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OSTEOPATHY AND NUTRITION.

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With the progress of Osteopathy toward the goal of perfect completeness as a curative science, much stress is being laid on the importance of finding the exact and real cause in any case of abnormal conditions. "Find the lesion" is the dictum that comes thundering forth from the fountain head of Osteopathy—Kirkville. And in truth it is the ability to find the exact lesion or cause that distinguishes the good from the bad Osteopath. I might almost say the genuine from the fake. "General" treatments are too much relied on in place of specific treatment directed toward the real cause, by those who do not recognize the latter. And the progress of Osteopathy toward perfection must depend principally on increasing accuracy in determining the cause of the disease.

It is not the purpose of the above remarks, however, to insist on finding a mal-adjustment of the anatomy for every perverted function. I would speak here of two conditions, one of which is not, and the other of which may not be due to any physical lesion. They are two conditions in which the gen-

eral treatment is 'early' the one indicated, and hence becomes just as specific as though it were directed toward setting the first and fourth cervical vertebrae. They are two conditions that Osteopathy has as yet little touched upon; they are alike in this, that they are the impairment or cessation of the general nutrition of the body, or that part of it which is called metabolism. In the one case it is due to the depression incident to sorrow or intense emotion, and in the other case to the feebleness of old age. If one desired to be more complete in his classification, he could include in the latter class portions of the adult healthy body that are prematurely worn out by indiscretions; and in the former class, such psycho-nervous derangements as the paresis of insanity.

In speaking of the malnutrition of the body incident to great sorrow or other emotions, it is of interest to note the natural basis that existed for the Biblical customs of fasting when in sorrow. That was good Osteopathy. Why should one fast in great sorrow? Simply because the nervous energy is so much wasted by the sorrow

that little or none of it is left to the sympathetic system for the purpose of nutrition. When the body is under the influence of the emotions or passions—sorrow, anger, worry, fear—nutrition* in the body is at a standstill. For in the normal condition every cell in the body must take from the blood and lymph that surround it the substances that it needs for its particular life and function. It does not, however, do this of its own accord, except in the case of the hair and nails; but it renews its substance only upon orders received over the lines of the sympathetic nervous system. When the sympathetic system is overcome and the energy monopolized by the sorrow or passion, the nutritive process is held in abeyance awaiting further orders. Hence the wisdom of fasting under these conditions; the body simply cannot use the food, which therefore clogs the system like clay. The greater wisdom, however, if one would conserve health and beauty, would be to never come under the influence of sorrow, anger, worry or fear. This seems poor sentiment, but it is perfectly sound philosophy. Indulgence in these passions is mental dissipation that can be avoided, and that is quite as disastrous to the health as is physical dissipation.

But people will dissipate, and it is a condition that confronts us, not a philosophy; the condition of a person under the influence of great sorrow or other passion. In proportion as a person is more or less

* In this connection I would commend to all readers Horace Fletcher's little classic, "Menticulture; or the A-B-C of True Living," published by McClurg.

completely "overcome" by sorrow, does the nutritive process approach entire cessation. The field for the Osteopath, in this condition, is to cause the nutritive process to overcome its halting tendency and to continue as before. As remarked above, the nutritive process taking place in every tissue of the body is carried on by virtue of impulses received through the sympathetic nerve system. It is this system of nerves then that is at fault in deficient nutrition; and it is by the Osteopath's well known work in stimulating the sympathetic system that he can reach and relieve the condition.

Among the aged the Osteopath's work of increasing nutrition is still more gratifying. What greater reward can the Osteopath ask than the satisfaction of prolonging the good health of one who has fought life's battles and is spared to the younger generations as an inspiration to equally brave efforts? As life advances nutrition in the body describes an upward curve; in youth the upbuilding process is greater than the tearing down, resulting in the storing of energy and the building of tissue. In middle life the two processes tend to balance, energy being used about as it is received. With the declining years the tearing down process in the body begins to exceed the upbuilding. The brain loses in weight, its cortex grows thinner, and its ganglia lose portions of their cells. The stimuli of the nervous system to the different tissues to continue the process of nutrition, becomes weaker; and it is here that the Osteo-

path can come to the rescue by an occasional general stimulation of the sympathetic system. The results will of course be most marked when, because of some illness, the nutrition has become abnormally deficient.

The general stimulation can thus be made to replace to a certain extent the deficient impulses that should be sent to all tissues of the body from the storehouse of energy, the brain. The stimuli are nec-

essary to make each cell of the body go through its "endless chain" of alternate waste and repair; and while data are lacking to justify the statement that this artificial stimulation will vastly prolong life, it can be depended on to maintain a good state of nutrition to an advanced life, so that the body will wear out more nearly like the deacon's "One Horse Shay."

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OSTEOPATHIC GUESS WORK (?)

LEWIS D. MARTIN, D. O.

Osteopathy is a science! Osteopathy is truth. Osteopathy is genuine and not a scheme to falsely obtain money by deceiving the people. Osteopathy is founded upon the natural laws of God, and must stand. It is reasonable; it is right; it is a common sense method of treating disease by manually putting every part of the human structure, so far as possible, into its correct anatomical relations with every other part, thereby allowing a free and unobstructed circulation of all the vital fluids.

I am not writing to the practitioner, who knows the work, but to the individual who hesitates, half believing the many false reports circulating, derogatory to this new science; or, disbelieving the good said about it (there is always good said wherever a reputable osteopath has been located); or, if believing the good, saying, "It

may reach your case, but it could not possibly reach mine." My friend, your case may be just one of the easiest to relieve or cure, though you cannot see it. Your belief or unbelief will make no difference. Would your belief, that a simple shoulder dislocation could not be set, make it impossible for a skilled surgeon to set it, and relieve the agony caused by its displacement? No! Your faith would make no difference. A cheerful, hopeful disposition is something that should be cultivated and is an advantage in any case, yet, all the faith that is needed, is enough to bring you for your regular treatments for a period of time sufficient for a fair trial as suggested by the judgment of the operator.

I hope, by the opening statements of what I believe to be truth, to attract your attention and inter-

est you sufficiently, so you will not only follow me through this article, but, candidly, and with an unprejudiced mind, weigh in the balance of reason whatever may come to you on this subject. A few, perhaps (I trust very few), who read this may be, at the beginning, like the man selling a patent oil, who called on one of my patients a few days since. In reply to his solicitation for her to buy, she said: "We use very little medicine, but considerable osteopathy."

"Oh, ah, yes," said the peddler, "that is good for some things, but—yes—I suppose you can buy it at any drug store." Drug stores may be all right, but very few keep osteopathy in stock.

Let us consider my first statement, viz: "Osteopathy is a science."

A practitioner of medicine a short time since, said to a patient who later came to me for treatment and found great relief through the Osteopathic method: "There is nothing scientific about it whatever, but you can go where you please, of course." Let us see: Is surgery scientific? Every physician or intelligent layman will rightly say yes! We will speak of only two classes of cases out of the many coming under the surgeons' care. First, to the department of reducing fractures of bones—putting their ends in normal position, and by means of splints and appliances for the purpose, holding them till nature reunites, by throwing out first a semi-fluid substance which hardens and finally becomes bone.

Again, the surgeon treats manu-

ally, dislocations of bones, muscles, tendons, etc., by putting in their normal position. When this is correctly and perfectly done, we say, "What a splendid science is surgery." But when is the surgeon called upon to perform these services? Usually, soon after an accident when the symptoms become so serious and distressing they can no longer be borne. If the trouble is not too serious and does not cause too much inconvenience, it is called a strain and nothing done. Now, what is a strain? A strain is an unnatural tension put on an organ or part. We may have eye-strain, a strain of muscles, or a strain of ligaments, etc. In order to have a strain, the parts must, in some way, be forced further than is natural for them to go. Take a strain of a joint, for instance. The articular ends of the bones must be forced out of their natural position. Now, being forced out, in whatever way, they may return as soon as the force applied is removed. Then we have a strain only nature and time will heal. Or, we may have the bones retaining their "out" position and the soft parts around them try to become accustomed to the new position, which they may partially do, but still there is, as you readily see, an unnatural pressure exerted, and, if left there, will, in all probability, at some time show its terrible work in disease. Perhaps it may be in some organ or part distant from the seat of the partial dislocation, or it may be near to it. Now the patient may think he has recovered, and attends to his duties, yet there remains a slight displacement. What does

this mean? The bones are the framework of the body. To the bones are attached the ligaments binding them together. To the bones are attached the muscles and tendons moving the various parts. In and out, through, between and around all these structures, the hundreds of nerves, arteries, veins and lymphatics may be traced; but all having their work to do. Some may be too small to be appreciated by the naked eye, but performing a certain necessary amount of work just the same.

The city is supplied with water. It leaves the reservoir in one main. That main (artery) divides and subdivides till each family has a small pipe of water. Obstruct one pipe supplying one family and the water superintendent will be compelled to endure a great amount of "kicking"—pardon the expression—till the obstruction is removed. Why? Because it means life or death to the family. If the sewers (veins) are obstructed, a similar state of affairs exists as regards complaint. Why? Because it means health or disease. The same application may be made to the nervous system. There are nerves carrying impulses from the brain to all parts and organs of the body, and other nerves carrying impulses from all parts and organs, to the brain; these organs or parts being comparable to the family living at the termination of supply and when drainage begins, where the pure water is changed to foul; so at this point in the blood system is where each individual cell of the body (member of the family) obtains its supply.

A perfect and normal blood and

nerve supply to each part and organ is necessary to health.

Now, if I can prove to you, my reader friend, that one obstruction was due to a slight dislocation of a bone and did cause pain, inconvenience and suffering for an indefinite length of time, and was put right by Osteopathic methods and a cure effected, when all other methods failed, I shall have proven that there is a field for Osteopathy; that the same bone in different individuals and different bones in the same individual may be moved from normal and cause pressure trouble; that if one bone slightly displaced can produce such painful results and its replacement such relief, others of the 200 our bodies contain may get displaced and be overlooked by our professional brother, who is engaged largely with attention to the administration and effects of drugs upon the system (no one head can contain everything), and, therefore, that the art of detecting slight displacements (that they do exist cannot be doubted by any one, for, if there are the two extremes of perfect adjustment and complete dislocation there may be all degrees of dislocation between the two extremes) and physical abnormalities, and tracing through the nerve and blood connections, the cause of disease as related to these, not by a great array of symptoms, but by an accurate knowledge of the anatomical structure, together with its physiological workings; and the development of the sense of touch with the study of how and where to look for, find, and correct these very prolific causes of disease—I say I shall

have proven that this art is worthy teaching as a system, and hence, from the above, is, as Webster says of science, "Knowledge duly arranged and referred to general truths and principles on which it is founded and from which it is derived" (anatomy and physiology); "a branch of learning considered as having a certain completeness; philosophical knowledge," etc.

I wish now to cite two cases, each being a displacement of the same named bone in different individuals; and, by the way, if this case be true (as you can prove by writing to me for the name of the patient) and I have seen one such case as I mention, I have seen dozens of similar dislocations of the same bone, to say nothing of the 199 other bones, various troubles resulting and relief afforded by replacement.

Case 1. Some years ago a man was thrown from a wagon, striking on his back. One skilled M. D. attended him for one year; gave drugs without number, internally and externally, applied twenty blisters along the spine. The "patient" patient consulted other eminent diagnosticians in central Vermont. Doctors agreed perfectly, that it was a "strain of the nerve in the spine." He tried electricity each night one year, which quieted the pain so he could sleep. But at the end of this time it ceased to have any good effect and patient was on the point of going to the hospital, when he decided to be examined by an Osteopath and came to my office. The pain in this case was all located between the level of the crest of the ilium and the knee, on

one side. In two minutes after the man took his place on the table for treatment the bone which was one innominate was put in place. He got up, could readily lace his shoe, a thing he had not done since injury; could put one foot out in walking as well as the other (hitherto impossible), and could sleep in any position without pains from that time. A few treatments to loosen the muscles so long contracted, and the man has a useful limb.

Case 2. A man attended every day by an M. D. without relief, called an Osteopath. His trouble, too, was found by the Osteopath to be a slipped innominate bone. The M. D., a bright, honest man and ready to learn, made his usual visit and was told what the Osteopath said. The doctor said he would find out for himself, and went through a careful examination and measurement, but failed to find the trouble, though the exact location was pointed out to him by the patient. This reflects no discredit whatever upon the M. D., but simply shows that a careful, thorough training along this line is essential to the successful practice of the art and science of Osteopathy.

A doctor of medicine said, in regard to the first case mentioned, when told what the Osteopath said about the partial dislocation, "It is an utter impossibility to put back in place a bone so long out; it cannot be done." His statement may be true in some cases, but ninety out of every 100 can be put back, and are, by the competent Osteopath. The benefit resulting is in proportion to the amount of change

or destruction which has taken place through the failure of the individual to have the wrong righted. If a functioning organ has been destroyed it cannot be created new, any more than nature will grow a new finger for an amputated one, but she will do all it is possible to do, if the obstructions are removed.

In the above, I have followed out only one line of Osteopathic argument—that of bone dislocation. Because I feel that it is the most important and probably more has been done thus far osteopathically, through the reduction of bony lesions than in any other way. At the same time I would not convey the idea that the only thing an Osteopath can do is to find a dislocated bone; however, this is all that space will permit me to follow out, and that very imperfectly.

I have not intended and do not intend anything offensive toward the practitioner of medicine, but I have tried to show that because drug medication failed in a given case, it is no sure sign Osteopathic treatment cannot reach it. Any complication of diseases may be and so often are traceable to some obstruction an Osteopath could relieve.

In closing, I wish to quote a portion of a letter received by me in answer to some questions asked. Let me say that questions and answers were both written without any thought whatever, that they would ever appear in print, but believing they would be helpful to every reader, considering the source from which they came, I asked and obtained permission to quote for print.

Dr. J. A. Vance was a medical practitioner of several years' (ten or fifteen) experience when he took up Osteopathy and this fact, that he has seen the inside of both systems, and is, in my belief, as true, honest and conscientious a man as walks this earth, lends weight and value to his words. In answer to these questions, "Do you use drugs in connection with Osteopathy in your practice? Would you use Osteopathy exclusively in your own family for any disease? What is your experience with Osteopathy in acute cases? What success with diabetes mellitus?" he replied as follows:

"Yours received; very glad to hear from you and of your success. Indeed, I treat exclusively by Osteopathic methods, so far as it will cover the cases; have seen no need of medicine; have not used a particle of same so far, and never expect to need. What I mean by "so far as it will cover the cases"—there are epileptic and other severe nervous cases sometimes due to meatus urinarius, phimosis, etc., etc., requiring surgical treatment; and many times other physiological adjunctive treatments. No, I do not want medicine—scarcely think of it any more. As to using it in my own family, I thought you had a higher opinion of me than to think I should try to 'palm off' for my neighbor, what is too inferior for my own. Yes, I have treated diabetes mellitus; notably a young man aged 19, who had been to several M. D.'s, to a hospital, and given up to die; passing nine pints per day spec. gravity 1054. In one week reduced to 1043 and four

pints per day, and so on, coming back to normal every day, and gained strength. In three and one-half weeks I turned him over to another Osteopath. He did not get along well for a month, but I believe is O. K. now. Am better pleased as time goes on all the time. Have done no advertising whatever and have done very nicely. * * * I could have enlarged upon this, want everything to go along quietly, without excitement; am working for permanency and the benefit

of the science. * * * Almost overlooked what you say about acute cases. This is the class to demonstrate the efficiency of Osteopathy more wonderfully. It is O. K. * * * Suppose you saw the account of Dr. Bernard, of Iowa, curing case of violent insanity in three minutes? It has caused much comment in daily press in United States, Canada, Europe and Great Britain."

Miles Building, Barre, Vt.

EVOLUTION IN HEALING.

W. E. SWAN, D. O.

There is a power in the healing art which is far superior to that which comes from the mere administration of drugs. Looking back over the history of the past it is pitiful, and at the same time amusing, to note the efforts of the large army of would-be scientists, who stamp their little knowledge as the ultimatum of truth, and defy the entrance of new ideas conflicting with their theories. These are not true scientists, but enemies who oppose the progress of mankind.

In a short article it would be impossible to mention the various gradations in the upward climb of the healing art. It took years to show the disastrous effects of blood letting. Such could never again be tolerated. The problem now is how to keep up the supply of healthy blood in the body. It is a question of much study whether

vaccination be a preventive of smallpox. Some of the most eminent men deny it altogether, while others hold to it. Compare the remedies used now with the ones fifty years ago. See what a change. I might go on indefinitely citing instances to show how disease was regarded and how erroneous were the remedies applied. Slowly and painfully the science of healing has reached the present stage of its being. Since leaving the American School of Osteopathy in July, 1898, I have come in contact with almost all classes of disease, especially chronic troubles. While I have found a very hard task in many cases to convince the patient of the virtue of Osteopathy, yet I am proud to see the grand old science making such rapid headway in controlling disease. The record Osteopathy has made in the relief

and cure of diseases is one that the representatives of the science can well be proud of. It has been marked by brilliant successes and has achieved many results in cases that baffled the skill of other methods of therapeutics. The science which within a few years has made such rapid progress in a number of states, is only new in the sense that its systematic practice is of recent origin. The principles upon which it is founded are as old as the laws of nature. It undertakes to relieve pain and physical suffering of all kinds without the use of nauseous and hurtful drugs. The results of its treatment are reached mainly through scientific manipulations of the body. A number of states have already recognized Osteopathy by legislative enactments, and it is only a question of time when it will be accepted everywhere as one of the inestimable blessings which the progress of civilization has brought. The actual cures it has accomplished where other schools of medicine have failed are so numerous and startling as to awaken wonder wherever told. Yet the living witnesses to its efficacy are to be found in various parts of the country, men and women, who have been grievously afflicted, and whose cases had been despaired of by old school physicians, yet who have been restored to complete health through the ministrations of this beneficent science. Its first victories were in the line of the reduction of bony dislocations causing deformities and organic disturbances. The success met with in this class of troubles gave the science its early prestige. It made

the paralytic to walk, the cripple through its agency to discard his crutch, while the withered limbs were developed and re-invigorated, and hip joint disease often removed. This was its early history, but as its field of usefulness broadened, rheumatism in its multifarious manifestations became easy prey to the skilled operator. Since then its usefulness has passed beyond the mere mechanics of the human mechanism into its physiological manifestations, in health and disease. Its conquests in this department have been as wonderful as were its former achievements. Obscure neurotic diseases not attributable to any specific anatomical lesion have been reached in a manner which sets at naught the idea that this class of diseases is without the province of Osteopathic therapeutics. All diseases which have been successfully treated by any means have been reached by Osteopathy. What it has done in the past it will do in the future, for each day brings new developments and opens up greater possibilities to the competent Osteopath.

Clarksville, Tenn.

Young Doctor—"I will not go so far as to say that the physician of today is more skilled and capable than those of a generation ago, but of this I am sure: he is a man of more fertile resources."

Old Practitioner—"In what particular, pray?"

Young Physician—"Why, for instance, he has to have a genius for knowing how to invent diseases."—Boston Courier.

DEFENSE OF OSTEOPATHY AS A HEALING ART.

The letter of Rev. Sam P. Jones, the noted evangelist, in which the medical profession was taken to task, and which appeared in the January Popular Osteopath, was also published in The Chattanooga Sunday Times of Jan. 7. In the same paper on Jan. 14, Dr. P. D. Sims, a leading physician of Chattanooga, took up the cudgel for his profession, and incidentally attacked Osteopathy. This was replied to by Dr. A. L. Evans in The Times of Jan. 21, from which we quote the following:

To The Chattanooga Times.

I do not ask for space in your columns for the purpose of defending Rev. Sam Jones; it is my observation that he can take care of himself. Nor is it for the purpose of "roasting" the doctors or anyone else, but rather to correct some misstatements concerning Osteopathy, which appeared under the signature of Dr. P. D. Sims in your last Sunday's paper. It would be impossible, of course, to notice all that he says and I will only attempt to review briefly that part of his article which reflects upon my profession.

The doctor closes a review of the different ideas for the treatment of disease which have sprung up and which he is pleased to call "fads" with a complimentary allusion to massage for the treatment of some conditions.

He then goes on to say: "Your friend at Kirksville saw in this what he thought by the liberal use of printer's ink and the indorsement of a few unsuspecting, well-

intentioned preachers might be made an available hobby."

He thus boldly assumes Osteopathy to be massage! About the only form of reasoning by which such a conclusion could be reached would be this: The masseur in giving his treatment uses his hands, the Osteopath in his treatment also uses his hands, therefore the Osteopath is a masseur. The learned doctor will agree with me that this form of reasoning is sophistical for by its use we might have the following: The homeopath in his practice prescribes drugs, the regular also prescribes drugs; therefore, the regular is a homeopath. More will be said, however, about the distinction between Osteopathy and massage later.

It is true that our science has had some assistance from the preachers, but this fact ought not to condemn it. The first "unsuspecting, well-intentioned preacher" who ever publicly indorsed it, so far as I know was for seventeen years pastor of the Cumberland Presbyterian church at Kirksville, Mo., and who is still living one of the best loved men in that town. He had an invalid daughter who went about, when she went at all, on crutches, and whose case of "hip disease" had baffled the skill of all the "regulars" who had been called to the case. Dr. Still, the founder of Osteopathy, set the hip and she discarded the crutches, which she has never since used, and there are those who do not blame this "unsuspecting" father, who, from very joy on the following Sunday morn-

ing from his pulpit, thanked God for his daughter's deliverance from invalidism and invoked a divine blessing upon Dr. Still and his work.

Speaking further about the name "Osteopathy," the doctor says: "He fastened it across the front of his hobby and went to rubbing." "Rubbing" is a word often erroneously used in connection with Osteopathy, and the doctor's knowledge of the subject is probably summed up in that word, if so we good-humoredly submit that it is unfair for him to essay to criticize a system of which he is so ignorant. It is a question as to how appropriate the name is which Dr. Still selected for the science which he founded. It certainly would be difficult for any word to express literally the full scope of any system of healing disease. As anatomy is the foundation of this new science, and as the bony framework might be said to be the foundation of human anatomy, perhaps the word Osteopathy is not an unwise selection.

This view of it might be strengthened by the further observation that the bones (by being more or less misplaced) often impinge upon important nerves or obstruct the flow of the vital fluids. Then, again, the Osteopath in his treatment uses the bones as levers to remove the pressure of contracted muscles or ligaments, and to free up the circulation of the blood and lymph. I want to add here that in its practical application it does not mean "bone suffering" or "bone disease." Nor is it a system that treats only diseases caused by mis-

placements, contractures, etc., but in cases where there seems to be no mechanical obstruction an application of the Osteopathic idea of stimulation or inhibition of nervous action, and control of the vascular supply has demonstrated its potency in as wide a range of disease as is treated by any other system of healing.

It might not be out of place here to speak of the training of the Osteopath for his battle with disease. In legitimate Osteopathic schools the foundation studies are anatomy and physiology, but as the course extends over a period of four terms of five months each most of the studies that appear in the curriculum of the medical school are thoroughly taught. The most notable exceptions are materia medica and massage, the latter, the doctor asserts, being taught as a special branch in medical education. As neither of these are deemed necessary in the diagnosis or treatment of disease they are not taught in our schools. In their stead, lectures are given on the principles of Osteopathy and Osteopathic therapeutics. Demonstrations are also given in Osteopathic diagnosis and treatment. Each student also spends from five to ten months in the treating rooms of the clinical department.

Perhaps enough has been said to indicate to thinking minds the difference between Osteopathy and massage. But to make it yet clearer, I will illustrate with a few cases. In citing these cases I will also refer to what the doctor intended as a slur about the Osteopath

"keeping always in touch with the newspaper press."

Some time ago the news column of the leading papers of the country contained an account of a cure of a case of appendicitis. This was not an advertisement, but the fact that this dread disease had been cured without drug or knife was thought by the newspaper men to be a matter of interest to the reading public. This would hardly have been the case had the "massagist" been curing such cases right along.

It has been but a short time since the newspapers of this country, Canada and Europe contained an account of a raving maniac, one Bart Neal, of Plano, Ia., being restored to reason in one treatment by an Iowa Osteopath, who replaced the third cervical vertebra in position. Just how much "rubbing" or drugging it would have required for the masseur, or the "regular" to produce this result is problematical.

It was about eighteen months ago, perhaps, when the press contained an account of the practical cure effected at Kirksville of the little son of Senator Foraker, who, other physicians of eminence had said, had organic heart trouble. No amount of massage or medicine would have corrected the unnatural position of this boy's ribs, which unnatural position was causing the trouble with his heart.

Yes, Osteopathy sometimes gets into the papers. Every once in awhile there is an account of some trial in court where Osteopaths are brought by a spirit of intolerance, bigotry and persecution which ani-

mates, at least, some members of the medical profession. Sometimes it is an account of a victory in a state legislature, where Osteopaths are often driven for protection. Sometimes it is heard from in the press in reply to misstatements of a "regular."

But nowhere, in print or orally, does the legitimate Osteopath wilfully deceive the people, nor guarantee a cure, nor promise to do that which he is unable to perform, nor adopt any of the well-known methods of the fakir. It is true that he believes with his whole heart in the science he practices, but I do not now recall ever having seen in print any such hyperbolic panegyric addressed to Osteopathy as Dr. Sims addresses to regular medicine in these words:

"It is as broad as the universe, as high as heaven, and as deep as hades, earth, air, and sky, the blazing sun, the placid moon and the twinkling stars, the hope of heaven and the horrors of hell," etc.

And so, admitting it to be true that Osteopathy gets into the papers, it would not be impossible to find a "regular" who sometimes "rushes into print."

While the Osteopath does not use the newspapers for "hornblowing" purposes, facts about his science and the cures performed by it do find their way into them. Osteopathy represents a fact in science, and science is not secretive. If by this system sick folks can get well, they ought to know it. Like any other good tidings, it ought to be proclaimed. Hence, we have magazines devoted to the interests of our profession which tell about

what Osteopathy is and what it does, and we want people to read them.

The man who would suppress these facts and keep the knowledge of the way to health from the people is living centuries late. He belongs to the dark ages. Those who would so inclose the facts in regard to the healing profession within the walls of "ethics" that the people may not know anything about them are not in accord with the spirit of the times. The effort to foster by law a monopoly in the healing art, thus depriving the people of the privilege of choosing the kind of a physician they would employ, is a reminder of the days when the priests had all the knowledge and did all of the thinking for the people.

But I will not trespass in this discussion upon the part that belongs to Sam Jones, who, by the way, retains some superstition about the efficacy of drugs. Nevertheless he has demonstrated that he is broad and liberal enough to allow others the liberty of having the doctor of their choice, and is unwilling, by excluding the Osteopath from his state, to cram "pills and powders" down the throats of people who do not want them.

The doctor in the course of his letter quotes from Oliver Wendell Holmes, which brings to my mind another quotation from this genial writer, M. D. though he was. In his "Professor at the Breakfast Table" he says: "Here, look at medicine. Big wigs, gold-headed canes, Latin prescriptions, shops full of abominations, recipes a yard long, 'curing' patients by drugging as

sailors bring a wind by whistling, selling lies at a guinea apiece—a routine, in short, of giving unfortunate sick people a mess of things either too odious to swallow or too acrid to hold, or, if that were possible, both at once." But that is another story. I have no quarrel with the doctors, many of whom are my friends.

The doctor closes his beautiful tribute to the regular by saying: "He will allow no spurting, one-idea charlatan to come into his fold and put on his armor." By this he evidently means the Osteopath, he having been under discussion; but we hasten to assure the doctor that we have no desire to be weighted down with his "armor," nor do we care to break into his "fold." Sam Jones said of Osteopaths that "they are no kin to christian scientists and they don't run with the faith-cure crowd." He might with equal truth have added that they don't care to flock with the M. D.'s. We are as careful of our company as are the regulars of theirs.

But, seriously speaking, Osteopathy is a system of healing complete within itself. It has never asked to be taken in by the regulars. We have asked that the natural right to serve those who may wish to employ us be written in the statutes. This has been done in seven states, while public opinion and the courts have opened many others to us, until today there is scarcely a state in the union that has not its practicing Osteopaths. And we very much mistake the sense of justice of the people of Georgia if this right is long denied there.

The doctor's classification of us with the "spurting, one-idea charlatans" does not hurt us because it does not fit. He knows, as does the public, that harsh words prove nothing. Any misapprehension that might possibly result from such statements from a gentleman of such high standing as Dr. Sims would be among people of this community who might suppose that the doctor knew what he was talking about. Hence, the local Osteopaths of Chattanooga are constrained to say that, over against this innuendo of the good doctor who has been an honored resident of this city so many years, they are content to place the record of the work they have done here,

which has in point of time extended over a little less than a year. In that short time we have treated many persons afflicted with various chronic ailments and some acute troubles, such as colds, diarrhoea, tonsilitis, pneumonia and typhoid fever. What our success has been, as well as what evidences of charlatanism we have displayed, we leave to be said by the scores of good people of Chattanooga whom we have treated and in whose families we have practiced. They ought to, and doubtless do, know more about us and our methods than the "regulars," very few of whom we have had the pleasure of meeting.

A. L. EVANS, D. O.

REPORTED CASES.

SPINAL CURVATURE.

Reported by CHAS. C. REID, D. O., Warren, O.

Twelve years ago Mrs. V. H. was taken with pain in hip and spine, which has bothered her ever since. Her spine became weak, she lost flesh and finally had nervous prostration. Largely she recovered from the nervous prostration, but the spine stayed weak and gradually she developed a progressive anterior spinal curvature in lower dorsal and upper lumbar regions. The fourth and fifth lumbar vertebrae were posterior and the left innominate was tilted backward enough to make her left limb about an inch shorter than the other. She became unable to stoop for-

ward and raise herself up again. Got so she could not lift her feet well and was continually stumbling over rugs and small objects that came in the way. Became short of breath, heart weak, and a severe pain in left side prevented her sleeping on that side. She would have attacks of dreadful nervous headaches which were becoming quite frequent. She has managed to keep up most of the time and do her lightest household duties, but for the last several months before trying Osteopathy she felt that she would soon have to take to her bed or an invalid chair. She tried several doctors. Some helped her general health a little; but none helped her spinal trouble, the real seat of

all her ailments. In fact, but one or two recognized the existence of any spinal curvature. She says she came to the Osteopath as a last resort. She is on the fourth month's treatment. The soreness has left her back, side, and hips. She sleeps on either side, seldom has a symptom of headache, can stoop and raise up without any trouble, can stand erect and feels lighter on her feet with no tendency to stumble; not nearly so nervous and in every way feels much better. Her spine has straightened enough to make about two inches difference in her height. The innominate bone has come into position and her limbs are the same length. Hope is revived again and she is like thousands of others over this country, praising Osteopathy for what it has done for her.

INSOMNIA AND GENERAL NERVOUSNESS.

Reported by W. H. ECKERT, D. O., 708 Commercial Building, St. Louis, Mo.

Mr. John Deyden, 4340 Olive street, this city, came to my office for examination. He had tried everything but Osteopathy, and regular M. D.'s had pronounced his case incurable. He had not had a good night's sleep in five years, and was a nervous wreck, not able to attend to business. By examination I found the muscles in the cervical region greatly contracted, but no special lesion. My diagnosis was that the contracted muscles in the neck were interfering with the circulation to and from the brain. My treatment was to relax those muscles and work on the vasomotor center to bring about normal conditions. In less than one month's treatment he was

sleeping like a baby and is today in better health than for years.

Reported by L. D. MARTIN, D. O., Barre, Vt.

A. L. Davis, Danville, Vt., writes, Dec. 26, 1899:

"I wish to express my feelings in favor of Osteopathy in such a forcible manner that some suffering one may give heed and find relief. I speak from personal experience, and know 'whereof I affirm,' and believe, sincerely, Osteopathy can and will do all it lays claim to. June 13, 1898, I met with what proved to be a serious accident to left ankle; it was called a severe sprain, ligaments and tendons said to be injured, one toe dislocated. The whole foot was a sight to behold, swollen beyond its normal by several sizes. The pain cannot be described. It was intense day and night, and at times agony. Consulted several skilful (so-called) surgeons, who told me for my comfort, it would always trouble me. Was obliged to use the crutch to get around at all. In six months after this injury, from an unknown cause (unless from using too hard to favor the hurt one) the other foot gave out, giving as much, if not more trouble, if possible, than the other had done. For this, resorted to the M. D. without the least benefit. Used internally and externally everything recommended, using electrical treatment for months, and massage for weeks, with only temporary relief. As a last resort, yielded to the earnest advice of friends to give Osteopathy a trial. Came to Williamstown, Vt., Sept. 28, 1899, putting myself under the care of Lewis D.

Martin, D. O. In two months from taking the first treatment, I walked to the doctor's office, a distance a little less than one-half mile. When coming here was unable to walk on the ground, and with difficulty get in and out a carriage. I am now taking third month's treatment and am able to walk on and over frozen ground, icy and snowy walks all I want to, which is something never expected again to be able to do. Expect to soon go home well and happy."

There was a marked lesion at the 1st Lumbar vertebra. Both feet were decidedly everted, showing a lessening or breaking down of the arch of the foot. My opinion is that the above named lesion through its effect upon the nerves at that point, had reduced the strength of the ankles to the minimum. The accident was the "straw" too much and the weakened ankle could not regain strength. Favoring the injury brought about the same condition in the other. L. D. Martin.

SO-CALLED "CARIES" OF CLAVICLE.

Reported by M. E. DONOHUE, D. O., 604 Paxton Block, Omaha.

Mrs. H. came to me last August for examination. Her medical advisers told her she had caries of the clavicle and that the bone would have to be scraped before she would get relief. Upon examination I found extreme soreness in neck, extending as low as third dorsal. I also found that the "caries" was confined to the subclavius muscle, caused by the irritation in upper part of brachial plexus. One month's treatment relieved the condition.

"MUSCULAR RHEUMATISM."

Lady 53 years of age came to me for examination for lame shoulder. Had not been able to raise her arm to her head for seven months. Case had been diagnosed as muscular

rheumatism. Upon examination I found the first rib partly dislocated at the spinal end. The lady was able to comb her own hair after the first treatment and at the end of one month was well.

PARALYSIS.

Reported by W. A. GERVAIS, D. O., 304 Merriam Building, Council Bluffs, Ia.

Was called in to treat Mrs. S. (wife of a prominent Nebraska editor), who had suffered a stroke of paralysis. Upon examination I found the muscles of the cervical region in a badly contracted condition. Interfered with the return flow of venous blood from the head. Began treatment to correct condition found, and at the end of five weeks discharged the patient, completely cured. No symptoms of the paralyzed condition remaining whatever.

HYPERESTHESIA OF PLANTAR NERVES.

Mr. F. C. came to me for treatment for a trouble of twenty years' standing. Hyperesthesia of left foot. He in the mean time had consulted some of the most prominent physicians of both New York and Chicago on nervous diseases, but with no relief. In fact, the disease had reached a stage where he (Mr. C.) could obtain no rest from the severity of the condition.

Upon examination found the third and fourth lumbar vertebrae at fault, impinging upon the proper nerve force to sciatic nerve.

I corrected the condition and the trouble disappeared, proving once more the Osteopathic law that by removing the cause a cure will result.

A MEDICAL AUTHORITY INTERVIEWED.

FROM THE NEW YORK SUN.

The doctor was talking. He does that frequently and sometimes under impressive circumstances. Then meetings of medical societies listen to him. His reputation among his associates is high. His word is authority on several subjects, and he stands at the head of one branch of the profession. So the societies hear him with pleasure. He is talking to only one man at this time. He was not looking at him but his eyes seemed to be fixed through the smoke of his cigar on something very different and distant that was probably a little bit intangible. He seemed absorbed in that while he was talking.

"The cure of cancer?" he said. "Cure cancer? What can medicine cure? I ask myself that question nearly as often as some of my patients put it to me. Medicine cures nothing now, and in this stage of the world has not made one step of essential progress. Can medicine cure tuberculosis or typhoid fever or scarlet fever? Persons get well of some of these ailments now just as they always did, but it is not a question of what the doctors do for them. It is the vitality of the man himself that decides whether he is to die or live, if, for instance, he is sick with typhoid fever. Left alone just as he used to be before the days of doctors and nurses, the man would get well if there was strength in him to struggle against disease, but if there was not he would have to die. The same

thing is true today. The disease runs its course. If a man has the appendicitis the surgeon can cut out his appendix and cure him if it is not too late, but of surgery I am not talking; when I say that medicine stands no further forward today than it ever did, I mean in the treatment of those diseases doctors are commonly thought to be able to cure."

The doctor looked serious again when the question was put to him whether medicine does nothing now for persons with serious diseases.

"Nothing," he said, "in the way of cure. There may be amelioration, but where is any cure for Bright's disease, for instance, or any disease of really serious character that the world is subject to? A man without vitality enough to pull through typhoid fever could not be saved by a whole college of doctors, nor could anybody ever be cured of consumption if the whole world of medicine devoted its attention to him. On every side the same situation will be found. In serious matters medicine is powerless. A doctor always seems to be in exactly the same position as the preacher. A man who feels that he can look after his own life, who is not going to commit sin or backslide in any way, does not need the preacher's advice about his conduct. Most of the people who consult him as to what they should do are anxious to do something they have no business

to do and are trying to find some way of doing it. That is practically the purpose that the doctor serves. The man with dyspepsia does not want to starve; he would rather eat and take medicine. The man with the bad nerves doesn't want to stop smoking and drinking. He wants to keep on doing both and get well at the same time. The bilious man would not need medicine if he took exercises and avoided the things that upset his liver. But none of them want to give up what he is doing. They like the doctor's talk to comfort them and let them know they can arrange to continue what they are doing and get well at the same time."

It was a question as to nature's share in curing a person that made the doctor thoughtful again. He was looking hard through the smoke, when he answered:

"It is difficult to tell," he said, "just to what extent nature will help a man out. In diseases such as typhoid fever and the like men always get well, as I have said, if they were strong enough, apart from what the doctor did for them. They do that now if they can fight the disease, and if they don't they die. Nature helps them there. In appendicitis, as a type of a surgical case, nature cannot be relied upon. Appendicitis allowed to take its course is likely to kill. It must be arrested and defeated by the surgeon. On the other hand, I will tell you the story of an experience last summer which shows how wonderfully nature helps in some cases. I was spending my vacation in Canada and was called to see a man who had been very ill for

some time past. I went with a friend, a local physician, who had no idea what was the matter with him. We were told when we arrived at the house, which was on a remote farm, the man was resting for the first time. Certain things had happened which made it possible to investigate what the matter with him was. We discovered. Nature had performed for him an operation as skilfully and wonderfully as the most famous surgeon could have done it. All the time he was lying in bed she was at work in this wonderful way, and he has been in perfectly good health ever since it happened. That was one case in which it was possible to rely on nature and be cured. Malarial fever, acquired in certain places, can be cured by certain natural remedies, but if a patient got precisely the same fever, which shows itself in exactly the same way, somewhere else, this drug would have no effect on him."

The doctor answered the last question decidedly. "The most that medicine can do today in the treatment of disease—the greatest thing it can do—is to find out what a man died of. That is its greatest advance. Sometimes that can be discovered only with the greatest difficulty and patience. There are still times when it seems impossible. Medicine has advanced so far that men rarely die now without the cause of their death being known. In the cure of diseases no forward step has been made in spite of all the investigations of men of every nation, and I am not quite sure that any ever will be. With surgery the matter is, of course, entirely differ-

ent. Every doctor knows the limitations of his skill and knows which of his patients it will be possible for him to relieve. He knows that the proportion is a very small one, but it is not his business to tell that to the people who apply to him for treatment. They usually

get just what they come for, so his conscience is clear. No, I never say these things before any of the medical societies. One reason is that they might not make me very popular and another is that every doctor knows them already."

AVOIDED DRUGS; REACHED 101.

FROM THE NEW YORK TIMES.

George Blakeman, of Ansonia, Conn., the oldest man in Connecticut, being in his one hundred and first year, ascribes his longevity to his total abstinence from medicine of any description. In spite of his years, he is well and active. Every pleasant day he walks half a mile to the postoffice, and on Sundays he is a regular attendant at the First Congregational Church. He reads the papers with the aid of ordinary spectacles and frequently entertains friends by singing old time songs, still retaining a good tenor voice.

When a boy Mr. Blakeman was of delicate constitution and at the age of twenty-one years, after long periods of medical treatment, was weak and sickly. Disheartened by his failure to regain health, he took what at the time seemed a desperate resolve—to eschew all medicine thenceforth. He has never touched it since.

Mr. Blakeman said:

"Since I was twenty-one years old not one drop of medicine of

any sort has passed my lips. Year by year I have become stronger and heartier. I am convinced that the use of medicine is a great drawback to a long life and a strong one."

"But if you were seriously ill?"

"I have been. Thirty years ago I had pneumonia, and several years later a bad remittent fever. My wife had all the doctors in Ansonia assembled around me writing prescriptions. I would take none of them. When I felt myself becoming delirious I made my wife promise that no medicine should be given me. Well, it wasn't, and here I am. One doctor had a habit of saying: 'Just a little tonic, a little whisky and quinine,' but I didn't drink when I was well, and I would not drink when I was sick."

"Then you don't approve of whisky?"

"Decidedly, no."

"Not as medicine?"

"No, not for illness; not as a stimulant. I don't believe in stimulants. The reaction is twice as in-

tense as the temporary tonic. Teas and coffees are stimulants. I never touch them. I haven't for more than seventy-five years. They affect the nerves, and so does smoking."

"You never smoke, either?"

"No. Like all the boys, I tried it, but common sense told me to give it up. It lessens one's usefulness; it even curtails life. Throw your tobacco out of the door or you will never be a centenarian."

"In short, Mr. Blakeman, to become a centenarian, it is necessary to become an all-round model man?"

"Not a prude. I'm just turned a hundred, but I've never let many a chance for a good time pass. I

It is said that the renowned Dr. Janeway, of New York, was once consulted by a patient suffering with stomach trouble, who said to him: "What shall I eat?" "Why, how should I know?" said the doctor. "Well," said the astonished patient, "I thought you were a doctor and ought to know." "But you surely have been experimenting for the past twenty-five years and ought to know by this time what agrees with you better than I can tell you." There is much wisdom in this, as the old axiom has it. "What is one man's meat is another man's poison." But is it not reasonable to suppose that the same thing is true of drugs, and that the same dose will affect different people in different ways, dependent upon habit, constitution, temperament and other inexplicable

believe in society. That's nature's tonic. Society is nourishment, mental and physical. It's the mingling with men that gives food to vitality.

"Another tonic is work. Work is the best recipe for remaining young and vigorous. More men rust out than wear out. I never went in for speculating; I learned early that you can't get something for nothing. I plodded for all I got, and I feel better for it."

Mr. Blakeman started life as a shoe cobbler. On retiring from business at ninety years of age he was a well-to-do tack manufacturer, a director in the Derby Savings Bank, and a stockholder in several other business enterprises.

causes? It is a matter of common knowledge and every day experience that on one visit a doctor will prescribe a so-called remedy, and on the next inquire how it acted. If it did not act as he had hoped it would, does he not say, "Well, try some of this?" If these things are true, is it not a solecism to speak of the "science" of medicine?

"Who was the scientist who made the discovery that baldness is a sign of intellect?"

"I don't know his name. All I know is that he was bald."—*Indianapolis Journal*.

"Johnny, did you take your cough medicine regularly in school, as I told you?"

"No'm. Johnny Budds liked it, an' he gimme an apple fer it."

MEDICAL IGNORANCE ON EXHIBITION.

Among the amusing features of the trial of Dr. Nelson, in Kentucky, is the testimony of the medical witnesses. Dr. J. M. Matthews, president of the state board of health, and president of the American Medical Association, testified that "he understands the theory and practice of Osteopathy, and that Osteopathy is not a system for curing diseases, and is to be feared for dangerous results which would naturally be caused thereby." He further says: "The Osteopathic treatment testified to by Dr. Nelson as a system is very foolish, and would likely kill patients rather than benefit them."

Dr. J. M. Boldine, an eminent physician of forty years' practice, testified among other things that "in most of the diseases in which the School of Osteopathy claims to cure, manipulation would do no good on earth, but on the contrary would do harm, and in many cases likely kill the victims."

Dr. J. M. McCormack testified that "in his judgment, to license Dr. Nelson would be dangerous to the health, limbs and lives of those citizens who might be treated by him, in most instances."

Dr. A. Morgan Vance, specialist on joints and deformities, testified that "the practice of Osteopathy is not only dangerous to the limbs and lives of the public, but in many instances is inhuman and barbarous."

Dr. Wm. Cheatham testified that Osteopathy is "dangerous and injurious to the eye," and that the Osteopathic treatment of diph-

theria "would invariably kill the patient."

Dr. Chester Mayer swore "it is dangerous in its application."

Dr. Wm. Bailey testified that "he understands Osteopathy, that he has read what is called its literature," etc., and that "unless administered under the supervision and direction of a person learned and skilled in medicine, would be of no benefit to a patient, but on the contrary would do great harm."

We quote the foregoing absurd and ridiculous sworn statements to show upon what kind of prejudiced and partisan testimony the case was decided. Dr. Nelson had practiced in Louisville for about three years. In that time he must have treated many hundreds of people, and if the practice of Osteopathy were so deadly and dangerous, as sworn to by these expert witnesses, why were not some of the relatives and friends of persons killed by its application compelled to come into court and tell the truth about it? If there were persons living in the state who had been maimed and injured by this terrible thing called Osteopathy, don't every sensible person know that doctors who were capable of giving such testimony as the foregoing would have had them in court? The facts are, such cases cannot be found anywhere.

It is true Dr. Nelson had five witnesses who testified to cures performed by him, but the court slurs over this part of the evidence by saying they were "not experts." This brings to mind the old saying

that there are three kinds of liars, viz., "Liars—liars, and experts."

To the hundreds of thousands of people in this country who are familiar with Osteopathic treatment and their results, such opinions as we have quoted are mirth-provoking. Those witnesses who swear that they "understand Osteopathy," and that it "would likely kill patients rather than benefit them," excite sentiments of pity and contempt. The facts are that this trial revealed the state of dense and profound ignorance which pervades the medical profession respecting Osteopathy. Translated, the testimony of these men means that Osteopathy is beginning to hurt their business, and the solicitude they profess to feel for the lives, limbs and health of the people is in reality for their own pocket-books. When they say it is dangerous, they mean dangerous to the medical profession.

But in what a muddle of contradictions the enemies of Osteopathy have involved themselves! All over the country when told of the cures effected by Osteopathy, they have said: "It is massage. Massage is a very good thing in many cases." Even the learned judge himself refers to it as "this massage treatment called Osteopathy." A prominent physician recently declared in public print that massage "to relieve pain, correct nervous irritability, or to restore suspended or abnormal function is about as old as the science of therapeutics itself, and an important part of its armanentarium." Oh, yes, "massage is a good thing," they say. "Osteopathy is nothing

but massage," they also say. But if the testimony of medical experts ever proves anything, the testimony of the seven eminent physicians quoted above prove that Osteopathy is not massage. No one ever heard that massage should be "feared for dangerous results," that it is likely to kill its victims," that it is "inhuman and barbarous" or that "it is dangerous in its application."

There was another point testified to by the two physicians who swore they understood Osteopathy where-in there seemed to be a contradiction. One said it was "not a system for curing patients," and "would likely kill patients rather than cure them." The other said it would be of no benefit "unless administered under the supervision and direction of a person learned and skilled in medicine." There is no real conflict here between these brethren. If it is not a system for curing but for killing patients, who more competent for administering it than the man learned and skilled in medicine? Thus the patients are killed "regularly" and ought to die happy. However, we apprehend that those who prefer to get well will continue to have their Osteopathy applied by an Osteopath.

"This ham—

It was the new boarder who spoke, and his words were listened to with breathless interest.

"This ham must have been cured by Christian Science."—Baltimore American.

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Date of Annual Meeting.

Just as we go to press we learn that the trustees have decided upon July 5, 6 and 7 as the time for the next annual meeting of the American Association for the Advancement of Osteopathy.

This date following closely upon the graduation of classes in the various Osteopathic schools is doubtless as good a one as could have been selected. We trust that all legitimate Osteopaths so far as possible will plan to be in attendance. As heretofore announced, the convention will be held in the Auditorium at Chattanooga, Tenn.

The first number of the "Journal of the Science of Osteopathy" will appear this month. It is to be devoted exclusively to the scientific phase of Osteopathy and being the only publication of its kind ought certainly to succeed.

For the present it is to be issued bimonthly, and the subscription price is \$2.50 per year. It will be published at Kirksville, Mo., and J. Martin Littlejohn is to be editor. It would be difficult to find a more competent man for a work of this character.

The advertisement in the January issue of The Popular Osteopath for back numbers of The Popular Osteopath having brought us a sufficient quantity, the offer therein made is hereby withdrawn.

We understand that the doctors of West Virginia are preparing to advertise the Osteopaths practicing in that state by beginning a systematic persecution of them.

Before this issue of The Popular Osteopath reaches the public most, perhaps all, of the colleges in the Associated Colleges of Osteopathy will graduate classes. Thus several hundred capable, enthusiastic men and women go forth to swell the ranks of those engaged in the fascinating practice of Osteopathy. We congratulate these people upon the fact that their enthusiasm in this work will grow with time. Unlike some other systems, there is nothing in the practice of this to dampen their ardor or diminish their faith. It is common in these days to speak of the professions being "overcrowded," but Osteopathy is one in which this condition is many years in the future. Every competent Osteopath is an evangel of his science, and hence the demand increases with the supply.

Dr. E. W. Goetz, chairman of the board of trustees of the A. A. A. O., has removed from Terre Haute, Ind., and has located for the practice of his profession at 303 Neave building, Cincinnati, Ohio.

We learn that F. G. Cluett, D. O., who is practicing in Ottawa, Canada, was arrested for a violation of the medical practice act of that province. The trial was had on Dec. 18, and while the magistrate did not think the practice of Osteopathy was a violation of the medical law, he imposed a nominal fine because the defendant employed the title of "doctor." The case has been appealed, and the defendant is permitted to continue the practice until a higher court passes upon the law of the case.

Dr. Colles, an eminent surgeon of Dublin, who died in 1843, was remarkable for his plain dealing with himself. In his fee book he had many such candid entries as the following: "For giving ineffectual advice for deafness, one guinea." "For attempting to draw out the stump of a tooth, one guinea." "For telling him that he was no more ill than I was, one guinea." "For nothing that I know of, except that he probably thought he did not pay me enough last time, one guinea."—Literary Digest.

Copies bound in cloth of Vol. I of The Popular Osteopath are now ready. This volume makes a very neat and interesting book of 296 pages. It is not only an accurate history of our science for the year 1899, but contains instructive articles on Osteopathy from some of the best writers in the profession. The low price of \$1.25 places it within the reach of all.

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The Journal of the Medical Association, in its issue of Jan. 13, devotes about one-seventh of its reading space, or nine out of sixty-four pages, to the opinion of a circuit judge in Kentucky who decided a case against Dr. Nelson, an Osteopath in that state. When this much space is given to Osteopathy in a medical journal, it begins to look like the medicine men were considerably troubled. Speaking editorially, the above journal says: "The legal decisions referred to and the arguments used will be useful to those in other states who intend to oppose this latest movement to debase medicine." Inasmuch as Osteopathy does not mix with the drug system of healing, about the only way in which we see that it can "debase medicine" is by comparison. We are aware that in communities where Osteopathy is given an equal chance with medicine, medicine is very much debased by a comparison of results.

The fight the Osteopaths are making for their rights in Kentucky has been carried, pending the law's delays, into the legislature. It is still in the courts, but the Osteopaths believe in using every available weapon, and if it should be decided that the laws of that state are at present unfavorable to the practice of Osteopathy they propose to make the laws what they ought to be.

The politicians of the "dark and bloody ground" have in many ways recently been doing their best to maintain the well earned reputation of their state for the fierceness

of its feuds and the fighting qualities of its men. The fight against Osteopathy has been characterized by these qualities that have rendered Kentucky famous. Osteopaths are born fighters, and while they would much prefer to turn their energies against disease, we can say with assurance that the fight will go on in our sister state until the enemies of progress are vanquished and the Osteopaths are fully and freely accorded the rights they are seeking.

President F. W. Hannah has announced the following committees to arrange for the annual meeting. These appointments are made subject to the approval of the Board of Trustees:

Program—A. L. Evans, chairman, Chattanooga, Tenn.; D. Ella McNicol, Frankfort, Ind.; J. R. Shackelford, Nashville, Tenn.

Committee on Railroad Rates—E. W. Goetz, Cincinnati, Ohio.

News Representative—W. E. Link, Knoxville, Tenn.

Reception Committee—All the members of the Tennessee State Osteopathic Association.

Local Business Committee—A. L. Evans, Chattanooga, Tenn.; Chas. Owens, Chattanooga, Tenn.; O. Y. Yowell, Chattanooga, Tenn.

The repeated acknowledgment on the part of medical men of the efficacy of massage in relieving pain, and its therapeutic value for other purposes, leads us to wonder that it is not oftener employed by their craft. Very many cases of headache, neuralgia, and other

painful disorders come to the Osteopath for treatment and report that the principal medical treatment has been the administration of opiates. A very large per cent. of such cases are permanently cured by Osteopathy, but if massage will give even temporary relief, it is infinitely to be preferred to morphine, so freely and recklessly given by the M. D.'s (merciless druggers.)

Warning to the Public.

Be sure before engaging to take Osteopathic treatment that the Osteopath you are about to employ is a reputable and legitimate one. There are pseudo Osteopaths abroad in the land. There are some who, having taken a few treatments, or having read some book on the subject, have undertaken to practice Osteopathy. That one not specially trained in the Osteopathic idea and technique is unqualified for the practice of Osteopathy is shown by the many varied ideas held of it by the medical doctors who are supposed to have a good knowledge of anatomy and physiology. Some of them have declared that it is "hypnotism and massage;" some that it is "rubbing;" others that it is "auto-suggestion," while still others, and among them are those who profess to have read up on it, declare that it is dangerous to life and limb, would kill more than it would cure, and is inhuman and barbarous. There is no doubt that an attempt to practice it on the part of those who are thus grossly ignorant of its principles and practice might result in harm. Yet there is an occasional

M. D. who without education or training in the science and art, pretends to practice it, and it is against such, as well as those not of the medical profession whose limited knowledge of it has been acquired by reading, that we would warn the people. There are medical doctors who have taken the course and they can produce diplomas from reputable schools, but in all cases where this cannot be done, inquiry as to the professional standing of a professed Osteopath should be made of the secretary of the American Association of Osteopaths, Miss Irene Harwood, D. O., 308 N. Y. Life Building, Kansas City, Mo.

Missouri Osteopaths.

Pursuant to a call issued by the St. Louis Association of Osteopaths for a meeting of the Osteopaths of the state in St. Louis on Jan. 6, only a few were present. Owing to the small number, it was deemed best to form only a temporary organization for the purpose of pushing the matter to completion at some future time.

W. H. Eckert, D. O., was elected temporary chairman, and Ernest P. Smith, D. O., temporary secretary. After discussing different plans it was decided to hold a meeting at Kirksville on June 27, 1900, for the purpose of completing the organization. We desire to urge upon every member of the profession in the state the importance of this organization. Be there, and do your best for yourself and Osteopathy. Yours truly,

ERNEST P. SMITH, D. O.

Organization of Nebraska Osteopaths

In response to a call from Dr. M. E. Donohue, a number of Nebraska Osteopaths met in Omaha on the 16th of January and formed an organization entitled the Nebraska Osteopathic Association. The purpose of this organization is to advance the science of Osteopathy, and to protect the Osteopaths in the state from the persecution of the medical physicians. After formulating and adopting a constitution the following named officers were elected: President, M. E. Donohue, of Omaha; vice-president, Mrs. Alice Johnson, Omaha; secretary, Chas. W. Little, Lincoln; treasurer, Geo. F. Clayton, Chadron; executive committee, president and secretary, members, ex-officio; Mrs. Alice Johnson, Omaha; H. G. Kellogg, Beatrice; F. M. Milliken, Grand Island. The remainder of the session was largely devoted to discussion of matters pertaining to the welfare of Osteopathy in Nebraska. A vigorous campaign will at once be inaugurated to secure legal recognition next winter. After adjournment of the meeting, a bounteous dinner was provided by the Omaha Osteopaths.

Chas. W. Little,
Secretary.

Meeting of Colorado Osteopaths.

The annual meeting of the Colorado Osteopathic society, the Local State Branch A. A. A. O., was held at the office of Dr. L. S. Brown, Denver, Tuesday, Jan. 9, 1900. The officers for the ensuing year were elected as follows: President, Mrs. Nettie H. Bolles; sec-

retary-treasurer, Mrs. Elizabeth C. Bass; programme committee, Dr. L. S. Brown, G. H. Buffum and Mary Bolles.

It was decided to hold the next meeting at the Bolles Institute, on Tuesday evening, March 13.

Dr. Brown presented an interesting case of bronchitis for examination; also one of long standing and intractable throat trouble. The lesions in the cervical region of the latter were so prominent as to excite wonder that even a most casual observation of the patient by his physician should fail to provoke investigation. Dr. Brown received a vote of thanks for having presented these cases for examination and discussion.

A committee was appointed for legislative work, and after some informal discussion of a few matters of professional interest, the society adjourned.

Elizabeth C. Bass, D. O.,
Secretary.

The Ohio Association for the Advancement of Osteopathy, in their session at Columbus, held on Dec. 31, 1899, elected the following officers for the ensuing year:

Dr. H. H. Gravette, Piqua, President.
Dr. T. F. Kirkpatrick, Columbus, Vice-President.
Dr. M. F. Hulett, Columbus, Secretary.
Dr. Tacie Beal, Mansfield, Treasurer.

EXECUTIVE COMMITTEE.

President and Secretary ex-officio.
Dr. J. T. L. Morris, London.
Dr. C. M. T. Hulett, Cleveland.
Dr. N. O. Minour, Springfield.
Dr. Laura J. Wilson, Urbana.
Dr. L. H. McCartney, London.

"Did your father die a natural death?"

"No. We did not have any doctor at all. He died of old age."

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FOR THE ADVANCEMENT OF OSTEOPATHY.

Note—The letter preceding the name indicates the school from which graduated, thus:

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Bn. Boston Institute, Boston, Mass.
M. Milwaukee College, Milwaukee, Wis.
N. Northern Institute, Minneapolis, Minn.
P. Pacific School, Los Angeles.
S. Still College, Des Moines.

Arizona.

A. Conner, D. L., 14 N. Second Ave., Phoenix.

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A. Anderson, J. E., 28 and 29 Masonic Temple, Little Rock.
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A. Bolles, Mrs. Nettie, 832 Colfax Ave., Denver.
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A. Harlan, Mrs. Elizabeth, Masonic Temple, Boulder.
B. Hubbard, Geo. W., Boston Block, Leadville.

A. Johnson, Norman S., Grand Junction.
A. Lyda, J. L., 24 N. Weber St., Colorado Springs.
A. Lyda, W. L., 338, 339 Central Block, Pueblo.
B. Noble, Miss Mary, 607 Nevada Ave., Colorado Springs.
A. Waters, A. R., Florence and Canon City.
N. Woods, Albert, 401 Tejon St., Colorado Springs.

Connecticut.

A. Underwood, H. W., Sage-Allen Building, Hartford.

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A. Mayhugh, C. W., Savannah.

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A. Peterson, Mrs. C. A., 218 N. Eighth St., Richmond.
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- A. Goodrich, L. J., Springfield.
- A. Link, W. F., 18 and 19 Minnis Block, Knoxville.
- A. Owens, Chas., 300-4 Miller Building, Chattanooga.
- A. Strickland, Cordelia L., Joppa.
- A. Swan, W. E., Clarksville.
- A. Swan, Mrs. W. E., Clarksville.
- A. Shackleford, J. R., Wilcox Building, Nashville.
- A. Shackleford, Mrs. J. R., Wilcox Building, Nashville.
- A. Shackleford, E. H., Wilcox Building, Nashville.
- A. Wilderson, W. H., No. 5 Odd Fellows' Building, Memphis.
- Texas.**
- A. Clark, D. L., Jones and Crockett Sts., Sherman.
- A. King, A. M., 2113 Church St., Galveston.
- A. King, H. F., 2113 Church St., Galveston.
- A. Ray, T. L., Board of Trade Building, Fort Worth.
- Vermont.**
- A. Beeman, E. E., 64 State St., Montpelier.
- A. Brock, W. W., 134 State St., Montpelier.
- A. Corbin, C. E., 157 State St., Montpelier.
- A. Loudon, Guy E., Burlington.
- A. Mayes, Matthew, Rutland.
- A. Martin, L. D., Miles Granite Building, Barre.
- A. Wheeler, Chas. G., 32 N. Main St., Brattleboro.
- Washington.**
- A. Hart, L. M., Safe Deposit Building, Seattle.
- N. Hodgson, John E., Spokane.
- A. Potter, W. A., Safe Deposit Building, Seattle.
- Washington, D. C.**
- A. Henninger, Grace, Washington Savings Bank Building.
- A. Patterson, H. E., Washington Loan and Trust Building.
- A. Patterson, Mrs. Alice, Washington Loan and Trust Building.
- A. Teall, C. C., Washington Savings Bank Building.
- West Virginia.**
- A. Donaghy, A. I., Wheeling.
- A. Ely, W. E., Parkersburg.
- A. Ely, Mrs. Anna L., Parkersburg.
- A. Kibler, J. W., Charleston.
- Wisconsin.**
- A. Ashlock, Thos. H., Burlington.
- N. Blaser, W. O., Madison.
- N. Cherry, Leslie A., Milwaukee.
- N. Cherry, Mrs. Essie S., Milwaukee.
- N. Crow, Louise P., Janesville.
- M. Davis, W. B., Milwaukee.
- N. Davis, Abbie S., Matthews Building, Milwaukee.
- N. Gage, Ora L., Oshkosh.
- N. Ibach, A. H., Portage.
- N. Jorris, A. U., Lacrosse.
- A. Lewis, J. L., Hingham.
- N. Lewis, Emma A., Prairie Du Chien.
- N. Lewis, N. H., Prairie Du Chien.
- N. Thompson, S. A. L., 121-123 Wisconsin St., Milwaukee.
- A. Vance, G. T., Monroe.
- Canada.**
- N. Hitchings, John R., Winnipeg, Manitoba.
- A. Spangler, H. L., 46 King's Square, St. Johns, N. B.
- Members whose addresses are unknown:
- A. Chapman, Nora.
- A. Chase, W. B.
- A. Downing, D. M.
- A. Duffie, W. M.
- A. Jones, H. R. (undergraduate).
- A. Yakey, W. G. (undergraduate).
- Young Physician—"When you have a case which baffles you, who do you call in?"
- Old Doctor (gruffly)—"The undertaker."—Life.