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THE BOSTON OSTEOPATH

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SEPTEMBER, 1901

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TOO VIOLENT EXERCISE.

September.

There sounds a rustling in the standing
corn;

There hangs a bright-cheeked apple on the
bough;

And later lingers now the tardy morn,
And evening shadows gather sooner now.

—*New York Mail (1877).*

Osteopathy in the Treat- ment of Blood Disorders.

SANDFORD T. LYNE, D. O.

(ALLENTOWN, PA.)

To be told that one's ailment is due to "disordered blood" covers a multitude of errors. And he who ladens an unoffending stomach with the "usual nostrums," hoping thereby to purify the blood, either denies the *completeness* of the *laboratory* with which nature has endowed the human body, or admits his inability to deal with it naturally and scientifically.

The practice of habitually "giving something" for the blood has become so prevalent that it is no wonder the average patient thinks his trouble is caused by impure blood, and very naturally asks the Osteopath: "Won't I have to take something to purify my blood in addition to your treatment?" little realizing that "bad blood" is not a primary cause, but an effect—that blood never becomes disordered without an antecedent cause.

If it is overcharged with waste matter, why is it not eliminated? There are organs in the body for that purpose.

If it is too poor, what is the trouble with the lymphatics, spleen, or liver? They should enrich it.

It is true that deteriorated blood furnishes a nidus for the invasion and propagation of germs, and will develop other morbid conditions, but such conditions are secondary. The question is, what caused the deteri-

orated blood, and why hold the blood responsible for the condition when the gluteus maximus or some other muscle is contracted, pressing on veins and causing stagnation and fermentation of the blood, or when a sub-luxated vertebra is impinging upon the nerves of the kidneys, disturbing their function, and preventing the elimination of the natural waste of the body from the blood?

There are many factors entering into the causes of impure blood. The chyle and lymph furnish the fundamental elements of blood, and any obstruction to the free flow of these fluids will certainly affect the quality of the blood. The spleen has much to do with the corpuscular richness of the blood, so that a disturbance of that organ is an important factor. The liver elaborates the blood and fresh-digested materials, rejecting such elements as would be injurious if permitted to enter the circulation—certainly a derangement of its function would result in disordered blood. The kidneys excrete more than forty per cent. of the entire waste of the body (from the blood), and an interference with these organs would permit the retention of effete matter in the blood.

When told that one's blood is out of order, why not ask the cause of it? And instead of taking one poison to counteract the effects of another, would it not be more reasonable and scientific to remove the cause producing it and enable the system to purify the blood by its own natural laboratory? To "take something" simply neutralizes the toxic elements for a time but does not stop the production; the cause remaining unre-moved, the "dose" must continually be repeated and increased.

This proposition necessarily brings into discussion the distinguishing characteristic of Osteopathy, its etiology—the science of causes of disease.

Dr. Still realized more than a quarter of a century ago the importance of an etiology based upon first causes in nature. He realized that very

little was being accomplished by palliating effects while causes remained busily at work. He realized that harmonious function depends upon equilibrium of structure; and that the fact that a defect in mechanism deranges action is applicable to the human body, since the principles both of its construction and its operation are the principles of mechanics and hydraulics. He therefore established for the new science a foundation in strict accord with nature's law of cause and effect and with the dynamical principles of life; tracing effects in disease back to causes in the structural elements underlying the principles of health, by means of a thorough knowledge of the anatomy, physiology, and chemistry of the body.

To be brief, we will lay down the following three premises as the basis of osteopathic procedure.

(1) Health is the result of vigorous, harmonious, and natural action of the vital processes within the body, which depend upon the *normal freedom* of blood-circulation and nerve-impulse.

(2) Disease is the result of structural defect acting as a predisposing or an exciting cause by producing an excessive or a deficient blood and nerve supply to certain parts or organs and consequent derangement of their functions.

(3) To restore the physical structures to their normal relations removes all interference with the vital fluids and forces; and the tendency of nature being always toward the normal, the same natural processes within the body which maintain health will restore it—being enabled to operate without resistance.

Nature saw fit to select motion as a chief means for maintaining the physiological harmonies of the body, so that inertia or stasis must necessarily imply disease and death.

It is a law of natural philosophy that accelerating forces cause bodies to pass from rest to motion; that retarding or resisting forces cause

them to pass from motion to rest; and that a certain relation must exist between these two forces to produce equilibrium or a given effect.

It is a physiological fact that the heart, liver, kidneys, spleen, and other organs of the body are under the control of two opposing forces, one accelerating, the other retarding or inhibiting. A certain relation between these two forces gives every organ the rhythmical movements essential to its normal function, and any interference with either of these forces destroys this normal rhythm and causes disease. For instance: the heart receives its accelerating impulses from the sympathetic nervous system, and its retarding or inhibiting impulses from the pneumogastric nerves. It is certainly reasonable that a pressure on the pneumogastrics impairs or shuts off the inhibiting force and permits the accelerating force to increase the heart's action. Likewise an interference with the accelerating nerves in the cervical or upper dorsal regions permits the pneumogastrics to retard or inhibit the heart's action.

The functions of the various organs are also deranged by interference with the vaso-constrictor and vaso-dilator nerve-fibers which control their blood supply, and by contracted muscles, displaced ribs, vertebræ, etc., directly impinging upon the blood vessels.

A system possessing good reactive powers very often overcomes a slight structural abnormality entirely; and by the law of compensation nature frequently recovers from an acute attack of disease, and maintains a comparative health-equilibrium for years, with one of these physical defects still existing in the system. But the liability to morbid attacks gradually increases; and if the vitality of the system loses its ascendancy over an existing lesion and fails to regain it, an attack of disease assumes a chronic form or terminates fatally.

That such lesions do occur as the result of accident, exposure, or abuse and act as the primary causes of disease is not only reasonable, but is

attested by the results obtained in osteopathic practice, warranting the testimony of thousands of so-called hopeless cases Osteopathy has cured, and the legislative enactment of some sixteen states giving the science special recognition.

—*Journal of Osteopathy.*

With the autumn leaf comes the end of the summer loaf.

—*Commercial Bulletin.*

A Buffalo newspaper said, in reporting a case of religious hysteria:—

"He is a man of middle age with a trouble among his floating ribs. From observation, he says the pain comes on him during seasons when he is greatly excited or worried. He is a member of the Salvation Army, and the seizures are of frequent occurrence."

If a dog wants to bark, you can keep him quiet by holding his jaws shut, but the bark is still in him. So, when you give a man morphine, he may not know he is in pain, but the pain is still there.—*Suggestion.*

CAN YOU HEAR IT?

There comes to my mind a legend, a thing
I had half forgot;
And whether I read it or dreamt it—ah,
well, it matters not.
It is said that in heaven at twilight a great
bell softly swings;—
And man may listen and hearken to the
wondrous music that rings,
If he puts from his heart's inner chamber
all the passion, pain and strife,
Heartache and weary longing that throb in
the pulse of life;
If thrust from his soul is all hatred, all
thought of wicked things,
He can hear in the holy twilight how the
bell of the angels rings.

So, then, let us ponder a little; let us look
in our hearts and see
If the twilight bell of the angels could ring
for us—you and me.

—*The Household.*

Things Old and New.

FRANCIS K. BYRKIT, D.O.
(BETHLEHEM, N. H.)

There is a property of matter that we call "inertia", in accordance with which an object remains at rest or continues in motion until acted upon by some force. Most human beings are possessed of this same characteristic in a remarkable degree. In those in whom it is especially pronounced, requiring a particularly strong moving or opposing force, we speak of the characteristic as "conservatism."

Inertia, in matter, is a name for what always has been, and we presume always will be, the same unchangeable property; while conservatism in man is a matter of degree, and needs to be properly adjusted in order that it may be to him a balance wheel, and so be of service in preventing great haste in the pursuit of mistaken ideas, unproven theories, and false gods. In the adjustment of this guardian of man's welfare, we find another attribute that must be reckoned with. Every individual, regardless of age, has an inherent desire for that which is new;—new toys, new scenes, new work, new thought, new hooks, new ideas. All these attract his attention; and if he avoids intemperance, they lead him on to new endeavors and to greater accomplishments. It is the balance that is essential.

In language that savors of disapproval, it is recorded of a certain company of ancient philosophers that they "spent their time in nothing else but either to tell or to hear some new thing." Yet even these were not hasty in their conclusion, but desired "to know what these things mean."

All peoples in all ages have sought for new and better things. To-day the demand is the same;—New methods in education, new modes of travel, new habits of living, new creeds in religion, new systems of healing. In all this reaching out after new things, the conservative element of man's

nature bars the way and makes it necessary that worth be proven, reasonableness be set forth, and efficiency be established. Every new applicant for public favor is required to pass through the stages of ridicule and argument before being placed on the roll of honor. Each must be tried as by fire and tested by time.

In former days we were told that there was nothing new under the sun. To-day we are told that the observer and the point of view make all things either new or old. Some things are new in fact; others are new because of new knowledge obtained concerning them; while still others are new—and these are an exceedingly large class—because of new applications of accumulated knowledge.

In the further consideration of things old and new, it is a fact worthy of more than passing comment that those methods, creeds, systems, or whatsoever, which appeal to and are accepted by men to-day, are characterized above all things by their reasonableness, their simplicity, and their naturalness. This is true in all departments of life, and in none is it more in evidence than in the latest method of alleviating human suffering and of producing and maintaining physical and mental health and strength.

In the minds of many men and women, that science or system of mechanical healing known to the world to-day as "Osteopathy" has passed through the stage of ridicule or indifference. It has been investigated and approved. It has been weighed in the balances and *not* found wanting. Those who have inquired have found a theory based upon anatomical and physiological facts. They have found a theory of causes and a system of treatment which are old and at the same time are new.

The beginning of Osteopathy, as a method of treating the human body, will take us back about a quarter of a century, and its promulgation as a science covers little more than the last decade. Its principles are simple and require no mysterious language

for their announcement. The human body is a machine, an engine, a dynamo, a storage battery, all in one. Its business is the production, conservation, and dissipation of energy. It is, withal, a complicated machine consisting of a bony framework, wonderful in construction, which contains or supports within itself a most efficient combination of levers, pulleys, and cables; pumps, pipes, filters, and reservoirs; valves, retorts, mixing vats, laboratories, and all the apparatus necessary to make it self-producing, self-operating, and self-cleansing. It is its own builder, its own fireman, its own engineer, its own master mechanic whose assistant is the physician. The human organism is subject to the same conditions as other finely constructed pieces of machinery. It is affected injuriously by extremes of temperature. It is injured by accident and strained by overwork. It is exhausted by excesses of all kinds. Its functions are altered and its efficiency impaired by excesses or deficiency in the quantity and quality of fuel and water supply. It is corroded by foreign substances introduced into its economy which act as poisons. These agencies disturb the nervous mechanism, derange the movements of the blood and other fluids, alter secretion and processes of elaboration, thereby changing the blood itself and the nutrition of the body. If the disturbance is slight the body may repair itself; otherwise, unless the proper assistance is rendered, the derangement continues or grows worse. The nervous system which has complete control of body functions remains out of tune, its wires crossed, its relay instruments excited or depressed, its central and terminal stations either deprived of communications or sending and receiving wrong messages. This disturbance of the nervous system means pain, change of function, malnutrition, decreased activity, disease. It means, also, change of form;—change of form in bony framework, change of form by gradual waste or undue in-

crease of body tissue, change of form by abnormal contraction or relaxation of tissue, change of form by the deposit, in soft tissues, of waste substances which should have been eliminated. Are these things old or are they new?

Andrew Taylor Still, M. D., the founder of Osteopathy, conceived the idea that the diseases of the human body are either of spinal origin or that they affect the spine secondarily. He also found that he could treat these diseases successfully by mechanical adjustment of the spine or by mechanical stimulation or inhibition of spinal nerve centers. He discovered that this method of treatment enabled him so to influence the nervous mechanism of the heart, blood vessels, and lungs, liver, spleen, kidneys, the whole digestive tract and its accessories, as to improve the quality of impure or weakened blood and to control its circulation; and found that a free circulation of good blood meant health. His philosophy and his experience led him to the conclusion that mechanical treatment was far superior to chemical treatment in efficiency, and that it was not injurious. He, therefore, repudiated drugs.

A half-century ago, John Hilton found certain spinal irregularities causing pain and disease; but his treatment was *rest* and not *adjustment*, and his result, cessation of symptoms but with deformity. Ling, and many others, have sought to influence the circulation of the blood by manual treatment and have succeeded in a measure, but spinal lesions or irritations have not attracted their attention. Again, such eminent men as Hilton, George S. Keith, William Osler, and many others, have been, and are still, eloquent in their renunciation of drugs, but they have not as yet given us a sufficient substitute.

Osteopathy, then, is the heir of all the knowledge of the human body that has accumulated through the ages, but is to-day making applications of that knowledge which have not been made before. It is essen-

tially an appeal to nature. It makes use of natural forces in accordance with natural laws. It advocates the use of a proper amount of pure food and of hygienic and prophylactic measures.

The watch-words of Osteopathy, then, are these: Activity, Temperance, Adjustment, these three, but the greatest of these is Adjustment; and as applied by the Osteopath today, it is new and it is efficient.

In Minnesota Courts.

Reported by

A MINNESOTA OSTEOPATH.

Advancement in any science is said to be obtained only at the expense of ridicule, derision, persecution—even prosecution; and we are more forcibly impressed with the truth of this saying since recent experience has brought before the bar of justice two experienced practitioners in the science of Osteopathy, located in the city of Minneapolis, Minnesota.

Several months ago, the doctors in question treated a case of Rheumatoid Arthritis, complicated with many abnormalities, which failed to yield to drug or other treatment. The case was treated three months osteopathically, with the most surprising results. Every condition improved, and the patient's arm, almost rigid and helpless in the beginning, was so completely restored that he resumed his position as traveling salesman, carrying heavy samples.

As in many other cases that the Osteopath successfully treats, nothing was heard of the patient until an action at law was begun for the collection of the "fees for repairs," when, lo and behold! a charge of malpractice confronted the doctors as a counter-claim, much to their surprise and chagrin; but the court and jury's decision made the sequel one of acknowledgment for the Science of Osteopathy, despite expert testimony of the "regular" order.

In the course of evidence before the

jury, the patient maintained the air of injured innocence, and exhibited a rigid arm with contracted fingers; and the expert M.D.'s evidence was positive and explicit that the patient was not shamming, for they, the M.D.'s, had administered chloroform, and under its influence no amount of pressure or traction could release the contractures. Thus, to blind the jury and court, a compound felony was being enacted, and the osteopathic practitioners were being driven into close quarters, and no amount of argument seemed plausible to explain the condition.

The case had been dragging wearily along during the hours of the session, when at last it came to the lot of the Osteopaths' counsel to probe the "air of injured innocence;" and so effectually did he do so that in a moment of excitement, unconscious of having relinquished his hold on the sympathetic eye of the jurors, he (the patient and witness) then and there dropped the "glass arm" and let it dangle in perfect comfort at his side, thereby completely paralyzing his counsel, experts, and witnesses generally, and convincing the court and jury that the case of malpractice was a manufactured one.

The court did not even allow the case to go to the jury, but entertained a motion from the Osteopaths to dismiss. The jury, however, had the original case before them, and gave judgment to the Osteopaths for their services.

The case has been carried to the higher court, and it is confidently expected that the decision of the lower court will be sustained.

For a long life and a happy one, three things are necessary—a cool head, a clear conscience, and dry feet.—*Exchange.*

"Did you succeed in convincing him that he was wrong?"

"No; but I made him admit it."

—*Detroit News.*

Osteopathy.

MASON W. PRESSLY, D. O.

(PHILADELPHIA, PA.)

Those to whom Osteopathy is something entirely new can gather a few fundamental conceptions of it by realizing first that the human body is a delicate and intricate machine. The liability of machines, tools, and instruments to get out of order is well known. The best machinery wears out. It begins to depreciate from the moment it is set in operation, although the deterioration is not visible.

The fact that the ills of life are largely due to disarranged human machinery, or to conditions created by longer or shorter atanding disarrangement of the machinery of the body, has been discovered and established by Osteopathy. Its purpose is to put the machinery of the body in order, that it may "go" as nature intended. Does this commend itself to common sense, or not?

The science and practice of Osteopathy have been known scarcely a decade. Within that time it has been established by cures of such variety and character as to commend it to the world. Sickness grows. Health is more frequently interrupted. The dependence on doctors and medicines and treatments have become much more general than in past times. The human family, especially that portion of it living under the brilliant white light of civilization and of science, is not as vigorous physically to all outward appearance as in the bygone ages when pills and potions and doctors were fewer.

The younger Osteopaths, as well as their studious elders, are looking abroad over the greater osteopathic field, and are catching glimpses of possible achievements which will greatly and permanently expand its possibilities. The human body is not alone a body, but it has a soul in it. It is the medium through which vital forces act and react, whose source

and force are by no means fully understood. Life is dual, material, and spiritual, and both factors must be taken into account by Osteopathy.

Osteopathy has a broader field than to correct, adjust, and clear the path. Important as are the mechanical features which call for the ever-watchful eye of the Osteopath, more important still are those vital lesions that lie a little beyond the field of purely mechanical lesions.

Take, for instance, inhibition, the use of which is based upon the fact that there is an array of nerve reflexes and reactions. Account must always be fully taken of that underlying and eternal vital power lying in wait to bring every function into co-ordination. If inhibition can unchain or release this abnormally confined force, it renders a mighty and fundamental service, far beyond merely correct mechanical action. The effect of inhibition on pain, vomiting, and diarrhoea is in the nature of an anæsthetic, and establishes influences, in these and numerous other cases, that react upon the causes of these conditions. Properly practised, inhibition calls into action the cerebro-spinal nervous system, the sympathetic nervous system, as well as the cerebral nervous system; and through the activities thus set into action, abnormal impulses are checked, and nerve, blood, and muscle forces are again able to go about their usual business.

—*Philadelphia Journal of Osteopathy.*

The sky is most cheerful when bluest; but it is different with men.

—*Chicago News.*

STICK TO YOUR TASKS.

It is hard to work when the body is ill or weak, and harder still when the mind is depressed; but the fact nevertheless remains that a great deal of the best work in the world has been done by persons in poor health or in grievous mental distress.

—*The Unique Monthly.*



A Monthly Magazine published by the

BOSTON INSTITUTE OF OSTEOPATHY,

178 Huntington Ave., Boston, Mass.

Telephone—Back Bay 420; also Back Bay 504.

OLINTON E. ACHORN, D. O., } - - Editors.
JULIA C. CLARKE, D. O., }

Subscription, One Year, 50 Cents.

Six Months, - - - 25 "

Foreign countries, 50 cents extra to defray postage.

Sample copies mailed upon request.

Advertising rates on application.

Entered at Boston Post-office as second-class matter.

CLINICAL DEPARTMENT, B. I. O.

The Clinical Department of the Boston Institute of Osteopathy is now located at "The Westcourt," 164 Longwood Avenue, two doors north from Huntington Avenue, and a block and a half from the new location of the School.

OTTAWA, CANADA.

Jessie B. Hardie, D. O., of 224 Maria St., Ottawa, has formed a partnership for the practice of Osteopathy with Frederick A. Webster, D. O. Both are graduates of the Boston Institute of Osteopathy, and we can cordially recommend their professional work.

A recent issue of the *Daily Press-Knickerbocker and Albany Morning Express* gave a whole page to "The Osteopathic Method of Curing Diseases," with display lines and half-tones. We are indebted to Dr. W. M. Smiley of Albany for a copy.

PRATT'S "COMPOSITE MAN."

That admirable little book by E. H. Pratt, M. D., of Chicago, has already reached a second edition, to which illustrations have been added. Its fourteen "Anatomical Impersonations" are as lively and entertaining as they are scientifically correct; and the embodied facts stick by the reader accordingly, in a way to surprise one who has had the chagrin of seeing much of his own painfully-acquired dry knowledge get drier and drier till it blew away.

Every Osteopath really needs this book; but most of all for its breadth of suggestive thought. It is the whole Man, as an organic unit, to whom the attention is constantly directed; while beyond the man, (if we lift our eyes,) we see the organic unit Mankind.

—J. C. C.

"Etidorhpa," a volume of 375 pages, by John Uri Lloyd, is a fascinating book, holding the reader's attention from beginning to end. Social, scientific, moral, and religious problems are loftily dealt with. Every reader will be forced to recognize the identity of the real and ideal, of truth and fiction, of the possible and impossible.

There is nothing, even in Dante's "Inferno," to surpass the description of a drunkard's hell, while the vision of Etidorhpa is the very embodiment of poetry.

The book is very original, the author's style being purely individual.

—M. E. F.

CAMBRIDGE, MASS.

Dr. Wilfred E. Harris, Professor of Therapeutics at the Boston Institute of Osteopathy, has returned to Cambridge from a vacation spent in the lower Provinces. After October 1st he will be located in the Cantabrigia, 1010 Massachusetts Avenue, Cambridge. Present address, 17 Ware Street, Cambridge.

Irene Harwood, D.O., Secretary of the A.O.A., is spending in Boston a much-needed vacation. We have enjoyed many calls from her, and trust she will return to Kansas City with pleasant recollections of the Hub.

✻

CONCORD, N. H.

John McClure Gove, D. O., (graduate of the Boston Institute of Osteopathy,) of 170 North Main St., Concord, has lately opened a branch office in Laconia, N. H., in the Moulton Opera Block.

✻

Mrs. D. D. Clement Bouvé, D. O., (graduate of the B. I. O.) has a delightful office at The Cluny, in Boston, 543 Boylston St., (Copley Square,) where, as we hear through her patients, she is doing fine work.

✻

BETHLEHEM, N. H.

Dr. Francis K. Byrkit's office in Bethlehem for the practice of Osteopathy is at the Buckeye Cottage (opposite the Howard). Dr. Byrkit is making a specialty of Hay Fever.

✻

SCRANTON, PA.

The old friends of A. O. Sherwood, D. O., will be glad to learn of his continued success in Scranton, where he located immediately after graduation from the B. I. O. His office is in the Coal Exchange Building, Wyoming Avenue (Room 2).

✻

MADISON, N. J.

Cecil R. Rogers, D. O., of New York City, has opened a branch office in Madison.

✻

George W. Parker, D. O., has removed from Franklin, Kentucky, to Madisonville, Kentucky.

The H. C. O. and the H. O. H.

The vigorous policy instituted by the Associated Colleges of Osteopathy and the American Osteopathic Association at the late meeting in Kirksville, Mo., means much for the science of Osteopathy and for the practitioners in the field. Everything that affects the harmonious development of the colleges and the maintenance of a high standard of scholarship affects for weal or woe every osteopathic physician.

There are now too many colleges and these colleges are too well established to allow petty prejudice or bias to influence them in their relationships. The Associated Colleges manifest a disposition to aid every deserving institution to obtain membership and to become recognized; and nothing would be permitted to interfere with the membership of any college except that which endangers the harmonious development of the science and its fair reputation in the minds of the people. We cannot but commend the spirit which has actuated the schools of Osteopathy with but few exceptions.

The American Osteopathic Association has taken steps which certainly will render membership invaluable, and we advise practitioners to apply immediately for membership in this Association. Applications should be sent to Dr. Irene Harwood, New York Life Building, Kansas City, Mo.

—Editorial in *Southern Journal of Osteopathy*.

✻

Revised Edition Ready Sept. 15.

The Osteopathic Directory.

A complete directory of Osteopaths, Osteopathic Colleges, State Societies, etc., sent on receipt of following prices:—a single copy, 10 cents; 5 copies, 40 cents; 10 copies, 60 cents; 20 copies, \$1.00. Order at once from this Magazine or from the *American Osteopath Co.*, Memphis, Tenn. One copy of Directory free to *American Osteopath* subscribers.

Osteopathy in Diseases of Women.

CLARA E. SULLIVAN, D. O.
(FRANKLIN, KY.)

Malposition of the uterus is a frequent, and indeed, almost constant, element of uterine affections.

When this deviation has become considerable, it becomes the chief object of interest to the medical man, and means of support have been contrived as a remedy for the condition.

These contrivances are designed to support the uterus from below. The supports are of two kinds, internal and external. These external appliances are so arranged as to afford upward and inward pressure at the hypogastrium over the pelvis. This upward and inward pressure upon the abdominal contents produces at first a very comfortable feeling, which is calculated to deceive from the very outset. The sense of weight and dragging is relieved; also the removal of weight which was previously sustained by the respiratory muscles seems to improve respiration. If these external supports be examined further, it will be seen that the contents of the abdomen are restricted in motion. The necessity for action of these muscles which cause motion of the contents has been superseded. While the abdominal contents are held up by external mechanism, the vital mechanism is allowed to drop into disuse.

The reverse of this, it seems to me, should be true. The vital mechanism should be kept up, and anything that tends to lessen it should be discouraged. These supports undoubtedly do that. The respiratory and supporting muscles, having nothing to do, become weak and useless, and this support from without is relied upon. Such support deprives the uterus of its natural support, and instead of replacing the organ really tends to and does displace it. These supports not only prevent nutrition and power of the respiratory and supporting mus-

cles, but they prevent the motion of the abdominal contents, thus producing a stasis which finally leads to a congestion or hyperæmia, the cause of most pelvic diseases.

What would be the most natural remedy for this condition? Do we not know that exercise, either active or passive, must be had in order that a part may be normal?

Suppose we take off these external supports and by toning up the nerve and blood supply to these supporting muscles make them do the work of the external support. How can this best be done? By taking drugs into the stomach or by going directly to the blood and nerve supply of the parts and adjusting these mechanically? Can this be done, one may ask? Suppose you have been compelled to carry your arm in a sling for months. When you take it out do you take a drug to restore its usefulness, or do you gradually exercise it until the nerve and blood supply is again established?

As to the internal support of the uterus, this is done by the pessary. The safe principle holds good here as in external supports. The primary disease consists in the weakness of those parts upon which the uterus and its appendages depend. It follows, therefore, that the disease is not so much cured as concealed, when the treatment consists chiefly of instrumental support.

Not only do these supports fail to cure, but they are really harmful in many ways:

1. If large enough to answer its purpose, the pessary over-distends the vagina. In time it destroys the contractile power of the walls.

2. The pressure of a foreign body in the vagina is a constant cause of irritation to the whole pelvic region.

3. One of the greatest evil effects of the pessary is that visited upon the nervous system.

The attention becomes directed, and finally morbidly fixed, at the local point and source of pain, and the whole mind becomes narrowed into this exclusive channel. Finally, sup-

Geography in Process of Revision

Editor

100 N. BOSTON ST. BOSTON, MASS.

Dear Sir: I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the proposed revision of the Geography of the United States, and in reply to inform you that the same has been forwarded to the proper authorities for their consideration.

The Board of Education, of the City of Boston, has the honor to inform you that the same has been forwarded to the proper authorities for their consideration.

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ports do nothing, or next to nothing, toward removing the cause for which they are used. Any mode of treatment which shall succeed in restoring the natural supports renders these mechanical substitutes not only unnecessary but shows their uselessness. Drugs have not been very successful in restoring this natural support.

Osteopathy is the only method of healing that does restore these supports in a natural way. A competent Osteopath, with his knowledge of the anatomy and the physiology of the parts, can, by a careful manipulation of the nerve and blood supply to these supports, bring them back to their former usefulness—that of maintaining the uterus in its normal position.

— *Southern Journal of Osteopathy.*

Colorado Osteopaths.

The Denver (Colo.) Osteopathic Club celebrated the anniversary of the discovery of Osteopathy by a banquet at Brown Palace Hotel, on June 22. The report was crowded out of our last issue.

Dr. G. Harry Buffum has furnished us with the list of toasts which follows. The toastmaster was Dr. N. Alden Bolles.

TOASTS.

BANQUET BEATITUDE:

"Blessed are they who speak short, for they shall be asked to speak again."

Dr. N. Alden Bolles.

DR. A. T. STILL, THE HONORED FOUNDER OF OSTEOPATHY:

"Whose skill was almost as great as his honesty; had it stretched so far, it would have made nature immortal, and death should have play for lack of work."—SHAKESPEARE.

Dr. Nettie H. Bolles.

OUR DEBT TO OUR BROTHERS, THE M.D.'s:

"Physicians are of all men the most happy; whatever good success they have, the world proclaimeth; and what faults they commit, the earth covereth."—QUARLES.

Dr. L. S. Brown.

THE DEAR PUBLIC AND HOW TO EDUCATE IT:

"'Tis education forms the common mind; Just as the twig is bent, the tree's inclined."

—POPE.

Dr. G. Harry Buffum.

THE A. A. A. O.—ITS PURPOSE AND USEFULNESS:

"In unity there is strength."

Dr. L. B. Overfelt.

WHAT SHALL THE HARVEST BE?

"The old order changeth, yielding place to new,
And God fulfills Himself in many ways."

Mrs. Catharine Westendorf.

MICROBES—ARE WE SAFE?

"Great fleas have little fleas upon their backs to bite 'em;
And little fleas have lesser fleas, and so *ad infinitum*."

—HUDIBRAS.

Dr. Frances Bayley.

THE ATLAS:

"As if a man should be dissected,
To find what part is disaffected."

Dr. Martha Barstow.

A BIT OF ANCIENT HISTORY:

"Medicine is like pins—The boy's definition of pins—'They have saved the lives of lots of people by their not swallerin' 'em.'"

Dr. Cora Goodrich Parmelee.

THE CLIMATE:

"Accuse not nature, she hath done her part;

Do thou but thine."—MILTON.

Dr. Winifred Streeter.

THE FACULTY:

"The best we can do for one another is to exchange our thoughts freely."—FROUDA.

Miss Hettie M. Ross.

Many a man has failed in love, politics, and business, because there was no one to abuse him at the right time.—*The New Lippincott.*

Constipation.

A REPORTED CASE.

W. F. DICKEY, D. O.

Mr. B., a man about 40 years of age, came to the clinic (Los Angeles) in October, 1900. He suffered from a variety of difficulties, chief among which was constipation.

It was a case of long standing, which fact had contributed to a complication of troubles, viz.: Bronchial asthma and a general catarrh of the upper air passages, including a partial loss of voice. There were loss of appetite, nausea and epigastric tenderness, headache and dizziness. Palpation indicated impacted feces in the sigmoid flexure, and there were evidences of paralysis of the descending colon and sigmoid flexure.

Patient stated that he had not had a natural movement of the bowels for four months previous.

Upon physical examination of the back it was found that the longissimus dorsi and continuations were intensely contracted and were unyielding as a rope of steel wire, and there were sensitive areas in the interscapular region.

I inhibited strongly at the 4th, 5th, and 6th dorsal, my inhibitory pressure lasting from three to five minutes. Then I gave a direct treatment of the intestines which was stimulatory in character. With the flat of my fingers and the palms of my hands I gave a gentle though systematic treatment directly over the large bowel in the direction of natural peristalsis, commencing at the sigmoid flexure and working back to the cæcum. I then thoroughly relaxed the tissues in the cervical region, about the cervical sympathetic and vagi. I relaxed the deep posterior cervical muscles, and treated directly over and about the larynx. The lower bowel was thoroughly cleaned out by an injection.

Patient commenced to improve from the first treatment, and in one month's time was able to go to stool daily and have a natural daily move-

ment of the bowels. With improvement along this line came also a return to normal on the part of the larynx and lungs.

By the inhibition used at the 4th, 5th, and 6th dorsal, I lessened the painful (irritating) impulses arriving at that point over sensory nerves from the peripheral apparatus in the mucosa of the digestive viscera. According to Head's law, a painful stimulus in a part of low sensibility is referred to a part of higher sensibility in close central connection with the part in which the stimulus originates. It was plain that the secretions of the digestive tract were disproportionate and partially deficient. Such a condition would induce fermentation, the development of gases and of bacteria, and thus an irritable condition would be set up.

By the inhibition, I arrested for a time the irritating impulses and allowed nature a chance to take a step towards the normal. This movement also relaxed the contracted muscles of the region referred to, and thus lessened the extent of disturbed circulation. By increasing the blood-supply of that area of the cord, the tone of the fibers distributed to the affected viscera was increased.

The direct treatment of the abdominal wall produced stimulatory impulses which traveled reflexly to the affected viscera and aided peristalsis.

The "fecal reservoir" has sensory and motor nerves from the 2d, 3d, and 4th lumbar nerves, stimulation of which causes peristalsis. Therefore a stimulating treatment was given in that region. This was followed by a gentle stimulation of the liver to increase its secretion. I thoroughly relaxed the superficial and deep cervical muscles. By so doing, two things were secured: (1) an equalizing of the circulation, which partially removed the headache and relieved the congested larynx; (2) relief was afforded the impinged vagus, which normally causes peristalsis by its stimulating impulses to the bowels. Also the labored breathing and spasmodic pain in the lungs were mate-

W. H. BROWN, D. O.

ment of the bowels. With improve- ment along this line, the patient is able to remain in the bed to the satisfaction of the family.

By the institution of a regimen for a few days the intestinal impasse and a- bowel movement is restored to its normal condition. The movement of the bowels is restored to its normal condition by the institution of a regimen for a few days. The movement of the bowels is restored to its normal condition by the institution of a regimen for a few days.

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W. H. BROWN, D. O.

W. H. B. is a man about 40 years of age, married to the wife (Mrs. A. B.) in October, 1888. He entered from the office of Dr. B. C. D., being engaged in the practice of medicine.

It was a case of long standing, which had had but little relief from the use of various remedies. The patient was suffering from a general debility, and was unable to perform his duties. The bowels were constipated, and the patient was suffering from a general debility.

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rially lessened, showing that the obstruction to the vagi whose fibers supply muscles of the bronchioles was being removed.

The bad condition of the larynx and lungs was brought about as a sequel to the constipation. It was a matter of referring the irritation from the primary seat over lines of least resistance and thus affecting reflexly other, though remote, organs. The storm of irritating impulses arriving at the solar plexus traveled via the splanchnics to the chain of the sympathetics and cord to the medulla, and thence reflexed onto the pneumogastric. The implication of other organs may have been due in part to the ptomaines in the blood.

—*The Osteopath* (Los Angeles).

The Cause of Baldness.

The hair of the head was evidently intended by nature as a protection to the delicate brain substance, and it would no doubt answer this purpose admirably if it were given the opportunity.

It is generally supposed that baldness, like gray hair, is a necessary accompaniment of advancing age; but this is only because the older a man is, the more time he has had to neglect and abuse his hair, and so the more likely he is to have lost it.

Some men are more prone to baldness than others because of thinness of the scalp, which interferes with the proper blood supply to the hair roots. This is often a family failing; but in such cases baldness might be prevented or postponed for many years by care. In a few instances the hair falls out as a result of some special disease, but for the great majority of men there is absolutely no reason why, if properly treated, the hair should not last as long as the man.

The chief cause of baldness is pressure by the hat, which constricts the blood-vessels and so interferes with the nutrition of the hair bulbs. It is probable also that the shutting off of

light and air helps the mischief.

There are many facts which go to prove this. In the first place, women rarely become bald. They wear hats, it is true, but their hats are not airtight casings, nor do they make pressure round the head like a man's hat. Then baldness is almost unknown among savages, who wear no hats, and is comparatively uncommon with men in the tropics, where very light hats are worn.

Laborers are less prone to baldness than professional and business men. This has led to the belief that brain-work favors baldness by withdrawing blood from the scalp; but this is only self-flattery on the part of those who advance this theory. Laborers generally wear soft felt hats or caps, which are apt to be pushed to the back of the head, so that the scalp gets plenty of light and air.

As further proof, we find that the baldest men usually have sufficient hair at the back and on the sides of the head, below the hat line.

The inference is plain—wear a soft hat or none at all. If custom forbids this, then the best a city man can do is to wear his hat as little as possible, and never to keep it on in the house or office.—*Youth's Companion*.

“What a debt we owe to medical science!” he said, as he put down the paper.

“Good heavens!” she exclaimed, “haven't you paid that doctor's bill yet?”—*Chicago Post*.

A swimming bath is perhaps the most complete practice known to athletics. It combines sport, physical culture, the liberation of the body from burdensome clothing, and a general quickening of the circulation.

A “dip” on one of the beaches involves much more than the mere matter of cleanliness. It includes about everything that belongs to recuperative devices. Don't be afraid to bathe early and reasonably often!

—*Medical Record*.

Graduates of the B. I. O.

Arthur D. Baker,
Roswell Fergus Connor,
Howard Tribou Crawford,
Mrs. Alice M. B. Sisson,
William Russell Spaulding,
Frederick Horace Williams.

Frank LeRoy Purdy, M. D.

Julia Cogswell Clarke,
Frank Augustus Dennette,
Mrs. Mary Ella Noyes Farr,
Ella Nina Fellows,
Ellis Edwin Foster,
Laura Josephine Martien,
Florence Gertrude Olney,
Clarence Hugh Wall.

Mrs. Delphine D. Clement Bouvé,
D. Wendell Coburn,
John Alexander Dawson,
David Hayes Elliott,
Charles Everest Fleck,
John McClure Gove,
Jessie Barbara Hardie,
Josephine S. Harlow,
Harry Jessup Olmsted,
John R. Purdy,
Alice Anna Robison,
Amos Osbern Sherwood,
George Colby Taplin.

Frank Clyde Leavitt, M. D.,
*James Anderson Riley.

John Clifford Bishop,
Bertha Elizabeth Carter,
William Augustus Foster,
Lynn van Horn Gardine,
Henry Armitt Brown Gilbert,
Denis Webb Granberry,
George William McPherson,
William Banks Meacham,
Kate Lincoln Rogers,
Jesse Clarence Spaulding,
James Edward Strater,
Clara Leona Todson.

*Deceased

Mrs. Anna Waldron Byrkit,
Francis Killpatrick Byrkit,
Edith Frances Child,
Louis John Gerla,
Mary Ann Heard,
Marion Emeline Kendall,
Goodwin Ransden,
Ord Ledyard Sands,
Helen Gertrude Sheehan,
Frederick Aldrich Webster,
Mrs. Nellie Connor White.

There are in business three things necessary—knowledge, temper, and time.—*Feltham*.

Learn to keep still when you rest. When you move, move only with the part of the body needed; do not waste your force by walking with your arms and face as well as with your legs. If circumstances force an unusual amount of exertion upon you, break it now and then by periods of absolute rest. No matter how brief they are, they will be useful if you make them complete.

This is true of mental as well as bodily exertion. A minute or two of quiet, with closed eyes if possible, with your tension thrown off for the moment, will refresh you greatly. Here, again, more may be gained if the ability to relax mentally can be secured, in a fashion similar to the withdrawing of muscular tension. Learn to empty your mind when not using it.—Dr. John Mitchell, in *Harper's Bazar*.

Tourist in New Jersey (apprehensively).—"Don't you find the Jersey mosquitoes pretty vicious?"

Jersey Native (indifferently).—"Not at all! Why, they'll eat right out of your hand!"—*Puck*.

Yellow-Fever Culex.—"Anopheles, have you sent your bill into Jones yet?"

Anopheles.—"No, he has only received my note."—*Life*.

Boston Institute of Osteopathy.

Our Ninth Class convenes Monday, September 9, 1901.

For new catalogue, write to the city office.

178 Huntington Ave.,
Boston, Mass.

Diseases Treated.

The following so-called diseases have been successfully treated by Osteopathy, and in many cases after many other methods had failed. We benefit at least ninety-five per cent. and cure seventy-five per cent. Of course, some wait until they have lost reactive power;—such we do not want and frankly tell them so.

Eye and Ear.—Granulated Lids, Weak Eyes, Astigmatism, Ear Troubles.

Heart and Lungs.—Pneumonia, Incipient Consumption, Pleurisy, Irregularities of the Heart.

Liver and Kidneys.—Jaundice, Torpid Liver, Gall Stones, Biliousness.

Bladder and Urethral Diseases.—Enlarged Prostate, Cystitis, Incontinence of Urine.

Stomach and Intestinal Disorders.—Catarrh of Stomach or Bowels, Flatulency, Dyspepsia, Indigestion, Constipation, Hemorrhoids, Flux, Dysentery.

Dislocations and Deformities. Hip and Joint Diseases, Spinal Curvatures, Dislocations, Sprains, Stiff Joints, Atrophy.

Nervous Diseases (so-called). Neurasthenia, Headaches, Sciatica, Tic Douloureux, St. Vitus' Dance, Neuralgia, Paralysis, Hay Fever.

General Diseases.—Rheumatism, Asthma, Catarrh, Goitre, Eczema, Bronchitis, Wry Neck, Enlarged Tonsils, Loss of Voice, Milk Leg, Varicose Veins, Erysipelas, Cold Extremities, Dropsy, Malnutrition, Lumbago.

Diseases of Women a Specialty.

Incurable Diseases.—A number of difficult or even hitherto incurable diseases have had their progress arrested and their symptoms greatly mitigated by osteopathic treatment. Occasionally, in some of these, complete cure has been made. Such are Consumption, Bright's Disease, Deafness, Diabetes, Insanity, Locomotor Ataxia, Paralysis Agitans.

New Clinical Rooms.

Beginning September 10th, 1901, the daily Clinic in charge of the Senior class will be held at "The Westcourt," 164 Longwood Avenue, two doors north of Huntington Avenue. Take only *light-blue* Huntington Avenue cars, and get off at Longwood Avenue.

Examinations free; held from 9 to 10.

Treatment \$4.00 per month, payable when treatment begins. This department is intended only for patients who are unable to pay regular rates, and must be restricted to such, to check over-crowding.

Every possible courtesy will be shown to patients, consistent with the object for which the clinic was established.

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Every day letters are received at this office, asking for the address of some Osteopath in this or that city, from one end of the country to the other. If regular graduates would carry professional cards in the osteopathic magazines, they would find that it would be appreciated by their friends, who would be enabled to furnish their addresses to prospective patients.

For less than the income derived from one patient, an advertisement can be carried in any of those magazines. There is not a standard osteopathic magazine published but would bring increase of practice. Patronize them and economize in some other direction.

For twenty-two dollars per year (payable semi-annually) the *Boston Osteopath* will carry a one-inch display ad., furnish 50 copies per month, and give at least four reading notices. This means that your ad. will appear in about sixty thousand copies of the magazine, and reading notices in at least twenty thousand copies, at an expense of \$22.00. For thirty dollars, a two-inch ad. will be carried in like manner. A card of this kind will secure you business.

This magazine proposes to help its advertisers.

The Directory has been discontinued.—C. E. A.

Little Girl.—"Mother, I feel nervous."

Mother.—"Nervous! What is nervous?"

Little Girl.—"Why, it's being in a hurry all over."

Deplorable, isn't it, that we're not, every one of us, the one man in a thousand to twist the tail of every flirtatious opportunity? But it's a healthy sign for the country, if we only recognize the fact.

—*Shop Talk.*

Too Violent Exercise.

Dr. Barnays, an eminent St. Louis physician, has caused something of a sensation among the golf players of that city by saying publicly that the recent death of Wayman McCreery, a prominent member, was caused by too constant and intense exercise upon the links. Mr. McCreery was fifty-one years of age. He was an athlete, accustomed to much exercise, but was growing, as he and his friends thought, too corpulent, and by their advice he took up golf to reduce his weight. He played so much and so hard that in a short time he had trained off thirty-eight pounds. Then he sickened and died. Dr. Barnays, after stating the facts, declared, "Wayman McCreery was a victim of golf," and then took occasion to say:

The time when men are approaching or passing their half-way milestone of life's journey is the critical time which turns the vital tide either for or against continued health and longevity. I do not think there is a more dangerous thing for a man of fifty or more to do than to change radically his mode of life in any way that will comprehend more work either physically or mentally. In any event do not take off weight rapidly.

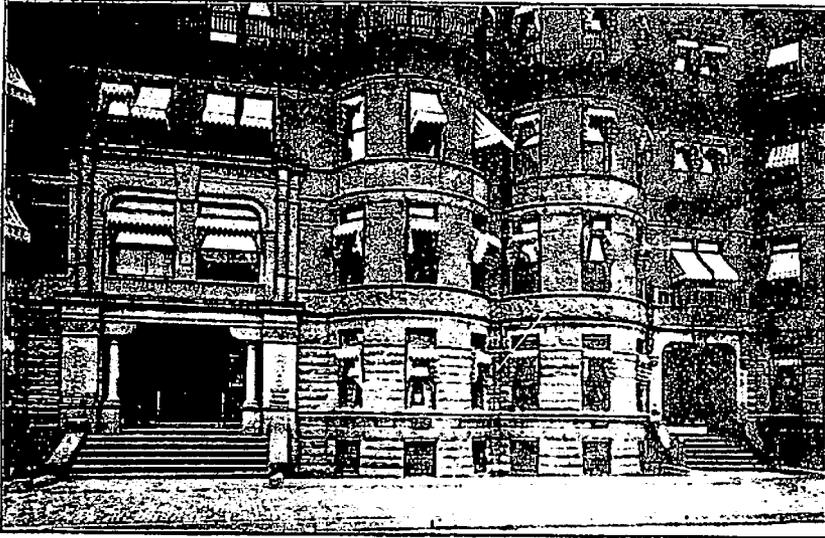
To professional and business men who have reached the middle age I should say: "Do less than you have been doing, and do not take off weight rapidly." The golf fad for busy men who have become corpulent while doing hard work is a dangerous experiment.

This seems to us sound and timely, for we have known a number of men, including two of much prominence in New Hampshire, whose deaths we believe were indirectly caused by too violent exercise taken systematically for the purpose of reducing their weight, which they and their physicians thought was too great. Whoever puts upon any machine many times the amount of work it was designed and has been accustomed to do, wrenches and wears it, and hastens its collapse; and the human machine, while it will bear more abuse than any other, is not proof against all excesses that its managers can force it to.

—*Manchester (N. H.) Mirror.*

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"Have you had your horoscope cast?" the Boston girl asked. "No," said the man from St Louis, "but I have had my vermiform appendix cut out."—*Chicago Times-Herald*.

How gentle should we be, if we were not provoked! how pious, if we were not busy! the sick would be patient, only he is not in health; the obscure would do great things, only he is not conspicuous!

—JAMES MARTINEAU.

Every man has his own vocation. There is one direction in which all space is open to him.—EMERSON.

He.—"He's in the push all right."

She.—"How did he get there?"

He.—"Oh, he had a pull."

—*Detroit Free Press*.

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