

# THE BULLETIN

OF THE ATLAS CLUB

VOLUME XVIII.

JUNE, 1916

No. 9

## COME ALL YE THAT ARE HEAVY LADEN

E. J. DRINKALL, D. O., Grand Noble Skull

"Fifty-one weeks out of the year shalt thou labor, but during the fifty-second thou shalt attend the Annual Re-union of the Atlas Club and the American Osteopathic Convention."

We truly promise to take your mind away from the grind of patients, worries, troubles, aches, and pains. You owe it to yourself to get away from the four walls of your office and the confines of your city.

You won't lose any patients, and you will gain vigor, strength, and happiness by attending the Re-union. Once more imagine you are sitting in the old chapter room, for we are going to initiate into the mysteries of our grand organization those members of the Calumet Fraternity of Los Angeles who were not taken in at the installation of the new chapter, and who will be in attendance at Kansas City.

The greatest re-union, for its going to take you back to the real old club days. The officers of the Executive Council will preside and carry on the initiation. My, what fun! What a glorious opportunity to get back at some one what was meted out to you? Hooray!

The big doings will be staged on MONDAY, the very first day of the convention, in the afternoon following the program. We will meet at five o'clock in the rooms assigned to us and enjoy the pleasure of getting re-acquainted with those we used to attend Club with, and acquainted with those men who graduated before and after our time. At about five-thirty we will sit down to a good old-fashioned beef-steak supper, or whatever the committee arrange for us. We have to eat, and since we don't live in Kansas City we might as well enjoy the fellowship of our fraternity brothers, and be ready for the "dessert" immediately following the cigars.

Every Atlas man is going to be present to aid in instilling into the anatomy of the initiates all that the Atlas Club stands for. To aid in this work please drop Grand Stylus E. E. Sanborn, 320 Hamilton Bldg., Akron, Ohio, a postal and just say you will be there. Now don't forget this is on Monday, July 31st, the first day of the convention. We prob-

ably will bring up for discussion some very important business that has to do with the osteopathic situation, and which will come up for consideration during the convention.

The bulletin board will give you all the information you need, altho we probably will mail you a postal sometime in July telling you the why, and wherefor.

Plan on getting in the game.

"THE MAN WHO HALTED ON THIRD BASE TO CONGRATULATE HIMSELF—FAILED TO MAKE A HOME RUN."

Make a Home Run.

### THE THERAPEUTICS AND SUPERSTITION

R. H. PETERSON, D. O.

(Class Address, June '16)

We, the members of the June '16 Class, entered these halls three years ago thinking of ourselves as the students of a new and only healing science; with perhaps a tendency to discredit the soundness and practicalness of all other forms of therapeutics, some as old as the age of man.

Three years of study have tempered those thoughts, but we have yet to feel the backward kick of this old world against the things not similar to past traditions or accounted for by minds active only on the suggestions of greater minds who lived before.

Man despite his education is still a superstitious animal. Only two years ago a well known psychologist made a poll of the faculty of Harvard University and found that a majority of those men, representing the highest type of intellectual development, were willing to confess to a more or less profound belief in some pet superstition as foolish as the old notion of the black cat or a broken mirror as the harbinger of misfortune. Few men realize how potent is suggestion or how many of their beliefs are based on the dogmatic assertions of others, rather than on reason.

Every profession and every division of labor that calls for a specialized training of the mind on a particular science has to deal with that peculiar characteristic of the human race, namely traditions and customs, whether they be based on superstition or reason. The lawyer, the minister, the doctor, leaves his respective school, endowed with an education such as none of his colleagues have, and he has visions of showing the people how much progress has been made in his particular science. Here

in enters the fallacy of the newness of thought. Nothing is new to nature. Her laws are a law unto themselves. The animal mind cares for no new thoughts or ideas to interrupt the narrow even tenor of its existence. Were it not for individual characteristics; repetition would be the order of things—directed by instinct and habit, nature's endowment to animal life. The character of a moral people produce the trained minds, balanced on all theories, with a near perfect concept of the psychology of the many different minds of as many different people. From such a people do we get a fair trial of all new theories.

The study of character is not a puzzle that a man may work out over night. Character is most subtle, changing and contradictory—a strange mingling of habits, hopes, tendencies, ideals, motives, weaknesses, traditions and memories,—manifest in a thousand different phases. With this definition of character, is it any wonder the average human being is superstitious and slow to depart from the old and tried customs of the day?

Having decided upon our science of therapeutics as a life work, but few of us have ever taken the time to look back and see if it fits into the life cycle of biology; we follow in the footsteps of those who founded the science and but one in a hundred will ever overstep and think a new thought—although many may have the ego to think they have.

The history of therapeutics reveals many queer things; magic, superstition, miracles, anger and demons, are at the bed rock of the healing profession. The common beliefs of the Dark Ages were that all human ailments were due to evil spirits and from disobeying the Gods they worshiped. Today some of those beliefs still live.

A famous medical man was once giving an address before an incoming class at Columbia University and he let fall the remark that magic as pertaining to medicine is the subconscious vestige of the mind, a spiritual remnant—as are the embryonal gill slits left by successive stages of evolution. In other words the people prefer to wait for a sign, something that occurs by magic, something to get hysterical over. The old practice of medicine was built up around that principle of psychology; every detail was kept hidden from the laity and only a magical display of chemical reactions were shown to the public.

Five thousand years before Christ the builders of the Pyramids left written prescriptions that are in no way different from the prescription writing of today; teeth were filled with gold; surgical operations were performed under antiseptic methods, and the circulation of the blood seemed to be understood. Records in the Sanscrit of two thousand years ago makes reference to their belief in the germ theory; the bite of a certain

species of mosquito was known to cause attacks of fever that we now call malaria. Hippocrates, the father of medicine so called, wrote descriptions of diseases four centuries before Christ, that are still used in the standard text books. The practise of bleeding was begun three thousand years ago, and yet only three years ago one of the foremost medical men of the day lay dying, and he demanded that bleeding be instituted even though his body was already pulseless from the lack of blood. Such learning existed, but it existed only for a few; the intellectual class as it were, had to live a secluded life so as not to incur the hatred and possible death at the hands of a superstitious and unprogressive people.

The history of medicine has had its rise and fall like the Roman Empire; it has had its ups and downs as often as public opinion regarding the present political administration. Ten centuries ago, the so-called civilized world was venturing forth from under a cloud we have since termed the Dark Ages. During that time the world forgot the teachings of the ancient Egyptians, of Hippocrates and of Galen. The ravages of the disease germ ruled the people with an iron hand; the Gods were displeased with the people's mode of living, hence the evil spirit—which being interpreted means the disease germ—was turned loose on the people and millions were stricken with the Black Plague. The evil germ lurks in every darkened corner; sunlight, fresh air and water seemed to be copardners in crime with the evil germ, because the abode of man was never visited by these—the greatest of all nature's germicides. The insane were tied under the houses. Fever cases were shut up in closed filthy rooms; puncture wounds were made any place in the body to allow the escape of existing pains; bleeding was practised in most cases while herbs and roots were administered in the form of drugs regardless of the known bedside results. Just such conditions exist in all the non Christian lands of today. Not many years ago could we say little better of our own land. But reason is following education, new ideas are being presented in such rapid succession to the masses that superstition must take a back seat in this materialistic age. The average individual of today knows more about the human body than did the doctor of yesterday. No longer does the doctor make obscure and hidden diagnoses of his cases, but outlines the patient's history, symptoms and clinical findings on case records; the results of his treatment are tabulated and the patient's relatives may know all about what the physician is doing. The mystery of the sick room has vanished in thin air. The therapeutic methods, hitherto thought of as an art, has now become a science.

Yet we can not get away from the habits of countless generations

of our ancestors; internal medication has been the custom since the alimentary canal was invented way back in the early evolutionary ages. The workings of the human body has always been clothed in mystery; to be chaste in mind, no questions ever dared be asked concerning the generation of life. The pious spinster may still take her thrice daily cocktail in the form of a highly advertised tonic and remain a zealous and esteemed worker in the W. C. T. U. The good grandmother may object to the young doctor because he used a stethoscope, thinking that he is hard of hearing; or she may interfere with his treatment of the small member of the family because in her day it was not necessary to make fuss about the baby's milk,—all of her children, and she brought up twelve, took milk straight from the cow and no one ever modified it. Thus we might go on sighting instances whereby the up to date physician may be displaced by the quack or a spiritualist, because he tried to keep abreast of the times.

To the materialist who thinks this puzzling and complex age is governed by the cold light of reason, let us as Spinoza might have said, be most careful not to laugh at the actions of mankind, not to groan over them, not to be angry with them, but to try and understand them. To understand our fellowman is the ideal of brotherhood. This class is composed of one hundred and sixty individuals possessed of one hundred and sixty different temperaments and characteristics, with only the one idea in common—Osteopathy. Aside from this central interest, there is such freedom of the soul that no one knows quite what to believe, and so believes that which he prefers. This factor has produced no little trouble for our faculty whose members have labored so considerably with us for three years. The man then that undertakes to convert a brother to his line of thinking, and his arguments become tinged with hatred because his reasoning fails to convince, has failed to understand mankind—to understand the science of psychology.

For three years we have been hearing a few details concerning the fight our field brothers are waging against the minds hostile to new methods of therapeutics, but it comes to us as the echo of a great battle would come to a body of soldiers in a strong fortress behind the firing lines. It has worried us but little because this institution and its faculty, headed by the grand old man on the hill, have acted as our protectors. We now assume the responsibility, shoulder to shoulder, with all the profession in the field; in this position we are compelled to understand men or be labeled as narrowminded specialists.

There have been times in the course of our three years' life as a class, which gave us the impression the whole student body and faculty

did not understand the June '16 Class. Some even went so far as to intimate that we were rough and uncouth, disturbers of the peace and destroyers of school traditions.

Every progressive organization, every invention, every new religious sect, and every new thought, when first launched amid popular criticism, must first meet the cold repulsive stare of the standpatter whose motto is "let well enough alone", whose official duty is to free the world from over-ambitious people; and when you do something new this demigog of custom proclaims you rude and semibarbarous. Then should your originality meet the approval of nature, you are classed as just a little queer, or if they must concede to your ability, why you are possessed of supernatural powers. Such criticism was hurled at Dr. Still, Hippocrates, Galen, Luther, Darwin, Burke, Edison, Bryon and many others who departed from the beaten path of tradition and custom.

Such criticism has been heaped upon the June '16 Class.

Since time alone is the test of greatness, we leave this place of many memories to-day—fellow classmates—to prove our greatness in this wonderful profession that will ever be as great as we make it. We know nothing of the trials, sorrows and temptations of those already in the field; of the life tragedy that may be hidden behind a smile, of secret cares, struggles and worries that leave their mark in hair prematurely gray, and in character changed and almost recreated in a day. Of this we know but little.

Yet, let us hope that in the years to come, as we chance to meet in convention hall or in consultation room, may we bear the stamp of years well spent, of a service well performed to our fellow man, that we may ever be a unit in a harmonious profession that takes pleasure in saying—"May it please us well to honor the Master of a Science."

#### A. O. A. AUXILIARY

Following the suggestion of Bro. C. A. Pengra, Dr. Hildreth met the students in mass meeting about May 15th and presented the plans for forming the Auxiliary. Considerable enthusiasm was shown and a few days later a second meeting was held and the auxiliary organized. As it was so late in the school year little or nothing was accomplished this spring, but it will be a big factor in school activities next fall.

### ADVICE TO THE NEW DOCTOR

GEO. F. WHITEHOUSE, D. O.

#### YOURSELF

First and most important of all is your personal conduct which must be unimpeachable at all times, for nothing will ever prove more detrimental to you or your practice than a suspicion cast upon your character.

Be neat in your personal appearance.

Always be cheerful and pleasant to your patients.

Don't smoke in your office.

#### YOUR PRACTICE

All appointments should be kept as promptly as possible.

Always diagnose a case before treating it and keep chart with your findings constantly before you. Re-examine your patients periodically to see what results have been obtained.

Always advise as to diet, exercise, bathing, antiseptics, etc., so that the patient will come to you when such advice is desired.

Give corrective treatment when you have located the trouble, but do not overlook the necessity for general treatment until you are positive of your diagnosis.

Don't fall in with ANY advertising scheme. Take my advice it will turn out a fizzle no matter how good it may appear at first. The only kind of advertising that pays is in the form of announcements in the local columns of your home paper and that pays well.

Do not Cut Prices. Price cutting will not only cut your income in half, but it will cut the respect of the public for you into less than half and your opinion of your own ability into so little more than nothing that if you ever make a success it will be in spite of the price and not because of it. Give every second or third treatment free if necessary, but don't cut prices. Say \$2.00 as though you meant it and then make the treatment worth the charge. Give more attention to diagnosis your patient will prefer this to a reduction of fees.

Your ability will never reach a higher level than the price at which you value it.

#### YOUR PATIENTS

Be sympathetic with your patients. Always permit them to tell you all of their troubles, and then forthwith forget them.

Don't talk about one patient to another. Speak only of your results without mentioning names.

YOUR OFFICE

Make your office the neatest and cleanest in the city. Keep in touch with your office during office hours.

YOUR LOCATION

Never locate in a city that has an Osteopathic school. If you do not consider this good advice, try it.

Do not locate in a large city if you expect a fair existence during the first few years, and a lucrative income, above expenses, later.

Make a few outside towns until you get established unless you can afford to wait.

YOUR COMMUNITY

Get into public health work, civic work, church work, or any other kind of work that is for the good of your community. If there is no opportunity make one.

Get acquainted without handing out cards or publishing the fact that you are an Osteopath. Wait until they ask you which will be soon enough. Any sooner than this will be too soon.

YOUR FELLOW-PRACTITIONER

Be ethical in your relations with your fellow practitioner. Be more, be friendly. It will help you and it won't hurt him. Always speak well of him. Your patients will respect you the more for taking his part.

When called in consultation don't deliberately belittle the other doctor. Ten years later you may be calling him in. It will take some time for you to find out that he knows more than you do.

YOUR ASSOCIATIONS

Join your Osteopathic associations from City to National first, last and all the time.

Practically every Osteopath that is universally known today has become known through our associations. There is no other way, its the Only Way.

Outside the association you will retrograde osteopathically, unless you are an exception to the rule. Within the association you will help make progress for yourself and your profession.

Do association work wherever and whenever the opportunity presents itself. You will never have cause to regret it unless you overdo it.

Always give financial aid to enterprises for the advancement of Osteopathy. You cannot give back too much to the profession that is giving you a living. "With what measure ye mete it shall be measured unto you."

OSTEOPATHY FOR CHILDREN

EDWARD G. SLUYTER, D. O.

Seeing the above heading in the February Journal of Osteopathy brings to my notice a very important side of the practice of Osteopathy. It is a phase of the work that produces most gratifying results in a short time. I have had some little experience in this work and the results are most pleasing.

Recently I was called to see an eighteen months old baby, who had fallen off a bed and struck on his head. The accident happened on a Monday forenoon. An M. D. was called, looked at the child and left a little medicine saying he would see them the next day. The baby vomited soon after he was fed at noon, and the same thing happened following each feeding until I saw him Thursday morning. The bowels didn't move Monday and Tuesday. An enema was used. This forced movement was the last until Thursday after the treatment. The child grew very irritable, didn't sleep much and cried most of the time. When the Doctor came on Thursday morning the baby was still unable to sit up and as restless as ever, but he left some more medicine and told the mother the child would be all right now in a day or two. This did not satisfy the mother. Having gained some relief from Osteopathic treatments previous to this time, herself, she called me to examine the baby. When I got there she was holding him trying to quiet his crying. I had her lay him on his back on the library table, then made an examination of the cervical region. I found the three upper cervical vertebra posterior on the right side, very noticeably so. They were bad enough so he held the head to one side. Then with the mother holding the baby with his back to me I examined the spine lower down. At the mid-dorsal there was a twist involving four vertebra. A treatment was given at this time and the cervical rotation reduced. Also I raised the ribs, gently, and relaxed the muscles all along the spine. Saw the patient the next morning early and found a great change. The mother said the bowels moved within fifteen minutes after the treatment and soon after that he dropped to sleep. The next time he was fed he retained all the food and didn't vomit again. He slept well that night, and within a few days regained the lost flesh. Treatment was continued for two weeks and at the end of that time he was normal in every respect. What better result could one ask for? The treatments given in this case were very mild and only about five minutes long. One must be very careful about treating too hard and too long.

**THE RESPONSIBILITY OF THE DENTIST AND PHYSICIAN IN REGARD TO MOUTH INFECTIONS AND THEIR RELATION TO CONSTITUTIONAL DISEASES**

J. E. WRIGHT, D. D. S.

Anatomic and physiologic considerations show that the teeth and protected interstitial areas present a most favorable field for bacterial growth. These bacterial breeding-places together with the deep pockets which form in the presence of the heavy bacterial coat that the protected tooth surfaces usually bear give rise to a multitude of organisms, which of necessity pass into the stomach and bowels, and frequently alter by their products and PRESENCE the whole chemistry of digestion so that an infected mouth may produce four distinct pathologic effects.

FIRST—that produced by dissemination of bacteria through the medium of lymphatic drainage.

SECOND—that produced by bacteria through the open bloodvessels

THIRD—the damage sustained by the individual through the change in the chemistry of digestion caused by bacterial poisons.

FOURTH—that produced by a general bacteremia which not infrequently is a direct result of the dissemination of bacteria in the blood stream.

Statistics show there is about one case in every ten in which severe constitutional lesions occur. There really seems to be no function or tissue of the body which may not be reached by infection occurring in, or originating through, lesions in the oral tissue. It seems eminently proper, therefore, that physicians should scrutinize more closely the mouths of their patients in all their routine examinations. They should insist on radiograph examinations to discover impacted wisdom teeth and other diseased teeth which might be causing a lowered resistance of the patient and should advise extraction of all diseased teeth, which are in a condition that they cannot be saved and made a valuable organ for mastication, and in no case advise extraction where teeth can be saved. As trying to masticate food without teeth is like trying to thrash grain with all the teeth removed from the cylinder and therefore the food passes into the stomach unfit and unprepared for the digestive organs to properly perform their function. What is the result? Indigestion and stomach trouble and other constitutional disturbances, so when patients present themselves for treatment and you find above conditions present refer them to a good dentist and let the dentist and the physician work together and we will not only both be benefited but the patient

also, and in all such cases let us both be frank and speak plainly to our patients, and insist upon their cooperation. For unless the mouth which is a hot bed for micro-organisms is kept clean we cannot expect to secure or maintain a healthy condition of the soft tissue of the oral cavity, and the oral cavity being in a filthy condition, we have the micro-organisms going into the stomach with every bite of food, and every drink of water taken, so it behooves us as dentists and physicians to work together if we expect to give to humanity that which we should.

The day has come when it is a recognized fact that the dentist is in need of the physician, and the physician BADLY in need of the dentist. Statistics show there are 85% of the school children which have bad defective teeth, and in these infected cavities we find a great many different classes of disease represented, such as pneumonia, tuberculosis, diphtheria, and a great many others, so we who have the lives of our nation in hand should strive to bring about a preventative for such diseases. Let us advocate to the school boards the necessity of seeing that the children's teeth are looked after, nasal obstructions corrected, eyes tested and so forth, as we realize the boys and girls of today are the men and women of tomorrow, and if the children are instructed along the line and they form the habit of keeping their mouths and teeth clean, we will find this the same as any other habit, once formed it will be hard to break from it. This means that the future generations will have not only more healthy mouths but also more healthy bodies. Yes, perhaps there will not be the necessity of so much dental work, so far as fillings are concerned, but protective work will be called for instead of fillings and the physician perhaps will not have so many chronic cases to treat. The world will be much better by us having done all this to help humanity. It isn't so many more physicians and more dentists we need but it should be better physicians and better dentists.

We both meet with many cases of so-called pyorrhea or Riggs disease, a disease of the peridental membrane. This is a disease we are all no doubt familiar with, this disease isn't always found in unclean mouths, therefore we cannot say, it is always neglect on the patient's part by not keeping their teeth clean, as some of the worst cases I have seen are found in patients mouths that are well taken care of. The Etiology of this disease some say is of Constitutional origin, other say lack of care of the teeth. Just what the cause of this disease is, I am not prepared to say, PROGNOSIS favorable if taken in the early stages. I think the Osteopath and dentist can work together here again and yet much better results with treatment of same.

The association of such diseases as heart trouble, arthritis, anaemias, gastritis, n ulcer of the stomach, with the pathology of the teeth and gums

is such as to establish them as a factor of infection beyond a reasonable doubt.

The dentist must see that his instruments are all well sterilized for we carry infection from one area to another if we have one bad infected tooth this should be taken care of and then place instruments in sterilizer and not clean a healthy tooth and healthy tissue with unclean instruments as we are very liable to infect these areas also. I anticipate that the time will come when by Legislative enactment the Dentist, the Surgeons, the Specialist and the Hospitals will be compelled to throw open their inner sanctum to the scrutinizing searchlight of the Health-officers. His duty shall be to inspect cabinets, cases, bottles, instruments, brackets, floors and general office surroundings to the end of safe-guarding the public against infection. Is it not reasonable to suppose in view of the fact that the wares of the grocer, baker and others must undergo inspection, the public towel and drinking cup abolished, the output of the chemist comply with the food and drug act that we too if criminally careless will sooner or later have similar restrictions thrown around us. We have infections also from lowered vitality, caused by unhygienic mouths, vitality meaning no doubt the general cell resistance of the body to disease is lowered by an unhygienic mouth and that infection meaning according to Gould, the communication of disease germs or virus by any means direct or indirect arise from that lowered vitality. And here again we the dentists and physicians should work together and see that our patient realizes the importance and value of cleanliness which is next to Godliness. A growing knowledge of the importance of pathologic conditions in the mouth in their relation to general health and mortality of the human race is permeating. The osteopathic and medical profession are awakening a respect for dental surgery, hitherto somewhat dormant, notwithstanding the wonderful and artistic mechanical restorations of which our profession has been so proud. The coincidence of Riggs disease with pernicious anemia, alvolar abscess with infective arthritis irregularity of the teeth with respiratory disease, unclean mouths with alimentary infection and decayed teeth with low vitality offer a field for study and research which may well occupy the minds of the osteopathic, medical and dental profession.

We should also appreciate the importance of early diagnosis of malignant neoplasm, or tumor. The etiology of neoplasms is obscure and while many possible theories as to their cause has been advanced and though men of great scientific attainment, backed by the wealth of multi-millionaires are daily striving to establish definitely their origin and a more successful method of treatment. At present the surest hope seems to lie in early diagnosis, and immediate surgical removal. It will be

comprehended then how necessary it is for the dentist who may often discover an oral tumor before even the patient is aware of its existence that we at once put them in the hands of a good physician or surgeon as where operations are indicated they are more extensive than the average dentist is experienced enough to perform, and the dentist's duty so far as the operation is CONCERNED ends when a qualified surgeon has been secured to perform the operation although the dentist should prepare the mouth by as thorough a prophylactic treatment as circumstances permit. And we may assist at the operation by the extraction of teeth, and so forth, if desired, and if large areas of bone are removed, then the patient should be sent back to the dentist, after healing has taken place and the dentist construct artificial dentures of some class to restore the fascial contour.

Drifting from the subject of infection somewhat we have many other complicated conditions presenting such as Tri-facial Neuralgia, defected eyesight, defective hearing, and so on. These cases also call for attention, and here the dentist and physician work hand in hand bringing about a cure of these conditions. The day has come when we as dentist and physicians, should work together, not for the fee however that must be taken into consideration also, but let's help humanity all we can and try and make the world better by us having performed our part of the work to the best of our ability. The big man in any line of work is never the man who is constantly thinking about the amount of money he can make out of it, but the joy of achievement. Marshal Field had the ambition to be the biggest merchant. P. D. Armour to be the biggest packer. H. O. Havemeyer to be the biggest sugar refiner in the world. Look at them today. The man who is out primarily for the money never can be of the first importance in any business. So let us if necessary try not to consider the dollars altogether. However, let me say that there is a class of people that the last man they pay is the doctor and dentist. They seem to think we have plenty of money and therefore they will let their account run until they feel like paying same. But we are glad we live in an age of social service. Never in all history has the world been so concerned in the welfare of the other half. Never has there been such a strict inquiry into the life conditions of all people. And never has there been concerted action to relieve suffering, and social wrongs as we see manifested so generally today.

Well may we say with Riley:

This world is a curious compound with honey and its gall,  
With its teas and bitter crosses but 'tis a good world after all,  
And a good God must have made it—leastwise that is what I say  
When a hand is on your shoulder in a friendly sort of way.



Back Row, Left to right: Carr, Roddy, Orrison, Templeton, Rausch, Parker, Brugh, Betts; 2nd row, Titsworth, H. L. Benedict, Griffith, Witt, Sanborn, Medaris, Stroud, Hartford; 3rd row, Mumma, N. E. Brown, McIntosh, Sellers, Dr. Brown, Delaney, Eddy, F. C. Hopkins, Cahlan, Front row, Lambert, Mundis, Gumbert, Kane, Wade, H. V. Halladay, Dr. Wyatt.



Back Row, Left to right: Holt, Atkinson, Campbell, Grossman, Richardson, Alexander; 2nd row, Manby, Sanderford, P. Hopkins, Bolner, Thomas, Shugrue; 3rd row, Riley, Mylander, Ibach, Francis, Dunsech, Burnett, Waters, Front row, Kilman, Maddox, Wilbanks, Schoonmaker, Malone, Dr. Krill, Baker.



**"THE CALL TO ARMS"**

E. J. DRINKALL, D. O.

The general speaks, the bugler sounds the call "To Arms," and the column moves with measured tread toward that infernal hell, from whence no man dare say he will return. The great guns belch forth fire and dense black smoke, and out through space whistles a shell to burst, with men as victims.

The war of the ages, being fought with the lives of men, is teaching us mammoth lessons in political economy, civic welfare, and national solidity. These peoples are striving under tremendous odds and overwhelming burdens with only one purpose in view, that of victory.

The battles between nations melt into the merest insignificance when compared and placed along side the battle between society and disease, or between society and monarchial rule. The former with its accrued benefits continue only for a period of years at the most, while the latter extends its influence of gain and uplift over the ages. What will the European nations receive as spoil for the terrific loss of life without a mere mention of the loss of property? What would the United States profit by war with Japan or even Mexico?

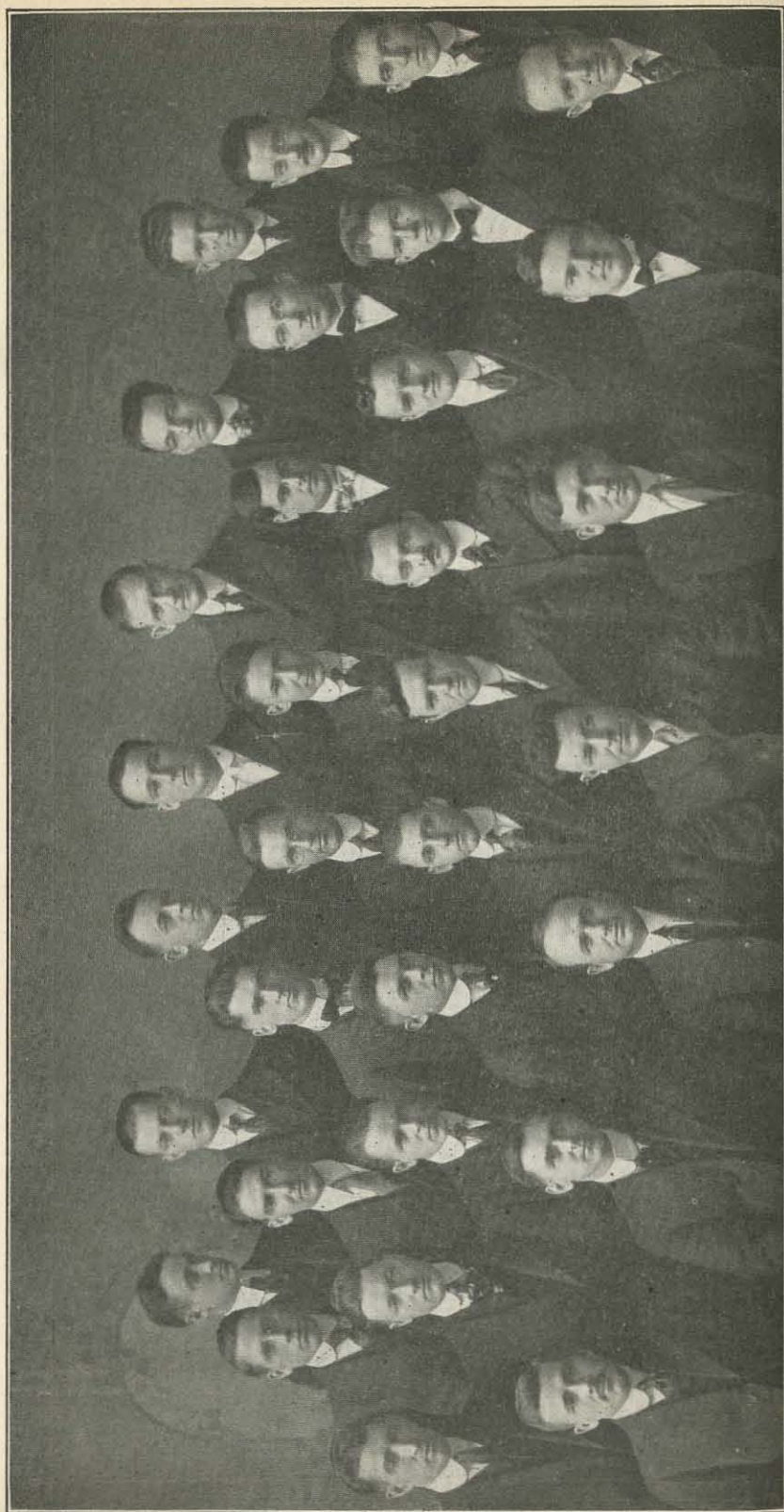
What would society gain in the universal acceptance of Osteopathy and its infallible principles of cause and effect?

What would be gained by the science of Osteopathy and the profession if every Atlas man lived up to his pledge and obligation? **THINK!**

One-fifth of all the osteopathic physicians in the world today are Atlas men. Think of it, one-fifth of the entire profession (men and women included) bound under the same obligation and pledge to strive for the same object, that of advancing scientific truth as exemplified in the science of Osteopathy, and the assistance of all others who pledge themselves to do likewise.

This very minute the science, the profession, and your own Club needs you more than ever it did before, because the war to the finish is on between the Medical and Osteopathic practitioners. A battle it is that pales the great European struggle; a battle whose gain or loss will echo and re-echo for centuries down the ages; a battle that not only affects you but all your descendants as well; a battle of odds with the medical practitioner fighting against a stone wall fact; a battle that cannot be fought by a few, and above all a battle for a Principle as immutable as Nature herself.

The Atlas men have always led the profession in education, thought, ideas, and in the delivery of true worth to the sick and needy. Atlas men in this hour of vital need will not fail to live up to the pledge made before man and God. Atlas men will, as the atlas bone supports the head



Back Row, Left to right: Rogers, Jacquith, Gottreu, P. Benedict, Reese, G. D. Clark, Welch; 2nd row, Bowman, Watson, Williams, Baldwin, Roben, Wilson, Rice, Currie, Spencer, Marshall, Page, Hartley, F. Wendel, Foley, Manhart, Crawbuck, Atwood, Hetton; 3rd row, Huneryager, Richard, Baker, D. J. Clark, H. H. Halladay, Kiblinger, Wright.

continue to support the leading column by filling into the vacant places others who are prepared.

Brothers of the Atlas Club, I should like to talk to you face to face, but since that is impossible, I shall talk to you through our one and only medium—The Bulletin.

When you were in school and attended the meetings of the chapter regularly you always did so with enthusiasm and zeal, and when assigned a task by the Noble Skull you did it well and without question. This has always been the teaching of the Club, to do what was asked by the man elected to lead the chapter. But since you have left school and the current borne by numbers, I find that too many have dropped by the wayside, and not due to financial reasons either. In fact you have gotten into a rut, because you have for the moment relegated to the dust covered archives that essay by Emerson on "Compensation." Every day in your practice you deal with the compensation of Nature as manifested in diseased conditions. ALWAYS MUST WE GIVE IN ORDER TO RECEIVE.

Why does your practice not grow? You do not give.

Why does our science not grow? You do not give.

Why does our Club spirit not grow? You.

After you leave school your obligation and pledge just begin to require attention, but I am afraid most have thought that with graduation their obligation to the Club ceased. How much are you doing to advance scientific truth? How much are you doing to mutually elevate the intellectual and business conditions of such students and graduates of recognized schools of Osteopathy as shall pledge themselves to live honorably, honestly, sincerely, decently, and uprightly before their fellowmen and to conform to the pledges of this Club?

The Bulletin has always been printed for you. If you get an idea that will elevate the intellectual standing of all, along the line of scientific truth as exemplified by Osteopathy, send it to the editor, and in its publication you will have discharged one of your obligations. We want the Atlas Club members to be the best physicians in the world, and we can be for we have the "brains." We can only be the best physicians by giving ideas, the result of experience, research, and some time. Don't leave it to the other man as has been the custom for ages, get out of the rut, push, and push so hard that the other man will have to push also and in the same direction, in order to save himself. "GIVE, IN ORDER THAT YOU MAY RECEIVE."

"Merit begets confidence,

Confidence begets enthusiasm,

Enthusiasm will conquer the world."

### A BABY BROTHER BORN IN THE WEST

Monday evening, May fifteenth, saw the birth of the Cricoid Chapter of the Atlas Club at the College of Osteopathic Physicians and Surgeons in Los Angeles.

The installation was held in the club room of the Hotel Gates. Fifty-four members were taken in and field members of the Calumet Fraternity who were unable to be present will be initiated at a later date. The installing officers were as follows: Dr. Geo. E. Burton, Worthy Noble Skull; Dr. J. S. Allison, Worthy Occipital; Dr. Louis E. Wyckoff, Worthy Sacrum; Dr. Roland F. Robie, Worthy Radius; and Dr. E. R. Lyda, Worthy Right Clavicle. The newly installed officers of the Cricoid Chapter are: J. Lynn Goode, Noble Skull; Frank MacDonald, Occipital; Ralph Hix, Sacrum; Chas. E. Irving, Stylus; Wallace C. Clark, Pylorus; Claude Olewiler, Receptaculum; Leo Prager, Styloid; P. T. Collinge, H. V. Gray and T. O. Pierce, Trustees; Elmer S. Clark, Editor of Bulletin; and George L. Hampton, Asst. Business Manager of Bulletin.

After the installation a banquet was served, Dr. T. J. Ruddy presiding as toastmaster. Dr. Roland F. Robie read the Grand Noble Skull's charge to the new chapter and a number of congratulatory letters and telegrams. Among the latter were messages from the Axis Chapter, the Hyoid Chapter, Dr. J. H. Styles, Jr., Portland, Oregon, Dr. L. R. Daniels, Sacramento, California, and Dr. C. J. Gaddis, Oakland, California. All were most hearty in extending their good wishes to the new chapter and expressed great hopes for the future of the Club in the West.

Others who spoke briefly were: J. Lynn Goode, newly elected Noble Skull; James Stewart, for the graduating brothers; Dr. W. Curtis Brigham, for the faculty members; Dr. Andrew R. M. Gordon, for the alumni; and Dr. J. S. Allison, for the installing officers. In behalf of the Grand Noble Skull, Dr. Allison presented the Cricoid Chapter with an Atlas Club pennant and the shield of the order.

All expressed firm belief that substantial benefit will accrue from the establishment of this Atlas Chapter on the Pacific Coast. It is believed that it will bring about a closer union and fellowship between the men of the East and the West and thus provide a means for acquainting each with the other's viewpoint. Better understanding and increased unity of purpose are conducive to greater efficiency in promoting and promulgating the ideas and ideals of the profession we all wish to advance. As we hold before us the ideals of greater unity in the Osteopathic profession, a growing spirit of scientific progress, and an undying warmth of brotherly feeling between man and man, we clasp hands in rejoicing that the Atlas Club may be an important factor in their realization.

## Chapter Members

C. H. Phinney, D. O., P. C. O., '01.  
 T. J. Ruddy, D. O., Still, '02.  
 W. Curtis Brigham, D. O., L. A. C. O., '08.  
 G. H. Copeland, D. O., L. A. C. O., '09.  
 Wm. Bartosh, D. O., L. A. C. O., '10.  
 Walter P. Dresser, D. O., L. A. C. O., '11.  
 John M. Clarke, D. O., L. A. C. O., '11.  
 R. E. Lee, D. O., L. A. C. O., '12.  
 Roy F. Buchman, D. O., L. A. C. O., '12.  
 Joe Marple, D. O., L. A. C. O., '13.  
 W. W. Illsley, D. O., L. A. C. O., '13.  
 Orville D. Caldwell, D. O., L. A. C. O., '14.  
 Arthur J. Priestler, D. O., L. A. C. O., '14.  
 Andrew R. M. Gordon, D. O., L. A. C. O., '14.  
 John H. Lewis, D. O., L. A. C. O., '14.  
 William J. Blount, D. O., L. A. C. O., '14.  
 Frank A. Ward, D. O., L. A. C. O., '14.  
 T. W. McAllister, D. O., C. O. P. S., '15.  
 Edward C. Tingley, D. O., C. O. P. S., '15.  
 Philip T. Hoeffler, D. O., C. O. P. S., '15.  
 Kenneth W. Gordon, D. O., C. O. P. S., '15.  
 William J. Reed, D. O., C. O. P. S., Jan. '15.

1916

R. M. Roberts	E. A. Roe	J. Wesley Kaylor
R. G. Lawson	Vern M. Bodmer	H. H. Pentz
L. E. De Muth	P. T. Collinge	Jas. Stewart
	Albert Victor Kalt	

1917

J. Lynn Goode	T. O. Pierce	Fred M. Woolley
A. B. Lee	F. H. Deeks	J. Coleman Browne
Francis S. Nickerson	Ralph Ellis Smith	H. V. Gray

1918

Leo Prager	Wallace C. Clark	R. A. Hix
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1919

Roscoe F. Wallace	Chas. E. Irving	Frank MacDonald
Claude E. Olewiler	Harry Larkin	George L. Hampton
Elmer S. Clark	Louis F. Foley	William C. Nelson

Feb. 1920

C. Lee Wisman

## CASE REPORT

## DIABETES MELLITUS

D. J. CLARK, A. S. O., Jan. '17.

[This case was treated by Bro. Clark in the A. S. O. clinic, and is the first we know of in which the Allen Starvation Treatment and Osteopathy were used. The results obtained were most gratifying.—Ed.]

## History:

Mrs. L.— Age 53. New York.

Widow, no children. Been sick for seven years. Most of the time, been living on an almost carbohydrate free diet. Has been on three occasions confined to bed for several weeks, suffered with ascites and oedema of feet, skin of feet cracked open at times. Continuous headache and great pain in back, arms and legs. Weight 260 pounds. When sugar was found in urine seven years ago, has had medical treatment all of the time, also Chiropractic treatment the last year and lost 61 pounds. Came to Kirksville and started taking Osteopathic treatment March 9, 1916.

## Symptoms found on examination:

Neuritis arms and legs; pruritis general. Oedema feet and eyelids. Fingers more or less numb; canker sores on gums and mucous membrane of cheek; blood pressure normal; great irritation of external genitals by urine; burning sensation on passage of urine; continuous headaches and constipation of long standing, a slate colored complexion and a sweetish odor to breath.

Weight 199 pounds.

Urinary Findings: Acid reaction; specific gravity 1033. Color, almost clear; Albumen negative, sugar 5%. Voiding five pints in 24 hour

Osteopathic Findings: Extremely rigid spine throughout posterior lumbar to ninth dorsal where there was a distinct break. Ninth dorsal lateral to right, eighth dorsal lateral to left. Upper dorsal rigid, as was the cervical region. The most pronounced lesion being eighth and ninth dorsal. Muscles of back rigid and sore.

Treatment: Started March 9, 1916. General Osteopathic treatment daily. No attention to diet sprung spine forward in lumbar and lower dorsal relaxing muscles of back and getting some movement and separation between all of the vertebrae.

March 15th patient prepared for fast by eating everything she liked. Appetite enormous. Urine analysis of 24 hour sample made March 17

showed four pints voided. Specific gravity 1010, 18% sugar; no acetone; no diacetic acid; no albumin.

Started fast March 16 taking no food at all but drinking all the water and plain tea she desired. March 18 a urine analysis of March 17th, 24-hour sample showed 3 pints voided, specific gravity 1010 and sugar free second day of fast. Fasted 72 hours. Began eating March 19, 1916. Lost 6 pounds during fast—weight 193 pounds.

On March 19, 1916 she started the Allen Starvation Diet for Diabetes as published by W. M. Leonard, Boston, Mass. and as used at the Massachusetts General Hospital. The Diet and instructions were followed carefully starting with Table I page 69 of book. The patient used a different table each day gradually increasing the protein diet until she was eating 50 grams of protein, 15 grams of carbohydrate and 125 grams of fat, making 1500 calories of heat on March 26, 1916. She then started to increase the carbohydrates on April 11, 1916. She ate 60 grams proteins, 55 grams carbohydrates and 159 grams of fat making 1950 calories of heat

We then increased amount of protein and carbohydrate food until April 18 when the patient ate 101 grams protein, 150 grams of carbohydrate and 292 grams of fat, making 3744 calories of heat.

24 hour sample of urine showed amount voided 3 1-4 pints, sugar free. specific gravity 1013, chlorides normal, phosphates normal, acetone negative. Daily osteopathic treatment and mild exercise was taken for thirty days, and a urine analysis was made every day excepting Sundays. At no time has there been a trace of sugar in the urine.

Results to date May 18, 1916:

No urine analysis has been made since April 19 and since that time she has taken treatment three times per week. She still uses care in selecting diet never eating more than is advised in Table 48, Page 116 of published diet. Practically all Diabetic symptoms have cleared up. Appetite is normal, can get almost normal movement between all the vertebrae and she is feeling better than she has at any time for years.. The diet is maintaining good nutrition as she now weighs 196 pounds.

P. S. On April 17 Dr. Eddy of the Jan. '17 class took her blood pressure before treatment and found Systolic pressure 149, diastolic 75, making a pulse pressure of 74. Within 30 minutes after the treatment. He took the blood pressure again and found a Systolic pressure of 128. A Diastolic pressure of 74 making a pulse pressure of 54.

Although not bearing directly on the case I am putting this in as a point for the Osteopathic Physician to think about. It would be interesting to know why an osteopathic treatment in this case would lower

the Systolic blood pressure 21 m. m. of Mercury without making more than 1 m. m. change in the Diastolic pressure.

In a number of cases we have found that Osteopathic treatment tends to normalize the blood pressure. That is if the Systolic pressure is high or low, an Osteopathic treatment will tend to normalize that pressure so that the ratio of the Diastolic to the Systolic and of the pulse pressure to Systolic, approaches nearer the correct ration which is two to three and one to three, respectively.

We are students. Will some of the older practitioners who have experimented along this line give us some more light on this subject. If it can be explained scientifically it will show up the therapeutic value of Osteopathy even in a better light than it appears today.

#### McMANIS TABLE

C. J. MANBY, D. O.

During the past several weeks Dr. J. V. McManis has given free courses in "McManis Table Technique" to all A. S. O. students who desired to take the work. The courses were opened by lectures upon the basic principles of Osteopathy and the laws governing the movements of the spine. The remaining hours consisted in actual practice upon the McManis table which truly is a wonderful table. Needless to say the courses were highly appreciated.

Many practitioners say, "I want to give Osteopathy in the good old way." Not only can one use this table as a "regular treating table," but he can by various mechanical devices get much better results at a less expenditure of bodily strength.

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#### ON TO KANSAS CITY

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# THE BULLETIN

OF THE ATLAS CLUB

S. L. GROSSMAN, EDITOR

B. B. BALDWIN, BUSINESS MANAGER

PRICE \$1.00 PER YEAR

Entered as second-class matter, October 12, 1903, at the post office at Kirksville, Missouri, under act of Congress of March 3, 1879.

Members should send the Editor prompt notice of address on making first location, and on making any change in mail address thereafter.

Copies lost through change of address without notification can generally be furnished by the Editor at ten cents per copy.



"The correct diagnosis is ninety per cent of the treatment."—DR. C. E. STILL.

Let us call your attention to The Osteopathic Publishing Co.'s advertisement in this issue. You will notice a ten per cent discount to any one who will return the "ad" as a coupon. It is merely a test to see what results come from Bulletin advertising. If you are in need of anything along this line we hope you will not fail to mention the Bulletin when you write. It perhaps would help us out materially if you would mention the Bulletin when you are answering any other "ads" you may have seen in it.

### THE NEW BULLETIN

This is the last issue of the BULLETIN which shall be published by the Axis Chapter of the Atlas Club. Beginning with the next September issue, the Grand Council will have charge of the publication. They have seen fit to appoint the present editor, editor-in-chief for the coming year and the present business manager, grand business manager.

During the coming year it shall be our policy not to mail the BULLETIN to anyone without his request for it.

We hope to make it bigger and much more interesting. We shall have the news from at least three chapters and from present indications it would seem that Des Moines College will have a chapter early in the fall.

We want every Atlas man to contribute to the pages of the Bulletin with personals, interesting case reports or articles of different kinds. We are always glad to have articles which you have read before State organizations and the like. They are usually very interesting and are of more than passing interest to your field brothers.

**Please remember the September number contains a complete directory of Atlas Men. and if you want to get that number and the following numbers kindly use the enclosed slip and envelope. Attend to this matter NOW before you forget it.**

### AXIS CHAPTER NOTES

James Eades, June '18 was called by telegram to his home in Roanoke, Va., because of the serious illness of his mother. Mrs. Eades died May 23, however, before Bro. Eades was able to reach her.

Bros. Manby and Hopkins, both June '16 men, have received fellowships in osteopathy at the A. S. O. for the coming year. It is the second fellowship Bro. Hopkins has held while in school, having had the Pathology fellowship for a year. He is probably the first man to have ever received two fellowships during his college career.

H. V. Halladay, Jan. '16, has been retained on the A. S. O. faculty for the coming year. He will have charge of dissection and will probably teach one or two subjects.

Walter Gottreu, June '16, has been appointed an interne for next semester.

A number of the fellows are staying in Kirksville for dissection and to get in their treatments.

Frank Wendel, June '18, underwent an operation at the hospital about May 20th.

Three Atlas men were awarded letters in baseball this spring. They are Orrison, who won his third letter at second base; Alexander, who won his first letter as a pitcher and Gumbert who won his first letter at first base. The team was a disappointment this spring. There was a world of material for all positions except catcher. This hole could not be filled. Five games were won and five were lost.

T. A. Vogel, June '17, has been elected coach of the 1916 football team. Tom is also captain of the team and president of the Board of Control.

Dr. E. E. Tucker has resigned the chair of Principles and Technique at the A. S. O.

S. L. Grossman, June '16 has been awarded a fellowship in Osteopathy which will keep him in Kirksville this summer.

**INSTALLATION AND SENIOR BANQUET, AXIS CHAPTER**

The installation and senior banquet which took place Saturday evening May 20th was voted by everyone the best that ever was held by the Axis Chapter.

Dr. Don Carlos Nye of Buenos Aires, Argentine, S. A. acted as installing officer and Dr. Dave Drew, Ex-Noble Skull, of Browning, Mo. acted as worthy radius.

After the installation two long tables were set and covers laid for one hundred members and guests. A delightful banquet was served followed by cigars and cigarettes.

Following the eats with C. J. Manby acting as toastmaster, the following toasts were made by the outgoing members of the Club:

"Atlas Club Standards", Atwood; "The Club's Future," Baldwin; "The Well Balanced Osteopath," Delaney; "Osteopathic Advertising," Francis; "The Embryonic Doctor", Gottreu; "The Osteopath as a Specialist," Griffith; "The Atlas Bulletin," Grossman; "Traditions," Hartley; "The Osteopathic Business Man," Huneryager; "The Pathological Osteopath," Hopkins; "The Windy City Exam," Lambert; "Professional Ethics," Marshall; "Fraternalism," Rogers; "The Cold Plunge Doctor," Richardson; "The Grand Council," Sanborn; "The Doctor's Social Life," Witt; Following this the "Confession March" was staged by the engaged brothers. Quite a number of them were able to participate.

The following men graduate in June:

D. S. Atwood, St. Johnsbury, Vt.; B. B. Baldwin, Mendon, Ill.; P. A. Delaney, Bangor, Me.; T. H. Francis, Parsons, Pa.; S. L. Grossman, Slippery Rock, Pa.; F. V. Griffith, Charleston, Ill.; W. E. Gottreu, Steffensville, Mo.; P. B. Hartley, Pete sburg, Ill.; F. C. Hopkins, Perry, Mo.; I. C. Huneryager, Elkhart, Ind.; D. F. Hutton, Gouverneur, N. Y.; L. C. Lambert, Springfield, Ill.; B. E. Marshall, Petersboro, Canada; E. K. Orrison, Belmont, Ohio; B. M. Rogers, New Castle, Pa.; V. M. Richardson, Elmira, N. Y.; E. E. Sanborn, Galesburg, Ill.; C. A. Wendel, Newman, Ill.; P. A. Witt, Loraine, Ill.

The visitors were Drs. Geo. Laughlin, S. S. Still and E. E. Tucker of the faculty; Drs. Medaris and Malone from the hospital staff. Dr. Turner from the Still-Hildreth Sanatorium. Dr. Drew from Browning, Mo. and Drs. Nye, Reese, Baker and Halladay from the P. G.'s.

A curious fact about the Atlas men graduating this June is that there isn't a married man among them. Twenty finer looking, more promising young fellows than the twenty who graduate would be hard to find.

**HYOID CHAPTER NOTES**

The Hyoid Chapter has just finished its most successful year. In looking back the members have reason to congratulate themselves, both on the advancement the Club has made and on the experience and benefit derived from the meetings.

Our practical work was an especial success. A schedule of the work to be covered during the year was drawn up early in the year and with but few exceptions, the lectures and demonstrations came off as per schedule. The members are unanimous in their expressions of the benefit derived from this department of the Club.

Our membership this year was increased by only four, but we do not see anything discouraging about that. The benefit we derive from our Club is not dependent upon large numbers, and we do not consider our main object to be the increasing of our membership. The Atlas Club stands for things which will always attract men, and so long as the standards and teachings of the Club are upheld we need not fear for our membership.

**OSTEOPATHY EXPLAINED BY PICTURES IN A NEW WAY**

The June issue of "Osteopathic Health" contains five large, new and original illustrations by Dr. F. P. Millard, of Toronto, Canada, which, together with the text matter, explain the osteopathic lesion from an entirely new viewpoint.

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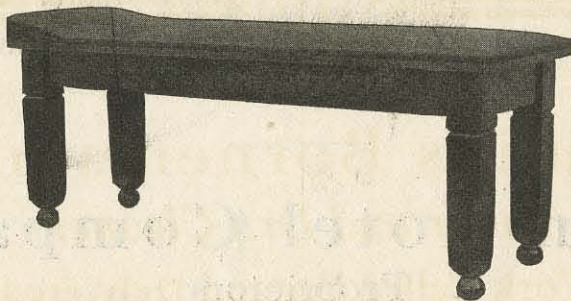
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