceville, Minn.   |
| F. A. Clarke,            | Portland, Me.       |
| Thos. Devereux,          | Independence, Ia.   |
| S. A. Ellis,             | Boston, Mass.       |
| H. R. Fellows,           | Duluth, Minn.       |
| Helen H. Fellows,        | " "                 |
| E. W. Greenough,         | Tannton, Mass.      |
| Ermine Z. Gunsul,        | Bangor, Me.         |
| Claire H. Gorman,        | Toledo, O.          |
| Ora L. Gage,             | Racine, Wis.        |
| E. G. Goth,              | Aberdeen, S. D.     |
| H. E. Hjordemacl,        | New York, N. Y.     |
| A. H. Hall,              | Menominee, Wis.     |
| Louisa M. Hayes,         | Minneapolis, Minn.  |
| Robt. S. Johnson,        | Mason City, Ia.     |
| A. U. Jorris,            | Red Oak, Ia.        |
| Geo. D. Kirkpatrick,     | Washington, D. C.   |
| T. F. Kirkpatrick,       | Columbus, O.        |
| Mrs. Mae A. Kirkpatrick, | " "                 |
| C. C. Bennett,           | Willow City, N. D.  |
| Wm. J. Liffing,          | Toledo, O.          |
| Benj. J. McRae,          | Omaha, Neb.         |
| O. E. McFadon,           | Rock Island, Ill.   |
| Albert H. Moore,         | Jamestown, N. D.    |
| Ada M. Peck,             | Minneapolis, Minn.  |
| E. Anton Peterson,       | Seattle, Wash.      |
| A. H. Potter,            | San Francisco, Cal. |
| J. A. Parker,            | " "                 |
| L. M. Rheem,             | Minneapolis, Minn.  |
| L. W. Roberts,           | Boston, Mass.       |
| Wm. Snell,               | Tacoma, Wash.       |
| B. P. Shepard,           | Winona, Minn.       |
| L. O. Thompson,          | Minneapolis, Minn.  |

**Associated Colleges of OSTEOPATHY.**

The following is a list of the Associated Colleges of Osteopathy, which have adopted the standard curriculum required by the statutes in the states that have passed Osteopathic laws. This curriculum represents the highest standard of excellence offered by Osteopathic schools, insuring the student of competency and thorough acquaintance with the profession.

- The Northern Institute of Osteopathy, Minneapolis, Minn.
- The American School of Osteopathy, Kirksville, Mo.
- The Pacific School of Osteopathy, Los Angeles, California.
- The S. S. Still College of Osteopathy, Des Moines, Iowa.
- The Milwaukee Institute of Osteopathy, Milwaukee, Wisconsin.
- The Western Institute of Osteopathy, Denver, Colorado.

J. A. Vance, M. D. Chas. W. Little, D. O.

Of the American School of Osteopathy.

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Second Floor.

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Branch Office at Wymore, Neb.

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BRANCH OFFICE: Waukesha, Wis.

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