Influenza

Dr. A. T. Still, "Research and Practice of Osteopathy"

Influenza

Definition.—Epidemic catarrh; grip or gripe. Severe form of catarrh, usually with marked constitutional symptoms, as great prostration, chills, excessive secretion from nose, larynx, and bronchial tubes, cough, headache, fever, cardiac oppression, etc. The disease is due to infection by a minute organism, the Pfeiffer bacillus or bacillus influenza. It usually occurs epidemically, and generally affects a large number of persons in a community. Its duration is from a few days to a week or more. It occurs under three main forms, the cerebral, gastroenteric, and pulmonary, named from the systems most severely attacked. * * * Dunglison.

Etiology.—The up-to-date medical books give the same old theories which can be found throughout all the medical world as to the cause of influenza. In our discussion of this condition we will lay aside all of the "pathies" with their many theories and take up the matter as a mechanic would take up the machinery with which he is familiar and which is out of repair and ask as he would ask: "What is the matter with the machine? Why will it not do its work as it was intended it should?"

In making your examination of these patients who are suffering with influenza, la gripe, catarrhal fever, or bad colds (call it what you will) you will find them in a state of general muscular contraction due to atmospheric changes.

Prognosis.—The Osteopathic prognosis for speedy relief of influenza is good when the Osteopath has been called to the case within any reasonable time.

Examination.—As I have hinted at muscular contraction I will now try to point out to the operator the territory in which during many years of practice I have found rigidity. It includes all the muscles of the neck, the trachea and the oesophagus, also the heavy contractions of the spinal and intercostal muscles extending as low down as the dia-
that herein lies the cause in this disease of the disturbance of the stomach, the heart, the lung and the other organs above the diaphragm. I will advise the operator first, last and all the time to read and review the nerve and blood supply from the latest and best anatomical authors so as to have fresh in your mind the entire circulation to the parts affected. Herein lies your hope. I fully agree with the medical doctor who says that drugs avail but little, if any, as remedies in such conditions. Remove the obstruction, restore the circulation to and from the parts and your work is done and you have your reward.

As to nursing and dieting I have generally advised the patient to take swallows of warm soup often through the day and night, my object being to lubricate the mouth and pharynx. I use no washes or gargles more than to let my patients drink all the water they want and when they feel like it. In regard to the temperature of the room and fresh air I instruct that the room and bedding should be kept so as to permit the patient to feel comfortable.—Pages 436-439.

NEW YORK OSTEOPATHIC CLINIC BENEFIT CONCERT

Louis Graveure, Baritone, and Mildred Dilling, Harpist, the Artists

At the Waldorf-Astoria on January 24th will occur a benefit concert given by two celebrated artists, Louis Graveure and Mildred Dilling, as an aid for the New York Osteopathic Clinic.

The New York Osteopathic Clinic is conducted for those who cannot afford to pay for treatments, or a small sum at the most. The majority of the New York Osteopathic physicians are giving some time to his project and if not time then money.

To the poor is given health.

Both of these artists, well known all over America, stop in their busy life to give to these poor people through the Clinic. Truly those that "Cast their bread upon the waters shall have it returned to them after many days." A crippled child cured by Osteopathy, by one of the doctors in a Clinic supported through your efforts is more than worth while.

Dr. Chas. H. Whitecomb is chairman of the committee in charge of the concert. We are assured of its success.

PERRIN T. WILSON IN HOSPITAL SERVICE

Nov. 18, 1918.

Camp Hospital 57, Am. P. O. 773,

A. E. F.

Dear Dr. Vastine:

Two days ago I found in the letter box three copies of Osteopathic Truth (July, August and September). These I proceeded to devour and thoroughly masticate and I can assure you that I had no indigestion afterward, but rather a sense of satisfaction and pleasure to see the "punch" in every article. You may think that some of us who are necessarily working under the direction of the M. D. and carrying out as near as possible their desires will loose our grip on Osteopathy, but I for one am just as enthusiastic as when I graduated and, in fact, more so.

The article concerning teaching all subjects from an Osteopathic viewpoint appeals to me as correct, for if any of our men in the army have their faith lowered it is because they have not caught the vision and think that chemistry, bacteriology and the like are subjects to be studied separately as such, instead of linking all our studies into the one law which Dr. Still saw. It certainly is a source of considerable satisfaction to know that so many in the profession see no compromise and I trust that I will be spared to help the light to be spread.

In the army we try to "keep our feet dry, our head cool and our mouth shut." And therefore things are running smoothly, but I wish I could tell you how little things crop out from time to time. After working all day I was suddenly shifted to night duty because of the very low condition of a patient who was expected to die from pneumonia, and they wanted a more reliable orderly on the job as well as the night nurse. I worked hard for two nights. A month later a "Y" man came down to the hospital and I happened to be introduced to him with this result: 29350 Federal Ptg Co JESLE Five-A

"Is this the Wilson that —— was telling me about?" . . . "Well, I am mighty glad to shake you by the hand. —— is one of my best friends and he was telling me how you saved his life." It was the only case of pneumonia I have had a chance to handle since getting into the army.

My work is general ward work in a surgical ward and anesthetist. I have picked up lots of valuable information and am well treated by my officers.

I am one of the boys you met at Dr. Halladay's at dinner last January.

Fraternally yours,

PERRIN T. WILSON.

Competition is the essence, the spice of business, but while some competition is the clean cut, purely business kind, there is the other hand, polluted brand which sickens you when you come in contact with it.

SPECIAL

Post Graduate Course

Chicago College of Osteopathy

Feb. 10 to 22 Inclusive      Fee $60.00

CLASS LIMITED TO 50

Make your application early

12 Days of Intensive Work by 5 of the Profession's Very Best

Dr. GEO. M. LAUGHLIN    Dr. C. P. McCONNELL
Dr. H. H. FAYETTE
Dr. J. B. LITTLEJOHN    Dr. J. DEASON

Bring or Send Your Patients — Private or Clinic

For further information address

P. G. Department, Chicago College of Osteopathy, 5200-5250 Ellis Ave.
OSTEOPATHIC TRUTH

OSTEOPATHY VS. DRUGS
IN "FLU"

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

My experience in the treatment of Influenza in the recent epidemic has not been as extensive as most practitioners, for the reason that since my illness of a couple years ago, I have refrained from acute work. However, I did care for something like a dozen cases, all of which recovered completely, with no sequelae. That also has been the experience of my fellow practitioners of Harrisburg. I do not believe one case was lost by any of our people here, where they alone handled their cases. They, as well as myself, were called in on cases being handled by medical doctors, and at the eleventh hour. On these cases there were two or three deaths. The rule has been, so far as I can learn, that cases taken care of by our own people exclusively recovered; while the mortality of cases handled by medical doctors alone in Pennsylvania amounted to about fifty thousand, and thousands are suffering from the sequelae—heart disease and tuberculosis. It is in-conceivable that doubts exist as to the greatness and efficacy of the Osteopathic principle, when a great comparative test with medicine—which includes Serumology—has proven that it is many times more efficient. I saw one report wherein the Osteopathic death rate was seven out of about fifteen hundred cases, or one in two hundred and fourteen, while the medical death rate has been from one in twenty in civilian life, to one in ten in some army camps. In other words, we were at least ten times more efficacious than they. The army death rate was enormous among those freshly inoculated with serums. Another pet theory exploded. The inoculations were to my mind largely responsible for these deaths through altering the chemical quality of the blood stream which rendered it practically powerless to combat the disease. Still-Hildreth Sanatorium reports sixty cases with 100 per cent recovery.

And yet some of our people clamor for the M. D. degree, and wonder whether we should not confer that degree, and unite with the Medics! Surely, if we are more interested in their welfare than in the great modern philosophy of disease that Dr. Still began. But it would be the poorest piece of business that any set of sane men could do; admix this powerfully potent science with a nightly sodden and failing system of Medical Junkerdom. Men and women of Osteopathy, wake up and take an inventory of the great science we so misprize, put new forces, young blood in the har-ness as leaders and it will live, but if it follows its past record of inertness, it is just as certain to die.

DRS. GEO. LAUGHLIN, CARL P. MC
CONNELL, H. H. FRYETTE, J. B.
LITTLEJOHN, AND JOHN DEASON
TO GIVE POST-GRADUATE
COURSES AT CHICAGO
COLLEGE OF
OSTEOPATHY

February 10th to 22nd

The Chicago College of Osteopathy has been fortunate in securing some of our best thinkers to give a Post-Graduate Course at the new College and Hospital Building, 5200-5250 Ellis Ave., beginning February 10th and extending to February 22nd.

No Introductions Needed

All of the five men who are to conduct this course are well known to the profession, and from their years of experience the course is not only an assured success, but those who attend will receive full value for their money.

Dr. George M. Laughlin of Kirksville will give three full days of time in Orthopedic Surgery and Technique. Dr. Laughlin is the originator of the Laughlin Method of Congenital Hip dislocation, and he has treated more cases of this condition than any other surgeon in the U. S.

Dr. Carl P. McConnell, is one of Osteopathy's foremost thinkers, writers, and research workers. He will give four half days in Osteopathic Diagnosis and Applied Osteopathic Pathology. The time spent under Dr. McConnell's direction will be worth thousands of dollars in the future years of practice.

Dr. H. H. Fryette, president of the American Osteopathic Association, will demonstrate and teach technique. Dr. Fryette has given much time and thought to the development of technique.

Dr. J. B. Littlejohn, surgeon-in-chief of the Hospital, will give work in both major and minor surgery, also surgical and general diagnosis.

Dr. J. Deason, president of the Society of Ophthalmology and Oto-Laryngology will give lectures, and demonstrations in the diagnosis, treatment and operative technique in diseases of the ear, nose and throat, including the work for Hay Fever and Catarrhal deafness. Dr. Deason has won a large reputation by his work along these particular lines.

Private and Clinic Cases

The men in charge of the course desire to have you bring both private and clinic cases, in which you will assist them in the diagnosis and care. Notification should be sent in advance to the authorities about such cases.

Limited to Fifty

In order that the best work may be attained the number for the class has been limited to fifty, and the fee for the same will be sixty dollars. A long day is promised, from eight to twelve, from one to five, and some of the evenings. Each instructor will conduct half day periods to avoid interruptions.

Applications may be sent direct to the school.

Still-Hildreth Osteopathic Sanatorium
MACON, MISSOURI

DEDICATED TO THE CURE OF NERVOUS AND MENTAL DISEASES

Address All Communications to the Above Institution.

A. G. HILDRETH, D. O.
Superintendent
Leo G. Feidler, D. O., who has charge of the laboratory department of the U. S. Base Hospital, Mesves-Buley, France,—the largest hospital in the world, having forty thousand beds,—writes that in the post mortem examinations, nearly all the fatal cases had the lungs filled with blood, excepting the middle lobe of the right lung. He offers no explanation why thislobe is exempt.

The slow clotting of the blood is not restricted to the FLU, but also occurs in apparently well people. Numerous cases of nose bleed, cuts, and other hemorrhages, that are difficult to stop, have been reported from every section of the land.

I have treated women for prolonged and profuse menses, and upon making inquiries I learned that many women, apparently well, who did not go to the doctor, had unusually prolonged, profuse or premature flows. They credited the unusual flow to wet feet or other causes.

And to cap the shear of evidence I punctured my own ear, drawing several drops of blood upon smooth paper, and after treating a patient for fifteen minutes, I found that the blotch of blood was still fluid enough to flow when the paper was tilted. It required several more minutes before the clot was hard enough not to run.

With these evidences there is no doubt that the blood is affected before the advent of the germs, and that many more persons are already affected though they show no signs of either the influenza or the pneumonia. The addition of a chilling of the body, or some other cause, being necessary to precipitate and usher in the FLU, which finds resistance subnormal, and makes rapid progress.

Why is the blood of such a great number of human beings in such a non-clotting condition?

It is known that a virulent pneumonia ravaged the central countries of Europe,—particularly the Russian war front,—for more than a year before King Alphonso of Spain got it and his physicians discovered that it was a different kind of pneumonia, and that its preliminary influenza symptoms were different from common influenza. King Alphonso recovered, but his prominence as King of Spain saddled the name of Spanish Influenza onto the peculiar disease.

Why did this plague start in Europe at this particular time? What was there different from other parts of the world, at this time? War. Histories record many devastating plagues that followed great destructive wars. And no wonder.

Consider the half million dead horses and many thousands of half buried men that lie putrifying on the fields of Europe. Only a small part of these have been buried, or incinerated. Add to these the immense quantities of chlorine, mustard and other deadly gases that have been loosened in the same area. More of these poisons have been made and freed into the air in one year than were made in a century before in the whole world. Decomposing flesh and deadly gases in unheard of quantities, at the same time, must make a very toxic mixture, that hangs fog-like over thousands of square miles. It must be inhaled,—there is no escape from that,—no wonder that the nose and respiratory tracks are affected. The rotation of the earth and deflecting winds have spread the poison fog to practically all the countries of the northern hemisphere.

The Indians of farthest north Alaska have been found dying in great numbers, with absolutely no possible connection with outside infected areas. They could only get it from the polluted air. Because of their unsanitary igloos they are prone to ordinary pneumonia.

This combination gas,—poisons and putrefaction,—is known to be heavy, clinging close to the earth. It may take many months before these gases assimilate with the higher atmospheres. I ask, may not this peculiar condition be the cause of this peculiar disease,—I mean the peculiar non-clotting condition of the blood.

No wonder no specific germ has been found. There is none. New diseases may result and develop in the future, from this peculiar poisoning, that makes the blood non-clotting.

Send OSTEOPATHIC TRUTH TO THE STUDENTS

50 Cents the Year

If you do not know any student send us the money and we will do the rest.
"FLU" GERMS AID APPETITE
Experiments Show Men Who Are Fed Germs Gain Health.

Boston, Dec. 13.—Experiments undertaken by the Navy Department at the Navy public health service station on Gallop's Island to ascertain the cause and spread of influenza, have had merely negative results, according to a report given out today. One hundred volunteers who have been under observation for several weeks have had influenza germs placed in their nostrils and throats and have eaten them with their food and some have been inoculated with seraum, but no cases of the disease have developed thus far.

Summed up and boiled down, here we have the entire allopathic medical gang in charge of all health activities utterly at sea, quarantining, vaccinating, seruming, ordering masks worn, terrifying the people with their crazy germ theories, paralyzing business, closing schools, churches, theatres and doing everything they can but the right thing to the absolute disgust of the people. Is it any wonder that they have lost the confidence of the people? It is high time that every allopathic board of health was abolished and new boards with sanitary engineers in charge substituted; then we will have no more repetitions of such outrages as have been perpetrated during the past three months in the name of "medical science"!—Truth Teller, Jan. 1.

PARABLE OF THE SOWER
(Up-To-Date)

1. Behold the cougher went forth to cough.
2. And when he coughed, some germs fell upon the sidewalk and the feet of the pedestrians came and gathered them up and carried them into their homes.
3. Some fell into nostrils that were hard and unfruitful and withth a slight cold appeared. It was not worse because there was much opposition to them on account of the sterility of the soil.
4. And when the sun was up these colds were scotched, and because they had no root these colds withered away.
5. And some fell in thorny places, such as those that have an immunity, and in this wise they were choked out.
6. But others fell into good ground for them, and brought forth much disease; some an hundredfold, some sixty-fold and some thirtyfold.
7. Who hath ears to hear, let him hear and go forth to the Health Department and view the great harvest of pneumonia, tuberculosis, la grippe and bronchitis, all of which is of record in the archives of the Department.
8. Who hath ears to hear, let him hear that over 10,000 of our people were garnered during the year of our Lord 1917 from the seed of the cougher and sneezer, and now sleep with their fathers in their untimely sepultures.
9. Be ye not of those who, having ears, hear not, and who, having eyes, see not those things, which we have herein set forth so nearly concern their temporal health and salvation.
10. Muffle the cough, smoother the sneeze and expectorate not in public places to the end that divers and grievous disorders come not unto thee, nor unto thy neighbor.
11. And remember now the teachings of the Health Department that thy days may be long in the land which the Lord, thy God, giveth thee.

JOHN DILL ROBERTSON, M. D.,
"Chicago" Commissioner of Health.

FROM SURGEON GENERAL
BLUE'S BULLETIN

Find Many Germs

Bacteriologists who have studied the epidemics in the past have found the germ called Pfeiffer's bacillus. In other cases, of apparently the same disease, germs of lobar pneumonia were found, and in other cases streptococci.

One's general health must be good to enable him to fight off the disease.

The chief preventive measure, the bulletin states, is in keeping the body strong and able to fight off the germs. This can be done by having a proper amount of work, play and rest, by keeping the body well clothed and by eating wholesome and sufficient food. Milk is recommended as one of the best all-around foods for adults as well as children. Unless the power of resistance is kept up, the effect of the disease is apt to be very serious.

OTTARI
AN INSTITUTION FOR THE OSTEOPATHIC CARE
OF NON-COMMUNICABLE DISEASES

ASHEVILLE, N. C.

Dear Doctor:

A mild climate, rest, diet, baths and ideal surroundings combined with Osteopathic care is what your post-influenza and chronic cases need.

Our profession needs equipment and endowment for research work. All profits of OTTARI go ultimately to the A. T. Still Research Institute. No dividends nor salary go to the management, and our books are open to any accredited representative of the Trustees of the R. I.

Any patient can be well cared for at OTTARI for forty dollars per week—including all professional services, board and room—but we have suites and choice rooms at higher rates. Private and semi-private nurses cost extra, but nurses are provided at no extra cost to carry out all orders of the physician.

Help your patients—who will thank you, help your profession—that has already helped you, by recommending OTTARI.

Descriptive literature on application to

OTTARI,
R. F. D. No. 1,
W. Banks Meacham, D. O., Asheville, N. C.
Physician-in-Charge.
The Osteopathic Profession Must Have A
Definite Program

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

The Osteopathic Professor

In order for the Osteopathic Profession to have a definite program, it must establish:

I. 1. That Osteopathy is a Therapeutic System.
2. That Osteopathy is a Scientific Therapeutic System.
3. That Osteopathy is a Complete Scientific Therapeutic System.

II. 1. That Osteopathy recognizes generic man as a machine.
2. That Osteopathy recognizes generic man as a complete machine.
3. That Osteopathy recognizes generic man as a perfect machine.

Man in perfect health, in perfect correlation of parts, with proper food and clothing and shelter, is only limited in usefulness by the God-given vitality which is his portion.

Osteopathy acknowledges that there must also be complete accord of mental suggestion with material manifestation for man to reach the high ideal of the perfect machine of Osteopathy.

III. Abnormal man, by reason of sickness, injury, starvation, poison, or what not, can only reach normality by having all of these withering and destroying extraneous agents removed so that the natural fluids and juices which possess all the elements of sustenance and self-repair may hold sway.

The law of restoration of the abnormal to the normal may justly be designated by the proper use of the term adjustment.

Adjustment, under the Osteopathic régime deals with every vital portion or cell of the human body. Ninety per cent or more of the corrective or adjustable work is performed by manipulation; yet the genuine Osteopathic practitioner is alive to the fact that the small per cent added to the 90 per cent or more of a strictly manipulative character, may be required to be reduced, adjusted, equipoised, correlated, or even removed by some unprofitable or wholesome or reasonable artificial process.

Hence Osteopathy recognizes as Adjutants the following, viz:

1. Hydrotherapy.
2. Heat and cold.
3. Food, shelter, clothing, rest and right thinking.
4. Antidotes for poisons maliciously or accidentally administered.
5. Aspesis, including the artificial assistance of antiseptic agents when absolutely necessary.
7. All helpful agents of diagnostic value.
8. Strictly autogenous serum. Every man is a law unto himself. No living man should be permitted to draw from or give to another any force or fluid which by reason of inheritance, acquisition, or accident may vitiate the second system. There is no just reason why this autogenous law should not be made applicable to the entire animal kingdom.

In the next issue will appear copies of the definitions of Osteopathy, together with the suggestive basis for a tentative definition of value.

PVT. DON A. BAILEY WRITES
ANXIOUS TO GET IN PRACTICE

Pont a Mousson, Dec. 4, 1918.
To Dr. Foreman:
Dear "Dad" and Wife,—Just a note to-night to answer yours received today.
Here we are just waiting for orders to move either into Germany or to an eastern port. Any way would be better than this deserted, dead, ruined town, formerly of 15,000 people.

Glad to hear you are working along your chosen line and will be thankful when I get back to it forever.

Remember me to any of the boys you write. My heart is with them all.

Love to you both.

Ever yours,

Don.


THE GREATEST JOKE

The most humorous part of this whole epidemic will be our failure to take advantage of this greatest of great opportunities which as Mr. Dooley says, "has come in and knocked us on the head with an ax." That opportunity is to so advertise Osteopathy, pardon me, I should have said to so educate the public that public opinion will practically force the honest drug doctor to study Osteopathy in a recognized school.

What Are You Going To Do About It?

FOOD FUNDAMENTALS

This Book Serves Two Purposes. It
Teaches the Significance and
Value of Osteopathy and the
Correction of Dietetic Errors

Dr. E. H. Bean of Columbus the
Author

"Food Fundamentals" was originally compiled by Dr. Bean for his own use with patients who needed guidance in diet. Not only the patients liked the book, but physicians did too.

The second edition has just been published and prior to publication was carefully revised. This second edition not only is a good book for patients to use and study with relation to their own diet, but would make an excellent textbook for the students in our schools.

Part One is devoted to the general principles of diet and dietetic errors, with emphasis laid upon the osteopathic lesion as a causative factor in diseases of the gastrointestinal tract. This part alone makes the book worth at all it costs merely for educational purposes. It teaches the patient how a deviated vertebra will cause disturbance to the nerve and blood-supply of the stomach and intestines, this disturbance in turn affecting the secretions, and the defective secretions affecting the process of digestion.

The book will teach those who do not know that we recognize error in diet and above all know how to correct them.

Part Two is devoted to foods and their combinations.

Dr. Bean has been explicit in this section of the book, with the explanation of food values and the different foods should be combined to obtain the desired result. Many menus are given. Throughout this section of the book frequent mention is made of the part Osteopathic physicians play in the direction of diet with their patients suffering from digestive disturbances.

It gives us pleasure to recommend to you and to your patients a book that is so thoroughly osteopathic, and upon a subject vital, not alone to those who are sick, but to those who would keep well.
Osteopathic Truth

AN OPEN LETTER

To the President and the Congress of the United States of America,
By the Osteopathic Physicians of Rhode Island

The Osteopathic profession of Rhode Island respectfully calls to your attention a condition of discrimination which we believe to be undemocratic, un-American and unconstitutional.

We, as Osteopaths, have been denied the privilege of submitting ourselves to the same medical examination required of Medical Doctors, for commissions that would permit us to give to the men in the service the benefit of our Osteopathic and Medical knowledge.

Following the declaration of war and the call to arms, Osteopathic Physicians from every part of America offered their services to the Medical Department in Washington, actuated by the oft-repeated and urgent pronouncement of the part of the Government that every able-bodied citizen was required for the great service in the position for which he best fitted. With what result?

Sergeant-General Gorgas ruled: "Only physicians who are graduates of well-recognized medical colleges authorized to confer the degree of M. D. are eligible to service and commission in the Medical Department."

We then sought to serve in the Red Cross, where we received the same answer.

Thereupon, The American Osteopathic Association prepared a bill, which was introduced in Congress, to admit Osteopathic physicians to examination in commissions in the Medical Corps.

The bill has been held up upon the strength of the following quotation from Surgeon-General Gorgas, the plain bias of which needs no emphasis from us:

"The Judge Advocate General has advised the Secretary of War to the effect that, while the law does not specifically provide that a Physician, in order to enter the Medical Corps, must be a doctor of medicine, unwritten equity and the policy of the Department, in accordance with this opinion that he will require a man coming into the Medical Corps shall have the degree of M. D., "

"...but that the degree of O. D. will not be recognized as an equivalent, as is desired by the Osteopathic Physicians."

"The admission of Osteopathic Physicians, as such, and without the degree of doctor of medicine, to the Medical Corps, must have the practically unanimous opposition of the medical profession of this country and of allied countries; would be regarded, and justly so, as lowering the standard, educational and professional, of the Medical Corps, and would have a discouraging and detri
tinal effect upon efforts to secure physicians for the Corps, both now and in the future, and upon the general morale of the Corps."

"For the reasons above set forth, I recommend to the Secretary of War that he strongly oppose this bill."

We submit to you that a great wrong is being done the Army and the Osteopathic Physicians of America, and, because the court of last resort is and must always be the sense of fair play on the part of the American public, we address these words through you to the Congress of the United States of America.

IS IT FAIR that upon the recommendation of any Department Head of this Government a great body of men shall be denied the privilege accorded to another body of men, when the claims of the latter are unqualifiedly expressed their willingness to submit themselves to the same lawful processes accorded to another body of citizens?

IS IT FAIR that any Departmental Head of this Government shall assume to invoke the so-called unwritten law as against written jurisprudence?

IS IT FAIR that the hundreds of thousands of American citizens who have received the inestimable benefits of Osteopathic practice, who are now in service under the Stars and Stripes, shall be denied their preferred form of treatment in the great hospitals at home and abroad?

IS IT FAIR that such rank and unqualified discrimination against a great professional body shall be made in favor of another great professional body?

IS IT FAIR that men who have devoted at least equal hours of study, as shown by the accompanying table, in preparing themselves for the practice of their profession, shall be denied the same privilege accorded to another profession?

IS IT FAIR that when forty-six States of the United States of America, including Rhode Island, recognize and admit Osteopathic Physicians to be licensed practitioners in each of these Common-wealths, that the Federal Government of the United States shall deny them the professional privilege of serving their country?

IS IT NOT FAIR that, in view of the foregoing statements and questions, we should announce to you our willingness to place our ability in competition with that of the medical fraternity, and assist in the physical reclamation of those men who have kept this great land of ours free from the inroads of a devastating war and helped to preserve the world as a great democracy?

Mr. President, we ask you and we ask the members of the Congress to accord us merely fair play. In the name of the American People we ask you jointly to accord us the right to submit to the same examination which is taken by other Doctors.

DO THIS AT ONCE.

Museum of Osteopathic Medicine, Kirksville, MO.
A PROSPEROUS NEW YEAR

Another year is born, although most of us date our fiscal year from the date of graduation of our entrance into practice.

The old cut and dried expression of wishing you a Happy and Prosperous New Year carries much food for thought.

What is Happiness? That really depends upon your own individual viewpoint, but we expect that most of us will be happy during the coming year if we are busy and results crown our efforts.

"Keep Busy, Keep Happy."

"Keep Busy, Keep Happy" is a motto which you have seen many times in various places, and it is apropos to our professional life.

Keeping Busy does not always mean that we should be doing time on a patient's back, but it does mean that we should give some time to further our own mental development by study. The study of Osteopathy offers many intricate problems, and some intensely interesting data may be gleaned therefrom.

If you have never studied Osteopathy, may we recommend the subject for your consideration during the coming twelve months.

Dr. Andrew Taylor Still, the man who discovered the Science of Osteopathy, has written several books upon the subject and we are sure you will want to study the science as given to the world by its discoverer. Usually an inventor of a machine is best acquainted with that machine and what it will do, and peculiar as it may seem, mayhap your clothes are not clean; mayhap the office pillow slips or towels are not clean, or mayhap you do not deliver the goods. Which is it?

"Merit begets Confidence, Confidence begets Enthusiasm, Enthusiasm will conquer the World."

If there is merit in Osteopathy we are sure you will soon become confident of it and what you can do with it. Being confident of Osteopathy and what you can do with it, we are sure you will become enthusiastic about it, and that enthusiasm will enable you to answer any arguments advanced as to why you should not combine with drugs and to ignore the ridicule of uninformed people, until you emerge a true follower of Andrew Taylor Still.

Again, if there is merit in You, your patients will have confidence in you and what you can do with Osteopathy, and that confidence will make them enthusiastic boosters for Osteopathy and you. That enthusiasm will enable them to overcome all arguments and win new converts to Osteopathy and to you.

The prosperous New Year which we are wishing you, really depends upon yourself.
May we suggest the reading of a chapter in "Research and Practice of Osteopathy by Dr. A. T. Still" every day. Study the Osteopathy given to the world by Dr. Still, not that given by Tom, Dick and Harry. The Lord gave you a brain and for the sake of suffering humanity, use it.

Keep your brain free of drug rot, fill it so full of Osteopathy that the other man will be envious of your cornfield. Deliver the goods to yourself first, and then to your patients. Be an Osteopathic Physician as "Daddy" would have you be.

Prosperity begets Prosperity. Surprise your brain and your patients by making a better adjustment tomorrow. Study and put that acquired knowledge into practice.

YOUR INTEREST MEASURED BY WHAT YOU DO

Dr. Bancroft, Secretary of N. Y. Society Tried It Out

The Secretary of our State Organization usually receives all the kicks, and they are a plenty. It is indeed peculiar that so many people can stand on the sidelines of a football game and tell the coach how to conduct his team to win the game. That applies to those of our profession who can sit in their offices and kick about what the officers of his State Association are doing, but when asked to do something he begins to crawl and backwater until the attack is over then out he comes again.

New York was no different than the other States, so Bancroft, the Secretary, got the kicks. Last October he served notice in "The Blotter" that the other fellow could have his chance, and that the next issue going to press would consist of just what the profession contributed.

Well, you should see that number! Seven pages of articles and one of advertising. The articles are written by just four (4) men out of the entire profession in the Empire State. The articles are fine and some of these days I think we will copy some of them—but, where were the other several hundred practitioners.

Now we are aware that patients demand attention and we can't do everything. That is one reason why this number is a little late. But when we have months to do them in it is different from a few days, or hours.

This is the beginning of the new year. Let us make a resolution and keep it. A vital interest in our business as a whole—the organizations.

HA\VE YOU JOINED THE "1000" CLUB? ??
IF NOT, WHY NOT? ??

TITHING

Getting From What We Give

There is one church in this country in which once a year the board of elders (or whatever they call them) meet together, and with a report of what each member's income for the year has been, decide what his tithe or tenth shall be.

It would truly be a wonderful thing if such a thing could be done with the members of our profession.

Think of it!

One-tenth of our income to be given into the treasury of our National organization or to our State association and then pro-rated to the other affiliated bodies.

One-tenth of our time given to the work of the association.

One-tenth of our time for a vacation.

One-tenth of our time given to improving ourselves by study and research.

IF!

If one-tenth of our incomes went automatically to our association most of us instead of giving fifty dollars or a little more would be giving one thousand. No longer would our faithful secretaries have to howl their throats hoarse in asking for a paltry ten, but the work would go forward by leaps and bounds.

If one-tenth of our time were given the work of the association what a marvelous impetus would be given to that which is so important.

If one-tenth of our time were given to vacations there would be less break downs and better health.

If one-tenth of our time was given to improving ourselves by study and research, do you ever suppose that there would be any qualms on the part of any practitioner in referring a patient to another doctor? And, do you suppose you would ever have an opportunity to say that business was dull, no, never.

IF!

If it is a mighty big word and how many times has it interfered with the doing of some small or large thing. Your patients will think twice as much of you if you take a vacation and improve your professional skill. Your patients will think more of you if you support your associations and the work of the profession. Your patients and your fellow practitioners will think more of you if you will jump in and help with the work, for many hands make light work of a tremendous task.

IF!

If you will think Osteopathically, study your cases Osteopathically, educate Osteopathically, practice Osteopathically, and live Osteopathically, how long do you think it will be before nothing but Osteopathy is sought.

GETTING!

No one can ever get unless he gives. You gave of your time and money to learn your profession and the school of knowledge and the school of experience have been returning to you in the measure that you have given. Your patients have given recommendations to their friends and money to you for professional services only in the measure that you have given them health through real Osteopathy.

No one will ever fail who delivers the true type of Osteopathy as given to the world by our beloved Founder.

TITHING!

The Lord of Hosts asks of us one-tenth, and as we give to our self-improvement, and our association work we are giving to Him. He hath said, "Cast your bread upon the waters and it shall return unto you after many days." — Editorial, July "Truth."

ONTARIO OSTEOPATHS MEET

The twenty-first annual meeting of the Ontario Association of Osteopathy was held Nov. 30, 1918, in Toronto, at the Carls-Rite Hotel.

The following officers were elected for the coming year:

President, Dr. R. B. Henderson, Toronto, Ont.

Vice President, Dr. E. S. Detwiler, London, Ont.

Secretary, Dr. Edgar Heist, Kitchener, Ont.

Treasurer, Dr. H. E. Illing, Kitchener, Ontario.

Dr. G. V. Webster, Carthage, N. Y., gave us much new information in his lecture on "Acidosis." The lecture was followed by his interesting demonstration of "Laboratory Technique."

A very practical discussion on "Dietetics" was given by Dr. Rebecca Harkins of London, Ont.

Very encouraging Osteopathic reports and discussions relative to the "Flu" epidemics were heard.

Most of the afternoon was occupied in a serious, and sometimes "quite warm" discussion of the proposed amendment to the Ontario Medical Act, Legislative ideas, The Hodgkins report, and Osteopathic Publicity.

Many good plans were formulated, and we are ready to give an account of ourselves at the coming legislation.

W. OTHUR HILLERY,

Publicity Chairman.
Do You Know All About Osteopathy?

Then you should Read OSTEOPATHIC BOOKS

Read CLINICAL OSTEOPATHY if you need help in treating patients. Edited by C. P. McConnell, D. O. Price $4.00

Read BULLETIN No. 4 if you want to know more about bony lesions. Fully illustrated. Price $2.00

Read BULLETIN No. 5 if you want to know what lumbar lesions may do. Fully illustrated. Price $2.00

Read PUBLIC SANITATION AND OTHER PAPERS by Clement A. Whiting, D. Sc., D. O., if you need a wider understanding of Osteopathic Principles, or if you wish to know the reasons for sanitary requirements, or if you wish to become acquainted with one of the most thorough scientific of osteopathic teachers. Price $3.00

For any of these books, address, enclosing price,

The A. T. Still Research Institute
122 South Ashland Boulevard
Chicago, Ill.

This Space Donated by “Osteopathic Truth”
The Proof of the Pudding

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

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

Acidosis and Flexibility of the Spinal Column

Of the normal means of preventing excessive motion of the spinal column, the shape and size of vertebral bodies, the “staying” action of the ribs, the method of pelvic articulation, the abdominal and thoracic contents, and the soft tissues which round out the body, are all of less importance than the elastic and inelastic ligaments of the spine and the spinal muscles. It is equally true that the normal range of motion is lessened most commonly by processes which affect these same structures.

With the exception of the ligamentum nuchae and ligamenta subflavia, the ligaments of the spine are of the inelastic variety. Their action and structure are those of catgut “stays” or guy wires upon the bony structures, with enough length to allow the normal ranges of motion of their particular segment. While these structures are composed of non-elastic tissue they are subject to some normal variation in length. They are supplied with blood vessels and are affected by disturbances in the chemical balance of their source of nutrition.

The length of a strand of catgut can be changed at will by suspending it in solutions of different relative acidity and alkalinity. A piece of connective tissue or a ligament as a whole, gives identical results. In life the spine is affected as a whole by the condition of blood which is in the ligaments. As a result of trauma, bacterial action, etc., there is developed an area of localized acidosis. Experimental proof of this is given in Bulletin No. 4 of The A. T. Still Research Institute.

If this is primary in the ligament there is a shortening of the ligament from colloid absorption. If the intervertebral disk is affected the swelling of the disk will press outward upon the ligaments, functionally shortening them and also mechanically limiting the range of possible motion of the segment, in much the same manner that an exostosis from the body of the vertebra would. This swelling of the disk is a constant finding in radiographs of Osteopathic lesions.

Muscle tissue is affected by disturbance of chemical balance in much the same manner as the fibrous tissue of ligaments. Continued muscular contrac-

Dr. Gerdine a Feature

Dr. L. von H. Gerdine, known all over the country as an expert alienist with the Still-Hildreth Sanatarium at Macon, is on the faculty at Des Moines and is giving his share of the Clinic.

Well Organized

The Clinic has been well organized and judging from their first appearance, December 30th to January 3rd, they will be a credit to the profession and will do much to strengthen our educational institutions.

Dr. Taylor presented surgical and allied subjects: Dr. Gerdine, neurology, psychiatry and general diagnosis; Dr. J. N. Waggner, formerly of the American School of Osteopathy, eye, ear, nose and throat; Dr. C. D. Heasley, laboratory methods; Dr. D. D. Clark, osteopathic spinal diagnosis and treatment, and Dr. F. J. Trener, superintendent of the Hospital, X-radiance.

We not only need more well organized post-graduate courses with A. T. Still ten-finger Osteopathy as the keynote, but we need more of our profession to realize that they can leave their practices for a week or so for study, and return to a bigger practice, because they have thought enough of their patients to try and improve their methods of caring for them.

Fruit Nut Cereal

Doctor, a day never passes that you do not find a patient in need of a laxative food.

Fruit Nut Cereal is the ideal natural laxative.

It contains figs, raisins, walnuts, wheat, bran and malt thoroughly dextrinized, but not predigested.

It is nutritious, delicious and easily digested.

Send for samples and information.

New England Breakfast Food Company

West Somerville, Mass.
Osteopathic Propaganda

Osteopathic propaganda is the key that unlocks the door of opportunity for Osteopathic practitioners.

Osteopathic propaganda makes all of our problems more easy of solution.

Osteopathic propaganda creates a better understanding between patient and physician.

Osteopathic propaganda helps to dispel the doubts of the doubting.

Osteopathic propaganda helps to offset the destructive influence of our critics.

Osteopathic propaganda is one valuable way of letting your Osteopathic light shine before men, that they may know of your good works and patronize you when necessary.

For real, ethical, effective Osteopathic propaganda, use the

HERALD OF OSTEOPATHY
Sample Copy on Request

F. L. LINK, Business Manager
KIRKESVILLE, MISSOURI
be a possibility. Then the corollary to this becomes obvious; the teachers of these subjects must have recognized standing and position.

"In conclusion, I am hoping to live to see the time when radiology and electrotherapeutics, taught at all universities and medical schools by professors and lecturers, will be carried on throughout the kingdom by well-trained and medically-qualified specialists and by such men and women only."

Dr. William Benham Snow, of New York, whose very complete electrical equipment I have inspected, has stated his views in a recent editorial on this subject. He is the author of many works on the subject; "Radiant Light and Heat" (1905); "Static Electricity and the Uses of the Roentgen Ray" (1905), and editor of the "American Journal of Electrotherapeutics and Radiology." He says:

"In the larger hospitals, as in the London hospitals, the static current, as stated by Dr. Turrell in his article, is of inestimable value in the treatment of so many painful conditions occurring in connection with the rigorous exposures to which human beings are subjected at the front. Sprains, synovitis, induration around wounds, the forms of neuritis and including the largest number of painful conditions are best relieved by the various static modalities which will be found invaluable for the relief and speedy restoration of these sufferers to health and service.

"These measures which prove so valuable in times of peace, in experienced hands, are of inestimably greater value for the relief of those subjected to the strenuous exposures to which human beings are exposed in times of war. The recognition of these methods as coming from abroad, together with the verified experience of those who know them here, confirm their great value, and suggest the importance for their provision for our own soldiers if called into warfare, as seems probable at the present time.

"It is of paramount importance that American hospitals here and abroad shall be provided with every means of rendering more comfortable the suffering soldiers who are exposing themselves not only to the inclemencies of the weather, but to the dangers of warfare; for too much cannot be done looking to the relief of suffering under these conditions.

"At this time, when the Government is asking the national societies and individuals in what field of endeavor they will serve their country, it becomes the duty of all such who are familiar with the use of the methods referred to, and who are so well conversant with their value in the treatment of inflammatory and painful conditions, to use their personal endeavors and influence, to promote a better understanding of these matters, as well as giving their services to the Government for their administration.

"In Canada, I have had the benefit of the experience of Surgeons-General Jones and Fotheringham, Surgeon-General Cameron and others, whose opinions will be found in the proceedings before me. "Canada has itself established in England some institutions which rank high and are referred to more than once by those whose views I have already given. They are also dealt with by Surgeon-General Jones, whom I now quote on the subject of the training of medical students and graduates.

"There is one point I should like to take up, and I think it is very important. That is, that the education of the medical student in this country does not tend to any great knowledge about hydrotherapy or electrotherapy, and we found extreme difficulty in getting men to take charge of this work, or to take an interest in it. When we went to Buxton and opened the hospital there, I came to the conclusion that we had practically no one upon whom I could lay my hands who had any great knowledge of electrotherapy as carried out at any of the spas; and, therefore, I took steps to have two medical practitioners in Buxton given honorary commissions in the Canadian Army Medical Corps so that their services might be available for the men in our hospitals at Buxton. There are not many baths and spas in Canada, and the staffs of those places are usually men who have long resided there. There is practically little or no training of the medical student as regards hydrotherapy and not a great deal as regards electrotherapy."

I may now quote some views as to the present status of electricity as a modern curative agent. Dr. Desloges, of the Hotel Dieu, in Montreal, says:

"The immense progress made of late years by electrotherapeutics has won for it an honorable place among the most precious resources of therapeutics. From a simple accessory it has become a powerful adjuvant, and will become in the near future one of the fundamental science of medicine. Professor Riviere does not fear to call it the most constant, the surest and the most scientific of all methods.

"Its scope has increased with gigantic strides. As this physical agent becomes better known, and its many qualities are used in a more scientific manner, its marvelous curative powers are recognized.

"There is no longer any doubt of its efficacy. Clinical experiments have proved its real value on the solid basis sufficient to convince the most skeptical. But laboratory experiments have confirmed this theory in such a way as to leave no room to doubt the virtue of electricity in the treatment of disease."

Wm. H. Schmidt, M. D., of Philadelphia, said in March, 1917:

"There are many physicians still who are unaware that electricity has a firm scientific basis for its employment in medicine, and many will look at you with sympathy when you tell them you employ electrotherapeutics. A campaign of education is necessary to correct this error. Much can be done to bring these facts before the practicing physician, but more will be accomplished by having an efficient course in our medical and post-graduate schools under competent teachers who will start the student in the right path and instil a proper respect for its true value. Teachers in our medical schools in other branches, who do not understand electrotherapeutics, must be shown that electricity is not purely psychic, that it has a sound basis of use in medicine."

(Continued on page 96)
The Humorous Side of the Epidemic

"There is no drug preventing and there is no specific remedy, although the specific bacillus has been isolated. Treatment should follow in general the course of putting the patient to bed immediately and keeping him there until he is cured, both for his own sake and for the sake of the community, so that he cannot merely 'get better' and go out and infect others.

"The initial treatment should be a saline purgative of calomel. Aspirin, five to ten grains, may be given to relieve the aches and pains. A warm bath, also, will prove comforting and a check on pain, but great care must be taken to keep the patient from becoming cold. The patient must stay indoors.

"A light diet should be given, such as pasteurized milk, beef broth, soft boiled eggs and toast. For those with weak hearts there should be added a stimulant."—Doc. Blue.

THE AMERICAN PUBLIC HEALTH ASSOCIATION

The meeting of the American Public "Health" Association when President Charles J. Hastings said, "Prove all things and hold fast to that which is good. WE ARE NATURE'S SKILLED ASSISTANTS. It requires a good deal of knowledge to know how little we know. A tremendous amount of damage is done by interfering with nature, when nature would have done better if she had been left alone. After twenty-five years in practice I felt like a disciple of Shakespeare—'throwing physic to the dogs.'"

When Dr. Goldsmith said, "We have very little power over pneumonia. I am convinced that as many patients have been killed by physicians as have been cured. I did my share of killing when I was in a hospital—giving whisky, strychnine, etc. If they had been let alone they would have recovered. During the last ten years I have let my patients alone. Don't bother about stimulation."

The statement of Dr. James W. Inches, health commissioner of Detroit, that masks were "popycock" almost started a riot, and the question was finally left to a committee to settle.

EVERY DAY A NEW SERUM?

Diphtheria Serum Influenza Specific, Says Dr. L. J. Pint

Dr. Louis J. Pint, former state bacteriologist and at present connected with the research laboratory of the University of Chicago, told the Chicago Medical Society at Lincoln Center last night that he had succeeded in isolating the germs responsible for the influenza epidemic, and that the regulation diphtheria antitoxin is an absolute specific for the disease.

The germ responsible for the disease, he said, is not influenza, but staphylococcus aureus, which is usually responsible for carbuncles, strepococcus, which causes blood poison and Vincent angina, which causes sore mouths. He said the epidemic was mainly caused by the present war diet and especially by the curtailment of the usual consumption of sugar.

Dr. Pint said that he had treated seventy-five cases with the diphtheria antitoxin without the loss of a single case. Several members of the medical staff of Great Lakes Naval Training Station attended the meeting.

NEW VACCINE FOR INFLUENZA SAID TO PROVE EFFICACIOUS

Kingston, Ontario, Oct. 15.—A new Spanish influenza vaccine, which he says has produced good results in 200 experimental cases, was announced last night by Dr. G. B. Reed, assistant professor of botany and lecturer in bacteriology at Queen's University.

Chicago Post, Oct. 18.

WHO SAID SCIENTIFIC MEDICINE? YET!

Statistics indicate that the number of cases of influenza and pneumonia appeared in larger numbers in those units where the men had been inoculated only a few days previously. It has been observed, medical authorities say, that the vitality and power of resistance of a man is temporarily lowered following inoculation.


Fig. I

Figure 1. Male. Age, 48—Sciatica and Chronic Constipation.
Radiographic findings:
Negative articulation between 3rd and 4th Lumbar. Swollen disk with heavy fibrosis between 4th and 5th Lumbar. Outer edges of disk shown just inside of solid line.
Edema of paravertebral tissue extending up along right margin of shadow of 4th Lumbar body, indicated by dotted line.
Exostoses on both lateral margins of body of 5th Lumbar as shown by arrows. Periostitis of body of 4th Lumbar.

Fig. II

Figure II. Female. Age 36—Hemorrhoids and Ovaritis.
Radiographic findings:
Negative articulation between 4th and 5th Lumbar. Fibrosed disk between 4th and 5th Lumbar.
Wedgeing of disk with narrowing towards left, persistent throughout examination both on fluoroscopic screen and other plates.
Edematous area on left side extending upward along body of 4th Lumbar.
Ligaments and disk thickened between 5th Lumbar and Sacrum.
Original plate requires no outlining.
Patient poorly prepared, hence excess of gas in intestines.
AND REDUCING DISEASE MORTALITY
FOUR-FTHS AN ARMY
TRIUMPH
By Dr. Leonard Keen, Hirshberg
A. M., M. A., M. D. (Johns
Hopkins University)

The American government with its
military powers and the popular dis-
cipline of our soldiers and sailors is able
to compel the men to save them-
se Hrst from typhoid, meningitis, rabies,
Spanish influenza, pneumonia and other
scourges by enforced quarantine, bi-
ological preventives and a humanly
practical agency in each military unit
whose exclusive work, purpose and
discipline is to see that "the soldier
knows" and does as he knows.

No man affected with a contagious,
infected or communicable disease, be
it ever so humble, such as a "cold,"
is permitted to mingle among well
members of his unit or any other unit
without a gauze mask over his nose
and mouth.

In civil and family life he goes about
without any precautions and to the
peril and punishment of his loved ones.

The Wonderful Results

No soldier or sailor suffering with an
infection is allowed to accompany his
regiment anywhere, but in civil life a
businessman or clerk, however, can go
directly among crowds and strangers,
business associates and employees and
spread the infection as well as weaken
himself because there is no authority
delegated to others nor the will to wear
a gauze face guard or to be quaran-
tined.

The mortality casualty lists of dis-
early in every case, in the 4,000,000
men of the United States army on June
7, 1918, was 4,141 per thousand. In civil
life among 4,000,000 men in Washing-
ton, Baltimore, New York and Phila-
delphia at the same time the disease
mortality was 26.14 per thousand.

Prevention Is Simple

This means that a man's health, earn-
ing strength, vitality and life be-
come five times better under compul-
sory enforcement than under voluntary
areas of vaccination and other preven-
tive of disease when in the army than
when in the "wait-until-I'm-really-sick"
situation of civil life.

This is the great plague in civil life.
Families still lose members from its destructive hand.
Many who get sick and must be fed and
cares for by others for months, while
they ah-e unable to earn a penny.

In the armies, because the "consci-
escient objectors" cannot interfere with
discipline that saves men from their
own folly and ignorance, typhoid has
taken its place besides cholera, small-
pox, diphtheria and other few as
almost extinct diseases.

A clever, sudden, obstinate individual
with Hun minds still spread a
propaganda against inoculation to
prevent the men from realizing their
true minds tight against the fact that
from 1911 to 1914, President Taft gave
the order to vaccinate all the armed
forces of the United States against
typhoid, which in four years fol-
lowing there were only two deaths
from typhoid among the vacci-

A special committee of the Los An-
geles Council were considering ways and
means of combating the epidemic hav-
ing Dr. Hutchinson as the chief self-
constituted advisor.

"Dr. Hutchinson made a somewhat
lengthy opening address, in which he
declared that nothing but the mask
could stop the 'flu.' He submitted
many figures and theories. In regard to serum,
he said that one shot in the arm would
prevent death from 'flu,' two shots would
prevent its running into pneumonia, and
three would keep you from getting the
disease at all. What four would do he
did not state.

"Exception was taken to the fact
that Dr. Hutchinson removed his mask while
talking. He said he did so because he
had been made immune and could not
scatter germs.

"Dr. LeMoyn Wills said he had been
through two 'flus' epidemics, and asserted
that masks are of no consequence. He
called Dr. Hutchinson a theorist, who is
trying to use California cities for his
experiments. Dr. Hutchinson arose to
hand him a chart showing how he says
masks have reduced the 'flu' in San
Francisco, but Dr. Wills waved him
aside, saying: 'I don't want to look at
them. Statistics will prove anything
that a statistician wants them to prove.'"

MASKS WERE THROWN OUT

San Francisco rejected the Masks dur-
ing the second wave of the epidemic in
December.

Oh! Death where is thy sting,
Oh! Grave where is thy victory?

With the colossal monument of 6,000,-
000 deaths resulting from the death-
dealing treatment of the drug physici-
ans the people of the world today sleep on
in perfect peace that "all was done that
could be done." When some other mem-
er of the family gets sick they will
employ the same doctor and the same
system-clogging drugs.

OUT OF FAILURE—SUCCESS

Will we remain asleep even though
the people do? No one is going to fight
our battles nor look out for us.

Our profession and our schools are
where they are today because our edu-
cational or advertising plans are too
small. The Christian Scientists have a
daily newspaper. Why can't we?

We should advertise, by paid space, in
the greatest newspapers of the country,
our wonderful success in the epidemic.

Was that result any more than you
expected it would be? No, it was not.
We knew we could do what we did do.
But the world did not know it, and
will never know it until we blaze the
sky with our banners of Excelso-

If you will produce the money—a
million will be needed—I will run the
newspaper. Are you on?

Now is the time to advertise our
schools by paid advertisements in the
magazines and newspapers. Do you
want to run an ad in your local news-
paper? Send me the money and I will
write the "ad" and have it run without
your name ever reaching the publishers
of that particular paper. We will ad-
vertise all our schools except Central
College.

No school will ever get students except
by going after them. You do not get
patients unless you go after them. There
are various ways of going after what
you want.

In the February issue we will attempt
to give a partial solution of our school
problem.
Significance of Cause and Effect
Dr. Carl P. McConnell, Chicago, Ill.
(Continued from last month)

IT IS A WELL KNOWN TRAIT OF HUMAN NATURE TO SEEK PASTURES NEW INSTEAD OF INTENSIVELY CULTIVATING WHAT WE ARE ALREADY POSSESSORS OF. TO A CERTAIN EXTENT BROADNESS OF VIEW IS A MOST ADMIRABLE THING, BUT THERE MAY BE MANY A SLIP HERE IF WE ARE NOT FULLY ALIVE TO WHAT WE MAY BE GIVING UP. I AM OF THE OPINION THAT THERE IS NOT ONE OF US FULLY AWARE OF OSTEOPATHY'S POSSIBILITIES. THAT WE HAVE BARELY SCRATCHED THE SURFACE IS A CERTAINTY. Take two great strides of modern medical science, sanitation and aseptic surgery, upon broad grounds they substantiate the very fundamentals of osteopathy, completeness and self-repair of the organism when subjected to a harmonious environment. It seems to me that the lesson is evident. It remains with us to continually strive to perfect the application in a most intensive manner.

And that our best field of work, as it always has been, is in the treating room and at the bedside, continually striving to unravel the details of causative factors of each individual case and set the mechanism in a harmonious environment, while at the same time keeping abreast of all scientific development. That we are on the right lines seems to be without question. It is not only a problem of assisting the individual organism, but also of clearly showing the individual how he can consciously help himself.

Our subject is an inexhaustible one. I have merely touched upon a few high points. My special plea is for more intensive application of our fundamentals and a more thorough co-operation of physician and patient. After all is said and done, osteopathy simply gives nature a greater opportunity or chance.

I will close by quoting a concrete illustration of the significance of cause and effect. It is taken from Alexander, Man's Supreme Inheritance, a work I am sure every one would enjoy reading.

"Incidentally it may be of value to consider what this condition of minimum intra-thoracic capacity really means and to note some of the influences upon the whole organism. For as this thoracic cavity contains many of the vital organs, the whole abdominal viscera are directly or indirectly influenced by its capacity. Minimum thoracic capacity means that the organs within the thorax are harmfully compressed and that the heart and lungs do not get a proper chance to function adequately. A harmful strain is thrown upon the heart, the lungs are not adequately employed or sufficiently aerated, and the lung tissue deteriorates. The proper distribution of the blood is interfered with because of the undue accumulation in the splanchnic area, to the detriment of the lung supply. As the lungs are the chief distributors of blood it will be understood that this condition of minimum thoracic capacity interferes with the circulation and general nutrition. The respiratory processes are employed in sucking in air instead of creating a partial vacuum in the lungs by a co-ordinated thoracic expansion which will give atmospheric pressure its opportunity. There is an undue intra-abdominal pressure and harmful fluidity of the abdominal muscles, which means dropping of the viscera, imperfect functioning of the liver, kidneys, bladder, etc., stagnation in the bowels, and irritation and destruction of the colon, intestines, etc.; in other words, indigestion, constipation and all the concomitant disorders and general impairment of the vital functioning. Let us, for a moment, think of the thoracic and abdominal cavities as one fairly stiff oblong rubber bag filled with different parts of a working machine which are interrelated and interdependent, and which are held in position by their attachment to the different parts of the inner surface of this bag. We will then suppose, for the sake of our illustration, that the circumference of the inner upper half of this bag is three inches more than that of the lower half. As long as this general capacity of the bag is maintained the working standard of efficiency of the machinery is indicated as the maximum. Let us then, in our mind's eye decrease the capacity of the upper part of the bag and increase that of the lower half until the inner circumference of the latter is three inches more than the former. We can at once picture the effect upon the whole of the vital organs therein contained, their general disorganization, the harmful irritation caused by undue compression, the interference with the natural movement of the blood, of the lymph and of the fluids contained in the organs of digestion and elimination.

Supplement this statement with the writings of Dr. Still on the same subject, with a practical study of Burns anemia, with our knowledge of the central tendon of the diaphragm, and with our knowledge of spinal configuration and related spinal lesions, there is sufficient material in this one vast field alone to keep us all busy for a life time.

OSTEOPATHY
(Continued from page 93)

The American Journal of Electrotherapeutics and Radiology, in its editorial in June, 1917, discusses the status of electrotherapy in this way:

"The oft-repeated statement by medical men, particularly of neurologists, that electrotherapy is a practical psychic measure, has risen by the bungling and impracticable use of the various currents by these men. The modern physician who uses electricity by modern methods looks with amazement upon the old text-books on electrotherapeutics, and when he reads the medical works, particularly on nervous diseases, and observes the reference made to the indication for the use of electricity, and the way in which they still employ it, is aghast that no progress has been made by these writers for many years in the practical employment of an agent so potent for good.

"This is an age of progress, and when we compare the commercial uses of electricity with its employment thirty years ago the contrast is amazing, and so with electricity in medicine. It is safe to say that the present status of electrotherapeutics in the hands of those informed as to its effects, indication and technique for employing it, is in every respect keeping pace and progress with its commercial uses.

"Electricity is undoubtedly the most important means of restoring functional conditions and arresting organic processes in medicine. This fact must be so conceded and acknowledged that instead of the present attitude of those who know little or nothing of its properties and uses, and would reject its employment, will be confronted by an energetic propaganda by those who are familiar with its properties and uses and methods of application, and that then it may be brought into its true light and significance before the medical profession.

(Continued in next issue)