

# **The Osteopathic Physician**

**December 1901**

**Vol. 1, No. 3**

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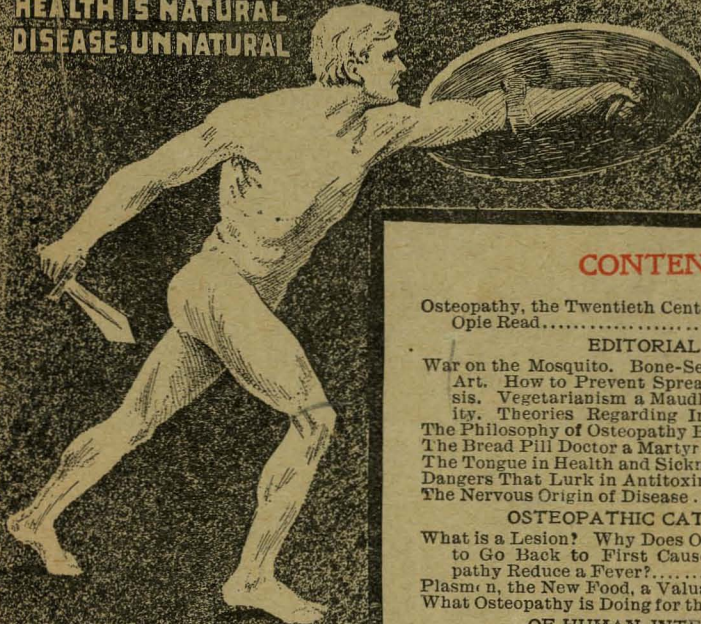
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HEALTH SCIENCE  
SIMPLY TOLD

# THE OSTEOPATHIC PHYSICIAN

HENRY STANHOPE BUNTING  
A.B., D.O., EDITOR

HEALTH IS NATURAL  
DISEASE UNNATURAL



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PUBLISHED MONTHLY BY THE  
OSTEOPATHIC PHYSICIAN PUBLISHING CO  
601-602 MARQUETTE BLDG, CHICAGO

10 CENTS A COPY

\$1 A YEAR

PROFESSIONAL CARDS.

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CHICAGO

and

KENWOOD :

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(Continued on back inside cover page.)

# THE OSTEOPATHIC PHYSICIAN

HENRY STANHOPE BUNTING, A.B., D.O., EDITOR.

A Popular Journal to aid those who, having health, wish to keep it, and others who having lost health, would regain it.

PUBLISHED MONTHLY BY THE OSTEOPATHIC PHYSICIAN PUBLISHING COMPANY.

Editorial Office: 57 Washington Street, Suite 500-504.

Publication Office: 601-602 Marquette Building.

Single Subscriptions, 10 cents the copy, \$1 the year. Every subscription must be paid in advance.

If any person who has not paid for it is receiving THE OSTEOPATHIC PHYSICIAN, it is because some one has subscribed in his name. Every paper is stopped at the expiration of the time paid for.

Liberal Terms to clubs of five or more subscribers.

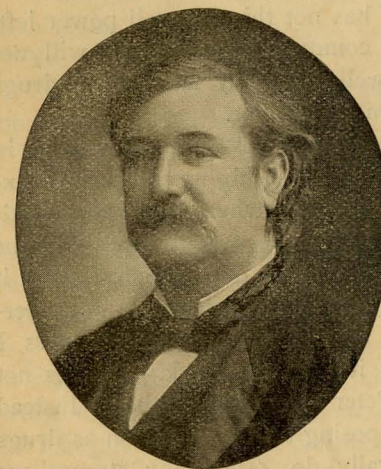
A Canvasser is wanted in every community in the United States and Canada. Address Publication Office.

THE OSTEOPATHIC PHYSICIAN will undertake to secure a representative practitioner for any good field where an Osteopathist is not available, if urgent demand is made by our readers. Address Editorial Office.

VOL. I.

Chicago, Ill., December, 1901.

No. 3



OSTEOPATHY THE TWENTIETH  
CENTURY MEDICINE.

OPIE READ.

An old physician when asked as to what in his opinion was to be the most noted advance of medicine within the next ten years, remarked: "The decrease of medication. Following sci-

ence, which always is in hand with nature, less medicine will be given. An old practitioner of today looks back with a shudder upon the days of his early life when the practice of medicine consisted in constant dosing. It seems that as surgery advances the giving of pills and powders decreases, and I believe that the time soon will come when the taking of medicine will be rare."

Many of the leading thinkers of both Europe and America believe that the most pronounced advancement in the curing of bodily ills is to be along the line of osteopathy. It is a fact that throughout the country no science is making more rapid progress. Even in remote communities where all advancements are slow and where a new idea is looked upon with grave suspicion, osteopathy has forced its way, against prejudice and organized opposition. So strong has been this prejudice that the legislatures of the differ-

ent states were called upon to pass laws declaring the practice illegal, but instances of notable cures were so frequent and so unmistakable that this movement resulted uniformly in victory for the new science.

A school of medicine is like a creed. It must be defended against all advancement, and as time moves on, bringing broader thought and greater development, this defense becomes more and more necessary. Religious dogmas find it essential to submit to liberalizing revision in order to stand before the people, and schools of medicine, which if anything yield to advancement in ideas slower than religious dogma, seem to think it necessary to organize a similar protecting process.

Of course there will always be great physicians, but the great physician is a man of great common sense. As long as he remains well within the boundary lines of his medical creed he is ordinary. It is the stepping beyond that has made him great.

Every one must acknowledge the value of exercise. Deprive a man of the use of his legs and his arms and not all the medicine in the world would keep him in a healthy condition. Osteopathy is a scientific exercise. It is the exercise of structures which disease has deprived of the ability to exercise themselves. The currents of life are regarded as coursing up and down the nerves and arteries. Upon the ceaseless and unobstructed movements of these twin forces, scientists say, the existence of life, and in a double sense, health depend. As I understand it Osteopathy is alone in recognizing that these both get obstructed in their

work and can no longer exercise their full duties for health, because structures get out of natural shape and position. It is a new kind of exercise to the body and a new kind of medicine which the osteopath gives, that puts everything back in its place.

I am told by those who ought to know that this is as much doctoring as the body needs to make it get well. If it has got the get-well element in it it will get well by such treatment. That is, by merely enabling the blood to course freely and naturally and the nerves to work automatically and in full force, all the organs will work up to their best and health will return—will return by the aid of this natural, simple thing of exercise. Now, if the body has not this get-well power left, it is common sense that it will not get well with any amount of drugs driven through it.

So after all is said osteopathy in application is a high-grade sort of exercise in spots where it is really needed. That's the way it appeals to the layman and as one who has tried it in physical suffering such as gout, nervous breakdown and sleeplessness I know it does the work. It does not rob Peter to pay Paul, either. Instead of imposing on the digestion as drugs generally do, osteopathy strengthens the stomach. A man is a machine and an osteopath is a machinist. Nothing could be simpler or straighter to the point of an ill.

An old swamp doctor from the low lands of the Mississippi river thus addressed a Southern legislature, having been permitted to speak on an osteopathic bill, up for passage before the house:

"As some of you gentlemen know, I have practiced medicine in the swamps for thirty years. During that time I have administered more medicine than could be hauled in the band wagon of a circus. With quinine and patent medicines I braced myself against the chills, and sometimes I would hold them down, but they would break out afresh. It would seem that the whole community was shaking. One day I said to an old fellow:

"Bill, how long have you lived down here?"

"All my life."

"How long have you been shaking?"

"All my life."

"Then you don't know what it is not to shake."

"No, I have allus shuck."

"Then why don't you move away—up among the hills?"

"Whut?" said he, gazing at me, "move away from here and ketch some new-fangled disease? I reckon not. When I've got the shakes I know what's the matter with me."

"He ate quinine like a horse eating oats. At his table calomel was served as a relish. His sauces were noxious patent compounds. Well, in course of time I began to look into osteopathy. I went away to an osteopathic school, and I found then that I knew nothing of anatomy. After a year or so I went back to my old shaking ground and tried the new method. It was a long time before I could persuade old Bill to submit to the treatment. He didn't like the idea of giving up his regular diet, but he finally gave in, and now he is well, for the first time in his life.

"Dock," said he, when he began to grow better, 'I reckon a man is a good deal like a watch. Oil ain't no good poured inside when the spring needs settin'."

This new science has not only made its way into the swamps of America, but into the populous European cities. It is to be the renovator of the twentieth century man.

#### Following Orders.



Higgs—"But why do you put your knife into your mouth while eating?"  
Jiggs—"Simply because my physician says I need more iron in my system."

#### In Memoriam.

[From Tit-Bits.]

"I presume you carry a memento of some kind in that locket of yours?"

"Precisely; it is a lock of my husband's hair."

"But your husband is still alive."

"Yes, but his hair is all gone."

#### Pharmaceutical Insomnia.

Ipecac—What noise is that I hear?

Pepsin—Oh, that is the peel of the lemon. Ipecac—I thought it was that Peruvian bark.

#### Merely a Transfer.

[From Tit-Bits.]

Mother—Johnnie, your face is very clean; but how did you get such dirty hands? Johnnie—Washin' me face.

**EDITORIAL.**

¶Health, like fortune, may be built up or squandered.

¶School children should be taught hygiene by the state.

¶The drug habit is a bondage from which there is little hope of deliverance.

¶Oh, that lame back! Osteopathy has something better than a plaster for it.

¶Why tear down with the hope of building up? Drugs disintegrate living tissue.

¶Is there a slipped bone for every disease? No. Osteopathy never said so. But there may be.

¶There are generally two roads to a given point, at least, but the question is to pick the best one.

¶It is an osteopathic idea that most ills which beset mankind begin as slight mechanical disorders of the body.

¶How many persons who use good sense about most things will pin their hope of health to mere hallucinations!

¶Drug effects upon the body wear out and increasing doses are required to maintain sway over stubborn maladies.

¶If wars slay their thousands, indulgence of appetite and worship of comfortless fashions slay their ten thousands.

¶Human life is lengthening. Better food, better clothing, better hygiene, and osteopathy—the twentieth century medicine.

¶Sleep is one of Nature's restoratives which costs nothing. If you can not sleep, beware of sulfonal and go to your local osteopathist. You can quit him when you want to.

¶Clever knowledge of anatomy is not demanded of the practitioner of general medicine, but it is the glory of the osteopathist that he makes the normal condition of the human body a life study.

¶As long as good mechanics applies to the bicycle, the pump, the watch and the steam engine, it would indeed be a queer thing if it had nothing to do with the workings of the human mechanism.

¶Pain was ordained by Nature to keep flesh from violating the laws of existence. It is a compromise with longevity. Living would be sweeter without pains, perhaps, but the span of life would necessarily be briefer.

¶Scandinavia has set the pace for the modern world, as did Greece for classic times, in the healthfulness and recuperation of good exercise. The Swedes believe in the efficacy of physical culture to reform even a depraved spirit.

¶Poor George Washington lost all his teeth in the prime of manhood because of medical folly and at last died a martyr to the practice of his day. Modern theories of anti-toxins are fascinating, but what will be thought of them a hundred years from date?

¶An important thing for the layman to realize is that abnormal positions and conditions of bodily structures, such as result from the falls and strains of every-day life, may not be painful enough to receive urgent attention, yet they may completely undermine health if neglected.

¶The physician who goes about with a hypodermic syringe ready to plunge

into every person with a pain, physical or mental, is a more dangerous member of society than the hold-up man with a pistol. The former slays a thousand bodies and wrecks a thousand minds for every lone victim of the highway assassin. This is worth thinking over.

¶First homeopathy demonstrated that the sick get well with less and less medicine; then faith systems, under various names, showed that the sick may get well with no drugs at all; now osteopathy is proving that under rational manipulative treatment the sick recover both faster and surer than when Nature either is drugged or left to work unaided.

¶Osteopathy is not a system of physical exercises, as most people infer when they first hear of it. It is not at all a form of massage, nor a new application of Swedish movement. It is the practice of medicine without drugs and of surgery without the knife, and it has a method all its own for controlling the living processes of the human body.

¶If the best food and the best medicine available to mankind is wanted, it is pure water. Most people, strange to say, are afraid of it. Excepting only fresh air—which is only sold at high-priced resorts and hence is hardly classified as food and medicine—it is the most important compound in the body. Prescribe it for yourself liberally.

¶An unchivalric physician has started a report that when good Mother Eddy sat in a dentist's chair recently she exclaimed "Ouch!" without issuing a replevin. Whether this be anecdote or fact, the world will nevertheless applaud a faith that helps its be-

lievers make light of annoyance, grief and physical pain. Of course, it is a very acute test, though, to sit for a dentist!

¶Physicians in England have started a crusade to make life insurance companies reject Christian Scientists as dangerous risks. The grounds are that they will not use ordinary means to prolong life. The sect retorts by offering to compare statistics to show that its followers are as long lived and healthy as any people on earth. This cult is a little too young to make statistics reliable as to the longevity argument. It must take a couple of generations at least to accumulate longevity data.

¶It is well known that the usual figures quoted to prove the saving of life by anti-toxin in diphtheria epidemics are padded and unreliable. To make the death rate under serum treatment appear as low as possible, children having all forms of minor indispositions, from colds to tonsillitis and croup, have been promptly injected with anti-toxin as incipient cases and included in health reports as aborted cases of diphtheria. Of course, this cuts down the mortality rate wonderfully; but when this much is said it is still true that anti-toxin has gone far to rob diphtheria of its terrors to childhood.

¶Man would be a miserable piece of machinery if his life were necessarily rounded out with the aches which so many people suffer. The fact that other multitudes go through life comfortably is proof that the body naturally is fitted for its burdens. It is the aim of osteopathic treatment to put each human machine in good mechanical order. Vital processes can usually

be depended upon under such circumstances to take care of themselves.

¶Most of the ills from which mankind suffers are invited—have been invited, at least, by somebody, no matter who it is that now bears the painful burden. It is the recognition in modern times that the body has its own self-restorative powers which makes the treatment of disease a rational process. Osteopathy studies how to direct and stimulate these health-building forces without drug interference.

¶The effort to make every sort of ill dependent upon microbes is like the effort to make every sort of ill dependent upon enlarged prostates, contraction of sphincter muscles, eye strain or what not. Each of these factors does occasion trouble upon occasion, but a common osteopathic cause will be found for both, proving them to be merely associated symptoms much oftener than it will be wanting.

#### **Is Life a Mere Relationship of Atoms.**

¶Vital processes are an unknown quantity in physiology. Increasing knowledge of bodily chemistry and the mechanics of physiology have explained so many things once ascribed blindly to the inscrutable workings of the "life principle" that we are threatened with explaining away the vital agency altogether! That is to say, physiologists are now unwilling to admit that any single force is involved in life and its reproduction which may not one day be interpreted in mere chemical changes. The thought fairly staggers one.

#### **War on the Mosquito.**

¶If mosquitoes carry the germs of malaria and yellow fever and the bite of infected mosquitoes is sufficient to give these diseases in a majority of cases, as seems now to be fairly well established, then the common sense deduction is war on the mosquito. Of course the work so far done is entirely inadequate to prove that malaria and yellow fever are not developed in any other way, but it does prove at least that a good share of these epidemics can be avoided by "treating" the mosquito before it becomes necessary—in order that it may not be necessary to treat the man.

#### **Bone Setting as a Fine Art.**

¶English bonesetters reformed surgery along the line of rational treatment of fractures and dislocations twenty years ago. Osteopathy is now carrying this work to a refinement and perfection hitherto unknown. It is finding slight slips and twists of one's bones at the basis of many diseases supposed to belong to the medical rather than the surgical field, and it is successfully curing these ills by putting the skeleton back into correct adjustment. The idea may seem grotesque on first acquaintance, but it is both common sense and successful as a matter of practice. The real wonder is that physicians have never tried it before.

#### **How to Prevent Spreading Tuberculosis.**

¶In homes and hotels where there are tuberculosis patients the greatest care should be observed to collect and destroy the sputum of the sick in or-

der to avoid spreading contagion. The best plan for the collection of sputa is to use either enameled iron spittoons, or paper boxes or Japanese paper sheets, for use when the patient is up and about. What is collected in spittoons is disinfected with a 5 per cent solution of carbolic acid, or 3 per cent formaldehyde solution, or 1 to 1,000 corrosive sublimate. Papers filled with sputa are promptly and invariably burned. Such precautions in every needy home would save annually tens of thousands of lives.

#### **Beware of the False Pretender.**

¶Every good institution has its counterfeits. So has Osteopathy. Many fakirs throughout the land who have never attended schools of Osteopathy—or who have been licensed by diploma mills such as jeopardize the good name of all systems of medicine—are masquerading as osteopathic physicians. Many diploma mills sell outright the degree Doctor of Osteopathy, or "confer" it after an attendance at school of only one-fortieth of the time required by law. Such a situation will be handled in time by imprisoning a few of these offenders, but meanwhile the public must be alert to self-protection. The practitioners whose names are found in any issue of this magazine are recommended to the public as both legal and creditable exponents of Osteopathy.

#### **If Meat Offend My Brother.**

¶After arguments are sifted the chief reason animating the vegetarian is maudlin sentimentality. He will not eat meat because some life has to be taken to supply it. For that same rea-

son he should not wear shoes. Consider the gentle calves which yielded up their lives to furnish leather! He should not wear lamb's wool—perchance the lambs be cold! He should never dwell under roof—for who shall say the trees do not bleed to fall before the ax or that they die less hard than mammals? If a man doesn't like meat; if he thinks it is an artificial taste—which the lion doesn't at all credit; if he thinks, as civilization is managed, that meats are apt to come from animals that are diseased; or if he has any other reason that is a reason, let him abide by it; but his consideration for the beast of the field's feelings—measured by the economy of all nature—is refined twaddle.

#### **Theories Regarding Immunity.**

¶Why a disease should leave its victim immune against subsequent attacks is hard to conjecture. One belief is that by wrestling with the poison of any special disease the living body forms new substances within its own mysterious laboratories which neutralize the toxin. Another hypothesis is that the disease exhausts all there is of an unknown something to feed on in a given body and there remains nothing to attract another invasion. It is supposed that these physiological states are somewhat transmitted to offspring so that a certain degree of immunity is conferred to the race by long suffering from any given disease. The first theory explains why the idea is tolerable—at first thought so abhorrent—that substances may be taken from the diseased blood of an animal to inject into man as a preventive. The expectation is to get the anti-toxin, so-called, or

resistant substance, from the animal which will confer upon man, even before he is stricken, the power to resist that disease. The scheme is brilliant, to be sure, but its dangers are beyond hiding. Let us remember, too, that the day may come when this practice will be abandoned as both rot and non-sense.

#### Why Athletes Collapse in After Years.

¶Overtraining is a danger in college athletics. It is all right to be a Hercules while a college man, taking daily exercise in gymnasium and on campus; but the trouble comes when training is laid aside for stationary service at office desk and indoor routine of business and professional life. The muscles shrink and the demands for blood are relatively decreased. Yet the heart has grown big and powerful to fill the arteries of the athlete; it has nothing to do but begin a retrograde change as soon as this work is lessened. The heart changes that follow permanently weaken the subject and shorten his years. His "pump of life" loses tone, valvular changes develop and he passes into the hands of the heart specialist. The lungs also, with decreased activity, grow weak and collapse in unused parts and are the easy prey of tuberculosis. Thus the once-powerful athlete is weaker far than the man who never was muscularly strong and who never had physical training. He who has once been athletic should keep up systematic exercise all his days. For sedentary liveries who can not or will not take systematic exercise osteopathic tonic treatment works wonders. Massage and baths are also

quite effective, but wholesome exercise once enjoyed should never be wholly abandoned.

#### That Poultice Delusion.

¶From time immemorial poultices have been recommended for boils, felon and festers with the idea that they "draw out" the trouble whether that be pus or splinter. Hundreds of different mixtures from hot flaxseed to fat bacon are daily current. Modern aseptic surgery says we shall have to change our minds very markedly about this old-time remedy. While it is true that the heat most of them carry and the moisture or oil in others are thoroughly beneficent in the poultice, their potency beyond this is said to be nihil. On the other hand, all such poultices, unless well boiled, reek with microbes and are the surest means of carrying infection to the injured part. Instead of curing a boil, for instance, a nice, soothing poultice of the old style will carry pus-making germs to the inflamed part and will inoculate it with enough infection to cause suppuration by the spoonful. It was the old idea that the poultice was "drawing this matter out of the system" and leaving the blood pure and healthy in consequence. As a matter of fact an ordinary poultice sows the seeds of suppuration in the inflamed spot and makes corruption breed there right at the spot of infection. A boil that runs is not healthier than a boil that does not. Were it not for these pus microbes getting entrance into the wound somehow no pus would be developed. It is an old canard, therefore, that "every boil is worth \$5 as a blood purifier."

What is to be done? Use a poultice of the proper sort under very careful aseptic precautions. Remember it is heat that you need to apply, not some magic mixture or decoction. A hot water bag or bag of hot salt will do the good work. Wash the wound thoroughly with hot boric acid solution, borolyptol or any other good antiseptic; put a clean layer or two of aseptic cotton or linen upon the wound; saturate another layer with the antiseptic solution to put outside and upon this dressing put your hot application, changing often enough to keep it hot. That will get all the benefits of the traditional poultice and avoid making a microbe culture at the very point where the body is defenseless against bacterial invasion.

#### The Philosophy of Osteopathy Boiled Down.

¶The human body is a perfect machine, complete within itself for all the work imposed upon it to live; it is automatic, self-adjusting, self-regulating, and even self-restorative when it undergoes damage from violence; it is designed by its all-wise Creator to work in comfort, without friction, inharmony of its parts, or disease; and, like a machine of wood or iron, as long as its separate parts are each in proper form and adjustment, the whole machine works in good order. It requires no medicine, but good food, fresh air, proper exercise, rest and cleanliness to keep going, ordinarily, with good comfort and strength, for about an eighty years' journey from the cradle to the grave.

But the body, like all machines, does get out of repair. How? Oste-

opathy has discovered what physicians have for centuries overlooked—that *first it gets out of mechanical repair* before there is any resulting disease tolerated in the body; that disease, or sickness, is, in the main, only the state of such faulty adjustment and inharmonious balance of the different working parts of this machine; that disease, or pain, or friction of parts, or stoppage of work in our bodies is due specifically to a *mechanical obstruction* of the blood supply and nerve power of the body; and that disease can be cured by removing this unnatural pressure so that the circulating currents of nerve-life and blood-life can go to the parts being starved and renew their vitality and energy.

How do we get sick?

From colds, exposure, strains, from wrenches, twists, over-lifting and over-fatigue; from the shocks and jars of falls, blows, etc., we find that certain muscles, or sets of muscles, contract very hard and tight, both causing soreness or pain and general body disorder, which, if neglected, develops some disease. A muscle or ligament that contracts will get both shorter and thicker. There is no waste room in the body—every bit of space is exactly filled by some structure. If a muscle or ligament is thickened, it will encroach upon some softer structure, like a blood vessel or nerve, and limit or stop, or maybe exaggerate its work. If a hose is stepped on, water will not flow through it; if a telegraph wire is "grounded," it will not transmit a message; so with nerves and blood vessels when they are abnormally pressed between the bones and muscles, as at the joints.

Osteopathy ascertains where this or any mechanical trouble is developed in the body in each separate disease—and the diseases due to such causes in whole or part are legion. By removing these abnormal conditions it enables the body to recover from its diseases. It takes the ground that such known and verifiable obstructions to natural bodily processes are better removed than to drug the body to hide the effects of these dangerous handicaps.

#### The Bread Pill Doctor a Martyr

¶Do not blame the good family doctor for giving bread pills and pink water. He is a humane and faithful servant of public health. He knows how little the members of your household need rank drugs and you should respect the service he renders in not poisoning your kindred to satisfy tradition. Physicians are often embarrassed by the demands of their patients for drugs when they know drugs are not needed. Many people hold yet to the superstition that "something must be taken" for every vagrant ill, and oftentimes it is their wont to take drugs which well informed doctors know are not only valueless but pernicious. What is to be done? A conscientious physician whose equipment is limited to the stock of bottles on a druggist's shelf will give a placebo. Whose fault is it that the people hold such ideas? Well, in great measure the long line of doctors who have encouraged this belief are to blame, while much of the responsibility will have to be put upon man's dwarfed views inherited from the age of nonsense. Doctors have

encouraged the people to pin their faith to the mysterious brew of the witch's caldron. People in return have insisted upon doctors dealing out decoctions after faith in their charms have vanished. Little by little the doctors have imparted their knowledge to the people. At first slowly, now with the speed and might of a revolution, the people have delivered themselves from the bondage of drug superstition until skepticism concerning drugs is becoming a by-word.

The people are taking health into their own hands and they are coming back to Nature. They are learning that drugging is unnatural. They are understanding with new force that the wage of sin against hygienic law as well as against the moral code is death. They are learning to eat only wholesome food and not too much of it; to take outdoor exercise and sufficient rest; to avoid narcotics and stimulants as poison; to rely upon preserving what health one already has rather than dissipate it in belief that potent drugs will restore it. The great mass of the people turn from the bondage of drugs to almost any system that offers help without prescriptions and in the reaction many have rushed to the extreme view that all ills and their cure must be mental.

It is only natural in such circumstances that a rational system of mechanical treatment like osteopathy, which pays new regard to the anatomy of health and disease, should have become fully recognized in a decade along with the centenarians in healing. Institutions seem to spring up only as people need them. Either the people want osteopathy or there has

been some wonderful lobbying done to enact so much protective legislation. As the lobbying done was notoriously against these osteopathic measures, notwithstanding which they became laws, it is a clear admission that osteopathy suits the people.

But returning to the text: Do not blame a physician of any drug system who is conscientious enough and wise enough to give placebos. He has his patient's interests at heart. If drugs will not cure, do not compel their use to poison.

#### The Tongue in Health and Sickness.

¶The tongue gives a clue to the condition of the mucous lining of the alimentary tract, as its surface and secreting cells are directly continuous and in close relation with those of the stomach and intestines. The origin of these cells in the development of the body is the same, embryology shows, and their nerve and blood supply is closely related. Functionally the work of the mouth, the entrance to the alimentary tract, and the tract itself, in part at least, are the same, so Nature has designed that states of health and disease in the organs of digestion can be recognized by man without looking further than the tongue.

To be sure, an inspection of the tongue does not in most cases tell why the alimentary tract is doing its work improperly; it reveals an effect, a symptom of disease merely; but that revelation is quite exact and as far as it goes the data is absolute. Thus the physician is able at a glance to suspect what states of distress are

in progress and to carry his diagnosis back, if he is able, to original causes. The osteopathist turns at once from these mucous cell symptoms to the spinal centers whence nerve and blood sustenance for the digestive organs emanates; and he usually finds the cause of disease states recorded there in abnormal conditions which there is no mistaking.

It is a vast aid to have the tongue thus ever ready to speak of conditions within. Even the laity may have a good idea of its commoner indications. These are some of the symptoms concerning which there is no dispute: A white tongue denotes a fever disturbance; a brown, moist tongue, indigestion; a brown, dry tongue, either depression, blood poisoning or typhoid fever; a red, moist tongue, inflammatory fever; a red, glazed tongue, general fever, loss of digestion; a tremulous, moist and flabby tongue, feebleness, nervousness.

The tongue is not a hygienic organ by nature, owing to its heat, moisture and crypts and the retention of food particles therein, so great care should be observed, in health as well as disease, to keep it clean by rinsing the mouth and brushing the teeth after meals. It becomes a veritable incubator for all kinds of bacteria when there is the least disease tolerated in the body, so the need of keeping the secretions of the mouth sweet and natural—free from fermentation of retained food particles—and the mucous coating of the tongue clean is readily apparent. Salt water, listerine, borolyptol, glyco-thermoline or



most any of the reliable alkaline, anti-septic mouth-washes are most excellent. An acid condition of the saliva due to any form of indigestion will cause the decay of teeth quicker than any other agency. Where such a condition exists the remedy does not stop with mouth-washes, which merely neutralize an effect. Go to your osteopathic physician and have your digestive organs toned up, since osteopathic treatment accomplishes that end far more successfully than any other agency. Its cure of dyspepsia is natural; it is surely natural to bring the blood supply and nervous tone of the stomach, glands and bowels back to normal—which osteopathy does—and there can be no harmful reaction against such treatment.

#### Dangers That Lurk in Anti-toxins.

Antitoxin treatment for diphtheria, administered by the Health Department of St. Louis, caused widespread terror the past month by inoculating a number of children with the germs of lockjaw. As a result about a dozen children are dead and half as many more battled to the death with the dread disease, but effected recovery. In some unexplained way the antitoxin had become infected with the germs of tetanus, or lockjaw. How much of the serum was tainted is not known, but all of it in the possession of the city was of course destroyed.

The wonder is not so much that such an accident should have occurred, even with the best precaution exercised by health officials, but that such disasters in the administration

of serums are not more frequent. When one considers that such products for fighting disease are developed within the living bodies of animals and must vary in their composition with all the states of health and disease to which that animal is liable, the risk human beings take in injecting such substances into their own blood-stream is manifest. Inasmuch as medical science is trying to prove that all diseases are caused by microbes and that to confer any disease it is only necessary to inoculate its microbe, it is patent that just as many diseases can be communicated to human beings from animal serums as can be grown in the bodies of these hospital animals either naturally or by laboratory ingenuity. The St. Louis incident shows how successfully a community may be stricken with lockjaw while using tainted serums to escape a milder evil. It might just as well have been cholera, bubonic plague, tuberculosis, leprosy, scrofula, smallpox or any other scourge thus artificially communicated. Doubtless these and other diseases since vaccination began have been transmitted in this manner in countless cases.

Such are the grim facts which physicians, patients and people who fear pestilence must face. It is not the wish of this magazine to belittle the blessings which diphtheria antitoxin has conferred upon the race. There seems to be no good reason to doubt that it is successful to a considerable degree in lessening the ravages of diphtheria among children. Statistics for the last decade

show in all our large cities that it has saved thousands of lives. Mortality among children since its general use seems to have been cut to a third.

It is not opposed to osteopathic theory to neutralize a poison in the body with its appropriate antidote whenever a poison is proved to exist, whether that poison be chemical or vital, which latter would be the case when virulent disease germs are the chief factor. In fact, it is a cardinal principle of osteopathy to antidote poisons. Osteopathic practice differs from medical practice in believing that it is, in the main, beginning at the wrong end of the problem to combat microbes characteristic of one disease or another instead of studying out the prior perversions of bodily structure and functions which have weakened the body so it will tolerate an invasion by disease germs. But as it is a pressing condition, not a theory, which faces a community when wholesale scourge such as smallpox or diphtheria is abroad, and inasmuch as vaccination and antitoxin treatment both give good evidence of lessening individual predisposition to these diseases for the multitudes, it is in harmony with osteopathic ideas to use these agencies. This auxiliary treatment does not in the least discredit the existence of prior osteopathic causes or the benefits of osteopathic treatment in these diseases. Indeed osteopathy unaided by serums or any drug whatever has been signally successful for a decade in treating diphtheria and more recently smallpox. But if there is good virtue in vaccination and

diphtheria antitoxin, we as osteopaths say use them, if you wish.

This friendly disposition toward whatever science may be able to establish as good toward the prevention of scourges does not, however, saddle upon us the responsibility of saying how good any given serum may be, nor even to establish that it has any virtue at all. That burden rests upon those who make and use serums. All of the modern serums may be greatly overestimated as to their virtues and the day may come—as it has come for various other ideas in therapy—when they will be used very little, or not at all. A very important branch of the medical profession is opposed to serum treatment today. In thunder tones certain medical papers like *The Medical Age* denounce this serum practice as a fad, a folly, a crime and rotten to the core. Upon all this osteopathy suspends judgment. We are willing to let the medical profession fight it out among the various interested disputants. Meanwhile we cannot afford to be blind to the fact, be it repeated, that grave dangers lurk in serums and that the utmost precautions are required to prepare these preventive agencies properly and to keep them from pollution. Even a certain sort of faith in Providence is required to use them, but the probabilities remain that they are sparing many a human life.

#### All Right Where She Is.

[From the Chicago Daily News.]

Miss Stone has one advantage in captivity. The St. Louis doctors can't give her anti-toxine.

**THE NERVOUS ORIGIN OF DISEASE.**

Disease is a nervous problem. So intimately is the Nervous System concerned in all the processes of life that there can hardly be a disturbance of health which is not manifestly an error in the workings of the nervous mechanism. Search into the innermost functions of the human body—in health as well as disease—can scarcely penetrate further than the point at which is seen a nervous manifestation, whether nutritive, co-ordinating, regulative, motive, sensory or even sentient. By a process of evolution from simple forms where the Nervous System either does not exist or has but limited functions, nerve tissue has come in our highly complex bodies to be not only the "master tissue" ruling all cells, tissues, organs and systems, but, in fact, the best symbol, the most highly specialized embodiment, of the life principle itself. Of course, each protoplasmic cell, of whatever body tissue, has its own inherent life; yet, taken apart from the Nervous System, this individual life soon ceases; evolution has made each cell so dependent on nervous support and control that no cell is able to maintain its existence apart from the rest of the body.

Power is transmitted throughout the body exclusively over nerve strands. Perhaps it is not claiming too much to say that much of the body energy is generated within nerve cells. If these marvelous structures are but storage batteries and are not in as great degree dynamos that create force, however, certain it is that they receive, store, yield up and regulate

the use of all power inherent in the organism. It is in and through our nerves, then, that all the phenomena of life move and have their being.

All motion is the direct expenditure of nervous energy. Nerve combustion is necessary to unlock combustion in muscle cells, resulting in their contraction, which gives motion. This is true of voluntary and involuntary muscle.

Sensation is the expression of nerve life with which all are most familiar. General sensibility, the special senses, pain are direct voices of the Nervous System.

Nutrition, although commonly regarded as the exclusive province of the blood, is in a double sense dispensed and controlled by nervous energy. First, direct contact with nutritional fibers of the Nervous System is necessary for the life of most, if not all, body cells, without which tissues quickly die, as we see manifested in atrophy and gangrene, when "trophic" nerves are injured. The Nervous System, therefore, supplies directly to the tissues some substance or force which is as necessary for general well-being as the materials dispensed by the blood. Secondly, in an indirect yet not less important way, the Nervous System regulates the force and frequency of the heart beat, and the calibre of blood vessels both locally and generally throughout the body; so that even the blood stream with its "ebb" of food materials and "flow" of waste products is directly the vassal of the Nervous System. The nerve ganglia, plexuses and fibres control the blood supply to the whole

body, and alike to all its parts. It does more.

Nervous energy has imperial sway over the quality of the blood and lymph streams. Proper work of the alimentary tract, as also of its big glands, liver and pancreas, is under the dominion of the Nervous System. These glands are worked, regulated, fed by the "master tissue." The proper elaboration of body nourishment from the foods and their due assimilation, therefore, is the special task of this wonderful vitalizing Nervous System.

Elimination is another of its manifold responsibilities. Excretion by skin, lungs, liver, kidney and bowels—the very complicated sewage system through which all the wornout and poisonous substances of the body pass—is directly operated in just the same way as the department of assimilation by this omnipotent, omniscient, omnipresent specialization of vitality and good working order, the Nervous System. Even the bloodmaking glands where blood corpuscles are turned out fresh and active to speed the mission of health—these too are the minions of indomitable nervous energy. Likewise body temperature is but a mode of nervous energy.

What is left to say?

Is it not plain that all specialization of function in this complex organism, the human body, is founded upon the complete mastery of nerve tissue over all other anatomical structures? Then, where shall we look for trouble?

Does an organ lag in its duty to the general organism? Is that ill functional? Then, what is interfering with its nerve-supply? Is that

interference with nerves mechanical, as unnatural pressure, or chemical, as drugs or the toxic accumulations due to tardy work of other organs, or vital, as an invasion of disease-bearing bacteria? Is the ill organic? What onslaught upon the Nervous System, locally or generally, has established either of these factors until the functional disturbance has resulted in deterioration of structure?

As nervous tissue feeds all, works all, rests all and administers sympathy, co-operation, order, autonomy—in a word, good government throughout the body—is it not plain that *it bears first of all* the brunt of every assault against health, and is exposed last of all to the retiring fusillade of health's skulking assassins?

It is very plain. Ill health can be described wholly in nervous changes. Disease can be summed up nineteen times out of twenty as disturbances in the nervous mechanism. It is so treated, by whatever system of therapeutics, and, when cured, it is so cured.

Osteopathy, therefore, is not entirely at variance with medical theories in proclaiming the nervous origin of disease, nor does it overthrow precedents when it sets about curing disease by treating the nervous tissue. There, however, the new way and the old—rational physiological methods and the traditional drug method—part company. Let us see how the drug treatment applies. A drug that quiets the heart does so by stupefying the motor nerves of the heart. One that stimulates the heart merely excites its motor nerves, at the same time, perhaps, stupefying the other

nerves, whose business is to repress normal activity. The work of an organ is modified by either a narcotic or an irritant effect upon the nerves controlling that organ. Pain is masked by drugging either the Nervous System into insensibility or the single local nerve authorized to transmit the sick message. It is done by chemicals which produce an unnatural effect upon nervous tissue.

In opposition to this plan, Osteopathy follows natural methods. The nervous ganglia, plexuses and fibres are treated as before, but not with unnatural chemical compounds whose ultimate effect makes for the disintegration of nervous tissue. Nothing more radical than passive motion is employed. The application of Motion—Nature's first and greatest life principle—and of Rest, its complement, its corollary, secure from the Nervous System a normal dispensation of organic life. The great osteopathic condition of applying Motion and Rest as medicine is that mechanical order shall exist throughout the body. When mechanical disturbance between parts exists, Osteopathy insists that it first of all must be corrected. Again passive motion is the medicine.

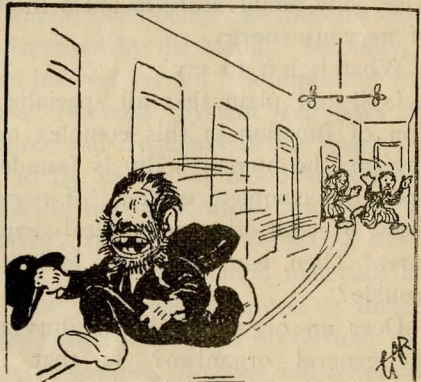
How osteopathic manipulations are done, how they differ in purpose and method from all other mechanical treatments, how they show results, that is all another story and must be considered in detail at another time. Suffice these conclusions, (1) that disease is caused and conditioned by ills of the Nervous System, and (2) that Osteopathy leads all branches of medical science in curing nervous disorders.



First Physician—"Superficial diagnosis shows symptoms of incipient synovial tromovitis—"  
"Due to laceration and congestion, causing lethargic action of the capillaries—"



"In the subcutaneous tissues of the region of epidermal abrasion and a few slices of—"



Scared Patient—"I won't trust them doctors. They don't know their business. All I got was a thump on the head, an' I know it."—Chicago News.

**THE BEECHAM HABIT—A PROTEST.**

[From the Phillistine.]

Some time ago it became necessary for me to enter a protest in these pages on the subject of Art and Underwear.

The Ypsilanti Yagerites, with unblushing foreheads, encouraged by the High Class Monthlies, carried matters so far that as a man of family, with growing sons and daughters, I could not longer admit the Family Press to my home. Fortunately I succeeded in checking the exhibition without calling in the aid of Antonius Comstock.

The eczema has, however, broken out in a new place. In the last number of McClure's Lim., I see portrayed, with all the seductive skill of the expert illustrator, a beautiful young woman with hair neatly braided down her back. She is arrayed in a night gown that is a dream. Like the Goddess of Liberty in New York harbor, she holds aloft a lighted candle in one hand, and in the other—a pill.

If the scale of the drawing is correct this pill is about the size of a base ball. The import of the picture is that the lissome beauty is about to swallow the base ball. Beneath the picture is the legend: MY COMPLEXION IS PERFECT BECAUSE I TAKE ONE OF BILLSON'S BULLY BILIOUS BOLUSES EVERY NIGHT ON RETIRING.

Now, not only do I solemnly protest against this realistic tendency in art on the part of Billson, but I call attention to some truths brought to my notice by the ship's doctor on the "Lucania." This doctor, who seems to Understand Himself, declares the

Beecham Habit is very much on the increase. He says that the people who insist on irritating their Erie Canal by doses of the invention of Col. Carter, of Cartersville, as soon as they come on board, are sure to pay speedy tribute to Neptune, in a surprising and unexpected way, and that those addicted to the Beecham Habit are the ones that suffer most when traveling on the sad sea waves.

The Family Papers teem with warnings that we must invest good money in Fig Syrup, Early Risers, Little Liver Pills, and Base Ball Boluses in order to have good complexions and sweet thoughts. Very many people believe this. The habit begins by gentle dallings with the Lady Webster Dinner Pill. It grows & grows. One pill is enuff at first, but two are soon required where only one grew before, then three are demanded, and soon a change is required from Pills to Fig Syrup, then Mother Shipley's Tea & back to Pills—from Carter's to Pierce's, then Ayers', Beecham's, Billson's and at last a frantic dash is made for Ripum's Tablets.

The man's hold has been stored with such a miscellaneous cargo that Nature stops perplexed; Carter is consulted, and she starts, she moves, she seems to feel the thrill of life along her keel. Then come cold chills, hot bearings, a hawser has surely befouled the screw. Stomach protests—*mal de mer* comes ashore—liver lags, kidneys kick, lee scuppers are clogged, bilge accumulates and Nature pipes all hands to pump ship.

The patient goes into dry dock and specialists being consulted tell him he has cancer of the stomach, fistula, ap-

pendicitis, tape worm, tuberculosis of the bowels, and Bright's disease, and he has, or thinks he has—which is just as bad.

And all this as a result of the Beecham Habit. It is very plain to every unprejudiced reader that the prime motive of the *fin de siècle* Religious Press is to prove that man has liver trouble and salvation can only be found by patronizing Dr. Pierce's Pungent, Pugnacious, Pollywog Perquisites.

Whether these things be dictated by Bishop, Presbytery, or Ecumenical Council, I cannot say. But Col. George Batten, expert in advertising, advises me that the proper cathartic is usually dictated by the Committee of Seventy. However this is, I find that the "Outlook" gives prominence and publicity to Tarrant's Seltzer, the "Churchman" to Fig Syrup, the "Christian Register" to Acid Phosphate, while strong leanings are shown by the "Christian Leader" for the wares of Dr. Pierce. "The Christian at Work" works Pierce and Ayers', the "Presbyterian" likes Prune Juice, while the "Christian Advocate" lustily advocates Early Risers and Ripum's Tablets. *The "Baptist Standard" goes off on a new track and favors Dr. Hall's Water Cure Self-Treatment*, while the "Examiner" falls back to Fig Syrup and Prunes. The "Christian Herald," edited by Rev. Dr. Talmage, seems to conduct itself rather loosely, for it coquettes its favors between Hood, Beecham, & Dr. Hall. As one goes south of the Ohio River, matters grow worse, for the "Southern Pulpit," of Louisville, not only favors Pierce, Carter, and Beecham, but in-

troduces "a sure cure for flatulence," in the presence of one Doctor Jingle, whose wares are voucht for by seven clergymen, three of them D. D.'s.

The opinion is well grounded among our agrarian population that the chief claim of our late martyred President upon the gratitude of a loving people, lies in the fact that he invented Garfield Tea.

Not long since, in a court of law, fig syrup was acknowledged to be innocent of figs. And gentlemen having purchased Prune Extract & congratulating themselves that they are full of prunes, have only taken a drastic dose of aloes.

It seems the part of wisdom for those on sea (and land) to monkey with their in'ards as little as possible. One's motto in this respect should be, "Place not your trust in prophylactics." It is difficult to improve on the plans of God. Many men have tried it, but to their sorrow. He has made all out-of-doors full of fresh air. He gives us pleasure in moderate exercise, the night for sleep, and fruit drops from the trees at our feet. All these He made, and I hardly think He ever intended that we should put an enemy in our mouths to steal away our digestions—still, I may be wrong.

#### **Last Symptom Alarming.**

[From the Philadelphia Press.]

Askit—Whatever became of that patient of yours you were telling me about last spring? Dr. Sokum—Oh, he's got a complaint now that's giving me a great deal of trouble. Askit—Indeed! What is it? Dr. Sokum—It's about the amount of my bill.

#### **AN EASY MIRACLE OF FAITH.**

"Beware of 'bromism,' as the habit of taking bromides is called," Dr. S. V. Clevenger is in the habit of warning Chicago medical students. "It is especially pernicious in ailments like neurasthenia. It destroys red blood corpuscles as effectually as it at first helps pain, then only to leave the victim bloodless and a victim of new pernicious ailments. The habit becomes almost as abominable as the chloral or the morphine habit, which neurasthenic patients are liable to form anyhow. Practitioners with more zeal than brains often load up nervous patients with bromides until the result constitutes a disease more alarming than the original malady. Bromism describes this drug disease.

"I know of a Chicago society woman who developed this malady from having been drugged by her physician with bromides until her complexion was ashen and she came very close to death. I was called into consultation when she was very bad off and bedridden, and pointed out the error, but the doctor was too wise to see his mistake. He continued to keep the sufferer sick through his folly. A few weeks later the patient espoused Christian Science and luckily deserted her doctor with his rank regimen of bromides. In a short while she began to rally on good diet and good wholesome thoughts and in proportion as her system threw off its old incubus of bromides her health returned. She soon left her bed and was able to exercise. Nature then further improved her appetite by demanding more food and by assimilating it better, and in a few months the sufferer was robust again, in the pink of health literally, and a walking monument to the miraculous therapeutics of Christian Science, and after medical science had done its utmost, it was said, 'and had met with utter failure.'

"I know of other similar cases where patients have literally been drugged into sickness and where the simple removal of the medicine allowed prompt recovery. It is among persons in this deplorable condition due to medical idiocy, in my opinion, that the great rank and file of so-called Christian Science latter-day health miracles are wrought. The body has a wonderful power of recuperation if intelligently aided, or even let alone, whatever religious belief may be espoused during the transition."

#### **Waiting for Business.**

[From the Columbus State Journal.]

First Young Doctor—I don't believe measles are catching. Second Young Doctor—Oh, but they are. First Young Doctor—Well, why don't they catch? I've only got two cases so far.

#### **One Disease It Might Cure.**

[From the New York World.]

"What is the remedy for poverty?" demanded the lecturer in thunder tones.

He paused for a reply, and during the pause a man in the rear of the hall called out:

"You might try the gold cure."

**Accomplishes Wonderful Cures.**

[From the Cincinnati Enquirer.]

If you want to make an old-school doctor real, raving, roaring mad, all you have to do is to whisper in his ear "Osteopathy." This, you know, is simply the science and practice of curing diseases without drugs. It makes no pretense of "gifts of healing," but employs natural methods. Any doctor will tell you that the practice of medicine is an experiment—a two-dollar-a-visit experiment, as it were. To say that Osteopathy has effected no cures is to state what is absolutely untrue.

It does not claim to cure in every case; but how many physicians are there who will guarantee to do this? The Osteopath regards the human frame as a perfect and intricate machine, faultlessly constructed by the Divine Master Mechanic, and capable of running smoothly until worn out by age. The first cause of every human ill is a mechanical derangement of some one or more parts of the machinery of life.

When one's watch is out of order, it is no good giving it a dose of castor oil. That only makes the works more unworkable. The mainspring, in many instances, is displaced or broken and must be mended. So with the human body. When all obstructions are removed and all the organs are made to work properly, then Nature is ready to step in and bring health and strength. You may laugh at Osteopathy, but it certainly accomplishes some wonderful cures, notwithstanding.

**Science vs. Sentiment.**

[From the Baltimore American.]

"Do you think the shortest route to a man's heart is through his stomach?" asked Miss Gabby, as she prepared to exhibit her skill with the chafing dish to young Dr. Powders.

"Oh, dear, no!" exclaimed the young physician, swelling up with the consciousness of his superior knowledge. "The shortest way to the heart is by way of an incision through the left sub-clavial section of the thoracic parietes."

Thus is cold science wresting Cupid's weapons one by one from the hands of the fair sex.

**Tardy Symptoms.**

[From the Washington Post.]

Doctor (on second visit to see a boy who had swallowed a copper cent)—How is the boy this time?

Anxious Mother—No change yet.

**Speaking About "Rubber Necks.**

[From the New York Press.]

A surgeon in Lyons, France, has supplied a rubber larynx and glottis for a patient that works perfectly. The rubber neck now has a distinct and assured standing in the world of medicine.

**Can't Take Maxims Literally.**

[From the Boston Transcript.]

Poet—How much for this prescription? Apothecary—Two dollars, please. Poet (soliloquizing as he pays)—And the publishers tell me that poetry is a drug in the market. Oh, that it were!

**FAITH HEALING REDUCED TO A PRACTICAL BASIS.**

[From the Epworth Herald.]

It is well known that Dr. P. S. Henson, the popular Chicago Baptist minister, has a defective eye. We go to hear him preach once in a while, and have got accustomed to the peculiar squint of that optic—in fact, we rather like it. But a good man and his wife who are members of the Henson household of faith have felt for some time that their pastor would be much improved if the lame eye could be made like unto the other. These persons are firm believers in the faith cure theory. Why should their beloved pastor not have two good eyes as well as one? They went to see him.

"We have been praying for you that you may have two perfect eyes," they said to the doctor, "and have now come to pray with you. Will you not ask the Lord right here and now to give you a new eye?"

Dr. Henson's rejoinder was startling.

"What kind of teeth have you?" he suddenly asked the brother.

"Why—why, that's a strange question," he stammered, "but I don't mind telling you that my teeth are mostly false."

"What kind of teeth do you use, sister?" he asked of the other.

"Same kind," she frankly admitted.

"Well, good friends," rejoined the doctor, "you go and ask God to grow some new teeth in your mouths. According to your theory, He will do it without delay. When you get your teeth, come around and we will see what can be done about that new eye!"

This happened some little time ago, so report saith. The good people are still grinding on artificial molars, and Dr. Henson still looks down on his great congregation with one eye. But he can see farther with that bright optic than most people can with two.

**Nature Uses All Her Materials.**

[From Health.]

Nature is the great universal chemist. She has no "waste product," but utilizes and distributes the waste product of all mortal chemists. No matter what the compound may be; or how complicated it is, or how offensive the matter may be, nature separates the particles to perfection, sending each part back to the element from whence it came, leaving no "waste product."

**"A Movin' Medsin."**

[From the Doctor's Factotum.]

A colored woman threw the odds and ends of medicine left after her husband's death into the fire. The explosion that followed carried the stove through one of the windows. "Mos' pow'ful movin' medsin I evch saw'd," said she. "No wondah the ole man gone died."

**Latin Hides Common Errors.**

[From A Waif.]

Teacher—No living being can read your writing. Why don't you try to learn? Little Boy—No use. I'm going to be a doctor, like papa.

**Have They a Use?**

"Did you know there are minute parasites in all of man's blood vessels?" "Say, they must feel as if they had lived in vein."

## OSTEOPATHIC CATECHISM.

Q. What is a "lesion?"

A. Any departure of form or position from the normal in the human anatomy may be regarded as an osteopathic lesion. We restrict the term usually to designate a mechanical obstruction of some sort which is the cause of disease. For examples: a vertebra sprung somewhat from its correct alignment; a rib rotated at its hinging to the backbone; a congested muscle; an irritated nerve. Abnormal functioning may also constitute a lesion in the strict medical use of the word, as an inflammation or a fever. In fact, the term is used almost synonymously with the word "symptom" throughout medical literature, just as it naturally would be where symptomatic effects of disease are exalted to the dignity of representing disease-causes.

Q. Why does Osteopathy make the claim that it goes back to the first cause of diseases more carefully than other systems?

A. Because instead of classifying symptoms, the results of disease, and resting diagnosis there, it insists upon searching tirelessly for adequate physical lesions, which are to be found back of symptoms, usually in connection with the nervous centers of the spinal cord. It has been shown hitherto how any obstruction, or lesion, occurring in the course of the nerve or blood supply to the centers for heart and lungs will

be apt to develop trouble in the work of one or both of those organs. So on throughout the system. Osteopathy is the first medical system to search for the starting point of physiological trouble—not in the endless panorama of fleeting symptoms, but back toward the center where the original cause will usually be found as some form of mechanical blockade to nutrition.

Q. Is this mechanical origin of disease the only new principle in Osteopathy?

A. No. It embraces another discovery, which is of as great scientific and therapeutic value, namely, that nerve centers may be stimulated or inhibited by carefully graduated pressures upon the nerve strands connecting with them. That pressure may exaggerate, decrease or entirely suspend, for the time being, nerve impulses—which means, in effect, the work done by a nerve, whether that be secretion in a gland, motion in a muscle or sensations as of pain—is an axiom of physiology. Hitherto that knowledge has been confined to interesting laboratory experiments. Osteopathy is pioneer in applying this knowledge in a common-sense way to account for disease and to accomplish its cure. By manipulations, aimed to accomplish one or the other effect of stimulation or inhibition, it follows, therefore, that the work of the internal organs of one individual may pass under the control of another.

Q. What do stimulation and inhibition mean?

A. These terms indicate, one the maximum, the other the minimum, physiological activity of a nerve center occurring during life from any and all of the agencies that act upon it. Every moment of life we are subject to myriad stimulations of our nerve centers by environment—air, food, clothes, sights, sounds, etc., and the proper workings of the body demand that such stimulations shall always be operative. Over-stimulation results in fatigue or inhibition. Drugs are given for the disordered work of these nerve centers and invariably must either stimulate or inhibit them. Drug influence upon these centers is artificial, extreme and dangerous. Osteopathic stimulation and inhibition cannot operate further, nor last longer, than the point at which nature meant the organism to yield. Osteopathic influence, therefore, is not dangerous, but in line with Nature. As extremes meet, so inhibition and stimulation as therapeutic measures approach each other and often seem to become identical—but that is a problem for laboratory physiology and the practitioner.

Q. Can Osteopathy reduce the temperature of fever?

A. It can. It seems to do it more certainly than do drugs, yet without stoking up the system with harmful chemicals. Drugs in fevers have even a more than ordinarily hurtful reaction since the system is already weakened by disease.

Q. How does Osteopathy reduce fever temperatures?

A. How do drugs do it? It is a

matter of experiment, as you know, that antipyretics will usually—but not certainly—lower a fever temperature. You do not make your doctor tell you how his drug does it. In fact, he could not if you compelled him. It is all guesswork. He reasons that his antipyretic may act upon the heat center to inhibit it and thus draw the fires of life somewhat; to depress the heart and thus pump the blood current more slowly; to inhibit the vaso-motor centers and cause the surface vessels to dilate more, to bring more blood to the skin and radiate more heat from the body. There are various other considerations involved in this interesting speculation. But even if these are exactly the things done by an antipyretic and various complementary drugs even yet the medical physician cannot explain how his drugs get these effects. The osteopathic physician gets his effects by manipulations which influence these centers of heat-making and heat-radiation just as certainly—we think with more certainty—than drugs; nor is our treatment harmful as confessedly are all drug treatments for fevers. Osteopaths also use the wet pack, baths, good nursing and careful dieting which are the common property of all schools in which education is a qualification for practice.

### No Need for a Tonic.

[From the Philadelphia Record.]

"For a man who doesn't work," said the housekeeper, "you have a pretty good appetite."

"Yes, ma'am," replied Hungry Higgins; "dat's why I don't work. If I did, dey wouldn't be no satisfyin' me."

## DIET AND DIGESTION DEPARTMENT.

### PLASMON, THE NEW FOOD, A VALUABLE DISCOVERY.

For centuries mankind in all climates and almost in all grades of civilization has been churning milk to get the fat principle in the form of butter for human food, giving the residue to the calves and pigs. Man took the oil of milk for his portion and gave the albumen to live stock. He thereby surrendered the most valuable obtainable food substance to the creatures and has taken as his portion the part which, while valuable, is so only in a secondary sense in that it is a fuel for the body but nothing more. Butter does not replenish nerve cells and muscle waste, and that is just what the albumen principle in milk does. It builds up into cells and creates heat and energy as well. Butter and cream represent the fat of milk but skimmed milk, buttermilk and cheese embody the most nutritious substance of milk and indeed the best food value obtainable. To supply this albumen lost to the table by churning milk and using cream it has become the custom to eat plenty of meat and eggs and mankind by this substitution has not lost appreciably except in the economic sense. He has derived sufficient albumen from a well mixed diet, to be sure, but not in the most economical nor most nutritious form.

Now laboratory science has taken up this problem of prodigal waste in the commercial and domestic handling of

the world's milk supply and it has been found that a food better than butter can be prepared from skimmed milk, which is at once reasonably cheap, highly nutritious, as digestible by invalid stomachs as any food possibly can be, advantageous from the standpoint of being so concentrated that its transportation is easy and, best of all, capable of keeping fresh and sweet in sealed packages for indefinite time. This new article of food which will take its place along with flour, sugar and butter as a life staple, is simply the albumen precipitate of skimmed milk, derived after the cream has been skimmed for churning and hence derived cheaply; it may be prepared as food in a hundred different ways—in as many ways as flour or sugar, for example, and its food possibilities are limitless.

The German army has adopted it as a staple ration and is highly pleased with its nutritive and sustaining qualities and its slight bulk. Now athletes all over the world are experimenting with it and report upon it with uniform favor. Physicians find it invaluable in all forms of gastro-intestinal disturbance and other sickness where a sustaining diet is wanted for a crisis with as little useless bulk and residue as is possible.

This new food is so nutritious that a heaping teaspoonful of the powder prepared in any way desired is said to contain as much nourishment as

an ordinary meal. It is about 95 per cent assimilable, it is claimed, in such excellent preparations as Plasmon which is manufactured by a reliable syndicate now working to establish a name for its products. It is packed in air tight tin boxes for preservation.

### EATING FOR HEALTH OR SICKNESS.

[From Physical Culture.]

I am more and more convinced that it is not so much a question of *what* one eats as *how* one eats, writes Mr. E. B. Warman, the well-known authority on physical development. The great secret is *mastication*. The longer one keeps food in the mouth the shorter time it will have to remain in the stomach. While this applies to all classes of food, it is especially applicable to cereals, mashed potatoes, fresh bread, etc.; in fact, all starches, sweets and fats, as this class of foodstuffs requires an alkaline medium (saliva) before reaching the stomach, where it must remain until the proteids are fairly well digested, and then all move on together to the duodenum for the completion of the digestion in an alkaline medium received from the pancreas and biliary secretions.

While it is true that the average person eats too much; true that "one-fourth of what we eat keeps *us* while the other three-fourths *we* keep—at the risk of our lives"; yet it is also true that in addition to improper mastication and overeating, *fear* plays havoc with many stomachs. Have no fear of anything you eat. If you fear it do not eat it; if you eat it do not fear it. Those who are always fearing are always ailing. If you are perfectly well Nature will choose from

the bill of fare such things as will best serve the needs of the body and brain; if not well, do not eat anything that disagrees with you, but get yourself in such a condition that *nothing* disagrees with you; that is, nothing wholesome.

### A WELL-BALANCED RATION.

This includes the proteids (tissue builders) and the heat and energy producers (starch, sugar and fat). It is not necessary that these elements come from any one class of foods; i. e., animal, vegetable, the grains, nuts, fruits, etc., but a wise choice should be made from all. A mixed diet is preferable, from a health standpoint, to any one form of food exclusively.

Do not eat when tired, either mentally or physically. Do not eat directly after severe mental or physical labor (whether tired or not); yet, better this than severe mental or physical labor directly after eating.

Keep ever in view the fact that there can be no disease of any nature, if the blood is kept pure, and that impure blood cannot exist where the circulation is perfect, therefore, perfect circulation is paramount.

How to obtain this desirable condition is not, after all, so much a question of how as of will. The formula is very simple:

(a) Eat nourishing food to make blood of sufficient quantity and quality to supply the needs of the body.

(b) Breathe deeply of the fresh air (the only blood purifier known) to oxygenate thoroughly the blood, and exhale sufficiently to throw off an abundance of carbonic acid gas.

(c) Exercise sufficiently, always in moving air, to compel deep breathing, and exercise the whole body.

**WHAT OSTEOPATHY IS DOING FOR THE SICK.****BRONCHITIS:**

No. 10. Woman of 50 years, depleted from an attack of malaria, developed severe symptoms of bronchitis. She had scarcely strength to walk and housework became impossible to her. Her cough was severe and expectoration raised quantities of muco-purulent phlegm. Diagnosis by microscope showed there were no tubercular bacilli. Osteopathic diagnosis revealed a rigid spine, having an exaggerated curve in the dorsal region, and there were distinct abnormalities detectable in the position of second and third cervical vertebrae while the seventh was slightly out of its position, to one side. Treatment was directed to overcome these conditions and restore the vertebrae to correct alignment and to stimulate the vaso-motor centers to the bronchi and lungs. That is to say, by influencing these nerve centers to their best normal activity the blood supply to the region of the bronchi was improved and Nature was aided to overcome the disease. The patient felt better from the first treatment and recovery was secured in a month.

**CHRONIC GASTRITIS:**

No. 11. A clerk of 28 years had suffered with pains about the stomach from childhood. He experienced nausea and vomiting in the mornings and after meals. He frequently would have to forsake a customer to endure one of these paroxysms. Heat, fatigue and bad ventilation always induced a sick spell. He was so tender over the pit of the stomach that even his clothes caused him much annoy-

ance. Examination disclosed that the vertebrae of the dorsal region were irregular and that the muscles were congested and sore at each point where such lesions were located. It was very evident that the work of the great splanchnic nerves which control to a great degree the nutrition and blood supply to the stomach and bowels, was being deprived by these abnormalities in position of the various structures of the back. The dorsal vertebrae were anterior from the fourth to the seventh and the fifth was also out of alignment laterally. These lesions were given careful attention from the first treatment, particular care being taken to relax the muscles and ligaments, and after two weeks the patient said he had not felt so well in years. In three weeks his pains had ceased and general nutrition was so much improved that he had gained ten pounds. Three months corrected the spinal abnormalities and effected a cure.

**DYSENTERY:**

No. 12. A teething child in its critical second summer developed a severe irritative fever accompanied by dysentery. The splanchnic centers of the spine were tense and tender. Stools of characteristic color and consistency were of ten-minute intervals and several good neighbors who knew nothing of osteopathy warned the family that the baby would certainly die if recourse was not had to drug treatment. The parents, however, had given our system a thorough test in other maladies and consigned the little sufferer without distrust to osteopathic care. A few hours checked the disorder and three days quite restored the child to health.

**LAME KNEE:**

No. 13. Patient fell from a car in such a way as to throw the weight of the body upon one leg while it was extended and the muscles were all in tension. Something snapped at the knee, causing an audible pop, and making the patient deathly sick. Inflammation of the joint structures followed and lameness developed so that walking occasioned pain and was done with difficulty. At diagnosis osteopathically after a couple of weeks it was found that the internal semi-lunar cartilage of the knee joint was torn from its position and was movable in the joint, at that time being displaced outward perceptibly to the touch. A circumscribed line of pain was definable over the border of the displaced cartilage. It was just such a typical osteopathic injury as we so often find responsible for aggravated knee disturbances like synovitis, lameness, etc. The first treatment gave much relief and two weeks enabled the patient to stop treatment.

**PARALYSIS:**

No. 14. A woman of 45, of excellent health was stricken with paralysis so that she had no control of her muscles. Speech was not impaired. After competent medical diagnosis had given the family no hope that a complete recovery would ensue, an osteopathist was called from a neighboring city to give his diagnosis. Intense congestion of the muscles of the neck and back warranted him in giving the opinion that the case was not due to a ruptured blood vessel in the brain and that osteopathic treatment offered good hope of restoration. Three or four treat-

ments made good the prophecy and the patient was not confined to her bed more than a week after beginning treatment.

**ECZEMA:**

No. 15. Woman of forty years, suffering fifteen years from a very bad form of eczema—so much so that the fine shower of epithelium shook from the clothing upon undressing resembled a liberal sprinkling of corn meal. The malady was most pronounced at the waist, shins and feet and was so severe at the feet that before coming under osteopathic care one foot had shed four nails. She had never had perfect menstruation until after taking treatment. Her liver was very inactive and bowels were sluggish but no marked spinal lesion was discoverable. Notwithstanding, general treatment along the usual osteopathic lines in these cases completely cured the case in twelve months.

**NERVOUS PROSTRATION:**

No. 16. A woman of forty who had been an intense sufferer for ten years from neurasthenia was finally diagnosed as having a floating kidney and was supposed to be dying. She suffered from intense pain on the side of the vagrant kidney. Diagnosis found her two lower ribs displaced appreciably downward on that side. One bedside treatment directed to overcome this lesion got the patient up and she visited her physician's office for the second treatment. There was no more pain after the first treatment and the patient slept like a child thereafter. About three months effected a wonderful recuperation and fairly good health for the patient.



**OF HUMAN INTEREST.****Pension Asked Through Heredity.**

A man in Michigan was born a cripple, which recent scientific knowledge causes him now to believe was caused by mental impressions received by his mother upon hearing the report of the death of a brother who was reported killed in the civil war, a short time before his own birth. With this belief he has petitioned congress to grant him a pension, as he claims the government was responsible.—*Chicago Medical Times.*

**The Sultan's Nerves Were Unstrung.**

Abdul Hamid, sultan by trade, shot and killed his physician because the doctor caused him pain while massaging him. The papers say that the sultan was unstrung and in bad nervous condition. We are glad to know that this little incident was not intended as a merry jest. The affair tends to satisfy the average doctor with his lot of ministering to the common herd and makes him less ambitious to roll pills for crowned heads.—*Chicago Clinic.*

**Japan Trying to Exterminate Rats.**

The Japanese authorities have offered a bounty for killing rats in districts afflicted with the bubonic plague. Already they have paid for over 200,000 rodents. Acres of buildings have been burned to help in the work. Now it is said unpatriotic citizens are raising rats by the wholesale for the sake of the bounty.

**Hygienic Advantages of Evening Dress.**

An eminent English physician states that the evening dress suit is a distinct hygienic gain. It compels the changing of clothes, the aeration of the body. The wearer feels obliged to stand more erect, to throw out his chest and thus breathe deeper. In short he contends that a change from the business to the dress suit every evening will add years to one's life.—*Journal of the American Medical Association.*

**Biting the Finger Nails.**

Generally persons who are addicted to this habit show symptoms of degeneracy. They present undergrowth, are slow, drowsy, unreliable and have defective teeth. The treatment of "onychophazia," as it is called, requires careful observation on the part of parents and physicians; in many individuals painting the finger nails and the tissues around them with tincture of quassia has brought good results. The extremely bitter taste of quassia prevents the child from putting the finger in the mouth, and in many instances we know a cure to have been so effected.—*Chicago Medical Times.*

**Let Deeply Lodged Bullets Alone.**

Dr. Smith, an English surgeon, in his notes on the wounded in South Africa says in the *British Medical Journal*: "When a bullet is lodged deeply and causes no trouble I advise that it be left alone." We certainly wish that every small-fry surgeon in the country could read this statement. The first thing the average surgeon does when called to treat a gunshot wound is to begin to probe and explore, dig and poke, until he finds where the bullet is and when he thinks he has found it, he proceeds to cut it out even if he has to cut his patient all to pieces in order to get it. Such a surgeon generally leaves worse injuries than he found, and his visits constitute a more serious affair than the original wound.—*Medical Talk.*

**A "Nudity Cure" the Latest Fad.**

There is a village in Austria, near the Adriatic sea, where the nudity cure is now practiced. The debilitated, the neurasthenic, the habitually tired and those nihilistic to civilized dress can go there and in the costume of Adam expose their skins to the air, the sun's rays, the dews and the rain. Thickets are carefully arranged to cut off all view of the patients; a hat, a handkerchief and short trunks only are allowed; the sexes are carefully "corralled" in separate preserves.

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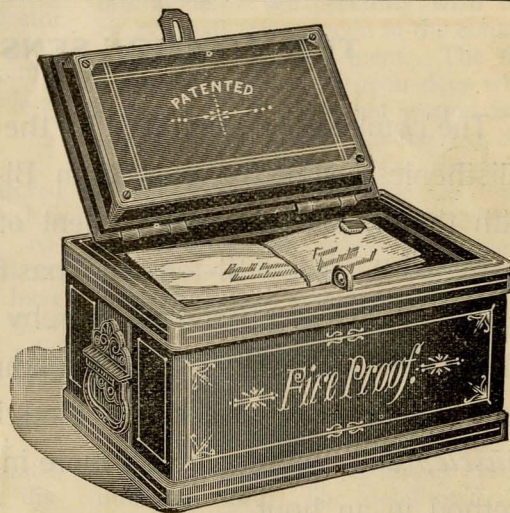
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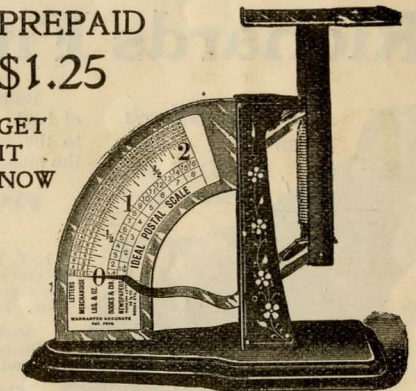
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(Continued from front inside cover page.)

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