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“Find the Cause and Remove It”
Is the Osteopathic Motto

“Adjustment”
Is the Osteopathic Principle

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

First--find the cause—diagnosis.
Second remove the cause—adjustment.

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

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

A. T. Still gave us the theory that when any of the working parts of the body are out of adjustment, disease begins. When these parts are coordinated in adjustment, disease disappears. Osteopathic practice has proven this theory and established it as a law.

A. T. Still taught that the faults in adjustment which cause disease in the body are largely of the large working parts—bones, ligaments, muscles—and that correct adjustment can be made by manual methods. Practice has also proved this theory and established it as a law.

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

Conclusions.
1. Find the cause by diagnosis.
2. Remove the cause by adjustment.
3. From the nature of the condition select the method of adjustment.
4. Most adjustments require manipulative measures, whatever their nature.
5. Practice proves this.

Addendum
1. Osteopathic theory maintains that chemicals and drugs applied to the digestive tube do not remove the causes of disease.
2. The practice of the older school of medicine proves this.
3. Osteopathic practice proves that manipulative measures and necessary methods of adjustment should be thoroughly applied for adjustment before surgery is resorted to.
4. Osteopathic theory teaches that destructive surgery is a crime.
5. Osteopathic practice teaches that constructive surgery for a necessary adjustment is correct.

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

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

One of the most lamentable things in the Osteopathic profession is its amazingly low appraisal of itself—the inability to accept Dr. Still’s philosophy unreservedly. There seems to be an element within the profession (that either through the improper presentation by the colleges of the basic principles, or through the failure of the individual to grasp these principles), who are constantly striving for some other agency to help them in the solution of the problems consonant with the eradication of disease. That they are sincere in their desire to do what they think is best for the patients they serve, by reaching out to secure adjunctive arms to aid them, is not questioned. But we do question anyone’s right to emasculate a philosophy, and what we have wondered at is why they never dug deeper into the Osteopathic mine for their help. Not only have they this attitude, but this element is seeking to cause strict Osteopathic legislation to conform to this viewpoint. In some instances they seek to blot out the Independent Osteopathic laws, and replace them with boards, giving them “so-called” broader privileges. If these methods carry, Osteopathy has dug its grave, and has already carved its own monument—Sacred to the memory of Dr. Still’s great philosophy—Osteopathy, born 1874; died——.” The latter date simply awaits the adoption of this policy. The saddest thing is that these people conscientiously believe they are laboring in the interest of Osteopathy.

When Osteopathy came into being, it proclaimed itself as a Drugless System of Therapy. But today we find many of its exponents openly advocating the use of a limited number of drugs, etc. In other words, they refuse to limit themselves, as they choose to put it. The public is fast becoming aware of this hypocrisy, and is beginning to be suspicious of the Osteopathic claims, and thus the Chiros thrive.
Letter No. 2
May 1, 1919.

Dear Doctor:

Your good letter of the 29th received, real with interest and certainly approve.

In the first place, I do not believe that I received a course while I was in school that especially inculcated a deep knowledge of the true Osteopathic principles. However, if any points which I have brought up will stimulate you to writing any other articles for the Truth—power to you. If so, it may did give real Osteopathic principles. But in all the other courses—including the specialties—our teachers mentioned the fact every now and then and that treatment never occurred, nor was it a little strong—but it illustrates the principle. In my last year—in surgery—I saw operation day after day, and although they say that the hospital surgeon never operates except when absolutely necessary—still I do not believe that many patients were turned down. During the first part of that year I used to see patients just about every day and asked, and found out why they were not treated Osteopathically, for did not the old doctor say in his Principles and Practice that these cases could be cured. But after seeing and hearing lecture after lecture, I was finally convinced that perhaps surgery was the thing for these cases after all. And I believe that, with possibly a very few exceptions, the majority of the graduates of the last few years leave the field of surgery and that the public is better off for it. But the diagnosis cannot be dodged. For some time, but I have not admitted that my heart was not with the limitations which the law put upon me—in not allowing me to practice that which I had been taught in school—namely, surgery, alkaloidal therapy, electrical therapy and the administration of cathartics when "needed." Of course, I knew many other Osteopaths who were doing all of these things—but still I did not wish to say that we want the right to do them. I believe that the school that I attended and the teachers did not fulfill their trust. For I was no slouch in college, and took everything I had to offer and incidentally made good grades in my work. Perhaps if I had practiced with an Osteopath of the right brand, my experience would have been different. At least some the world has been the use of our true friend, Dr. , who was so fortunate as to get under Dr.-

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

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

Very sincerely,
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
Address him at 4347 Greenwood Ave., Chicago, Ill.

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

Pacific Branch of The A. T. Still Research Institute

Louisa M. Burns, M. S., D. O., Dean

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

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

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

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

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

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

These young rabbits were the progeny of does who had borne normal young before being lesioned, mated to normal males. The males were known to be normal and capable of getting normal young, because they were during this same time, mated to normal females, whose progeny is apparently perfectly normal in all respects.

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

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

Physiological Variations

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

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

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

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

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

Anatomical Variations

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

No. 1. Black male. Born Dec. 8, 1918, killed June 6, 1919. Appears to be lacking in vigor; fur rough; body...
thin; eyes less bright than normal. Weight 4 lbs. 6 oz. (Normal for age 6 lbs.) Skull and brain asymmetrical; stomach wall atonic; intestines contain gas, particularly in suprarenals smaller than normal; testicles friable. (Normally the testicles should be in scrotum at this age.) Tissues friable.

No. 2. Gray male. Born Dec. 8, 1918; killed June 6, 1919. Appears weak and thin, lacking in vigor; eyes dull. Weight 3 lbs. 14 oz. Skull fairly normal; brain smaller than usual; stomach atonic; intestines contain gas; suprarenals larger than normal; tissues friable. Right ovary normal; left ovary drooping downward toward pelvis by the long, tortuous, drooping uterine horns. Tissues friable.

No. 3. Black female. Born Dec. 8, 1918; killed June 6, 1919. Appears weak and thin, lacking in vigor; eyes dull. Weight 3 lbs. 14 oz. Skull fairly normal; brain smaller than usual; stomach atonic; intestines contain gas; suprarenals smaller than normal; tissues friable. Right ovary normal; left ovary drooping downward toward pelvis. Tissues friable.

No. 4. Black female. Born Dec. 8, 1918; killed June 6, 1919. Appears weak and thin, lacking in vigor; eyes dull. Weight 4 lbs. 2 oz. Skull very asymmetrical; orbits unevenly placed; brain unsymmetrical; thymus larger than normal; stomach atonic; intestines contain gas; ovaries cystic; uterine horns 4 inches long, very tortuous, drooping toward pelvis. Tissues friable.

No. 5. Black female. Born Jan. 3, 1919; killed June 6, 1919. Appears thin, lacking in vigor, listless; eyes dull; fur rough; weight 3 lbs. 8 oz. (Normal for age 6 lbs.) Skull very symmetrical; orbits evenly placed; brain unsymmetrical; thymus larger than normal; stomach atonic; intestines contain gas; ovaries cystic; uterine horns normal; tissues friable. Right ovary normal; left ovary drooping downward toward pelvis, pulling ovary downward on both sides. Tissues friable.

No. 6. Red female. Born Jan. 3, 1919; killed June 6, 1919. Appears weak and thin; skin tight; eyes dull; fur rough; weight 3 lbs. 8 oz. (Normal for age 5 lbs. 8 oz.) Two small fatty tumors on outer thoracic wall under skin. Skull and brain asymmetrical. Pituitary body larger than normal; stomach atonic; intestines contain gas; ovaries cystic; right ovary normal; uterine horns drooping, curved strongly; central portion of uterus lying to left of midline, apparently drawn over by drooping left uterine horn; tissues friable.

No. 7. Red male. Born Jan. 3, 1919; killed June 6, 1919. Fur rough, body thin, appears weak and listless. Weight 7 lbs. 8 oz. Skull and brain symmetrical;pituitary body larger than normal; suprarenals smaller than normal; right ovary cystic; left ovary normal; uterine horns normal in size, but asymmetrical placed; the left being looped downward into the pelvis, while the right is drawn upward slightly. Tissues friable.

No. 8. Red female. Born Jan. 3, 1919; killed June 6, 1919. Fur rough, body thin, appears weak and listless. Weight 4 lbs. 5 oz. Skull and brain somewhat symmetrical; pituitary body larger than normal; suprarenals smaller than normal; uterine horns normal; ovaries cystic. Right ovary normal; left ovary drooping downward toward pelvis. Tissues friable.

No. 9. Gray female. Born Feb. 15, 1919; killed June 6, 1919. Appears in fairly good condition, compared with other young of lesioned animals. Weight 3 lbs. 4 oz. Skull and brain normal; stomach atonic; intestines contain small amount of gas; ovaries cystic; uterine horns longer than normal, drooping uterine horns. Tissues friable.

No. 10. Grey female. Born Feb. 15, 1919; killed June 6, 1919. Appears lacking in vigor, but to less marked degree than in Nos. 1-8. Weight 3 lbs. 3 oz. Skull and brain normal; stomach atonic; intestines contain small amount of gas; ovaries cystic; uterine horns two inches long, drawing ovary downward toward pelvis, pulling ovary downward on both sides. Tissues friable.

No. 11. Black female. Born Mar. 24, 1919; killed June 6, 1919. Appears fair in condition, compared with other young of lesioned animals. Weight 1 lb. Skull, brain, all viscera, appear normal. Testicles high in abdomen. (Normally the testicles should be in scrotum at this age.) Stomach slightly atonic; intestines contain small amount of gas; other viscera, skull, brain, all normal. Tissues friable.


Summary and Conclusions

From the preceding histories, and from a study of the young of lesioned mammals, it appears that there is a strong tendency for mothers suffering from lumbar lesions to either fail to become pregnant, or to suffer from one of several different conditions, or to produce deformed or 'runty' young. The nature of the effects produced varies, though all young produced at a single birth show certain similarities. The additional 1000 young of human development must be governed by a study of clinic histories, in connection with the histories of a greater number of lesioned animals. Even so far as development of pelvic regions is concerned, the importance of correcting lumbar lesions in those for whom motherhood is desirable.

Future Work

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

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

Records are to be kept of the weight of experimental animals and controls at regular intervals.

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

—Box 577, Route 1, San Gabriel, Cal.

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

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

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

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

The Clinic Department is just being organized. During the past two years clinic studies have been made of cases selected through the cooperation of a considerable number of osteopathic physicians of Southern California. Clinical laboratories for this purpose are located at 721 Mound Avenue, South Pasadena; 1418 Baker-Detwiler Building, Los Angeles, and 1465 Graham Street, Los Angeles. These laboratories are in charge of Dr. Louisa Burns and Dr. Ann Perry. Reasonable fees are charged for laboratory work, and the Department is self-supporting. The clinic records thus secured are to be published as their interest and importance indicate.

The Research Department includes both human and animal experimentation. Animal work is done mostly upon the Sunny Slope place, Muscatel surroundings combined with Osteopathic care is what your post-influenza and chronic cases need.

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.

FUNERAL OF MISS GLADYS STILL IS HELD SEPT. 5

Flowers Sent From All Over Country Covered the Casket.

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

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

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

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

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

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

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

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

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

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

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

MARRIED

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

They are now at home, Monroe, Louisiana.

NOW OPEN

The Laughlin Hospital
Kirksville, Missouri

The Laughlin Hospital of Kirksville, Missouri, has just been completed and is now ready for your patronage. The hospital, which was built at a cost of over $50,000, is a modern fireproof structure of forty-two rooms. Thirty-five of these rooms contain beds for patients. The building is built of the very best material and has every convenience that can be put in a hospital of this size. An electric automatic elevator has been installed, which means a great convenience. There are two operating rooms, one for general surgery and the other for orthopedics.

Dr. Laughlin has secured competent assistants to help him in the various departments, of which there are the following:


For further information address

DR. GEORGE M. LAUGHLIN
Kirksville, Missouri
Food and Diet As Related to Osteopathic Practice

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

NATURE OF DISEASE

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

If disease is not a thing caused by germs, if it is not a thing to be combated by drugs, if it is not a thing at all, what is its nature? As darkness is best defined as the absence of light, disease is best defined as the absence of health. It is not an entity or thing which attacks. It is built. It is grown.

The seed is sown, the soil cultivated, the product is the general condition of ill-health. This is true of tumors, eczema, appendicitis, and the rest of the long list.

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

(Dio Lewis.)

Excess and overindulgence are the great factors in the building of diseased conditions. Only a few ailments are brought about by privation and destitution. Overeating, overworking, worry, fear, jealousy, anger, pessimistic ideas, hatred, fretfulness, selfishness, disappointment, too much warm clothing, too much society, too much responsibility, mental and physical sex abuse, too much tea, chocolate, cocoa, coffee, tobacco, and other drugs, etc., all these and many more have an important place as causative factors in disease though too often ignored as such. They are of such vast importance that often the existence of one or more will defeat every effort to help; but its removal and the application of proper treatment will result in immediate relief and ultimate cure.

These debilitating habits and human frailties do not look like faults to some people, even to some physicians, but are accepted as an inevitable part of the mysterious "game of life." Such is not the truth and only the blunted conscience will accept it as such.

Poisoning is the proper term to be applied to most diseases. Auto-intoxication due to intestinal toxemia are common terms, and if untrue, very good ones. But it should be borne in mind that self-poisoning results from self-abuse and not from poison secreted by the body cells.

This is little difference between pneumonia and typhoid fever, between measles and eczema, between constipation and diarrhoea, between a general neuritis and epilepsy, between appendicitis and colitis, between rheumatism and tonsillitis, and not so much difference as the names imply. Do all of these result from the accumulation of poison in the system? Yes, but it is brought about in various ways, and different factors are involved.

If all such diseases are so similar, why so many different names? Because disease is considered an entity, a thing; something that can attack, or that can be driven out. If there is a pain in the temple it is called neuralgia, but few persons recognize it as part of a general toxic condition of the entire body.

If the patient does not sleep, then it is nervous trouble, and neither the patient nor physician sees that it is a disturbance of the sympathetic nervous system—a general condition.

"I dare not tell you how important I think it is that you should fully take in this idea— that the general is everything, the local nothing. Nor will you comprehend this can you even make a fair start in these health investigations."

(Dio Lewis.)

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

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

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

THE LIMIT

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

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

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

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

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

I 'Ear Noes

The Jumbler turns some anatomical terms:

The night has a thousand eyes,
The day to one lays claim;
The big brown pair that you, dear, wear,
Sure puts them all to shame.
It seems 'bout a thousand years
My heart you’ve trod in dust;
But lend an ear and listen, dear;
The end of waste is bust.
Though I’ve heard a thousand noes—
As someone knows is true—
An aye once said, we’ll soon be wed,
Or I’ll be ever blue.

Fruit Nut Cereal

Auto-intoxication due to Intestinal Stasis is the logical and Natural sequel of the modern dietary.

Fruit Nut Cereal is a great aid in remedying this condition met daily by the busy practitioner.

Fruit Nut Cereal is an Ideal, Natural laxative. It contains figs, raisins, walnuts, wheat, bran and malt thoroughly dextrinized but not pre-digested.

It is nutritious as well as delicious and readily digested by both adult and child.

Send for samples and information.

New England

Breakfast Food Company
West Somerville, Mass.
Edgar S. Comstock, D. O., Turns Deanship of Chicago College Over to Jerome Hall Raymond, Ph. D.

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

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

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

After talking the situation over thoroughly with the Board, the Board finally decided that it would be well to try and get such an individual to carry on the work of Dean for the coming year and the years to come. After some inquiry and considering applications the Board of Trustees was able to secure a man whom we believe is adequate for one to handle the people and give them the thorough with the Board, the Board.

Dr. Raymond assumes the position of the Dean of the Chicago College of Osteopathy as Dean, with the enthusiasm of all the instructors, it will undoubtedly be a banner year. I wish to thank the members of the Profession who have so earnestly cooperated with Dr. Raymond in his work than has been shown me, and the realization that Dr. Raymond is in here with the purpose of building the Chicago College of Osteopathy to one of the best colleges in the United States, and this can only be done by the active support and co-operation of members of the Profession throughout the nation. Every member of the Profession should get behind Dr. Raymond and support him in his future.

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

Fraternally and sincerely yours,
Edgar S. Comstock.
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With Cords and Handles.

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A MONTHLY JOURNAL OF
OSTEOPATHIC PROGRESS

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FOR THE OSTEOPATHIC PROFESSION

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SEPTEMBER, 1919

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

—Abraham Lincoln.

“DRAMATIC INCIDENT”

We Are Shocked, Stunned
Inconceivable of the Man

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

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

We were shocked, in fact stunned, to think that Dr. Atzen, the man who made the nominating speech for Dr. Conklin against Dr. Willard, the nominating committee’s choice; should feel it necessary to gain his point by slurring Conklin against Dr. Willard, the nominating committee’s choice; should feel it necessary to gain his point by slurring Conklin against Dr. Willard, in stating that he did not voice the sentiments and principles of the majority of the profession; when the members of this house had given more time and thought to the advancement of true A. T. Still Osteopathy than any other man in the profession—and then should home and write up his own action as a ‘dramatic incident.’

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

Two years ago at Columbus upon the nomination of Dr. Jeannette H. Bolles, for the high office of president we recall very vividly a dramatic speech by this same Dr. C. B. Atzen, in which he wrote out his action as a ‘dramatic incident.’

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

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

Think of it if you have not done it.

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

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

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

It is up to you as to whether we drive single or double. Ged—sp!

MOORE SANITARIUM

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

“They have a full house with a gratifying waiting list and plans for a new and larger sanitarium.”
A FINE BOOST FOR DR. GEO. LAUGHLIN

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

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

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

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

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

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

A GRATEFUL PATIENT

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

When your ligaments, muscles, arteries, and nerves
Get all out of order and your spine badly curves
You can soon be relieved as I very well know
If to a good Osteopath you quickly do go
And if you are in doubt which one you should choose
I can recommend whom you would not refuse
For in the skill of his work and noble profession
I know he stands first so I make this confession
With punches and twists and his strong nimble fingers
He will conquer all ills and no pain ever lingers

He is always dependable and you will very soon find
That "doctoring" like this will be the reliable kind
For the "M.D.'s" with all of their drugs and their dopes
Are forever continually raising fond hopes
In the minds of their patients when they very well know
That such fraudulent things cannot conquer the foe
So if you wish health and not suffer that fate
Consult this good Osteopath before it's too late
He is on floor number five in the Building Court Square
His name—Dr. Atty—and he will always be there
To greet you with courtesy interest and assurance most true
That Osteopathy claims nothing but what it will do
And if you ask a date, and give it a trial, I am fully convinced you can make no denial.

Big Things Done at Convention

Dr. A. L. Evans, Miami, Fl.

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

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

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

I greatly enjoyed the forensic encounters at Chicago. They showed we are alive. There were some tense moments and critical situations. We have men in our Association that would perform creditably in the halls of Congress at the stormiest times. None since the St. Louis meeting in 1904, when the question of making the three-year course compulsory was being argued, has there been anything to compare in dramatic interest with the debate on the adoption of the new constitution.

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

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THEN ATTEND THE CONVENTION
Washington Osteopathic Assn.  
(Continued from Page 21)

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

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


Resolutions

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

“We, the members of the Washington Osteopathic Association, hereby wish to express our gratitude and sincere appreciation for the excellent contributions of our visiting friends, Dr. E. R. Lyda, Dr. H. F. Leonard and Dr. Katherine Myers toward the success of the convention.

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

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

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

State Board Exam.

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


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


REMOVALS

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

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

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

Dr. Jessie F. Streeter is now at 933½ Everett St., Los Angeles, Calif.

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

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

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“OSTEOPATHIC TRUTH”
CONVENTION IMPRESSIONS

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

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

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

These five things are:
1. Vision.
2. Optimism.
3. Progressiveness.
5. Prosperity.

VISION. The most pessimistic con

The profession is developing a

It possesses as much

It is bound to

1. Vision.

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

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

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

GOODFELLOWSHIP. The spirit of goodfellowship, of comradeship that pervaded the convention was good to behold. It was a real for the full hour of the hour. And after all, when this element is lacking, the convention is bound to fall short of its possibilities and purpose. May this spirit dominate all future conventions.

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

This year's convention set a standard that will not easily be surpassed. Next year's meeting possesses as much of merit as this year's, and if it is held in more commodious quarters, it will leave little to be desired, and the Osteopath who presides at it will indeed be standing in his own light.

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

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

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

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

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

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

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

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

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

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

The night before the First in the lobby of the Sherman, neither in the grill room was it a case of Drinkall, for the boys and girls were well satisfied with the Aqua Pura as dispensed by Williams and the liquid refreshments served by the exhibitors.

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

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

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

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

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

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Our Free Book illustrates and describes the Philo Burt Appliance and gives much information of interest to the Physician and Parent. You may send you a copy and explain to you the plan of co-operation with Examining Physicians.

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OSTEOPATH AFTER RELIC MAKES GOOD

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

By Congressman A. T. Fuller

Especially written for the Boston Sunday Advertiser-American.

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

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

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

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

Right Behind Tank

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

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

For perhaps a mile the line of tanks, followed by the straggling groups of infantrymen, pressed on, with never a shell or bullet to arrest them. Ascending a steep declivity, however, the advancing infantry were about to be held up by a strong point, and the tanks were about to start an offensive in the Argonne.

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

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

Knew Anatomy

It happened that the tank had come to a halt within a few yards of a clump of trees, and from amid these trees...

(Continued to Page 32)
there now emerged a German soldier, unarmed save for the bayonet which he still wore at his waist, and holding his hands above his head in the well-known "Kamerad" attitude.

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

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

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

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

Seeking Souvenirs

Now the Osteopath, as he remarked afterward, had gone up to the front for the sole purpose of getting some souvenirs to send the folks back home, and here was a whole heap of souvenirs lying only a few yards away. But, in order to reach them, he would have to leave the shelter of his tank and expose himself to a terrific machine gun fire. But he had come out to get souvenirs and he was not the sort who balks at obstacles.

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

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

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

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

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

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

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

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

Osteopathic Educator

That is what The Herald of Osteopathy is. It is published Monthly Especially for the Laity. As a Monthly Visitor to Your Patients it can't be beat. It is Neat, Attractive, Up-to-date, Convincing and comparatively Inexpensive. If used Systematically, It will help to put Osteopathy on a high and dignified plane in your Community.

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School Days--Dear Old Golden Rule Days

Did You Get Your Students?

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

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

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

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

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

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

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

On another page we have told about the additions to the faculty, particularly the change in deanship to Dr. Raymond. One notable change in the faculty is the loss of Dr. J. Ivan Dufur as professor of Nervous and Mental Diseases. Dr. Dufur has just opened a hospital of his own, an account of which we will give later.

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C. E. BROOKS
155 State Street, Marshall, Mich.

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

The Kansas City College of Osteopathy and Surgery
The only Osteopathic College in Kansas City endorsed by the American Osteopathic Association

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

100% OSTEOPATHIC 100%
The Osteopathic Profession Must Have A Definite Program

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

OSTEOPATHY TENTATIVELY OUTLINED AND DEFINED

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

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

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

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

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

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

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

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

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

6. The law of restoration of the abnormal to the normal may thoroughly be designated by the proper use of the term adjustment. Adjustment, under the Osteopathic regime, deals with every vital portion or cell of the human body. Ninety per cent or more of the corrective or adjustive work is performed by manipulation; yet the genuine Osteopathic practitioner is alive to the fact that the small per cent added to the ninety per cent or more of a strictly manipulative character, may be required to be reduced, adjusted, equipoised, correlated, or even removed by some unharmonious or wholesome or reasonable artificial process. Hence Osteopathy recognizes as adjuvants, the following, viz.: a. Hydrotherapy. b. Heat and cold. c. Food, shelter, clothing, rest and right thinking. d. Antidotes for poisons maliciously or accidentally administered. e. Asepsis, including the artificial assistance of antiseptic agents, when absolutely necessary. f. Surgery and its procedures. g. All helpful agents of diagnostic value. h. Strictly autogenous serum. Every man is a law unto himself. No living man should be permitted to draw from or give to another any force or fluid which by reason of inheritance, acquisition, or accident may vitiate the second system.

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

"The integrity of the structure determines the integrity of the function." "Man is self-oiling, self-regulating, self-reparative, animated machine. Given proper air, food and water, the machine will function perfectly, so long as the parts are maintained in perfect alignment. When order in all parts is found, disease cannot prevail."

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

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

II. Tentative Definition of Osteopathy.

1. Explanatory suggestions.
   a. Osteopathy is a complete scientific therapeutic system.
   b. Osteopathy is the only therapeutic system which acknowledges generic man as a perfect machine.
   c. Osteopathy is the only therapeutic system with which generic man as a perfect machine, under the right environments, generates and maintains all the chemical fluids and juices necessary for battery voltage and nutritional advantage.
   d. Osteopathy is the only therapeutic system which depends upon manual manipulation up to 90 or more per cent aided or abetted by 10 or less per cent of artificial adjustment ranging from hydrotherapy to surgery for the complete adjustment of the abnormal to the normal.

2. Derivation Osteopathy. (Gr. ostcy = bone + naOos = disease).
   a. A word chosen to convey the meaning of skeletal unbalance or bone-non-adjustment.
   b. A word coined by the Founder, Dr. A. T. Still, to represent his new system of therapy, which dates from the year 1874.
   c. A word in harmony with the other "pathies" of medical fame.
   d. A word which carries with it special significance as the bony skeleton or framework forms the fulcrums and levers with which the larger per cent of the manual manipulations of necessary corrections are made possible.

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

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D. O., M. D., or Both?
Dr. L. E. Page, Newport, Vt.

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

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

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

The danger of this indecision lies in the possibility of selecting the second choice. The student who enters the mixed course probably will fail to settle on a decision and will probably do little harm to Osteopathy, but the hybrid who tries to mingle the incompatible medical and Osteopathic theories will weaken the Osteopathic profession with whom he comes in contact. He will swell the ranks of those who plaintively whine that "Osteopathy is all right for some things, but we need more training institution that can teach disease by chemical intake, the other by anatomic adjustment. Either one or the other is right or they are both wrong. No reasonable combination of the two ideas offers itself.

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

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

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

To admit that the D. O. degree cannot not become 95 per cent efficient as we demand without doing something for the American Colonists after having drawn up a Declaration of Independence to say that they had better stop fighting and make a Congress composed half and half of English Lords and American Colonists. The American of the 18th century took what was good from the old world and made itself independent. Our position is similar, and our duty is clear.

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

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

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

OSTEOPATHY SCORES ANOTHER VICTORY
Oldest Fraternal Insurance Society Has D. O.'s as Examiners

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

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

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

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

Members of the order should lose no time in securing appointment.

We thank Mr. Potts for this signal victory.

PRIVATE PEAT'S ARM 95 PER CENT EFFICIENT
Tells of Osteopathic Triumph

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

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

We rejoice with him in the restoration of the arm.

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

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

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

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

The North Carolina law allows reciprocity with states having equal requirements.

Address all inquiries to Dr. W. E. Gratchfield, Secretary, McAdoo Building, Greensboro, N. C.