KANSAS CITY

OSTEOPATHIC MAGAZINE

DEVOTED TO
INTRODUCING,
EXPLAINING
AND ADVANCING
THE SCIENCE OF OSTEOPATHY.

PUBLISHED MONTHLY
BY THE
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OSTEOPATHY is a method of healing diseases by scientific manipulations, without the use of
knives or drugs, and recognizes obstructions or obstructions to the blood or nerve supply
as the primitive cause of pathological conditions.

LOCALIZED in the States of Vermont, Michigan, Missouri, North Dakota and Iowa.

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WHY DO WE SLEEP?

Dr. Matthias Duval, in a recent lecture before the histological class of the Paris Faculty of Medicine, presents lengthy experimental proofs and tells why we sleep. He first explains that a nerve consists of a series of minute cells or separable elements which he terms "neurons." (The translator is not explicit.) Each one of these elements puts forth branches of its own substance as do those primitive forms of life known as "anemobas," and by means of these branches a chain of connection is effected, and a circuit is formed for the transmission of vital energy. When these branches or solenoids touch each other and interlace the circuit is closed, and when for any reason they do not intimately touch the circuit is broken. Each neuron is thus subjected to total or partial isolation, and total or partial enervation ensues. Stimulation from any cause, which may be nutritive, chemical, emotional or mechanical, causes them to project their branches towards their fellows, thus completing the circuit, while fatigue from any cause, as over-stimulation, mal-nutrition or depressing emotions, compels them to contract and withdraw their branches, thus in some degree interrupting the circuit. The resulting isolation of each neuron becomes a recuperative period if other conditions are favorable, and this recuperative period is called sleep.

It is to be regretted that the translator of Dr. Duval's lecture omits the experiments upon which this theory of sleep depends; but if the fact of detachable nerve elements is demonstrated, there is significant value remaining for physicians in general and Osteopaths in particular. The latter will be inclined to pay less regard to the special phenomena of sleep. His chief concern will be with the processes of sleep, for he is perhaps somewhat "cranky" on processes. He will regard assimilation, secretion, excretion, respiration, circulation, sensation, waking and sleeping as so many proceedings. All of his conceptions of physiology and life will make him intolerant of statics as opposed to dynamics. He will not be inclined to regard sleep as an isolated phenomenon to be produced by special or isolated processes. He will reason that if he can bring the more general processes of sensation, respiration and circulation into free and normal action, the special phenomenon of
osteoPathy in headAche.

By E. D. barber, D.O., Kansas City, Mo.

“Nerves of the head and neck severe headaches in fevers, also cerebrospinal meningitis.”

The above is taken from Ling’s “system of Manual Treatment,” and indicates that the principles of Osteopathy, in a crude form, were known and applied to some extent in Sweden over eighty-five years ago. Osteopathy, however, is a vast improvement on all movement-cure systems, and is to Swedish movements “as science is to art.”

Headache appears in great variety, and the term is usually applied to almost every form of “pain in the head.” The cause of headache can usually be known by the character and location of the pain.

Gastric or dyspeptic headaches are often occipital, sometimes frontal, and if accompanied by constipation, are diffuse and frontal. Uterine and ovarian headaches are occipital and vertical. Nervous headaches are seated on the top of the head. If pulsating and throbbing, it indicates vasomotor disturbances; squeezing and pressing, nervous exhaustion or affection; sharp and boring, hysterical, neuraltic, or epileptic; dull and heavy, toxic or dyspeptic; hot and burning, rheumatic or anemic.

Headache not caused by fever, the stomach or uterus can be almost instantly cured by stretching the neck and pressing on the nerves at the base of the occipital bone.

To treat headache: First, place the right hand on the back of the patient’s neck, the thumb on one side and the fingers on the other, close to the head; place the left hand on the forehead, tipping the head backward gently, lifting quite strongly with the right arm, while rotating the head gently from side to side (see cut 34). Second, standing in front of the patient and tilting the head backward, hold the vasomotor center (cut 33).

Third, place one hand on the forehead, the other on the back of the head, and press hard for several moments.

Fourth, standing behind the patient, with one hand on each side of the forehead, make five or six quick strokes.

(See cuts next page.)
HEADACHE.
(From "Osteopathy Complete."

HEADACHE—HOLDING VASO-MOTOR.
(From "Osteopathy Complete."

NUTRITION.

BY DR. SANDFORD T. LYNE, KANSAS CITY, MO.

Nutrition is the physiological factor which maintains the normal structure and function of the body. It proposes to renew the materials needed by the various tissues for the chemical processes peculiar to their functions, the normal performance of which constitutes a constant change—a kind of disintegration on one hand, by means of which the energies of the body are liberated, and a corresponding reintegration on the other, by means of chemical union with fresh materials. It converts cause into effect, and implies the processes of digestion, absorption and assimilation of food whereby nutritive elements are prepared and appropriated to the textures and organs. It also comprehends the storing of an assimilating and eliminating powers, wherein there is a lack of assimilation, and an effort to compensate by an excessive liberation of vital energy, and constitute all the phenomena of life. The textures and organs are masses of protoplasm capable of manifesting the active components of all living textures and organs. They manufacture and elaborate the essential nutritive elements, and distribute them, as the requirements of the system demand, to the blood which is the vehicle of transportation between the various parts of the body. The process is also largely under the control of the vasomotor function.

In a normal adult the average income and expenditure in twenty-four hours is about 122 ounces of dry food. The most important sources and respective percentages being about as follows:

Income. Per ct.
Oxygen. .................. 22
Water (drink). .............. 65
Dry food. ................ 13

Expenditure. Per ct.
From lungs. ............... 30
From kidneys. ............. 30
From skin. ................ 5
From intestines. ......... 100

In order that the normal weight of the body may be maintained, it is essential that the income should at least be equal to the expenditure; this ratio should also meet the requirements of a healthy economy. But to undertake to maintain an exact nutritive equilibrium by means of specific diet is unsatisfactory from the fact that some of the income may be useless and pass through the system without performing any function, or may fail to be appropriated on account of some of the assimilating processes being inactive, and still would appear in the expenditure, whereby the balance might remain exact. Furthermore, the assimilating and eliminating powers vary, not only in different individuals, but also in the same individual, so that no stereotyped theory can be advanced for the maintenance of a nutritive equilibrium.

If the body weight is more than twenty per cent above normal, it is indicative of impaired nutrition, or at least of inharmonious food; and, to preserve the vitality of the surplus fat, an excessive demand is made upon the vital energies of the body. In either case there is derangement of the nutritive function, the tendency of which is to incite morbid processes; while, on the other hand, the proper performance of this function restores and preserves an equilibrium of the animal economy, and consequent health.

Nutrition, therefore, lies at the foundation of pathological as well as physiological conditions, and methods promoting the function not only occupy a first place in curative processes, but claim the familiarity of the successful practitioner. There are but few, if any, diseases wherein nutrition is not more or less disturbed.

Nutrition, in the light of intelligent consideration, demands a reference to the agencies concerned in its achievement, also to the mechanism of its operations. Here, as in all vital processes, the prime agency is the cell-elements, in which are found independent manifestations of life. Cells may be defined as "masses of protoplasm capable of manifesting all the phenomena of life." They are the factories and warehouses of physical energy, and constitute the active components of all living textures and organs. They manufacture and elaborate the essential nutritive elements, and distribute them, as the requirements of the system demand, to the blood which is the vehicle of transportation between the various parts of the body. The process is also largely under the control of the vasomotor function.

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After the proper digestion of food, involving the normal action of the secretory and excretory glands or cells of the alimentary tract, also those of the liver and pancreas, the nutritive elements are absorbed by the blood vessels and lymphatics almost entirely from the small intestine. Principally protides and fats are taken up by the actual system and are conveyed through the thoracic duct to the blood-vascular system, which enters at the union of the left internal jugular and subclavian veins. The crystallizable substances, such as sugars and salts, are taken up by the blood vessels and conveyed through the portal system to the liver, where they are further elaborated for tissue-nutrition before entering the general circulation.

It is a well-established principle that the functions of life essential to health are dependent upon a constant and normal action of the molecular constituents of the body, which are especially concerned in the nutritive processes. Prof. Ferdinand Hueppe says: "Disease may be regarded as the result produced by quantitatively changes in normal conditions, either when the physiological organization is too feeble or the stimulus too intense." From this we deduce that disease implies a cessation of molecular action or the harmonious vibration of the molecular constituents of the body, thus disturbing the nutritive process.

The question naturally arises, How does Osteopathy promote nutrition? We again quote from Prof. Hueppe, who says: "If the conversion of potential energy into kinetic energy is prevented by any sort of resistance, such conversion can obviously take place only if this resistance is removed. All changes of one form of energy into another are visible or invisible movements, and the impulses that set free the energy are likewise transmissions of a movement." Prof. Hueppe here sounds the keynote of Osteopathy: that resistance must be removed before processes can be normally performed, and that the impulses that liberate energy are transmissions of a movement.

By scientific manipulations the Osteopath frees the circulation of the nutritive fluids whereby fresh materials are conveyed to the tissue-cells and effete substances are relegated to the excretory channels. By systematic movements impulses are transmitted through the nervous mechanism to the cell-organism, promoting their activities and harmonizing their functions concerned in the elaboration and appropriation of tissue-building elements.

In short, by mechanical methods the Osteopath removes any resistance or obstruction found in the machinery of the body, and by passive movements imparts motion to the cell-elements, converting the energy which is at rest into active energy. He imposes the energized organs and quietly, the excited ones; thus harmonizing the assimilating and eliminating processes, whereby the nutritive function is promoted.

Physiological research has proven many interesting things. The metabolic forces of the human body have been studied by uniting minds. The microscope has unveiled the beauties of minute organisms, while chemistry has demonstrated the phenomena of organic and inorganic change. Through the progress of organic chemistry it has become possible to state with tolerable accuracy of what blood and bone are composed chemically. But the chemical changes produced in the laboratory are not conclusive evidence of the changes carried on within the living body.

While it is difficult to draw the line of demarcation between the three kingdoms, animal, vegetable, and mineral, yet man is more than a vegetable, he feels, thinks, moves; impressions of the outer world made upon his nervous system awaken in him consciousness. Through his nervous system man not only becomes aware of the existence of an environment, but adjusts his actions with reference to it. Finally, though the individual perishes in the reproduction of his kind, the race (temporarily, at least) survives.

The study of the transitory phases through which every animal passes in its development from the stage of the egg to that of the adult, has already proved to be of service in throwing light on the functions of the human body, and which the future will, no doubt, show to be susceptible of even a wider application than is made of it at present. For the embryo of animals, with the exception of the lowest, consist of three germinal layers; the upper one gives rise to the epidermis and the nervous system; the lower one to the epithelium of the alimentary canal and its appendages; the middle one to bone, muscle, vessels, etc. The germinal layers, even at the start, can be readily distinguished, the cells composing them being differently affected by physical and chemical influences. Some of the lower animals never get beyond this layered stage, the inner layer acting as the stomach and the outer as the skin.

If the tissue in the adult can be shown to have been derived from one of these layers in its embryonic stage, its function can almost be predicted. The creation of histology belongs to that genius of Licht. In investigating the tissues of which the body is composed, Schleiden first showed that vegetable tissue consists of cells; and Schwann, following his lead, applied Schleiden's view to the tissues of animals. It has been proven that the cells composing the tissues are the modified cells of the original multicellular embryo; cells into which the egg or primitive cell segments, and that pathological structures are still further modified cells composing the tissues of the organ, and that morbid growths are really physiological ones, exhibiting themselves under conditions otherwise than normal. Tissues that are pathological at one stage of growth have been
shown to be pathological at another. In fact, the modern pathological histology is an application of this view. The older pathologists, like Morgagni, confined themselves to the study of the organs as affected by disease. Thus the line between pathology and physiology has been to an extent eliminated, and with the fusion of the two studies a rational pathology and a rational treatment are being slowly developed. When the complexity of structure exhibited by the human organism is considered, it becomes evident that investigation of its function, however extended, is an addition to the sum of knowledge, and still leaves new discoveries within the range of possibilities for the original thinker.

Thus the functions of certain nerves will never be definitely settled until some anatomist has determined whether they terminate in muscle, gland, or sensory organ. The paths of both sciences meet and cross in many places, but to study the physiology of man without the slightest knowledge of anatomy is as if one should attempt to master the steam engine without the elementary principles of its construction. Among the most important discoveries made in physiology are those of the roots of the spinal nerves, that the anterior are motor and the posterior sensory; that of the influences of the nervous system upon the heart, and that of the sympathetic nerves in diminishing the caliber of the blood-vessels. It is needless to multiply examples, but it must not be forgotten that however important the results obtained by physiological research, the facts should be compared with anatomy and pathology, and so far as possible all sources of fallacy eliminated. It is self-evident that to understand disease and its care one must first understand health, and just in proportion to our knowledge of the normal anatomy and physiology of the parts involved will be our conception of health and disease.

Thus the great science of Osteopathy, laying its cornerstone on the fusion of these studies, has come to the foreground of modern scientific research. It has laid the foundation-stone upon which to make a healthy, happy race, wise unto their salvation; and when we accomplish this knowledge, possess it as our own, and I cannot think what we are about that we do not this very day lay hold of the abundant knowledge at our disposal, we will be raised on a plains as far above the mixtures of natty conceptions that a dog would lift his nose in the air at the sight of.

The swarthy red-faces of three hundred years ago was not thinking of the microbe or how to destroy it. His ideas of life were simple, and, with resolute eye, he was perhaps thinking of his dinner, as I am this moment. Oh! his life was sweet while it lasted, for he breathed the sweet perfume of the woods; he heard the whisper of God in the whispering leaves of the grand oaks, and believed in a happy hunting-ground, where he should roam in eternity's years.

A mighty gulf separates the condition of to-day: we possess an ideal of what life is, and what it should be, but have dragged ourselves out and are vanquished in the great battle of good against evil. As a means to an end, we step forward with the mighty principles of Osteopathy, find the weak places in the body physical, and thus bring them up to the highest notch of physical development and health.

It seems to me I hear whispering and someone saying: "Oh, that is all very pretty to say, but it can't be done.

It can be done, and has been done. May the day soon hasten when knowledge of this science will be so diffused that it will take the place of nauseating poisons, drugs, and I have just that much faith in the progress of humanity as to expect such a condition. As our ideals, so will the real condition of our future be.—The Osteopath.

THE SECONDARY CONDITIONS OF ASTHMA.

BY D. R. NEVILLE, D.O., WINTFIELD, KAS.

The Osteopathic cause of asthma is found in a depression of the upper part of the chest; sometimes the clavicles are turned slightly, the three upper ribs on the left side are usually depressed through constriction of the intercostals, and in two cases I have found a posterior curve in the sternum which caused the asthmatic characteristic of respiratory interference. Asthma has interested me more, perhaps, than any other disease in the long list of "medical in urinable," because I have had uninterrupted success in its treatment. In my earlier practice I had occasion to give very close attention to a case which, for a time, failed to yield to the prescribed Osteopathic treatment. Upon a closer investigation of the case, I found the patient afflicted with indigestion and constipation, and that these troubles were usually more aggravated just preceding and during an attack of asthma. To the asthma treatment I added a thorough abdominal treatment, giving special attention to the pneumogastric and splanchic nerves, and my patient was cured in a remarkably short time. I was convinced from this experience that the pneumogastric nerve played a much more important part in asthma than I had at first suspected, and since I have given more attention to the stomach and bowels in my treatment of asthmatics I have not had the slightest difficulty in effecting absolute cures in a remarkably short time. At present I have a case of forty years standing which is yielding to the treatment quite as readily as those which have existed but a few months.

The universal success with which I have met in the treatment of asthma has given me a very large practice in that particular line, and this has afforded an opportunity to study and compare the conditions accompanying the disease. A summary of my observations may interest the reader, and especially the practitioner.

Not more than five per cent of asthma cases are attended by indigestion and constipation. Attacks may be brought on by a cold, indigestion, constipation, taking of unwholesome food, or any secondary condition which will irritate the pneumogastric

BY D. R. NEVILLE, D.O., WINTFIELD, KAS.
Dear Father,—Your cheering letter, containing proceeds of the sale of the hogs, is at hand, and contents noted with much pleasure. Your thoughtfulness enables me to procure the copy of "Woe Quadis" and the set of major surgical instruments which I need so much in my practice and studies. If there is any surprise, it may procure me the confidence of my landlady for another month or two.

In the six weeks I have been here, I have learned lots about medicine and surgery. After becoming a M.D., one feels quite set apart from the rest of the world. Like belonging to a lodge, you feel that everyone would like to know what you know; and yet, how simple it all is! Did you know that the right name for paregoric is, Tinct. Opii, Camphorata? Writing prescriptions is better than knowing Greek. Who that is not a M.D. would ever guess that R. Chlor. Sol. et Ag. et Oct. vel Oct. i. means a pint of salt-and-water?

You will be surprised to hear that we doctors no longer think hypnotism a fraud. We have found that it really has a therapeutic value. That means that it is just as good as medicine. We claim that if you can only get a patient to believe that you can cure him, he will get well. We call it "Suggestive Therapeutics." You just look the patient in the eye and suggest that he is well, and he recovers immediately. But one has to go through our college to be able to do it.

After you know how, you can make your patients believe just whatever you want them to. I am not perfect in it yet, for I tried to make my landlady believe that it was safe to trust me for another month's board, and I failed. The patient must have confidence in the doctor; however, and that is, perhaps, the reason I was not successful.

We have found out that nearly every disease is caused by microbes. We doctors call them "bacilli." Everything you eat and drink, and even the air you breathe, is full of them. It is a wonder how people ever lived before they found this out. You must not drink out of the old spring any more. It is full of these germs. Tell the folks to boil everything they drink, or even my skill can not save them. Tell Mrs. to sprinkle the carpets with carbolic acid, and to wear a sponge soaked in it over her mouth when she sweeps; and don't let any of you go into the room for an hour afterward, or you will be in great danger of breathing in germs that will give you some disease.

Don't kiss the baby, for every disease you can think of can be communicated that way. You might put a handkerchief soaked in ammonia over the baby's face, and kiss her through that; but be sure to boil the handkerchief first.

We have discovered over 2,000 kinds of these "bacilli," and every one of them is more dangerous than a rattlesnake. You can't even be sure you are safe after boiling everything, for some of them get livelier the hotter they are.

I don't see why they make us attend college three whole years. I am sure that it won't take me half that long to know all about it. It's a shame to make us wait so long when we could save so many lives if we were allowed to.

What will old Doctor Lancet do when I come home and get started up? Does he ever say anything about it? I suspect he will have to let him have the unimportant cases. He can hardly expect people who are really sick to come to a back-number, if an up-to-date physician is at hand.

If any of the folks get sick, telegraph me at once, and I will send a prescription that will straighten them out. And when you write, address your letter to Dr. C. D. Brown, M.D. Don't forget the M.D. Everybody calls me "Doc." now.

Yours,
Dr. C. D. Brown, M.D.
—Puck.
We shall be pleased to mail a sample copy of this issue to any one who may be interested in Osteopathy, and will kindly send us address.

In the treatment of disease, Osteopathy is a scientific use of hands, based upon the great principles of anatomy and physiology.

All who desire to know more about Osteopathy should not fail to avail themselves of the opportunity of securing a copy of "Osteopathy Complete," on the liberal terms proposed in this issue under the head of "Special Offer." It may occur to some that at Manila recently Rear Admiral Dewey exploded the "no breakfast plan of living" being promulgated by the noted Do to Dewey. But on second thought it will be remembered that he performed at least a full half day's work before going to breakfast.

We take pleasure in mailing sample copies of this issue to our entire list of correspondents, and trust they may be read carefully and with interest. We hope to continually improve our publication, and that its character may merit your subscription.

"Osteopathy removes all obstructions and impurities from the blood vessels, gives tone and new life to every nerve and muscular fiber, rectifies every departm from the normal or physiological standard of health, thus giving Nature a chance to perform her wonderful work."

We refer, with some feeling of pride, to the annual announcement of the National School of Osteopathy contained in this issue, as it indicates the progressive spirit of the institution, as well as its uncanny facilities for the imparting of a thorough Osteopathic education.

People who have chronic ailments of long-standing frequently expect a few Osteopathic treatments to cure them, although they have tried other methods without avail for perhaps a year or two. It is not just to expect Osteopathy to produce such quick results, when they have delayed trying it for so long, and perhaps have allowed their conditions to gradually grow worse under other methods. Come early, while there is something to build upon, if you would expect quick results.

Subscribe for the Kansas City Osteopathic Magazine, whether you are directly interested in Osteopathy or not, as it is our purpose to publish much of general interest and of public good. Whatever may be said of Osteopathy, it must be admitted that it furnishes a good circulation, which is the basis for all cure by all methods of treatment.

In view of the great battle fought in ancient times, wherein one thousand Philistines were slain by one Samson with only a disarticulated "jaw-bone" as his weapon of warfare, would it not be a guarantee of the successful career of one of the new battleships of our navy to name it "Osteopathy"? Who said Dewey had any "edge" on Samson?

"The house without a flag these days has a lonesome look, as if the inhabitants had gone to the rear for fear of a bombardment."

"See here, clerk, are the colors in this United States flag fast colors?" "Couldn't be faster; yet they're warranted not to run."
OSTEOPATHY AS A PROFESSION.

There are no doubt thousands of young men and women who would like to enter upon a professional career, if they could find one not already overcrowded.

To such, Osteopathy offers a grand field, not only from the fact that there are comparatively few engaged in the practice, but that no other profession offers equal opportunities from a lucrative standpoint.

The field is open to both men and women, and that women are taking advantage of the rare opportunity is evidenced by the fact that among the students now in the schools, as well as those already engaged in the practice, fully one-third are women.

The popularity of this science of healing with the general public has increased the demand for skillful practitioners far in excess of the supply. There are numerous good locations now waiting for Osteopaths, and they will continue to increase as Osteopathy becomes better known.

No other method of treatment, in so short a time, has met with such favor at the hands of the general public, and Osteopathy is surely destined to attain and maintain a position in the healing art unexcelled by any other method.

The annual announcement of the National School of Osteopathy contained in this issue fully explains the course of study, terms, etc.

Osteopathic treatment quietes the nerves equalizes the circulation and rests the patient, thus assisting Nature to perform her normal functions.

OSTEOPATHY IN THE TREATMENT OF FEMALE DISEASES.

No where does Osteopathy show its superiority over all other methods so effectively as in the class of complaints peculiar to women. Not only is this true as to results, but the method is unattended by the annoyances usually incident to other modes of practice.

The Osteopathic theory of diagnosis in these conditions is at a wide variance with other methods, and experience has proven the theory correct by the success attending the treatment. Especially is this true in displacements, wherein by other methods, the displaced organ usually receives the entire treatment, although perfectly normal within itself, or may be in a state of irritation as a result of the cause, when in reality the diseased condition is a lack of tone in the supports of the organ, and the displacement only a symptom.

The Osteopathic method in these conditions is to remove the cause which is obstructing the proper nerve- and blood-supply of the affected area. The supports of the organ being thus permitted to receive proper nourishment, Nature imparts tone, health and strength.

The same theory and method is equally effective in the correction of all irregularities and their accompanying ailments.

It has been truly said that Osteopathy is the greatest boon to womankind of the nineteenth century, and none realize this so fully as those who have put its claims to a severer test.

TREATMENT FOR FAINTING.

Fainting is usually caused by a failure of the heart to properly perform its functions, and is the result of mental or physical disturbance conveyed through the nervous system.

As a rule, fainting is not particularly serious. Some persons of a highly nervous temperament are prone to faint upon the slightest provocation. Fainting during exhausting diseases is often very dangerous, and is an unfavorable symptom in organic disease of the heart.

To relieve a fainting spell, place the patient on the back, the head and shoulders if possible much lower than the abdomen and lower extremities, loosen all tight clothing, dash a little cold water on the face. In obstinate cases, grasp the feet and raise them as high as possible, shake the limbs and abdomen vigorously, and if necessary suspend the patient by the feet. This treatment rushes the blood to the head, the condition being an insufficiency of blood in the brain.

TREATMENT FOR FITS OR EPILPSY.

Symptoms: Sudden falling, loss of consciousness, white face, spasms, frothing at the mouth.

Cause: Heredity, syphilis, brain disease, worms disease, sexual excesses, alcohol, tobacco, mental overwork and errors in diet.

Treatment: Remove the cause if possible. When the patient can tell just before an attack comes on, it can often be prevented by putting the hands in cold water, or by grasping some object firmly. The diet should consist of fruits, grains, vegetables and whole-meal bread. Avoid drugs, meat, tobacco, alcohol, tea, and coffee. Take a daily sponge bath, and every other day a large enema. Take plenty of sleep, and exercise in open air. Overeating is a great hindrance to a cure. Keep the windows open day and night.

The above is taken from "Medical Hygiene" by W. Frank Ross, M.D.

We agree perfectly with the doctor in the above, but suggest Osteopathic treatment as a wonderful adjunct.

The patient should be placed upon the back, one operator grasping the feet, the other placing one hand under the chin, the other under the occipital bone, pull slowly and gently, gradually increasing the strength until thorough extension is given. The head should next be rotated slowly as far as possible from side to side, and all the muscles of the neck thoroughly kneaded. This treatment should be given every other day to free the circulation to the head.

To slap the patient quite hard between the shoulders two or three times will often prevent an attack.

Epilepsy is often caused by a fall or accident producing a dislocation of the atlas, in which case pressure on the spinal cord is produced, and the disease can be cured only by reducing the dislocation.
OSTEOPATHY CRITICISED.

The following letter fell into our hands incidentally. It was written by one who prides himself on the fact that he belongs to a class of practitioners who call themselves "regular." We print the letter crassius et litteris, not so much to show the utter lack of ability on the part of some people who attempt to criticise Osteopathy, as to show the prejudice that exists in the minds of some who think that "nothing good can come out of Nazareth," and who are so conceited as to think that within their narrow minds is contained all that pertains to science, progress, and development, and are simply astonished that any one should dare presume to the contrary.

Ignorance is often excusable, and is calculated to incite sympathy rather than antipathy but when one attempts to criticise something that he is evidently not capable of comprehending, he should then be confronted with a mirror, that "he may see himself as others see him."

If the following letter should be regarded as indicating the qualifications of the "regular," may God help the "irregular," and deliver his people from the mistakes of either, by causing them to turn to the Osteopath before it is eternally too late.—Editor.

"The method of reducing dislocations and fractures are already better known by all regular physi-cians than by any osteopath, a thorough knowledge of anatomy and physiology and all other methods of relief for pain, sickness or care that is known to them. How any man can renown horse sense will spend the time and money necessary for a course in osteopathy that will not entitle him to give a dose of medicine I do not understand. The Iowa law forbids the osteopath using medicine, he can not practice surgery to any extent worthy of notice, and if he ever steps any feline granted by the law he is liable to heavy fine, in fact the law is regarded in journal as a bulged beak and about on par with osteopath y itself. I see nothing in osteopathy except for a few uncertain persons who are more to a failure in straight legitimate business and who will try to scroung a few dollars here and there by a sort of dimman Dick game before the general public get on to them, there is a man here in septuagenarian at the hip that could be reduced by the physicians here if given a chance that went to Kirkstroll, spent his money and returned in the same condition as he went except a little wiser and a good deal poorer. Osteopathy is already becoming a laughing stock in Iowa and made life of by our state board of health (see last report of that board) signed—J. S. Wolfe M.D.

Mystic in 3:6:98

SPECIAL OFFER.

By an arrangement just made with the author of "Osteopathy Complete," we are now able to offer this valuable work to our readers for the next thirty days on exceedingly liberal terms.

The net cash price of this book is $10 per copy, and there is no disposition on the part of the author to lower it, but, being so thoroughly confident that the work is an honest and conservative presentation of the science it represents, he has consented for us to offer it to our readers on the basis of its merits, of which you are to be the judge.

For the next thirty days succeeding this issue we offer to our readers "Osteopathy Complete" on the following terms, to wit: $5.00 to accompany order; the remaining $5.00 payable in ninety days, provided the purchaser finds the work exactly as represented.

In addition to the representations made with reference to this book contained in the advertisement of "Osteopathy Complete," elsewhere in this issue, we further represent:

First, that "Osteopathy Complete" is the first and only textbook ever published on Osteopathy, and that it explains the principles, and gives the treatments for diseases, as taught in the leading Osteopathic schools.

Second, that by following the principles and methods laid down in this work, those who are unable to attend a course of instructions at our school and infirmary may obtain a sufficient knowledge of the science to cure many diseases that have baffled the skill of the medical profession.

Third, that the treatments as given for flux, diarrhoea, cholera morbus, cholera infantum, headache, brain fever, cerebro-spinal meningitis, diptheria, scarlet fever, rickets, rheumatism, and many other diseases, are infallible, provided the cases are taken in reasonable time.

Fourth, that the above diseases may be treated with a very marked degree of success by those who have no knowledge of the science except that which they may obtain from "Osteopathy Complete," while at the same time the success achieved will demonstrate the importance of a thorough course in the science as taught by the leading colleges, to the end that complicated cases may be successfully treated, and the practitioner thoroughly qualified for general practice.

REMEMBER that we sell you the book upon its merits, and that you are to be the judge.

REMEMBER that we invite you to put the principles and methods of Osteopathy as laid down in this work, to the severest test before making the final payment.

REMEMBER that we pay the freight.

Address all orders to the Kansas City Osteopathic Magazine, Keith & Perry Building, Kansas City, Mo.

From a long list of testimonials recommending "Osteopathy Complete" we reprint the following from the Journal of Osteopathic Surgery by E. H. Pratt, A.M., M.D., of 100 State Street, Chicago, Ill.
Osteopathy is a method of treating diseases by manipulation, based upon a thorough knowledge of the structure and function of the human body. Its cardinal principles are Skeleton Adjustment, Glandular Activity, Free Circulation of Blood, Coordination of Nerve-Force. It adjusts the machinery of the body, sets it in motion, harmonizes its forces, and Nature does the rest.

Osteopathy recognizes obstruction to the nerve or blood-supply of the body as the primitive cause of disease. This may be occasioned by the complete or partial dislocation of some part of the bony framework, the displacement of ligaments, the contraction of muscles, clots in the blood-vessels; in fact, anything which prevents the free flow of the nutrient fluids or nerve-current, upon which the life and health of every tissue and organ depends.

The body possesses its own laboratories, and when there is no obstruction in the mechanism con ered therein, the system is capable of preparing and appropriating all the essential elements conducive to its well-being. Every part of the body must receive nourishment from the blood, and the blood must also perform seewage duty in conveying waste and impure products to the excretory channels. The nervous system controls the action or function of the various organs of the body, as well as the minute cells which comprise the active constituents of all living tissues.

The cells composing the various organs and textures are concerned not only in the preparation of nutritive elements, but also in the appropriation of them to the tissues, having the power to select certain materials and to reject others. The performance of their normal functions depends upon certain definite and rhythmic movements. They are the "busy bees" in the hives of our beings, and are constantly engaged in movements of contraction and expansion, extension and retraction. Not only must their motions be unrestricted, but they must receive a proper supply of blood to obtain nutritive elements, and to eliminate waste materials, also a proper nerve-supply for the regulation of their functions.

Arrested or inharmonious cell-action incites morbid processes, while the normal or coordinated exercise of their energies redores and prescrives a healthy equilibrum.

By scientific manipulations Osteopathy frees the circulation, accelerates or inhibits the action of the various organs through the controlling nerves. By rhythmic or vibratory movements it removes and harmonizes the action of the cells in the affected area, and relieves pain.

Osteopathy is the embodiment of motion, which is the active principle of all life. It recognizes the fundamental law of action and reaction, and employs such movements as will evoke reactions (replies) out of the generator of vital energy. It concerns itself especially in the nutritive processes of the system, which are necessarily curative processes.

As an effect, Osteopathy means freedom of the capillary circulation, which is the basic principle of the law of cure.
A Physician in the House is a new publication by J. H. Greer, M.D. It contains 816 pages, is illustrated by numerous colored plates and is strongly bound in cloth. Technical terms seem to have been largely avoided by the author. The subject of Hygiene is given special consideration. He prescribes non-poisonous remedies in his treatments, and only such as are intended to aid the vital forces in their struggles against disease. This work should be in the library of every Osteopath, and we predict for it a rapid sale, at the extremely low price of $2.75.

Orders should be addressed to Dr. J. Armstrong, corner of Van Buren and Leavitt Streets, Chicago, Ill.

The New Race, published monthly at 132 Lake Street, Chicago.

Annual Announcement of the National School of Osteopathy.

In presenting its annual announcement, the National School of Osteopathy does so with the firm conviction that its facilities now far surpass those of any similar institution in the world.

The demands incident to the progress of the science of Osteopathy, and the widening of its field of operations, necessitate a broader foundation for the practitioner, and one comprehending, in a great measure, the fundamental principles underlying other leading methods of practice. To accomplish this end, the National School of Osteopathy has completed arrangements whereby its students are enabled to add a first-class Medical and Surgical education to that of Osteopathy without additional charge.

The advantages to be derived by combining Osteopathy with Medicine and Surgery cannot be overestimated. It gives the practitioner the prestige with the general public peculiar to the medical profession, and places within his reach many means of which he would be deprived if he should take only an Osteopathic course. It gives him a more comprehensive view of the general healing art, concerning which he cannot be too well informed, especially if he is to make it his chosen profession for life. It also enables the practitioner to address his patient from the standpoint of various leading methods of practice relative to the case in question, thus increasing the confidence of the patient in the practitioner, the value of which is apparent in more ways than one. Furthermore, a complete surgical education opens up a vast and scientific field, and without a thorough knowledge of this branch no practitioner is qualified for general practice.

The curriculum adopted is the most complete yet proposed by any Osteopathic school, and the very best facilities for prosecuting the course are amply provided. The student will be under the tutelage of about thirty-five different professors, all of whom are of exceptional ability, and of wide and successful experience, both as practitioners and instructors.
The laboratories are thoroughly equipped in every particular. The didactic and clinical instructions will be equal to the very best. The student will be brought face to face with diseases in all the departments; clinics, surgical and otherwise, being well supplied with material from the hospitals of the city.

The next regular term will begin September 15, 1898. Students desiring a preliminary course may enter at any time previous to the regular session and will receive credit for the time so spent, on the twenty months requirement. Those desiring a post-graduate or special course may enter the first of any month.

Women are admitted to the entire course on equal terms with men, enjoy the same privileges, and must comply with the same requirements.

Graduates of Pharmacy and Veterinary Surgery, also those who have taken a Chemical-Biological course in a reputable college or university, will be credited with one year on the medical and surgical course. Those who have attended other reputable Osteopathic schools will be credited for the time so spent on the Osteopathic course.

At the expiration of twenty months from the time of entrance all students who pass the requirements will be graduated in Osteopathy, having attended four consecutive terms of five months each; and, if they should not desire at that time to complete the Medical and Surgical Course, they will receive a certificate which will entitle them to a credit of two years in reputable medical colleges should they desire to complete said course elsewhere and at some other time.

To complete the Medical and Surgical Course will require an additional attendance of six months each in two different years, covering an additional period of twenty-two months; and all students passing the requirements for this course will be graduated in Medicine and Surgery without additional charge, and will receive a diploma of unquestionable standing in the medical profession.

PROFILE OF INSTRUCTION.

ANATOMY.

Great pains will be taken to teach this subject in an interesting, practical and thorough manner; especially from an Osteopathic and Surgical standpoint. Every student will be required to actually dissect the entire human body, and under the special superintendence of a proficient demonstrator.

PHYSIOLOGY.

In this branch the inductive method will be largely employed in imparting instructions. Lectures will be profusely illustrated by means of charts, diagrams, etc., and the student will become practically familiar with the most important bodily functions.

CHEMISTRY, TOXICOLOGY, URINALYSIS.

This important department will form a very prominent part in the course. The various chemical processes will be thoroughly taught, including a course in Toxicology as it relates to chemical antidotes, the analysis of special tissues, fluids, etc. Special attention will be given to Urinalysis, a thorough knowledge of which is of vast importance, not only in diseases of the kidneys, but in many others, as the urine is often the key to the condition of the body.

HISTOLOGY, MICROSCOPY, BACTERIOLOGY.

In this department the student will conduct microscopic analysis of the urine, examinations of the various tissues of the body, blood, sputa, etc., and will be instructed in the preparation, hardening, embedding, cutting, staining and mounting of specimens for examination, demonstration and preservation.

PATHOLOGY.

This course will be eminently practical, and the organs presented will be discussed from a clinical standpoint. Lectures will be profusely illustrated with morbid material, thoroughly explaining the science of disease. Instructions will also be given in the methods of post-mortem examinations.

BIOLOGY.

The science of life or living organism will be thoroughly taught, special attention being devoted to the physiological phase of the science.

PRINCIPLES AND PRACTICE OF OSTEOPATHY.

This department will receive more attention than any other one branch in the entire course, and will be both didactic and clinical. It will be applied as a distinct feature in every department. The student will not only have the advantage of a complete text-book on Osteopathy, but will be thoroughly instructed in the principles and methods of the science, as applied to diseases, by a demonstrator, and will be furnished with actual subjects for treatment.
PHYSICAL DIAGNOSIS.
This subject will be regarded as of very great importance. Personal instruction will be given the student in auscultation, percussion, inspection and palpation, and they will be required to familiarize themselves with normal as well as abnormal conditions of the various organs of the body, especially the heart and lungs.

OSTEOPATHIC SYMPTOMATOLOGY AND DIAGNOSIS.
This branch will be taught in a very thorough manner, the proper distinction being made between this and other methods, and an ample opportunity afforded the student for actual experience in this department.

SURGERY.
This department will receive special attention. The student will be thoroughly instructed in the latest and most improved methods of surgery, and the latest phases of pathology in the treatment of surgical diseases. Wet and dry specimens, models, drawings, etc., will be used, and the various operations known to modern surgery will be shown and described on the cadaver.

MATERIA MEDICA.
The symptomatological and physiological action of medical remedies will be thoroughly taught. The botanical history of medicinal plants and their physiological characteristics will be taught.

PHARMACOLOGY.
This course of lectures will include a description of the various methods of preparing tinctures, triturations and dilutions.

PRINCIPLES AND PRACTICE OF MEDICINE.
The teaching of this subject will be both didactic and clinical. General and special pathology will be taught according to the latest investigations into the nature and etiology of disease.

HYGIENE AND DIETETICS.
Lectures in this department will instruct the student in the laws pertaining to the prevention of disease, the laws governing the sickroom, and the diets for various conditions.

GYNECOLOGY.
The course of didactic and clinical lectures will be illustrated by charts and models; weekly clinics will be held where each student will be instructed in the method of diagnosis, treatment, etc.

OBSTETRICS.
The student will be instructed in the mechanical operations that may be found necessary in the lying-in chamber; he will be exercised in each operation, and taught the use of instruments. Osteopathy will be a special feature in this department; also the treatment of diseases incident to parturition, their hygienic and dietetical treatment, the care and management of infants, etc.

OPHTHALMOLOGY, OTOTOLOGY, LARYNGOLOGY, RHINOLOGY.
Instruction in the Diseases of the Eye, Ear, Nose and Throat will be made one of the most interesting and instructive features of the course, being illustrated with the finest magic-lantern views, plates and preserved specimens.

NERVOUS DISEASES.
It will be the object of this chair to thoroughly acquaint the student by both didactic and clinical lectures and illustrations with those various forms of mental and nervous diseases which are, as a rule, so little understood by a large majority of students going out into general practice.

This department will also contain a full course of lectures on Electro-Therapeutics, a subject with which every practitioner who expects to take a first place among his colleagues should be thoroughly acquainted.

DISEASES OF CHILDREN.
The management of children; the diseases to which they are specially liable; dietetic, Osteopathic and Medical treatment will be taught in a thorough and practical manner by this chair.

ABDOMINAL DISEASES AND FEVERS.
This department will include lectures upon the various abdominal diseases, diseases of the digestive tract, and fevers. Special attention will be given typhoid fever and symptoms of anatomical lesion of Peyer's patches.
CONTAGIOUS DISEASES AND DISEASES OF THE KIDNEYS.

These subjects will be thoroughly taught by both didactic and clinical lectures.

GENITO-URINARY AND VENEREAL DISEASES.

This department will include a course of lectures covering the entire subject of these diseases, illustrating them by numerous cases.

MEDICAL JURISPRUDENCE.

Lectures upon this subject will be exclusively practical; students being taught how to testify in court, and the giving of expert testimony. Also the importance and value of care and system when making medico-legal investigations with reference to murder and suicide.

REQUIREMENTS FOR GRADUATION.

The candidate for the degree of Diplomate (or Doctor) in Osteopathy must have been in attendance four terms of five months each; must have passed satisfactory examinations in all branches required, showing certificates of attendance and standing in each; must have attended the regular course of lectures and clinics; must be of good moral character, and all fees must be paid in full.

The candidate for the degree of Doctor of Medicine, in addition to the above requirements, must have pursued the study of Medicine and Surgery for four terms of six months each in different years, and must be 21 years of age.

TUITION.

Osteopathic Course, including two years' course in Medicine and Surgery .................................................. $400

Medical and Surgical Course can be completed without additional charge.

Post-Graduate Osteopathic Course ........................................ $150

Special course, by agreement.

No graduating fees are charged.

Tuition payable in advance, or half in cash, balance bankable paper, payable at the beginning of the second year.

CONTENTS OF MARCH NUMBER.

Introductory; Osteopathic Diagnosis; Why Some Osteopaths Object to Books on the Subject; Important Discovery; Was It a Conspiracy? Parallel Columns; Osteopathy; Some Remarkable Cures; Preparation for Osteopathic Treatment; Is Osteopathic Treatment Painful? The Mental Origin of Disease; New Discovery in the Treatment of Ovarian Troubles; Osteopathy in the Treatment and Cure of Cerebro-Spinal Meningitis; Treatment for Sore Tooth; Treatment for Neuralgic Toothache; Don't Worry; Atmospheric Influences; Eat Slow and Be Merry.

CONTENTS OF APRIL NUMBER.

The Vital Cell; Neuralgia; Dietetics; Osteopathy in Kansas;

CONTENTS OF MAY NUMBER.

Inflammatory Processes; Frequency of Osteopathic Treatments; Should Osteopaths Become M.D.'s? Osteopathic Text-Books; Sciatica; Nervous Prostration; Osteopathy a Progressive Science. Educational Facilities of the National School of Osteopathy.
Facilities of the National School of Osteopathy.

The National School of Osteopathy of Kansas City, Mo., begs to announce that it has recently perfected an arrangement with the College of Homeopathic Medicine and Surgery of the Kansas City University, whereby it is able to offer to those contemplating an Osteopathic education the most complete and thorough curriculum yet proposed by any school of Osteopathy.

The College of Homeopathic Medicine and Surgery of the Kansas City University is one of the most thoroughly equipped institutions in the United States in which a medical and surgical education can be obtained; hence the arrangement referred to carries with it special advantages that cannot be remotely approximated by the combined facilities of all other Osteopathic schools.

The course of study will combine both didactic and clinical instruction. The student will be brought face to face with diseases in all departments; clinics being well supplied with material from the hospitals of the city. Surgery will be taught in all its branches, including "orificial surgery." Dissection will be a special feature; each student being required to actually dissect the entire human body, which means vastly more than "a bird's-eye view of a dissecting arena." The advantages derived from the obstetrical department will be exceptional, fitting the student for the management of such cases to a degree that will justify him in undertaking obstetrical practice, which is not within the province of the Osteopath of today.

The Osteopathic branch will be taught in a more thorough and systematic manner than is proposed by any other school of Osteopathy. This is the only school thoroughly equipped with Osteopathic text-books, and the location in Kansas City of the immense packing-houses, railroad-shops and stock-yards furnishes an abundant supply of clinical material for demonstrative purposes as well as for the actual practice of the students.

Students will be graduated in Osteopathy in twenty months; and can finish the medical and surgical course without additional charge by completing the time required for same; otherwise, at the end of twenty months they will receive a certificate from the medical college which will entitle them to a credit of two years on the course in any like medical college should they desire at any time to complete said course.

"Osteopathy Complete," by Dr. E. D. Barber.

"Osteopathy Complete" is the first and only book written on the subject of Osteopathy, with the exception of the small book, "Osteopathy," by the same author. Its production is the result of the many letters received from those who have purchased this small book, which contains 176 pages. The satisfaction, enthusiasm, the suffering relieved and cures effected by the methods as laid down in this volume, though crude and gotten up hastily, and the large number of questions regarding subjects that were not mentioned in the small book, all justified and necessitated a larger and more complete work.

The arrangement of "Osteopathy Complete" is entirely new, but immensely practical. The following will give an idea of its arrangement:

Free circulation of blood.
Co-ordination of nerve force.
Premonitory miscarriage.
Researches of Dr. Elmer D. Barber.
Osteopathy in a nutshell.
How to apply Osteopathy.
How to make the examination.
A few important questions and answers.
Man as a machine. Principles of Osteopathy.
Anatomy and physiology of organs of respiration. Diseases of the organs of respiration. (Medical term applied to each disease.)
Definition of same. Symptoms, cause and treatment for all diseases of the heart.

The above plan is carried out as nearly as possible throughout the entire work. Special attention has been devoted to the Gynecological and Obstetrical departments. A short treatise upon Dietetics is also included.

"Osteopathy Complete" contains nearly 600 pages, including 41 etchings and colored plates, printed upon the best of paper and strongly bound in cloth. All the principles of Osteopathy are fully explained, together with treatment for over 500 diseases. The index is complete, covering 23 pages.

The special features which render this book invaluable to the Osteopath not a regular graduate of medicine are the definitions of all medical terms, together with symptoms, which, with a perfect index, enables the operator to instantly turn to any point in doubt.

The special feature which we desire to call particularly to the attention of the M.D. is the fact that the principles of Osteopathy are so clear, concise and exhaustively explained, and the treatment so fully explained and illustrated, that wonderful results may be attained by those at all familiar with anatomy.

"Osteopathy Complete," fully illustrated, is now ready for distribution, and will be mailed to any address upon receipt of price, $15.00.

"Osteopathy, the New Science of Drugless Healing," 176 pages, price, $5.00.

Address, E. D. Barber, D.O., 418 Keith & Perry Building, Kansas City, Mo.
The Coming Light.

CORA A. MORSE, Editor.

A monthly Magazine; up to the latest date; original in its conception; able in its treatment of modern problems and affairs; devoted to higher thinking, higher living and a higher social order; recognizing what is true and good in all that is old, but eager for the ideals not yet realized; aiming at the hearts of the people and the heart of things; fearless of reality; critical of shams; giving welcome to all truths; bent on helping to make life more abundant, free, and noble; jealous of the rights of man, woman and child; hopeful; optimistic; and pledged to work for the coming of the Kingdom of Truth, Righteousness and Love here and now.

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D. R. NEVILLE, D. O., Proprietor.

Correspondence Solicited. Consultation Free.

MEDICAL HYGIENE.

A very useful little volume which should be in the possession of every Osteopath. By W. Frank Ross, A.M., M.D. Price, $1.50.

Address, Dr. E. D. BARBER,
418 Keith & Perry Bldg.,
Kansas City, Mo.

NATIONAL SCHOOL OF OSTEOPATHY.

418 Keith & Perry Building. (T.1x 2814.)
KANSAS CITY, MISSOURI.

Incorporated under the Laws of the State of Kansas in 1896.
Incorporated under the Laws of the State of Missouri in 1897.

Tuition:

Four Terms of five months each........................................ $400.00
Post-graduate Course................................................... 100.00

Regular terms begin March and September of each year.
M.D.'s may enter the class the first of any month.
Tuition payable in advance, either in cash or bankable paper.

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Anatomy, Histology, Microscopy,
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Textbook, Pharmacology,
Webs of Material Science,
Urologia, Medical Botany,
Pathology, Materia Medica,
Urology, Diseases of Children,
Urology, Nervous Diseases,
Obstetrics and Gynecology, Electro-Therapeutics,
Contagious Diseases, Medical Jurisprudence,
Diseases of the Kidneys, Fever and Venereal Diseases,
Hygiene and Dietetics, Genito-Urinary and Venereal Diseases,
Principles and Practice of Osteopathy, Principles and Practice of Medicine,
Osteopathic Symptomatology and Diagnosis, Osteopathic Symptomatology and Diagnosis,
Physical Diagnosis, Physical Diagnosis,
Surgery in all its branches, including "Critical Surgery," Surgery in all its branches, including "Critical Surgery,"
Clinical Demonstrations and Practice in all departments.

OSTEOPATHY presents a grand field for ladies or gentlemen desiring to enter upon a professional career, as the field for its practice is comparatively unoccupied.

This institution possesses facilities for the acquirement of an Osteopathic education unequalled by any other school, and invites a careful investigation of its methods.