

Now & Then

STILL NATIONAL OSTEOPATHIC MUSEUM

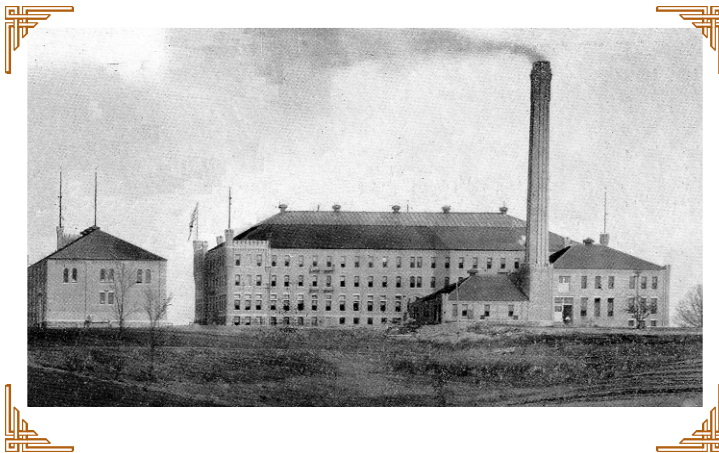
NATIONAL CENTER FOR OSTEOPATHIC HISTORY



INSIDE THE STILL-HILDRETH



In the last issue of *Now & Then*, we described the Still-Hildreth Records Project, in which early patient records from the Still-Hildreth Osteopathic Sanatorium – the world’s first osteopathic psychiatric facility – were being prepared for research use. In this issue, we present some previously unknown details about the early operations of the SHOS.¹



Rear view of main building as seen from the large lake

In August 1913, Drs. Charles and Harry Still approached their longtime friend, Dr. Arthur Hildreth,² about opening an osteopathic sanatorium at the former Bles Military Academy in Macon, Missouri. Hildreth, who believed that osteopathic principles were as applicable to mental disorders as to physical ones, quickly agreed to manage the new facility. The SHOS opened on March 1, 1914, with three patients; by June, there were 35-40 residents, and by the end of the first year of operations, 138 people had been treated.³

The sanatorium facility consisted of a large, four-story main building, an adjacent wing, and a smaller freestanding building a short distance away. A 1915 brochure describes the facility in great detail, giving

strong emphasis to the beauty of the grounds and the fireproof construction of the buildings. Patients were offered the use of 120 sleeping rooms and 12 “apartments De Luxe,” as well as dining room, library, music room, gymnasium, treating rooms, auditorium, and an immense sun parlor. (The nearly building-long skylight above the sun parlor remains today as one of the building’s landmark features.) Difficult, unruly, and/or dangerous patients⁴ were isolated in the wing or annex (the actual location changed over time). The SHOS grounds encompassed 270 acres of rolling hills and woods, with gardens, two artificial lakes, a 220-foot greenhouse, and a full dairy operation that supported a much-prescribed milk diet.



Sun parlor and court

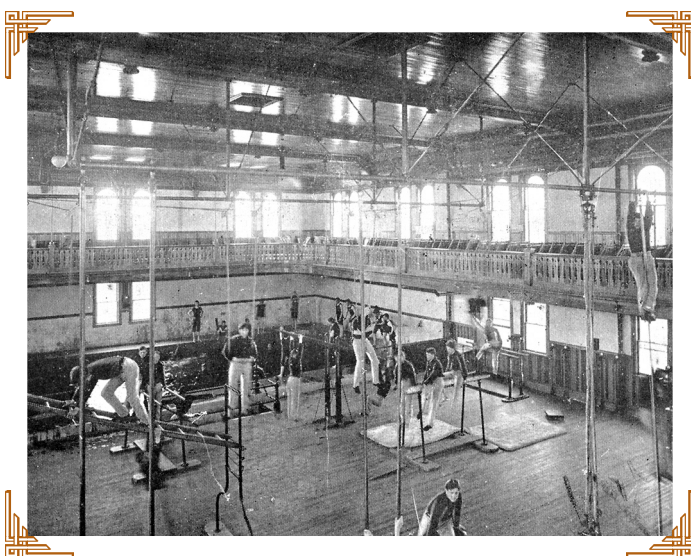
The sanatorium was located on the southern edge of Macon, with the buildings fronting the main north-south highway (today known as U.S. Route 63). Patients arrived by car or by train via the Wabash and

Burlington rail lines. Some traveled alone, but most were accompanied by relatives, friends, officers of the law, personal physicians, or SHOS personnel.

The therapeutic philosophy of the SHOS's founders was summarized in an early promotional brochure:

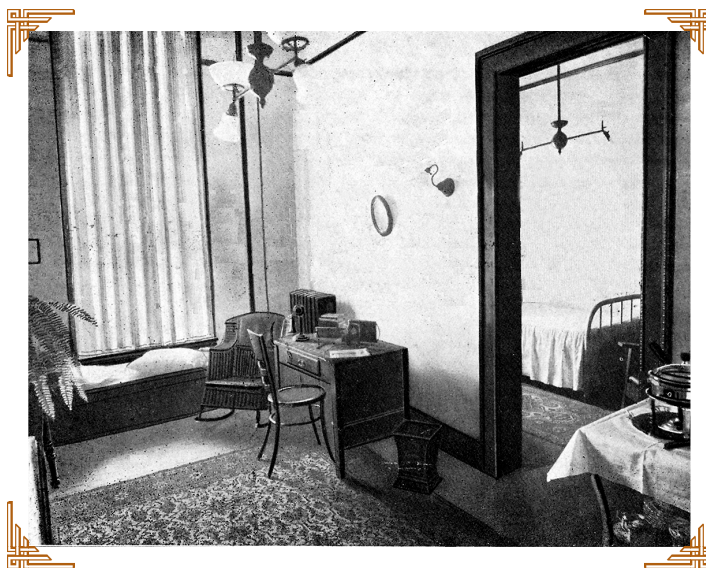
This Sanatorium was created for the purpose of curing patients, not simply to care for them. Every patient receives careful, specific, individual attention and the treatment that will guarantee the greatest possible benefit. Osteopathy deals with causes and causes removed, as a rule, cure the patient. Our motto is: A normal body produces a sound mind.⁵

The records show that this philosophy was implemented through a wide range of therapies, including osteopathic manipulations, diet, exercise, hydrotherapy, and medications. Patients also received treatment for ordinary physical ailments such as dental problems, and were sometimes sent to the American School of Osteopathy hospital in Kirksville for surgery or other procedures not handled by the SHOS staff. Residents were encouraged to participate in recreational and social activities, with their ability or willingness to do so viewed as indications of their progress toward wellness. Choices included music, card-playing, billiards, knitting and other handwork, and special events such as dances, holiday parties, and chautauquas. Those with grounds privileges were allowed outside for sports, lawn games, fishing, skating, gardening, and the like, while others were permitted to go to town (both supervised and unsupervised) for shopping, movies, or church.



Gymnasium, in a photograph from the facility's days as a military school

The patient population ranged in age from 3 to 91, with the great majority between the ages of 25 and 53. There were nearly equal numbers of males and females, with patients separated by gender at night but allowed to mingle at other times. (There is no mention of a separate ward or special arrangements for children.) Thirty-three percent were from Missouri, and an additional 47 percent from Iowa, Illinois, Kansas, Indiana, Oklahoma, and Nebraska; the remainder came from nearly all of the continental United States, as well as from several foreign countries.



Patient suite

The most common diagnosis was dementia praecox, or schizophrenia, listed for an estimated 30 percent of patients, followed by manic depressive psychosis (also called recurrent melancholia or recurring depression) at 16 percent. Not all cases were psychiatric in nature; for example, epilepsy and arrested development were among the presenting diagnoses. In addition, family members escorting a patient occasionally checked themselves in as well; not surprisingly, many of these were found to be in need of treatment to relieve the physical and emotional strain of caring for their ill relative. There is also evidence that a few area residents looked upon the SHOS as their local medical facility and went there to be treated for chronic and/or acute physical problems such as goiter or bronchitis. The amount of time patients remained at the institution ranged from a day (often noted as "Examination only" or "Examination and opinion") to many years. Patients were discharged for a variety of reasons, including cure or "practical recovery" (i.e., the person could function outside the institution); transfer to another institution; the patient and/or family's desire to have the patient back at home; inability to pay the SHOS fees; escape; and death (both natural and suicide).

Treatment at the SHOS did not come cheaply. According to the 1915 patient brochure,

Our rates range from \$20.00 per week upward, depending upon the care, attention and amount of treatment and room occupied by the patient. This price per week includes room, board, treatment and general nursing, but not the patient's personal laundry. ... The average patient who does not require special attention can be cared for nicely for \$25.00 to \$35.00 per week.

Notes in individual records give the cost of treatment as \$100 per month in 1918 and \$35 per week in 1923. Some patients were apparently allowed to offset part of their fees by working as attendants.⁶

The Still-Hildreth Records offer a fascinating glimpse inside an institution that was both unique and at the same time representative of its day. The overall impression is of a new understanding of mental disorders – based on osteopathic tenets such as the body's interconnectedness and self-healing properties – and a sincere attempt to improve on the standard of care for those who suffered from such problems. We look forward to the additional light that scholars will be able to shed on this important part of osteopathic history.

Cheryl Gracey, former curator

The Still-Hildreth Records are now open for research use. A master data list and finding aid (including appendices for patient profile, diagnoses, treatments, activities, personnel, miscellaneous items of interest, and possible areas of inquiry) are available. Researchers are advised to check with the curator prior to visiting the Museum.

¹ All quotations and photographs are from *Still-Hildreth Osteopathic Sanatorium, Macon, Missouri*, ca. 1915, (brochure ST-H-1, Still-Hildreth Osteopathic Sanatorium Collection, Still National Osteopathic Museum). Support for the project was provided by the Northeast Missouri Osteopathic Charitable Trust and the Collections Fund of the Still National Osteopathic Museum.

² The Still brothers were sons of Dr. Andrew Taylor Still, founder of osteopathic medicine. Arthur Hildreth was a family friend, one of the first students and later a faculty member of the American School of Osteopathy, and a founding member of the American Osteopathic Association.

³ Hildreth, A.G., *The Lengthening Shadow of Dr. Andrew Taylor Still* (1938), p. 269; *Still-Hildreth Osteopathic Sanatorium, Macon, Missouri* (ST-H-1).

⁴ There are few specific mentions of violent behavior; disturbing other patients seems to have been the most common reason for being sent to one of these special wards.

⁵ [ST-H-1], pp. 4-5.

⁶ For cost of treatment, see [ST-H-1], p. 29, and patient records 025 and 1474. According to the American Institute for Economic Research, these figures represent weekly rates of \$309-\$597 in today's dollars (www.aier.org; accessed 9-11-06). For a sample work arrangement, see patient record 321.

CHAPMAN'S REFLEXES MATERIAL DISCOVERED IN JOHNSTON COLLECTION

Researchers interested in Chapman's reflexes may be excited to learn of some new resources discovered among the files of Dr. William L. Johnston (1921-2003), a prominent osteopathic educator and researcher whose personal papers have recently been donated to the Museum by his family. The manuscripts, letters, and other items (approximately four inches of material dated ca. 1941-44) primarily relate to the work of Charles Owens, D.O., with Chapman's reflexes and technic, as conveyed by Owens's assistant, A.D. Ketcham. Many of the items are carbon copies received by Dr. Grace R. McMains, a 1904 graduate of the ASO who worked in Baltimore and died about 1972. It is not yet known how Dr. Johnston came to have these items in his files or what use he made of them.

In normal archival practice, individual parts of a collection are not opened before the entire set has been processed. However, given the importance of this Chapman's reflexes material, the Museum has decided to make it available to researchers now. A detailed listing is available (subject to change as the Johnston Collection continues to be processed); contact Curator Debra Summers at the Museum or by email at dsummers@atsu.edu.

The National Center for Osteopathic History of the Still National Osteopathic Museum will be closed from December 4, 2006, through January 13, 2007, for collections management. No action will be taken on research requests or inquiries during this time.

EXHIBIT NEWS

Despite the Body of Evidence – A New Exhibit

In August, the Museum opened its latest and largest exhibit, titled “Despite the Body of Evidence.” This six-part exhibit traces the Western history of anatomical study from ancient Greek medicine to the present.

Utilizing various artifacts and reproduced images, the first section addresses the various dilemmas that early physicians faced when studying medicine. Taboos against human dissection forced ancient and medieval students of medicine to base their knowledge of internal anatomy on that of animals, such as pigs and monkeys. Slowly over time, however, taboos lessened. With the onset of the inquisitive rationalism of the European Renaissance, modern medicine had firmly established its roots.

By the 17th century, students and physicians were allowed to examine the human body in its entirety, contributing to many notable advances in the biological sciences. From the onset, however, there was a problem. Many medical schools had access to only a small number of bodies at any given time. In the course of two and a half centuries, physicians and governments alike pushed for legal reform to solve the problem. When no one presented a constructive solution to the situation, a grizzly but pragmatic era in medical history emerged – that of bodysnatching (exhibit section two).

Section three features a transparent anatomical mannequin, Ceres. Even as a static piece (lacking her original audio and lighting systems), she receives plenty of attention from visitors of all ages. The plans are to create new operational systems during the next year that will bring her figuratively back to life.

In the fourth section of the exhibit, visitors learn just how difficult it was to start up a legitimate medical school in the late 19th century – especially an anatomical program. Sections five and six, respectively, address the development of cranial osteopathy and feature

selected dissection photos and artifacts from the everyday life of medical students (mostly 1920s-30s).

Rounding out the Year

Before moving on to other large-scale exhibits, we plan to spend a few months completing some smaller projects. The list includes refurbishing the Still Family Cabin and First School Building (ASO) with new props, artifacts, and interpretation, and installing the Museum’s first-ever video technology in a newly created lead-in exhibit in our History of Medicine section. We will also



be redesigning and adding artifacts to a portion of the Grayson Smith Period Room. Finally, we will be installing a new window exhibit and creating three new stations for The Healer Within® traveling exhibit.

2007 and Beyond

The next planned major exhibits include the Dr. William L. Johnston Gallery, highlighting key osteopathic medical research and researchers; the completion of the Historic Medicinal Plant Garden in 2007; and a retrofit of the Osteopathic Manipulation exhibit (2007-08).

Recent Donations

Mary Ann Cateforis: Donation of papers and personal artifacts from Dr. Harley Linebager (1911).

Ben Beard: Donation of porcelain plate with a hand-painted image of the Columbian School of Osteopathy.

EXCELLENCE AND HUMILITY: ALICE PATTERSON SHIBLEY, D.O. (1862-1925)

Alice Patterson did it all. At a time when married women were expected to remain in the home, she was a doctor, a teacher, and a leading figure in the early development of the osteopathic profession. She balanced all this with the responsibility of motherhood, and even found time to become an accomplished photographer. She left behind a legacy of zeal for the compassionate work of osteopathic medicine. As a recent intern at the National Center for Osteopathic History of the Still National Osteopathic Museum, I have taken a small part in helping to preserve that legacy.

The Museum's Alice Patterson Collection contains more than 100 historical items, including letters from the Still family and other friends of Alice, manuscripts of articles she published in the early *Journal of Osteopathy*, newspaper clippings related to her illustrious career, and many, many photographs. My first task was to protect these items by placing them in plastic sleeves and acid-free folders and document boxes. Next, I worked to identify the people and places referenced in these items. I paged through volumes of journals from the turn of the last century, searched through the Museum's biographical files, and cross-referenced photographs with information provided by Alice Patterson's family. I contacted one of her surviving family members for information about the family tree. Finally, I assigned each item a number and created an organized list, called a finding aid, which makes the collection accessible to researchers.

Of course, I learned a lot about Alice Patterson in the process. I was most impressed by her capacity for achievement in a time when women had so few opportunities. Upon graduating with the second class of the American School of Osteopathy in 1895, she took up several faculty positions, including lecturer of obstetrics and gynecology, clinical instructor, and first assistant of the maternity hospital. After establishing a highly successful private practice, she served as president of the District of Columbia Osteopathic Association for several

years. At the age of 56 – two years before women had the right to vote – she became vice president of the American Osteopathic Association. Amidst her many accomplishments, she remained dedicated to both excellence and humility, and never flagged in her enthusiasm for osteopathy. In a manuscript found among her papers (apparently a draft for a 1927 speech), she quoted a poem called “My Chosen Service,” by John Comstock:



Alice Patterson Shibley
in her wedding dress, 1906
Donor: Quentin Smith [1999.10.47]

*I ask for skill of hand
And power of mind,
In this, my Chosen service to mankind.
I ask for friends as my chief recompense.
I ask for modesty, and confidence,
For modesty that I may come to know
My lack and, knowing it, to grow, ...*

She went on to explain, “I ‘chose’ to be an Osteopath because I felt that my greatest service to mankind could be given [through] this healing channel. ... My enthusiasm and confidence in this system of healing increases as time goes on and I ‘grow’ in knowledge which the years of experience [bring].”

Talia Linneman, Truman State University graduate student

Updated travel information to Kirksville for Museum/NCOH patrons and researchers; starting November 5, 2006 Mesa Airlines Schedule (Kirksville)

Monday-Friday

Departure	Arrival
MCI 8 a.m.	IRK 8:40 a.m.
IRK 8:55 a.m.	MCI 9:35 a.m.
MCI 4:45 p.m.	IRK 5:25 p.m.
IRK 5:35 p.m.	MCI 6:10 p.m.

Saturday

Departure	Arrival
MCI 8 a.m.	IRK 8:40 a.m.
IRK 8:55 p.m.	MCI 9:35 a.m.

Sunday

Departure	Arrival
MCI 4:45 p.m.	IRK 5:25 p.m.
IRK 5:35 p.m.	MCI 6:10 p.m.

SOMETHING NEW – INTERNATIONAL EXHIBITS

For years, the Museum has been serving the research needs of D.O.s and historians in other countries and has enjoyed visits from those who made their way to Kirksville. Recently, however, we have entered a new era of international outreach: taking Museum resources abroad.

It all started a year ago when the Museum was invited to set up a display in Schlangenbad, Germany, for the VOD Kongress. This annual German osteopathic conference focuses on osteopathic manipulative medicine and draws participants from all over Europe. At the Museum's display, students and instructors could read historic books, review yearbooks from the American School of Osteopathy, view images of Dr. A.T. Still, and use the finding aids that identify documents and images in the Museum collections. The display was well attended, with more than 300 visitors. It was a great networking opportunity, with one outcome being a visit to Kirksville this summer by several leaders of the German osteopathic profession.

The event was so successful that the Museum was invited to return again in October 2006. This time we are hosting a technical resource center featuring scanned images of the Andrew Taylor Still Papers (see related article), computers to locate information, and rare artifacts from the Museum, including Dr. Still's own boots and a prototype helmet used by Dr. William Sutherland in his early cranial experiments.

Director Jason Haxton and Curator Debra Summers first tested the feasibility of taking actual artifacts out of the country when they traveled to Montreal's Symposium d'Osteopathie de Montreal in June 2006. Ensuring the safety of the artifacts – not to mention getting human bones past wary customs personnel! – was a challenge but worth the effort. The attendees were receptive, and the artifacts created a memorable event for the 25-year anniversary of the Montreal school's founding. The curator and director are now looking at policies and safety needs for future requests that may involve the loan or display of Museum artifacts off the Kirksville site. The number of such requests is increasing as appreciation for osteopathic medicine grows worldwide and more D.O.s want to connect with their heritage.

AAOA SPECIAL PROJECTS FUNDING

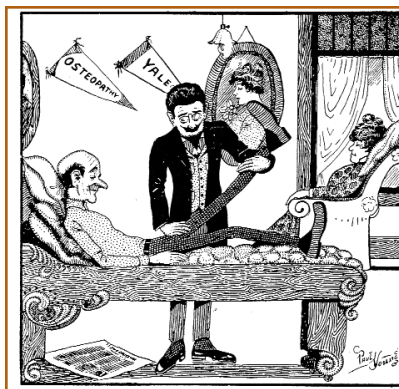
Andrew Taylor Still Papers

In December 2005, the Museum was awarded a grant from the Advocates for the American Osteopathic Association (AAOA) Special Projects Fund for the digital scanning of handwritten and typed manuscripts from the Andrew Taylor Still Papers. This grant is part of a larger project to preserve the Museum's collections and make them more readily accessible to the public.

During the past several months, a digital technician working part-time has scanned more than 7,000 documents. Each was scanned at a high resolution at its original size, and no cleaning or adjustment was made to the scanned images. This allows researchers to "see" the original pieces. The documents were then burned to CD/DVD and coded to match the Andrew Taylor Still Papers Finding Aid.

The AAOA grant has enabled us to display samples of A.T. Still's handwriting and make these rare documents available to researchers online. The scanning will also extend the longevity of the originals by reducing on-site handling by researchers and Museum personnel, and provides a valuable backup in case anything ever happens to the originals.

These scanned manuscripts have already been shown at the VOD Kongress (German osteopathic conference) in Schlangenbad, Germany, and at the Museum's booth at the AOA convention in Las Vegas.



Jack Spratt was always sick,
His wife was never well.
So 'twixt them both the family
doc
Could dress himself quite swell.
At last they called an Osteo-
path
Who put them on their feet,
And now they have the best of
health
No matter what they eat.

Osteopathic "Mother Goose" Postcard No. 3
Donor: KCOM [PH 875]

MUSEUM HOSTS THIRD “SECRET GARDEN” TEA



Museum's 19th-century medicinal garden



Dr. Steve Carroll speaking to guests at the Museum tea

On June 23, the Museum held its third annual “Secret Garden” tea, centered around the Historic Medicinal Plant Garden. This outdoor exhibit showcases a variety of plants used for therapeutic purposes in 19th-century America, as documented from books in the Museum collections. The garden design also includes features intended to provide a relaxing atmosphere, such as shady benches and a small fish pond and fountain.

Once again, the tea was held in Heritage Hall on the A.T. Still University Campus. More than 80 members of the Kirksville and ATSU communities enjoyed a light lunch and a presentation by Steven Carroll, Ph.D., professor of biology at Truman State University and co-author of *Ecology for Gardeners* (Timber Press, 2004). Dr. Carroll's program was entitled “The Foxglove and the Grapes: A Gardener's Fable.” Exhibits Preparator Rob Clement provided tours of the garden before and after the program.

OUR CAUSE AND MISSION

The Still National Osteopathic Museum was established “to collect, preserve, and make available artifacts and related materials to communicate the history and philosophy of the osteopathic principles of body, mind, and spirit to a global audience.” In fulfilling our mission, we provide educational opportunities for communities and individuals who are unfamiliar with the ideas and methods of Andrew Taylor Still, M.D., D.O., and his followers. We tell them who we are and why osteopathic medicine is so important in its concepts and practices, and we provide informational exhibits and educational programs.

Please plan now to join us!!!!!!

As a nonprofit organization, we rely on our members, donors, and visitors to supply the funds needed to promote the legacy and tradition of Dr. Still. Just fill out the membership form on the last page of this newsletter and mail it to the Museum. You may also contact us by phone at 660.626.2359 or by email at museum@atsu.edu. Better yet – stop by the Museum and enjoy the artifacts on display, learn about the history of osteopathic medicine, and visit our gift shop. **We'd love to show you around!**

MEMBER REGISTRATION

D.O.s, please include your school and graduation year.

Name(s) _____

Address _____

City _____

State/Zip _____

Phone _____

Email _____

Would you like to receive the Museum newsletter by email?

Yes No

- \$5 Student \$100 Patron
- \$15 Resident/Intern \$500 Sponsor
- \$25 Associate \$1,000 Benefactor
- \$50 Friend \$5,000 Donor Laureate
- \$75 Research

Payment by Check # _____ (Checks drawn on U.S. banks only.) or MC V AE Discover

Acct. # _____

Exp. Date _____

Signature _____

Tax deductible to the extent of the law.

I would like to make an additional donation to the following fund(s)
 \$_____ Collections \$_____ Education \$_____ Exhibition

MUSEUM HOURS

**10 a.m. – 4 p.m. M-W, F • 10 a.m. – 7 p.m. Thurs.
 noon – 4 p.m. Sat.**

Closed on major holidays, during exhibit installations,
 and for special campus events.

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www.atsu.edu/museum

MUSEUM STAFF

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