Osteopathic Truth

September 1919

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Osteopathic Truth

Pledged to the TRUTH which Father Andrew saw, No favor sways us, and no fear shall awe.

Volume IV

SEPTEMBER, 1919

Number 2

"Find the Cause and Remove It"

Is the Osteopathic Motto

"Adjustment"

Is the Osteopathic Principle

Dr. Geo. M. McCole, Great Falls, Mont.

First find the cause-diagnosis.

Second remove the cause-adjustment.

The practice of Osteopathy as a school of therapy is then, (1) to find the cause of the disease by a diagnosis, (2) to remove that cause by ad-

Everything done in the world for a purpose is an adjustment. Taking a bath, or putting on a coat, or coming down town, when done to accomplish an end are all adjustments. Everything done in the world to accomplish an end is an adjustment. Breathing, eating, sleeping are adjust-

A. T. Still gave us the theory that when any of the working parts of the body are out of adjustment, disease begins. When these parts are co-ordinated in adjustment, disease dis-

appears. Osteopathic practice has proven this theory and established it appears. as a law.

A. T. Still taught that the faults in adjustment which cause disease in the body are largely of the large working parts—bones, ligaments, muscles—and that correct adjustment can be made by manual methods.

Practice has also proved this theory and established it as a law.

Some cases of mal-adjustment, however, cannot be corrected by manipulative adjustments alone. Here Osteopathic therapy applies the method required, whatever its nature. For adjustment must be arrived at.

Conclusions.

- Find the cause by diagnosis.
 Remove the cause by adjust-
- 3. From the nature of the condition select the method of adjustment.

- 4. Most adjustments require manipulative measures.
- 5. Practice proves this.6. The Osteopathic idea of securing perfect adjustment embraces all methods whatsoever-diet, corrective surgery, hygiene, etc.

Addendum

- 1. Osteopathic theory maintains that chemicals and drugs applied to the digestive tube do not remove the causes of disease.
 2. The practice of the older school
- of medicine proves this.
- 3. Osteopathic practice proves that manipulative measures and accessory methods of adjustment should be thoroughly applied for adjustment before surgery is resorted to.

 4. Osteopathic theory teaches that destructive surgery is a crime
- destructive surgery is a crime.
- 5. Osteopathic practice teaches that constructive surgery for a necessary adjustment is correct.

Dr. Still's Great Philosophy Dig Deep in Your Study of It-Fight Hard to Uphold It

Dr. H. M. Vastine, Harrisburg, Pa.

One of the most lamentable things in the Osteopathic profession is its amazingly low appraisement of itselfamazingly low appraisement of itself—the inability to accept Dr. Still's philosophy unreservedly. There seems to be an element within the profession (that either through the improper presentation by the colleges of the basic principles, or through the failure of the individual to great these seems to of the individual to grasp these princi-ples), who are constantly striving for some other agency to help them in the solution of the problems consonant with the eradication of disease. That they are sincere in their desire to do what they think is best for the patients they serve, by reaching out to secure adjunctive arms to aid them, is

not questioned. But we do question anyone's right to emasculate a philosophy, and what we have wondered at is why they never dug deeper into the Osteopathic mine for their help. Not only have they this attitude, but this element is seeking to cause strict Osteopathic legislation to conform to this viewpoint. In some instances they seek to blot out the Independent Osteopathic laws, and replace them with boards, giving them "so-called" broader privileges. If these methods carry, Osteopathy has dug its grave, and has already carved its own monument 'Sacred to the memory of Dr. Still's great philosophy—Osteopathy, born 1874; died——.'' The latter date simply awaits the adoption of this poi-icy. The saddest thing is that these people conscientiously believe they are laboring in the interest of Osteopa-

When Osteopathy came into being, it proclaimed itself as a Drugless System of Therapy. But today we find many of its exponents openly advocating the use of a limited number of drugs, etc. In other words, they refuse to limit themselves, as they choose to put it. The public is fast becoming aware of this hypocrisy, and is beginning to be suspicious of the Os-teopathic claims, and thus the Chiros

In the Pennsylvania legislature a bill was presented asking for blanket privileges-which included sweeping rights to administer drugs. It was roundly defeated, the most disastrous defeat Osteopathy has ever met in Pennsylvania. The Philadelphia papers scored it as "vicious legislation," and it was. At the Pennsylvania State Osteopathic meeting an attempt was made to defend this position; but we are glad to say the State Society refused to put its O. K. on this form of legislation. But the worst of all is that for this attempt at crooked legislation, Osteopathy is under public suspicion-it has been caught trying to burglarize Medicine. The claims that these rights are needed is unfounded on the face of This type of legislation is intended for the exceptional case of practitioner which would not be onehalf of one per cent, and yet legislation that jeopardizes the standing and integrity of a great principle in the eyes of the public and affects adversely the 991/2 per cent has been attempted. But what person with a grain of common sense could accept such a silly argument, that for the convenience of a few practitioners, or the exceptional case, the principles and practice of nine-tenths of the profession is to be put in jeopardy? They say yes, but we want the rights, whether we use them or not. One might as well ask the privilege to murder or run the gamut of crime in order to be unrestricted in one's conduct. As contended by this paper on the occasion of its founding, Osteopathy's chief problems are ones of education, business, and great leadership. The following letter, not addressed to me, but to a prominent contributor of Truth, is only one of numbers that are available, and which ought to make us think, and set whatever is wrong in our Osteopathic house in order:

Letter No. 2

May 1, 1919.

Dea: Doctor:

Your good letter of the 29th received, read with interest and cer-

tainly appreciated.

In the first place, I do not believe that I received a course while I was in school that especially inculcated a deep knowledge of the true Osteopathic principles. However, if any points which I have brought up will stimulate you to writing any other articles for the Truth—power to you.

in his way did give us Dr. real Osteopathic principles. all the other courses-including the specialties-our teachers mentioned the fact every now and then that treatment might help. I perhaps have put it a little strong—but it illustrates the principle. In my last year-in surgery—I saw operation day after day, and although they say that the hospital surgeon never operates except when absolutely necessary-still I do not believe that many patients were turned down. During the first part of that year I used to see patients just about to be operated on, and wondered why they were not treated Osteopathically, for did not the old doctor say in his Principles and Practice that these cases could be cured. But after seeing and hearing lecture after lecture, I was finally convinced that perhaps surgery was the thing for these various cases after all. And I believe that, with possibly a very few exceptions, the majority of the graduates of the last few years at least, are staunch supporters of surgery and—well, they keep the hospital full of patients.

I practiced for some time, but I will admit that down in my heart I was not satisfied with all my results—not with the limitations which the law put upon me—in not allowing me to practice that which I had been taught in school—namely, surgery, alkaloidal therapy, electrical therapy and the administration of cathartics when "needed." Of course, I knew many other Osteopaths who were doing all of these things—but still I did not wish to become a law-breaker.

This is a sad affair, I will admit, and it certainly indicates that the school that I attended and the teachers did not fulfill their trust. For I was no slouch in college, and took everything they had to offer and incidentally made good grades in my work.

I have told you all of this for one purpose—I believe that the older practitioners do not realize the lack of education in Osteopathy that recent graduates have received—the lack of real Osteopathy—and I hope that you can, with my case in mind, write a few strong articles with enough punch in them to wake up more men to the realization that the foundation of the profession is at fault—that the schools are not doing all that they can to teach real Osteopathy.

I trust that I will have the pleasure of meeting you some day, and again thanking you for your kind letter, I am,

Very sincerely,

We have spoken and written plainly always. Often we have been charged with speaking too plainly, but we have never yet been charged with disloyalty, and if we have, we feel that we would have little difficulty in proving an alibi. We have had the unfortu nate (?) faculty of not being able to keep the truth from coming out-suppressing the facts. Disagreeable as those facts may be, we believe in facing them. We also believe that what often termed "knocking" is the biggest form of constructive boosting. "Knocking is often the epithet of the guilty. For every great bridge, every great building, every great en-terprise, goes ahead by a series of "knock." The Philadelphia Ledger The Philadelphia Ledger editorially sums up our case ably in an edtiorial referring to "Criticism":

"There are men, there are institutions, who seemingly cannot escape from the puerile feeling that all criticism is hostile and harmful. As a matter of fact, there is nothing so genuinely well disposed and so curatively and constructively helpful as honest, straight-from-the-shoulder, fearless and fair criticism. A community that cannot stand self-criticism has nothing interesting to look forward to but its own funeral. Its tombstone is already carved with everything on it but the date. It is like a sick man who will not allow his case to be diagnosed for fear of getting his feelings hurt. But the diagnosis cannot be dodged. It will be made at the post-mortem.

"A newspaper has two chief functions: First, it publishes the news, and, second, it comments on it with sincerity and courage and such wisdom as it can command. When and if it becomes too cowardly, too much cowed by the condemnation of men and selfish interests, narrow minds and limited business capacity, to perform fearlessly the latter function, then it sinks to the level of a common gossip and degrades and betrays the great and honorable calling of a public journalist.

"But he is a traitor who even pretends by a hypocritical silence that there are not many things about Philadelphia which must be quickly and radically improved. We must make the city worthy of its magnificent past; we must help the city to seize upon its easily attainable glorious future. But we can only do this if we all combine to treat criticism as a tonic, and not as a betrayal."

The forgers of great structures hammer them into shape, and just so must we forge and knock the great science of Osteopathy into shape. Hammer out the dross, and hold to the pure gold. We cannot compromise the principles of our philosophy without the compensatory loss of public opinion. With the breaking of faith with the public who accepts Osteopathy as Dr. Still conceived it—a System of Drugless therapy—the speedy downfall of Osteopathy as an organized system is certain. It spells its own doom, and only awaits the undertaker.

The Osteopathic profession, like the Children of Israel, went after strange gods, and is now spending a vacation in the wilderness; while imitations, that at least hold true to their claims, however, much they counterfeit Osteopathy, flourish. We hope that the handwriting on the wall, "Thou art weighed in the balance and found wanting," has been seen; and that they will return to the first principles, upon which Osteopathy thrived like a green bay tree; and we cannot help feeling that there will be a returning to their strict adherence—a re-dedication to Osteopathy in its purity, and then will begin an epoch of growth, the like of which organized Osteopathy has never yet experienced.

Our colleges, if they teach in its fullness and purity this great philosophy, will need no campaign for students, they will be filled to their capacity, and the medical flotsam and jetsam will go scurrying.

There's nothing too great, nor too good for Osteopathy, but it must be real Osteopathy, and not a jumbled jargon of everything. It must prove its worthiness by its adherence to its great code. It must not run riot with its principles, and still expect professional or public support.

May it soon awake to its mission, cast aside its sins, and open a new era; setting such a pace that there will be

be none to overtake it.

The Proof of the Pudding

In this department it is intended to prove scientifically by X-Ray and other upto-the minute laboratory methods that the Osteopathic Conception of Disease is correct

Edited by Earl R. Hoskins, D. O., of the A. T. Still Research Institute Staff Address him at 4347 Greenwood Ave., Chicago, Ill.

PRELIMINARY REPORT OF THE EFFECTS OF MATERNAL LUMBAR LESIONS UPON THE DEVELOPMENT OF YOUNG RABBITS

Pacific Branch of The A. T. Still Research Institute

Louisa M. Burns, M. S., D. O., Dean The development of the young in animals or in plants is known to be modified by a considerable number of conditions. In plants, variations in temperature, light, gravity, electrical states, water, and lood materials are known to modify the direction and the vigor of growth, and to influence the relative development of different parts of the plant, not only within normal limits but also to such an extent as to produce deformities.

In oviparous animals, various influences acting upon the eggs affect the development of the young before hatching. Monstrosities may be produced by subjecting eggs to extremely minute amounts of poisonous vapor, such as ether, alcohol, chloroform, mercury and others, or by varying the proportions of oxygen or carbon-dioxide or moisture in the air, or by varying the heat. Sub-lethal doses of almost any poison placed in the sea water in which the male or the female germ cells of sea-animals live tend to result in the development of deformed or stunted animals, whether the poisonous substances act upon the cells before or after conjugation.

The study of the influence of poisonous substances in mammals presents more complex conditions, but these have been met by several investigators. It is now known that any drug capable of acting upon the maternal organism is capable of affecting the development of the young within the uterus.

Mammalian young are fed from the mother's blood, during their intrauter-formation of the placenta, variations in the uterine circulation must be supine life. Both before and after the posed to modify, to some extent, the nutrition of the young. The quality of the maternal blood must also modify the nutrition of embryo and fetus

the nutrition of embryo and fetus.

The study of the effects of maternal lumbar lesions upon the development of the young was begun in Chicago in 1916-1917, and this work is now being continued upon the Sunny Slope place, in California.

Eighteen young rabbits, the progeny of four lesioned mothers, have been examined carefully, after having been killed for the purpose. Thirty-three others have died, apparently of malnutrition, at various ages. They were examined in a search for the cause of death, but not for the existence of deformities

These young rabbits were the progeny of does who had borne normal young before being lesioned, mated to

normal males. The males were known to be normal and capable of getting normal young, because they were during this same time, mated to normal females, whose progeny is apparently perfectly normal in every respect.

The rabbits all received exactly the

The rabbits all received exactly the same careful attention during the entire year. The difference between the young of lesioned does and the young of normal does lies in the fact of the maternal Iesion, and in no other condition.

The young of lesioned mothers differ from the young of normal physiologically, in being stunted in growth, slow in development and erratic in behavior; they differ anatomically in being subject to deformities.

Physiological Variations

1. At any birth occurring in lesioned does, the individuals vary more in size then is usual in the young of normal mothers. Abnormally large individuals do not retain their advantage in size, but usually grow more slowly than do those of normal size, so that by the time they are about two months old, no difference is perceptible. Those which are abnormally small, however, often die, apparently of malnutrition, within a week or so. None of the young of lesioned mothers grow so rapidly or so steadily as do normal young.

2. They require more food and more water than do normal young. After studying the effects of feeding various quantities, it was found that a feeding of about one and one-third the amount of food and of one and one-half the amount of water given to the normal young, gives these stunted rabbits their best nutritive conditions. If the same amount of food is given these rabbits

that is given the normal rabbits of their weight or of their age, they are apparently very hungry and ill-fed.

3. These rabbits are greedy and untidy in habits of eating and drinking. Whereas normal rabbits tend to eat and drink a reasonable amount, even when an abundance is given, leaving the uneaten food and water clean, these stunted rabbits tend to overeat and overdrink if they are given an abundance of food, and to get into the water and into any food that may re-

main in pan.

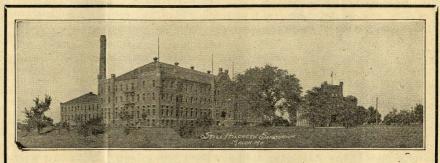
4. They suffer to a greater extent from slight variations from their usual regimen of food, water and temperature than do normal rabbits. For example, on a certain day all of the young rabbits were given two lettuce leaves each, a treat to which they were, at that time, not accustomed. They all enjoyed the leaves, and ate them speedily. The young of the normal mothers were not in the least affected by the lettuce, but these stunted ones all had a slight diarrhoea the next day. A similar experience was noted in several different instances.

5. From birth to maturity, these young are less vigorous than are normal young, though the difference is, in some cases, much less marked than in others. They have thinner bodies and rougher fur, are less active, show less curiosity, have a more irritable temper, than do normal young. On palpation, the abdominal muscles are found more flabby, while the skeletal muscles give a somewhat "pasty" feeling, similar to that noted on palpating the muscles of a poorly nourished child.

Anatomical Variations

The animals described in this group were all killed by a blow over the atlas. In these stunted animals a very slight blow is fatal; in more vigorous animals a harder blow is necessary to kill. The examinations were made immediately after death.

No. 1. Black male. Born Dec. 8, 1918, killed Jure 6, 1919. Appears to be lacking in vigor; fur rough; body



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thin; eyes less bright than normal. Weight 4 lbs. 6 oz. (Normal for age 6 lbs.) Skull and brain asymmetrical; stomach wall atonic; intestines contain gas; testicles high in abdomen. (Testicles should be in scrotum at this age.) Tissues friable.

No. 2. Gray male. Born Dec. 8, 1918; killed June 6, 1919. Appears to be lacking in vigor; fur rough; body thin; skin tight; eyes dull. Weight 4 lbs. Skull asymmetrical; brain appears normal; thymus larger than normal for age; stomach atonic; intestines contain gas; suprarenals smaller than normal; testicles high in abdomen; tissues friable.

No. 3. Black female. Born Dec. 8, 1918; killed June 6, 1919. Appears weak and thin, lacking in vigor; eyes dull. Weight 3 lbs. 14 oz. Skull fairly normal; brain smaller than usual; stomach atonic; intestines contain gas; enteroptosis marked; parovarium on both sides markedly cystic; uterine position and horns normal; tissues frieble.

able.

No. 4. Black female. Born Dec. 8, 1918; killed June 6, 1919. Appears weak, lacking in vigor; eyes dull, weight 4 lbs. 2 oz. Skull very asymmetrical; orbits unevenly placed; brain unsymmetrical; thymus larger than normal; stomach atonic; intestines contain gas; supra-renals normal; ovaries normal; uterine horns 4 inches long, very tortuous, drooping toward pelvis, pulling ovary downward on both sides. (Normal uterine horns, barely two inches long, very slightly curved.) Tissues friable.

No. 5. Black female. Born Dec. 8, 1918; killed June 6, 1919. Appears thin, lacking in vigor, listless; eyes dull. Weight 4 lbs. 14 oz. Skull and brain appear normal; supra-renals about half normal size; thymus larger than normal; pituitary body larger than normal; stomach atonic; intestines contain gas; left ovary cystic; right ovary normal; uterine horns drooping, curved strongly; central portion of uterus lying to left of midline, apparently drawn over by drooping left uterine horn. Tissues friable.

No. 6. Red female. Born Jan. 3, 1919; killed June 6, 1919. Appears weak and thin; skin tight; eyes dull; fur rough; weight 3 lbs. 8 oz. (Normal for age, 5 lbs. 8 oz.) Two small fatty tumors on outer thoracic wall, under skin. Skull and brain asymmetrical. Pituitary body larger than normal; stomach atonic; intestines contain gas; enteroptosis present; suprarenals smaller than normal; right ovary eystic; left ovary normal; uterine horns normal in size, but asymmetrically placed; the left being looped downward into the pelvis, while the right is drawn upward slightly. Tissues friable.

No. 7. Red male. Born Jan. 3, 1919; killed June 6, 1919. Fur rough, body thin, appears weak and listless. Weight 3 lbs. Peculiar bony enlargement around the fourth left costocentral articulation. There is no evidence of injury, and the peculiarity appears to be a deformity. A small accessory spleen is found, placed just posterior to the posterior border of the spleen. The testicles are high in the abdomen. (Normally the testicles are

in the scrotum at this age.) Stomach slightly atonic; intestines contain small amount of gas; other viscera, skull, brain, all normal. Tissues friable.

No. 8. Red female. Born Jan. 3, 1919; killed June 6, 1919. Appears listless, weak, fur rough, weight 3 lbs. 6 oz. Skull very asymmetrical, orbits unevenly placed; brain unsymmetrical; stomach atonic; intestines contain gas; all other viscera normal. Tissues friable.

No. 9. Gray female. Born Feb. 15, 1919; killed June 6, 1919. Appears in better health than rabbits already mentioned; eyes brighter; fur is rough, but body less thin. Weight 3 lbs. 6 oz. Skull and brain asymmetrical; stomach atonic in less degree than in Nos. 1-8, intestines contain gas; ovaries cystic; uterine horns longer than normal, tortuous and drooping. Tissues only slightly friable.

No. 10. Dark gray female. Born Feb. 15, 1919; killed June 6, 1919. Appears lacking in vigor, but to less marked degree than in Nos. 1-8. Weight 3 lbs. Skull and brain asymmetrical; stomach atonic; intestines contain gas; ovaries normal in appearance, but drawn downward toward pelvis by the long, tortuous, drooping uterine horns. Tissues

only slightly friable.

No. 11. Gray female. Appearance about as in No. 10. Weight 3 lbs. 2 oz. Skull and brain appear normal. Stomach atonic; intestines contain gas; ovaries normal in appearance, but are drawn downward by long tortuous, drooping uterine horns. Tissues friable.

No. 12. Black male. Born Feb. 15, 1919; killed June 6, 1919. Appears in fairly good condition, though smaller than normal. Weight 3 lbs. 4 oz. Skull and brain appear normal; stomach slightly atonic; intestines contain small amount of gas; testicles entering abdominal ring. (Testicles should be in scrotum at this age.) Tissues friable.

No. 13. Red female. Born Mar. 24, 1919; killed June 6, 1919. Appears considerably lacking in vigor; eyes dull; fur rough; skin tight. Weight 1 lb. Skull and brain slightly asymmetrical; viscera fairly normal; left uterine horn long and drooping, right uterine horn normal; tissues friable.

No. 14. Gray female. Born Mar. 24, 1919; killed June 6, 1919. Appears fairly normal; weight 1 lb. Skull and brain fairly normal; stomach atonic; intestines contain gas; both uterine horns longer than normal, tortuous, pulling ovaries downward toward pelvis; tissues friable.

No. 15. Red male. Born Mar. 24, 1919; killed June 6, 1919. Appears in fairly good condition, compared with other young of lesioned animals. Smaller and thinner than normal rabbit of this age. Weight 1 lb. Skull, brain, all viscera, appear normal. Testicles entering abdominal ring, which is normal at that age. Tissues normal.

No. 16. Gray male. Born Mar. 24, 1919; killed June 4, 1919. Appears lacking in vigor; fur rough, eyes dull, very thin; skin very tender and friable. Stomach atonic; intestines contain gas; enteroptosis marked. Testicles high in abdomen. (Normally are entering ring at this time.)

No. 17. Black female. Born Mar. 24, 1919; killed June 4, 1919. Appears to be lacking in vigor, listless; eyes dull; thinner than normal. Brain and skull asymmetrical. Stomach atonic; intestines contain gas; enteroptosis present. Right uterine horn two inches long, with strongly marked curves, ruffling the broad ligament and drooping downward toward pelvic region. Left uterine horn one and one-fourth inches long, drawing ovary downward toward pelvis. (Normal uterine horns at this age about one and one-half inches long, very slightly curved.) Tissues friable.

very slightly curved.) Tissues friable.
No. 18. Gray female. Born Mar. 24,
1919; killed June 4, 1919. Appears
listless, dull, thinner than normal.
Brain and skull normal; stomach
atonic; intestines contain gas; uterine
structures as in No. 17. All tissues

very friable.

Summary and Conclusions

From the preceding histories, and from a study of the young of lesioned mammals of several genera, it appears that there is a strong tendency for mothers suffering from lumbar lesions to either fail to become pregnant, or to suffer from any one of several different obstetrical complications, or to produce deformed or "runty" young.

The nature of the effects produced varies, though all young produced at a single birth show certain similarities. Applications of these findings to hu-

Applications of these findings to human development must be governed by a study of clinic histories, in connection with the histories of a greater number of lesioned animals. Even so far, however, the tremendous importance of correcting lumbar lesions in those for whom motherhood is desirable.

Future Work

The study thus begun is to be followed up during the coming year, using these same does, and adding other does, and females of other mammals.

Four males similarly lesioned are under observation, and during the coming year attempts will be made to mate these with normal does, in order to determine whether lumbar lesion affect the development of spermatozoa.

Records are to be kept of the weight of experimental animals and controls

at regular intervals.

Dead animals are to be carefully examined for deformities with especial reference to the active glands of the body, and particularly those controlling growth and development.

—Box 577, Route 1, San Gabriel, Cal.

NATIONAL EFFICIENCY SOCIETY Organized During A. O. A. Convention

Several members of former Post Graduate Classes conducted by Dr. C. C. Reid of Denver met at luncheon while in Chicago at A. O. A. meeting. After a bountiful repast of food and reminiscences, they decided to organize a National Efficiency Society. The idea is to call a meeting at each A. O. A. convention, to renew acquaintance and to promote progress. Officers were elected and every one was appointed a committee of one to get new members. "To do the best work—the easiest and quickest way" is the motto.

DR. MARY QUISENBERG, Secy.

Lyons, Kan.

RESEARCH INSTITUTE—PACIFIC BRANCH

The work of the Pacific Branch is being organized according to the plan prepared for The A. T. Still Research Institute and its branches in 1914. The plan provides for a Research Department, an Education Department, a Clinic Department and a Hospital Department. The Hospital Department has not yet been found practical.

The Education Department of the Pacific Branch is not now in any way distinguished from the Education Department of the Institute itself. The duty of this department is the publication of osteopathic books and provision for lectures before osteopathic organizations. Books recently published include "Public Sanitation and Other Papers," by Dr. C. A. Whiting, 1916, and "Clinical Osteopathy," edited by Dr. C. P. McConnell, 1917. Three new books are now to appear very shortly, — "Diseases of Children," by Dr. Ira P. Drew, of Philadelphia; "Applied Anatomy," by Dr. C. H. Phinney, of Los Angeles, and "The Blood," by Dr. Louisa Burns.

The Clinic Department is just being organized. During the past two years clinic studies have been made of cases selected through the co-operation of a considerable number of osteopathic physicians of Southern California. Clinical laboratories for this purpose are located at 721 Mound Avenue, South Pasadena; 1418 Baker-Detwiler Building, Los Angeles, and 1645 Ingraham Street, Los Angeles. These laboratories are in charge of Dr. Louisa Burns and Dr. Ann Perry. Reasonable fees are charged for laboratory work, and the Department is self-supporting. The clinic records thus secured are to be published as their interest and importance indicate.

portance indicate.

The Research Department includes both human and animal experimentation. Animal work is done mostly upon the Sunny Slope place, Muscatel Avenue, near San Gabriel. Dr. and Mrs. Vollbrecht have charge of the place and of the animals. Dr. Homer Arnold and Dr. Burns help in planning the work and in lesioning and examining the animals. During the year just being completed fifty animals have been kept under observation. Ten of these have been lesioned; the others have been kept as controls or are the progeny of the lesioned or of the normal animals. The results of these observations are being prepared for publication as "Lumbar Lesions in Rabbits," which will be ready for distribution within a few weeks.

A small bullet in has just been published—from which we took our article on page 19-20.

SEND FOR ONE

25 Cts.

Box 577, Route 1, SAN GABRIEL CALIFORNIA

A. T. Still Research Institute

WASHINGTON OSTEOPATHIC ASSOCIATION

19th Annual Meeting

The annual meeting at the Hotel Frye last month was the best we have ever had. It might have been better. The twentieth will be better.

Many of our members felt that Dr. Lyda's half day of technique instruction was worth the membership fee and all the expense of attending the meeting. A half day wasn't long enough and we hope to give him another half day next year.

In order to make our meeting somewhat of a post-graduate course, the program committee was authorized to pay the expenses of some one from Los Angeles, Chicago or some other point who could give us something worth while to take back to our practices with us. This was made possible by the new condition of our finances brought about by the \$5.00 membership fee. Dr. Frank Holmes reported \$500.00 in the treasury. This is ample to meet legislative emergencies. Our yearly income from dues is over \$450 and we can use a part of this to advantage in getting outside talent.

vantage in getting outside talent.

The program was carried out as announced except that the subject,

"Constipation in Children," was handled by Dr. Ida Rosenerans and Dr. Katherine Myers of Portland spoke on "Osteopathy in Acute Practice."

The most enjoyable entertainment feature we have ever had was the boat ride Friday night. The King County Osteopathic Association hired a steamer and took the members with their families and sweethearts for a four hours' ride on Lakes Washington and Union. Lunches were carried and the King County people served ice cream and cake early in the evening and watermelons toward the close of the ride. The Whangdoodle trio furnished music for dancing and entertained with songs. A quartet made up of the three colored gentle-

(Cont. to Page 28)



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W. Banks Meacham, D. O., Asheville, N. C. Physician-in-Charge.

FUNERAL OF MISS GLADYS STILL IS HELD SEPT. 5

Flowers Sent From All Over Country Coverd the Casket.

The funeral of Miss Gladys Still, who died at Mountain Park, New Mexico, Tuesday morning, September 2, at 8:30 o'clock, was held at the home of her parents, Dr. and Mrs. Charles E. Still, on Osteopathy Avenue, this afternoon at 3 o'clock, in presence of a large gathering of relatives and friends.

The services were conducted by the Rev. H. McNamee, pastor of the First Church, read Methodist who Twenty-Third Psalm and the first four verses of the 14th Chapter of John. Music was furnished by a quartet composed of Mrs. Silas Winn, Miss Esther Redmon, Messrs. Hester Reynolds and John Weaver, with Miss Floy Howey as accompanist.

They sang as the first number, "Jesus Lover of My Soul," by Dykes, The second number was "God Shall Wipe Away All Tears," by Field, and the closing number was "I Will Sing You a Song," by Phillips.

Burial took place in the Lliwellyn cemetery. The pallbearers were Messrs. Karl Miller, Gaylord Bleakley, Fred Still, Courtland Mills, James Clark and Myers Campell. The young men were lifelong friends of the deceased and several of them had been schoolmates with her.

Surrounded by loving relatives and friends the casket that contained the body of Miss Still rested in a wealth of flowers in the living room of the beautiful Still home that had been planned and built almost entirely with a view to her happiness. wonderful floral offerings showed the love and esteem in which Miss Still was held. Beautiful bouquets of roses, lilies, carnations, asters and every flower that could pe procured at this time of the year almost filled the

There were flowers from the Osteopathic Associations of Chicago, St. Louis, and in fact every part of the country, besides those from immediate friends. Practically every organization in Kirksville sent flowers. There were flowers from the high-est and the lowest. Colored servants who had worked in the Still home and who had loved Miss Gladys her sweet disposition, contributed their humble bouquets. In addition to the flowers the mail was flooded with letters and messages of sympathy.

Dr. Still and his family stated this afternoon that they were deeply appreciative of the many kindnesses shown them by their friends in Kirksville and from all over the country and were sorry that they could not thank each one in person.

Helen Gladys Still was born Dec. 10, 1894, at Red Wing, Minnesota, and died at Mountain Park, New Mexico, September 2.

She was graduated from the public schools of Kirksville in 1908, and from the Kirksville High school in 1913. She was graduated from Hosmer Hall, St. Louis, in 1914, and entered Vassar College the following fall, but was compelled to give up the work on account of ill health. She came home and stayed a year and the following year entered the Missouri University where she remained one year, but was finally forced to give up her plans entirely. She was a member of the Sigma Sigma Sigma sorority of the Kirksville Teachers' College and of the Kappa Kappa Gamma sorority of the University.

She was a lovely young woman, gracious and kind, always ready and willing to help others and had everything to make life worth living.

Among the out-of-town people who were here for the funeral were her fiance, Lieut. Fred Quinn, of Min-neapolis, Minn.; Mr. and Mrs. Dan Hughes, of Macon, and Drs. A. G. Hildreth and L. van H. Gerdine, of Macon.

MARRIED

Dr. Leo Vandegaer, of Monroe, La., and Miss Grayce E. Peterson, of Great Falls, Montana, were married in Little Rock, Ark., July 7th.

They are now at home. Monroe, Louisiana.

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- 7. Proctology and Urology

- 2. Orthopedic
- 4. Obstretrics
- 6. Nose and Throat
- 8. X-Ray and Laboratory Diagnosis

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Kirksville, Missouri

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Food and Diet As Related to Osteopathic Practice

Edited by Dr. E. H. Bean, 71 E. State Street, Columbus, Ohio

NATURE OF DISEASE

(The following article was taken by the Editor of O. T. from Dr. Bean's book "Food Fundamentals," page 61.)

If disease is not a thing caused by germs, if it is not a thing to be combated by drugs, if it is not a thing at all, what is its nature? As darkness is best defined as the absence of light, so disease is best defined as the absence of health. It is not an entity or thing which attacks. It is built. It is grown. The seed is sown, the soil cultivated, and the product is the general condition of ill-health. This is true of tumors, eczema, appendicitis, and the rest of the long list.

"People seem to think that disease is a sort of rat running about within the body, and that we must send in a black-and-tan to kill it. You will hear them say: 'My trouble was in my stomach; the doctor gave me some stuff and drove it into my kidneys. Then he gave me another sort and drove it into my head. Now he is going to attack it there.'' (Dio Lewis.)

Excess and overindulgence are the great factors in the building of diseased conditions. Only a few ailments are brought about by privation and destitution. Overeating, overworking, worry, fear, jealously, anger, pessimistic ideas, hatred, fretfulness, selfishness, disappointment, too much warm clothing, too much society, too much responsibility, mental and physical sex abuse, too much tea, chocolate, cocoa, coffee, tobacco, and other drugs, etc., all these and many more have an important place as causative factors in disease though too often ignored as such. They are of such vast importance that often the existence of one or more will defeat every effort to help; but its removal and the application of proper treatment will result in immediate relief and ultimate cure. These debilitating habits and human frailties do not look like faults to some people, even to some physicians, but are accepted as an inevitable part of the mysterious game of life. Such is not the truth and only the blunted conscience will accept it as such.

Poisoning is the proper term to be applied to most diseases. Autointoxication and toxemia are common terms, and if understood are very good ones. But it should be borne in mind that selfpoisoning results from self-abuse and not from poison secreted by the body cells. There is little difference between pneumonia and typhoid fever, between measles and eczema, between constipation and diarrhea, between a general neuritis and epilepsy, between appendicitis and enteritis, between rheumatism and tonsilitis; not so much difference as the names imply. Do all of these result from the accumulation of poison in the system? Yes, but it is brought about in various ways, and different tissues are involved.

If all such diseases are so similar, why so many different names? Because disease is considered an entity, a thing; something that can attack, or that can

be driven out. If there is a pain in the temple it is called neuralgia, but few persons recognize it as part of a general toxic condition of the entire body. If the patient does not sleep, then it is a nervous trouble, and neither the patient nor physician sees that it is a disturbance of the sympathetic nervous system—a general condition.

"I dare not tell you how important I think it is that you should fully take in this idea—that the general is everything, the local nothing. Never till you comprehend this can you even make a fair start in these health investigations." (Dio Lewis.)

Thus are diseases named from the symptoms, and the sympton is considered the disease, and is so treated. The symptom is a timely and friendly warning, and it is wrong to ignore Nature's danger signal. The effort should be to correct that which causes the pain, the fever, the discharge, etc. If we go back to the sources of these disease manifestations, they will be found to be local signals pointing to a general condition, which is the accumulation of poisons, or chronic toxemia.

Sore throat, enlarged tonsils, adenoids, sick headache, neuralgia of the face, pain in the eyes, pain or aching of the cheek, enlarged turbinates, nasal polypi, decaying teeth, pyorrhea, earache, etc., may all be caused by a congestion in the head resulting from stomach and digestive disturbance. There may be other factors such as osteopathic lesions of the neck, jaw, etc., but they are seldom the only cause.

The tenth cranial or pneumogastric nerve may be much irritated by fermentation and decomposition of food in the stomach, and through its connections with other nerves of the neck and face there may be under such conditions a tightening of all the muscles at the base of the head, thus blocking the blood drainage to the heart and producing congestion of all the cranial structures, both deep and superficial. And besides these direct results from irritation to the nervous system, there are irritating gases gradually oozing up the æsophagus which irritate the mucous membrane of the throat and adjacent tissues. This leads to a congestion of blood in the membrane and glands and partly accounts for enlarged tonsils and adenoids.

THE LIMIT

Prissy, persnickety people there be, Fastidious, finical ones, we see; But the fussiest man in town by far, Is he who washes his little Ford car.

"The Limit" is one of the many catchy rhymes in the new book entitled "The Jumble Book of Rhymes" recited by Dr. Frank R. Heine. The book was published by Hackney & Moale Co. of 12 S. Lexington Ave., Asheville, N. C.,

and retails for one dollar. The numerous illustrations are by G. C. Cobb.

The new role of The Jumbler, the

The new role of The Jumbler, the maker of jingling rhymes, now assumed by Dr. Heine will perhaps surprise his many friends throughout the profession. Dr. Heine's ready wit has long been appreciated by his friends.

Many of the jingles carry with them a timely bit of philosophy, and bundled in a coating of good humor sink the deeper. Dr. Heine does not forget the sentimental side of our lives and recites some rhymes on love and marriage.

We wish the publishers and the author great success in the sale of the book.

I 'Ear Noes

The Jumbler turns some anatomical terms:

The night has a thousand eyes,
The day to one lays claim;
The big brown pair that you, dear, wear,
Sure puts them all to shame.

It seems 'bout a thousand years
My heart you've trod in dust;
But lend an ear and listen, dear;
The end of waste is bust.

Though I've heard a thousand noes—
As someone knows is true—
An aye once said, we'll soon be wed,
Or I'll be ever blue.

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Edgar S. Comstock, D. O., Turns Deanship of Chicago College Over to Jerome Hall Raymond, Ph. D.

Having had the experience of being Dean of the Chicago College of Osteopathy for the past year and having attempted to conduct the various details of that office together with a private practice, I have become convinced that it is a physical and mental impossibility for one to handle the work of Deanship of an Institution of the magnitude of the Chicago College of Osteopathy adequately if he cannot devote his entire time, attention and energy to that position.

It has also convinced me that it is impossible for an individual to give adequate care to his private practice and at the same time do justice to a situation such as the Dean of an Osteopathic college.

Therefore early in the summer months, I emphatically requested the Board of Trustees of the Chicago College to see if they could not find a man who could give his full time, thought and energy to the Deanship of the College, one who is an educator by profession, who has a national reputation and who has sufficient executive ability to be a leader in College matters in our Institution. At the time I made this emphatic request I offered my resignation to the Chicago College of Osteopathy as Dean to take effect at such time as the Board could secure an individual who was qualified according to the conditions suggested in my request.

After talking the situation over thoroughly with the Board, the Board finally decided that it would be well to try and get such an individual to carry on the work of Dean for the coming year and the years to come. After some inquiry and considering applications the Board of Trustees was able to secure a man whom we believe fits the conditions as nearly perfectly as possible. We have secured Jerome Hall Raymond, Doctor of Philosophy-Chicago University and a graduate of Northwestern University to accept the Deanship of the Chicago College of Osteopathy. Dr. Raymond was presi-dent of the West Virginia University and raised that institution from a small unknown university to an instituation of first rate grade. He afterwards became one of the organizers of and president of the Toledo University institution he served some time. then he has been a lecturer and traveler of great note, having lectured for Wis-consin University, Chicago University, Northwestern University and many other universities. He is a man acquainted well with educators throughout the world and who is known as a man of excellent executive ability and educational attainment.

Dr. Raymond assumes the position of Dean of the Chicago College of Osteopathy upon the opening of the new school year and is now going over the work and situation with me, preparing himself to take over the work and the mass of details which such a position

carries with it. We consider ourselves extremely fortunate in obtaining Dr. Raymond, for we feel that he is going to make good and be a great asset to the Chicago College of Osteopathy.

Another valuable addition to the faculty of the Chicago College of Osteopathy is Mr. M. S. Perkins, graduate of the Leland-Stanford University with his degree of Master of Science, who will be the professor of physics and chemistry in the Chicago College of Osteopathy. Mr. Perkins has completed the physics and chemistry work of Leland-Stanford University and has had eleven years of experience as a



JEROME HALL RAYMOND, Ph. D. Dean Chicago College of Osteopathy

teacher of these subjects in high schools in the State of California. He is somewhat acquainted with Osteopathy, knew Dr. Whiting of Los Angeles, and has a number of friends who are enthusiastic supporters of Osteopathy. Therefore, Mr. Perkins is sufficiently acquainted with Osteopathy to wish to adopt his physics and chemistry work to the Osteopathic concept, which we are sure he can do, from our conversations with him.

The outlook for the coming year is extremely bright. To date we have more than four times as many matriculants for our new class as we have ever had by the opening of the school term before and if the precedences of former years are carried out we will have a freshman class of from one hundred twenty-five members, by far the greatest freshman class we have ever had. Our

upper classes are also going to be increased by students who are wishing to come in and take the work in the Chicago College of Osteopathy, even though we cannot give full credit for work done in other colleges not registered in the State of New York. The grade of students who are coming in is of the highest type, a very large percentage of them being college and university men and women. Our laboratories and lecture rooms are all being renovated or remodelled and we will be ready to open up school work on the 15th of September adequately prepared to handle the people and give them the work we have outlined.

Our schedule is full, brimming over

our schedule is full, brimming over with Osteopathy and Osteopathic concept and in the junior and senior years there will be plenty of clinical wfor our students, so that they will have plenty of experience before going out into the field.

Never before have the prospects and outlook been so bright for the success of the Chicago College of Osteopathy, and with the addition of Dr. Raymond as the Dean of the College, and with the enthusiasm of all the instructors, it will undoubtedly be our banner year.

I wish to state in passing, that I am still enthusiastically behind the Chicago College of Osteopathy, that Dr. Raymond, the new Dean, was secured upon my insistence that such a man be secured, and that I shall continue as Secretary of the Board of Trustees and as chairman of the College Committee of the Board, giving it the same enthusiastic support and effort that I have given in the past.

Having been Dean for the past year, I wish to solicit from the members of the Profession an even greater amount of co-operation with Dr. Raymond in his work than has been shown me, and the realization that Dr. Raymond is in here with the purpose of building the Chicago College of Osteopathy to one of the best colleges in the United States, and this can only be done by the active support and co-operation of members of the Profession throughout the nation. Every member of the Profession should get behind some school or schools of his profession, back it up morally, financially and get students and be a booster for his Profession and its future.

I wish to thank the members of the Profession who have so earnestly cooperated with me during the past year in the educational development of our Profession and ask their continued cooperation with Dr. Raymond, the new Dean of the Chicago College of Osteopathy.

Fraternally and sincerely yours, Edgar S. Comstock.

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A Vibrator that can be controlled by the thumb while treating and which gives patient any kind of treatment from a gentle thrill to a deeply penetrating vibration, and the operator Gets No Vibration.

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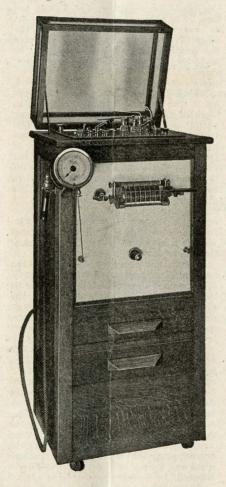
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PRACTICING OSTEOPATHIC PHYSICIANS FOR THE OSTEOPATHIC PROFESSION

President
H. M. Vastine, D. O.... Harrisburg, Pa.
102 Locust St.

Vice-President

Richard Wanless, D. O......N. Y., N. Y. 347 Fifth Ave.

Secretary-Treasurer

Oliver C. Foreman, D. O....Chicago, Ill. 27 E. Monroe St.

Address all correspondence to
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Editor

Earl J. Drinkall, D. O..... Chicago, Ill. 1421 Morse Ave.

Business Manager

George W. Goode, D. O.... Boston, Mass. 687 Boylston St.

Circulation Manager

H. W. Shain, D. O. Chicago, Ill. 1421 Morse Ave.

CONTRIBUTING EDITORS

George W. Reid, D. O. Worcester, Mass. Carl P. McConnell, D. O. Chicago, Ill. Francis A. Cave, D. O. Boston, Mass. Geo. F. Burton, D. O. Los Angeles, Cal. Louise A. Griffin, D. O. Boulder, Colo. Nettie O. H. Stingle, D. O. San Gabriel Cal.

Nettie O. H. Stingle, D. O. San Gabriel, Cal.

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A. L. Evans, D. O. Missoula, Mont.
Josephine L. Pierce, D. O. Lima, O.

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ADVERTISING RATES

Advertising rates will be submitted upon application to the Business Office in Chicago.

SEPTEMBER, 1919

I am not bound to win, but I am bound to be true—I am not bound to succeed, but I am bound to live up to what light I have—I must stand with anybody that stands right; stand with him while he is right and part with him when he goes wrong.

-Abraham Lincoln.

"DRAMATIC INCIDENT"

We Are Shocked, Stunned Inconceivable of the Man

On page 465 of the Journal of Osteopathy, for August, 1919, there appears an article by C. B. Atzen, D. O., Omaha, Neb., on "Impressions of the Convention."

The second paragraph of the second column reads as follows: "The dramatic incident of nominating a candidate for President from the floor of the assembly in opposition to the candidate chosen by the house of delegates, reveals a factor in our professional life that is interesting and instructive, and will be a warning to the house of delegates for future action. For this event demonstrates that no executive can be elected to the office of president, who does not voice the sentiments and principles of the majority of our professional membership."

We were shocked, in fact stunned, to think that Dr. Atzen, the man who made the nominating spech for Dr. Conklin against Dr. Willard, the nominating committee's choice; should feel it necessary to gain his point by slurring the reputation and good name of Willard, in stating that he did not voice the sentiments and principles of the majority of the profession; when for the past twenty years this man has given more time and thought to the advancement of true A. T. Still Osteopathy than any other man in the profession-and then should go home and write up his own action as a "dramatic incident."

It is inconceivable to judge the motive of a man nominating a candidate against the choice of the nominating committee which consisted of the president of the A. O. A., the trustees, and the delegates of the various states, and who had by a majority vote selected their candidate.

Two years ago at Columbus upon the nomination of Dr. Jeannette H. Bolles, for the high office of president we recall very vividly a dramtic speech by this same Dr. C. B. Atzen, in which he defended the nominee of the nominating committee, Dr. Geo. Riley, and his action is so recorded on page 57 of the Journal of the American Osteopathic Association for September, 1917, in the third paragraph in the second column under the heading of "Officers Elected."

DRIVE A TEAM More Power than with the Single Steed

The A. O. A. have so revised their constitution and by-laws that each state or divisional society with its component district societies will all be organized alike. The president is the driver of the steed—an organized profession.

Draw a picture on paper or in your mind. The starting point is the president and radiating out on one side is the board of trustees, the departments, and the bureaus. Then a line drawn from the national president to the presidents of the divisional societies, and thence to the local trustees, departments, and bureaus organized in

miniature of the parent organization. What a wonderful power is contained in an organized profession all working on the same thing, and directed from one central head. An analogy of the American Federation of Labor—what a power.

But that is only a one-horse shay.

Where and what is the other horse? The Osteopathic Service League—an organized laxity.

An organized public opinion.

The president of the A. O. A. is the driver of the team, and what a mighty power is now being wasted by the two not being hitched to the shay.

Here is the other picture radiating from the other hand of the president. A line is drawn to the president of the Osteopathic Service League and from him to his board of trustees, and thence to the district chairman, thence to the state chairman, thence to the president of the local chapter, and thence to the members or public at large.

This mammoth skeleton organization which can be called to life in an instant, a giant in disguise. Little do we realize the potency of that organization to aid Osteopathy.

Think of it.

If your state had fifty chapters of the League, with from fifty to five hundred members in each chapter, what politician would not stop and tarry just a moment or two to see which way those chapters would vote. It is the voting power of an organization that makes a politician walk the chalk line, and it is the politician who is making the laws. Therefore it is time we play the political game as the politicians play it.

What a team for our president to drive—organized profession and organized laity!

Doctor, how many people have you interested in joining the League. We are now ready to proceed with the organization of chapters, but we must have as large a nucleus to start with as possible. If you have not done it, please order from Dr. F. A. Cave, 30 Huntington Ave., Boston, Mass., the folders, and as you give them to your patients ask them to join at once in order that we may have 100 chapters organized by Christmas and 1,000 by next convention time.

It is up to you as to whether we drive single or double.

Ged-ap!

MOORE SANITARIUM FLOURISHING

Plan Extension to Portland Institution

In a personal letter from Dr. Ada A. Acharn she says, "I am at the Moore Sanitarium, 115 E. 28th St., Portland, Ore., for a few weeks and find everything perfect, from atmosphere to service, including Osteopathic Treatment. This is no more than would be expected by those acquainted with the management.

with the management.
"They have a full house with a gratifying waiting list and plans for

a new and larger sanitarium."

LAUGHLIN

From Dr. C. V. Blakeslee Indianapolis, Ind.

When I was in school six years ago, we knew Dr. G. M. Laughlin as a capable teacher, an excellent diagnostician and orthopedic suregon of unusual ability. A few years of practice, and some observation of the work done by other orthopedic surgeons enables me more fully to appreciate this last mentioned accomplishment.

Some months go I decided to go to Kirksville, in order to get more work in orthopedic surgery, and applied for an interneship in the Laughlin Hospital. I not only saw the work I expected to see, but found Dr. Laughlin had a complete laboratory equipment for diag-nosis, including an X-ray machine, and that he was doing much diagnostic work for field doctors from all sections of the country.

The cases of scoliosis, in which the Abbott casts were applied were num-erous. The results obtained far exceeded my expectations. Congenital hip cases, tubercular joints, various types of deformities, including talipes and abnormal positions, resulting from arthritis, were among the cases I saw operated on or treated daily.

I also found Dr. Laughlin doing general surgery with excellent results. Among the operations which I saw him do were tonsillectomy, perineorrhapy; laparotomy for oophorosalpingectomy, oophorectomy and hysterectomy. Other operations for goiter, hernia, appendicitis and ectopic gestation were not infrequent.

All of these operations were done with the same degree of skill which characterized his work in years past. It must be a sense of great satisfaction to field doctors, to have osteopathic Institutions like the Laughlin Hospital, where they can send their surgical cases for diagnosis and treat-

A GRATEFUL PATIENT

(Written to Dr. Norman B. Atty, Springfield, Mass.)

When your ligaments, muscles, arteries, and nerves

Get all out of order and your spine badly curves

You can soon be relieved as I very well

If to a good Osteopath you quickly do go And if you are in doubt which one you should choose

I can recommend one whom you would not refuse

For in the skill of his work and noble profession

I know he stands first so I make this confession

With punches and twists and his strong nimble fingers

He will conquer all ills and no pain ever

A FINE BOOST FOR DR. GEO. He is always dependable and you will very soon find

> That "doctoring" like this will be the reliable kind

> For the "M.D.'s" with all of their drugs and their dopes

> Are forever continually raising fond hopes

> In the minds of their patients when they very well know

> That such fraudulent things cannot conquer the foe

> So if you wish health and not suffer that fate

> Consult this good Osteopath before it's too late

> He is on floor number five in the Building Court Square

> His name-Dr. Atty-and he will always be there

> To greet you with courtesy interest and assurance most true

> That Osteopathy claims nothing but what it will do

And if you ask a date, and give it a trial, I am fully convinced you can make no denial.

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Big Things Done at Convention Dr. A. L. Evans, Miami, Fla.

The editor of Truth expects his correspondents to exhibit one of the characteristics of Sudden Jim. On the 28th of August a picture post card was received by me from him stating that he wants to make the September number a real echo of the convention, and will I please send a short article of my impressions by September 1. Well, the impressions are starting, but Mr. Burleson's mails will have to be more sudden than they have the reputation of being if they reach the editor by

September 1. I was one of those present at Kirksville in 1897 when the A. A. A. O.—as it was then initialed—was organized. With only an occasional lapse I have been attending meetings ever since, and I have always gone away from them with the impression that the last one was the best. The recent meeting in Chicago was no exception in this respect, and if the editor had only asked for one impression I might well close here and fully meet his requirement for a short article.

More than anything else, I was impressed with the big things done and the rather startling changes that were made. Just how well pleased he will be with all these changes the future will disclose. But verily, the old order passeth. If it should later be discovered that all of the machinery has not been properly installed, oiled and adjusted to meet the new conditions of the new order, I am sure we will make the proper adjustments—as osteopaths that's our business, and I'm just naturally an optimist, anyway.

I greatly enjoyed the forensic en-counters at Chicago. They showed we are alive. There were some tense mo-ments and critical situations. We have men in our Association that would perform creditably in the halls of Congress at the stormiest times. Not since the St. Louis meeting in 1904, when the question of making the three-year course compulsory was being argued, has there been anything to compare in dramatic interest with the debate on the adoption of the new constitution.

I think that with most of us who were disappointed at the defeat of Dr. Asa Willard, it was more a matter of personal affection for him, and the feeling that his long and faithful service deserved a better fate at our hands, than the fear that in his successful opponent we have not a thoroughly loyal, capable and trustworthy executive. Dr. Conklin is all of that. Anyway, no new precedent was established in this election, as Dr. Chiles, I think it was in his interesting resume of the meeting in the last Journal, seemed to think. At Milwaukee, in 1902, the committee brought in the name of Dr. Warren B. Davis as a candidate for president. Dr. Teall was nominated from the floor, and elected.

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Washington Osteopathic Assn. (Continued from Page 21)

men and Dr. Myers was thoroughly enjoyed. There was a greater opportunity for mingling and real sociability than a banquet or theatre party allows and we feel that we know each other better and that a more hearty good fellowship prevails because of the four hours spent as guests of the King County Osteopathic Association.

We voted unanimously to become a divisional society of the A. O. A. and our committee appointments as announced in the accompanying directories are made to conform with the A. O. A. Bureaus. Dr. Abegglen has also heeded the request to appoint officers as chairmen of the bureaus.

We think Walla Walla should be given a red ribbon or something. It is trucked way off in the southeast corner of the state and sent four representatives to Seattle. Sixty-one resentatives to members and 9 visiting physicians attended the convention, an attendance really to be proud of.

The names of the new officers are: The names of the new officers are:
Pres., W. E. Abegglen, Tekoa. 1st
V.-P., W. H. Arnold, Vancouver. 2nd
V.-P., R. C. Mayo, Walla Walla.
Treas., Edward Howley, Mt. Vernon.
Secy., H. F. Morse, Wenatchee.
Trustees—Roberts Wimer Ford, Seattle; W. T. Thomas, Tacoma.

Resolutions

Drs. Benefiel, Heath and Arnold submitted the following resolutions which were adopted:

"We, the members of the Washington Osteopathic Association, hereby

wish to express our gratitude and sincere appreciation for the excellent contributions of our visiting friends, Dr. E. R. Lyda, Dr. H. F. Leonard and Dr. Katherine Myers toward the suc-

cess of the convention.
"We, the out of town members, are indeed grateful to the Seattle members for their generous hospitality and entertainment, every hour of which has been joyfully spent.

"We rejoice as an association over the wholesome signs of growth and earnestness of our association and, more especially, the professional success and spirit of harmony among our members."

Study that last paragraph. There's something in it.

State Board Exam.

Forty-two Osteopathic physicians took the state board examination at Tacoma the first of last month and 41 passed.

The following were granted licenses to practice Osteopathy and surgery: M. P. Bloxham, Amy McQuarry Treichler, C. Landis Treichler, E. D. Clark, E. R. Lyda, Estella Boyer Dit-man, Lois M. Fear, J. C. C. Hendrick, R. K. St. Pierre, C. H. Vance, J. Wesley Kaylor.

Melissa A. Boddy was granted a license to practice osteopathy.

The following, who already held licenses to practice osteopathy, were granted licenses to practice osteopathy and surgery: C. E. Abegglen, C. L. Bonham, Frank Baker, H. E. Caster, M. T. Conoboy, A. L. Goff, W. P.

Goff, L. M. Hart, J. E. Heath, C. A. Goff, L. M. Hart, J. E. Heath, C. A. Hughes, R. C. Mayo, J. W. Murphy, J. I. Mosbarger, J. C. McFadden, J. T. Slaughter, R. H. Slayden, M. S. L. Walker, T. Oren Watson, Guy C. back, Jno. Venters, L. H. Walker, J. Thompson, H. L. Tracy, C. B. Utter-Hudson, W. E. Waldo, E. A. Archer, Frank Holmes, E. B. Neffler, W. T. Thomas Thomas.

REMOVALS

Dr. Jessie O'Connor has removed her office from 17 N. State St., Chicago to 45 Auditorium Bldg.

Dr. Gilman A. Wheeler has removed his office from 416 Marlborough St., Boston, to 82 Ivy St., Brookline. This is at the corner of St. Mary's St., the dividing line between Boston and

Dr. Mary Emery of 359 Boylston St., Boston, has removed to 687 Boylston

Dr. Jessie F. Streeter is now at 9331/2 Everett St., Los Angeles, Calif.

Dr. B. E. Atkinson, has removed from Story City, Iowa, to 302 Boone National Bank Bldg., Boone, Iowa.

Drs. M. E. Church and E. D. Plummer of Calgary, Alberta, have removed their offices from the Alberta Block to the Grain Exchange Bldg., and announce the association of Dr. W. J. Siemens with them in practice. They will occupy about one third of the space on the third floor of the Grain Exchange Bldg. Dr. Siemens will specialize in eye, ear, nose and throat diseases and surgery, and will fit glasses.

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CONVENTION IMPRESSIONS

Asa G. Walmsley, D. O., Peterborough, Ont.

TWO months have elapsed since the great A.O.A. Convention at Chicago. The editor of Osteopathic Truth has asked me for a few impressions, which are here given.

A good convention, like a good sermon or a good lecture, gives not only present help, encouragement, stimulation—it gives one something for the future. In looking back upon the convention at Chicago, I find at least five things to which my thoughts have recurred many times. These five things are:

- 1. Vision.
- 2. Optimism.
- 3. Progressiveness.
- 4. Goodfellowship
- 5. Prosperity.

VISION. The most pessimistic convener must have been struck with the fact that the Osteopathic profession today believes in itself and in its future as never before. The profession is developing a vision, a sense of its own worth and possibilities. To what extent this vision is due to the vicissitudes—internal and external to the profession—of the past few years, we may not say; but we may be honestly thankful that the profession is in a fair way to find itself.

OPTIMISM. The vision above referred to could not do other than beget a spirit of optimism, of confidence in one's self, and in one's therapy. There is no doubt that many Osteopaths "found" themselves in the recent pandemic of influenza and pneumonia. There are Osteopaths who prior to the pandemic did not seem quite sure whether or not they were physicians, but on that point there is now not the slightest question. Their achievements when compared with those of other systems of practice leave no doubt as to where they stand.

PROGRESSIVENESS. The spirit of progressiveness was manifest in many ways. The exhibits at the A. O. A. convention this year surpassed in variety and volume that of any previous year. The Osteopaths in attendance took full advantage of the exhibits and seemed anxious not to overlook anything that might be of help.

Then who would say that the adoption of new by-laws and constitution was not an evidence of progressiveness. And best of all, the discussion on the floor anent said by-laws and constitution demonstrated most clearly that the average Osteopath was keenly desirous of safeguarding his prerogatives as a member of the A. O. A.

Added to these evidences of progressiveness was the keen interest taken in the program, and especially in those features which offered or seemed to offer a better and more satisfactory way of handling certain pathologic conditions.

GOODFELLOWSHIP. The spirit of goodfellowship, of comraderie that pervaded the convention was good to behold. It was a real get-together affair. And after all, when this element is lacking in a convention it is bound to fall short of

Prophesies

Dr. Walter J. Novinger, Trenton, N. J.

At one of the many celebrations we had at A. S. O., I think it was at the birth of the A. A. A. O., now the A. O. A, Dr. Bill Smith, speaking to the assembly, about 160 all told, which included nearly every graduate and the entire student body, turned to Dr. Still and in a burst of eloquence said: "In another ten years I predict you will have one thousand fellow-workers." In ten years we had over four thousand. Those ten years were wonderful. Osteopathy was practiced as taught by Dr. Still. Those who followed the founder most closely were the leaders. Those who digressed had no standing. Osteopathy was distinctive. The patients knew nothing only fixing bones out of place. "Bone doctors" we were called and we were proud of the appellation. We hooted at drugs; felt towards the drug school about as autoists to-day think of people who prefer horse-drawn conveyances. With us then as a curative agent surgery was anathema.

But our success went to our head. We began to be wiser than our founder. We must broaden out, be progressive, study all systems. We did this despite admonitions of Dr. Still to stick to our own science and leave antiquated systems alone. We all know that our growth and development the past ten or twelve years are a disappointment as compared with those first ten or twelve years of Osteopathy.

Take either side or any angle of the arguments as to the cause or causes of this slowing up of our progress, it matters little; the acts of individuals or groups, the successes and failures, none are worth a thought, for we have passed through this part of our history beset with storms and calms in which the faint-hearted thought we were lost. We are getting under full way again, our old courage is coming back; we have our bearings; the winds are fair; we have our good ship Osteopathy all trim. We know that her frame and

structure are made from the sound materials of immutable natural law. The few barnacles of drugs, etc., will be cleansed away and our growth in the next decade will be a greater surprise and more of a source of pride to ourselves and our followers than any of our past history has promised, for we have again got the vision, the concept our founder had.

There has been a strong undercurrent making for a return to the fundamentals as laid down by Dr. Still; it has been cumulative, gathering mo-mentum. Those at the Boston meeting felt it; it has shown in all parts of the country; it has become contagious, and no one mingling with the throng as a whole, or in the groups, or in the contact where twos or threes get together at the Chicago Convention, could help but feel that Osteopathy was out of danger, that its forces had crystallized into a vigorous profession, that Osteopathy has had a re-birth and its success is assured; that pure Osteopathy is again the recognized method by which our past was built, and our promise for the future rests, and that "Our Platform" covers the whole law of our science, its ends and aims; and that to be successful we one and all will be anxious to live up to this plat-form. We can and will all pull together, help our schools, our societies, our fellow-practitioners and ourselves, for we will all be working and striving for one aim, the aim to give our best; that best will be Osteopathy applied to the curing of human ills. To this move we will give, give, that we may get, get the recognition our cause deserves, that deserving recognition which will free the world of ignorance, disease and suffering, so that between the time of birth and old age disease and death will be recognized as unnatural and known by all as penalties exacted for violation of Nature's neverchanging mandates.

its possibilities and purpose. May this spirit dominate all future conventions.

PROSPERITY. Material success has been placed last in the list, but I am not sure that it should not be placed higher up. Certain it is that one does not often find an enthusiast among those who are strangers to the fruits of material success. One had to mingle but a short time with those in attendance at the convention to realize that he was in the company of prosperous individuals. This prosperity, moreover, was not of the blatant type. It was easily borne and one could not but conclude that it was regarded as a material and just reward of the efforts of the individual.

THIS year's convention set a standard that will not be easy to excel. If next year's meeting possesses as much of merit as this year's, and if it is held in more commodious quarters, it will leave little to be desired, and the Osteopath who permits any trivial thing to keep him away will indeed be standing in his own light.

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CHICAGO

The Convention

Geo. W. Goode, D. O., Boston, Mass.

Notwithstanding the fact, the Chicago convention goes down into history as one of the best ever, more inside politics were played than any A. O. A. meeting in previous years

meeting in previous years.

The Ex-Secretary in an editorial claims that the defeat of the caucus nominee was due to the workers behind him and not to the personal issue against him. Willard was nominated by the delegates who sat in the nominating convention as their choice and the ex-secretary was a party to the proceedings.

There was no evidence of a bolt or any dissatisfaction manifested by the delegates in open meeting, but later it was learned that ex-presidents, trustees, ex-trustees and others were working openly for an independent candidate.

Members were solicited right and left for votes. The result was the overwhelming defeat of the regular nominee on the floor of the convention by the independent candidate. This action proved conclusively that the primary caucus was a farce and might not have been held so far as the presidential nominee was concerned.

Another year a larger nominating body will have the say and no doubt it will prove more popular with the members than the old organization and its way of doing things.

The man from Montana is one of the radicals-or "Old Guard" and foryears has given freely of his time to legislative matters in the A. O. A. He has been close to the ex-secretary and has performed excellent and timely work for the A. O. A., but on the other hand he has been a little too active in certain matters to suit the so-called more progressive element in the organization, hence his defeat. It is understood he has given half of each business day to legislative matters of the A. O. A. gratis for a number of years and the appreciation of it all was to be sacrificed on the political altar. Such is justice, but politics makes strange bed-fellows.

Another distinct feature of the convention was the super knowledge shown by the men and women on the floor at the business session and election. Roberts' Rules of Order were more familiar to many of the rank and file than to those occupying the chair at the time. We are improving as parliamentarians.

The social side of the big meeting was a prime factor in drawing friends and classmates closer together and making others better acquainted.

The welcome address by Big Joe of the famous family well known to fame was a timely one and right from the heart of a true Celt.

All the committees did themselves proud and the Foreman of them all was here and everywhere attending to the wants of those in attendance.

The night before the First in the lobby of the Sherman, neither in the

grill room was it a case of Drinkall, for the boys and girls were well satisfied with the Aqua Pura as dispensed by Williams and the liquid refreshments served by the exhibitors.

The hotel was filled so that many had to go elsewhere even to the officers. It was not a bad fault for it showed that Dr. Fraser and his efficent committee of arrangements was right on the job doing things and that the Programme Chief of Battle Creek with his many attractions served to draw the D. O's. to the Windy City.

The hotel management was courteous and did everything in its power as well as the employees to make our stay one of comfort.

True, the ventilation in the Convention Hall was not the best, but then we cannot expect to have everything perfection to the last degree.

As one of the leading trustees who is a past master in organization work, as well as in the game of politics suggested, it would be well to hire one of the piers at the lake another year for the convention, and then the members could select any hotel and not be duty bound to choose any one hotel. It might be worth trying. The Illinoisians know best.

Let us all take our hats off to Chicago this year and in 1920 take our coats off and help to make the Convention the Biggest, Best and Breeziest in the annals of the A. O. A.

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OSTEOPATH AFTER RELIC MAKES GOOD

Story of Fighting Doctor in No-Man's Land Told by Congressman Fuller

By Congressman A. T. Fuller

Especially written for the Boston Sunday Advertiser-American.

Just prior to the Argonne drive there was attached to the Army Camouflage School at Langres, as instructor, a young machine-gun officer, Lieutenant -Before the war he had been an osteopath and applied, therefore, for a commission in the Medical Corps. The Army Medical Corps does not recognize Osteopathy, however, and the commission was refused, whereupon the osteopath, determined to see action, applied for and obtained a commission in a machine-gun

But as his record card showed that he was a graduate of the Ecole des Beaux-Arts in Paris, and had once been a painter, he was detailed for duty as instructor in the camouflage section. The work of an instructor didn't hold enough excitement for him, however, so, when rumors reached him that the Americans were about to start an offensive in the Argonne, he applied for a three days'

Instead of spending his leave in Paris, as might have been expected, he succeeded in getting a ride on a motortruck which was bound for the front. He possessed no pass or papers of any kind, but he managed to evade the military police and that night found him cosily ensconced in a dugout of the first line. How he got there without being arrested, Heaven only knows.

At daybreak the next morning the battalion with which our friend had spent the night went over the top, and, preceded by a fleet of "whippet" tanks, led the American advance against the German positions in the Forest of the Argonne.

Right Behind Tank

Right at the heels of one of the lumbering little tanks was our osteopath. He wasn't a very impressive figure, or one likely to throw fear into the heart of a Hun, for he was considerably below medium height, though stockily built, with light, high-arched evebrows, light, pompadour-cut hair, and a winning child-like smile, which combined to give him a peculiarly innocent expression.

He started out armed with a stout walking stick and an automatic, but, as it began to rain, he buttoned his raincoat over his pistol; his stick he lost when he fell into a shell hole.

For perhaps a mile the line of tanks, followed by the straggling groups of infantrymen, pressed on, with never a shell or bullet to arrest them. Ascending a steep declivity, however, the advancing troops debouched upon a sort of plateau, bordered by dense woods--the Forest of

"Then," as the osteopath put it, "all the machine guns in the German army were turned loose on us.' The atmosphere was filled with bullets. Before the Americans had advanced a hundred yards, all but one of the tanks had been put out of action. A steel-jacketed bullet from an anti-tank rifle tore through the turret of the little whippet behind which the osteopath was sheltering himself, and spattered the interior with the gunner's brains.

Whereupon, the machine, now defenseless, whirled like a frightened animal, its steel doors flew open, and the driver, dripping with his comrade's blood, emerged, and without ceremony started for the rear on a run. As for the little osteopath officer, he snuggled up against the abandoned tank, taking care to keep it between him and the German machine

Knew Anatomy

It happened that the tank had come to a halt within a few yards of a clump of trees, and from amid these trees (Continued to Page 32)



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The A. T. Still Research Institute **27 Monroe Street** Chicago, III. there now emerged a German soldier, unarmed save for the bayonet which he still wore at his waist, and holding his hands above his head in the well-known "Kamerad" attitude.

But when he saw that the tank had been abandoned, and that the only person in the immediate vicinity was an inoffensive looking and apparently unarmed American, his attitude underwent an instant change. Jerking loose his bayonet, he rushed with an angry roar on the American.

Now my friend the osteopath had, as I have already remarked, lost his stick in a shell-hole, and his pistol was underneath his buttoned raincoat. But he did not retreat a step. As his bulky enemy bore down on him the little osteopath snatched off his steel helmet and, holding it by the chin-strap so that it formed a gigantic boxing glove, drove it squarely into the oncoming Prussian's face, breaking his nose and shattering his teeth.

As the German halted, dazed by the force of the impact, the American was on him in a flash, and, wresting away his bayonet, drove it deep into his fleshy neck.

"I knew how to put it in where it would do the most good," the little officer explained modestly, "because, you see, having been an Osteopath, I understand the human anatomy."

Seeking Souvenirs

Now the Osteopath, as he remarked afterward, had gone up to the front for the sole purpose of getting some souvenirs to send the folks back home,

Let There Be Light

Geo. W. Reid, D. O., Worcester, Mass.

One of the first acts of the Almighty was to bring light into the world. "Let there be light," he said, and there was light. Thus physical light has existed since the dawn of creation, and no one can obscure it.

How about therapteutic light? That did not come with the dawn of creation, but has been a gradual accumulation of the ages, but the nineteenth century has revealed more therapeutic light than all the other centuries combined, and to Dr. Andrew Taylor Still belongs the credit and the honor for bringing a large share of this light to the attention of mankind.

Therapeutic light differs from

and here was a whole heap of souvenirs lying only a few yards away. But, in order to reach them, he would have to leave the shelter of his tank and expose himself to a terrific machine gun fire. But he had come out to get souvenirs and he was not the sort who balks at obstacles.

So, lying down, he dragged himself, foot by foot, out to the huddled body of the deceased German and proceeded to stock up with mementoes, cutting off the man's Iron Cross, his epaulettes, and even the buttons from his tunic. Then, with bulging pockets, he started for the rear, while machine gun bullets kicked up spurts of earth all around him.

And this was the man of whom his commanding officer had once remarked: "An excellent officer, but inclined to lack force and initiative."

physical light in that it may be obscured and its beneficence, therefore, withheld from suffering mankind. This being true, there is an obvious lesson for all the followers of Dr. Andrew Taylor Still to keep in mind. What therapeutic light we possess should not be secreted under a bushel but, on the contrary, should be placed on a candlestick in order that it may shed its radiance and be discerned by all who come within its scope.

The Osteopathic profession constitutes a very small army when compared with that of the medical profession and we must bear in mind that with comparatively few exceptions the medical man is availing himself of every opportunity to obscure the light of Osteopathy. Then there are innumerable people on whom the light of Osteopathic truth, has not yet dawned. A large proportion of these are under the domination of medical influence and thus are co-workers with the medical profession in helping to extinguish the therapeutic light given to the world by Dr. Still.

We cannot consider these facts without asking ourselves individually. What am I doing to spread the light of Osteopathy? Am I letting my therapeutic light shine and thus doing my part to offset the false propaganda that is everywhere so abundant and has as its ultimate goal the creation of a department of health in the President's cabinet and the complete throttling of medical freedom throughout the world?

Eternal vigilance surely is the price of liberty, and happy is that man or that profession that is thoroughly awake to this fact. Let there be light—yes, let each one of us use in connection with our professional skill the written as well as the spoken word and help along the light of Osteopathic Truth. There is an abundance of good popular literature to be had at reasonable prices and every osteopath in the profession should make judicious use of this literature in his own field. Not only is this profitable from the standpoint of increased business and financial return, but it is the fulfillment of a real duty we owe to humanity, a large percentage of whom are still living in therapeutic darkness.

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CHICAGO ENERGY

Dr. Louisa Burns says the fame of the Chicago people is brighter than ever since the convention of Osteopaths. "There are a good many more things to say than I could put on twenty sheets of paper," said Dr. Burns, "but you may just believe that with all my experience of Chicago energy and Chicago kindnesses, this meeting surprised me—and I know something about how good and energetic Chicago people are."

9 Months to NEXT CONVENTION

School Days-Dear Old Golden Rule Days Did You Get Your Students?

Does it make you want to take up your books and go to school again when you hear the last bell ring for the opening session? Dear old days they were which we can never replace nor retrace, but we can send others to enjoy their golden moments.

Our colleges begin their work from September 15th to the 23rd and it is indeed with satisfaction that we can report a wondrous response all over the country. We note with sadness that every D. O. did not get a student which would mean at least 5,000 entrants this Fall but from estimates the aggregate freshmen class will number around 800.

A. S. O.

The American School of Osteopathy will open on September 15th with a class which had 73 matriculants on September 5th, and with a possibility of going well toward 200 before the class registration is closed October 15th. This large class gives the appearance of prewar days, and in a few years the entire school enrollment will equal the old records.

Faculty Additions

Dr. C. R. Schmidt will be in the Physiology Department, Dr. L. R. Browne will add Embryology to the subjects assigned to him in the last catalog, Dr. T. M. Patrick will take part of the Chemistry work, Dr. L. J. Conner will lecture on Insurance Examinations, Dr. H. A. Gorrell, a Yale man, will teach Clinical Diagnosis and Animal Parasitology, and Miss Cora Gottreu, superintendent of the hospital, will give a lecture once a week on practical bedside nursing to the Junior classes.

We will publish the schedule for the entire course in our next issue. There are eight hundred hours devoted to anatomy.

Dr. C. C. Teall will again have charge of the Osteopathic Principles and Practice, and Clinics.

C. C. O.

The Chicago College of Osteopathy will start September 15th with a freshman class which on September 4th had 64 matriculants, and a very good chance of enrolling at least 125 by the end of the matriculation period. This is a most excellent showing for this school.

On another page we have told about the additions to the faculty, particularly the change in deanship to Dr. Raymond.

K. C. C. O. & S.

The Kansas City College of Osteopathy and Surgery will double its usual freshman class with 30 matriculants. School opened on Monday, September 15th

Gerdine and Laughlin

Dr. Geo. M. Laughlin will give a number of lectures during the school year,

particularly along the line of orthopedics.

Dr. L. Von H. Gerdine becomes a regular member of the faculty. Dr. Gerdine will divide his time between the Still-Hildreth Sanitarium and the col-

D. Frank L. Bigsby will be a member of the faculty teaching his special subjects, Urology and Proctology.

D. M. S. C. O.

The Des Moines Still College of Osteopathy started first of all, on September 9th. We do not know the size of the class, but understand it is larger than a year ago.

L. A. C. O. P. S.

The Los Angeles College of Osteopathic Physicians and Surgeons has made some notable changes in the faculty and the method in which some of the subjects will be taught.

the subjects will be taught.

Dr. Geo. W. Burtin, one of the graduates under the "Old Doctor" will teach Osteopathic Principles and Practice.

M. C. O.

The Massachusetts College of Osteopathy, with Dr. George W. Goode as Dean, enters the year with a larger class than last.

P. C. I. O.

The Philadelphia College and Infirmary of Osteopathy is the last school to open its doors—September 23rd.

They are rejoicing in the use of their new hospital with its up to the minute equipment. One notable change in the faculty is the loss of Dr. J. Ivan Dufur as professor of Nervous and Mental Diseases. Dr. Dufur has just opened a hospital of his own, an account of which we will give later.

Congratulations

We herewith extend our congratulations upon the excellent showing made by each of the schools, and we are sure that as each make every effort count to teach A. T. Still Osteopathy the profession will respond by sending students.

Get one for next year!

Don't Wear a Truss

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155 State Street, Marshall, Mich.

We believe that our Therapeutic House is just large enough for Osteopathy and that when other methods are brought in, just that much of Osteopathy must move out.—Andrew Taylor Still.

The Kansas City College

OF 1 C

Osteopathy and Surgery

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Entrance Requirement: Four-year accredited high school or equivalent. Next session starts Monday, September 15th, 1919. Four-year graded course of nine months each. Faculty of 28 experienced lecturers and demonstrators. Well equipped, well lighted laboratories and class rooms. Large clinic, guaranteeing practical, efficient preparation for practice. :: :: ::

100% OSTEOPATHIC 100%

The Osteopathic Profession Must Have A Definite Program

Edited by Geo. F. Burton, D. O., 220 Story Bldg., Los Angeles, Cal. (Dr. Burton Invites Correspondence)

OSTEOPATHY TENTATIVELY OUTLINED AND DEFINED

Dr. Andrew Taylor Still, the Founder of Osteopathy, was born in Lee County, Virginia, in 1828; and died December 12th, 1917, at Kirksville, Missouri, his home and the birthplace of his beloved Science.

About ten thousand intelligently trained and scientifically developed Ostepathic practitioners attest the merits of the Therapeutic System of Osteopathy which dates its discovery from the year 1874, when Dr. Still, the originator, made the following remarkable statement:

"A disturbed artery marks the period to an hour and minute, when disease begins to sow its seeds of destruction in the human body. That in no case could it be done without a broken or suspended current of arterial blood which by nature, is intended to supply and nourish all nerves, ligaments, muscles, skin, bones and the artery itself. THE RULE OF THE ARTERY MUST BE ABSO-LUTE, UNIVERSAL, AND UNOB-STRUCTED, OR DISEASE WILL BE THE RESULT. All nerves depend wholly upon the arterial system for their qualities, such as sensation, nutrition and motion, even though by the law of reciprocity they furnish force, nutrition and sensation to the artery itself."

- I. Tentative Outline of Osteopathy.
- 1. Osteopathy is a complete scientific therapeutic system.
- 2. Osteopathy recognizes generic man as a complete or perfect machine.
- 3. Osteopathy holds that man, in perfect health, in perfect correlation of parts, with proper food and clothing and shelter, has within himself all the elements, nutritional and even chemical, for sustenance and self-repair; and that he is only limited in usefulness, under the above mentioned natural environments, by the God-given vitality which is his portion.

According to the Founder of Osteopathy, "The Rule of the Artery is Supreme." It is absolutely necessary to have and to maintain an uninterrupted and an unobstructed flow of normal arterial blood in order that generic man, as a perfect machine, may be kept in the perfect equipoise of balanced nutrition.

4. Osteopathy acknowledges that there must be complete accord of mental

suggestion with material manifestation for man to reach the high ideal of the perfect machine of osteopathy.

"As a man thinketh in his heart so is he."

"A sound mind in a sound body" is the final test.

- 5. Abnormal man, by reason of sickness, injury, starvation, poison, or what not, can only reach normality by having all of these withering and destroying extraneous agents removed so that the natural fluids and juices which possess all the elements of sustenance and self-repair may hold sway.
- 6. The law of restoration of the abnormal to the normal may thoroughly be designated by the proper use of the term adjustment,. Adjustment, under the Osteopathic regime, deals with every vital portion or cell of the human body. Ninety per cent or more of the corrective or adjustive work is performed by manipulation; yet the genuine Osteopathic practitioner is alive to the fact that the small per cent added to the ninety per cent or more of a strictly manipulative character, may be required to be reduced, adjusted, equipoised, correlated, or even removed by some unharmful or wholesome or reasonable artificial process. Hence Osteopathy recognizes as adjutants, the following, viz.:
 - a. Hydrotherapy.
 - b. Heat and cold.
- c. Food, shelter, clothing, rest and right thinking.
- d. Antidotes for poisons maliciously or accidentally administered.
- e. Asepsis, including the artificial assistance of antiseptic agents, when absolutely necessary.
 - f. Surgery and its procedures.
- g. All helpful agents of diagnostic

h. Strictly autogenous serum. Every man is a law unto himself. No living man should be permitted to draw from or give to another any force or fluid which by reason of inheritance, acquisition, or accident may vitiate the second system.

The following epigrammatic quotations of Dr. A. T. Still, the Founder of Osteopathy, are here significantly appropriate, viz.:

"The integrity of the structure determines the integrity of the function."

"Man is self-oiling, self-regulating, self-reparative, animated machine. Given proper air, food and water, the machine

will function perfectly, so long as the parts are maintained in perfect alignment. When order in all parts is found, disease cannot prevail."

"A lesion precedes and produces the effect known as disease. This is the soul and body of Osteopathy as a healing art."

"The great Inventor of the Universe, by the union of mind and matter, has constructed the most wonderful of all machines, man, and Osteopathy demonstrates fully that he is capable of running without the aid of whiskey, drugs or kindred poisons."

II. Tentative Definition of Osteopathy.

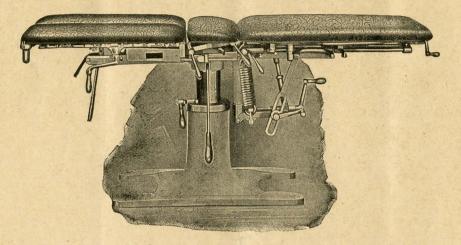
- 1. Explanatory suggestions.
- a. Osteopathy is a complete scientific therapeutic system.
- b. Osteopathy is the only therapeutic system which acknowledges generic man as a perfect machine.
- c. Osteopathy is the only therapeutic system with which generic man as a perfect machine, under the right environments, generates and maintains all the chemical fluids and juices necessary for battery voltage and nutritional advantage.
- d. Osteopathy is the only therapeutic system which depends upon manual manipulation up to 90 or more per cent aided or abetted by 10 or less per cent of artificial adjustment ranging from hydrotherapy to surgery for the complete adjustment of the abnormal to the normal.
- 2. Derivation Osteopathy. (Gr. ostey = bone + naOos = disease).
- a. A word chosen to convey the meaning of skeletal unbalance or bone-non-adjustment.
- b. A word coined by the Founder, Dr. A. T. Still, to represent his new system of therapy, which dates from the year 1874
- c. A word in harmony with the other "pathies" of medical fame.
- d. A word which carries with it special significance as the bony skeleton or framework forms the fulcrums and levers with which the larger per cent of the manual manipulations of necessary corrections are made possible.
 - 3. Definition.

Osteopathy as a complete scientific therapeutic system is the science and the art of adjustment mainly of manual manipulation, aided or abetted by wholesome or unharmful artificial processes, wherein perfect physiological functioning is absolutely dependent upon anatomical integrity.

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A Doctor, with broken down arches, paid \$1400.00 for an automobile and cut out walking. Figuring thusly, each arch had valuation of \$700.00 placed on it.

The same Doctor, broken down from overwork, hesitated to place \$350.00 in a McManis table. His spine was out of shape and needed a rest. A McManis table rests the Doctor's spine!

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NOTE: ——We are agents for the Dr. J. Swart book on Strap Technique.

D. O., M. D., or Both?

Dr. L. E. Page, Newport, Vt.

The prospective student seeking a profession which practices the art of healing is confronted with the question of what particular line of training he shall pursue. Shall he become a medical physician or an Osteopathic physician? Or, is there enough to each system of practice to make a course embracing both systems practical? If the prospective student knows enough about Osteopathy to be interested in it as a profession he will surely be con-

fronted by these questions.

The first thing to decide will be whether or not the Osteopath is as Osteopathic training was practically identical in scope with medical prepamuch of a physician as he would like to become. He would learn that the ration. Surgery and obstetrics stand out well in the carriculum. But, in looking over the state laws he would find that in many states he could not sign birth and death certificates or give a hypodermic or practice any but the simplest surgery. These are things the simplest surgery. These are things that would have to be done by somebody, but because his degree was D. O. he would be denied. He would receive no recognition as a physician from the government. He would quite naturally contrast this condition to his position as an M. D. where practically the same amount of preparation would make him a physician, with unlimited professional privileges. What is the prospective student going to do?

If his Osteopathic faith has not been inspired by a good substantial D. O. Osteopath he will probably select the M. D. degree with its additional privileges, probably intending to acquire a little Osteopathic lore later on (which he probably will not do). If he still thinks Osteopathy indispensable, but craves the extra freedom of practice he will be likely to seek a mixed course where he can get his Osteopathy with an M. D. emblem that will serve as a sort of charm to open closed doors. (He will find that he can get such a course) but if his belief in Osteopathy has been exceptionally trained and if he is himself exceptional he will decide that the D. O. degree represents what is most true in treating disease and under that banner join the ranks of those who wish to see the best in therapeutics practiced under the de-

gree D. O.

The danger of this indecision lies in the possibility of selecting the second choice. The student who enters the medical college has made a clean-cut decision and will probably do little harm to Osteopathy, but the hybrid who tries to mingle the noncompatible medical and Osteopathic theories will weaken the faith in Osteopathy of all with whom he comes in contact.

He will swell the ranks of those who plaintively whine that "Osteopathy is all right for some things, but we need medicine." An institution encouraging a combined course notifies the world that neither medicine nor Osteopathy can continue independently. Every one knows that the theories are directly opposed; that one treats disease by chemical intake, the other by anatomic adjustment. Either one or the other is right or they are both wrong. No reasonable combination of the two ideas offers itself.

The real purpose of the M. D. degree cannot be the necessity for more or better methods of treatments but that the graduate shall have the privilege of practicing all that he has learned at college. Admittedly the D. O. training covers surgery, obstetrics, and the use of the necessary chemical compounds as antiseptics, etc.

It is possible for the Osteopath under his D. O. degree to learn all possible measures that the broad minded may consider necessary for treating all diseases. The situation then resolves itself into this: that instead of encouraging students to make full fledged physicians of themselves and then work for fair legislation to give them the privileges that belong to them, they shall attach a degree of the old system whose theory has nothing in common with Osteopathy.

The efficiency of Osteopathy and medicine is as 95 to 5. Surgery by its very nature is more Osteopathic than medical. Osteopathy and surgery can make the little medical 5 per cent become utterly insignificent. When the day comes when we stand on our own feet and make the D. O. stand for a physician that will leave nothing worthy undone for his patient the pros-pective student will have but two pective student will have but two courses to choose from. But if the mixed course idea persists—the whole Osteopathic profession might as well announce to the world that A. T. Still failed in his mission, that the D. O. degree that he created is at best a weak prop, and that the pioneers by their independence obtained state laws to no purpose.

To admit that the D. O. degree cannot make a man independent would be as absurd as for the American Colonies after having drawn up a Declaration of Independence to say that they had better stop fighting and make a Con-gress composed half and half of English Lords and American Colonists. The America of the 18th century took what was good from the old world and made itself independent. Our position is similar, and our duty is clear.

Dr. Mary Kelly Sullivan Dead

Dr. Mary Kelly Sullivan, wife of Dr. Henry B. Sullivan, 213 Woodward Ave., Detroit, Mich., answered the call of Her Maker on August 4th.

Dr. Mary Sullivan was associated with Dr. Joseph Sullivan of Chicago for five years prior to her marriage to Dr. Henry Sullivan.

DR. GAIR RETURNS

Dr. E. Florence Gair of Brooklyn, N. Y., who went to Paris, France, to do some work in a children's clinic, has returned to her home.

OSTEOPATHY SCORES ANOTHER VICTORY

Oldest Fraternal Insurance Society Has D. O.'s as Examiners

Through the efforts of Mr. Joshua R. H. Potts a Patent Attorney of Chicago, a patient of Dr. E. J. Drinkall, the bylaws of the Ancient Order of United Workmen were changed at the last meeting of the Grand Lodge.

Mr. Potts is chairman of the law committee and a staunch supporter of Osteopathy. The medical men present served notice that they would not stand for osteopathic physicians being examiners. Needless to say Mr. Potts set them aside and today the by-laws read that the local medical examiners may be graduates of schools of Osteopathy, preferbly members of the order.

Oldest Fraternal Insurance Order

The Ancient Order of United Workmen is the oldest fraternal insurance order in this country. It is particularly strong in the West.

This is a precedent which will enable us to secure the same recognition from all the other insurance orders.

Members of the order should lose no

time in securing appointment.
We thank Mr. Potts for this signal victory.

PRIVATE PEAT'S ARM 95 PER CENT EFFICIENT

Tells of Osteopathic Triumph

Private Harold Peat who is so well known in the osteopathic profession has just completed a very strenuous lecture tour. He has lectured every day and sometimes twice a day from April 16th, to August 23rd.

Osteopathy's Triumph

Private Peat's arm which was rendered useless by a bullet or two is today 95 per cent efficient. In each of his lectures he has told of the osteopathic treatment and its wonder working power. Private Peat's story has been told to thousands on this 27,000 mile Golf and tennis are enjoyed as though nothing had ever happened to

We rejoice with him in the restora-tion of the arm.

DR. GEO. A. GRIFFITHS. President North Carolina Board

The North Carolina Board of Osteopathic Examination and Registration met in Raleigh on July 25th and 26th and elected, as officers for the coming year, Dr. George A. Griffiths of Wil-mington, president, and Dr. W. E. Crutchfield of Greensboro, secretary treasurer.

To accommodate those but lately discharged from the army, the Board has decided to hold a special meeting for examination in January next.

There are a number of exceptionally good locations in the state and the Board will gladly assist those wanting

openings. The North Carolina law allows reciprocity with states having equal re-

quirements. Address all inquiries to Dr. W. E. Crutchfield, Secretary, McAdoo Building Creenshers N. C. ing, Greensboro, N. C.