DISEASES SUCCESSFULLY TREATED.

We cure the following list of diseases and many others, often after every other known remedy has been tried and failed:

Cerebro-Spinal Meningitis, Eczema, Brain Fever, Granulated Eyelids, Headache, Dripping Eyes, Pterygium, Dizziness, Polypus of Nose, Cataract, Enlarged Tonsils, Diphtheria, Croup, Whooping Cough, Asthma, Goiter, Pneumonia, Hay Fever, Indigestion, Torpid Liver, Lack of Assimilation, Neuralgia of Stomach and Bowels, Gall Stones, Constipation, Fistula, Flux, Piles, Kidney Diseases, Dysentery, Irregularities of the Heart, Rheumatism or Neuralgia of all parts, Female Diseases, Atrophy of Limbs, Paralysis, Varicose Veins, Milk Leg, Measles, Mumps, Chicken Pox, Fever or Coldness of any part of the System, and Nervous Prostration.

We are particularly successful in all cases of Rheumatism, Dropsy, Paralysis, Heart Disease, Flux, Chronic Diarrhea, Asthma, Dislocations, General Debility, Short and Difficult Breathing, Lumbago, Headache, Kidney Diseases, and Cataract.

Our treatment is particularly adapted to all Female Diseases. We often find a slight dislocation in the spine (caused by a strain or accident) and a consequent pressure upon the nerves that control the genital organs. A very few treatments always give relief, and a continuation of the treatment a permanent cure.

In giving Osteopathic treatment it is not necessary to expose any part of the patient's body, except in rare instances which would be self-evident. Ladies are required to remove tight clothing and bands, substituting a loose wrapper, with which they may provide themselves.

TERMS FOR TREATMENT:

(Payable in advance.)

One month, three treatments per week ........................................... $25
Two weeks, three treatments per week ........................................... 2 0 0
Single treatments ........................................................................... 2 5

Additional charges will be made for treatments outside the office.
Reductions made to editors, physicians, clergymen and teachers.
Consultation and Examination Free.

IN ANY USE OF THIS MATERIAL PROPER CREDIT MUST BE GIVEN

STILL NATIONAL OSTEOPATHIC MUSEUM
KRASZILLA, MO

ORIGINAL IN THE POSSESSION OF
PHYSIOLOGY AND WAR.

It is interesting to note how the popular mind takes on the forms of prevailing environments, and how even scientific expression borrows figures and types of definition from the same sources. Thirty-three years ago, when the Civil War was occupying so much of popular thought, one of the great surgeons of our country quaintly adapted some of his anatomical lectures to the figure of military organization. And now since the wheel of time has again brought military ideas into the ascendant, it may be acceptable to our readers if we reproduce a few paragraphs of Dr. John H. Packard's figures of speech. He says:

"Let me draw a parallel between the living body and an army. In both these organizations, individuals (cells and men) are massed together for the accomplishment of common objects; in one sense they cease to act as individuals, while in another they continue to do so. They are massed for the purpose of nutrition and the performance of function; they keep them separate from and in order that each may take his due share, no more and no less, in the distribution of supplies and the assignment of duties.

"The men of an army are massed into companies, regiments, brigades, divisions, corps. They are uniformed, armed and equipped. Every officer and man has his prescribed duty, permanent or changeable, and upon the efficiency with which this is discharged by each one depends that of the whole.

"The general commanding controls, through his subordinate officers, every individual man in his army. He disposes his cavalry, infantry and artillery so as to carry out his plan of campaign. Under him, the quartermaster and commissary departments provide for the supplies needed for the subsistence of the troops. If now any corps, division, regiment or company of this army is captured, cut up, discharged, demoralized, or in any way rendered ineffective, the fact will influence the remainder to an extent and degree corresponding with that of the disaster. If the officers are inefficient, or there is want of energy or judgment in the supply departments, the trouble arising will be more or less serious, according to the degree of the defect and its nearness to the central point of the organization. If any part of the army is over-
The study of the food problem will become more intense as we progress. It has been said by a wise man that “every man has lain upon his own trencher,” or, in other words, that we are what we eat. Is it not, then, important that we eat only the purest, the best food obtainable, that which will return the greatest amount of nutrition for the least expenditure of our substance and the least draught upon the storehouse of Nature? Should we not have a care that in our eating we do not deprive some other human being of that which would have sustained life?

It is a well-known fact among dietitians and most physicians that the majority of people can, altogether too much; condiments, spices, sauces, wines, gravies, liquors, and other things innumerable are used with which to spur on the appetite for more food. The overburdened stomach is crowded continually to its utmost capacity, and still the cramming goes on.

It seems a harsh thing to say, but I have seen just as great intemperance at the table of ministers of the gospel as I have in saloons. Of personal knowledge is the case of one minister, apparently in perfect health, who suddenly dropped over in his seat during the Sunday evening service, and after being carried to his home lay for nine days unable to move or speak, and was then, by the “dispensation of Providence,” called to give an account of the deeds done in the body, this body which is the real temple. The cause of death was intemperance of meat, bread, potatoes, pie, cake, ice cream, and a large glass of milk taken just before going to church. Another case was that of a most enthusiastic evangelist, one who drew great crowds and counted converts by the score, by the exercise of the animal in procuring its own food, instead of being still-fed, being greatly in its favor. The time is not far distant when animal life will become extinct—man only will remain. Any keen observer will only need to look about him to satisfy himself that animal life is slowly but steadily decreasing, while human life is slowly but surely increasing, absorbing, if you will, all the living beings into themselves. Many species of animals of which we have an apparently inexhaustible supply would now be extinct were it not for the fostering care of man.

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great mouthfuls of fried chicken with his teeth, spread enough butter for three meals upon one-half a tea biscuit, and bolt the entire quantity without half chewing; then upon that he poured almost half a cup of strong coffee. Before I had eaten one-quarter as much, he had finished two cups of coffee, several pieces of chicken, and other things in proportion, and was calling for cake, pie, and pudding. These were followed by nuts, raisins, an apple, and two bananas. The case was not difficult. Some tiny sugar pills were prescribed, with strict injunction not to take more than one at a time in a tablespoonful of hot water three times per day, with strict regulations in regard to a dry diet, and absolute prohibition of any drink during meal lest the powerful (?) drug might not act correctly in conjunction with the gastric juice, which compelled him to eat slowly and masticate his food thoroughly, thus securing a copious flow of the saliva, and I received great credit for knowing how to give such powerful medicines in such small doses.

It would be a great blessing to many sufferers if they were compelled by necessity to limit themselves to two or three articles of food, and none too much of that, for month or more, provided the quality was good and the food of such a nature as to supply the necessary elements.

Bread riots in America will never be known if the people will learn the real value of proper food properly eaten, and we predict that in time the farmers of America will receive a higher price for all kinds of cereals because of the increased consumption by man. Through famines in other countries American corn has been introduced and found to be both palatable and wholesome. It will in time become a necessity, and thus the literal fulfillment of the scriptural injunction to "Cast thy bread upon the waters," will be verified. When our farmers freely gave away their corn to feed the starving people of famished countries there was no thought of reward, but in time it will prove a most profitable investment, and will return them "an hundred fold."

**EQUILIBRIUM OF SEX.**

BY FLORENCE E. B. SHAFTER, B.O.

A wave of mild excitement swept the scientific world recently, when a noted German physicist announced that he had discovered a law by which the sex of human progeny might be determined without the parents' will. At first thought such a theory or declaration would tend to startle even the thinker, not to mention one whose reflections never sighted the realm of the superhuman; but since we know that sex is the result of an absolute law, so far the thinking outside the generally known boundary of finite knowledge, it must also be true that its intelligent use is retained from the present race only by man's or woman's inability to grasp and reduce it to the control of his or her will.

This being true—and to please the student mind it would seem to require no proof—it should, like all laws, be made, through human wisdom, subject to Humanity's will, and in her interest brought to execute the bidding.

Whether our German scientist has really succeeded in accomplishing this great triumph or not remains to be seen; but in reading carefully the press comments, with which we were well supplied for a time, I could not fail to observe the sentiment of gratification everywhere expressed by men writers over the fact that, if true, they could now have more sons. This note of joy over the prospect of added physical prowess out rang by many degrees any sound of rejoicing in that the same law, in effect, might cause the higher or spiritual forces to transcend the lower or material ones; forgetting, evidently, that since in these days woman, being both mother and suitor, would be in a position to assume direct exercise of the principle; and therefore, in stead of battle-ships manned with warriors, the physical universe might, not many centuries hence, witness ships of state freighted with white-winged arbiters of peace following methods of right which lead to plenty for all, based on justice; and whose weapons in crease in might just in proportion as they who wield them are governed by laws removed from the world of force and matter. This, I say, might, and logically would, be an outcome of this development; since the subjection of any newly discovered law tends to bring all creation nearer the

KANSAS CITY OSTEOPATHIC MAGAZINE.
EXERCISE.

BY MARCELLUS R. ELY.

The literal meaning of the word "exercise" is to drive on. When we exercise our bodies we drive on the blood from one part to another; we drive on the different secretions, fluids and forces to do their allotted tasks; we hurry forward the business of life.

If we do not keep the powers within us moving forward naturally and freely, an unnatural energy is begotten—an energy of death and decay.

If the blood is obstructed in its flow through the veins toward the heart, the result is stagnation and inflammation; if there is not a free flow through the arteries, an anemic condition is at once apparent, fever in the first case, cold and weakness in the other.

Shut off the flow of the gastric juices from their cells and indigestion immediately follows and with indigestion may come almost any disease. Exhast the supply of saliva and neglect to use it and the food is not prepared for the stomach. All the secretions of the body have their uses in connection with other parts of the physical system. By proper exercise the fluids of the body are driven on to build up and sustain. By its use the natural activities are accelerated and the growth of the body assisted.

The alternate contraction and relaxation of the muscles of the arm keeps the blood constantly moving, thus renewing and filling with life all the tissues.

Just as in the heart there is an alternating contraction and relaxation, so there must be in all other parts of the body a period of work and a period of rest. The length of these periods is different in the various organs.

A constant strain on the nerves soon causes nervous prostration, but if there are alternating periods of rest with the strain, the work may be carried on to an indefinite period.

The muscles, when held contracted for too long a time, become stiff and the movements of the body awkward and therefore less strong, for grace and strength go together. In addition, the flow of blood is retarded by the prolonged contraction, thus proving that weakness and awkwardness are associated.

All of these statements will be recognized as once familiar physiological facts. It is important that everyone should have some system of exercises to practice daily in order that the physical man may be at all times in good health and therefore proof against disease.

For disease cannot obtain a hold where every physical element is in proper condition. It is safe to say that all disease is the result of carelessness, ignorance or willful violation of the laws of health.

True, very few persons are born with perfect bodies and strong
As a source of happiness to patients, the vibration of the bell sets no time for it. Time is never saved by neglect of exercise. If you do not take time to care for the health, ill-health and death will take your time for you.

A man who comes into this world with a sound body and reaches the years of responsibility with all his members still in perfect condition ought to be ashamed to die before he is ninety years old!

ONE OF NATURE'S LAWS.

BY DR. CLIFFORD E. HENRY, LOS ANGELES, CAL.

Ever since the days of alchemy man has found pleasure in attempting to unravel some of the mysteries of Nature. There are many things that have been proven, but there are many things that will never be known to man while mortal.

Life is a principle of Nature's law that mortal man can trace just so far and then must cease. A nerve impulse is traced to the oscillating granular nerve-cell, but the cause of the oscillation is lost.

All living matter has one fundamental law governing it; even in inanimate matter there is a law which governs its existence. If not, why will a mineral always crystallize in a certain form with certain angles? Animal and vegetable matter are near akin. In fact, it is with the greatest difficulty that the two are distinguished. There is one law governing all life.

In the statements made in the balance of this article it is hoped that they will create a deeper feeling of admiration for Osteopathy. I believe that this is the first time this principle of Osteopathy has ever been presented to the public. As school-boys, learning our first lessons in physics, we were taught that light, heat and sound traveled in ether waves. There were experiments made to show that greater or less density of the air, or ether, the better the transmission of these forces. A noise differs from a musical tone in the length and regularity of the ether wave. Water boils under a rare atmosphere more readily than in a heavy one. Light is only a form of ether waves; color only a form of ether waves acting upon the eye. Then, can we have color from heat and light from color? Is it only a slight alteration of the ether waves that will change the one from the other. Sound travels in ether waves; the alarm clock makes no noise under the exhausted dome of an air-pump; the vibration of the bell sets no

either in motion. Then here we have again the phenomenon that ether is essential to another of Nature's laws. There are all external forces acting upon the delicate forces of animal life. What becomes of them after they have produced their impression upon the animal tissues? They are contained in a wave-like motion.

It has not been clearly demonstrated that nerve-force travels in wave-motion, yet it is reasonable to suppose that it does, from the fact that it starts in a wave-like oscillation of the nerve-cell. With every thought and every action here is a periodic wave of the brain; for this reason we have the measuring and the water cussions surrounding it. All the organs of the body act in periodic waves; the liver when in action is in periodic; the same with the pancreas, stomach and intestines. The contraction of a muscle is another example. The two great wave-motions or rhythms of the body are those of the heart and lungs. When a tracing of the action of these organs is taken with a phonograph a wave-like tracing is obtained, but if this tracing is continued, there will be found a grand rhythm governing the two, and they act in unison. When the one is highest the other is lowest, and they meet in regular nodes. Can we overlook this great law as has been done? Must we not observe that the preservation of this perfect rhythm is life and health?

Any condition whereby this rhythm is disturbed produces disease. The disturbing factor may be at some distance, as, for example, the diseased uterus will cause liver and stomach troubles through its connection with them.

The Osteopath, in seeking out the cause of a disease, is seeking out the object that is causing the discord in the perfect harmony of action that should be ours. It may be an obstruction to nerve-force that will not permit of its perfect transmission, or it may be an object sending out impulses that conflict with those of natural sources and produce a jar in the delicate organism.—The Osteopath.

WOMAN IN OSTEOPATHY.

Before Osteopathy received its present recognition, its worth was shown me by a circumstance in our family. My father had for years been failing in health. Every remedy seemed to aggravate his disease, and eleven years ago he went to New York, remaining four months under the care of skilled specialists. Without benefit and almost without hope, he returned home, soon to be cured by our neighbor, Dr. A. T. Still. Because of this fact, and many of the cases I have seen brought "back from the jaws of death," the science of Osteopathy must be held by me in the deepest respect and gratitude.

During recent years a new department of the practice has been a source of happiness to patients
We have shown that this science is suited both to her mind and heart, that it provides a means of self-support and assistance to others, and it perhaps less taxing upon the physical system than any other occupation open to them. Here the nervous tension synonymous with the school-room does not exist; the long hours of standing, as endured by clerks, or the sedentary confinement of co-optists, are not experienced, but the continual gentle exercise and variety produces the health and light spirits so observable in the practitioners of this science.

And for the woman Osteopath?

**Drug Therapy a Baseless Dream.**

In what he calls "Retort Courtesies," the editor of the Eclectic Medical Gleaner makes some very emphatic statements in answering a criticism, and the retort is such sound common-sense that we hope it may be read by not only every physician in America, but by every other person who has ever tasted, or ever expects to taste medicine.

In order that the facts stated may be widely read, we quote the substance of part of it:

"You, in common with thousands of unreasoning practitioners, are not capable of discriminating between food and medicine. Doctor, put this down as a fundamental fact: No medicine is assimilated. If you give something which you call a medicine, and it adds itself to some tissue, then it turned out to be a food and not a medicine. Four-fifths of the high dilutionists, and a good many eclectic practitioners, practice under the insane hypothesis that medicine is assimilated. Who does not know that almost all physicians, of whatever school, give such agents as iron, phosphorus, etc., under the delusion that they will be assimilated, and supply a lack? Under this ankle-deep philosophy the lack of a systematic element constitutes the disease. Thus, in most anaemics there is a lack of hemoglobin. The ankle-deep philosopher reasons thus: 'We will supply this lack (which is the disease) and the baseless disease will vanish.' Then he orders his favorite preparation of iron. It may be the tincture of the mutant iron. If it happens that the primal lesion in the case is susceptible of being shaken up by the acids contained in the preparation, good may result. It is certain that the iron would not be assimilated, for, in this case, the iron-lack depends upon non-assimilation of it when offered by Nature. This lack of hemoglobin is a proximate, evident effect, the cause being located in or behind the assimilative apparatus. If we could directly supply this lack, the cause would still persist, and, of course, the disease would remain in full force. To put your therapeutic py under this effect is to put it under the wrong end of the disease. But this is just what four-fifths of the doctors are doing. There is no direct medicinal lack-supplier; there is no direct medicinal tonic. Medicine does not import into the system any vital element. All it does is to create a general or local perturbation, as the legitimate effect of its foreignness. Foods do not do this, unless taken temperamentally toward either extreme, and this is why foods do not cure. Note that the systematic disturbance resulting from starvation or glutony is pathological, not physiological.

"If there is any efficacy in high dilution, the fact depends upon the effects of the dynamization and not upon infinitesimalism. I have forgotten how much junk is naturally resident in the system; but suppose it is one drachm. Suppose an anemic girl has lost her iron. Suppose we give her the
thirteenth trituration of iron with a view of making good this loss. Suppose we give her a grain at a dose during her waking hours; how long will she have to take it before the loss is supplied? I won't attempt to compute it, but it would take millions of years! Too tedious; the patient would get nervous and dissatisfied.

"It is claimed by many that we get the spirit of the drug by high attenuation. This contradicts a fundamental principle of physics. We get the spirit (essence) of a substance by compression, not diffusion. How much of the spirit of aconite is there in a one-hundredth dilution? If it contains even the hint of the shadow of the ghost of its spirit, it would require the infinite mind to apprehend it. The one-hundredth dilution of a drug is not intellectually reasonable to any finite thing. It is the unimaginable concrete representative of an incomprehensible idea. In other words, it is nothing that is distinguishable from pure abstraction. It has been called moonshine, but moonlight is gross compared to it. It is a scientific fact that dynamitization adds no permanent principle to a substance which is not descriptively comprehended in the word "comminution." There may be a rational excuse for extreme attenuation, but it is not apparent to me, except under the hypothesis that drug therapy is a baseless dream."—The New Race.

HOW TO DRINK WATER.

There are few people, we think, who thoroughly realize the value of water as a beverage, or who know how to obtain the greatest advantage from it. The effects produced by the drinking of water, as pointed out a week or two ago by our excellent contemporary, Health, vary with the manner in which it is drunk. If, for instance, a pint of cold water be swallowed at a large draught, or if it be taken in two portions with a short interval between, certain definite results follow, effects which differ from those which would have resulted from the same quantity taken by sipping. Sipping is a powerful stimulant to the circulation, a thing which ordinary drinking is not. During the act of sipping the action of the nerve which shows the beats of the heart is abolished, and as a consequence that organ contracts more rapidly, the pulse beats more quickly, and the circulation in various parts of the body is increased. In addition to this, we find that the pressure under which the bile is secreted is raised by the sipping of fluid. And here is a point which might well be noted by our readers: A glass of cold water sipped slowly will produce greater acceleration of the pulse for a time than will a glass of wine or spirits taken at a draught. In this connection it might not be out of place to mention that sipping cold water will often allay the craving for alcohol.

in those who have been in the habit of taking too much of it, and who may be endeavoring to reform, the effect being probably due to the stimulant action of the sipping.—People's Health Journal.
Osteopathy cures after all other methods known to science have failed, and though you may have tried all that has been prescribed, and received no material benefit, do not lose hope.

Osteopathy is not related in any way to mesmerism, hypnotism, Christian science, waterism, or any other ism, but is a common-sense method of treating diseases.

Dr. Geo. C. Evans, of Spring Hill, Kas., President of the Kansas School of Osteopathy, called to see us yesterday. The doctor is certainly not only a skilful Osteopath, but a rustler. We are informed that his business has assumed such proportions that he contemplates moving his school to Wichita, Kas., in the near future.

Our old friend, student, assistant editor and coworker, Dr. Sandford T. Ivey, has accepted a call to Allentown, Pa., where a large number of patients await him. The doctor is an exceptionally bright and thorough Osteopath, and it was with feelings of regret that we yielded to the requests of our Eastern friends. We trust he will get a move on himself, cure all the invalids in Pennsylvania and get back to Kansas City in time to get out the next issue of the Kansas City "Osteopathic Magazine."
The Penalty.—The Young Doctor: "Just think, six of my patients recovered this week!"

The Old Doctor: "It's your own fault, my boy. You spend too much time at the club."—Life.

A Matrimonial Conundrum.—A pretty, young schoolma'am of Kansas puzzled the powers of pronunciation of her class recently with the word "husband" chalked on the blackboard. To help them out she asked: "What would I have if I should get married?" "Babies, ma'am," shouted the class in unison.—Selected.

We are pleased to learn that our boy, Dr. A. L. Barber, who marched away with the Third Missouri as private in Company K, has been appointed regimental postal clerk, and that while he will miss the fun and glory of fighting in the front ranks with the brave Missouri boys, he will not be under the painful necessity of stopping Spanish bullets. The boys are much disappointed at not being in at the fall of Santiago, but hope to take a hand in the capture of Havana.—Selected.

Are the Results Permanent? No matter how beneficial the effects derived from a treatment, it fails entirely in its aim if the results are merely temporary. The practicing Osteopath is often asked the question, "Are your results permanent?" "Most assuredly," we answer. We should feel that our system had but a very poor claim upon the attention of an intelligent public if its results were merely ephemeral. The value of any discovery placed under the observation of the public is soon established by its results, as measured by its usefulness to mankind generally. We are proud that, in spite of the selfishness and hatred of unscrupulous enemies, Osteopathy stands far ahead in the straight path of advancement, pointing back, not scornfully, but with pity, at the great army of its malingers, who have too late discovered that that which is founded upon truth and merit will overcome all obstacles. State after State is eager to admit and legalize the practice of a science established upon the firmest of all foundations—Nature. The Osteopath is Nature's assistant in her continual and unequal fight against abnormal and artificial conditions of the human system.

Medical authorities admit that, if left to Nature alone, the greater majority of the sick would recover without the administration of more or less injurious drugs. Why? Because there are forces at work in the human organism prepared to fight against the establishment of unnatural conditions. The demands of modern life and customs are far from being in accordance with the demands of Nature. Our clothing, food, occupations, even our houses, no matter how well planned, according to the principles of modern hygiene, violate, more or less, the dictates of common sense. These are conditions against which Nature is powerless to react; she cannot escape the vise-like grasp of the coronet, the poison of ill-ventilated abodes, nor the indignations of unwholesome living. It is in the fight against all these foreign conditions and their results upon the system that Nature needs the help given by such a treatment as Osteopathy. As soon as the bad effects of these conditions are removed, Nature steps in, and a "cure" is the result; permanent, because brought about by a potency tending toward the continual upbuilding and welfare of being.—New York Osteopath.

MORPHINE HABIT CURED BY OSTEOPATHY.

Joplin, Mo., June 28, 1898.

Dr. Barber: I report a case to you for the journal.

Mrs. S., Empire, Ks., came May 28th, aged 55, had catarrh and constipation; had been treated for five or six years, with no results. Examination found spine contracted, tenderness in dorsal region and sacral region. Treated—Osteopathic; lifting and stretching all spinal muscles with abdominal vibrations. The patient is well; has not had a dose of morphone since May 25th.

Your friend in Osteopathy,

D. T. Riddle, M.D.

Note.—As Dr. Riddle is one of the leading physicians and surgical surgeons of Joplin, Mo., his endorsement of Osteopathy comes only after mature investigation. We welcome you, doctor, to the Osteopathic fold.
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Osteopathic Department.

The next regular term will begin September 1, 1898. Branches taught: Anatomy, Physiology, Physical Diagnosis, Osteopathic Symptomatology and Diagnosis, Gynecology, Obstetrics, Principles and Practice of Osteopathy. Our facilities for clinical work are unsurpassed. All students must expect to be in attendance four terms of five months each before graduation. All students who have made suitable grades will be admitted to the operating rooms after the first term, and be permitted to practice under the supervision of the school at the expiration of the second term.

Good board may be secured at from $3.50 to $6.00 per week. Rooms can be secured for light housekeeping at reasonable rates. Tuition for Osteopathic course, $300.

Post-Graduate Course.

All applicants, whether graduates of medical or Osteopathic schools, may enter the Post-Graduate Class the first of any month. Diplomas from any reputable school of medicine or Osteopathy will be accepted as proof of proficiency in all branches except Osteopathy. The length of time required to complete this course depends very much upon the ability of the pupil to absorb the principles of Osteopathy. The work of the Post-Graduate Class will consist principally of clinical demonstrations and lectures upon the principles of Osteopathy, Anatomy and Physiology, by Dr. E. D. Barber, president of the school. Fee for tuition, $150.

LUMBAGO—THE CAUSE AND TREATMENT.

Lumbago can be traced to many different causes, but is most frequently the result of contracted muscles in the lumbar region. This condition is often primarily caused by exposure to a draft after unusual exertion by overlifting or straining the back in any manner. As many of our readers are not familiar with anatomy, we will be obliged to refer briefly to that branch of an Osteopath’s education to make our position clear.

The spinal column is made up of twenty-four separate and distinct bones (not including the sacrum and coccyx), articulating with each other in perfect harmony, affording attachment to many muscles, enclosing and protecting the spinal cord, and also supporting the head and trunk.

The spinal cord is a prolongation of the brain, not only conducting nerve impulses from the brain, but originating in itself many nerve centers which have a direct influence in controlling the machinery of life. The principal blood-supp’s of the cord is a branch of the vertebral artery reinforced by smaller arteries its entire length, which are accompanied by veins which permit the escape of venous blood from the spinal cord.

The arteries have a very strong muscular coat, while that of the veins is the reverse; consequently a pressure upon the artery and vein strong enough to check the escape of the venous blood would have no effect on the arterial supply.

It has been discovered that a contracted condition of the spinal
MISSOURI VOLUNTEERS.

When the President called for men to defend the nation's honor, Missouri nobly responded with over five thousand of her citizens. Kansas City alone furnishing nearly two whole regiments. They are citizen soldiers, who left their homes and loved ones for their country's sake. They were first sworn into the State service and mobilized at Jefferson Barracks, near St. Louis. After two weeks of drill and camp life, they were mustered into the Volunteer Army of the United States. The boys were all enthusiastic and very little complaint was heard, although they were put under strict military discipline.

On the 25th of May, the Third Regiment was ordered to proceed to Camp Alger, Va., twelve miles from Washington, D. C. At 1 o'clock the following day tents were struck and we marched to the trains that were to carry us from our native State, some of us never to return.

After hours of waiting, the troops were all loaded and we were on our way. We passed through eight States en route, and it would be hard to tell where the most enthusiasm was shown. Great crowds with flowers, lunches, and souvenirs met us at every station. The finest scenery was near Harper's Ferry. The trains arrived in Washington on the 28th after three days of hard travel. From there we were sent to Falls Church, Va., then marched three miles to Camp Alger. We were given a hearty welcome by the troops already in camp. Everybody was surprised to see that we were to camp in a fine forest, with underbrush so thick that it had to be cut before we could march through it, twelve miles from the capitol of the United States.

The creeks here are called "runs." Bull's Run is but fifteen miles from us.

Camp Alger is located on a 1700-acre plantation, owned by a Mrs. Campbell. Before the Revolution it was the Lord Fairfax estate. An old house stands near the center, or rather the ruins of one. The bricks with which it was built were brought from England.

A part of Washington's army was encamped here, and the road they cut through the forest has always been kept open. It is known as the Gallow's Road, from the fact that a set of gallows were erected near it on which a number of British spies were hung. This is certainly historic ground. Washington's army camped here in 1776. The North and South fought here in 1864, and 10-day 25,000 sons of both blue and gray are tenting together, only waiting for the word to go to the front. It is rumored now that the soldiers from Missouri will soon be on their way to Porto Rico. If they go, they will prove that they are from Missouri, and the Spaniards will have to show them.

It is amusing to hear what the Easterners think of us, or rather what they thought before they got a good look at us. They imagined we were half savages.

As we were marching into camp a lady and gentleman were standing near, watching boys from the West. As we passed by, the lady turned to her companion and said, "I thought you told me they all had long hair." We did not hear the reply.
The other night a little German was on guard. The counte-
sign was "St. Paul." A corporal
with a squad approached the guard
line and was brought to a stop by
the ringing cry, "Halt! Who goes
there?" "Friend," replied the
corporal. "Advance, friend, and
say St. Paul," demanded the
guard in the full German
dialect. The officer did so,
and was then asked if the rest
of the party knew anything about
St. Paul. When told that they did,
were they allowed to pass. The
sentry was relieved in a few min-
utes and spent the balance of the
night in the guard-house.

We were all paid Friday
and the boys are happy, as there
are lots of hucksters on the
grounds, and they have a chance to spend
their money.

We may be having a hard time
now, but there will be "a hot old
time" in Kansas City when the
Third comes marching home.

I just returned to camp after
spending thirty-six hours in
Washington. I left camp at 8
a.m., and drove three miles to the
station, where I took the electric
car. The cars run to the bridge
over the Potomac River, where
you have to get off and walk for a
quarter of a mile, then you take the
car again and go down the
famous Pennsylvania Avenue,
to the capital building. The first
place I visited was the Congress-
ional Library. The rotunda of
this building is the grandest piece
of art I ever expect to see. The
ceiling is two hundred feet high
and the walls and floor are of
pure white marble sculptured
and engraved at a cost of hun-
dreds of thousands of dollars. In
this building is a copy of every
book or pamphlet ever published
in the United States. I next went
to the capitol, the corner-stone
of which was laid by George Wash-
ington. This great building is
composed almost entirely of mar-
ble. The Senate is in session and
Mark Houn, Vice-President Ro-
hart, and the other big guns were
discussing the Hawaiian ques-
tion. In the House of Repre-
sentatives I saw Speaker Reed and
the members, visited Statuary
Hall, the President's reception-
room and the members' reception-
room. By this time I was getting
hungry and went to dinner. It
was the first time I had put my
feet under a table since leaving
St. Louis. After dinner I went
out to Washington's Monument
and climbed up 1460 steps to the
top, 555 feet. I tell you it is
"some up." People on the ground
look like flies. It is a wonderful
tower. I rode down in the ele-
vator, and went over to the White
House, was shown through the
grounds and house by a guard;
saw the President at his desk,
but did not get to speak to him.
It is not as pretty a house as I
thought the executive mansion
would be. The next place was the
Smithsonian Institute, reput-
ed to be the finest college in the
United States. They have a very
fine collection of birds—speci-
mens of everything known
to the medical science.

The most interesting place was
yet to come—the National Muse-
um. It is worth coming 10,000
miles to see. Everything in the
history of the world is repre-
sented here, but the greatest are those
from our own country. All of
General Washington's personal
effects are on exhibition. His
uniforms, swords, camping equip-
ments, the tent he used at Valley
Forge, and many other things.
La Fayette's saddle is here. The
first locomotive ever invented.
Morse's first telegraph instru-
ment. As I had taken in the
principal sights in town, I took
the train and went to Mt. Vernon.
Washington's home and burying-
place. It is fifteen miles out. It
is just like the pictures we see of
it, but they are not like seeing the
place itself.

General Robert E. Lee's old
mansion, which is near our camp,
is a great deal like it.

Took in the theater in the even-
ing, and was then tired enough
go to sleep. It was the first
bed I have been in since leaving
home.

OSTEOPATHY IN IOWA.

It would appear that the medi-
cal doctors are not only consid-
erably agitated over the rapid
strides of Osteopathy, but that
the Osteopaths in recent legisla-
tion in Iowa have rather over-
reached themselves, and opened
the field to all who may see fit
to style themselves Osteopaths
without even the formality of reg-
istration. We refer to the follow-
ing article, taken verbatim from
the May number of the Iowa
Health Bulletin, published by the
Iowa State Board of Health.

Osteopathy Again.

"As the smoke of legislative bat-
tle has cleared away and the prac-
tical features of laws enacted are
being tested, there are such sur-
prising revelations that one is
forced to conclude that, after all,
legislators are but mortal, and en-
roned by limitations of judg-
ment like the rest of us.

"We have no word or thought of
adverse criticism, but simply de-
sire to hold up this Osteopathic
law before the gaze of our late
legislators, so that they may see
the length and breadth, the height
and depth, the convexity and con-
cavity of this legal monstrosity
begotten by them—we mean by
the bare majority who voted for it.

"First.—The law is enacted in
the sole interest of a certain spec-
cified class of manipulators, who
are legally said to treat diseases
by the system commonly known
as Osteopathy, without defining
Osteopathy.

"Second.—The party who prac-
tices Osteopathy may have, up-
on certain conditions, by paying
twenty dollars to the State Board.
of Medical Examiners, a certificate. This certificate is supposed to be a monomium—an indorsement by the State, through the State Board of Medical Examiners, of the system commonly known as Osteopathy. For gross immorality or fraudulent misrepresentations in procuring this certificate, the State Board of Health may revoke it. It would seem as if the board that granted the certificate, having all the statements, etc., required to procure the certificate, ought to have been empowered to revoke instead of the State Board of Health.

"Third.—But why should any one who has a mind to practice Osteopathy go to the trouble and expense of getting a certificate, especially when the State Board of Health might take a notion to revoke it? There is besides a severe penalty, in section 3, attached to efforts to secure the certificate when false representations are made as to graduation. Why, therefore, should all this trouble and expense be taken when there is absolutely no penalty for practicing without a certificate, nor any legal obligation to get one.

"We do not expect that the State Board of Medical Examiners will have a single application for a certificate under the law as it now stands. The State will thus be deprived of all revenue from Osteopaths, while physicians have their fees increased from two dollars, without any examination by the board, to twenty dollars and an examination beside.

"Fourth.—In section 5 the State is generous enough to say to those desiring to practice Osteopathy, not only that they are made the special wards of the State, without any compensation in return unless as a gratuity, but that they shall not be annoyed by the other fellows who, as physicians, pretend to cure or heal the sick, and who, after years of study and great expenditure of money, and heavy fees to the State, are granted a certificate.

"This section 5 is a State indulgence, insuring any one who sees fit to style himself an Osteopath from annoyance or persecution as a physician. It means hands off and reads as follows: "The system, method or science of treating diseases of the human body commonly known as Osteopathy is hereby declared not to be the practice of medicine, surgery or obstetrics within the meaning of section twenty-five hundred and seventy-nine (2579), title twelve (12), chapter seventeen of the code." The wonder is, and still the wonder grows, that Governor Shaw should have signed such a law.

"Fifth.—As many of our readers have not seen a definition of Osteopathy and as our amusing statute above referred to does not define it, we lay before our intelligent readers the official definition; that is, the definition given by the highest Osteopathic authority, the Journal of Osteopathy, published at Kirkville, Mo., the very head-center of the thing or system thus defined:

"Technical.—Osteopathy is that science which consists of such exact, exhaustive and verifiable knowledge of the structure and functions of the human mechanism, anatomical, physiological and psychological, including the chemistry and physics of its known elements, as has made discoverable certain organic laws and remedial resources, within the body itself, by which Nature under the scientific treatment peculiar to Osteopathic practice, apart from all ordinary methods of extraneous, artificial or medicinal stimulation, and in harmonious accord with its own mechanical principles, molecular activities, and metabolic processes, may recover from displacements, disorganizations, derangements, and consequent disease, and regain its normal equilibrium of form and function in health and strength.

"Now, dear reader or legislator, please read this definition over two or three times, then shut your eyes and tell us in your own simple language what the definition means. You can't do it. We have tried a number of Osteopaths and have not yet been able to find one who could tell us what the definition means or what Osteopathy is as defined above.

"Whatever it is, though, it is what the great State of Iowa has said should have the right of way in curing and healing diseases!"

PURIFYING THE BLOOD.

We have been asked why in all our papers on health we have nothing on the purifying of the blood. Perhaps we might reply to the same question that we do not believe in the usual ideas of the blood's condition. The character of the blood has vastly less to do with health and healing than is so generally believed.

For example, we are told that a certain affection is the result of "blood poisoning." Well, here is our first difficulty in believing this notion. The very same blood which is blamed for a small portion of diseased tissue is making perfectly healthy tissue all over and within that same body in which this sore is seen. How can we believe that the very same substance can be "poison" to one part and perfectly "good" and "pure" to another part through which it circulates? How can that same blood destroy the very same tissue in one part which it healthily nourishes in another? It is not with the blood as it is with the more stationary substances. It is circulating rapidly and constantly, so that the very same particles of fluid are passing into and through all sorts of tissue.

When we find a sore, therefore, in any one part, and all or even any other part of the body in a perfectly healthy state, it is not reasonable to think of the blood as at fault. The true cause of the injury is not to be sought for in that which is common to healthy and unhealthy parts, as the blood is, but in that which belongs to the unhealthy part and not to the healthy. Nothing can be clearer than this, and so we seldom look to the condition of the blood as the root of any disease which is of a local nature. Then if, as in fever, every part of the body is showing that all is in a diseased condition, we are constrained to inquire as to whether something else is putting the blood wrong, or whether the blood is putting all else wrong.
It seems to us a most shallow mode of thinking that ascribes the diseased condition to the blood as its primary cause.

A More Important Substance than the Blood.

There is a far more obviously important substance than the blood—that is, the organic nerve-centers. These are the centers of vital force, and it is their excitement that creates the heat which consumes the patient in fever. These heat the blood. It is not the blood that burns them. So we cannot but view the matter. The very carefully applied cold to the spinal system, which reduces fever heat so beautifully, tells first upon the sympathetic nerves, and afterwards on the blood through these nerves when their fever force is lowered. Hence, was thinking only of affecting the circulation by medicine, was have had this effect So he, who through these nerves when their blood—that is, the organic nerve-centers had been apparently destroying the vital organs of the throat and brain wrought all good work needed on those organs when the vital centers had been restored to their proper condition.

If we take as another illustration outstrikes on the skin, so generally ascribed to the state of the blood, we are taught the same truth. The very same blood that is in a part just now which is all a sore, is in another part immediately which is all right and well. It is clearly not to blame for the sore, to say the least of it. If we use right means with the skin itself, we shall soon see the same blood doing its part perfectly. Cover well with a fine lather of Pearl’s soap at night, soak that off with good white vinegar in the morning; and the skin will come right. The blood will do admirably even if no change has been effected in its quality, or quantity either.

Cases Which Illustrate This Truth.

We had once to attend a very dangerous case of scarlet fever, and an allopathic medical man was also in close attendance. It so happened that we called daily an hour or so before the other doctor. He did not know of any treatment but his own. He said one day, “I cannot understand this case. It is evidently a very serious one, and yet the pulse is always moderate.” The pulse had been brought down from about 130 to 96 or so before he called. This was simply by the application of cold to the head and spinal region. Nothing introduced into the blood could have had this effect. So he, who was thinking only of affecting the circulation by medicine, was simply at his wit’s end in the case. The flame of the great nerve-centers was lowered, and the blood behaved itself wonderfully. The patient got well through the sore ordied, and the blood that had been apparently destroying the vital organs of the throat and brain wrought all good work needed on those organs when the vital centers had been restored to their proper condition.

The Condition of the Blood Important Also.

But we are not by all this to be regarded as caring nothing for the quality of the blood. If, for instance, too rich food or drink, or too much of either of both, is allowed to keep circulating in “whole skins,” and is allowed also to “cool” quickly. Thomas Cooper says that he does not dislike “short tempers,” but “deplora long ones!” The heat in protracted wrath is apt to cause damage even if the “blood” be not so “bad.” Let us keep the blood we have at a moderate temperature and of moderate richness and we shall not be in great difficulty with it—Medical Liberty News.

LACK OF GOOD BLOOD AND ITS SUPPLY.

It is no uncommon thing with us when seeking to remove distress to find something like a great deficiency in the supply of red blood. You see at a glance in the white lips and in the waxen hue of the cheeks of a weak and weary sufferer, that somehow there is a failure in the circulating stream. The doctor is ready enough to tell you what you see without his aid, that at least the bright red element in the blood you have to deal with is far too meagerly supplied. We have in hand just now a patient in this trouble who is going easily used up to the benefit of the body and health of the patient. A few quarts of distilled water, with a few pounds of good wheaten meal, will put things right in such cases.

Cases of “stones” in various organs will be met in this way very easily with the same sort of blood, only diluted so that the organs can more perfectly dispose of it. The truth is, that in such diseases the cause of evil is the character of the food taken, or in its quantity, and not in the quality of the blood. Take an infant fed on too rich milk, and it breaks out in distressing eruptions on the skin. Mix hot water in the milk so that it is half the richness only. All will soon go right. The milk was not impure. It might be the milk of a perfectly healthy mother, only needing to be diluted somewhat on account of the rather weak power of the infant to dispose of it otherwise. A world of letter-press is constantly showered upon us about the composition of the blood, and all to exceedingly little purpose, so far as health is concerned. A world of money is gathered in connection with the idea of blood-purifying, but we must confess that experience and observation compel us to regard most of all this as very profitable to those who give it. We hear sometimes of “bad blood” arising among certain parties, in a metaphorical sense no doubt. Even in such cases the “blood” is not so bad if only it is allowed to keep circulating in “whole skins,” and is allowed also to “cool” quickly. We have once to attend a very dangerous case of scarlet fever, and an allopathic medical man was also in close attendance. It so happened that we called daily an hour or so before the other doctor. He did not know of any treatment but his own. He said one day, “I cannot understand this case. It is evidently a very serious one, and yet the pulse is always moderate.” The pulse had been brought down from about 130 to 96 or so before he called. This was simply by the application of cold to the head and spinal region. Nothing introduced into the blood could have had this effect. So he, who was thinking only of affecting the circulation by medicine, was simply at his wit’s end in the case. The flame of the great nerve-centers was lowered, and the blood behaved itself wonderfully. The patient got well through the sore ordied, and the blood that had been apparently destroying the vital organs of the throat and brain wrought all good work needed on those organs when the vital centers had been restored to their proper condition.
It is in the use of these sciences that the life-giving qualities of water are most frequently used. We are told that the patient is enabled to receive the supply of pure water, not less than half a teaspoonful of hot milk and water, half and half, is given. The oxygen of the water acts upon this, and sets a fire of life a-burning. This is all through the oxygen of the water and air may be supplied in the lungs. In this way the feeding element is supplied to the system—so slowly that the patient is enabled to receive the supply—nothing can be more simple and obvious than the truth which is here taught as in reference to the supply of blood.

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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.

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