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Dr. A. T. Still's Department.

Each year as time rolls around to the anniversary of handing the graduates of the American School of Osteopathy their parchments, which are tokens of our greatest confidence that you, each and all, have filled the laws of our school charter and the rules of our school so manly and lady-like that no heart could feel other than love as parent, sister and brother for all of you, at all times and places. It has been the effort of my life, soul and body, to make you wiser and happier than you were or even hoped to be when you entered the school and had to stem the privation of two years from home and loving friends, to learn that man was carefully planned and wisely joined as mind and matter by that great law giving power of vast eternity whom no man has ever solved and only partially learned by sight and reason. You have learned to love the laws of life by the sublimity stamped upon all bones, their forms and uses, then as your eyes open and see how that same law has bound all bones to others, then added rivers of living blood to feed bones and form muscles, sinews and nerves, and unite all and give them a brain of power to move all, and mind to govern the harmonious action of each body of man, beast, fowls and fishes. He has endowed all with love to suit its peculiar kind and life. I know you have willingly done your duty to us and yourselves, then why not live to love and be loved by all? I will kill the ox and together we will eat the meat and bread, and drink pure water, the best token of sober and fathomless love that I can think of for the students of the A. S. O. Leave your long faces all behind, give and take the
everlasting greetings of love in meeting and parting. I am in deepest love with all, I believe you have done us honor and yourselves justice by attending the best osteopathic school to date. I believe when all schools will cry what must I do to be saved? that you will say I wisely chose salvation when I matriculated in the American School of Osteopathy.

God bless you all. Eat, drink and be happy, and come and see me next year.

A. T. STILL.

WHAT IS GOD?

What is God? If all of man, with his mind, matter and motion is one being, what is the universe but a being? It has mind, matter and motion. It does its work well and wisely, still it is only one universe. Then mind to the universe is the same that mind is to man. Thus God would be the universe. We are in the universe therefore, we are with God and help to compose that great all, and journey as it journeys. That great compound is eternal, so are we. We have lived, do live and will live out the full number of the days of the universe. Thus to us a universe means all space and all therein contained. This signifies the universal universe. A man under the same law of reasoning would be a dependant universe, while the universal universe is not dependent, because it is the all of all, specially and universally, mental, motor and material. The individuality of mind with its independence from all else, to me seems to be impossible, because of the superior endowments of the mind over the motor, which motor is above material in quality, but not at all its superior mentally. Thus both the physical and mental submit to the higher principle, which makes a unit of the three; matter, motion and mind. Thus the universe is a being, with the mental, motor and material combined, and leaving the management of all under the mental. Thus we have God as mind in union, working in union with the motor and physical.

WHY NOT?

Why not speak a few words of kindness of our first, second and third termers? I was taught that the sins of omission were just as bad as those of commission. If so, I do not expect to be tried before a court for either sin. In a separate place I have sounded the dismissing doxology to the fourth and graduating class, and in that doxology I felt that soon many miles would separate all of us, for longer or shorter periods, and possibly forever. Then in my saddest hours I thought I would tame my emotional sea with music, not operatic squaking, but with those good old hymns, “How Tedious and Tasteless the Hours,” “Am I a Soldier of the Cross?” “I Am Bound for the Promised Land,” “So I would be in a good mood to say to those left behind, “Well done thou good and faithful” we too will soon be fourth termers. A. T. STILL.

THE GRAPHIC METHOD AND ITS APPLICATION TO OSTEOPATHIC INVESTIGATION.

FRED JULIUS FASSETT, A. B., D. O.

It is an opinion often expressed among thoughtful osteopaths that the great need of osteopathy lies along the line of more accurate knowledge as to the actual results and limitations of osteopathic practice, and as to the exact process by which some of our more obscure results are obtained. As to the results themselves, there is no question but whenever an attempt is made to reduce the art of osteopathy to a written science we must acknowledge that, as in other sciences, a great many questions arise to which a perfectly satisfactory answer is not forthcoming. The answer to these problems, when attained, will be the result of, not only, profound thinking but of patient and extensive investigation and collection of facts. Thanks to the efforts now being made for the collection of reports of cases, we can say we have acquired more data in the last year than in any other similar period of time but there is still much to be learned.

One drawback in the accumulation of data has been the difficulty of making accurate records of the results of particular manipulations. The cured patient has been sufficient evidence as to the total result but as to the immediate effect of this or that method of affecting the circulation or the nervous system, the operator has little except his own memory of the circumstances to contribute to the fund of scientific information.

It is the purpose of this article to call attention to a means of investigation which has wrought almost a revolution in the study of physiology and which might be made to give valuable results in osteopathic work. In the so called Graphic Method, mechanical devices are employed in such a way that the movements of the part investigated are made to write a record of their course and intensity on a surface which can be preserved and studied at leisure.

Taking as an example the motions of the heart, the application of this method would be somewhat as follows: There is applied to the chest wall over the point where the heart motions can be felt with the greatest intensity an instrument called the cardiograph. The essential parts of this instrument and its attachments are shown in Figure 1.

In A of Figure 1, the cardiograph is shown as a short cylinder, closed at one end by a membrane, m, to which is attached a button, k, and closed at the other end by a metal cover in which is a small opening connecting the inside of the cylinder with a small rubber tube, T. This tube leads to a simi-
lar opening in the end of another instrument which is essentially like A, except that in place of the button the membrane bears a disc on which is supported the lever, 1. This lever ends in a sharp writing point which is in contact with a sheet of smoked paper placed smoothly around the drum, C. When pressure is exerted by the heart upon the tissues lying between it and k, the button with its membrane is pressed inward and the impulse is transmitted by air pressure through the tube to the registering apparatus, B. Here the opposite effect is produced; the membrane is pressed outward, the lever is raised and an up-stroke is written upon the smoked paper on the drum. If now the drum be made to revolve by clock work, the result will be a series of waves which correspond with every movement of the apex of the heart. Now in the case of the heart, it is usually desirable to record not only the motions performed but the frequency of their occurrence. This is accomplished by the following device also shown in Figure 1. Another lever similar to 1 is attached to the armature of a small electro-magnet so that when the magnet is in action, the lever is raised and when the magnet ceases to attract the armature the lever falls by its own weight to its original position. This alternately magnetization and demagnetization is accomplished by placing in the circuit of the battery by which the electro-magnet is supplied, a metronome similar to the one used by musicians except that it is equipped with small mercury contact cups so that the circuit is made and broken at each vibration of the pointer of the metronome. When the drum is revolving the lever of this electro-magnetic signal writes a line upon the smoked paper broken by notches at regular intervals and the length of these intervals is regulated by the rate of vibration of the metronome. If the current is made and broken once in each second, the distance on the circumference of the drum covered by sixty of these notches will correspond with one minute of time and when the number of up-strokes of the heart lever in the same distance are counted, there stands on the paper a positive record of the frequency of the heart beats at the time of the experiment. The smoked paper can be removed and the record made permanent for future reference by passing through a thin solution of shellac.

In physiological experiments the problems to be solved are usually of this type: What phenomena are caused by this or that agent acting on the system? However there is no branch of investigation where this warning is more necessary: The fact that a phenomenon occurs during an experiment is, by itself, no evidence that it is the result of the particular agency which the investigator is applying. Therefore in order to say that certain variations in the action of the heart, for instance, are the result of particular manipulations, great pains must be exercised to exclude every circumstance capable of affecting the heart action except the one whose effect is to be investigated.

The following experiment and the accompanying figures are inserted, not so much as an evidence of the value of osteopathic manipulation, as for an example of the Graphic Method. It may be said, however, that the results of this particular experiment are in accord with other osteopathic experience on this subject. It has been known that continued pressure in the region between the scapulae had an effect, usually one of slowing, on the action of the heart. It was for the purpose of securing a graphic record of this effect that the experiment was performed.

The Experiment.

The apparatus used was essentially that shown in Figure 1. The only
difference was that the metronome was set to cause the time lever to make one upper-stroke every two seconds. The subject had been lying on the table for half an hour, so that the slowing with change of posture probably had reached its limit. The subject had been in the reclining position and the operator took his position with his hands so placed that, at the desired time, he could exert pressure on the region between the angle of the fifth left rib and the corresponding spinous process. The cardiograph was placed over the apex beat of the heart and the levers of the registering apparatus and the time lever were placed in contact with the smoked paper. In this case the latter was at a higher level. The drum was then set in motion and, after about a minute, pressure was begun in the region described and continued for about two minutes. After about four minutes of observation, the levers were removed from the paper and the strokes of the time lever counted and divided into groups of 30 each. As these strokes were two seconds apart it is obvious that the space covered by each of these groups represents one minute of time. The number of strokes of the heart lever in the space covered by each of these groups were then counted with the following result:

- First minute (during which pressure was begun) 74 beats.
- Second " 71 beats.
- Third " 66 beats.
- Fourth " 64 beats.

If it were safe to draw conclusions from one experiment, this would show that pressure in the region of the fifth rib on the left side exerted a marked inhibitory influence on the heart and that this effect is continued for sometime after the pressure is removed.

The writer hopes to be able in later issues of this Journal to describe further experiments of this sort and will reserve till that time any suggestions in regard to the explanation of these phenomena.
efficients from the three cervical ganglia and these are called the cardiac nerves, and by cardiac branches from the pneumogastric nerves. The part below the arch is called the superficial cardiac plexus and the part behind the arch is called the deep cardiac plexus. The sympathetic plexuses differ from the somatic plexuses in having sympathetic and somatic nerves. Thus the cardiac plexus has the 10th nerve. The hypogastric plexus has no somatic nerve in it, this plexus being the exception to the rule. The pelvic plexus has the 2d, 3d, and 4th sacral nerves in it. The rami efficients from the first nine dorsal ganglia (generally from the 5th to 10th) form the great splanchnic, from the 10th and 11th the lesser splanchnic and from the 12th the least splanchnic nerve. These pass through the diaphragm and together with the semilunar ganglia and the right pneumogastric nerve form the solar plexus. The left pneumogastric may be in the solar plexus. This plexus is called solar plexus, epigastric plexus, abdominal brain. This part of the sympathetic nerve may be seen ten feet away, parts of the nerve are macroscopic and parts microscopic. This plexus sends off branches which take their names from the parts to which they go, as phrenic, suprapenal, renal, splanchnic, gastric, splenic, hepatic etc.

Byron Robinson says: "A general summary of the abdominal brain is that (a) it presides over nutrition; (b) it controls gland secretion; (c) it controls circulation; (d) it presides over organs of generation; (e) it influences in a dominant, though not an absolute, control its peripheral visceral automatic ganglia. The white rami communicantes pass from the cord to the sympathetic and the gray ones pass from the nerve to the cord. As there are no white ones in the cervical sacral or coccageal regions these white ones must pass to these parts from the dorsal region. Fibers which dilate the pupil pass by white rami communicantes from the first, second and third thoracic nerves ascend in the sympathetic cord to the superior cervical ganglion to form arborizations round its cells. Thence gray fibers pass to the Gasserian ganglion and reach the eyeball by the ophthalmic division of the fifth and long ciliary nerves. Thus we readily can see why a bony lesion in the upper dorsal region may cause blindness by shutting off the blood and nerve supply to the eye. The anatomy and physiology of this nerve is of the greatest importance to the doctor in diagnosing his cases. Pain in the intestine may be accompanied by cramp in the legs, and an irritation of the ovaries and uterus by pains in the lumbar and sacral regions. There are thirty-one pairs of spinal nerves and only twenty-three or twenty-four pairs of sympathetic ganglia. There are three ganglia in the cervical region, eleven or twelve in the dorsal region, four in the lumbar, four or five in the sacral region. The constrictions upon the ganglia of the cervical region indicate that at some stage of the development of this nerve there was one ganglion for each spinal nerve. Thus in the superior cervical ganglion there are three constrictions making it appear as though four ganglia have grown together, in the middle cervical ganglion there are two ganglia grown together and two in the inferior one thus making eight ganglia in the cervical region, one for each of the cervical nerves. The sympathetic nerve is the nerve of organic life—the nerve of involuntary action. This nerve goes to its distribution by following the vessels and somatic nerves. It has such a distribution that if it were by itself it would be in the form of the human body. It follows the muscular coat of the arteries and regulates their action. The branches which go to the branches of the external carotid artery are called nervi mollis. The vaso-motor nerve in the muscular coat of the vessels has a vaso-constrictor which makes the vessels smaller and a vaso-dilator which makes the vessels larger by acting upon the vaso-constrictor and then the force of the blood in the artery causes it to expand—the action of the constrictor being overcome by that of the dilator. A nerve center is a group of ganglion-cells closely connected with one another and acting together in the performance of some function, as the cerebral centers, psychical centers; respiratory or vaso-motor centers. There are vaso-motor centers in the medulla, in the cord and close to the wall of the artery. The one in the cord acts if the one in the medulla is cut off and the one on the artery if the other two are cut off. The cardiac depressor nerve is a centripetal nerve running from the heart to the vaso-motor center in the medulla. It stimulates this center to dilate the peripheral arteries, thus relieving the action of the heart. The nerves of the heart are derived from three sources, from nerve cells buried in its own substance and known as intrinsic ganglia; from the pneumogastric; from the sympathetic nerve. The intrinsic ganglia keep the heart beating and the other two sets of nerves control the rate and force of the beat. The fifth cranial nerve is more like a spinal nerve than any other of the cranial nerves because it has an anterior or motor root and a posterior or sensory root with a ganglion upon it. This nerve has four ganglia upon its branches, the ciliary, Meckel's, otic, and submaxillary ganglion, each of them has a motor, sensory and sympathetic root. The sympathetic root of the ciliary ganglion is derived from the cavernous plexus, that of Meckel's from the carotid plexus, that of the otic from the muscular coat of the middle meningeal artery, that of the sub-maxillary from the muscular coat of the facial artery.

To be a successful osteopath and to be able to talk intelligently about the workings of the human body, one must understand the anatomy and physiology of this nerve. Many well educated people say, "We can see how Osteopathy can remove bony lesions but we cannot see how it can cure stomach trouble, eye trouble, and typhoid fever, etc." They are honest in their belief but they are ignorant of the anatomy and physiology of the human body. Such people think a person with sore eyes should be treated in the eye and one with stomach trouble should be treated in the stomach, thus treating the result instead of the cause. After it is explained to him and he is cured all is easy. "Columbus has stood the egg on its end."
HERE AND THERE, OSTEOPATHICALLY.

F. W. RANNAH, D. O.

"Osteopathy is all right if the osteopath is all right."—(Ladies Home Journal.) This statement is truly multum in parvo. Every good thing has its counterfeit, and osteopathy is no exception. Those who have had the interest of the science and its patrons at heart have labored hard to establish and preserve high standards, but unfortunately black sheep get into every flock. This, however, has been true of every school of medicine and every counterfeit only emphasizes the importance of the genuine. It is not enough for osteopaths with proper credentials to simply strive to maintain a high standard of osteopathic education, as it takes more than this to make a well rounded osteopath. The qualities that distinguish a lady or gentleman are just as important here as anatomy, physiology, chemistry or any of the related subjects, and without them the brainiest graduate will fail. These qualities are too numerous to be mentioned in detail here, but to my mind, honesty heads the list. If an osteopath can be nothing else, he can be honest, and a reputation based on such a quality will be most enviable. A doctor above all others should deal fairly with his patrons, and the failure to do so on the part of many so-called doctors, together with the dreadful confusion there is in the tangled web of therapeutics, has given rise to a growing suspicion among the laity regarding therapy and therapists in general. Honest opinions may lose for one the case under examination but they will generally bring other cases as a result. Aside from the moral phase of the question, honesty is the best business policy.

A popular misconception of osteopathy is that if it does no good it could not possibly do any harm. This is true only when it is administered by one skilled in its use. As in surgery, there is as much in osteopathy in knowing what not to do as there is in knowing what to do. A few movements learned as a parrot learns to talk, never did and never will constitute osteopathy. The diagnosis always comes before any treatment and upon it hangs the success of the treatment which follows. A child can understand how if the diagnosis is wrong, the treatment will be wrong. The general, shot-gun, hit or miss, rough and tumble manipulation has long since been relegated to the bathroom where muscle is the only necessary qualification of the operator. Osteopaths reason, or at least they should, and as Dr. A. T. Still says, "to the extent they do this, are they osteopaths." The science in skilled hands is safe; in the hands of an ignorant pretender, it is fraught with the greatest harm. Personally, I would rather be in the hands of an ignorant M. D. than an ignorant osteopath, for with the former I might "throw up" his poison, but if twisted out of shape by the latter, my chances would be slim.

Three features of importance in every case are: (1) a plan for its intelligent general management; (2) skillful specific treatment; (3) co-operation of the patient and those in attendance.

"A little knowledge is a dangerous thing!" This applies with full force to the ever increasing army of parasites who think that because they have studied drugs, they can practice osteopathy without studying it. The basic subjects are the same in all schools, but that which distinguishes the medical man is his materia medica, while that which distinguishes the osteopath is osteopathy. One of the greatest inconsistencies to my mind is the fact that the degree M. D. legally entitles the holder to practice anything he sees fit to undertake whether he has studied it or not. His degree (M. D.) literally signifies that he has studied drugs, and is therefore a drug doctor, but the law allows him to use the deadly electric current, osteopathy, and anything in the therapeutic line without being qualified. This is dangerous for both patient and physician; the former is in danger of suffering from the abject ignorance of the latter while the latter is in danger of suffering from a damage suit instituted by the former, but still the reckless work goes on.

Reformers have all paid bitter tributes to injustice. The history of the professional experience of Harvey, Pare, Mesmer, Lister, and others is clouded by persecution. The same is true today of Dr. Still, but by perseverance based upon an indomitable will, he has won the fight.

It is neither dignified nor scientific to condemn a theory or system of therapeutics without having given the subject an intelligent consideration. Osteopathy has withstood much of such treatment from the ultra-conservative, but it has been to it what the wind is to the mighty oak of the forest; lashed to and fro by the winds of ignorant or prejudicial criticism, the science has more thoroughly rooted itself in the basic principles and subjects which underlie all therapy and pushed its branches into new fields of labor perhaps before unthought of, bearing a rich fruitage in every one.

Osteopathy is both a science and an art. Manipulation constitutes only a small part of osteopathy. It is of course scientific in itself, but considered in relation to osteopathy, the manipulation falls under the art, or the practical application of the science to the disordered (diseased) person. The term manipulation is broad in its meaning, and includes a variety of methods of using the hands (manns). The laity are prone to interpret the term as massage in the sense of rubbing, never thinking for a moment that there could be other manipulation than rubbing. All rubbing is manipulation, but all manipula-
tion is not rubbing. Massage in all of its forms has its merits; for peripheral stimulation to the nerves and for temporary relief as a mechanical aid to a sluggish venous flow due to a weak heart, it is a magnificent treatment and has proved its worth ten thousand times, but its field of usefulness is too limited for the osteopath to ever think of confining himself to it. He has chosen a different method of manipulation for the application of his philosophy of mechanical adjustment. He is the engineer, rather than the engine-wiper, although he could do the work of both at any time if necessary, while the masseur could not because he lacks the training.

The ideal osteopathic course for the future is osteopathy, surgery and obstetrics. The surgery is to be a reformed surgery instead of the butcher-surgery of the present day. The knife in osteopathic surgery is to be resorted to only after the arteries, veins and nerves have failed to restore the part through natural processes; then it will simply be trimming out the superfluous dead branch. The obstructions in the hands of the skilled practitioner will be calculated to rob childbirth of much of its needless pain and certainly its unnecessary instrumental deliveries. It is to be aseptic or nearly so as possible. Ergot is to be relegated to the past, and its work left to the nerve centers which nature placed there for that purpose, and which always respond to the osteopathic touch. Malformations, if marked, will call for scientific surgical procedure as they always have and always will.

The wisdom of a standard of education for osteopaths has been beautifully shown recently by the action of the Indiana State Board of Examination and Registration. The “Cox Amendment” to the medical law calls for the registration of diplomas for osteopaths now in the state from any osteopathic school in the U.S. It became necessary for the board to determine what should constitute an osteopathic school, and they were pleased to find that we have a standard such as controls the Associated Colleges, and only those osteopaths who are residents and whose diplomas are registered from schools up to that standard will be registered in Indiana without examination, others will pass on everything but materia medica.

Diet in disease is a subject which has received much attention and will no doubt receive much more. The term diet (or dietary) as used in connection with the sick (acute or chronic) may be defined as a system of aliment arranged with special reference to health. The variety of interpretations of this ranges from a process of stuffing to absolute fasting. All grades of opinion are set down as authority and there is much room left for the individual judgment of the physician as to the quality and quantity of food the patient is to have. In the nutritional diseases of childhood, as malnutrition, scorbutus, marasmus and rickets, if taken in time, a proper re-arrangement of the proportions of the necessary elements of food seems to do the work, at any rate the cases recover. With adults the conditions are generally different. The case may show mal-nutrition while on an ideal dietary, showing that the fault is in the organs of digestion in not properly preparing the food for assimilation. This failure of the organs may be due to their having been over-loaded with food, or to a deficiency in their blood and nerve supply. The stomach in the first place may be normal but is asked to work beyond the limit of its capacity, and this kind of a case generally ends by going to a sanitarium and paying somebody a big price to compel him to eat less. The appetite is a greater master than one would think without having tested it. If the blood and nerve currents are obstructed so that the stomach and intestines are starved for lack of these strengthening elements, their capacity is always sub-normal, and is often reduced to nearly nothing. This is shown by the fact the appetite is taken away. This is seen in other animals. When a horse is sick he cannot be forced to eat. The same is often observed in the dog. Their instinct directs them in a course of fasting which gives physiological rest to the disordered parts. This I may add is one of the biggest factors in the treatment of disease, and so much coaxing of weakened digestive organs with all of these prepared sanitary foods is harmful, unnecessary and paying a big price for “chopped feed.” Let the organs rest. There is no danger of the individual starving. The old idea of feeding for strength (regardless of appetite) has been exploded long ago. To attempt to digest the food given would lower the strength by using up the amount of vitality necessary for that process. The average individual will live three months before reaching the skeleton condition if food is taken off and plenty of water is allowed. Wait for the appetite and feed sparingly. Eliminate all articles known to be specially indigestible with the case in hand and select others with special reference to their nutritional qualities. We should eat to live, but this is too often reversed. The actual amount of nutrition needed by the average individual is far exceeded every day. The soldier is allowed that he may make the march. The horse is allowed that he may win the race, but the free American citizen founders three times a day and wonders what is the matter, when the machinery refuses to handle a Dutch lunch extra at the club. Americans have been laughed at by the Sandwich Islanders because they eat when the bell rings or when the clock reaches a certain hour whether they are hungry or not. My first impulse on hearing this was to resent it, but on reflection I concluded to keep still, for alas it was too true. Does the shoe fit you? It did me.
WOMAN'S WORK IN OSTEOPATHY.

JOSEPHINE DIFRANCE, A. B.; D. O., MEMBER OF OPERATING STAFF, STILL'S INFIRMARY.

Adam first called Eve into prominence in the affairs of earth to help man out of a scrape. Whether she was to blame then or not, he has never done anything since without her either leading or keeping close beside him ready to be in the midst of the battle.

America is fast coming to the front in art, literature and the sciences. Students in the A. S. O. are studying an almost new science that we all think will ere long revolutionize the present mode of curing the sick.

Dr. Still when starting to teach his new science of osteopathy to others placed men and women side by side on equal footing in this grand work. No door in this land at which women have knocked has ever long remained closed. There is no position in the home that carries as much influence and may be as potent a power for good or evil as the one of family physician. In the homes of this country before many years the one studying and teaching our "pathy" will be as familiar as the allopath or homeopath is today.

Now, comes the question, what is woman's place and share in bringing this about? No person will dare to say that the bright, brave, intelligent nurse that often does more toward the recovery of the patient than the doctor himself, is out of her sphere. The one who would try to utter such a word would be shamed by a cry from every fair minded man or woman. Why is this? Let me ask you. I will answer by saying, we are used to seeing her in that place. Every new truth given to the world has had its time of trial, its storm and opposition, its whirlwind of jealous doubts from those who are opposed to everything out of the usual order and eternal routine of old lines of thought. No difference whether brought forward by man or woman it has this fiery furnace of public opinion to pass through before accepted by the masses. We must effect both together and the one who can win the confidence of the patient and get his help in that way will, other things being equal, succeed the best with the care of the body. Any work that is worth doing, is worth doing well, is an old and ever true saying. To be able to do this work well, requires patience and perseverance, and the will to do a good, fair share of both mental and physical labor. It is not any harder than lots of other fields of employment that are over crowded by the women of our day. There are individual traits that have to be considered in doing anything. No one would advise weak, nervous persons to take up a life work that would bring them in contact with people of like ailments to their own. Any doctor needs good health and is fortunate if he is above the average in physical endurance. Too many people get the idea that it is the amount of force used and the length of time occupied in giving the treatment, that gauges the benefit received. No person that is well educated and has studied the mind and body in the present mode of curing the sick.

Nearly every doctor will tell you that about two thirds of the ones needing aid are women. In this new work is one of the grandest opportunities ever opened to the strong, healthy, energetic young women who wish to help, elevate and educate our race. It is a new departure and the people can just as well be taught to see a lady at is as a gentleman and will take to it just as kindly if the proper persons take it up. Too many mistaken people today believe that to enter a profession a woman must become more like a man, must ape him in dress, manners and habits. To all who have such ideas, I say no! most decidedly. If any place or walk in life would require this of a woman, let her stay forever out of it. The sexes were never meant to be alike, and woman loses her strongest wand of influence by so changing herself. Does the practice of osteopathy require any such thing of woman? No, most assuredly not, for there is no place where gentleness, sympathy, and quiet fortitude are better shown than in the sick room. These are granted to be the attributes of our sex. Listen! I hear another say, but the work is too hard, woman cannot stand it. The physician's work is not one that asks or invites the physically disabled, the idler or one looking for a soft snap to take it up. No person that is well educated and has studied the mind and body in the proper way will say that they can be reached by only considering one alone. We must effect both together and the one who can win the confidence of the patient and get his help in that way will, other things being equal, succeed the best with the care of the body. Any work that is worth doing, is worth doing well, is an old and ever true saying. To be able to do this work well, requires patience and perseverance, and the will to do a good, fair share of both mental and physical labor. It it is not any harder than lots of other fields of employment that are over crowded by the women of our day. There are individual traits that have to be considered in doing anything. No one would advise weak, nervous persons to take up a life work that would bring them in contact with people of like ailments to their own. Any doctor needs good health and is fortunate if he is above the average in physical endurance. Too many people get the idea that it is the amount of force used and the length of time occupied in giving the treatment, that gauges the benefit received. No person that is well educated and has studied the mind and body in the present mode of curing the sick.

What about the thousands of women who have imaginary ills that they nurse, as faithfully and tie to themselves by stronger chains than are the material Fidos and Gyps of our sight acquaintance. They would much rather tell these tales to male than female ears for sympathy and consolation. My advice is let them do so. No one gets much fame or credit from such cases. There is a place for thousands of busy workers with the students of all schools
of this country. Many girls in their teens will suffer untold agonies at certain times such as the menstrual period or when just coming into womanhood without being willing to tell a man the true cause of their sufferings and how they really feel.

Men are the smallest children of a larger growth when suffering pain or sickness. Most of them ask for a woman’s attention at such times. In regard to the children, none will deny her superiority with the care of them. There is no door of medical science that should be closed to the gentler sex.

I hear another wail from a married man. It runs thus:

"My wife went to college to be an M. D.
And when she became one she came back to me
And of course, while the subject was strongest upon her
She diagnosed me and I guess I am a goner."

What is to become of the home and the duties of the household? Being single, of course, I can tell every person about the duties of a woman, a home, etc.? Stop and think for a moment how much of the education of the young ladies of the land is set aside and forgotten after the wedding day. How much better it is for them to have a knowledge of their own springs of health and strength to carry with them into the management of a home and perhaps to the rearing of future generations of American citizens than to devote the years of study to some of the many things that are laid away and forgotten a few years after marriage.

The more we know of our own natures the more we can dominate the ones around us and help by understanding them. Will we not care better for our own lives if we learn of the penalty of neglect to be visited on generations yet unborn. I would not take one tithe from the beauty of home life for woman, but there is no nobler preparation for it than this work before that comes.

Last of all, but not least; what is our chance in a financial way in this work. What person better deserves to have the best things of life than the doctor? The average income of the medical men of this country, taking them as a whole, is $1500 a year. Our field is not filled and our graduates find more than they can do awaiting them if they understand the work in the proper manner. A lady in my class of February, 1900, went to Oklahoma and started almost without a dollar and now she owns a beautiful home and is earning a good competence for herself and family, that is not unusual; it was done in fifteen months’ time. One hundred dollars a month is about the poorest salary given to lady graduates who go to help in some established practice of the older ones or to work or as an assistant in a man’s office. Does not that pay better than the average employment open to women.

Osteopathy is a science that by its success demands the attention of all thinking people. David Harum tells us “That there is almost as much human nature in some folks as there is in others if not more.” We have learned that the height to which we can climb on fame’s ladder is not to be calculated by the number of feet that have made smooth its rounds by going before, but by the timber in its formation.

The truth of the principle enunciated by Dr. Still is what has brought reward so richly back to crown his old age. When thousands gather to do him honor as on the 22d, then do they in a small part repay the days of want and opposition when against all he stood for what he believed to be right and reasonable. Speaking for the women it was not my place to tell our faults or wherein we may fall short of our brothers in the work. There is ample room and place for both men and women. In our united efforts lie the greatest strength. Let us both work together for our dear Alma Mater and the grand old man, Andrew Taylor Still.

BE A THOROUGHBRED.

W. E. GREENE, D. O., GLENS FALLS N. Y.

This thought has very often come to me since I have been practicing osteopathy. A lack of thoroughness is a great fault of the present age, and osteopathy is in existence today on account of the failure of (so-called) medical science to cure the sick. There has never been a time when the world needed more thoroughness than now, and especially the science of osteopathy. We see a lack of thoroughness in everything, in books, newspapers, professions of every kind, mechanics, physicians, preachers, lawyers, judges, domestic servants. Why is this? Is it because we are in too great a hurry or because we do too many things? I think doctors make many mistakes by haste, and a great many more by trying to know too many things. Every day I have a patient or enquirer ask me, “why don’t you give medicine? I think if you did you could cure almost anything.” He will say I think I can see how osteopathy will cure so and so, but I don’t see how it can cure acute cases, and if you would add medicine I think you could cure all diseases. If I ask him how he knows medicine cures fevers and acute diseases he will say “I don’t know,” and here is where a great many osteopaths are led astray, by people who know absolutely nothing about either osteopathy or medicine.

Be a thoroughbred. The reason in my judgment why there are so many failures at the present time is, that we mix too many things with our original plans, and spoil the whole thing. If I resort to drugs in a case I have failed on, I have simply lost my faith in osteopathy. I had better quit the business and go to sawing wood. The thing to do is just to go to work and study up your case from an osteopathic standpoint. In this way and no other will we be able to advance the science of osteopathy. If I thought medicine would do the patient more good than osteopathy I would send him to an M. D. We want to be honest as well as thorough. The man or woman who can and will do one thing perfect is the future ruler of ideas. The thinker who beats down intellectual laziness and masters his problem is the future ruler of ideas. Thoroughness pays better in self respect and in the esteem and judgment of those whose good opinion is worth having.
We are beginning to count the failures—and why? The lack of thoroughness. The osteopath that fails is lacking in his education; he ought to go back to school and study two more years. There is no such word as fail with a thoroughbred osteopath. The school or graduate that mixes drugs with his work ought not to be recognized. If we fail on a case, dig and delve, lie awake at night studying the case. We must know how to express the faith that is within us. There is no excuse for not being thorough in one's own department or pursuits, provided only that God has given average power of body and mind. Concentration of mind, industry and perseverance united will do great things for an osteopath. The opportunity is ours, shall we not use it in keeping osteopathy up to its present standard? I have heard Dr. Still say in his lecture that he hoped and looked forward to the day when he would hear from some or all of the outgoing students that they had done something that would elevate and bring osteopathy up higher. Have we done this? Can we do this? With drugs, no, but we can by being thorough osteopaths.

Thoroughness never means deception. It means health, punctuality, honesty, perseverance, strong character. All these virtues, qualities and qualifications will help an osteopath. Punctuality can be acquired. This quality is essential to success in any and all pursuits of life. The reliable osteopath is thorough, the people have confidence in him, he is wanted everywhere and he will have all the practice he can attend to wherever he goes. He will not have to run around over the country looking for patients, he will not have to add drugs or anything else that some one may suggest. Dr. A. T. Still, says today "be thoroughbred." I defy any school or graduate to give a satisfactory reason why we should add drugs to osteopathy. It does not take a prophet to tell the reason why.

OSTEOPATHY IN CONNECTICUT.

Two years ago osteopathy was unknown and almost unheard of in the state of Connecticut. Since that time it has gradually grown, and has worked its way to the front until now it occupies a place of its own and has a firm footing in three of the largest cities in the state.

It was not an easy task to introduce the practice of osteopathy into Connecticut. All over New England a strong feeling of conservatism prevails, and the nutmeg state is by no means an exception to this rule. It follows closely the "traditions of the fathers," living up to the saying which its western friends affirm is the motto of every New Engander, "'Why! we've never done so.'"

So when osteopathy made its appearance these staid and sober people of the "Land of Steady Habits" looked at it askance and condemned it as a fake. Their ancestors had never heard of it and what had served their ancestors was surely good enough for them. This was the spirit with which osteopathy had to contend.

This spirit of conservatism in the people was appreciated and osteopathy in turn was presented in a conservative manner. It has not been forced upon the people; it has been a gradual growth.

Other methods of treating disease have never been attacked by the osteopaths. They have simply presented in a straightforward manner their own way of treatment, explaining its underlying principles and appealing to the judgment of the patient. They have striven to make plain to him their methods and the improvement that will follow rather than to hold up the failacies and inability of other methods of treatment. It was this spirit of tolerance and fairness which secured for osteopathy the attention of so many of the best people in Connecticut and, later on aided in obtaining the legal recognition which in some other states has been so hard to obtain.

Dr. Harry L. Riley, of Hartford, who has been closely identified with the growth of osteopathy in this state, was prime mover in securing legal recognition here. Dr. Riley and his partner, Dr. Underwood, have a large and constantly growing practice, and people are becoming more and more interested in the new science. This encouraged Dr. Riley to think that the time had come when it would be wise to apply for legal recognition which would dignify his profession and protect the people of the state from frauds. Even should the attempt prove a failure there was nothing to lose, and should success follow there was surely great gain.

Early in the winter of 1901, Dr. Riley broached the matter to his partner and after mature consideration it was decided to present a bill before the legislative bodies of Connecticut which would give to osteopaths an equal standing with doctors of the medical profession. Dr. McLean of Connecticut who had received much benefit from the treatment said that in his opinion it was a wise move to make, that an honest thing agitated is never hurt even if it fails to gain its point for the time being.

The bill was drawn up by the able young lawyers, Clark & Arnold, and a hearing obtained before the judiciary committee. This committee had never heard of osteopathy, but it was evident that they were impressed by its merits for at the close of the hearing one of the members immediately made arrangements for treatment.

The hearing was very interesting, a large number of people being ready to testify in favor of osteopathy; among them C. H. Hunting, of Hartford, and C. H. Eno, of Sunbury.

Senator C. A. Thompson, who introduced the bill, was of great assistance, and his services were much appreciated by those who were interested in its success.

Dr. Achorn, of Boston, was of great service in putting osteopathy before the committee in its rightful aspect and relation to other methods of treatment.

The medical profession was well represented at the hearing and brought
forward no direct opposition at the time. Later it came to light that an effort had been made to induce the doctors throughout the state to do what they could by influencing individually the representative from their section, to prevent the passage of the bill. The bill passed the Senate without a dissenting vote. In the house of Representatives there was considerable opposition, but in spite of this the bill was carried by a large majority, and received the approval of the governor June 17, 1901.

The osteopaths are entirely satisfied with the result of their undertaking, the bill being all that they desired, giving them every privilege for which they asked.

In our own city of Hartford osteopathy has a strong footing. Dr. Riley, who has been chiefly instrumental in winning for his profession the place it holds among the people of Hartford, came to this city in September, 1899. He had graduated from the American School of Osteopathy the preceding June, and he came, full of enthusiasm for his work, and with a firm determination not to be discouraged by whatever obstacles might arise.

It was not until two months had passed that he had his first patient, but from that time osteopathy has made rapid progress. Its growth has been remarkable. In a few months time it became evident that larger quarters were necessary, and now Dr. Riley and Dr. Underwood occupy as fine a suite of rooms as can be found in the city, the suite including a reception room, private office and three operating rooms.

That osteopathy has won such a decided success in Hartford is due to two facts—its own merits, and the way in which it has been introduced. At no time has there been any seeking for notoriety, no abuse of the methods or of the practitioners of other schools, but in a quiet and honorable manner the osteopaths have gone about their work and by so doing have gained for osteopathy many friends, and the success it so richly deserves.

A FRIEND OF OSTEOPATHY.

Following is a copy of the law passed:

CHAPTER 167.

AN ACT CONCERNING THE PRACTICE OF OSTEOPATHY.

Be it enacted by the Senate and House of Representatives in General Assembly convened:

Section 1. The governor shall appoint on or before the first day of July, 1901, and biennially thereafter, three persons who shall constitute a state board of osteopathic registration and examination, who shall hold their office for two years from the first day of July in the year of their respective appointments and until their successors shall have been appointed and qualified.

Section 2. The members of said board shall be resident osteopathic physicians of good standing in their profession and graduates of legally chartered colleges of osteopathy.

Section 3. Said board shall appoint one of its members to be its recorder whose duty it shall be to keep a record of the official proceedings of said board, and copies of said record certified by him shall be legal evidence.
EX-GOVERNOR PINGREE DEAD.

Ex-Governor Pingree, who signed the bill legalizing osteopathy in Michigan, died in London, England, June 18, of cancer of the bowels. He was a remarkable man and in his public career established many reforms that were to the interests of the common people. He stood for personal liberty and will always be remembered as a true and loyal friend to osteopathy. He believed that the osteopath had a perfect right to practice his profession and that the people had the right to select whom they pleased to treat him.

Gov. Pingree was born at Denmark, Maine, August 30, 1840, the fourth child of Jasper and Adaline (born Bryant) Pingree. His first American forefather was Moses Pingree, who emigrated from England in 1640 and settled in Ipswich, Mass., where his descendants continued to reside for more than 140 years. Many of the family have been distinguished in colonial and national history; prominent among them, Samuel Everett Pingree, (q. v.) governor of Vermont (1884-86.)

Gov. Pingree's war record is a good one. August 1, 1862, he enlisted as a private in Company F, First Massachusetts Regiment of Heavy Artillery, for the unexpired three years' term of the regiment. When the regiment was mustered out at the end of the term, he re-enlisted on the battlefield for three years or during the war. With the regiment he participated in the second battle of Bull Run, the battles of Fredericksburg Road, Harris' Farm and Spotsylvania Court House, Cold Harbor, North Anna, and South Anna.

He was a prisoner for nearly five months at Andersonville Stockade, Salisbury, N. C., and Millen, Ga. At the latter place, in November, 1864, he was exchanged, rejoined his regiment in front of Petersburg and soon after took part in the expedition to Weldon railroad, and in the battle of Boydton Road, Petersburg, Sailor's Creek, Farmville, and Appomattox Court House. He was mustered out of service in August, 1865. He has been mayor of Detroit and twice governor of Michigan.

A. S. O. DELEGATES TO Y. M. C. A. CONVENTION LAKE GENEVA, WIS.

These are the boys who will represent the Y. M. C. A. of the A. S. O. at the Summer Conference at Lake Geneva, Wis., from June 21st to 30th, 1901.

This association was organized in Nov., 1898, with a membership of forty-five and has had a good healthy growth during its existence until it now has one hundred and eleven members.

Since its organization it has never failed to send one delegate and usually more to these summer conferences. It has been a vigorous, active association and though laboring under many disadvantages has prospered from the first. From sending two delegates to Lake Geneva during its first years experience—this year—the third in its existence, the association is sending five bright, active young men who are capable of representing the association anywhere on the globe. The impetus that the influence of these young men will give to the association upon their return, added to the fact that the association has leased a home of its own, will make it a power for good in the American School of Osteopathy. In its new quarters the association will be at home to all students, both old and new, at the opening of the next school year.
The Journal of Osteopathy.

PUBLISHED MONTHLY UNDER THE AUSPICES OF THE AMERICAN SCHOOL OF OSTEOPATHY, KIRKSVILLE, MISSOURI.

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Complete accounts of Dr. Still's Barbecue, Commencement Exercises, The Alumni and A. A. A. O. Meetings and the Missouri Association will be given in the August JOURNAL.

**

The new catalogue of the A. S. O. for 1901-2 is now ready for distribution. It contains a complete and reliable prospectus of the work which students in this school are required to do. Copies will be mailed upon application to those desiring them. Address Warren Hamilton, Secretary of the A. S. O., Kirkville, Mo.

**

The medical law recently passed in Washington over Governor Rodgers veto will not effect the osteopathic practice in that state in any particular. Dr. Brown, the author of the bill, in a recent interview stated that the osteopaths will not be molested, that they may continue to practice as they have been doing, that the said board shall do so. The court held that Corbin had not violated the law and that he was entitled to pay for his services.

**

Sioux Valley Osteopathic Association Sends Greetings.

A. T. Still, D. O. and American School of Osteopathy, Kirkville, Mo.—The Sioux Valley Osteopathic Association just organized, send fraternal greetings to you as the founder of our beloved science, and to the American School, and wish you long life, happiness and abundant prosperity.

F. G. CLUETT, D. O.
A. E. HOOK, D. O.
Committee.

**

Undergraduates of the American School of Osteopathy who desire to practice can only do so under the immediate direction of a graduate. Our attention has been called to several cases where students have advertised themselves as Doctor — from the American School of Osteopathy. These statements are misleading, as the impression often prevails that such students are graduates and are thoroughly prepared for practice. Such conduct is in direct violation to the rules of the school, the penalty for which is expulsion from the school. It is a good practice for a student to spend his vacation in the office of some graduate practitioner but it is a bad practice for him to attempt to conduct a practice before he is prepared.

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Reception at Dr. Hildreth's.

C. L. RICHARDSON, LL. B., D. O.

It was gorgeous, that reception given by Dr. Hildreth and Warren Hamilton to the students, on the night of June 7. A pearly, argent moon shed its luster through the branches of the mighty elm that shades the spacious lawn in front of the doctor's house. The semi-transparent leaves of June let the opalescence filter through in milky, opaline, picturesque splendor. Beautiful women added a refinement and delicacy to the attractiveness of the groundwork. It was an occasion to be remembered.

All the school with wives and sweethearts turned out to do honor to a favorite professor and the genial secretary of the A. S. O.

The sweet strains of music resounded in delicious echoes from the living shade that overarched the scene of merriment. Winsome girls in exquisite costumes served refreshing drinks at dainty booths in most delectable situations. Glesome sprightliness was in the ascendency. All was merriment.

Class colors in gay festoons from lofty branches blended with soft patches of the flowery perfumed zenith of the romantic month of roses. And that sound of the human voice, can it ever swell in more luscious sweetness than amid the vibrant waves of melody that swell the circumambient medium when the A. S. O. orchestra plays its Tanzhäuser's hymn to Venus? And after the dulcet strains blended the starbeams above the swaying tree tops what luxurious restful silence.

Dr. Hildreth and Mr. Hamilton welcomed their guests upon the dewless grass. Their wives as hostesses were charming. As one of the bright events of the commencement season the graduating class of June '01, will cherish its memory long.

These enjoyable summer receptions amid the trees of Kirkville's ample home-sites have become a feature of the student's stay at the osteopathic shrine. They fill all that longing for home. The doctors are even sorry to leave their alma mater.

**

Mixture Unpopular.

Since the trustees of the Northern Institute of Osteopathy have issued a circular stating that they propose to add to their osteopathic studies a course in basic medicine, and electricity, their plan apparently has met with opposition from all sides, and deservedly so. Two years' time is short enough for the student to study the branches that are necessary for a knowledge of osteopathy. The student that dabbles in other systems and attempts to practice them will make a failure of all. The only successful osteopathic practitioners today are those who practice osteopathy only.

Osteopathy has no relation with any other system of practice. It is independent and should be so taught and practiced or left alone. Schools that possess an osteopathic vacuum we presume feel compelled to fill it up with old medical trash. It was upon the failure of these very systems of practice above referred to that Dr. Still established and built up the science of osteopathy.

Two articles in the June number of the Philadelphia Journal on "Compounding Osteopathy" and "Titulary Novelties" set forth the proper view of this matter.

Recently we received a letter from one of the students of the N. I. O. stating that the students of the school did not desire the course proposed, but that they did want osteopathy purely and simple. One of the teachers of the N. I. O. in a recent letter to a stockholder of the school stated that "Dr. Still, the patron saint of osteopathy, I understand very freely gives the students a dose of medicine for colds and such similar ailments."

The least we can say about this matter is that the gentleman is badly mistaken. In attempting to maintain his position he has certainly made a mistake in regard to Dr. Still's method of practice.

**

Victory for the Osteopaths.

Dr. W. S. Corbin, of Malvern, brought a
suit to enforce a claim against the estate of John Flanagan. Corbin stated that he is an osteopath and his claim was for 'Practicing medicine without a license' but after examining witnesses and inquiring into the matter they decided there was no violation of the law and reported "not a true bill." I have not been able to learn just how the matter was put before them but my friends think some of the physicians of this place whispered it to one of the jurors. After the return my attorney was talking with the district solicitor and stated that in his opinion they could not win a case against me and the solicitor (who is same as prosecuting attorney in Missouri) said that the Judge was of the same opinion, so had it gone to him he would have thrown it out or decided in my favor. One more state open to osteopathy.

Yours truly,
ERNST E. SMITH, D. O.

NATIONAL HEALTH LEAGUE.

To Make the Nature Cure Popular by Teaching It.

The prospectus of the National Health League, incorporated for a million dollars, is just out. As described in the prospectus, the League's objects are to make the nature cure popular, establish health colleges, sanitariums, free hospitals and clinics, where the principles of the nature cure will be taught and practiced, also to manufacture pure food products.

"Want to produce a sound, healthy nation by becoming its healers and feeders."

The prospectus advances the idea, that sickness and deformities arise from one or all of three causes: (1) The absorption of injurious material, (2) undue retention of effete products in the system, (3) lowering the vitality. Consequently, the cure of disease and the preservation of ideal health can be attained only in three ways corresponding to these causes—by attention to proper alimentation, elimination and elevation; in other words, in order to recover and maintain a state of perfect health, man's food, bodily functions and mental states play important and co-related parts, which fact must be recognized in a complete system of therapeutics.

This new school, while opposing anti-drug and anti-surgical methods, such as hydrotherapy, osteopathy, Swedish movements, massage, light and air baths, diet reform, psycho-therapeutics and mental and spiritual methods.

Brooklyn Daily Eagle, May 18, 1901.

MONTANA OSTEOPATHS ORGANIZE.

Great Falls is Honored With the Presidency—Constitution to be Prepared Later.

Special to the Daily Tribune.

Helena, June 15.—The state association of osteopaths was formally organized today by the election of the following officers: President, T. J. G. Sheehan, Great Falls; vice president, J. C. Burton, Missoula; treasurer, Ina F. Brown; secretary, Ada Wheeler, Bozeman. The next meeting will be held at the call of the president. A committee was also named to prepare a constitution and by-laws.

FRYETTE MAY GET IT.

Place for Osteopath on Board of Medical Examiners.

Friends of Dr. S. J. Fryette are interested in seeing him appointed to the state board of medical examiners by Gov. La Follette in accordance with the law passed by the last legislature which provides for a place on the osteopaths on the board. Under its provisions the state association of osteopaths are to select five members from their profession and submit the list to the governor who then appoints one of the five on the board, bringing the number of medical examiners up to eight. Last week the members of the Wisconsin State Association for the Advancement of Osteopathy met in Milwaukee and chose the following by ballot: Dr. S. J. Fryette, Madison; E. J. Elton, Kenosha; A. L. Morris, La Crosse; W. L. Thompson, Sheboygan; J. R. Bailey, Ashland. These names were submitted to the governor yesterday. Dr. Fryette is the only one in this list who is a graduate from the original school founded at Kirksville, Mo., in 1892 by Andrew T. Still. He has practiced in Madison for nearly a year and now numbers many of the best citizens among his patrons.—Madison Democrat.
The Crummies.

GOV. McLEAN OF CONNECTICUT APPOINTS.
Board of Osteopathic Registration and Examination.

Governor McLean has announced the appointment of the members of the State Board of Osteopathic Registration and Examination created by an act of the recent session. The appointees are H. L Riley of Hartford, L. C. Kingsbury of New Haven and Margaret L. Laughlin of Norwich.

He Seeks Vengeance

He inquired into the matter. Doctor Still, who has worked through un

When we decided to take up the work our friends said, "Why not attend one of the various schools of osteopathy located in the East, which is considered by many to be the center of learning?" It may be for some professions, but after spending two years there studying for a profession which embraced some of the subjects which we pursue here such as anatomy and physiology, we know where of we speak when we advise a course of study at the American School of Osteopathy.

When first we thought of coming to Missouri it seemed so many miles from home and the length of time necessary to complete a course here seemed like ages to think of being gone, but what a change is wrought in us as we look in retrospect upon those two short years of college life.

We know that wherever we may be that Kirksville will always seem near as it holds so much that is dear to us, and how thankful we are that when our minds sought the parent school of osteopathy, distance or the thought of being gone so long from home did not stand as a barrier in our path.

Last but not least we have here in our midst the father of osteopathy, dear Old Doctor Still, who has worked through untold opposition for years perfecting the science of relief to suffering humanity. He is tireless in his efforts of research and his fertile mind goes continuously into the depths to bring to the surface some new knowledge which represents twenty months hard work, we have the satisfaction of knowing that back of it stands an institution that shall live and remain long, long years and the name of A. T. Still shall stand a great bowlder in the world of science and will echo down the ages of time.

"Who frowed dat brick?" But the average allopath does not seem to learn much by experience when it comes to fighting osteopathy, and Dr. Crummer is again inviting enteric torments. For the physician who tries an open and above board manner to keep osteopaths out of the state I have only pity for his futile efforts, but Dr. Crummer has shown himself to be ungenerous, underhanded, and vindictive in his fight against us. His latest move is to urge the members of the state allopathic association to set aside the sum of $2000.00 to make a fight against the validity of the recently passed osteopathic law upon the ground that the board will be compelled from issuing certificates to us, and we will have to go without certificates or else fight the case through the supreme court. We will gladly choose the latter course.

The following extract is from the Lincoln Daily Journal:

At the recent meeting of the state medical society in Lincoln much was said about the new law legalizing the practice of osteopathy. While many of the regulars were not in favor of opposing the law a majority were eager to begin an action in the courts to test its validity. A fund was raised for that purpose. Considerable fault was found by members of the society because the physicians did not unite in opposition to the passage of the law. There was a feeling that the physicians had wasted their time quarrelling among themselves instead of uniting. The friends of the bill were given credit for making a splendid campaign in the interest of the new law. One member of the society said he had personal knowledge of the fact that Governor Dietrich had promised to veto the osteopathy bill and great was his surprise when the bill was approved by the governor. He inquired into the matter and came to the conclusion that the campaign of the osteopathy people had carried the day. When the bill reached the governor a bushel basket full of telegrams and letters from prominent business men in the state asking him to approve the act reposed by his chair. When a physician would enter to make a feeble protest the governor simply pointed to the messages and asked what he could do under such circumstances. The protestant could make no reply but usually escaped mumbling against his own crowd who had been indifferent to the result.

Freshman Class Picnic.

With the conviction that a class which is to travel together for two years through sunshine and shadow should not neglect its social relations, the Freshman class voted unanimously to have a class picnic. We decided to go to the woods and spend a day with nature and ourselves, leaving our troubles behind us and to wait and fight for the time, that we had any class at all.

The picnic was held Saturday, May 11th, at Mr. Owneby's pond, one mile south of Kirksville. The place is a delightful one—well shaded bot and on the banks of a beautiful little lake. The day was a fine one and everything that was needed to make the event a success was at hand—nothing was neglected or forgotten.

At the noon hour we were called from all corners of the woods to a shady spot where an elegant picnic dinner was spread. As to giving a description of this part of the program, the writer is in the same condition of mind as the man in Dr. C. E. Still's story—unable to do the subject justice. Only those who were there know how it was enjoyed. It will suffice to say that all were filled and satisfied.

Before the crowd had scattered again and while some were still lingering near the remains of the dinner, Drs. Hildreth and C. E. Still, in turn mounted a stump and addressed us in a very enjoyable way, which was heartily appreciated as was shown by the good attention and hearty applause.

In the afternoon a program of athletic sports was carried out and prizes awarded the victors. Racing, jumping, putting the shot, pole vaulting, etc., took up most of
the afternoon. It was brought to light that our class is quite athletic as well as studious, and we are proud that the ladies carried off a share of the prizes as well as the boys.

The remainder of the day was spent in various ways of having a general good time and getting better acquainted, and when the picnic wagons returned for us in the evening we felt that we were better and that we could go back to our studies again with more zeal for having enjoyed the day. As we left the woods I am sure that the voice of nature said, "come again" and I am sure that the "still small voice" of the class replied "we will."

FRED F. COON.

**A Wheel Horse.**

CHAS. W. LITTLE.

Since his first experience with osteopathy in 1897, Mr. Neil Griffin, formerly of Blue Springs, Nebraska, but now Custodian of the State Capitol at Lincoln, has been a hard worker for osteopathy, and to him belongs the principal credit of securing the Governor's signature to our osteopathic bill. Others put in hard work to get the desired signature, but had it not been for Mr. Griffin's work and his position as the governor's messenger, I believe the bill never would have been signed. The "Old Doctor" successfully treated Mr. Griffin for trouble that a half dozen of Nebraska's foremost physicians had pronounced hopeless, and thereby gained for osteopathy an uniriting worker. One of the funny things of the fight for the governor's signature was the setto between a leading medical light and Mr. Griffin, on a question of anatomy. The scene of the conflict was the governor's office with the governor himself as referee, and Mr. Griffin was declared victor. He did not claim to know much about anatomy, but what he did know seemed to be greater anatomical knowledge that the doctor possessed.

**Personal Mention.**

Dr. M. Hook is now located at Bonham, Tex.

Dr. C. T. Fletcher will practice for the summer at Shelving Rock, N. Y.

Dr. J. H. Vernon has changed his location from St. Cloud, Minn., to Glasco, Kansas.

Dr. R. H. Miller, of Washington, Pa., was recently married to Miss Brown of the same city.

Mrs. J. B. Foraker and son Arthur, of Washington, D. C., are visiting Dr. C. E. Still and family.

Dr. J. S. Oldham, of Birmingham, Ala., had the misfortune to be seriously injured by being run over by a street car. It was found necessary to amputate his left arm.

Dr. A. M. King, has sold his practice at Greenville, Texas to Dr. Frank Watson, of Wolf City. Dr. King has located at Marlin, Texas. He was recently married to Miss Catherine Yeargain of Quincy, Ill.

Dr. R. W. Conner has changed his location from Lumberton, Miss., to New Orleans, La. He has bought out the practice of Dr. W. A. McKeehan who has located in the East.

Miss Aurelia Henry, of the graduating class, will be associated with Dr. Cha. Bandel of Brooklyn, N. Y. Miss Henry has an excellent reputation as a student and no doubt will meet with much success in the practice.

Dr. Emilie Green, of Jackson, Mich., will practice during the summer months at Rockeonly, East Gloucester, Mass. Dr. W. D. Greene will continue to practice at Jackson.

In a recent meeting of the Tennessee Osteopathic Association Dr. Bessie Duffield, of Nashville, was elected Secretary and Treasurer instead of Dr. Owen as stated in the June Journal. Dr. Owen was chosen as Assistant Sec'y.

Dr. L. D. Hickman, of Princeton, Ill., who is here attending the Alumni and A. A. O. has secured a large Wagner Mica Static for X-ray work. This is one of the latest improved machines. The Doctor has been in the X-ray work for three years and has a good reputation for this kind of work in his part of the country.

The following Alumni visited the A. S. O. during Commencement week:


Program of Commencement Exercises at the American School of Osteopathy.

Sunday, June 23.


Wednesday, June 26.

Class Day, 9:30 A. M.


Address, Dr. John H. McFarland.


Class History, C. L. Richardson.


FRANK E. GAMBLE.

Class Poem, "James Roland" Stott.

Class Prophecy (Ladies) J. C. Lacy.


Address, Dr. A. T. Still.

Class Prophecy (Gentlemen) A. S. O. Orchestra.

Music, "Caddy." Aughey Spates.

Address, Dr. A. T. Still.


Thursday, June 27.

Music, "Gay Tally Ho!" A. S. O. Orchestra.

Invocation, Rev. H. A. Northcutt.


Address, Class Representative, E. B. Miller.

Address, Class Representative, John P. Chase.

Our final field day held at the fair grounds Friday, June 7th, was a grand success. Our athletes were in good training and all did commendable work. One of the long race when he sprinted out and held his own pace until the last 100 yards. A new and winded runner developed in the marathon and 440 Scotch. Miss Lou Erminia
Shaw, Miss Chloie
Shoemaker, George O
Smith, Harry B
Smith, Mrs. Phoebe A. H
Snodderly, Henry
Spates, Miss Aggiey
Neeh, David Adams
Spill, Walter
Stanley, Miss Annie
Starr, David A
Stearns, Cliff, Jr
Stevenson, Joe F
Stevenson, Mrs. H. A
Storm, Miss Julia F
Stott, Miss Sadie E
Stott, James Howland
Stott, Oliver Graham
Sweet, Berton Willard
Sweet, Benjamin V

**Athletic Notes.**

R. R. BROWNFIELD, JUNE 8.

Our final field day held at the fair grounds Friday, June 7th, was a grand success. Our athletes were in good training and all did commendable work. On the start Bumps surprised us by winning the 50 yard dash from Deming. He had a small handicap which our champion was unable to overcome and won out by several feet. Other events were equally interesting and exciting.

Field again showed his strength by taking the high jump at 61 inches; the high kick at 9 feet and the hop step and jump at 32 ft 8 inches. Other good men followed close to his mark.

Cleary again exhibited a high quality of strength and dexterity in dropping the hammer at a distance of 92 ft. 9 inches. Mahaffey was crowded for the shot put but took the event on 32 ft 6 inches. Other good men followed close to his mark.

A new and winded runner developed in our mutual favorite little White. He held his own pace until the last 100 yards of the long race when he sprinted out and easily captured the honors of the one mile.

The first heat of the 100 yard dash was a hot one. Bumps crossed the tape first but due to the fact that some of the runners left their courses, the race was called void and run over, Deming winning in 10 seconds.
Our ladies were also hearty participants in several events and we are proud to say that we have true athletes among the ladies of our school and that they made good records. The meet was well attended and in every way a success.

Our boys have shown marvelous improvement in their respective fêtes and I am sure that we cannot speak too highly of Dr. White's service to us. He has placed our school on a standard with any western school in higher athletics and has in every way and in all things shown his superior and valuable ability for carrying on and raising the athletic standard of the A. S. O.

The following is a score of the remaining events.

<table>
<thead>
<tr>
<th>Event</th>
<th>Distance</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>440 yd</td>
<td>Deming</td>
<td>23.5 sec</td>
</tr>
<tr>
<td>880 yd</td>
<td>Eastman</td>
<td>3 min. 3 sec</td>
</tr>
<tr>
<td>120 yd hurdles</td>
<td>Pettit</td>
<td>18 sec</td>
</tr>
<tr>
<td>220 yd hurdles</td>
<td>Bumpus</td>
<td>28 sec</td>
</tr>
<tr>
<td>Running broad jump</td>
<td>Deming</td>
<td>21 1/4 ft</td>
</tr>
<tr>
<td>Standing broad jump</td>
<td>Dobson</td>
<td>9 ft 11 1/4 in</td>
</tr>
<tr>
<td>Standing 3 jumps</td>
<td>Dobson</td>
<td>30 ft 2</td>
</tr>
</tbody>
</table>

LADIES

50 yd dash, Mrs. Wilkes 7 sec
Running broad jump, Mrs. Wilkes 12 ft 11 in
Running high jump, Mrs. Wilkes 3 ft 7 in
Basket ball is also getting quite a footing here. The ladies play a very interesting game every evening and show no little skill in handling the ball and guarding the goal.

Our men's basketball team played a game with the Normal at the A. S. O. court Saturday June 8th.

From the time when the ball was started at the center until the game was called by the time keeper's whistle, swift and skillful playing was kept up.

The two teams were very evenly matched and a hard battle was fought. At the end of the first half the score stood 7 to 3 in favor of the Normal, but when the game again started our boys were there with wind and a strong determination to win.

When time was again called the score was a tie. The team getting the next two points first being the winners every man braced up and played for a goal which our boys got, ending the game with a score of 10 to 7 in favor of A. S. O.

The A. S. O. was represented at Chicago May 30th by Deming and Pettit. All events were handicaps and not withstanding the fact that our boys were badly handicapped they did well. Deming started on the scratch in both the 100 yd dash and the quarter mile. A slip on the start of the 100 yd lost him a place.

In the quarter he succeeded in getting through the crowd and took third, easily proving that it was the handicap and not running that beat him out of first place.

Among the world's athletes at Buffalo, N. Y., June 14th, our boys showed up well.

The running broad jump was won by Deming, he making at that time 21 feet and 4 inches. Pettit again made 11 feet on the pole vault which won second place.

It is a satisfaction and a pride to know that we have men who can compete for honors with the athletes of our country, as that means the best of the world.

Our prospects for a high class of athletes for next year are very bright.

New apparatus and equipment will be purchased. The field put in good shape, a good fence will be around it and every advantage will be given the men for training.

Our foot ball team will be the heaviest we have ever had, and under guidance of coach White we expect good work from them. Already we have a very fine schedule of games for next season and if you watch the scores we trust you will not be disappointed in finding the A. S. O. in the lead for the pennant.

Clinical Record.

Kidney and Pelvic Disorders:

Patient, a lady, Mrs. Emma C. Richardson had suffered many years as a result of straining to back and slip of innominates. Her pelvis was so congested that she could not sit down and there was almost constant menstruation. The trouble had lasted five or six years and all parts of the body had become affected. There was cataract of throat and nasal passages and most distressing stomach trouble which prevented her from eating almost any foods. Bowels seemed paralyzed and the use of any laxative increased the menstrual flow. Enemas were the only relief. The kidneys were badly involved and as a result rheumatism was doing its work, and at times the patient was in intense agony. I was able to relieve the pelvis congestion and control the hemorrhage. The stomach disorders yielded to treatments and the constipation disappeared. The patient is now restored to almost normal health. She has taken all kinds of medical treatment, but osteopathy by treating the cause of the trouble in the injury to the spine did the work. The cure is a most remarkable one considering the many organs of the body affected and the gratitude of the patient is unbounded.

LaGrippe:

Mrs. D—of Hazlehurst, Miss., aged 86 years had been suffering for three weeks with LaGrippe and its complications and...
had reached the point where she could not retain anything in her stomach, not so much as a spoonful of water and she was so weak she could hardly turn in bed. She and her friends thought she could not recover and only tried osteopathy after giving medicine a fair trial. Her improvement dated from the first treatment and was uninterrupted except by slight injury on lying down one day, resulting in a tilting of a rib and producing all the symptoms of pneumonia, even to the bloody sputum. The rib was easily corrected and relief was immediate. Mrs. D— was treated a year ago and is in good health today. Two points were nicely illustrated in this case. 1st, old people respond to osteopathic treatment. 2d the correction of the rib doubtless prevented pneumonia due to traumatism. It is a common complication in LaGripppe.

Articular Rheumatism:—

Mr. E— of this city who is a traveling salesman was taken ill with rheumatism and reached home in such a condition that he had to be almost carried to his room. He had heard of the result of osteopathic treatment in rheumatism so sent for me. He has had no return of the trouble and it has been seven months since his last treatment.

Dislocated Hip:—

Tom Moore, 24 years of age, fell from a tree early last fall, causing a lameness which proved to be a dislocated hip (thyroid), had been out eight weeks when he came to me. I found a posterior condition of the 6th to 8th dorsal, also the lumbar and the angle of the 6th to 10th ribs left side down. After correcting these leisons (one month) he was entirely relieved of former troubles and was able to walk about his home more than for years.

Acute Articular Rheumatism:—

Mr. S— aged 21, acute articular rheumatism in left knee and right shoulder and neck. Was suffering intense pain, could not bear the weight of the bed clothing to leg. Three treatments entirely relieved him.

Sciatica:—

Mr. Y— a young man came to my office with sciatica; had been taking medicine with no relief. One treatment took the pressure off the sciatic nerve and the young man went about his work.

Constipation:—

Mr. L— constipation of seven years standing. It took about two weeks of treatment to correct the pressure on the spinal nerves. The case was relieved.
tian, went to several physicians, some treating me for one thing and some another until I at last found one who gave me relief and I partly recovered, leaving my spine curved. From time to time since then I have been troubled with severe attacks, always finding relief from the same source until last spring when medicine seemed to have no effect or afford any relief. At the request of a friend I at last came to Dr. Reid, the osteopath. I was unable to look up or sideward or at anything but my feet, suffering untold agony in head and neck, knees were swollen. I was unable to walk without crutches or to lie down without three pillows under my head. Now after two months and a half treatment, have laid crutches aside, use one pillow, can turn my head some and am doing some work each day. My knees are almost well.

In 1896 I became almost totally blind in one eye. Since taking treatment I can distinguish objects and read print and am almost sighted.

F. L. Bissel.

In the above case my treatment consisted in working upon the luxation of the 1st and 2d cervical vertebrae; also to straighten the dorsal curvature of the spine and working the limbs in order to cause an absorption of the uric deposits about the joints, besides giving a thorough treatment of the excreting organs, to rid the general system of the acid.

Partial Paralysis of Left Arm:

Mr. F—gentleman about 35 years of age came to me suffering with severe pain in his wrist, whole area being effected considerably, which indicated paralysis. Upon examination I found the lesion at second dorsal. By correction of this, his arm was completely cured and there has been no sign of such trouble since.

Partial Loss of Voice:

Was called to see a lady who was so weak she could hardly walk about in the house and her voice was almost completely lost. Their family physician had advised a surgical operation, but osteopathy stepped in and saved her from the surgeon's knife and has her greatly restored to health. Her husband said, "If you will only get her so she can talk to me I will feel grateful." Her voice has returned and she has improved wonderfully, otherwise. My special treatment for the voice was a thorough relaxation of the vocal cords, besides giving her treatment for her general health.

Rheumatism:

In 1878 I was first taken with rheumatis-
with peritonitis. My treatment was given to the spinal centers with the hope of producing a relaxed condition of the muscular coats of intestines about the obstructed region. I also gave abdominal treatment. By eight o'clock the vomiting had ceased and we gave him a small quantity of water which he retained nicely though he insisted upon being given more. Later on we gave him an enema full of water and the draught that and retained it as he did the first. From that on we gave him all the water he wanted and I assure you it was no small quantity. Shortly after nine the M. D. came again and was pleased with the results obtained, for his temperature was reduced almost a degree, and he had had a map of thirty minutes. He wanted to know what I thought of attempting the drugs again. You can guess how I felt. I did not want them administered, especially when he told me he would give mercury, yet his father was anxious to do all that could be done and it was decided to give the medicine. The mother had also kept hot poultices of flannel clothes bathed in equal parts of castor oil and olive oil over the abdomen, changing them every fifteen minutes. I remained with the boy all night and we attempted the use of syringe three times during night with no result. Having been unable to reduce temperature below 100, and not being able to produce sleep for more than a few moments at a time, the pulse rate never falling below 120, I concluded that I was not accomplishing what was necessary and at seven next morning told the father that I had done my best but feared I had done all I could for that boy. If my diagnosis was correct, an operation was what would have saved the boy that morning, but his parents said "he shall not be operated upon." That night at nine o'clock the M. D. in charge told them he could do more and advised an operation. They again objected and sent for another M. D. from Centerville, Iowa, who arrived next morning at about six o'clock, and by the way, he was one of those who were to perform the first two operations spoken of in the beginning of this article. He took the case and treated him medicinally for two days and gave it up, and still another M. D. from Centerville was sent for. He came and brought syringe and colon tube and proceeded to flush the lower bowels and succeeded in getting a slight action on Friday morning. During that day all the doctors, saving myself, held a consultation and decided upon an operation, to which the parents consented, set for nine o'clock Saturday morning. If that was not folly I cannot conceive of what would be, for that boy had from two to three degrees of fever for the seven days past. Five M. D's were present at the appointed hour and the boy was placed upon operating table and chloroform administered and at this time another council was held and it was decided that the boy could not survive the operation and he was allowed to come from under the anesthesia. As soon as consciousness returned the boy realized that he had not been operated upon, of course, and said that he knew now that he must die. It was not long after that that vomiting was again set up. He requested that I be sent for again, to come on evening train. I knew that I could do nothing at that late date, but thinking it might be the boy's request, made arrangements to go. Just as train was pulling in another telegram came giving the news of his death a few moments before. I can only add here that surely all was done that could be done in this case and yet the boy died.

The last case was that of a boy nine years old, living half mile east of the last named. He was called on Saturday afternoon and gave the usual treatment in such cases, easing him in a very short time. The M. D. in charge was the same who had prescribed salts in the last case. He, however, diagnosed this case as catarrhal inflammation of the appendix. Upon my arrival his temperature was 101, pulse 120 and respirations 32. I saw him frequently afterwards and he has had no further trouble. Here are four cases; two splendid recoveries under purely osteopathic treatment; one practically in dying hours before calling an osteopath, and another receiving all known methods of treatment, saving surgery—the very treatment he needed most, and yet the boy died.

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