A.T. STILL. 

THE book that every one interested in Osteopathy, and those desiring to know something of Osteopathy cannot do without. It is not a text book but a book for all, the general reader as well as the student.

Read what those say who have read the work.

Mrs. J. E. Hillberry-Wood, of Lake Mills, Wisconsin, an old-time friend of Dr. Still, formerly of Kirksville—Mrs.

"I hardly know where to begin or what to say first, and I feel as Mr. Wood reads it aloud that I've entered upon the gateway of life and am about to read and talk again, for through each chapter runs a great and mighty truth for the world of truth-seekers—a truth never before held up to the world."

DR. A. T. STILL: Dear Sir—You have created "want," not with bread, but I could not let my wife go to bed without having something in her Memorial. Please accept our sincere thanks for Dr. Still's Book—also the ability to do so, I am indebted to Osteopathy or yourself, for and for the Osteopathic treatments I have taken, I could not have read the book aloud. We were much delighted with the book from the first page to the last. I think it worthy of the great author who has done more for suffering humanity than any man, yes, I might well say, any thing of this great interest engaged in the art of healing, or curing the sick.

Mrs. J. E. Hillberry-Wood, of Lake Mills, Wisconsin, an old-time friend of Dr. Still, formerly of Kirksville.

"I am looking forward with great pleasure to spending another summer in Kirksville, and hope to find you as strong physically as you are mentally. You are one of the men who should live to be a hundred years old and be a joy and pleasure to your friends.

Mrs. Julia B. Folkard, wife of the eminent Ohio Senator, in a long personal letter, writes as follows of the "Still National Osteopathic Museum, Kirksville, Mo."

"It is very interesting and through it all, I can see your personality, which I know will please you, and all of your friends who know you well. It will always be one of the brightest spots in my life to recall the opportunity and privilege I had in meeting and becoming so well acquainted with you.

"I feel sorry for those who have not had that privilege, I am looking forward with great pleasure to spending another summer in Kirksville, and hope to find you as strong physically as you are mentally. You are one of the men who should live to be a hundred years old and be a joy and pleasure to your friends.

Mrs. A. H. Nelson, of Kirksville, Mo.

"I have been much interested in its personal, written in a style original and interesting from beginning to end. As the discoverer of the greatest healing science known to civilized man, your name will be embalmed on the future pages of history and cherished in the heart of thousands, who will owe prolongation of days to this great discovery. The great young "Joshua" is destined to uplift the race, both physically and spiritually, and the world can show no thanks and gratitude for you."

Mrs. Henry A. Morgan, the well known educator.

Read the book from beginning to end, to Mrs. Morgan, which is quite a feat, and I feel as Mr. Wood reads it aloud that I've entered upon the gateway of life and am about to read and talk again, for through each chapter runs a great and mighty truth for the world of truth-seekers—a truth never before held up to the world.

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Mrs. Henry A. Morgan, the well known educator.
accomplish that great and most wonderful feat of nature, which is to change
dead substances to living matter?

Persons who have not studied the physical laws of life, innocently or
ignorantly crucify the chances for physical and mental comfort, which can
be seen, felt and comprehended only by an intelligent man or woman,
when by accident or otherwise they are invited to partake of, and go
through the military drill of the six o'clock dinners, which are considered
very limited in display when the changes are less than seven, very moderate
at ten, and fairly filled at thirteen. This process of animal torture with
suspended digestion, ligate pressure of abdominal aorta, vena cava, renal,
pelvic and all nerve centers of sacrum suspended by pressure of the loading
of the foolish and indigestible compounds, that have been forced into the
stomach by the most idiotic stupidity of the present age.

An intelligent observer, and not much intelligence is required, provided
he understands some of the laws of anatomy and physiology to see and
know that the cause of so much apoplexy, paralysis of one or both sides,
gout, heart disease, Bright's disease, appendicitis, piles, shaking palsy, bald
heads, and insanity both periodic and continued, all have their origin in
some big dinner.

One would say it is such a pleasant place to talk, but with all these
facts before us I would say, less talk, more sense and better health.

At this time allow me to ask a few pointed questions. What do you
suppose a Kentuckian would do with his servant if he should treat his fox
hounds as you have treated your stomach? He would give him a raw-hiding,
then have him hitch up a four horse team, send him to Tennessee with a
draft and order for a wagon load of dogs. When the darkey returns with
the dogs his master gives him another whipping and says, the next time you
feed my dogs to death I will hang you.

"Massa will you please tell me, can a pusson feed a dog to death?"

Much is said about the pleasures at the table, I will admit there is much
pleasure at the table while eating, but more can be found in the parlor, for
this reason; the circulation if the blood is pressed and stopped extensively by
the pressure of an overloaded stomach; every nerve, vein and artery is being
pressed to misery. Why not get up and take the weight off the abdominal
aorta, vena cava and all the systems that must have room to act to let diges-
tion get to work before the food rots in you? You have forced the blood to
the brain by taking up all space to go to other places. Is it not reasonable to
think a blood vessel will burst in the brain and pour in its contents until you
have a case of apoplexy etc.?

The Search Lights Of Success.

O truth ever took place among men and was adopted for its value that
did not exist in nature. Self created, self living and comes with the
gray hairs and whiskers of long ages. It has ever stood in the open fields, and
with the label on its breast written in all languages, "I am for you," and has even
broken ranks to catch the eye of man. "I at first spread in full view the full
broadside of my vessel, that tipped all shores with bow and stern; but man did
not, would not, take his eye off the boats of empty tradition long enough to
read the labels of this great vessel, whose length reached from shore to
shore." One said I wish I was on that long boat, I believe a person could
get a long sleep on it. A person may stand in the best of places and listen
to the arguments of truth and not move a muscle of mind or body for
years, and will not because he fears it will not be popular. He is a liar
and a hypocrite of the first and of all kinds of water. He is a coward and a
sneaking paltron, and lives by short weights and hypocrisy. He is much
more to be dreaded than the man of much sleep. He wears the yellow rose
of jealousy, and is ever ready to say when the hard fight for truth is over
and the enemy is dead, I too want to be a pall-bearer at that funeral, and
makes an ass of himself. He knows he never spoke one word to encourage
the growth of that now wonderful truth, that he is splitting his throat to tell
the people about.

Does he travel in the front line of progress with a search-light of an
honest explorer? No, he is taught but the mill-stone of untruth around the
neck of honest investigation. He takes hold of this unfolded truth with
the tongue of a liar and hand of a thief, and says "I am the Edison of all
discoveries, the commander of the sun and moon. I am far in advance of all
thinkers as the size of my hat shows. I have gotten all the knowledge that
mortals can give."

The Head Of The Family.

M A N is the head of the family, so declared by sacred writ. Has he not
great reason to be proud of this appointment? For is he not also
master of the beasts of the field, the fishes of the sea and the fowls of the
air. All of these facts being indisputable, is it not reasonable that he should
lead in all things?

The woman is the weaker vessel, and generally very weak; would it not
be expected that this divinely endowed gentleman should lead in all things?
If so, let him rise in the morning, make fires, have the room warm and com-
fortable to receive the weaker vessel. Is his arm not stronger than hers?
If so, let him cut the meat, grind the coffee, churn and dress the butter,
wash the dishes, make up the beds, put on and fill the wash boiler, do the
washing and ironing, box and spank the children, in order to save her
strength. She has many duties which the head of the family can assign to
her, which are lighter and more pleasant. Such as playing the piano, riding
the bicycle, curling her hair, light gossip, entertaining company, receiving
the news of the day such as deaths, marriages and the latest scandal. He is
admonished not to be weary in well doing for in due season he shall reap if
he faint not. He must ever remember that these light afflications have some
glory at the end of them.
HINTS ON STUDY.

A FEW SUGGESTIONS TO STUDENTS.

BY CHAS. HAZZARD, PH. B.

TO study is a student's business; study broadly, not books alone, but men, events, and facts, wherever found. It is obvious that if he do not study broadly, he may become narrow; if he study books alone, he may become "bookish," and that if he do not accustom himself to dealing with facts outside of books, he lessens his chances of success in any profession in which he must deal with facts hand to hand. In other words, he may become impractical. In this class are men whom I have known to graduate from college with honor, men who, during their course had avoided society, school-politics, athletics, and the like, and had devoted themselves solely to books, winning the coveted scholarship honor, but defeating the very end of education by mistaken ideas of study. These men rarely amounted to much in the real business of life for which their college preparation should have fitted them.

I sometimes think that I can discover the counterpart of such a student in some of our students of Osteopathy. Some few there be, of bright mind, it may seem, who recite wonderfully well by rote, but who shrink in dismay when called upon to handle a fact, or to make practical application of the knowledge learned from the printed page.

An educated man should be handy at facts.

Besides the bookish student, there is another kind of student who has mistaken habits of study. The latter is one who works hard and late, makes tremendous and honest efforts to acquire the knowledge he so eagerly seeks, but when called upon for an account of what he has learned, shows that he has either missed the point or has failed to get it fixed in his memory. This student's failure is largely due to misdirected energy. He studies at ill-chosen hours, in uncomfortable or noisy places, or perhaps he does not understand how to classify and link together the facts that he learns. He falls into a habit of memorizing without understanding.

A third class is represented by the student who rushes in at the beginning of the term with a hurrah, does well for a few weeks, but soon subsides into mediocrity. He loses interest, and fails of the early promise. Evidently the seed had fallen upon stony places.

Evidently the test of a man's success is found in what he is able to achieve after his course of study is completed, no matter how his education was gotten. But the representative of a learned profession must, to a great extent, find his success based upon his technical education. This technical education must be gotten by patient and diligent study along prescribed lines. If he was lazy or ignorant at his professional school, the day soon arrives in his professional career when he finds the way blocked before him.
and leads to nothing, since the brain is then in no condition for hard work.

After the heavy meal of the day, one should rest before attempting work.

If it be noon, and the afternoon is to be spent in study, one should follow
the rest with exercise, which should be light at first, ending with more vigorous
exercise, but not sufficient to fatigue. Then, having gone through such
preliminary preparation for study, the brain is fresh and powerful, the meal
is digested, and when the student sits down at his study table he is capable
of splendid mental effort. Here also matters should be planned. The room
should be quiet and comfortable; the light should not be so bright as to dis-
tract the mind from the work in hand; nothing should be allowed to enter-
fere. Have every book, and everything necessary for the work within reach
so that you do not need to rise from the chair. Under such conditions the
mind can be concentrated most intensely, and can be kept so for from two
to three hours. It can now make acquirement with greater ease and rapid-
ity than possible under other circumstances, and study becomes a pleasure
instead of a grind. Work thus done is well done in half the time required
when careless, desultory habits are followed, hence out of the total time one
may thus save considerable to be devoted to other forms of improvement.

It is well to do the hard study first, leaving light reading and errands,
and the like for the more careless hours. Remember that the tired brain,
like the tired muscle, works slowly and with difficulty.

There is an adage which says: "Brains, not thumbs, is the way to
study." Some students thumb their books more diligently than they use
their brains, and with poorer result. It is always better to call upon the
brain to answer a question, if possible, than to interrogate the printed page.

A student should supply himself with good reference books for his
work. A good dictionary may be had cheaply, and is indispensable. Use
several books in studying one subject. Leave no word or point without
thoroughly understanding it. In looking up new words in the dictionary,
write them down and review them for the purpose of fixing them in the
mind. Refer, if possible, to several authorities in looking up any subject.
Nothing is so broadening as a liberal use of books. In studying, study
broadly, look for facts outside of books in support of theories taught in
books. Apply book-knowledge to actual experience as far as possible.

Many a student is good at learning from books, but is lost in a laboratory
where he comes face to face with the facts concerning which books are
written. In despair he calls upon the professor to assign him work in the
printed book. Dress this fact for him in printer's ink, that it may not startle
him with its stark reality. Not so. Let him deal with facts hand to hand,
'tis the better part of his education. Thus he may escape the fate that'
befalls the bookish man.

One of the greatest difficulties encountered by the student is that of
fixing in his mind the points learned, so that he can readily recall them.
Here he must depend largely upon his own ingenuity to help him out of the

[Concluded on page 561.]
the complicated structure, and to the careful student thereof, they are the surveyor's stakes, if you please, to which he must refer before "running a line." They are fastened together at the joints or articulations by tough, fibrous bands called ligaments, the whole being sometimes likened unto the framework of a house before it has been enclosed, where the joists, uprights and rafters, standing out in bold relief, are united in a variety of ways, any one of which is far excelled in the articulations of the bones. They constitute the osseous system, and to their many and varied projections, and into the various depressions of these bones are fastened the muscles, some long, some short, some flat, according to their locations and the work they are required to perform, constituting the muscular system. They round out the figure and gives beauty and symmetry to the form, and by their marvelous contractile power brought to bear upon the bones as levers, when properly cultured, give us the poise of motion.

The next two systems, viz: the circulatory and nervous, are probably most concerned in the processes of life, although their activities are made possible only by the presence of the other systems. They are mutually dependent, the circulatory depending upon the nervous for its vital energy, and the nervous depending upon the circulatory for its nutrition. The heart, that four chambered organ, whose every throb lands us one step further into eternity, is the center of the circulatory system. It is the spot where life begins. Leading out from it are two large tubes, corresponding to the mains of a water system, which divide and subdivide as arteries, and arterioles until finally those subdivisions are so small as to be called capillary (hairlike,) the ramifications of which through muscle, nerve, bone, etc., are inextricable. Through this vast system, the heart, the engine of this machinery forces the common carrier, the blood from center to extremity, carrying nutrition to every atom, when the machinery is in proper adjustment. This nutrition, if consumed properly, should generate enough heat to warm the body sufficiently well to do away with heavy clothing, which only burdens us, exhausting vitality, which, if properly directed in other channels, might accomplish wonders. Having performed its mission, the blood passes on, one capillary blending with another, until they have formed a vein, which, in turn, blends with its neighbor, until the fluid contents are poured into some large veins and into the heart, whence it came, thus completing the circuit of the body, hence the name circulation, from circums, around, and for to carry. Through these tubes which we, for convenience, have called arteries and veins, the blood must flow. Here I desire especially to be understood. Healthy blood flows. A sluggish circulation means disease. For blood to flow requires sufficient heart action, a certain amount of muscular exercise, and proper fluidity of itself. This, I wish to impress. Nutrition is carried into, and many waste products out of the system in solution only, and for this to be done, the fluidity of the circulation must be preserved. This is done principally by what we drink. The

Drainage on the circulation by the daily secretion of from thirty to sixty ounces of saliva, ten to twelve pints of gastric juice, thirty to forty ounces of bile, twelve to sixteen ounces of pancreatic juice and about fifty ounces of urine, together with the tears and perspiration, is tremendous, and demands a large amount of fluid taken into the system daily to meet the deficit. This quantity has been variously estimated, but a very conservative estimate is one gallon daily. How many people take a gallon of fluid into the system daily? Millions are literally starving for water without realizing it. The internal bath is as important as the external one. Water is nature's own prescription, charged with life giving properties, and its abundance shows she meant no stinted use of it. It is the best blood purifier on the list.

Alongside this blood circulation is another, collateral to it, and often under-estimated in importance, viz: the lymphatic circulation, whose ramifications are also inextricable, and which acts as a reserve for the blood circulation, pouring out its stored up contents in cases of emergency, thus tiding one over quite a period of time without food. Thus it is that the bear can retire to his hibernating quarters late in the fall in good flesh, spend the winter and emerge in the spring as he does, thin, having lived up the reserve stored in the lymphatic system, being drained back into the blood circulation and used up as nutrition. This is a sure cure for obesity.

The brain, that wonderful mechanism lying within the skull, is the center of the nervous system, and has been aptly compared to the electric dynamo, generating the nervous energy, and sending it out over the countless nerves just as the dynamo generates the electricity and sends it out over the wires from the power house.

These nerves branch out from the brain as large nerve trunks, divide and subdivide, until their ramifications are practically infinite, carrying nervous energy to every atom—without which life is impossible. It is life itself if you please, handed down to man by his creator and has never been duplicated anywhere by man's ingenuity and skill, the nearest approach probably being the application of the electric current of a limited strength, which, if increased, is deadly in its effects, and which at best, is only a temporary stimulation while real life exists, as shown by the fact that the electric current is incapable of animating a corpse.

This nervous mechanism is of wonderful arrangement. Really two systems of nerves perform the work to be done by them viz: Cerebro spinal, and sympathetic; the former consists of the brain with its different divisions, and the spinal nerves, which pass out from the spinal cord at different elevations, to the muscles, presiding over the voluntary motions thereof; the sympathetic centering in the medulla, is a double chain of connected nervous ganglia, extending downward on either side of the spinal column and countless branches penetrating every tissue of the body. It is that great system of nerves which presides over the involuntary activities; it is called sympathetic because of its intimate relationship with every part of the body.
through which one disordered organ may transmit its disordered functions to another. It superintends and energizes the process of growth, nutrition, repair, respiration, circulation, tissue building and elimination from the tissues.

"It is that sleepless sentinel who stands at the gates of life as long as we live, even a hundred years, and never sleeps a natural sleep for a single moment. Nothing short of lethal doses of narcotic or anesthetic drugs can wrap it in slumber robes and stretch it on its dreaming couch. It never sleeps but once and then eternally. It is that butler of yours, who without orders from you sees, to the nourishment of every part. It is that deft artisan who oils every joint in your frame and keeps it from cracking and rasping with friction, and loss of mobility, who lubricates all the surfaces of the body, both internal and external, so that they do not dry up, nor drip with excessive function. It is that faithful servant who pumps your breath and blood for you through the long watches of the night while you sleep, and through the busy hours of the day as well. It is the janitor of the temple of your soul, who keeps up the fires of your bodily frame, and maintains an average temperature of 98 degrees throughout every department of this "house not made with hands," through summer's heat and winter's cold. It is that cunning servitor who stands at the window of your eye, adjusting the curtain of the iris, so as to admit just enough light to enable you, in the glare of noon day, or the shadows of twilight, to see the beauties of things around you. It is that faithful warden who stands at the gateway of your stomach, and reports instantly to the brain, whether you put into your mouth a delicious fruit, or a corrosive poison. Through all the many and varied vicissitudes of life, the great sympathetic nerve is your best earthly friend and benefactor."

At the rear of the mouth, extending downward into the thorax, is a large tube, so constructed as to be kept always open. This tube also divides and subdivides until it is finally lost in the minute air cells of the lungs, when intercostal pressure is removed, there to come in contact with the blood circulating freely in the capillary vessels in the walls of the air cells. The function here performed is a double one, the oxygen from the air is taken up by the blood and some of the waste products picked up in the system are given off to be exhaled into the outer world. The importance of deep breathing in this connection cannot be over estimated. This wonderful machinery constitutes the fifth great system, and is called the Respiratory. Here we might mention the kidneys, ureters and bladder as drainage tubes of the system, whose work is to eliminate certain waste products from the system.

The last great system of organs to be mentioned is the digestive, a tube varying in diameter and structure at different points, begins with the mouth passes through the entire trunk of the body and terminates in the rectum. This tube does not divide and subdivide as do the others already mentioned, but receives tributary tubes at different points along along the line, pouring into the main canal the secretions of certain glands all of which have certain physiological functions to perform on the food in the order that they are poured in. The functions of this system are briefly stated, to receive the food, prepare it to enter the system as nutrition and eject that part which is found unnecessary and unworthy. I have purposely avoided dwelling upon the extended uses of this system that we may notice some of its abuses.

In our characteristic American hurry, men will throw the food into their mouths in some of the most thoroughly unhygienic mixtures, wash it down with milk, water, tea or coffee, half chewed, thus throwing upon the stomach the greater part of the work that should be done by the mouth viz: grinding the food thoroughly by the teeth and moistening it by the saliva. Then again these fluids pass into the stomach with the food, dilute the gastric juices, and thereby prevent it from acting upon the food in its original strength as nature intends. The result is poor mastication, poor stomach digestion, hence poor assimilation later on and a weak constitution in the end, all because the eating and drinking were not properly managed, the two are closely united in man's living, but in actual practice should be removed at least three hours from each other. By this "washing down" process, it is a very easy matter to gorge the stomach before one is aware; this done three times a day, soon the entire canal is gorged, blockaded and over powered. The machinery refuses to work. Pain and suffering ensue.

The brain has generated a sufficient amount of vital force for ordinary purposes, which we will call 100 per cent. Each organ receives its prorata of that amount together with its proportion of nutrition, and is thereby given a limited capacity. The stomach is no exception. When required to act within the limits of that capacity it does its work well, otherwise it fails, and why not? Nature though patient as she often is, has taken precaution to protect herself against such continued inroads by producing fermentation in that overloaded stomach, followed by nausea and relieved by vomiting. A clogged machine will not do its work well no matter how carefully it is fed; nor will a stove with choked flues and draft perform its functions, no matter how combustible the material may be with which it is fed. Those flues must be cleaned out and kept open for the free passage of the air, for the fire to burn. On the same principle a clogged human machine cannot perform its functions of repairing the wastes and strengthening the body, no matter how wholesome the diet. I trust you have already noticed during the course of my remarks that we live largely by different systems of tubes. The arteries, veins, capillaries air passages, alimentary perspiratory and sebaceous canals are all tubes. No organ of the body is devoid of a network of tubes, and nature demands that they be kept free, for freedom for all fluids, forces and substances pertaining to life is absolutely essential to health. It is this clogging of the human machinery that must be avoided in
WILL OSTEOPATHY BE PERMANENT?

PROF. C. W. PROCTOR.

A FRIEND of this new science, when among those who are somewhat skeptical as to its merits often hears the remark, "Will Osteopathy be permanent?" Some compare it to the water cure craze of a few years ago. Some suppose that like "faith-healing" it has a class of followers, rich in imaginative powers. To such readers of the Journal as may have honest doubts as to the real merit of the system, the writer desires to call attention to some of the causes which seem to him to have been operative in building up the new science, and to invite an investigation of these causes to ascertain if they are sufficient to guarantee a permanent existence.

In the first place, there was nothing attractive in the surroundings of its early life. It was not launched in a great university, by a man already famous, with wealth and social influence to give it prestige, and abundant advertising to make it known; as were antitoxin, Koch’s lymph and a score of similar preparations, that flamed like a meteor and bid fair to disappear as rapidly as they appeared. The science was born in obscurity, was advertised only by those who were benefitted, and made its way against the influence of a powerful and influential profession. If single handed, without money, and without friends, a system can in less than ten years win its way to the front, and make hundreds of thousands of loyal friends can it not make more friends and win more adherents on its merits in the years to come? If it has convinced the world thus far by its merits, will it fail in prosperity to hold what it gained in adversity? Naturally an enterprise which wins on its own merits, stands by virtue of those merits. In other words, any system which cures a considerable per cent of people who have tried everything else, will never lack for patients, so long as accident and disease prey upon the frail bodies of humanity.

In the second place, it is a rational treatment, so simple that the mass of the people can understand why the treatment is given. Even the unlearned understand that nerves, blood vessels and bones are liable to be disturbed, and can comprehend that when they are disarranged or interfered with, a skilled operator might set them right. They know, too, that, nerves are the controlling agency of all organs and that blood vessels supply the materials for their use. They can see that by removing a pressure on this nerve or opening up the blood supply through that vessel; a clogged and hampered organ may have its vitality renewed. There are thousands who never were convinced that deadly poisons could in small quantities be transformed into agents of healing. There are many who believe that a little poison is not the best treatment for a serious ailment, and that much poison is not any better. The friends of Osteopathy may be pardoned for believing that its future is quite as secure as that of a system based upon digitalis, atropine, strychnine, arsenic, corrosive sublimate, calomel, chloral and a host of other corner stones, as deadly as the venom of a rattlesnake. The wonder is not that a new system has been proposed, but that the old system has lasted so long!

A medical brother of wide reputation propounded to an Osteopath the following: "Does Dr. Still know more than all the scholars of the old world and the new? That would be absurd," he added. So it would, but he knew something different from that known by all the other men; and in claiming that, there is not the slightest presumption. To sneer at such a claim is to deny possibility of human progress. And no sincere seeker after knowledge, in this century, sneers at the humble origin of any man or idea.

The sincere seeker for the truth investigates the facts and the argument.

Our brothers, the medical men, claim to know all about what is beneficial in the treatment of disease and would deny to a layman the right to decide for himself on that question. But we appeal to the layman as the best qualified to judge in some respects at least. He has not been trained to think only of medicine as a remedy. The layman has no lucrative call— which depends on his decision. The layman wants to know the truth for his health or his life, depends upon it.

Everyone knows how certain an injury to the tissue of the brain causes serious effects, sometimes in parts remote from the injury. Paralysis of a limb, loss of sight in an eye, diabetes, irregular heart action, and a score of other results may come from a pressure of the injured skull or a clogged blood vessel in the brain. But few have recognized to what extent nerves anywhere in their course may be affected by pressure or bruise. Where they pass between muscles, a congested condition of the muscular tissue may cause such pressure on a nerve as to diminish greatly its activity. At every interval in the spinal region the delicate machinery is as liable to disarrangement by blows, strains or chills as is the brain, and consequently every vital organ may be impaired by such disarrangement. A local irritation sets the whole machinery of the body into a state of excitement, and a fever results. So intricate the nerve branchings and the windings of blood vessels that a disturbance in one place may affect the action of the whole machinery. Is it strange that one taught to give medicine for every trouble should fail to appreciate how much may be done by the manipulation of
parts to restore blood, nerve and bone to their proper relation and activity? Is it not reasonable that by a close study of these relations, manipulation may relieve better than medicine? If the nerves that supply the stomach lack vitality, which is more reasonable, a dose of strychnine to excite the nerves of the entire spinal region or a manipulation of those nerves and blood vessels which supply the part affected?

If a nerve issuing from the spinal cord is affected by an injury and the stomach thereby affected, how long will it take to cure said stomach by putting hydrochloric acid, glycerine, strychnine and other remedies into it, leaving the cause in the spinal region untouched?

But the explanation of the success of Osteopathy does not lie alone in its humble birth, the general distrust of medicine, or even the logic of the system. The chief reason is that so many people who have tried everything else are being continually cured by it. “Whereas I was blind I now see,” is an unanswerable argument. To be sure, many are not cured, some not even benefitted, but enough are cured to make the treatment a permanent factor in the affairs of the coming years. Nine-tenths of those who receive treatment, go away friends of the system, even when little benefitted themselves. They see enough to convince them of its value.

We might in conclusion point to some indications of its growing importance. Five years ago few were willing to be called Osteopaths, now there are no less than three who claim to be the real founders, and a half score who modestly (?) profess to have greatly improved the system. Recognition in several states, and a reputation which insures to students of the system a reasonable income from the practice of its principles, has brought forth a large number of impostors. That impostors may injure the cause, everyone will recognize. But when time has held her court and pronounced her final decision, I have no doubt, that the faithful work of honest men and women will perpetuate the principles of a system which has had such a remarkable growth in the face of so great opposition. And with its success the name of Dr. Still will be indissolubly linked even when none who knew personally of his life and work are left to testify to his originality and genius.
IOWA IN THE OSTEOPATHIC COLUMN.

WHEN the April number of this Journal went to press, news of the final triumph of Osteopathy in Iowa as a recognized method of curing disease, had just been received. A brief announcement of the fact was made together with a copy of the act which had become a law. Friends of the science, everywhere throughout the world, will no doubt, be further interested in a more extended account of the brilliant victory achieved in that state, and the manner in which that victory was received at the home of Osteopathy. Last accounts of the celebration held in this city were published in each of the local newspapers. The celebration was notable for its spontaneous enthusiasm. It was held on Friday, April 1st. Describing the reception given Dr. Arthur G. Hildreth, on his return from the Iowa state capitol, the Kirkville Journal says:

Last Friday was a great day in Osteopathic circles in this city. Many of the business houses were decorated with flags and the colors of the American School of Osteopathy, red and black, were hung out on every side. Dr. A. G. Hildreth was to arrive from Iowa on the 10:30 train on the Washabas, and long before the train rolled into the depot a huge procession, composed of students of the school, had gathered up on Washington street, extruding from the station to the park. The streets were lined with crowds of people and every student carried a flag. So soon as the train came in sight, it was saluted by the booming cannon, the screeching of steam whistles, the ringing of the church bells and the blaring of horns until it seemed as if pandemonium had broken loose.

On the arrival of the train Dr. Hildreth was seized, elevated upon the shoulders of some of the excited students and carried to a carriage containing himself, Drs. H. M. Still, C. E. Still and H. T. Still and Miss Margaret McCully of Iowa, holding the reins, which were silk ribbons of the school colors. As soon as Dr. Hildreth was seated in the carriage, the students were detached from the carriage and forty Iowa students manned the ropes which were attached. This carriage was followed by one containing Mrs. A. T. Still and Mrs. Dr. Arthur Hildreth. The procession was headed by the Kirkville Concert band, and following the carriages came the five hundred students lined up in the following order:

1. October class with Vermont banner.
2. January class with North Dakota banner.
3. April class with Missouri banner.
4. September class with Michigan banner.
5. February class with Iowa banner.

Each of the banners had "Iowa" printed across it, showing the estimation in which the state is held by the students.

The procession marched around the park, cheering, singing and uttering their college rolls. Hurrah for Iowa, resounded upon every side, and it is safe to say that if the Iowa Legislature had landed here they could have taken the town. The carriage finally stopped, and Dr. Hildreth responded in an eloquent little speech, heartily thanking the people for their royal reception, giving an account of the grand fight that had been made and predicting that every state would soon follow the glorious example of Iowa. He said emphatically that he did not claim the credit that was given him for the passage of the bill. While he had worked earnestly and faithfully, it should always be remembered that the result was largely due to the united work of the devoted friends of Osteopathy who lived the splendid services of some of the senators and representatives who so ably advocated the merits of the bill before the Legislature. He was enthusiastically cheered, and was followed by Dr. Smith in one of his witty talks.

They duly dispersed, but many of the students kept up the parade until noon. It was truly Iowa day in Kirkville, and the citizens generally, seemed anxious to show their appreciation of the splendid work done for them and for humanity by the 27th General Assembly of the great state of Iowa. The people of this city will always hold in grateful remembrance the action of that broad minded, intelligent body of men, who, amidst the cares of legislating for a rapidly growing and progressive commonwealth, had still time to spare to work on such broad grounds of science and humanity.
JOURNAL OF OSTEOPATHY.

The two years' course and graduating, I am an Osteopathic School, must in addition thereto, before they can return to their native state and practice. This time, also take a four years' course in a medical college and receive a degree from the same. The gentleman from Muscatine (Giesier) is in offering his amendment which would be in order at this time. I desire further to congratulate you upon the manner in which you conducted the fight. It was entirely free from unseemly methods. There were no more abuses of language.

Mr. Speaker: The gentleman from Muscatine (Giesier) in offering his amendment might have accomplished that end, or at least have removed the repugnance to his proposal, which would have been more effective in striking out all after the enacting clause. This amendment undoubtedly is not offered by a friend of Osteopathy, for the amendment of the gentleman from Muscatine (Mr. Giesier), as far as I understand, would make it possible for any practitioner of Osteopathy if such practitioner had sufficient knowledge of the latter science to dare to do so. This amendment would make it possible for any school, no matter what the name, to graduate physicians in Osteopathy unless the author well knows would not be desired by either party. Therefore, the adoption of this amendment would in fact mean that the many students of Osteopathy from the state of Iowa, after completing the graduation of the city of Kirksville, and the American School of Osteopathy, with its five hundred students, when the announcement was received that Governor Shaw had signed the bill legalizing the practice of Osteopathy in that state, they would have realized how fully we appreciate their efforts. The regular school of medicine made the best organized fight Osteopathy has ever had to contend with anywhere. Knowing as we do, the influences that were brought to bear on members of the Iowa General Assembly, it is a matter of wonder that such a victory was gained. To our brothers in other states, we will say that our doors are always wide open for scientific investigation. We court honest investigation. Why men who stand at the head of a profession, which should be regarded as the most-broad-minded and liberal, and also the most progressive, as it has human and happy ability at stake, standing as they do in the dawn of the twentieth century, an age that boasts of the greatest scientific development, could wage such a war against Osteopathy, as was waged in Iowa without ever having honestly investigated it, is something that utterly incomprehensible. No word of censure was spoken against Osteopathy, except from old school, and that without any investigation. Is this just? Are they desirous of protecting the innocent people of their great state, or are they afraid of competition?

The unbiassed and disinterested reader may answer the question.

Mr. Arthur G. Hildreth, who represented the cause of Osteopathy at the State Capital during the contest has reason to feel proud in his share of the work, inasmuch, that even the enemies of the bill have no word of censure for the manner in which the claims of Osteopathy were pressed to a successful issue. A representative who voted against the bill but whose name we have not the permission to use, in a letter to Dr. Hildreth says:

"I am in receipt of an account of your very flattering reception on your return from Iowa. I was glad to learn that your efforts were appreciated at your home. I know something of the hard fight you had and the strong opposition you met with: how you came there a stranger in a strange land; how the enemy organized against you and sent down a force from another state and managed the battle with what must have seemed certain defeat facing you on every hand. * * * * Tho' I was not one of you, and voted against the bill, I would have spoken against it had it not been the previous position, fresh, and I desire at this time to assure you that from now on so long as I am a member there will be no more loyal supporter of Osteopathy in this house."

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The speech of Hon. P. L. Prentis, of Ringgold county, in the House, immediately preceding the passage of the bill was one of the features of the contest. Though himself a physician of the Homeopathic school he championed the bill and his speech and keen analytic wit did much to strip away the fallacies of the opposition and expose the weakness of their arguments:

Mr. Giesier, who antagonized the bill, had submitted an amendment which provided that each person permitted to practice medicine by the legislature must be licensed by the state board. Mr. Prentis, of Ringgold county, spoke extemporaneously as follows:

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LEGISLATION IN NEW YORK.

GEORGE J. HELMER, D. O.

THE April issue of the JOURNAL mentioned that the Osteopaths were working for legal recognition and we now wish to report the result of our labors.

We were represented before the New York Legislature by Julius H. Seymour, one of New York's ablest lawyers, but, on account of the early adjournment of the session and our late start, we found that the secure legislation in the Empire State, at this time, was beyond our power, so we turned our energies toward killing the Medical bill, at the same time pushing the Osteopathic Bill as far as possible. We discovered that many of the legislators knew nothing of Osteopathy farther than an adverse knowledge given them by the State and County Medical societies. This information consisted principally of letters and petitions denouncing and misrepresenting Osteopathy, the chief argument being that Osteopathic knew absolutely nothing about disease or human anatomy. On the strength of this, many promises had been given to vote against the Osteopathic Bill by gentlemen who, after spending a few minutes with an Osteopath, expressed both surprise and regret at having been thus erroneously informed regarding the science.

It was a difficult matter to secure a hearing before the Committee on Public Health in both Houses. The chairman of the House committee on Public Health flatly refused to report the bill, as did the chairman of the Senate committee. It is a question whether we could have procured a hearing before the Senate committee at all were it not for Lieut. Governor Fisk, of Vermont, whose official position demanded courtesy, and who, cancelling all business and social engagements, kindly contributed his time and testimony on that occasion. Several petitions were presented and letters read from friends and patients of the Osteopaths in the East, but a package of valuable petitions and letters from influential and prominent people, patients of the different Osteopaths in the state, which were handed to the chairman of the Senate committee, were returned to me unopened and therefore unread. From the letters read before the Senate committee. I enclose one written by Ex-Governor Dillingham, a man whose keen perception, fidelity, and integrity is well known, and whose influence extends throughout the Eastern states.

While the legislative work in New York cannot be scored as a great victory for Osteopathy, neither can it be considered a failure, as much was really accomplished; the Medical Bill was killed, Osteopathy became better known and the people more intelligently informed regarding its theory and practice. To the friends and patients, who so generously contributed their sympathy and support we take this opportunity of expressing our apprecia-

Very respectfully,

WILLIAM P. DILLINGHAM.
THE Journal of Osteopathy.
KIRKSVILLE, MISSOURI.

PUBLISHED MONTHLY UNDER THE AUSPICES OF THE
AMERICAN SCHOOL OF OSTEOPATHY.
Entered at the Post Office at Kirksville, Mo., as second class matter.

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THE JOURNAL is informed that there is nothing in the laws of Alabama to prevent the practice of Osteopathy.

IOWA has taken a place in the front rank of progress. It is now time for a few remarks from the Medical Fortnightly.

THERE is no danger of Osteopathy failing to last. It is nature's system of healing, and will last as long as nature does.

THE February class has swelled to almost one hundred and fifty, and the prospects are that the next class which will start in September will reach two hundred.

T is time that "The American Association for the Advancement of Osteopathy" was taking some steps to prevent the public from being swindled by pretended Osteopaths.

IT is true, that medical laws which prevent the practice of Osteopathy in the States and Territories are violations of the Federal Constitution, it might be well for a test case to be taken to the Supreme Court of the United States.

THERE has been an unprecedented demand for the February, March and April issues of this journal. Although two thousand and extra copies of the April number were printed the supply was rapidly exhausted. We cannot undertake to supply any more copies of the months mentioned however much we might desire to do so. We make another big increase in the number printed this month and will fill all orders promptly in the order in which they are received. The June issue will be the largest single edition of any periodical ever sent out from Kirksville. It consists of not less than Fifty Thousand copies, and will go to every state and territory of the Union. Advertisers desirous of reaching a large circle of intelligent and progressive people should make a note of this fact and place their orders for space promptly.

TRENTON TO THE AUSPICIES OF THE 
ED. B. MORRIS has just gone to Ottumwa, Iowa, to engage in the practice of Osteopathy. Dr. Morris is a native of Adair county, Missouri, and his parents being long friends of Dr. A. T. Still, the doctor may be said to have grown up an Osteopath.

O. Still National Osteopathic Museum, Kirksville, MO

584 JOURNAL OF OSTEOPATHY.

Littlejohn, has taken the chair of Histology and Pathology in the American School of Osteopathy. This will relieve Dr. Hazzard of these duties, and he will deliver regular lectures on the principles of Osteopathy.

THE man or woman who enters upon the study of Osteopathy because he or she thinks it is an easy education, and an easy way to make a living will meet with a sad mistake. Osteopathy is a living science, and for wide-awake people has proven a richer mine than the Klondike, while drones will succeed no better in this than in any other calling.

AN Osteopath should never surrender the most serviceable case, until death claims the victim. Often a doctor gives up his patient just at the moment the eventful turn was about to take place which would have resulted in triumph. Study each case, and above all things do not for a moment neglect your patient. Watch closely the result of every treatment, and vary your treatment in accordance with the results obtained. Be very careful of your diagnosis, and be sure that you thoroughly understand your case. Study it from the time you first take the patient in charge, until you have gained the victory.

IT will be seen by extracts from Southern journals published elsewhere in this issue, that H. W. Emeny, D. O., of Magnolia, Miss., has fallen into the hands of the philistines, or what amounts to the same thing, the old school Medical Board of that state. Evidently Dr. Emeny has been having gratifying success in relieving and curing the sick who have come to him for treatment or he would not now find himself the target for persecution. Trees that do not bear fruit are seldom clubbed. The fact that Dr. Emeny's bond of two hundred dollars, required by the court, was signed by citizens whose aggregate wealth is estimated at half a million dollars, is a pretty good evidence of the estimation in which he is held by his fellow townsmen. The case will be carried up to the highest court and the validity of the present law will be thoroughly tested.

IN the June issue of this journal we intend to publish a complete and correct list of the graduates of the American School of Osteopathy, up to date. This list will be of special value to all who hold diplomas and will be of general interest to that part of the public which is interested in the science and desirous of availing themselves of the services of its qualified practitioners. There are a number of pretended Osteopaths in the field who represent themselves as hailing from the American School of Osteopathy, who were never within the walls of the college or spent a day in its classes. Some of them even use the JOURNAL when then they can procure copies, to introduce themselves in the communities which they visit. A publication of the list of actual graduates of the school will neutralize this species of deception, pretty effectually.

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FRIENDS of Osteopathy everywhere will no doubt read the account of the late contest in the Iowa legislature which appears in this issue, with great interest. That the victory was on the side of Osteopathy is doubly gratifying in view of the adverse legislation secured by the regulars at the preceding session of the legislature, and the bitter opposition with which they fought the new law. Iowa is the fifth grand commonwealth to array herself on the side of the new science and to recognize its regularly authorized graduates. Missouri, Vermont, Michigan and North Dakota, and last but not least Iowa, have set the pace and henceforth the battle for recognition in other states will be greatly helped by their example. Within another year or two probably half a score more states will have been added to the list of those where Osteopathic graduates may practice their humane and benign mission of healing the sick without the use of drugs, or the knife, without being treated as criminals and law-breakers.

ED. B. MORRIS, D. O.

He entered the American School of Osteopathy, and was one among the best students in his class and since graduating has been a successful operator. He was a staff opera-
tor at the A. T. Still Infirmary after his graduation, and in 1897, went to Fargo, North Dakota, and for several months, was the general manager of the North Western Institute of Osteopathy in that city. He returned to Kirksville about the first of the present year and since that time, until after the passage of the bill bringing Osteopathy, he was one of the staff operators at the A. T. Still Infirmary.

Dr. Morris is one of the most careful students of Osteopathy, and one of the best operators in the country. The citizens of Ottumwa may regard themselves as lucky in securing such an accomplished gentleman and such an able Osteopath.

**DR. EMENY ARRESTED.**

H. W. Emeny, D. O., of Magnolia, Miss.

is the latest target for prosecution at the hands of the M. Ds. A special to the Memphis Commercial Appeal, from Jackson, Miss., under date of April 11th, says:

The State Board of Health is eternally after the scalp of one Dr. Emeny, who practices medicine at Magnolia, Miss., according to a new interpretation of the Osteopaths. About eight months ago Dr. Emeny showed up in those parts, took a nice office and wrought many wonderful cures, according to pilgrims who came from that place. Osteopathy is something of a new thing in Mississippi, though the question has come up in many States before the courts. The story of the works of this chthonianist gradually came to the knowledge of the health authorities of the State, and they were filled with exceeding horror. This iconoclast used neither lancet nor cupping; he held catomel in disdain and had been openly heard to say that antikamnia and selenium powders were genuine fakes. It goes without saying that such blasphemies against the art practiced by St. Luke and Aesculapius, called for an immediate and summary check. As an additional annoyance, this osteopathist, since his sojourn in Magnolia, has been giving an inordinate assurance in the scriptures of the just with much acracy, and at times in an alarm. Under his treatment a no less distinguished man than Judge Campbell of Jackson, who went down there and supposed to have been an accomplished operator.

Messrs. Govan & Quinn of McComb City, represented the State Board of Health, and Messrs. Price & Norwood of Magnolia, ex-Supreme Judge Thomas Stockdale and others, championed Emeny, the Osteopath. All day the combat raged, and towards evening Squire Nettles fixed the heater in the sum of $25 and costs. The ladies, bless 'em, were out in full force to terrorize the attorneys and intimidate the court in the interest of the Osteopathist in question. They were moved to this because he has wrought many wonderful cures among the sex. Sick headache has fleed before his approach, and that which dolled up around a couple of blocks to escape meeting the pseudo-doctor. The case was appealed to the Circuit Court, which has finally sustained in the court of last resort. It will stand on record that no Mississippian shall be poisoned except by the court. If he will seek medical aid, it shall be orthodox, cupping, bleeding and purging and other methods whereby the patient has been demonstrated by long practice. Judge J. A. P. Campbell of Jackson, sat by Dr. Emeny during the course of the trial.

**BACK NUMBERS WANTED.**

THE JOURNAL files are short on the following numbers: January, February, March, April and May, 1895; April and December, 1896: May and July, 1897.

Friends who will send to this office any of the above numbers will receive credit upon the JOURNAL subscription books at the rate of ten cents for each number. This credit may be applied upon any party sending the numbers, either upon his own subscription or upon subscriptions of others. The JOURNAL will also consider it a great favor if friends will kindle their old papers and forward any of these numbers to this office at once.

**THE placing of human life in the hands of competent operators is a question which perplexed the minds of medical men for a number of years.** Various methods of reform were suggested, until finally by a concentration of forces, legislation was obtained in every State prescribing what constituted the practice of medicine as well as who should be considered as the right and in due form. The decision will be awaited with interest, particularly by some of those in international society who have claimed to have been healed of grievous distempers by the chthonianist in question.

Under date of the 11th, the same correspondent speaking of the trials says:

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**THE placing of human life in the hands of competent operators is a question which perplexed the minds of medical men for a number of years.** Various methods of reform were suggested, until finally by a concentration of forces, legislation was obtained in every State prescribing what constituted the practice of medicine as well as who should be considered as the right and in due form. The decision will be awaited with interest, particularly by some of those in international society who have claimed to have been healed of grievous distempers by the chthonianist in question.

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Letters From Graduates.


Dear Sir,—For ten years I had a bad case of bladder and kidney trouble, and I spent a good deal of money trying to obtain a cure, but failed until Dr. Prickett came to Helena. I placed my case in his hands and I am thankful to-day he thoroughly cured me. In my opinion Osteopathy is the only sure and safe treatment there is for the human family. Wishing you every success against disease, and may you use your name in print or any other way that will tend to do suffering humanity good. Respectfully yours,

Geo. Brackwood.

837 S. Ave., Helena, Montana.


I take this the first opportunity to ask Dr. A. T. Still! (that grand man who has given to the world a science that is rapidly proving itself to be the grandest discovery that has ever been given to man from the mind of man,) to accept the tribute of gratitude I bring in acknowledgment of the receipt of his Autobiography. As I peruse its pages I am filled with admiration for the depth of insight and sagacity that have been expressed in its every word and sentence.

I have not the time to give you a description of its contents. It is no less than the history of a people, of rocks and rivers, of storms and sunshine, of hard, rugged terrains over which Osteopathy has traveled since we landed in this dominion, but as soon as the history of Osteopathy was unfurled the medical profession declared war on the science, and the fight has been on from the 3rd of October until about the first of March, and the present armistice will end when the war is renewed again. Though misrepresentation and falsehood on the part of some of the M. D.'s our Osteopathy bill was defeated by a few votes at the last assembly of the House, but we intend to keep the banner of Osteopathy waving until we obtain the legal recognition to which the science is entitled.

One among the many interesting cases which we have treated, is that of a child eight months old, belonging to Mr. and Mrs. E. McLennan of this city. It was taken suddenly with congestion of the lungs, and during twelve days while under treatment from a prominent drug doctor of this city, the child grew rapidly worse until it was given up for a hopeless case. The parents next year, winter, and the first treatment reduced the extremely high temperature, relieved the engorgement of the lungs, opened the bowels, corrected the sluggish circulation, and in a week's time from date of first treatment the child was well.

Another case is that of a Mrs. Dalton, who came to us April 17th, with a very "lame shoulder." She said the drug doctor had treated her without success, and informed her that nothing but a "operation" could cure. On examination I found the shoulder joint disarticulated the joint very sore. I gave it a few treatments, but when she returned at the 18th inst. she walked into the office took us by the hand and while tears of joy and gratitude trickled down her cheeks she was thanking God and praising Osteopathy for having rescued her. A Mrs. B. Buckmaster, D. O., Moncton, April 20, 1898.

J. A. Boyles, D. O., Bloomington, Ill.

Since our last letter we have had some exceptionally notable cases. Among them was a little boy, whose limb was all drawn up, making it necessary for him to walk on his toes and with crutches. The doctors had pronounced it rheumatism, and as a last resort were going to swing a heavy weight to keep it from drawing up so badly. He suffered intensely with it. His father, having heard of Osteopathy through an ex-patient, brought him to me, and I found the trouble in the spine and hip, and went to work on the same. After the second treatment all pain ceased, and after the
fourth treatment he could walk as flat footed and well as any one. At the end of the month I discharged him cured.

We are very much pleased to know that the great state of Iowa has joined our ranks.

Fraternally yours,

G. W. TULL, D. O., Honolulu, Hawaii.

Under date of March 25th, Dr. Tull writes: I was made happy some weeks since by the receipt of a number, each, of the JOURNAL OF OSTEOPATHY. It has been some time since I have prepared a letter for publication, but a great press of business has rendered it impossible for me to do so. However, by the end of the first week in April, Miss Evelyn K. Underwood, who has just graduated from the Argonne School of Osteopathy, will be here in New York with me, and I shall doubtless not be so hurried. Miss Underwood arrived upon the 8th of April, and will then take charge of the greater number of my patients.

I should like to report a number of cases, but shall content myself with but one for this time. It is that of a Mr. O. of Newark, N. J. who came to me in January. For ten years he had been troubled with intense pain in the left side, extending also to the abdomen as a whole, with loss of sleep, and had also experienced of late during the day. He had been under the care of the best New York physicians, but without relief. They had diagnosed it as more or less internal neuralgia, gastric neuralgia, rheumatism, cataract of the stomach, etc. I located the disease as a sprain of the 5th rib, anterior to the great trochanter of the hip bone. This was replaced, and the symptoms have now all disappeared.

Horton F. Underwood, D. O., New York City.
sent in St. Augustine by the Drs. Patterson, and that the climate here was so very delightful for old people and sick child here to them for treatment. She is now in perfect health and has gained seven pounds in weight while they have been here. I mention her incidentally for we expect children to recover. I write to cite the very wonderful cure of a lady seventy years old, Mrs. Cornelius Battelle, of Washington D. C. I met her on the first day of my arrival at St. Augustine, and she excelled my sympathy, being so ensainted and lolling around on a sofa. I was very glad indeed when I found that she was under Osteopathic treatment. Today, about five weeks later, she gave me some of the particulars in regard to her case and gave me permission to write this letter about it. She fell on the ice five years ago; physicians were called and pronounced the injury very slight. They treated her for several weeks without any improvement. A local surgeon was called, who pronounced her injury as "complicated fracture of the neck of the femur," and gave her little or no hope of ever being able to walk. She then called a very celebrated surgeon of New York City, who concurred in the same opinion that it was a fracture, and treated her for it practically without benefit, or hope of help. She became resigned to her fate, expecting never to be able to walk again. By this time her injury limbed about three inches shorter than the other.

But she could not lie in bed; so she gradually worked up strength to be moved to a chair; then to move herself about in it; then to bear a little weight on her limb, then to get around with crutches, and finally so she could go on the staff, having a three inch extension on the heel of the shoe on that foot and getting around with extreme difficulty.

Drs. Patterson pronounced it on first examination to be a dislocation, but a dislocation, and treated it accordingly. She gained in flesh and vigor from the first few treatments, and strange to say she has practically grown a new leg in size and strength; from mere skin and bones it has grown to quite its full normal size in the short space of five weeks time, and the extension of the shoe was gradually cut off as the hip was loosened and brought down. Drs. Patterson say they never have in all their observation, seen a case in which the development was so rapid. The hip was ready for setting long before there were expectations to be, and Mrs. Battelle did not know when it was done. As would be expected, Mrs. Battelle is very enthusiastic.

Many other remarkable cases of Drs. Patterson's have come under my observation, but none so wonderful in my estimation as this one. They are meeting with some opposition from the medical men, but no particular trouble has developed as yet. The people receive them with open arms. You remember how the name was being introduced and the Pagan gods were losing ground, who but the silversmiths, in the office of a procession with banners and shouts of "Great is Diana of Ephesus!" The author of the "Romana," a staff. I was very, glad indeed when I found that she was under Osteopathic treatment. Today, about five weeks later, she gave me some of the particulars in regard to her case and gave me permission to write this letter about it. She fell on the ice five years ago; physicians were called and pronounced the injury very slight. They treated her for several weeks without any improvement. A local surgeon was called, who pronounced her injury as "complicated fracture of the neck of the femur," and gave her little or no hope of ever being able to walk. She then called a very celebrated surgeon of New York City, who concurred in the same opinion that it was a fracture, and treated her for it practically without benefit, or hope of help. She became resigned to her fate, expecting never to be able to walk again. By this time her injury limbed about three inches shorter than the other.

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In one of those semi-conscious intervals, he stumbled into a small stream of dirty water and fell. He was so feeble that he nearly drowned before he could crawl out. But at last he caught hold of something and pulled himself out, all wet, muddy, cold and miserable.

He had no recollection of what had happened. He did not know who he was, nor could he have told his name, when or where he had ever lived. He felt an instinctive desire to go, to get away from some awful danger, but it was all so dreamy, so misty, so vague, he was unable to put anything together, or draw a conclusion.

When he reached one of those half rational periods he was conscious of having a companion with him. Where he had found the companion or the companion found him, he did not know, nor did he attempt to enquire. He was suffering such intense agony with his neck that he was groaning, when he heard a voice say:

"Wall young feller, yer in purty hard luck."

That was all, for in a moment everything was a blank, and he was again in total darkness, mud, rain and water. He seemed to be partially conscious of wading a long distance in a muddv road. Once he thought he heard a dog bark, but those impressions were all so vague, so indistinct that they dwelt in the memory only as a fleeting dream to be dispelled by the sunlight of consciousness.

The sights, the sounds, the goblins, the demons that flashed before his eyes at indistinct periods when that horrible pain was almost unendurable, are beyond description. They seemed to come to taunt him, to laugh at his misery, to provoke him into reviling, and add to his torture.

One great horrid goblin with a sharp nose and face and form of satan, sat astride his neck, and bore on him so heavily that he suffcrred the keenest agony. In vain he strove to shake him off, but he clutched at his spinal column with fingers of iron which would not be shaken loose, and he experienced the most fearful sensations from him.

Sometimes the pain was so acute that he cried out in his agony, and then the demons mocked him. All would end in a blank—in darkness so great the light of his memory was unable to penetrate.

Then he again awoke to semi-consciousness and found himself in a thicket. He had been beating the bushes, until his finger tips were torn and bleeding. Again he heard the voice of his strange companion saying:

"Brace up purl, brace up, we'll make it yit, yer in a bad way, but ye'll come out o' this, bet ye will."

"Where am I?" he asked feebly.

"In the brush."

"Who is it clutching the back of my neck."

"No one as I see—I reckin it's yer imagination. Ye got hurt."

"How?"

"Spect yer hoss thrown ye."

"Don't let them come back. Don't."

"Who?"

"Those devils who come to torment me with their eyes of fire, and tongues of flame. Oh Heaven keep them away—keep them away!"

"Say, young feller, yer must hev the snakes in yer boots. I wish ye'd tell me whar ye lived, I'd take ye home."

Horace made a manly effort to recall who he was, or where he lived but to no purpose. All was again total mental darkness, with vivid flashes of awful fire. From the horizon right and left, from the zenith to far above the stellar worlds, there seemed to dart hurried flashes of fire, and the demons once more danced before his eyes, causing the most intense pain to his sight.

An imp who seemed to be a heavier weight than lead sat upon his shoulders and shrieked in his ears while his companions danced in the air before him, and mocked his torture. In vain he implored for some respite, one moment from that racking pain. He

endured the pain as long as he could, when even the wild fantasy faded from him, and all was a total blank.

His next impression was that he was half carried and half dragged along a muddy road. His feet occasionally splashed in the water. He was quite sure he heard a dog bark at some time during the night, which was the only natural sound he could distinctly recall. There was nothing connected with the bark of the dog to show where it was, or by which it could possibly be located. It simply came out from the back-ground of total mental darkness, and then relapsed into unconsciousness. How long he was in this state he never knew. It might have been hours, it might have been days, it might have been even months. He could not remember when in a semi-conscious state, what had occurred when in his wildest fantasy, nor in his wildest fantasy could he recall what had occurred in semi-consciousness.

It was a continual annoyance to him, as well as pain. Oh, for one moment of rest, just a single moment of relief. The lost souls in Dante's Inferno, whose restless wanderings are throughout all eternity, whose horrible tortures are so great they tear and rend each other in their agony, did not exceed the suffering of the unfortunate Horace. Would day never dawn, would light never come upon his darkened mind. He struggled to free himself from the terrible incusbus that seemed crushing out his life, but struggled in vain. He was still grooping in darkness, going on slowly, yet going on. There was cold water and mud, and his suffering was increased by falling upon, and crawling over sharp cruel rocks, which cut and bruised his flesh mercilessly. He was ever ascending or descending. There was no light, no level or pleasant road. Torrents roared in his ears as they swept down the hills. All times he lay among the rocks with the water flowing partially over him, his breath almost choked by some demon's grasp from which he struggled to break away. At one moment he was burning with heat and at the next freezing with cold, suffering from a thousand agonies, tortured mentally and physically, always dying and yet never dead. Had he retained consciousness enough to reason, he would have prayed to die, but his only consciousness was of the most intense suffering from the most excruciating pain. He was sometimes conscious of grooping through utter darkness, then stumbling and falling a great distance. These half lucid intervals were followed by blanks from which he could not after­ward recall even the faintest recollection.

He heard a voice talking at his side. The man spoke in rough but kindly tones, and said something encouraging, but just what he said, and just what he did, was never very clear in his mind. Afterward he could only recall that his strange benefactor had remarked:

"It's an outrageous shame, so it is,—an they'll sweat for it."

By a system of pulling, dragging, climbing, and stumbling, he at last reached what seemed the summit of that awful hill which he had, in his wild fancy, been trying all night to climb. At its summit he had supposed that ease and peace would be found, but the pain in his neck was still intense. No longer was he tormented with imp's and devils, though the pain increased with the resuscitated nerves.

All was still darkness, but he plainly heard a voice at his side.

"Ye'll rest better here. I had a devil's own time gittin' ye up to this place, but now't yer here, ye'll be better."

Where was he? He put out his hand, and felt fresh, clean straw, a soft warm bed, and they were free from the rain which he could still hear patterning on the shed and dripping from the eaves. He gradually grew warmer, and the pain which had at times been so intense he could scarce endure it, was partially lulled. His companion at his side seemed very considerate for his welfare.

"Don't ye be afeared I am goin' ter quit ye. That aint in me not a little bit. I am goin' ter stay by yer t'other last."

"Who are ye?" asked Horace in a curious dazed sort of a way.

"Bill."

"What's the matter Bill?"

"It's rainin' cats an' dogs an' blue devils."
"Why can't I see?"

"You ain't got nothin' but your sheen on it, mister."

"What will the law say?"

"I reckon it will come nearly, but you just stay there sticky on the straw, I can't see you to sleep.

"You're a sight for my eyes, and I couldn't wait to see you in my dreams."

"I didn't ask you to judge me."

"I don't know, I suppose."

Then Horace's companion placed his hand on the back of his head and smiled.

The voice was with something harder on the back of his head and said:

"This is a beautiful world."

He closed his eyes and fell asleep.

"You're a sight for my eyes, and I couldn't wait to see you in my dreams."

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The day was spent in searching, but all in vain.

Equally as frantic with grief and alarm as the mother, was Mae Burton. She hastened to Mrs. Crandall’s home and the two wept and prayed all day long, and late into the night while searching parties came and went in silence, and the gloomy cloud of despair began to settle over all.

At midnight Mae bade the widow a tearful adieu, and departed for the village, feeling as if the light and joy had gone out from her life forever. Tears, sobs and prayers were her only comfort.

The widow left alone, being worn out at last threw herself on her bed, and weary nature desiring repose she at last fell asleep. The searchers had retired for the night to begin anew their work with increased vigor on the morrow.

It was shortly after three in the morning when a noise on the front porch awoke the widow. There was a feeble step and a half smothered groan.

The mother was on her feet in a moment and hastily throwing open the door, the moonlight fell upon the pittible object of a man leaning against the side of the house. He was dirt begrimed, covered with straw, and his face deathly pale, yet in that wreck of noble manhood of only two days before, she recognized her son.

"Horace, Horace!" she cried seizing him in her arms.

"Mother, Mother!" is it you?" he asked. Then his strength gave way and he burst into tears. She quickly brought him in and asked:

"Oh my son, what is the matter?"

"I don’t know," he answered in a half bewildered way. She drew up the arm chair and asked him to sit in it, and began to wash and dress him, her mind haunted with the most wretched fears. Her face was twitching with agony and despite all her efforts, the tears would dim her eyes. Her beautiful son, the joy of her old heart a shattered wreck in a few short hours. What had brought such an awful change?

She brought him some nourishment and he revived considerably.

"Now, Horace, tell me what has happened to you," she said.

"I went to John Mitchell’s," he answered "and got the money. He was away and I had to wait until nearly dark. It was late when I reached the bridge and three men attacked me. I knew no more until I found myself at home."

"And the money?"

"It is gone," he answered with sadness in his voice. "Mother I am ruined."

"No, no, my boy, don’t say that. Many a person has been robbed, and recovered from it."

"Oh mother—I have such a pain in my head; I can scarce keep from screaming."

She roused the boy and sent him post haste to the village for Dr. Theocratus Snuffer. He also bore the news that Horace was home, but in a desperate condition. By the time the sun was peeping over the hill a buggy dashed up to the house, Mae Burton leaped out, and ran in to see her wounded lover. Dr. Snuffer came shortly after, and Dr. Esculapius, etc.

Bugg followed him within a few moments.

Horace was washed and lying in bed when Mae came. She shed tears of joy at his return, spoke so cheerfully and hopefully at finding him that his spirits were sufficiently revived to smile. Then the doctors came, examined him and found a bruise on his cheek, one on his shoulder and two or three about the head, neck and spine, but there was nothing serious.

"This pain in the back of my head and neck,—doctor can’t you relieve that?" asked Horace.

Dr. Snuffer looked at Dr. Bugg and Dr. Bugg looked at Dr. Snuffer. Then Dr. Snuffer ventured the belief that it would soon leave him, and Dr. Bugg said:

"I quite agree with you."

When asked about the full particulars of the attack, and where he had been since, Horace’s account was not satisfactory, nor connected. He only had a dim visionary recol-
himself, boarded the train and gone to the city about fifty miles away, to enjoy a high old spree and had squandered all his money. There were only a few who believed this. A man who was sent to the city to investigate the matter, returned with the information that a person answering Horace's description had been seen there, and he was shown a very suspicious house that enjoyed the reputation of a gambling den, where it was suspected he had lost considerable money.

All the while Horace was slowly recovering save the pain in his head, which was still almost unbearable, so that he was kept under the influence of opiates most of the time.

Nearly always at his side, faithful and true, was the noble girl who had promised to be his wife. She would neither believe nor listen to the stories that were told derogatory to his character, but insisted that he was really attacked and robbed.

One day she said to Dr. Snuffer:

"He wants to go to Kirksville,—that Dr. Still may cure him. He says he will never be free from this pain in his head until he is treated by an Osteopath."

"All funny-diddle, my dear girl—it will not do for him to go anywhere now."

"Why not doctor?"

"He is insane—I tell you he is insane; all that bugaboo of robbers on the bridge, is a hallucination."

"Oh doctor, doctor, can that be true?" she cried, wringing her hands, tears streaming from her eyes.

"True? of course it is. Don't I know my business. Now Horace is a good boy and would not knowingly practice deception, but he is crazy. I will do all I can for him, but don't hope for too much, don't hope for too much."

Poor Mac; the burden on her heart seemed greater than she could bear.

(To be Continued.)

"To each man's life there comes a time supreme—

One day, one night, one morning, or one noon;

One freighted hour, one moment opportune;

One rift, thro' which sublime fulfillments gleam;

One space when fate goes tidying with the stream;

One once, in balance, twixt too late too soon,

And ready for the passing instant's boon

To tip in favor the uncertain beam.

Ah, happy he, who, knowing how to wait,

Knows also how to watch and work and stand

On life's broad deck alert; and at the prow

To seize the passing instant, big with fate,

From opportunity's extended hand,

When the great clock of destiny strikes now."

difficulty. Usually the difficulty is due to one or both of the following causes: In the first place, many a student loses sight of the real point of the lesson as he gets deep into its intricacies; in the second place, he often fails to classify and link together the various points. Both of these defects may be remedied by meditation upon the lesson; by a conscious effort to connect point with point, thus carrying a continuity of thought though the entire lesson, binding it together as a whole. A little practice enables one thus to learn a lesson and to classify it in his mind with his whole knowledge of the subject. The student then becomes a thinker, in the laboratory he becomes an observer. Success is his. Carlyle says, "The world has to obey him who thinks and sees in the world."

The parrot like student who memorizes merely, and repeats words without understanding them, will also become a failure. Emerson says; "Imitation is suicide." To correct his defect he must not learn the lesson in the words of the author, but must thoroughly study it and put it into his own words. Then he is sure to understand.

I have suggested a remedy for the habit of the bookish student, also for that of the laborious student who misdirects his energy. To the student of the third class, he who enters with a hurrah and soon subsides. I have only to say, in the words of Carlyle; "A man is not strong who takes convulsive fits, though six men cannot hold him. He that can walk under the heaviest load without staggering, he is the strong man."

The student who learns to study properly will always find time to devote to general culture. He should, if possible, reserve the evening, or, at least, its latter part for lighter reading, for his brain is now wearied and cannot undertake hard study, while the light reading relaxes the mind and disposes it to rest. Remember that he is going out as the representative of a learned profession, that he is therefore expected to be a gentleman of some culture, that his higher success will depend, in some degree, upon his culture and refinement. Certainly he must know what the world is thinking and doing, so that he may talk intelligently upon current events, hence he should read the magazines and periodicals. He must know something of history, biology, and standard fiction, that he may be thought an educated man, hence he must read books.

The habit of reading emancipates us from narrow views. It is an education. Carlyle says; "It depends on what we read, after all manner of professors have done their best for us. The true university of these days is a collection of books." While Lowell has this to say; "The better part of every man's education is that which he gets himself."

1. Exercise judiciously.
2. Study methodically, at the proper time and place.—"Plan your work."
3. Study broadly.
4. Classify the points learned.
5. "Brains, not thumbs."
6. Seek general culture.
IT HAS been well said, “A woman has wisely chosen her calling in life when her daily work is of a kind suited to excite her highest faculties and to produce the deepest and most lasting pleasures.”

The day has come when it is as incumbent for a young woman to select her profession as it is for a young man—and the choice of one’s life work is without doubt a momentous act. It has become nothing unusual for women to be distinguished in the various lines of professional work. By their special qualities of faithful persistence, patient endurance, and loyal devotion, added to intellectual gifts, women are well fitted for the duties of both physician and nurse. Upon the latter calling many have already entered as is shown by the number flocking to the different training schools for nurses, all over our country. The various medical colleges have women representatives in every state in the union—who honor the profession of their choice. But in Osteopathic work there is a large field for women which is still unoccupied.

According to Prof. Andrews, in a late number of the Cosmopolitan, some young people are repelled from the medical profession because of its alleged unscientific character. Such an one should investigate Osteopathy for here like surgery, “is a science indeed, whose progress in recent years is nothing less than astounding, as delectable to the scientific sense as it is benign, in view of the maladies which it heals.”

In the study of Osteopathy as in any other professional pursuit it is most desirable to have a broad and solid foundation upon which to build. It is hardly possible to have too wide a basis for such a superstructure. Before entering upon this work every woman should consider well the advantages and disadvantages of such a calling—the hardships, rebuffs, and discouragements to be met, as well as the rewards and emoluments to be hoped for. If the Osteopathist is really fitted for the work “there will be a harmony in her life beyond price”—a thorough preparation with perseverance, persistence and unremitting industry will surely gain the desired end. Being thoroughly qualified, patients will soon be glad to place themselves under a rational method of treating disease, being too only anxious to find something “to supplant those time honored but pernicious methods to which such hordes now yearly succumb.”

THE CHOICE OF A PROFESSION FOR WOMEN.

NURSE HARRIET BOLUS, D. O., DENVER, Colo.

JOURNALS OF OSTEOPATHY.

Among the unpleasant features to be met by the young practitioner, is the fact, that Osteopathy like other good things has its counterfeits. And further—as noted by Dr. C. E. Still in a previous issue of the JOURNAL—“That occasionally an imposter has crept into the Osteopathic school, and has gone out to dishonor both Osteopathy and himself.”

The art of healing has ever been deemed a noble calling. It is not only sad but true that this profession more often perhaps than any other, has been debased by frauds and pretenders.

Yet after all is said, if there is a profession, which more safely than any other, can be recommended—one which is peculiarly adapted to women, which is fascinating, satisfactory, and directly beneficial to mankind, and not as yet overcrowded, it is Osteopathy.

Osteopathy is now but in its infancy, and probably no one living, not even the honored founder, Dr. A. T. Still, himself, has more than the faintest foregleam of the development which the future has in store for this young giant of the nineteenth century.

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This contest closes January 1st, 1899, when three disinterested persons will take the scholarship prize book from the editor and announce the result. The one sending the largest list of annual subscribers will receive a full scholarship and can enter the college February 1, 1899, or any time after that he or she may desire. The one having the next largest list of subscribers, will each receive a receipt for one hundred and twenty-five dollars to be applied on scholarships at any time they may desire to enter. The contestants are unlimited as to territory, and may solicit anywhere. All contestants are required to report to the editor once a month, but are requested to report oftener. You may enter this contest at any time, but the sooner you are in the field the better your chances for success.
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What is Osteopathy?

OR PLAIN ANSWERS TO EVER RECURRING QUESTIONS.

DAILY, almost, letters are received from anxious inquirers, who having heard of Osteopathy as a remedial science for the first time, desire to know what it is, and by what method it deals with disease and suffering. To many, if not most of these a purely scientific or technical definition would fail to convey the desired information. Be low is given in as plain, every day language as possible, an answer to these queries:

Osteopathy is a new science of healing without drugs, founded by Dr. Andrew T. Still, of Kirksville, Mo. This school denies the alleged curative properties of drugs and repudiates the whole system of drug treatment as unnatural and destructive to health. The medical system of diagnosis is also abandoned. In place of "symptoms" and poisons, the new science substitutes a careful, thorough physical examination, and treatment by manipulation. Under the new system, the body is examined and treated as an intelligent machine which with which he was perfectly familiar. By actual cure wrought upon thousands of cases that have been pronounced hopeless by other schools the Osteopaths have proven that if there is an unobstructed nerve and blood supply to and from all parts of the well fed man, the effects called disease will as sorely disappear as the aseptic wound will heal after the surgeon has rendered the parts microscopically clean and placed them in proper position.

Through a highly developed sense of touch and knowledge of anatomy, the Osteopath is enabled to discover the slightest anatomical disorder, and every move made by him in treatment is toward the definite purpose of correcting such disorders.

These Osteopathic disorders are not necessarily surgical dislocations, by which term is meant "a bone completely out of joint," but are out of line—out of proper adjustment. They comprise slight displacements of various structures, chiefly bones and ligaments, with muscular contractions, little adhesions, contractions from cold, irritation or other outside influences, causing unnatural pressure upon vessels or nerves. The Osteopath looks upon the human body as a perfect machine, and order as the first law of health. If in order, the human machine will do its work properly and run its allotted time. A part of its work is to digest and assimilate the foods prescribed by the normal appetite, to manufacture therefrom all the chemical compounds needed by the body for its own growth and repair, and to excrete that which is not required. This work can only be carried on by the forces within the body. This is Osteopathic theory based upon practical experience.

In short, Osteopathy is a common sense system of discovering and correcting all mechanical disorders in the human machine and an intelligent direction of the recuperative forces within the body to the cure of disease. This principle holds good in acute as well chronic troubles. The Osteopath not only effects without drugs all the beneficial results the medical profession claim to get with drugs, but the Osteopathic school has made itself famous wherever its practitioners have gone, by bringing about the cure of cases that had been given up as incurable by all other schools of practice.

Osteopathy has treated successfully nearly every known disease, chronic and acute. Some diseases pronounced incurable by the M. Ds. have been made to yield. Among these may be named Bright's Disease, Locomotor Ataxia, and some forms of Insanity. It has been particularly efficacious in cases of paralysis; tumors and so-called cancers, have been quickly removed without the aid of drugs or the knife.

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PROSPECTUS
FOR 1898-9.

Inasmuch as the catalogue for next year cannot be gotten out until near the close of the current year, the following announcement of action had by the trustees and faculty is made so that the friends of the school may know the plans for future work in the institution. As will be noted, the policy which has obtained in the past will be continued, and everything will be done that is possible and that experience may suggest to elevate the standard, and advance the interests of Osteopathy as a profession. The record of the past shows that it has ever been the policy of the trustees of this institution to make each succeeding year its best, and that we have ever endeavored to make the standard each year a little higher, the scope broader, and the practical work more complete. We leave to others to judge whether we have done this or not. We point to our closing year's work with pride, and while changes from time to time may be necessary, yet we guarantee that if money and good judgment can secure it, our next year's work will be another step higher, another stride in advance of all the years gone before. We expect and intend that the American School of Osteopathy shall not only maintain its reputation of being the original school, but shall ever have floating over its historic halls the banners which shall set the standard for all schools of Osteopathy, and that its work shall ever have been of such a high character that all Osteopaths shall be proud of their name and of the origin of their profession.

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