Detroit Osteopathic Hospital Was Host to the 33rd Annual Meet of the Michigan Association

The month of November, in the year of our Lord, Nineteen Hundred and Twenty-One, was written large upon the pages of history, insofar as the Michigan Osteopathic profession is concerned, because the greatest convention ever held by the Wolverine association took place on the second and third days of the month. The place of meeting was the magnificent new Nurse’s Home, the latest unit of the Detroit Osteopathic Hospital group of buildings, erected at a cost of over $125,000 through the generosity of Mr. Philip H. Gray.

Every session of the convention was held before a capacity audience, and the speakers declared that the interest was the best possible. The convention opened at 10 a.m., Wednesday, with an invocation by Rev. L. G. Knowles, Minister of the East Grand Blvd. Christian Church, Detroit; Dr. C. B. Root of Greenville, Mich., President of the M. S. O. A.; presided and introduced Mr. Philip H. Gray, who gave the address of welcome. We wish our space permitted the printing of his address, which was delivered with all the enthusiasm of one obsessed with a great ideal, and willing to back it up with practical effort.

Of the Osteopaths of Michigan accept Mr. Gray’s challenge, by adequately supporting the hospital, Detroit will unquestionably lead the world as an osteopathic center. Dream your greatest dreams for the future, osteopathic physicians, and they will be more than fulfilled, as you do your part. All the faith, the zeal, the practical financial aid of our benefactors, cannot bring success without your active cooperation.

Dr. Arnet J. Garlinghouse, Charlotte, Mich., responded to the address of welcome, and President C. B. Root delivered his address after the reading of the minutes. The program was of a high order and included the following speakers: Dr. Hugh W. Conklin, Battle Creek, Mich., Dr. Carl J. Johnson, Louisville, Ky., Dr. L. Von H. Gerdtke, Mason, Mo., Dr. Frank J. Beal, Detroit, Mich., Dr. F. P. Millard, Toronto, Canada, Dr. H. R. Holmes, Chicago, Ill., Dr. A. M. Fluck, Philadelphia, Pa., Dr. L. A. Day, Detroit, Mich., and Dr. S. V. Rolence, Chicago, Ill.

Several hours each day were devoted to Hospital Clinics, and a number of interesting cases were presented. Dr. Frank J. Beal, head of our Orthopedic Department, demonstrated his technique, and Drs. James C. Trimby, Chief of Staff and Dr. Paul C. Goodlove, Asst. Chief of Staff, performed several major and minor operations, while Dr. George A. Ford had charge of the osteopathic clinic. It was the privilege of the hospital to furnish luncheon each day to all delegates and friends in attendance. Local Osteopaths furnished their automobiles to transport the delegates to and from their hotels. The newly elected officers for 1922 are:

President: Dr. C. J. Manby, Battle Creek, Mich.
Vice-President: Dr. J. C. Simons, Grand Rapids, Mich.
Secretary-Treasurer: Dr. E. G. Shuyer, Alma, Mich.
Statistician: Dr. G. B. F. Clarke, Detroit, Mich.
Trustees: Dr. E. A. Ward, Saginaw, Mich.
Dr. C. B. Stevens, Detroit, Mich.
Delegate to National Convention: Dr. E. A. Ward, Saginaw, Mich.

The Jolly Banquet
In the opinion of those present the annual banquet was by far the best ever held, and the attendance the largest. One hundred and sixty three guests were present. We can do no better than reprint what the “Highland Park Times” said of the affair:

"On Wednesday night the Osteopaths of Michigan, their wives, sweethearts and guests filled the dining hall of the Masonic Temple to capacity. The banquet was a particularly happy affair, splendid talks being delivered by all speakers on the program. Some very fine music was rendered and the assemblage was kept in continuous good humor by the versatile toastmaster, Mr. Albert E. Buss, Business Manager of the Osteopathic Hospital. The State Association of Osteopaths held a two-day convention in the hospital building, which was attended by delegates from all parts of Michigan.

"The principal speaker of the evening was Dr. C. Burton Stevens, President of the Detroit Association, Dr. Stevens delivered a most eloquent address and held the closest attention of his hearers from start to finish. Mayor Down responded to the toastmaster’s request in his usual happy manner. Dr. C. J. Manby, of Battle Creek, spoke for the state association. Fred Dunn, legislative representative from this district, also spoke briefly, as did Dr. W. L. Quinnell, Superintendent of the General Municipal Hospital, and J. Caldwell Smith, Superintendent of Buildings of Highland Park.

"A most interesting feature of the evening was the singing of Mr. Buss and his four sons, all fresh muscians. They were heartily applauded and responded to many encore. Mr. Philip H. Gray, founder of the Osteopathic Hospital, and Mr. Buss rendered several duets."

Christmas Cheer and a Blessed New Year to the Osteopathic Fold!

New Osteopathic Nurses’ Home at Detroit erected by Mr. Philip H. Gray at a cost of $125,000
Palatial New Detroit Osteopathic Nurse's Home
Now in Commission

We present several views of Detroit's splendid new Osteopathic Nurse's Home, built for the comfort of our present nursing staff of Detroit Osteopathic Hospital, to provide for future needs as our hospital grows. The consensus of opinion of those familiar with the construction and equipment of similar buildings is that there is nothing to compare with it in the country. It is a three-story building, with sub-basement, built of a fine grade of Dresden brick and steel, thoroughly fire proof in every particular. The outside dimensions are 38 x 101 feet, and each floor has a full width veranda, with ornamented iron railings.

The first floor contains the spacious living room, with its beautiful furnishings as depicted elsewhere, and adjoining it and connected by French doors, are the reading and writing rooms. The color scheme is old ivory, the draperies being a dark blue velour, and taupe rugs; on the west side is a large open fire place, in which may be burned the cheer-giving logs, so indicative of the old homestead, and giving the "home-like" touch that is so often overlooked in institutional buildings. On this floor are two splendidly furnished semi-private suites, each containing two bedrooms, with connecting bath rooms; these are occupied by the superintendent of nurses, matron, housekeeper and dietitian. Back of these are two small parlors, costly furnished. To the left of the main entrance is a well appointed men's cloak room, with wash room connecting, for the use of guests.

The second floor contains twelve single bedrooms, each containing large clothes closet and furnished with hand painted bed, dresser, writing desk and cane top bench, and upholstered wicker chair. Our graduate nurses occupy these rooms, and are proud indeed of their comfortable surroundings. The wash room, tub baths and showers are of the latest type.

On the third floor are several large double bedrooms, and a living room, to be used by student nurses, which will be adequately furnished, and the same lavatory arrangements as on the second floor. At the north end is the large lecture hall, which will be used in connection with the proposed training school. At present it is used as a recreation room, and it was here that the State Convention sessions were held. Each floor has a large airy linen room; clothes chutes and dumb waiter connect each floor with the basement. On the roof is an artistic pergola, with arrangements for spacious roof garden.

The sub-basement has elaborate four-room apartment for head janitor and wife; a sewing room, kitchenette, small laundry and trunk room for the nurses; and boiler room equipped with two furnaces, and every modern device necessary for the heating of a large building.

No detail has been overlooked that makes for efficiency and practical comfort in the erection and furnishing of this latest unit in our fine group of hospital buildings.

This Nurse's Home is Unit No. 2 in the galaxy of osteopathic institutions which make up the vision of Mr. Gray. The total number of the dream institutions is six. Two are already here. Next!

The Jolly Old Osteopath
A Story from the Modern Arabian Nights

Once upon a time, dear children, there was a jolly old osteopath named Steve. The word osteopath is derived from the Latin "osteum"—meaning bone, and "path"—the road or way. Hence, an osteopath is a fellow who knows the way to all your bones. (Johnny, get off the piano.) That's the kind of a melon Steve was. People who went to him to be osteyed, soon learned where every bone of theirs was, for Steve used to pluck them all out and show them to their astonished owners. Then he would put these bones back again in their proper places, provided he could always find these places. Otherwise he distributed them here and there impartially, hoping for the best and often having a handful of odds and ends left over which he put on ice. (Dorothy, take the fly paper away from the baby—don't you see he doesn't like the flavor?)

One day a stranger came into the office of Steve, the jolly old osteopath, "I want you to ostey me," says he. "Why," says Steve, the jolly old osteopath. "Why not," replied Alfred, for it was indeed he. Steve didn't know any answer for that one, so he said, "Park your chassis on the slab and I'll go over you." Which Alfred did. And then Steve started to go over him and under him and around him and through him and back again. He tried to dislocate Alfred's arms first, but they snapped right back into place. And then, a little bewildered, he tried to throw Alfred's legs out of Joint but they snapped right back into place. Snap! Snap! Just like that. Steve looked very discouraged, but Alfred only laughed in a high cackling voice like this: "Cackle, Cackle."

"Why do your joints snap back into place," cried Steve, the jolly old osteopath. "You're the most exasperatingly discouraging patient I ever had." (Johnny, if I have to tell you again..."

View in the Living Room

Another View in the Living Room
about getting off the piano, I'll wrap it around your neck.)

"Cackle, Cackle," laughed Alfred, "that's a good joke on you. You see . . . . cackle cackle . . . . I'm . . . . gee, this is rich

You can't get me out of joint because all my joints are double-jointed."

Well, sir, when Steve the jolly old osteopath heard this and realized how he had been humiliated, he took a large hammer and broke every bone in Alfred's miserable, double-jointed carcass, including the 564 bones he had in his head. This practically ruined Alfred, but it certainly was a good lesson for him.

And now, little darlings, gwan-to-bed, or daddy will swat you a swift one on the smilers. (Syndicated by Associated Editors. All rights reserved.)

Father Straub took the position that the hospital should furnish the equipment, the nursing service, the food, and the material and personal comforts required in the treatment of a patient. Beyond that it should not go.

About the time this discussion was at its height, the Illinois State Association of Osteopathic Medicine, Kirksville, MO

View of the Music and Dance Room

One of the Cozy Parlors

What Is a Hospital For?

[From The Modern Hospital, September, 1921]

Recent numbers of The Modern Hospital have contained discussions between Dr. Warner of the American Hospital Association, and Reverend Father Straub, administrator of St. John's Hospital which is located in Springfield, Ill., and others, on the general proposition, "What is the function of a hospital?"

Less than $5,000 of the Allotment of Bunting Preferred Shares remains to be sold!

This excellent 8 percent Preferred Cumulative Stock sells at $100 per share and when recalled will pay a premium of 5 percent in addition to its regular annual earnings of 8 percent. Interest of 2 percent is paid quarterly.

Why not have a piece of this good security before it is all gone?

Why not have a hand in helping to make the wheels go round in the Bunting plant?

Take one share anyhow—more if you're able. That's my advice—HSB.
You will like that Van Brakle article which makes up January's "Osteopathic Health" entitled, "What Constitutes Osteopathic Examination and Treatment." Now, really, haven't you been waiting for this very article to use in your field in a real campaign?
Opinion of Dr. Leslie B. Keys, Minneapolis; FEATHERS' RESURRECTION.

Feathers aroused from his "sleeping sickness" and caught the new vision.

He first made a copy of a telephone book. He had the "Harvest Leaflet"—"What is Chiropractic" mailed to them. The significance of the second ad in his sector, "Shall I Employ," next they received "An Explanation of Osteopathy," all "Harvest Leaflets".

By this time people began to know there was such a treatment as Osteopathy, so when "Standard Lathy Brochures" of Osteopathic Health followed they began to read them and come in for consultation.

He put "display" copy from The OP in the town paper and gave the Editor news items of professional doings.

As the patients came in, he impressed them with his skill by giving them a thorough examination. He gave them more literature, explaining their case, and incidentally Osteopathy, to take home.

As many came in, he contracted for "Osteopathic Health" regularly for his mailing list

He secured a meeting of the district society in his town and saw to it that there was a good pre-convention write up. It announced a meeting of the district which anybody could have an examination. He got one of the "Ladies' Aid" societies to serve the banquet meal and the names of the Lady and the Mason.

He took more interest in civic affairs and made his influence felt for civic betterment. His wife took part in social functions.

He talked to the Mother's Club on home treatment for common ailments and the proper selection of foods for the growing child.

He put the Methodist, "Young Men's Camp's Daily Dozen" and how to keep fit.

He put Osteopathy on the map, with Feathers holding the name of "Hickyville" that all who run may read and know, that Osteopathy is nature's remedy for the cure of disease.
The Oscillatory-Gravity Treatment

William West, D.O., New York City

The leading men and women in Osteopathy showed so much Interest in the Gravitiser at the National Convention that I feel now more strongly than ever that it is right and necessary to inform the entire profession of its many uses in the great therapeutic work we all are doing.

To me the Oscillatory-Gravity treatment is a fundamental in therapeutics. It is the only positive way in the whole field of scientific medicine by which the cerebro-spinal fluid can be used as a therapeutic or curative medium of treatment, through the methodical inhibition and methodical stimulation of the nucleus on the floor of the fourth ventricle, and the other centres in the cortex of the brain. While the Progressive Planing and Consecutive Oscillatory-Gravity treatment is the only proved way of disengaging and exfoliating the prolapsed bowel.

These two effects are incontrovertible: the actual therapeutic of the first; and the prophylaxis of the second. I have made over 38,000 observations and have hundreds of case records, while over three hundred machines are in daily use from my practice alone.

The great significance of the Oscillatory-Gravity treatment to the osteopath is that it brings under our care a vast number of new cases. In a limited space I can only indicate what these are, leaving the many other applications to be given to you later. But to show how logically and naturally they fall under osteopathic diagnosis and treatment, I may cite the tensions; the endocrines; and the various digestive and the early heart cases. Prevention of arterio-sclerosis is absolutely certain. Persons of middle life who begin to Gravitise before their blood vessels change morphologically, can be saved from arterio-sclerosis. For at this time of life the tensions set in from disorders of function which can be cured by Osteopathy and Gravitisation. (All persons presenting an alternating blood pressure, either too high or too low, come under this head and can be cured.)

In the endocrine cases where the thyroid glands, the adrenals, the ovaries or the pituitary abruptly stop functioning and send the blood pressures up or down so far that death, insanity or anguish lays sinister hand on the helpless patient, there, in this extreme emergency, the Osteopath will know exactly what to do, how to direct the patient's Gravitising, oscillating profoundly to surge the cerebro-spinal fluid against the inert pituitary, or agitating skillfully to disengage an invaginated focal boil from an ovary, or to lift the thyroid bodily off of the tortured vagus nerve, or drag away the agglutinated segment of intestine which is crushing the life out of the adrenal glands.

Patients suffering from the cardiac neuroses are brought under this new osteopathic regime and restored to many activities and capacities. By being treated osteopathically and directed in their use of the Gravitiser, all mechanical irritations of the solar and hypogastric plexuses, the renal ganglia and the abdominal branches of the vagi are arrested; and the great powerful nuclei on the floor of the fourth ventricle, the vagi, the respiratory and the vasodilatations are reclaimed from the constant inhibitions caused by excess quantities of cerebrospinal fluid. (I am profoundly impressed with one great uniform factor in these chronic lethal maladies; and that is, that apoplexy and paralyaes, and death in heart failure, start with a mechanical irritation to the sympathetic nervous system, which can be found and relieved by any Osteopath.)

Relieving Pelvic Pressure Whenever Necessary

Again in the digestive cases—and their name is legion, just as their malady is now all guess work as to cause or cure—the Osteopath finds the great irritable ganglia and skillfully, carefully, safely treats them so they are kept free from pressures, from agglutinated segments of intestine, from wrinkled walls of the colon, from obstructed flexures, from sagging tubes, from catarrhal sulci, from massed tissues, from retained wastes, hindered food substances, huge gas pockets and sharp zig-zag kinks, horse-shoe loops, the choked duodenum, spastic segments of jejunum, the strangled bile duct, the closed pylorus, the inflamed peritoneum, the adherent cecum, the fixed appendix and the myriad other physical abnormalities which arise in diverse complexities in the day-to-day life of the visceroposes. Thus the reflexes are arrested at once and the sympathetics become reconstructed, so that pressures thereafter become as harmless as in child-life or in nervous immunity.

Authentic case reports (epitomized) show the following results:

Varicose ulcer penetrating through the fascia was healed without incapacitation or sloughing of tissue (photographed.)

Traumatic cellulitis was healed in four days without incapacitation.

Inflamed intestine was healed in fourteen days without pain or incapacitation.

Fractured tibia was healed in twenty-eight days without pain or incapacitation.

Dropped stomach was cured, being restored to normal position and function.

Chronic dysmenorrhea was cured.

(Continued to Page 14)
A New Way of Using Gravity That Gives Absolute Therapeutic Results

Brilliant results in

ENDOCRINE DISORDERS  VISCEROPTOSES
DEEP HYPEREMIAS  VARICOSE VEINS
INJURIES AND CHRONIC SWELLINGS

This new adjunctive and its specific techniques are available to every Osteopath.
Write for introductory offer for your district.

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Table De Luxe

The Table that has made the practice of Osteopathy really a pleasure. By proper usage this table will lighten your labor fifty percent.
It will make your treatments more easy to give and more effective.
Your patients will be better pleased and you will be happier.
Two Thousand users of the McManis wear the “Smile that Won’t Come Off.”
These Tables are now being used in TWENTY-FIVE Osteopathic Hospitals and Sanitariums.
Ask us for the list of users that you may learn from them direct what their experience has been with these wonderful Tables.

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To lessen and better your work you must have at your right hand:

Halladay's Applied Anatomy of the Spine .......... $3.50
McConnell & Teall's 4th Edition Practice ... $7.50—$8.00
Tasker's Principles of Osteopathy .......... $5.00
Porter's Milk Diet, 1921 ... $3.00
Forbes' Technique .......... $1.00
Deason's Head and Neck, 1921 .......... $2.50
Bean's Food Fundamentals .......... $3.00
Davis' Neuropathy Illustrated ..

Murray's Practice of Osteopathy .......... $3.50
Abram's Spondilotherapy .......... $3.00

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Now, doctor, you cannot afford to be without this protection. Our company pays promptly and without red tape. Drop us a line and we will be pleased to give you further details about Central's policy.

CENTRAL BUSINESS MEN'S ASSOCIATION
Westminster Building, Chicago, Ill.

H. G. ROYER, President
C. O. PAULEY, Secretary and Treasurer

[Continued from Page 5]

Scientists, Medical Doctors or mental defectives but of people who think and are not prejudiced. He sends this to one of our good publishing houses with instructions to send the books monthly until further notice. He changes the names as new patients come in, always keeping his list up-to-date. He has about one-hundred-fifty dollars left out of what he borrowed. He spends twenty-five of this having his clothes put into first class condition. Orders all of the Osteopathic Magazines sent to him and kicks himself for missing out on Dr. Harry Forbes' latest research on the Cerebro-Spinal Fluid.

He keeps the rest of his money in reserve to pay for his magazines in case the new patients do not arrive.

Just one year from date we see the home repainted and decorated. Mother and children seem happier. Everybody seems glad to see him—he is glad to see everyone. He is asked to take part in community drives, to speak occasionally at the club, and is considered a substantial citizen. Veryly from negative to positive is a step that can be made by those that "can" the "I Can't."

Free McManis Table for Getting Most Students

Dr. J. V. McManis shows he is a good booster, a good advertiser and a good sport by offering to give a complete up-to-date De Luxe McManis Table as a prize to the Osteopath who sends the largest number of students to osteopathic colleges next year. Fine idea! It will stimulate recruiting, beyond doubt, and this will help all the colleges. And some lucky and deserving Doctor is going to get a mighty fine prize for his energy.

Dr. McManis' offer is told in this letter:

Dr. S. L. Scothorn,
President AO.
Wilson Bldg., Dallas, Texas.

Dear Scothy:

Without strings of any sort or kind, I hereby agree to give the AO.A one complete De Luxe McManis Table with all late features and attachments to be used by them or rather given to the Osteopath who secures within the next year the most students for our Osteopathic Colleges. This table will be shipped F. O. B. Circleville, Ohio, upon request from the Chairman of the Student Campaign Committee.

I hope and trust that it will be the means of securing a material increase in the student body of our Osteopathic Colleges.

Very cordially, (Signed) J. V. McManis,
Pres. McManis Table Co.

Now get busy, folks, and make the schools hang out signs "Standing Room Only."

Willard's Low Table Technic

Let Dr. Earle Willard Teach You His Standardized Contacts

The post-graduate course, including nine separate and complete drills in Direct Leverage Adjustment With Speed, in over 50 contacts, contains only clear, concise information; and by following consistently the printed instructions, you can double your practice, yet actually lessen your work.

Others Have Done It Why Not You?

For the Course Complete

Dr. Walter J. Novinger
262 Academy St., Trenton, N. J.

Doctor: Will you send me particulars and enrollment blank for Doctor Willard's Post Graduate Course?

Name —
Address —

Chico Hot Springs
Sanitarium and Hospital

Located in the heart of the Rocky Mountains at an elevation of 5000 feet. Open the year around.

The Mineral Water baths and drinking is second to none for Rheumatism, Skin Diseases, Gastro-intestinal and kidney troubles.

Hospital is completely equipped with Laboratories X-Ray and operating facilities.

Special attention to surgical cases.

G. A. Townsend, D. O., M. D.
Surgeon-in-Chief

Emigrant, Montana, Post Office

STILL-HILDRETH OSTEOPATHIC SANATORIUM
MACON, MISSOURI


The pioneer Osteopathic Institution of its kind on earth created for the sole purpose of treating mental and nervous diseases, an institution that has already proven the value of osteopathic treatment for insanity.

Write for Information
Citrus Food Values
By Walton T. Farrar, Los Angeles, Calif.

The efficacy of oranges and lemons as a preventative and cure of various ailments is constantly being manifested in the exhaustive research work conducted by the various laboratories and universities throughout the world. It is stated by eminent authorities on child welfare that it is usual for the unfortunate bottle fed baby who succumbs to these diseases. They urge that the infant's diet be supplemented with fresh fruit juices, preferably orange juice.

Oranges and lemons, the principal citrus fruits, it is said, fairly teem with vitamins, activating food principles. According to C. V. Wollman, associate professor of microbiology at the University of Minnesota, certain outstanding vitamins essential in the first month, should receive a daily quantity of orange juice, slightly diluted with water. In its strength and volume it should be gradually increased.

At the recent convention in Chicago of the National Society of Biological Chemists, Prof. C. C. Taliaferro, Jr., of the University of Minnesota, made the statement that dehydrated orange juice is the ideal food for starving babies or children suffering from malnutrition. Assisted by Dr. J. P. Sedgwick, the noted child specialist, he made the experiment on twenty-five babies, ranging from six months to three years in age, who subsequently showed an increase in growth from fifty to six hundred percent.

A careful process of concentrating orange juice will leave the vitamins practically intact at the same time greatly reducing the bulk, making it more convenient to store and increase the keeping quality.

Lemon juice as a preventative and cure for scurvy has been known for years. In fact, as far back as the sixteenth century, fishermen along the Italian coast, whose diet consisted of fish consumed quantities of lemon juice to ward off effects of the unbalanced diet. At the beginning of the eighteenth century the British Admiralty compelled the crews of vessels bound for distant regions or to Arctic or tropical regions to partake daily of a certain amount of lime juice as a preventative for scurvy. Lime juice did not prove satisfactory and it was some time after that it was discovered that lemon juice is four or five times more effective.

With the gradual adoption of natural methods in healing, citrus fruits are increasing constantly in demand, which is met and supplied by California's golden crop.

For Busy People—By Busy People

Western Osteopath

You will all want to live in the West some time. Get acquainted by reading the official Journal of California and the Western States Association.

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If this interests you, send $2.00 at once.

THE WESTERN OSTEOPATH

809 First National Bank Bldg., Oakland, Calif.

C. J. Gaddis, D.O., Editor
How Osteopaths Spend Their Vacations

Drs. Paul and Mary Peck Enjoy Fishing for a Change

Monarch, Colorado, Sept. 6th, 1921.

Bulletin No. 1.

Dear OP: From the enclosed kodak showing fish, you can see that Dr. Paul and myself are still up to our old tricks. We have had a wonderful summer here in these lovely Colorado mountains where it is so delightfully cool. The fishing has been fine. The enclosed pictures show the fish caught in a lake more than ten thousand feet above sea level. This lake is reached only by trail. I made it on horseback while Dr. Paul and two other fishermen friends walked. I carried all the tackle, lunch, raincoats etc., but it was really a wonderful trip. The fish are very hard to catch out of this lake, and it is said there are trout in there weighing as much as ten pounds. We have been here about six weeks. We leave this week for a few days in Denver and Colorado Springs and then home, reaching San Antonio about September 23th.

We were sorry to miss the AOA convention this year but could not attend it and come here too, and we both felt the need of this kind of a rest after our arduous year in practice.

With cordial greetings from us both, we remain,

Sincerely yours,

Paul and Mary Peck
PhH Dr. Mary

Bulletin No. 2.

San Antonio, Texas, Oct. 25th, 1921.

Your letter received, and at your request, I will endeavor to give you a short outline of our vacation trip. We left here July 6th, motored to Colorado Springs in four and a half days, arriving just in time for the Rocky Mountain Osteopathic Conference, which was held from July 11th to 15th. There we met many of the familiar faces we usually meet at the AOA each year, among them Drs. Hallady, Gerodine, Nettie Bolles, Josephine Pearce and others. We had a fine meeting, and of course we had a Baby Conference. I assisted Dr. Edmundson of California in the physical examination of fifty children, and found many of them perfect, which speaks well for Colorado. We all thoroughly enjoyed Dr. Hallady’s lectures and demonstrations, and the osteopathic profession owe much gratitude to him for his wonderful work.

After the close of the Conference, we started for Monarch, Colo., our final resting place, where we have spent most of our vacation time. This place should be called “The Tired Man’s Paradise.” We rented a little cottage among the tall pines where the only sound at night is the roaring of the waters caused by the melting snow and ice from the Arapaho Peaks. The dead stillness of the night awakens one.

This place is on the western slope of the Continental Divide, 200 miles from Colorado Springs, and more than 8,000 feet above sea level. The air is so delicious you feel as though you could live almost without food. There are many nearby places for fishing, and one never tires of catching the beautiful mountain trout. We also get the eastern brook, rainbow and native trout, some of them as pretty as a bird with variegated colored plumage. We fished mostly in Monarch Lake, the South Fork of the Grand River, and only twice during our stay did we attempt the wonderful Strawberry Lake, which can only be reached by trail and is 10,000 feet above sea level. This is a wonderful mountain climb.

Strawberry Lake is supposed to have been a crater of a volcano, as the natives informed us they have gone as deep as 800 feet and never found bottom. This lake was stocked twelve years ago and the fish are very hard to catch, but if you are lucky and get any at all, they will be large ones. The picture shows one Rainbow Trout weighing four pounds, and two, three pounds, all beauties.

I will close by saying I wish you would kind...
1921 Holiday Clinics at Kirksville

During the Holiday Season, from December 6th to January 1st, clinics will be continued at the American School of Osteopathy. On account of the fact that the short vacation will prevent a large number of the students from going home, and in order that they need not waste any time, clinics will be continued through the week.

Any chance visitors are welcome without charge.

If you have any case you wish to refer to this clinic address

GEORGE A. STILL
A. S. O. Hospital
Kirksville, Missouri
ly send me two shares of your preferred stock in The Bunting Publications, Inc., thereby helping to further osteopathic publicity, for which please find enclosed Chicago Exchange for $200. With best wishes for continued success, I am, fraternal yours,

MARY E. FELIX.

Osteopaths, Take Your Vacation in Europe

E. R. Booth, D.O., Cincinnati, Ohio

Dear OP:—Yes, I had a fine trip abroad, taking in the places of greatest interest in Scotland, England, Belgium, Switzerland, Italy and France. It is hard to say just what was most interesting. Recent battle fields are attractive to all tourists and the older ones, such as Waterloo, are little less interesting to those who enjoy history. The ruins of ancient civilization, especially those in and near Rome, excite both wonder and admiration. Those old timers did not hesitate to act when they had an idea they wanted represented in material form. I saw nothing more interesting in some respects than the remains of Roman aqueducts, and the ruins of the Roman Forum, the Pantheon, the Coliseum, Pompeii and Hadrian's Villa. The last named place was a city more complete in most of its appointments than any of us ever saw, built in four years.

The conditions on the battle fields of Dicem, Ypres, Verdun, St. Mihiel, and Belleau Wood and indescribable. The valor of the English in bottling up the Huns at Zeebrugge, and the vandalism of the Huns at Louvain, Rheims and other places excite commingled emotions of admiration and resentment. And the valor of our American boys at Belleau Wood, St. Mihiel, and Argonne always made me feel proud that I was a citizen of the United States.

In contrast with the desolation on every hand, the progress being made towards pre-war conditions, especially in Belgium, is gratifying. Many agricultural sections had to be abandoned for a long time before they could again be turned into crops. Much of that work has been done and the first crops raised this year. With all due respect to agriculture in the United States I can say that I never saw better crops of wheat, barley, rye, oats, flax, hemp (but no corn worth mentioning) than I saw nearly all the way from Edinburgh to southern Italy.

The people generally seem to be in a fairly prosperous condition. We do not have to go to Europe to find conditions that demand the most sympathetic and intelligent consideration. We must put our own home in order and keep it that way that a like fate may not await us.

The galleries of Europe with their wealth of painting, sculpture, tapestry, etc., were a constant source of pleasure. The people of 800 to 300 years ago surely had the artistic sense which, judging from the crowds in the galleries, churches, etc., they still retain.

I can certainly recommend a tour of Europe costing $4,000 or $6,000 a year for 2 to 4 months or more to all osteopaths who can. We can learn much from Europe that will help us to appreciate our own country. And it is surely a fine way to take a rest. One grows while resting.

That Prize Back Contest


Little did I think a few weeks ago when I wrote Dr. R. K. Smith, a P. S. in pencil across the corner of a letter suggesting the Prize Back Contest, that it would turn out to be the greatest piece of general newspaper publicity we have ever had for osteopathy. The large daily and Sunday editions have given it good space in many cities, and, best of all, they have invariable mentioned the cardinal points that I outlined when I wrote Dr. Smith, viz., that in each instance the examination of the contestant must be made by an osteopathic physician and that his findings as to lesions must accompany two photos of the contestant, back and side view. In a few instances the papers have used their own phraseology and made puns and timely comments, but, so far, there has not been an article published that reflected other than credit upon our good work. We have enough clippings already to fill a scrap book. As nearly as we can estimate over three hundred papers and publications have mentioned the contest. One Board of Trade Journal in a western city men-
Sir W. Arbuthnot Lane, M.C., F.R.C.S.
Senior Surgeon, Guy’s Hospital, London

Says:

"The action of liquid petrolatum as a lubricant is so remarkably efficient, that it can meet any of the troubles that arise, directly or indirectly, from chronic intestinal stasis."

NUJOL offers advantages of suitability and purity unmatched by any other Liquid Petrolatum. It contains the finest base compounds the world provides, due to the enormous resources of its makers; its manufacture involves the use of the most modern equipment and an expert personnel, supervised by an organization of 50 years’ experience in making petroleum products.

Scientific laboratory and clinical tests determined the viscosity of Nujol, during which the consistencies tried ranged from a thin fluid to a jelly. The viscosity chosen is that best adapted to the majority of people and is in accord with the highest medical authorities.

Sample and authoritative literature dealing with the general and special uses of Nujol will be sent gratis. See coupon below.

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- Also sample.

Name
Address
McManis, with anatomical construction for?, printed, and will answer all.

We find that to approach a normal spine condition, we can hardly keep pace with the requirements for instructions and blanks. The cord in this case is impaired in the same manner as the nutrition of the bone marrow as mentioned above.

In case of a rigid spinal joint, the spine is in a sense, in a sling. This rigidity of the joint impairs the nutrition to the tissues adjacent to the joint and in this particular case, we find that the most important tissue adjacent to the spinal joint is the spinal cord. The nutrition of the cord in this case is impaired in the same manner as the nutrition of the bone marrow as mentioned above.

As Osteopaths, we should keep in mind that the function of the joint is movement. That is what that particular anatomical construction is for. There are two very essential things to think about in connection with the joint and one is, whether or not the joint is capable of permitting movement and the other is, whether the joint has activity or exercise. It is not enough for a joint to be supple for it to play its part in the body economy. It must be exercised. In sedentary habits, in which the joint is not exercised, for practical purposes, insofar as it may affect body economy, the joint might as well be rigid. Rigidity, to my mind, is the most important thing in connection with joints, that we have to consider.

The pathology that produces rigidity is the same that is often responsible for slight malpositions of the vertebrae. Technique that will reduce a lesion will also, to some extent, remove the rigidity. In other words, rigidity, as well as subluxations, are caused by an alteration in the structure or tone of the soft tissues, such as ligaments, cartilages, muscles, etc. The important thing to do in either or both of these conditions is to restore normal pliability to the joint.

If we are correct in our statement that rigidity is such an important condition for us to consider, as Osteopaths, we must concede the importance of its early detection. In order to detect the lesser forms of rigidity, it is necessary that the joint be relaxed as much as possible, while an attempt is made to make it describe its normal range of movement. This is best accomplished by means of the Universal Movement of the swinging leaf of the McManis Table, which carries one-half of the body through various movements, while the joint is being tested, relative to pliability.

Dr. West Oscillatory-Gravity

Ulcer on the choroid coat of the eye was healed.

Incipient scotoma of the retinal vessels (marked by falling sight) was cured in a woman of 76.

Bilateral deafness was cured by control of diabetes.

Gastric ulcer was cured.

Rheumatic headaches were cured.

Chronic synovitis was cured.
An Announcement

Every mail brings requests for information concerning our graduate work. These requests indicate that the members of the Osteopathic Profession are looking to the colleges for graduate work with which to refresh and strengthen their professional work. It is the definite purpose of the College of Osteopathic Physicians and Surgeons to meet this need by offering at an early date, strong, attractive graduate courses. At the present time, however, this institution is devoting itself to the task of re-organizing its undergraduate work and of moving the College to a new location where new college and clinic buildings are to be erected. This work requires the time and energy of the officers and members of the faculty to such an extent that it will not be possible for us, this year, to develop the new graduate courses which it is our purpose to offer as soon as possible. During the present year we are prepared to offer the following courses which have been established for some time and which we believe will be of interest to those members of the profession who plan to spend all or part of the next year in California.

Graduate Courses

1. Eye, Ear, Nose and Throat. A year course open to D. O's who have had two or more years of general practice. September 12th to June 10th. Tuition $300.00.

2. General Osteopathy. Short graduate courses. January 16th to February 11th. Tuition $50.00.


4. Surgical Technique. January 16th to February 11th. Tuition $50.00. Cost of materials to be divided among members of the class.

5. Graduate summer courses. Announcements will be made later.

Undergraduate Courses

In addition to the foregoing, members of the profession are cordially invited to take advantage at any time of the undergraduate courses of the institution. Those who wish to enroll in these courses and to receive credit for the work will be charged a registration fee. There will be no charge to members of the profession who attend as "auditors."

College of Osteopathic Physicians and Surgeons

721 So. Griffin Ave., Los Angeles, California
THE OSTEOPATHIC PHYSICIAN

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EDITORIAL

Fairness, Freedom, Fearlessness

"Here to the line, let chips fall where they will."

Vol. XL December, 1921 No. 6

ALL AFOG FOR THAT SATURDAY EVENING POST CAMPAIGN

Every Wide Awake in the profession is on tip-toe of expectancy for the appearance of that message of support for osteopathy to come in Saturday Evening Post Jan. 5. We ourselves feel as enthusiastic over it as a schoolboy rooting for his home team. Won't you be proud to see your science and profession featured in a nice dignified convincing series of appeals in the pages of this splendid medium? Of course you will—particularly if you contributed $100 along with the five hundred others—that 10 percent constituting the alert and the elect of the profession who helped put it over.

The day is not far off when every osteopath who had a hand in launching this big promotional scheme for osteopathy will be mighty proud of his connection with it.

OUR COMMENT ON "INSTANT HEAT" BOTTLES ABUSED FOR STOCK SELLING PURPOSES

We have carried in The OP some advertising of the Instant Heat Company of America. In our issue of last February we ran an article describing the "Instant Heat Bottle" and pointing out its possible usefulness and convenience to physicians in cases of emergency where application of heat is required quickly. This was followed by a notice or hard reference to this particular product of the company only and made no reference to endorse­ment of purchase of stock in the company. Shortly after the publication of the article our attention was called to the fact that a reprint of it was being used by the company as an endorsement in connection with a stock selling campaign. We at once sent a representative to the concern for explanation of such action and to demand that it cease to use the article or the name of The Osteopathic Physician in such connection. We were assured that it had been done in error and that reprint of article would not be used further to promote stock sales.

ABUSED FOR STOCK SELLING

It has recently been reported to us that the spirit of the promise has not been fulfilled. While the reprint of article is not specifically mentioned in stock selling literature it is said to be enclosed with stock selling literature mailed or presented to supposed prospective stock buyers and we have reason to believe that in approach­ing osteopathic physicians The OP article is used as an endorsement of the company in such a manner as to indicate that it constitutes an endorsement by The OP of the enterprise as a whole.

We emphatically deny any such endorsement. We make no predication as to whether the Instant Heat Company of America will be a success or a failure as a money making enter­prise. The outcome will depend on many fac­tors, such as proven reliability of product; the demand created for it; the cost of manufacture compared to feasible retail selling price; the sale of products by managing officials etc., ETC., all of which we are not informed upon so as to be able to render any intelligent judgment.

On general principles we advise against pur­chase by osteopathic physicians of stocks in new or experimental commercial enterprises for the reason that we class them as highly speculative. As a rule the savings or surplus of an Osteopath is acquired slowly. Generally it represents the saving from the sale of surplus and competency in old age. It should be invested therefore, only in bonds or stocks of best assured value and safety. The interest income may be less than that promised by speculative ventures but it is better to be safe than sorry. A promise of 25% or 50% on one's money is most alluring to the imagination but such promises are seldom realized, but where such profits are possible the hazards also are always great. One may win big or one may lose the entire capital put up.

As we look at it the average Osteopath works too hard for his money to be warranted in taking speculative chances with his investments.

HAVE YOU AN AVOCATION?

We would like particularly well to have cor­respondence from those osteopaths who have a unique avocation which would interest the rest of the profession. Have you a fad—something in which you have arrived at the point of distinction? Why not tell us about it?

On the gleaming white paper of this publica­tion each month we have lots of room to print an interesting little story of the "Avocations of Osteopaths," even if we have to "kill" some heavier stuff to make room for it.

Dr. Dain Tasker was going to come in on this invitation for color photography talk some months back. But he hasn't—yet!

Dr. Riley Moore was going to talk anthrop­ology. But he hasn't—yet!

Hon. Grace Stratton Alrey, D.O., was going to write about politics as an avocation. But she hasn't—yet!

Dr. Ralph H. Williams was going to talk about his farm. Running a Fruit Farm. But he hasn't—yet!

Dr. Harry M. Vastine was going to give the "Love Affairs of a Young Bachelor," but he hasn't—yet!

Dr. J. M. Ogle was going to recite the "Thrilling Ballad of Raising Silver Foxes" and he will—someday!

Gee! What a wonderful paper we'll give the profession when all these "500 Associate Editors of OP" learn to work on assignment and turn in the editorial stuff they are commissioned to do!

Here is an official call for our "Avocation" editors to get busy—not only those here by­treated by name but also any others who have an "avocation" out of the ordinary that has been overlooked.

What do you do for your soul's growth, your physical rest and your play beside dig at the ancient and honorable task of healing the sick and making a living? Speak up! We want to make a score or more of you famous.—HSB.

HOO! VACATIONISTS!

If you have enjoyed some novel and unique sort of a vacation within the past year that would interest the "boys" and "girls" of oste­opathy, OP would like to hear about it. "Too much work makes Jack a dull boy." The OP helps the "play" and recreation of the profession just as well as its hard work. Maybe your ex­perience would suggest a good trip or outing to some fellow D.O. who is galled in service and worked to the bone and is just waiting for a good suggestion. What about it?—HSB.

Dr. West's Gravitzer Attracting Much Interest

The profession has responded warmly to my first announcement and sixty or more letters of inquiry have been received since my news of the Oscillatory-Gravity proposition went out, in­dicating a good deal of both scientific and prac­tical interest in my apparatus. They seem eager to know all about it.

This Oscillatory-Gravity treatment has enor­mous possibilities for private schools, shops and "Y's." For under osteopathic diagnosis and direction the Gravitzer will do the work in a vast number of cases and this will be equiva­lent to adding "working hours" and increased income to the already hard-worked osteopath as well as floating him into a really better place in the public esteem.—William West, D.O., 75 Park Avenue, New York City.

"Where There Is No Vision the People Fall."—Proverbs XXIX:18

Little Stories of the Clinic

C. W. Young, D. O.,
Grand Junction, Colo.

STORY No. 24

September 20th C. C. M. began treatment for asthma. He had been afflicted with this disease for many years and was greatly depressed with the characteristic wheezing. His ribs had remark­able mobility for an asthmatic.

Because of this affliction he was unable to attend any theater or other place of amusement. Our first treatment was given in the evening six hours after he had eaten anything. We gave him a full dose of "yellow, bitter mustard." His body dried out in great detail; his lungs were dry and yellow in color. From this first treatment he confined himself to the Webster diet for hyperacidity.
potatoes, tea and coffee, plays a very great role in the causation of the common diseases of mankind.

STORY No. 35

Mr. F., age seventy-five, could not hear the ticking of a watch when pressed close to his left ear. He believed he was stone deaf in this ear. He could hear a watch only an inch away from the other ear. For years he had been afflicted with laryngitis. The laryngeal treatment produced very copious discharge indeed. I could not introduce my index finger back of the soft palate into the epi-physarynx so I used my large finger and found the eustachian tubes very much indurated. Against three different points on each tube I pressed the large finger as hard as I had strength. Immediately after the first treatment he could hear the watch tick when pressed against the deaf ear. After five treatments he could hear the watch tick five inches away from the better ear and one inch from the poorer.

COMMENT

We hope all osteopaths reading these little stories will at once become proficient in this eustachian tube technic. Do not be afraid to try it out.

Compensation

By Wm. A. Settle, D.O., Peterborough, Ontario

A MINISTER'S wife.

ONCE WROTE a letter.

A LONG effusive letter.

TO AN osteopathic physiologist.

A LETTER full up.

WITH GRATITUDE and friendship.

IT TOLD how happy.

SHE was once more.

NOW THAT her husband's eyesight.

HAD BEEN restored.

AND THE other day.

THE OSTEOPATH was sorting

OVER SOME old letters.

FROM THE minister's wife.

WHO was so full.

OF FRIENDSHIP and gratitude.

AND she thought.

OF THAT poor devil.

WHO one day fumbled.

HIS WAY along into.

THE OSTEOPATH'S

HIS last chance.

SPECIALISTS have

UNTENDED his precautions.

HIS CASE hopeless.

AND SHOVED him along.

TO MAKE room.

FOR ANOTHER patient.

THOUGHT of his utter dejection.

UNABLE to guess.

CLOSER than five.

TO THE number of fingers.

ON THE hands the doctor.

HELD BEFORE his eyes.

THOUGHT of his elevation.

WHEN TOLD he had.

MAYBE a gambler's chance.

AND THEN of the climb.

Some Patients I Have Known

III

The Lady With a Family

John Barr, D.O.

Did you ever treat vicariously? No? Sort of think a bit. I have, although I hardly ever do anymore. All of us have and hardly any of us do anymore. Vicarious treatment is a symptom of the early days, not of Osteopathy but of the Osteopath. Every Osteopath does this sort of treatment, until he wakes up. Then if the habit has not gotten hold of him, he throws it off.

The lady with a family is known to all of us. The lady is bountiful and so is the family. The lady lives in your town, comes to you for some very real ailment and brings with her the stories of the various members of her family, none of whom are living with her, however.

After she has given you a pretty good understanding of her own case, you will find that diagnostically she has the most interesting family! For instance, there is sister Laura over in St. Louis. Sister Laura has had chilblains for goodness knows how long and none of the doctors seem to do her any good. You happen to have heard of something good for chilblains and you pass it along. Sister Laura gets it in the elaborated form of a five page letter.

Then there is Uncle Jim's boy out on the Kansas prairie. He broke his arm three months ago and hasn't regained full use of it yet. Thereupon you launch into a full discourse upon the merits of local massage and manipulation for the loosening up of retracted ligaments and atrophied muscles. Soon after, a six page letter carries the gist out Kansas way.

Soon after the boy has died down as a topic of conversation, you discover that the lady has another sister in Maine who is thin, run-down and has lots of backache and headache. Just to show that you know all about those cases, you build in your own mind a hypothetical case in which there is a fibroid, some ptosis and a hole in her one of the best treatment that may be instituted. Un-unknown to you, a special delivery stamp takes it all into the Maine woods.

About two months after your first acquaintance with this happily patient lady, you get to know the family pretty well. Some days she mentions three or four of them, recites their present conditions and receives in return sympathy—and advice. You outline a quick home method of treating colds for Will's folks who are always having colds and you point out how the hicups can be stopped for Lottie's baby. You get so you know that family better than your own.

Some stormy day, when the patients are few and you are going over records, you come across the card of the lady with a family. A nice, steady patient, always pays the first of each month and has thirty-six treatments to her credit. Talks a good deal about her family, but you guess you can stand that.

Shortly after, Mrs. Neighbor to the Lady with a family comes in and drops the remark that Mrs. J. says you always tell her just what she wants to know about so many things and she wants to know something good for Jenny's sore throat. Well, you tell her but after she is gone, you sort of think the whole matter over. Jennie happens to be this patient's own daughter who lives at home with her and you begin to realize that you have really treated two people in the hopes of getting a fee for treating one. Along about then you wake up and the true meaning of the word vicarious foods in upon you. You've been treating the whole family and charging for but one! So the next time the lady calls and tells you all about the stroke that her brother James almost had over in Trenton, New Jersey, you keep your mouth firmly shut as you proceed to give her one of the best treatments she has ever received. Then when she is about to leave, you hand her a little engraved card with the name of a good Trenton osteopath written in and advise brother James to see him at once. You are cured of vicarious treating.
GET THE VISION!

Old-Timer Caught the Vision and Wrested Success Out of Failure

Some of the most interesting and profitable experiences in osteopathic practice come to our long-through personal letters that are never meant to see the light of publicity. Here is one of them—the human interest story of Dr. W. S. Maddux.

Dr. Maddux had ridden slow-coach methods in practice for twenty long and profitless years. He was not a down-and-outer by any means, you understand, but just a "slow coach," as he, himself, is now frank to admit. He was only one of about 2,000 "slow coaches" in our profession who are making $9,000 to $9,000 a year but might just as well do a $10,000 to $15,000 practice. When all this vision talk was started Dr. Maddux promptly applied psycho-analysis to himself and his way of doing things and voted himself a first-class failure. He was groping toward reform and asking what to do to be saved.

Along came Evangelist Billie "Sunny" Waldo hitting the sawdust trail of the Western Circuit, preaching repentance to the back-numbers, new methods to the twelve-for-twenty-five operators and promising new offices, a new scale of fees, financial independence, increased self-respect, growing prestige and greater usefulness in life for the osteopath who was ambitious enough to climb out of the rut and adopt advertising vision and efficiency methods in practice.

While the light of ambition holds out to burn—preached this pep puncher from Seattle—"the slowest practice may turn into a really inspiring and remunerative life's vocation. If your practice is not all that, the fault is with you. Get the vision!"

His words fell upon Dr. Maddux's ears just as he was looking for a friend to help him right about face and become a "live one." He believed in the new gospel of better vision, better service, better rewards, and consulted Dr. Waldo privately for advice in his personal problem. The pep evangelist gave him the best advice he had on tap and Dr. Maddux set out that very hour to realize the vision.

It was the OP's privilege to receive the following personal letter written about ten weeks after the Waldo-Maddux campaign started to pull Maddux up into the front row of success. It has remained a private letter until this week when Dr. Maddux generously, but with some embarrassment, consented to let us put it before the OP family—without, as he pointed out, really remembering what he had said in it so many months ago. We promised to pencil out anything improper for a public statement, so the error of frankness is ours if we give you the whole blunt story.

What the New Convert Wrote after Ten Weeks on the Way

Puahlo, Colo., April 4, 1921

Dear "OP":

I want to write you a letter but am afraid I won't have time to quit. Dr. Waldo's plan for rejuvenating practice is all right. I have been going on with it as best I could since he went through here helping the Western Circuit. I am getting more than satisfactory results with it and for the first time in my professional experience am getting upon a satisfactory financial basis.

Fact is, I feel just like old Rip Van Winkle. The world looks altogether different since I saw Waldo and borrowed some of his method and punch. I wish I could afford to send him a check for a thousand dollars. Have been a different man since I met him. I have felt like old Rip Van Winkle.

April I booked $814 which is the largest month I ever had to date and which represents what I considered two good months' income previous to adoption of the new plan of office management. Dr. Waldo assures me that I might just as well be earning twelve to fifteen hundred dollars a month as two or three hundred. Well, I seem to be starting, at least among that new and glorious road he pointed out leading to Successville, and it surely seems like a revelation to me.

I drove away several cases by being independent but I can afford to do it. It is fine for a fellow to get that way.

A few days ago one of my old cases came in. She talked over her case and diagnosed it for me and said I had always done her good. (They were wealthy.)

"Yes, that is true," I said, "but Mrs. Smith, the trouble has been in the past that you have not been able to get the treatment. Now I am not taking cases any further by the pay-per-treatment plan, but solely by the case. You must sign up with me, but if you don't come back you lose, but if you come in regularly for a couple of months it will do you good."

She didn't think she had the time and went away sorrowing—"I suppose, because I would not let her take three treatments and quit again, as formerly."

It is no use to worry over the frightened ones, especially if I can make one coming nearly as well as they are coming now.

Perhaps a little review of some of my experiences will interest you, as well as show how the Waldo technique of price-making and fee-taking works out in actual practice to the advantage of all concerned, once an osteopath gets the vision.

I tried to pull $50 out of a well-to-do immaculate case a few days ago. He had taken a lot of treatments from pseudo's and almost signed up with me, but I struck him for a fee of $25 cash down. He did not come back.

A mother brought in her daughter who had been hit with an auto. She had been under the care of their family doctor for three weeks. He couldn't do anything more for her, so they came to me. Dr. W. S. Maddux, D.O.

"No, not here. Your bill will be $25 if you never come back! However, I will look after the case 'till she is all right." I told her for a case like this I just charged the case. She had had the course six for five.

"No, not here. Your bill will be $25 if you never come back! However, I will look after the case 'till she is all right!"

I saw her five times and claimed and received the fee. She was a working girl. The mother said they were well pleased, and would boost for me. She said it was exactly right to charge by the case; if I had said "so much per that" after the second treatment, they would not have returned, as they were not well impressed with my method of treatment at the outset. If she had not come back she figured now that the girl would still be a cripple. Fine! This system helps the patient as well as osteopathy and the doctor, too.

A woman came in with T.B. history. Had indigestion, headaches and some other troubles. I figured that I could not land her for the whole value of the case, so I told her that treatment would have to do but I was permitted to try it out. I told her that for $50 I would see her twice a week for a couple of months. Then, if she was better, she could go ahead at a reasonable rate ($3) until she felt that she was satisfied. She came back in a couple of days and asked how I wanted the money paid, and when I said "In advance," she said "Preposterous!" But she said her husband wanted her to try it, and she would pay $25 down. So I said "all right; you may pay the balance in 30 days."
She then told me if she did not feel better in 20 days she would stop. I informed her that she would not stop because I was charging her $50 and if that was not satisfactory she could just stay at it and if that didn't help her any $25 would. She stayed with me and I am doing her good.

I got one case for $150 some time back. Also had a case of chorea in examination. Priced it at $100 and the person never came back. It looks like a lot of my cases feel that $50 is all they can use of this data you chose. But if you really think $50 is usually a trial, and they will continue, if they improve. Of course that is problematical. Six months from now I will know more about how to handle them. But I am learning.

It is as easy for me now to say $75 or $100 as some brother or sister D.O. good to get. I got one case for $150 some time back. Also had a case of chorea in examination. Priced it at $100 and the person never came back. It looks like a lot of my cases feel that $50 is all they can use of this data you chose. But if you really think $50 is usually a trial, and they will continue, if they improve. Of course that is problematical. Six months from now I will know more about how to handle them. But I am learning.

I just stated that I didn't think that the O'S. had $50. She stayed with me and I am doing her good.

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It is as easy for me now to say $75 or $100 as some brother or sister D.O. good to get.

For instance, I booked one case a couple of weeks ago for $175 and another for $125. These were people who were able to pay. Then on the other hand I booked one for $35 that I should have made pay $75 and one for $25 who, had not been a working girl, would have paid me $100. In other words, you can do charity work when it is appropriate and no one needs know when it is not. I hope to get my $75 and $25 out of these cases. I am not bothered then by people coming in and saying that I have two prices. If any one should say that, I can say, "Certainly, I have all prices; and each figure is for each individual case."

For a single adjustment I get all the way from $3 up to $25. That is, if it is a surgical case I charge whatever the medical code calls for, even if it is $100. Of course I charge my old cases by the single treatment about the same as before.

After I finish up a new lump-sum case the patients are given to understand that they may

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**20 Splendid New Harvest Leaflets Now Ready For Reaping in Your Field**

We have added to our already fine line of Harvest Leaflets twenty splendid new numbers. They are titled and priced as follows:

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Each one of these leaflets has punch and persuasion. Each one drives home a message for Osteopathy that is as interesting as it is powerful. These Leaflets are real promovers of same understanding of basic health principles. With such a wonderful advertising armamentarium now available for you there is no excuse for failing to grasp the fullest opportunities for practice extension through advertising Osteopathy militantly.

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We employ the Porter Milk Diet Method exclusively.

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For particulars regarding milk diet and other cases, address—

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N. J.

Should the Tail Wag the Dog?
I know an osteopath who has practiced for over twenty years, who has diplomas from three well-known osteopathic schools, who has spent thousands of dollars advertising osteopathy, who has been arrested on two occasions for practicing osteopathy without a license and who has spent hundreds of dollars fighting the case in court, finally winning, thereby forever establishing the rights of osteopathy to practice in that state, who occupies an honored position in Booth's History of Osteopathy, who was a member of the Board of Directors and Treasurer of one of the leading osteopathic colleges several years (without salary), who was president of the state association and also president of the board of osteopathic examiners of that state, who is a member in good standing in his state association, who took a course in chiropractic and returned to his home town and exposed chiropractic in the public press with such success that the two local chiropractors left town, but who, in spite of all this work, has had his application for membership in the national association held up through the jealousy of some of his fellow practitioners in the state in which he practices. Not having the manhood to take the matter up in the state association where such local matters should be fought out, they have carried the fight to the national association where the merits of the case are practically unknown.

In spite of the fact this application was endorsed by the president of the state association and a member of the board of examiners and two former high officials in the American Osteopathic Association (A. L. Evans and E. M. Downing), this application still hangs fire.

In these days of competition from the chiro below and M.D.'s above, can the national body afford to allow local jealousy to keep a member from doing his duty to the national association—in other words, should the tail be allowed to wag the dog?

What do you think about this proposition? Write to the Board of Directors and let them know what you think.—J. C. Howell, D.O., Orlando, Fla.

Sees Difficulties in the Way
In regard to the publicity being given the remarks of Dr. Woodall it would seem that the average practitioner does not fully realize the extent of the education he has received. How much time would it require for your general practitioner to explain to each and every query, that he was "a full-fledged osteopath," that Dr. So and So was "just a part osteopath," and that Dr. So and So was just "a spinal adjuster?" Then would the osteopath win anything by stating known the fact that the "spinal adjuster" used practically the same methods in his work as the osteopath? And how would he explain that fact satisfactorily?

My opinion of the osteopath of today and tomorrow is a man fully educated in all systems of medicine, with the courage and the faith to rely upon the teachings of Dr. Andrew Taylor Still for at least ninety percent of his treatment. He is a competent surgeon, a competent physician, and above everything else, he is the most highly specialized diagnostician to be found in any system.

Is the chiropractor anything but a fadist? Is he a physician? A surgeon? A diagnostician? Emphatically he is none of these. Would you imitate a system that is not founded deep enough to recognize pathology? I do not believe you would. Why would you consider imitating chiropractic when it has proven itself to be nothing more than a very highly advertised fad?

I hope that these lines may be of some service to the profession.—H. J. Miller, D.O., Morgantown, W. Va.
Vaudevillian Adjuncts

What is the best line of talk, while giving a treatment? Some say talk osteopathy; others, do not talk at all; some talk about the weather or other non-professional matters. A former patient called upon me last summer, and speaking of a certain D.O. said, "He is certainly the limit. It is just a scream from the time you get on the table until you get off. He has a wonderful practice." (I wonder if that was the reason he did not attend the state association meeting?) All these plans of managing practice seem to be getting results, so how are we to know what to do and what not to do? I don't believe any two people can follow exactly the same course. Some people are just as funny as a tomb stone, and others are as gloomy as Mark Twain. May be each should edge off a bit. It is necessary to diagnose the mental attitude of the patient, and adjust yourself somewhat, but be natural. Personally I do not care for the "Scream" method—too much tax on the funny bone to keep new jokes on hand, and a patient does not relax well when convulsed with laughter. However, a little of the lighter side of life will not hurt now and then, especially with patients who are inclined to see the dark side of things. But too much sociability does not stimulate specific work. And by the way, a specific treatment may take thirty minutes in some instances, or a shot gun, general treatment may be given in five minutes. The clock does not decide between specific and general treatments.—W. C. Duvall, D.O., Bozeman, Montana.

Treating the Patient and Treating the Disease

Every case of illness presents two aspects: the disease and the patient. Some physicians treat one, others treat both. There are doctors whose knowledge of therapeutics is so limited that they would fail in practice were it not for the fact that they are "good mixers," and have a strong personalty which inspires the confidence of their patients. The medical doctor of this type needs only to give placebos to be successful in practice; while the osteopath thus favored may have a technique that the Old Doctor would class as "engine whiping." Whether they are conscious of it or not, what these doctors do is to treat the patient.

In some cases treatment of either the patient or the disease is all that is necessary; but more often consideration of both factors is essential to the best results. There is, for example, the type of patient who can be given instructions regarding diet or exercise or hygienic measures, and who will carry them out regardless of whether the rationale is explained to him or not. On the other hand, there is the patient with the inquiring or analytical mind who will do little to help in his treatment unless he understands all the whys and wherefores but if this condition is met, and he is given a logical reason for everything he is instructed to do, this type of patient will co-operate with the physician far more intelligently and more effectively than the one who does not understand the reasons for what he is asked to do, and does not care.—"Team Work," the Bulletin of Los Angeles Osteopathic Society.

Know Your Specialists

All physicians doing a general practice have need often to call for consultation or to refer cases to some specialist for diagnosis, treatment, advice or prognosis. Do you call an osteopathic consultant? Do you refer your cases to an osteopathic specialist? Do you know from actual knowledge the kind of work that specialist is doing? Have you seen your surgeon work? Do you know from actual observation that your throat specialist leaves a clean fossa in tonsillectomy? Is your gastro-intestinal specialist a real scientist? Can you depend upon the prognosis of your blood specialist? We have some excellent osteopathic specialists—men and women who are doing superior work. Let us seek them out, become acquainted with them personally, investigate their work, then we'll support them confidently and enthusiastically.—Anna G. Tinkham, D.O., Waltham, Mass.

The Delaware Springs Sanitarium

Emphasizes Diagnosis, believing that a condition accurately diagnosed is half cured. All modern facilities for diagnosis, as well as treatment, are found in our equipment. Our institution has been inspected and endorsed by many of the best men in our profession.

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THE OSTEOPATHIC PHYSICIAN

23.

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The Efficient Osteopath
Dr. C. C. Reid, Denver, Colo.

VIII Expenses Not Usually Considered
(Continued)

PERSONALITY
To know a great many osteopathic physicians over the country and to be known in return by so many professional brethren, it is a little embarrassing to discuss this particular subject. The subject enters into people's psychology and dispositions in such a way that some who are following the reading of these particular articles on Efficiency might possibly think that I had in mind some of their qualities for criticism. This is absolutely not the case, as this part of the work is written entirely impersonally, and has no reference to any particular one.

The Chicago College of Osteopathy
5200-5250 Ellis Avenue, Chicago

The Autumn Quarter begins September 23, 1921
The Winter Quarter begins January 3, 1922
The Spring Quarter begins March 25, 1922
The Summer Quarter begins June 19, 1922

Each quarter is twelve weeks in length.

Students are admitted at the opening of any quarter, but no student is admitted after the first week of any quarter.

This College is registered with the New York State Board of Regents. This means that it maintains the high standard required by that Board. It also means that graduates of this College are admitted to the examination for license to practice in New York State and all other states which maintain the New York standard.

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It is merely a study of this phase of our virtues and faults with a view to arousing thought and desire to be the better and more efficient. The lack of a wholesome personality is so glaring in so many of us that any reader of human nature cannot fail to be impressed with our short-sightedness in this matter. The critical and informed person in the study of human nature will analyze any lack of sincerity in spite of the fact that we might try to cover it up, especially if he has a chance to be with us for a short time and hear our conversation.

Personalities are so fundamentally back of all our habits and other traits that it is perhaps more necessary for a careful study and more emphasis on the following of definite plans to increase our personal power and get rid of all faults that tend to depreciate people's good opinion or to become our weakness. It is only the wise and experienced physician who can say that it is absolutely not the case, as this is merely a study of this phase of our virtues and faults with a view to arousing thought and desire to be the better and more efficient. The lack of a wholesome personality is so glaring in so many of us that any reader of human nature cannot fail to be impressed with our short-sightedness in this matter. The critical and informed person in the study of human nature will analyze any lack of sincerity in spite of the fact that we might try to cover it up, especially if he has a chance to be with us for a short time and hear our conversation.

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THE OSTEOPATHIC PHYSICIAN

Low Table Technique

Dr. Still's Technic Applied Practically
Earl Willard, D.O.

IV

Before undertaking the standardization of Doctor Still's technical methods, which we shall do in the ensuing article, let us inquire as to the mechanical principles he employed. For I wish to make clear that I am claiming to classify merely those contacts where direct leverage with speed is employed; and only those methods where the weight of the physician's body does the work. In one form of direct leverage the weight of the patient's body makes the adjustment.

Dr. Still employed both of the foregoing forms of direct leverage adjustment, and he also employed other methods of adjustment as well. The variety of which the Father of our profession used when indicated, may be grouped under the following heads:

In addition to (1) Direct Leverage with Speed he employed, (2) Direct Leverage with Steady Pressure, (3) Direct Leverage with Sudden Separation, (4) Indirect Leverage with Steady Pressure or Steady Pull and (5) Indirect Leverage with Sudden Separation.

There are methods in vogue today that perhaps some would object to classifying as above. The classification, however, serves to illustrate my point, and the names themselves are sufficiently descriptive to need no defining. Every osteopath knows that when the adjusting hand is placed directly upon a lesioned vertebra, the bony eminence with which it rests more acts as a lever for moving the vertebra or rib.

My purpose in the present article is to describe the bony eminences on the physician's hand used for direct contact adjustment. And in subsequent articles I shall describe the points on the patient's back where the various bones of the hand and wrist are placed. Also I shall select one contact from each of the general divisions offered in my classification last month, and describe step by step the events coincident with adjustment.

Chronological Events in Adjustment

Each contact to be described is clearly defined; its synonyms and use are given; after which the technical events in every adjustment are given as follows:

1. Position of Patient
2. Position of Physician
3. Placing Distal Hand, (The hand away from the patient's head as the physician faces across the table.)
4. Placing Proximal Hand, (The hand near the patient's head.)
5. Shifting Patient's Body
6. Final Preparations
7. Moving the Vertebra

Contact Points on Adjuster's Hand

The bones of the hand and wrist most frequently employed in making direct contact—and Dr. Still in wonderfully expert way made adjustments with first one and then another part of the hand, according to spinal indications—are as follows:

1. The Pliiform bone
2. The Scaphoid bone
3. The Semilunar and the Os Magnum
4. The First Metacarpal bone
5. The Fifth Metacarpal bone
6. The Multangular bones

These bones may be readily located in the following fashion: With the hand held palm upward, and the palm corresponding with the inner or ulnar edge of the hand proper, lying between the little finger and the wrist, is the fifth metacarpal bone.

In line with this bone, but nearer the forearm, at the extreme inner, palmer aspect of the wrist, the prominent, marble shaped projection of the small platform bone is felt.

Straight across the wrist about an inch or more toward the thumb or radial side, a deep depression intervening, another eminence—more irregular in outline, larger and less readily felt—is felt. When the thumb and thenar eminence are moved, this bony prominence—the scaphoid—remains stationary.

Lying at the hindermost part of the palm, at the bottom of the depression between the two above named eminences, is the semilunar bone. Immediately distalward of the semilunar, running lengthwise of the hand, in the cleft of the wrist formed when the thumb and little finger are extended, is the os magnum.

The first metacarpal, or thumb metacarpal bone, is that part of the hand proper that moves with the thumb independently of the remainder of the hand. The fleshy pad on the palmer surface of this bone is called the thenar eminence. Across the palm from it is the hypothenar eminence.

The trapezium-trapezoid, or multangular bones, lie distalward toward the middle of the palm from the radial end of the freely movable first metacarpal bone.

With these anatomical facts, and the simplified method suggested in the ensuing article for locating vertebral lesions, the reader will have a thoroughly practical basis for study in the science of making direct leverage contact correctly. And in closing let me impress upon the reader that any of the forty or more contacts named in my preceding article adapt themselves equally well to bedside and office practice.

(To be continued)

Poliomyelitis

(Infantile Paralysis)

By F. P. Millard, D.O., Toronto, a remarkable book on account of the clearness and comprehensiveness of its treatment of the anatomical, physiological and pathological phases of the subject.

The book has 162 pages, printed on high grade stock; 97 illustrations; bound in cloth, stamped in gold. No osteopath should be without a copy.

Only a limited supply of copies available. You will need two copies, one for your reference library, one to circulate among your patients. Order now.

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Special Information for Osteopaths

Under the laws of some States osteopaths are prohibited from using anything of a drug nature.

Dionol and Emulsified Dionol have no drug contents whatever and hence do not come under these restrictions. Their action is in strict consonance with osteopathic principles, being entirely mechanical, hence no drug re-actions are possible.

Osteopaths, throughout America, are using large quantities of these preparations, and there has never been a legal exception taken to their use, excepting in one case, and when the authorities learned the above facts the case went by default and they never even appeared against the doctor in question.

Dionol treatment is the only remedial agent that we are aware of that acts strictly in a mechanical sense and without drug reaction and which may be safely employed, internally or externally by drugless physicians generally.—The Dionol Co., Garfield Bldg., Detroit, Mich.
Humanizing the Bunch

Seattle Osteopathic BULL-e-TIN
December, 1921
Published and Edited: W. E. WALDO, Josh Green Blvd.
No Subscription received and none Deceived.

Seattle, Texas.

Dear W. E. W.:

I just received the BULL-e-TIN and it is some baby BULL-e-TIN, I must say. I took it with me as I went to lunch and my beans got plum cold for I forgot when I commenced reading. Groaned and will be a choly thing and you make no hit; for we've grown long hair and we preach despair and show you a daily fit. Speed and the gang will cheer you, save and you have no friend; for we throw our backs to birds and ducks and borrow from all whom I'll knock and you'll be a winner, boost and you'll be a frost; for the old sane ways of the pre-war days are now from the program lost. Strike and the world strikes with us as long as we live for we're rather yess and all raise hell than strive for an honest root. Rant and you are a leader, toll and you are a nut; it was a bitter day when we pulled away from the old time workday run. Walt and there'll be a blow up, watch and you'll see the sharks and pander and crimes of these crazy times will go to the nation's dump.—Ex.

—Crazy Times—

Strike and the world strikes with you, work and you work alone; our souls are ablaze with a bolsheviki craze, the wilddest that ever was known. Groaned that will be a choly and you make no hit; for we've grown long hair and we preach despair and show you a daily fit. Speed and the gang will cheer you; save and you have no friend; for we throw our backs to birds and ducks and borrow from all whom I'll knock and you'll be a winner, boost and you'll be a frost; for the old sane ways of the pre-war days are now from the program lost. Strike and the world strikes with us as long as we live for we're rather yess and all raise hell than strive for an honest root. Rant and you are a leader, toll and you are a nut; it was a bitter day when we pulled away from the old time workday run. Walt and there'll be a blow up, watch and you'll see the sharks and pander and crimes of these crazy times will go to the nation's dump.—Ex.

—Dr. Geo. Still wanted to go by boat from Chicago to Cleveland. He found that he could just make connections if the train was on time into Chicago. As usual the train began to lose. In desperation Geo. wired the SS Co.—“Hold boat. Large party coming.” The boat was ready to sail. The officers paced the deck impatiently for over an hour wrathfully at the delay. Geo. started the boat and the Captain rushed up to him and, shoving the telegram under his nose, asked: “Do you know anything about the large party that was coming?” “Sure,” said Geo., “That’s me.”

The Journal of the American Osteopathic Association for September is at hand. While it doesn’t compare with the Seattle Osteopathic BULL-e-TIN, still in its new make-up we will probably have to buy some new type to compete with it. Congratulations, Editor McConell, Manager Chilsea and everybody.

—Noble! Is This Your Town—

The Deputy dropped into town and started to get acquainted. The man who looked like he could tell more about everybody and everything than anybody else in town was first approached. He was an old-timer with gently flowing face curtains. “How does it come,” asked the deputy, “that your town shows a decrease in population?” “Dunno,” answered the local character. “Too many births?” suggested the deputy. “Not nough.” “Then perhaps there are not enough births?” “Too many.” “I don’t get you. If there are only a few deaths and many births, the town ought to increase in population.” “It’s just this way. Every time there is a birth here, three or four people leave town.” —Seattle Shrine Bulletin.

Dr. E. R. Larrier of N. F. N. Y. lives near lots of water but he never falls for it.

What we need is more appreciation and less deprecation.

We need loyalty to our National Association like that shown by L. Evans of Miami, Florida. Things haven’t always gone as he would like to have them and no doubt, at times he has felt hurt at the turn of things but does he stay lique and pout or shout about it? He does not. He comes regularly to the Conventions and serves in any capacity requested and helps in everything, hence this note of appreciation.

Dr. C. C. Reid of Denver may be President of the Lions but he is also a Bear at taking out tonsils and everything.

We understand that a celebrated New York City osteopath and gadabout at the Society Capitals of Europe has just refused appointment by a certain King as Court Osteopath to Christiania. Couldn’t he stay home and pout or shout about it? He does not. He comes regularly to the Conventions and serves in any capacity requested and helps in everything, hence this note of appreciation.

—The Worth of Jimmy’s Smile—

Little Jimmy Godfrey, aged 13, climbed a tree—out in Kansas City—to gather walnuts. He came in contact with an electric wire. One side of his face was burned, leaving an ugly scar. A damage suit against the power and light company was instituted on Jimmy’s behalf. On the witness stand, Jimmy was asked to try to smile. The only result was a puckering of the lips and a melancholy drawing of the face. A physician testified that the smile muscle in his cheek had been burned by the scarred tissue above. The jury promptly returned a verdict giving Jimmy $20,000. That becomes the officially fixed value of a smile. Moral: If a smile is worth $20,000 when you lose it, it is worth $20,000 when you use it. The world is full of Jimmy Godfrees—some of ‘em little chaps like him, some of ‘em big, grown-up folks. Some of ‘em are like Jimmy is now—“smile muscle” always gone—instead, a deep, dark, foreboding frown that makes the world a little darker and a little gloomier for all who come in contact with them. They paid Jimmy $20,000 to lose his smile; what would I pay to have my smile back?...
The Osteopathic Physician

What Does He Mean?

Rotary Club of McMinnville, Oregon.
Dr. Wm. Striker, Pres.
Dr. W. E. Waldo, Seattle, Wash.
Dear Bill:

I notice in Seattle Rotary Bulletin that for third time this year you are to address your Club. They must have a strong Club there.

Rotarily, 

Bill Stricker.

Shall Osteopathy Live?

We are not prepared to state at this time whether Osteopathy as a science shall live or not. What we can state without fear of successful contradiction is that if it does it will be selfishness that kills it. We might as well be frank about it and quit looking for someone to blame for our present condition. Let's blame ourselves—and change.

We meet and talk about the legislative situation in this and that state. There are only two reasons why the laws are unsatisfactory in any state, 1st.—The profession is not united, and cannot expect to get relief until it does unite. 2d—The profession is satisfied with conditions as they are. I am sorry the latter reason holds good in so many of our states. It's true. I know how many excesses are used to deny this and in looking for excuses one is as good as another. "Stewing in our own juice." I call it, and how happy we are in doing so.

The first reason, that of the profession not being united, can be rectified without much effort. People as wide apart as the poles on any subject can get together and work out a problem if in their hearts they so desire. The second reason—that of being satisfied with conditions as they are is harder to overcome; but it must be done if osteopathy is to live. How? Well, I was raised a Methodist and in order to be saved one had to get down on his knees and purge his heart—yes, his very soul of all jealousies, envy, self-pity and selfishness, and it may be necessary to start a Revival within the profession.

Dr. W. E. Waldo.

How to Build Practice by Ethical Promotion

"What Constitutes Osteopathic Examination and Treatment"

That is the important thing explained in the January issue of "Osteopathic Health." Do you know of a better subject for a preachment to the laity? Is there any phase of our work that you would prefer to put before the people by carefully chosen words? Our New Year's issue of the little patient and public educator? This is your chance.

Van Brakle of Portland wrote it. His style is always lucid. This effort of Van's is likewise wholly good. The broad-minded folk will love this number for it makes the present patient and the prospective patient realize there is a lot more to osteopathic diagnosis nowadays than merely feeling the bumps of the spine. It hooks up all of modern laboratory diagnosis with the examination of the patient's spine and body.

The time, cost and health-value of making thorough and confirmatory diagnostic examination are properly stressed. Then the fact that all osteopathic treatments are not alike, and that none are to be measured by the clock, or by the physical power put into them, or by any other factor but the result secured is beautifully presented.

We're sure you will want this issue at work for you in your community if you read it. Order early and get your supply. You will be disappointed if you don't. We have not a copy on hand to sell of any one of the last three issues.

Order a supply of this January "OH" today and let us help educate your patients and public into right thinking about Osteopathy.

Winter Issue of "Osteopathic Health" on Sale

"What Constitutes Osteopathic Treatment and Examination" (January) Price 100 copies, contract, $6.50; single order, $7.50.

Get lower prices by quantity buying!

On annual contract orders delivered by express 500 copies cost $22.50; all quantities from 600 to 1,000 at $4.00 per hundred.

On single orders delivered by express 500 copies cost $28.75; all quantities from 600 to 1,000 at $5.25 per hundred.

Professional card plate free to contractors.

October issue (Osteopathic Catechism)

Sold Out!

November issue (Somebody's Everyday Ills)

Sold Out!

December issue (Winter Disease Number)

Sold Out!

Standard Undated Laity Brochures Available

"The Human Body Runs Like an Automobile."—Brochure No. 90, undated. Price 100 copies, $5.50.


"The Osteopathic Specialist in Diseases of Ear, Nose, Throat and Eye."—Brochure No. 58, undated. Price, 100 copies, $5.50.


"Why Diseases of Stomach and Digestive Organs Develop."—Brochure No. 56, undated. Price, 100 copies, $5.50.

"Osteopathy in the Inflammatory Diseases."—By the late Professor Lane. Brochure No. 8, undated. Price, 100 copies, $5.50.

"General Sketch of Osteopathy."—Brochure No. 51, undated. Price, 100 copies, $5.50.

"Osteopathy Potent Where Serums and Vaccines Fail."—By Michael A. Lane. Brochure No. 16, undated. Price, 100 copies, $5.50.

"Most Diseases Are of Spinal Origin."—Brochure No. 36, undated. Price, 100 copies, $5.50.

"Osteopathy as a Science."—By John Comstock, D.O. Brochure No. 37, undated. Price, 100 copies, $5.50.

Quantity Price

Price in 500 or 1,000 lots $6.00 per hundred.

Osteopathic Health for January

What Constitutes Osteopathic Examination and Treatment

What a Treatment "Looks Like:" Treatments Not Weighed or Measured; Preparation for Treatment; Less Than the Usual Exposure; Private Dressing Room System; Treatment Means the Skill of a Specialist; Minutely Careful Body Examination; Use All Scientific Methods of Diagnosis; Its Characteristic Diagnosis Wholly New; One Scoops at What One Does Not Understand; All Laboratory Tests Are Used; About Treatment Itself; Basically It Is Lesion Fixing; Manipulative Adjustment of Structures; No Two Treatments Are Alike; Skill Not Measured by the Clock; The Fee Covers the Service Rendered; "Is That All There Is To It?"; Faulty Diet and Hygiene a Handicap; The Osteopath as a Health Counsellor; Part Advice and Manipulative Treatment Must Be Structurally Sound; Don't Fancy It a "Cure All." Nerves Rule Body: Osteopaths Control Nerves: Osteopathy Appeals Because Understandable; Its Main Tenets Easily Explained.

The above is the title contents of "Osteopathic Health" for January. A copy of this little magazine will be mailed free of charge on request. Address:

DR.
"Most Diseases Are of Spinal Origin" for February!!

This parent of all osteopathic campaign documents and chief educative pamphlet of the profession for the first time as an issue of Osteopathic Health next February.

Are you prepared for this campaign?—are you prepared for this campaign which will take its place at the head of the list of our new series of "Brochures" and, we feel sure will again within the covers of "Osteopathic Health."

This is in accordance with our new policy announced to represent only new and original articles every month in future issues of "Osteopathic Health," and thus give your patients and public who read it something novel and interesting, which they never have, by any sort of chance, have seen anywhere else before. It is a fine way to keep them interested—this policy of usefulness and human interest articles, and "Osteopathic Health," thus conducted as the patient's magazine, will prove of even greater benefit to your practice than ever before.

Meanwhile be revising that mailing list of yours, friend Wide Awake, and put on all the live names you have got in your files to get the benefit of the "Harvest Leaflets"—that is, the series of "Harvest Leaflets," a historic document surely which was first issued by HSB twenty years ago, at the time that was to dedicate this pen and brain to osteopathic propaganda.

This article, with its historical preface explaining its scope in the best place of campaign literature possessed by osteopathy today, to establish the easy priority of osteopathy in the field of adjutant healing, and to show the chisel characteristic of we as the most superior, will be a great message for osteopathy—a historic document surely which was first issued by HSB twenty years ago, at the time that was to dedicate this pen and brain to osteopathic propaganda.

H ave you a maturing loan to telephone brochures or other manuscripts offered with your manuscript. We are in the market for contributions that explain osteopathy, its theory and practice, its diagnosis and cures, in simple plain English suitable for converting the lay reader and educating osteopathic patients. Such manuscripts must be suited for the purposes either of "Osteopathic Health" or "Harvest Leaflets"—must be typewritten on one side of the paper only and be either single or double spaced between lines. The total number of words by actual count must be given on each article and the number of words on each separate page.

For "Osteopathic Health"

Brochures or other manuscripts offered with your manuscript must be suitable for making up entire sets of "Osteopathic Health" for a total of approximately from 3,000 to 4,000 words. We supply the technical language.

For "Harvest Leaflets"

Manuscripts offered for "Harvest Leaflets" should conform to one or both of these sizes: 1 page "Harvest Leaflets" average from 100 to 125 words. 2 page "Harvest Leaflets" from 250 to 500 words. 4 page "Harvest Leaflets" from 600 to 750 words. 8 page "Harvest Leaflets" from 1,700 to 1,750 words and more.

So-called "fine writing" is not wanted. Good plain simple English and truth telling, based with the psychology of "selling" osteopathy to the public is what we are after. Have what you offer, Doctor? Have you ever tried your hand?
"Harvest Leaflets" to Reach the Multitude and Arouse the Disinterested

Our new line of introductory and supplementary printed leaflets is designed to enable osteopaths to do wider and more systematic campaigning at unprecedentedly low rates per thousand (or per hundred) of names covered. These informal messages make easy and essential the undertaking of broadcast distributions and engineering systematic rapid-fire follow-up. The cost of using a magazine would be felt as a deterrent factor. You can economically and speedily cover entire lists of any size by this medium and command instant attention. The harvest will be proportional to the sowing. Let us tell you how to plan and conduct such campaigns. Here is the splendid assortment of subjects offered you:

4-Page Harvest Leaflets

1. What Doctor Shall I Employ? Price $10.00 per thousand, with or without your professional card.
2. Disease Caused by Mechanical Pressure. $1.25 per hundred.
3. How Osteopathic Patients Are Treated.
4. Getting Well All Over at the Same Time.
5. Building Up Weak Throats.
6. A Chiropractor at Work.
7. The Best Spring Toilet. $2.50 per hundred.

6-Page Harvest Leaflets

1. What Is Osteopathy? Price $12.50 per thousand, with or without your professional card.
2. A Word to Former Patients.
4. Neuritis From a Slipped Rib.
5. Chiropractic Kneepads.
6. Meningitis and Headaches.

8-Page Harvest Leaflets

1. An Explanation of Osteopathy. (As stated by the London Times.) Price $18.00 per thousand, with or without your professional card.
2. Why Osteopathy is the Basis of Health.
3. What Osteopathy Does for Women.
5. Osteopathy in Obstetrics.

1-Page Harvest Leaflets

18. Habit in Suffering. Price $5.00 per thousand, with or without your professional card.
19. The Osteopath's Point of View.
20. An Osteopath, always for the Right and Trust God or the Laws of Nature for a hopeful outcome.
22. Osteopathy Is Not a Remedy.
23. Dr. Alen's Definition of Osteopathy.
25. Infections.

Imprinting your professional card is FREE on all orders bought in thousand lots. On any number (or assortment) from 100 to 900 it costs $1.00 extra. These folders are sized to go in an ordinary letter envelope.

These osteopathic "Harvest Leaflets" do not take the place of campaigning by Osteopathic Health, but supplement it. They are scaled for easy, economical, wide distribution in hundreds of thousands of names, and whatever we can do to supply your want of something effective that will stir up quickly numerous inquiries about osteopathy. You should use them as "attention-getters". As each new inquirer is heard from you should automatically put him on your mailing list to receive Osteopathic Health, the magazine, monthly for a few years. This is the only way that scientific propagandists of any worthy cause would do it. We have only begun to fight for Osteopathy!

The BUNTING PUBLICATIONS, Inc. Waukegan, Ill.

"Where There Is No Vision the People Fail"
Osteopathic Specialists
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1813 Pine St.
PHILADELPHIA, PA.

"Wonderfully Well Pleased" with "A. T. Still; Founder of Osteopathy"

Dr. O. R. Meredith, Nampa, Idaho
April 9, 1921

Your book, "A. T. Still, Founder of Osteopathy" by M. A. Lane, came this morning and I am wonderfully well pleased with the appearance of the same.

Your "Foreword" speaks well for the volume. The contents, so well paged, as well as your "Index" are very commendable. A person should be able to get at any subject that he wishes from this. The book is handsomely printed and aptly bound.

For one, I pledge myself to buy more osteopathic books than ever in the past.

Yours for an osteopathic literature,
O. R. Meredith, D.O., President of W.O.A

Get your copy before it is too late!
Price $3.00

The Bunting Publications, Inc.
Waukegan, Illinois

THE OSTEOPATHIC PHYSICIAN

"A great many are planning to go by water to Los Angeles for the National Convention, July 3rd to 8th. The Committee on Arrangements has provided for a reception committee in "Melody" to receive the Easterners at the Los Angeles $20,000,000 harbor." — T. J. Ruddy, Chairman Publicity Organization.

PROFESSIONAL CARDS

Dr. J. Denson, Osteopathic Physician
Specializing in Ear, Nose and Throat
27 East Monroe St., Chicago

Dr. Benoni A. Bullock
Consultation and Surgery Specialist in Orificial Surgery
Stevens Bldg., Detroit, Mich.

Dr. H. C. Wallace
Practice limited to General and Orthopedic Surgery and Consultation
S. W. Osteo. Sanitarium, Blackwell, Okla.

"H0! "SHOP TALK" ASSISTANT EDITORS!
Please send in for "Shop Talk" next issue some one good idea or helpful fact that you have learned in practice. What you can say on a post card will do.

Or maybe you want to go on record about Dr. Woodall's plan to give a chiro degree for one year's work in osteopathic colleges. We'll present more views on that subject next month.

Meanwhile, won't you send some one helpful idea in diagnosis or practice? If it helped you, it will help some one else. Kick in, with a good idea, fellows—H.B.B.

Osteopaths have expressed their indignation to President Harding over not being invited to the arms conference—Philadelphia North Americans.
Foot note to a letter: Parenthetically, I am going to admit that my arithmetic for the first time was found unpardonable by the Income tax; so they seized on me a joint hundred dollars on top of last spring's remittance to Uncle Sam. My own figures were to blame, so I had to take it good naturedly. Well, anyhow, I must have earned and collected it or I wouldn't have had to pay it. So why repine?

—Harry W. Gamble, D.O., Missouri Valley, Iowa.

What 10-Finger Practice Did for Gamble

Foot note to a letter: Parenthetically, I am going to admit that my arithmetic for the first time was found unpardonable by the Income tax; so they seized on me a joint hundred dollars on top of last spring's remittance to Uncle Sam. My own figures were to blame, so I had to take it good naturedly. Well, anyhow, I must have earned and collected it or I wouldn't have had to pay it. So why repine?

—Harry W. Gamble, D.O., Missouri Valley, Iowa.

Books! Books! for Osteopaths

Keep your library up to date! Look over this list and place your order for what you haven't got.

Polionymelitis—Millard $4.00
Applied Anatomy of the Spine—Haldaway $6.50
Osteopathy and the Spine—Lydecker $5.50
Laughter— $6.50
Practice of Osteopathy—McConnell & Teall (1920) $7.50
Physical Diagnosis and Diseases of the Chest—Norris & Landis (1920) $9.50
Diseases of the Head and Neck—De Haeon (1921) $2.50
Manual of Technique and Osteopathic Anatomy—Goetz $3.00
Analytic Cyclopaedia of Practical Medicine—Stajous (8 Vol.) $64
Quiz on Osteopathic Practice—Laughlin $1.50
Quiz on Obstetrics and Gynecology—Clark $2.00
500 Osteopathic Pathology Questions—Hoffman $1.50
History of Osteopathy—Booth $5.00
Autobiography of A. T. Still $2.50
A. T. Still, Founder of Osteopathy—Lane $3.00

Therapeutics of Activity—Gover $4.00
Osteopathy, the Science of Healing by Adjustment—Woodall $0.75
Concerning Osteopathy—Webster $2.50
Food Fundamentals—Bean $3.00
Something Wrong—Webster $0.75
Health and Life (Partial Fasting Method) $1.00
The Allen Treatment of Diabetes—Hill and Eckman $1.75

Prompt attention given to all orders. Tell us about any book you want.

The Osteopathic Physician

Dr. Overfelt Now Acquiesces

In the October issue of The OP some statements were published over my signature pertaining to the Colorado State board revoking my license to practice in Colorado for which I want to apologize.

A meeting of the Northern Colorado Osteopathic Association was held in Boulder, Oct. 1st, for the purpose of discussing this matter and to take some action in the case.

Dr. D. L. Clark was at this meeting and after he had explained the case, the board declared that they were convinced that the board was justified in taking my license and I decided at this meeting (and so stated to them) that I would do my best to have the board's actions in the matter and would close my office and go away and take post-graduate work this coming year.

I am going to assist Drs. Clark and Wren for the uncomplimentary way in which I spoke of them as members of the board, for after Dr. Clark's talk in this meeting I am fully convinced they both are doing all they can for the good and promotion of Osteopathy as members of the board.—Dr. R. Overfelt, D.O.


Dr. Bashline Will Continue Surgery!

Dear OP: You will receive in a few days a transcript of the entire proceedings of my trial and can see for yourself by my surgeon and get into politics to save our professional status. We are already late beginning.

I am continuing the practice of surgery as my counsel has advised me to do so. We have organized an Osteopathic Protective Association under the direction of non-outsiders of our profession. The M.D.'s want to corner us on surgery, obstetrics, the use of anesthetics, antiseptics, etc. They want to do this as we are fixed and cannot develop. Shall we let them stop our clock?

You should receive a paper with an account of the trial as we mailed you one some time ago. Shall we stand in the bushes and let them shoot us?—O. O. Bashline, D.O., Grove City, Pa.

Chicago College Off On Woodall Scheme

I have just read with interest Dr. Winelow M. Kingman's statement in Nov. OP in regard to the Woodall scheme. I am sorry to say that we have to start to finish I am a little deceived. It seems to me that the doctor has analyzed this problem correctly so far as the Chicago College of Osteopathy is concerned. The registration in New York State would provide our college from granting the D.C. degree, if we wanted to, and at the present time there is no indication that the college will change its educational policies or standards. The osteopathic colleges have been developed to teach osteopathy and if they are going to do their best for the profession they should stick to that program—Geo. H. Carpenter, D.O., President, Chicago College of Osteopathy.

Men Have Died for Less!

In some way the Boyd City Dispatch of New York, list makers, listed me as a chiro. I have written them regarding the matter and I wonder if we can help remove the stigma by telling the profession "Taint so." Would you enter suit if you were? Thanking you for this antiseptic bath.—Fraternally, W. C. Davies, D.O., Bethheim, Mon. Presiding Men of Osteopathic College.

If It Pops

"Don't kid yourself into thinking you have made an adjustment just because you have 'popped' the joints in somebody's spine." Be convinced that the board was justified in taking my license just because you have made an adjustment just because you have made an adjustment just because you have. We will all take a great deal of interest in watching the idea develop for the betterment of our profession. For greater and better things for our profession, I am,

Fraternally and sincerely yours,

Geo. M. McCole.

"Where There Is No Vision, the People Fail." (Bully good idea, George, and we will be glad to co-operate.—H.H.)

In Touchland

Dr. T. Young an Osteopathic Board

Dr. L. R. Young, of Fremont, Neb., has been appointed to the Nebraska Osteopathic Board, to fill the vacancy caused by the resignation of Dr. E. F. Magruder, who recently moved to Beulah, N. D. The other members are: Dr. E. L. Overfelt, Dr. L. B. Long, and Dr. E. R. Laughlin.

New Firm of Osteopaths in Rapid City, S. D.

Dr. A. M. McCole and Dr. Alma Anderson, have opened a suite of offices in the Hill Apartments, Rapid City, S. D. Dr. McCole is the pioneer osteopath of the Black Hills, coming to Rapid City immediately after graduating from college. Dr. Anderson received her training in the Los Angeles School of Osteopathy, where she also took post graduate work.

A New Sanitarium for Orlando

The city council has been advised by Dr. J. C. Howell to transform his apartment house into a sanitarium. The city engineers have planned to have the work done in punts. The first unit, which will be a fire-proof cubic plus, will be in emergency, will be ready for occupancy about the middle of November.—Orlando, Florida, Morning Sentinel, October 8th.

Twenty Years in One Location in One Office

Dr. Overfelt was at a recent meeting held by the Osteopathic Protective Association. He declared that he was going to continue the practice of surgery as his counsel has advised him to do so. We have organized an Osteopathic Protective Association under the direction of non-outsiders of our profession. The M.D.'s want to corner us on surgery, obstetrics, the use of anesthetics, antiseptics, etc. They want to do this as we are fixed and cannot develop. Shall we let them stop our clock?

Osteopathy and Foot Ball

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More of Dr. D. D. Howe

Following our warning to D.O's in the November OP we got this further information about Dr. D. D. Howe: "Dr. Howe is an osteopath who graduated from the Chicago College in the year 1914. His mother lives at El Paso, Texas, and he calls it home though he never set foot there. He has been considered an expert in the knowledge of Osteopaths who will remember him better when they are told of the name known as 'Tubby Howe.' The ASO will give anyone interested his mother's address. She has always made good any losses caused by 'Tubby.'—D.O. in Oklahoma.

"Where There Is No Vision the People Fail"
Wish to take P.G. course or specialize in the eye, having taken a P.G. course at Chicago College or Osteopathy for one year, specializing on the eye, nose, and throat, as a new located in Brook-ville, Pa., with offices at 135 Jefferson St. Mr. BobeY has sensation on the eyes from Dr. Edwards and special work on "correcting imperfect eyesight." The use of O.H. was in charge of former Past Ruler E. L. Gilbert, who administered the oath of office. Dr. Cluett will have jurisdiction over all the lodges of the Elks in western half of the state. Dr. Cluett has been an office in the Sioux City lodge for the last seven years. His appointment as deputy grand exalted ruler for half of Iowa comes as a reward for his efforts in the Exchange and Market column of this issue.

The New Year is approaching and it is time for you to act if you want to make best use of practice to start with. Wish to take P.G.

To Dr. and Mrs. E. R. Snyider of Royal Oak, Michigan, July 6th a daughter.

Watch Out For!!!

"Most Diseases are of Spinal Origin"

It is the February issue of "Osteopathic Health" and bears the seal of original approval of Dr. A. T. Still as being the best type of field literature ever written. Order in advance. The issue will not be overprinted. See you are not over-printing any current issue now. December, November and October issues are already all sold out—not another copy obtainable! Don't be late! Order this February issue in advance. Use 1,000 of them.