OSTEOPATHY IN THE HOME.

MARY VANCE LINK.

Since the larger number of the homes in any community are homes where children are the center of attraction and the center of thought for the parents, an article dealing with home must of necessity have much to say of the little ones, so this question of Osteopathy in the home naturally shapes itself into the subject of Osteopathy for children.

Our grandmothers in the olden day, when looking well to the ways of their household, were careful to see that the garret was duly stocked with well seasoned herbs of various kinds and containing various medicinal qualities. Thus fortified, they felt reasonably secure against any sudden attacks of illness in their families.

In like manner our mothers did not fail regularly to inspect their medicine closets, whose rows of bottles, filled with soothing syrup, castor oil, turpentine, squills and vermifuge, were alike a satisfaction to the mother and a terror to the unfortunate child who might fall ill. Who does not remember the dreadful, uncoated pill of childhood, which, taking advantage of the victim in his weakened state, would persistently refuse to be swallowed, and had finally to be broken up and taken in a spoon in sugar or preserves. In this state it would finally reach its destination, leaving behind an unutterably sickening, horrible taste in the mouth that would not out, and, sadder still, taking away forever the poor child's liking for "preserves." The recollection of such occasions is painful, even after one has been a stranger to pills for years.

The tendency of the present age is to do away with both the herbs and the medicine closet.

Dr. J. Martin Littlejohn, in a paper on Osteopathy, read before the Royal Society, in London, says, "Almost instinctively people in every land, seem to be turning in the same direction toward a system in which the main principle is the adjustment of the human mechanism to itself, and the harmonizing of its organic functions."

The Osteopath claims that the human body contains within itself every force necessary to maintain it in health, provided these forces have free play to do the work which nature intends them to do. Osteopathy also places nature above all drugs and claims for her,
that when unobstructed she will utilize the material given her in preserving proper harmony and equilibrium in her machine—the human body. Of these health-preserving elements the blood is chief. The blood is the life. Dr. Still, the founder of the science of Osteopathy, says, "A natural flow of blood is health, disease is the effect of local or general disturbance of the blood." When a child has croup or diphtheria there is a contracted, congested state of the muscles of the throat. Contraction of muscles of course restricts blood vessels, thus impeding free flow of blood, and disease is the result. The same is true of other parts of the body, whenever, from any cause the free flow of blood is shut off from any part, disease will set up.

So much is being said about microbes of late years that timid people are almost afraid to eat or sleep, or breathe for fear of being devoured by the terrible microbes. They do not reflect that the blood is the best germicide known, when it is in a pure, healthy condition and flowing freely through every vein and artery. The fortunate body through which flows such blood is armored against the attacks of all the hosts of disease germs.

We all desire for our children the highest intellectual attainments of which they are capable, and they are capable of infinitely more when their minds are kept sound by being housed in sound bodies. The physical culture now taught universally in schools, is of great help in keeping the body in good form, but if the mother at home understands something of anatomy and physiology, the sound bodies of the babies are much more likely to remain sound when the little ones have grown to school boy and girl size. It would be well for mothers to think on the question of what effect medicine has on a child's organism, and to consider the fact that when she administers medicine for an ailment, the little internal economy of the child has not only the work of getting rid of the disease, but the added work of getting rid of the medicine.

It is an excellent plan also for mothers to carefully examine the bodies of their children frequently to see that they are growing straight and developing symmetrically. One mother made a practice of always visiting the rooms of her growing children the last thing at night before she retired, and after they were asleep, placing them perfectly straight in their little beds. Her sons when grown were as straight as Indians, and their soldierly bearing was the subject of remark, whether the mother's early care was the cause or not, it was without doubt a good practice.

How many serious deformities have begun in childhood, caused by an awkward twist, or by jumping, thus slipping the vertebra or other bone, it might be ever so slightly, but which when neglected would cause serious trouble later on. A mother may notice that a child has one shoulder blade a little lower than the other and think nothing of it. A spinal curvature may be an easy thing to correct when it begins, but perhaps impossible when it is a case of long standing. The work of the Osteopath is to see that nature gets fair play, so he directs his efforts toward that end, by adjusting every member or part of the machine, that it may do its work properly. Dr. Littlejohn says, "Pain is found where a contracted muscle presses on a sensory nerve, loss of muscle function or paralysis if it presses on a motor nerve. The misplacement of a bone, ligament or muscle, or the obstruction of a blood vessel, calls for the mechanical skill of an operator to replace the misplacement or to remove the obstruction."

The question has been often asked "What can Osteopathy do in children's diseases?" I have tried to show what the normal condition of the body should be, and what part the Osteopath does in keeping the system in harmony with itself, and restoring it when from any cause the harmony is lost. As the sensitive organism of the child renders it more susceptible to changes of climate and temperature and the evils which lurk in the air so through this sensitiveness does it more readily respond to treatment; and nowhere have more delightful results been obtained by Osteopathic treatment than in some of the sudden attacks to which children are liable.

One who has repeatedly seen severe colds in children, even when accompanied by fever, yield readily to Osteopathic treatment and the child more quickly regain its normal condition than in cases where medicine was used; who has seen a sudden attack of croup relieved in three minutes; or a case of persistent diarrhoea in four months old infant which medicine had failed to relieve cured in two treatments; or a child lying apparently lifeless after convulsions, revived in a few minutes, and numberless other cases treated with equally gratifying results, can say sincerely, that the mother who desires for her children the quickest relief from such ailments as are unavoidable in childhood, and the greatest freedom from the after effects of such ailments, cannot take to herself a more powerful ally than Osteopathy.

Knoxville, Tenn.

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NOT ONLY IGNORANCE.

SAMUEL DENHAM BARNES, B. S., D. O.

The February Popular Osteopath contained an article of striking interest. It was headed "Medical Ignorance on Exhibition," and had reference to the ignorance of Osteopathy shown by M. D.'s. in their testimony against it in a Kentucky court. The statements therein made were a revelation to those who have given our medical brethren credit for some degree of fair mindedness.

The fundamental difference between Osteopaths and M. D.'s. is in the point of view from which the human body is considered. The Osteopath, like a mechanic inspecting a beautiful machine, considers
the body as a finely-wrought piece of mechanism, whose disorders are mostly structural, and remediable by readjusting the structure and circulation in the body. On the other hand, the mind of the M. D. is quite occupied with (1) the view of the body as a laboratory for the receipt of drugs, (2) the effects of drugs on the tissues as indicated by symptoms, and (3) theories of cure. On this one difference depend all the differences between Osteopaths and other doctors with regard to the causes and cure of diseases.

This fundamental difference existing, it is not surprising that a dense ignorance of the theory and methods of Osteopathy should prevail among the medical profession. But with nearly every city and many of the towns of these United States teeming with people who are scouring from the housetops their cures—cures of nearly every form of disease, acute and chronic—cures that have been performed by nature and the Osteopath,—I say, with such irreproachable witnesses forcing into the light the fact that plain Osteopathy can and does cure, and in the hands of its doctors is harmless, it is little short of the ridiculous for the eminent doctors of Kentucky to depose and swear to such puerile stuff, as this: they "understand the theory and practice of Osteopathy, and it is to be feared for dangerous results which would naturally be caused thereby," and "it would likely kill patients rather than benefit them." But drugs and surgery never kill anybody! Oh, no! dismiss the unholy thought, I beg of you.

In fact, I suspect that if the truth were told, "ridiculous" would be found too charitable a word to accurately describe the plight of the above mentioned eminent doctors, and "malicious" would be used. It was upon such twaddle as the above quotation, sworn to by a half dozen or more of Kentucky's prominent physicians, that the case was decided against the Osteopath and his right to practice denied. Plainly Kentuckians are a versatile people—quite as handy with the oath as with the gun.

If anybody really cares to know whether Osteopathy kills or cures, let him read the reports of cases from the field, occurring in all Osteopathic journals. Let him meditate on such cases as the following, and then act accordingly: "At Havana, Ill., a man was given up to die of heart disease one night by a council of three physicians; couldn't possibly pull through the night. In desperation the Osteopaths were sent for, who proceeded to kill the patient as follows: They "found the lesion." The result reads like a verse of scripture. They laid their hands on him, and straightway he of the weak heart arose and was glad—in two weeks was entirely well. But they laid their hands, as Osteopaths have a way of doing, on the particular part of the man's anatomy that was responsible for the trouble—a displacement of upper dorsal vertebrae. The Havana doctors can tell you about it. It was the same old story that medics will not learn—a structural derangement, nerves and arteries impinged upon thereby functional death resulting therefrom. When will the world learn that if a hard structure makes undue pressure on nerves or vessels, these cannot perform their functions?

If the Dr. Cheatham, who testified that Osteopathy is "dangerous and injurious to the eye," really believes what he swore to, let him send for the names of a couple of cases I had recently, interesting alike because of being exactly similar and occurring on successive days, and because the eye is perhaps the most delicate organ God has created.

Was the case of a woman who had been suffering for two weeks with exquisite neuralgic pain in right side of face, inflammatory face eruption, and intense inflammation of the right eye, causing complete intolerance of light and cold air. Medical treatment during the two weeks had given but slight relief.

The eye was a fiery red orb. One Osteopathic treatment stopped the pain, reduced the inflammation, and gave that woman a well eye, to the delight and wonderment of herself and neighbors.

The day another woman wanted treatment for the same condition—prolonged neuralgic pain on right side of face and head, settling over right eye; but without the inflammation. Here also one treatment was sufficient to give the woman peace and comfort. It was not psychic, either. It was physiologic. To the Osteopath only will it be of interest to state that in each of these cases, the atlas was displaced to the left—markedly so in the severe case.

Now, though ignorance is no crime, it is a serious thing to charge men of supposedly liberal education and some scientific attainments, with being ignorant; and is still more grave a matter to suggest the word bigotry. But we are just heterodox enough, medically speaking, to do it. The vast majority of physicians have no realization of the importance of a vertebral lesion, even if they were to examine and find a vertebra out of position. The vertebral lesion is an ever-present, but never-suspected disturbing factor in medical practice. The doctor doesn't know about it—has never been instructed, and is not to blame for that. But when the very men most interested in the cure of disease—like the Kentucky Board of Health—and who should therefore be cognizant of being surrounded by people cured by the very system they denounce as "powerless," and "injurious" (they called it both, strange to say)—when these people claim to own and utilize the truth, the whole truth, and nothing but the truth, if it is not maliciousness it is bigotry. The difficulty is to tell which; a charitable view would favor the latter.

I had a little experience with that recently myself.

The January Dietetic and Hygienic Gazetter contained an article by Dr. Ulrich on the subject of fads in medicine. In this article Homeopathy, Christian Science, mental healing, Osteopathy and everything else not taught in the old school colleges, were individually and collectively condemned as fads and worse. I am not disputing here with the doctor whether
they are or not. The point is that the doctor doesn't really know enough about Osteopathy to be justified in condemning it. I was impressed with this fact in reading his article. The thought naturally led to the further observation that the medical profession are not familiar with Osteopathy; both theory and results are strangely unfamiliar to them. Possibly this has been in the past in slight degree the fault of the Osteopath.

However, it occurred to me that if some of the basic principles of Osteopathy were set before the medical profession in a plainly scientific and non-controversial way, they might at least see some of the radical possibilities of cure involved in those principles. I was charitable enough,—shall I say, innocent enough,—to think that possibly the D. and H. Gazette might like to publish such an article, if the matter were presented in the proper light.

Early in January, therefore, acting in the above-described kindly frame of mind, I opened my heart to the editors of the D. and H. Gazette (as many another doctor confides in the editor of the magazine he takes, when in trouble) as follows:

Editors D. and H. Gazette, New York, N. Y.

Gentlemen,—For some time past I have been an interested and instructed reader of your excellent magazine; and from your freedom in publishing opposing views on disputed subjects, have always considered that it was run on a broad-minded policy. I was especially interested in Dr. Ulrich's article in your January number, on "Fads in Medicine." While the Doctor's article shows candor and habits of investigation, I believe he has not yet sufficiently investigated Osteopathy to be justified in the sweeping denunciation which he uses.

Now the trouble is, doctors, that the subject of Osteopathy has never been presented in a scientific way to the medical profession in any of their scientific journals, conventions or colleges. That being the case, would it not be of interest to the profession to read in your columns a straightforward dissertation on the subject, and would you think favorably of publishing an article? * * *

Thanking you in advance for your courteous consideration of the matter, I am yours very truly, etc.

Were the learned editors of the D. and H. Gazette, like ordinary seekers after knowledge, eager for more? Did they, so to speak, receive me with open arms? Did their names add lustre to the revised list of scientific investigators?

Would these things were so.

Did they even take the trouble to send a special messenger to Chicago to assure me that, while they themselves would gladly learn more of Osteopathy, especially from one so eminently qualified, they really believed the profession at large had not yet reached such stage of advancement as to be sufficiently interested?

Far, far from it. The deep silence that has since reigned between me and them of the magazine of the unpronounceable name, has, I fear, been profane.

Uncle Sam is quite careful with missives bearing a return card, so I have no doubt the above letter safely went through the various steps to the editors' waste basket, or at least his brain. Perhaps both were so filled with other rubbish that this one made no impression.

However, it was not written with a view of bringing the D. and H. Gazette into a dispute with the Popular Osteopath on the subject of bigotry, for I really expected some sort of an answer. Though if bigotry be the subject, no doubt the Osteopath could bring ample proof in evidence. We of the younger generation must not expect too much flexibility in those grown old in what the German would call "hartneckig"—stiff-necked—allopahy. But I withdraw my offer. Requiescat in pace.

910 McClurg Building, Chicago, Ill.

"ALL THE GOOD THERE IS IN OSTEOPATHY."

CHARLES HAZARD, PH. B., D. O.

The remark set down as the caption of this article was evidently not made by an Osteopath, or even by a very warm friend of Osteopathy, since its plain implication is that Osteopathy is but in part good. Yet, considering the source, let us be thankful and notice that it acknowledges some good in the science.

One of my patients accosted a young medical student in Michigan University as follows: "Why don't you doctors make a thorough physical diagnosis of the cases you take? Why don't you get down to the spine and look for the real causes of disease? Here I have practiced for years for lameness and swollen knees, and never yet did one of your medical doctors find the bad place in the lower part of my spine, treatment upon which is remedying my trouble." "Oh," replied the innocent, "they teach us at the university all there is good in Osteopathy." "They do not," was the reply.

The remark is startling, coming as it does from a student of medicine. Heretofore, most of the doctors, especially the younger generation have declared Osteopathy to be unmitigated quackery. We shall not be surprised to hear at any time, now that some good has been discovered in it, that it is, after all, in its good elements, only a part of the old system of medicine, and that it has been known and more or less taught for some years. Indeed, we are already informed, upon reliable authority, that such is actually the case.

"I have read A's book on Osteopathy," writes a doctor to me, "and am practicing it in conjunction with medicine."

Whatever place may finally be agreed upon as the logical position of Osteopathy among the healing arts; whether or not it comes to be broadly included among the systems of medicine, it is certain now that Osteopathy is not drug medicine, and that "all there is good" in it is not in the possession of the representatives of that branch of medicine.

"All methods of treatment that possess any virtue in the cure of disease properly belong to our profession," a certain physician is reputed to have said. That, like
some other things, depends upon how you look at it. My patient’s reply to the student was truth. Osteopathy grew up because of the failures of medicine. It never used medicine as a prop to support its growth. Its curriculum does not contain a course in materia medica. Nor do the announcements of the Harvard, Johns Hopkins, Pennsylvania, Michigan, Rush, or North-western medical schools name the name of Osteopathy among their therapeutic studies.

It does not seem necessary to set out to prove that Osteopathy in any form or under any guise, is taught in medical colleges.

It is taught, however, in more than a score of strong institutions throughout the country. Its course of study, embracing a wide range, is twenty calendar months in length.

Such being the case, it does not seem fair to us that physicians should read a book upon Osteopathy and then esteem themselves possessors of its whole system, and start to practice it, in conjunction with medicine, or otherwise. Osteopathy must be learned by clinical experience; by demonstration.

The student who acquires it properly must work long and faithfully in the clinic department and in the demonstration classes of our schools before he can gain the deliberately educated hand and the proper experience with specifically Osteopathic lesions, or causes of disease, to be proficient as an Osteopath. The standpoint from which an Osteopath looks at the causes of disease, his method of detecting and recognizing these causes, his special manner of diagnosing a disease, differ so materially from the medical methods that without special training under experienced teachers no man can become an Osteopath.

Yet, with what arrogance, some physicians are picking up Osteopathic literature, reading it over, absorbing all the good there is in it, and then perhaps mixing in a few “pokes” of it with their potions, much in the manner that they would read in their medical journals of the latest departure in serum therapy, “goat lymph,” and start to injecting it as the receipt directs.

We submit to impartial minds that such perverted uses of Osteopathy would be dangerous; that such an “Osteopath” would be the most evil quack. For the old idea that Osteopathy “can do no harm if it doesn’t do good” is now exploded. Careful Osteopaths hold the contrary view, since it has often been shown that those ignorant of the science may cause much injury by bungling attempts to imitate skillful Osteopaths in the hope of gaining some of their wonderful results.

The M. D.’s, would not hold it fair that Osteopaths should start to practicing drug medicine after reading a few books upon medical subjects, let them then apply the same measure of consistency to their own actions.

Our manipulations do not mix with medications; “pokes” and pills together make bad doses. No man can understand both systems and believe both to be true. As well try to believe he is going north and south at the same time. If he pretends to believe both, it is good evidence that he knows little about either.”

The above quotation well expresses the Osteopath’s view of the matter. Some one has well said that medicine can never displace Osteopathy since those who attempt to practice medicine and Osteopathy in conjunction, cannot succeed while a successful Osteopath has no need of medicine.

We think that these shreded attempts of certain M. D.’s to climb into the Osteopathic band wagon are in very poor taste.

66 and 81 Valpar Building, Detroit, Mich.

ON TO CHATTANOOGA.

The fourth annual meeting of the A. A. A. O. is to be held in Chattanooga, Tenn., Thursday, Friday and Saturday, July 5, 6, 7, of this year. The various committees to arrange for that meeting have already been appointed and are as follows:


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

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

Reception Committee—All members of the Tennessee Osteopathic Association.

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

I am instructed by the program committee to say that any suggestions by members regarding the program will be thankfully received.

This meeting promises to be one of great importance; the location is ideal, being in a section rich with features of scenic and historic interest, and in a state where Osteopathy is dignified by being under legal regulation. The advantages of such a meeting, when its plans have been properly laid and well executed, are too well understood to need elaboration here. The week’s relaxation, the summer trip at reduced rates, the meeting of old friends and the making of new ones, the interchange of ideas and the thought of aiding in the grand work undertaken by the A. A. A. O., should be sufficient to insure a large attendance.

There are many questions of interest to Osteopaths to come up at the Chattanooga meeting. In the forward march of Osteopathy, new conditions are arising; new problems are presenting themselves and their solutions may require our most earnest consideration. College course extension, the character and dissemination of Osteopathic literature, professional ethics, the lecture method in Osteopathy as an additional means for the dissemin-
ation of the principles of the science, the relation of the Associate-
ed Colleges of Osteopathy to the A. A. A. O. and their obligation to lend financial assistance in the bat-
tles, both legislative and judicial, for the recognition of the science which they teach; membership in the A. A. A. O. and the payment of the annual dues; these are all questions which are surging for-
ward in the profession, but without doubt the weightiest question for the A. A. A. O. to consider is its finances. This leads me to men-
tion the fact that some criticism has been offered against the Asso-
ciation on the ground that “it has done nothing.” Just here it is
some satisfaction to those who have worked hard for the Association to know that such criticism is easily trued to those Osteopaths who are either not members or being mem-
ers, have not paid their dues, and do not know the facts in the case.
Fortunately they exert a harm-
ful influence on the Association work because they find believers for their ungrounded statements.
There are two ways by which mem-
bers can keep posted on Association work: (1) by a personal letter from the secretary, announcing every transaction; (2) by subscrib-
ing for and reading the official or-
gan; this is the cheaper and more prac-
ticable method but this has not been followed generally enough, hence many are uninformed. It has been my pleasure to review the official correspondence of the A. A.
A. O. for the last two years and I affirm that the trustees have done the best they could, considering the limited funds with which they had to work. A few figures here will reveal some startling facts. During the first two years of the A. A. A. O. the annual dues was but one dollar, and on May 29, 1899, out of 545 members, 88 old ones had not paid their dues up to that date. In July 1899, the an-
nual dues was increased to $5.00, and on January 29, 1900 (seven months later), out of the total membership, only 130 had paid their dues for the current year. If this is co-operation, the dictionary defini-
tion needs to be revised. The case stands thus: members seem to want to wait until the trustees do something wonderful before they pay in their dues, and the trustees can’t do anything until those dues are paid in.
The situation is seri-
ous and at the same time ludicrous.
As to the bills actually paid by the A. A. A. O. with the dues paid in by those who have been faith-
ful, a statement follows:

Case against National School of
Osteopathy .................. $ 41.05
Contribution to case of H. H.
Steere, D. O., S. Dakota ......... 196.57
Contribution to case of W. J.
Liffring, D. O., Ohio ........... 200.00
Contribution to the Kentucky
fight if needed .................. 200.00

Add to this the expense of a heavy correspondence, preparations for the annual meeting, sal-
ary of the secretary, and it is easy to see that but little is left. Calls for help are received almost daily. Much good could be done but there is no money in the treasury with which to do anything. Certainly this is not the idea of Association work to be held by Osteopaths.
The one great trouble is a lack of funds. Trustees are powerless to act without them. Now what is the remedy? Simply for all mem-
bers to pay in their dues to Treas-
urer C. M. T. Hulett, 1208 New
England Building, Cleveland, O.; then let all reputable Osteopaths, not already members, join at once and pay in their dues; then all would be justified in expecting much from the Association and in “kicking” if they didn’t get it. Oste-
opaths should enlist for the war. It has already begun. Our success depends on how well we stand to-
gether. Association work is ex-
pensive. Victory may come high but let’s have it, and rally round
our banner at Chattanooga and sing the praises of Osteopathy and those who are faithful to it.

Yours fraternally,
F. W. HANNAH, Pres. A. A. A. O.
Stevenson Building, Indianapolis.

WILL CURES BE PERMANENT?

GUY E. LOUDON, D. O.

The cures of Osteopathy are de-
pendent upon two conditions: 1st, the location of the cause or causes of disease; 2d, the removal of the cause or causes. Hence, when a
cure has been made, it will be per-
manent until some accident or force disarranges the anatomical re-
relations of parts, or the patient by disobedi-
ece to the laws of hygiene and diet re-establishes the former pathologi-
ical conditions. Osteopathy has no claims to supernatural powers; it merely asserts that its work is in accordance with nature.
Thus, it follows that if a patient
has been cured by Osteopathy, he
is still subject to natural laws, and disobedience to these laws will be punished by a lessening of the vi-
tality of the patient, or by producing disease.
The excerpts given below are
taken from recent letters to me
from patients, whom I treated sev-
eral months ago, and serve to illus-
trate the permanency of the bene-
fits received from Osteopathic
treatment. An interval of time,
varying from three to six months,
has passed since these patients dis-
tinued treatment, which is am-
ple for a return of their former ail-
ments, had they not been eradi-
cated. Two of these patients received
one month’s treatment; the other
three months:

GOITRE.

“I can say in my daughter’s case that she has been improving ever
since you discontinued the treat-
ment, though we considered her cured when you discharged her.
Before consulting you, our family
physician said he was unable to
help her, except through surgery.
You have done all you advertised
to do, and it is in every way sat-
isfactory.”

PAINFUL MENSTRUATION AND
SPINAL TROUBLE.

“First, I want to tell you what
I’ve been trying to do for a long time: Osteopathy forever! I seem all
made over since my treatment last summer."

PALPITATION, GOITRE, DEAFNESS.

"About nine years ago, I became very deaf as the result of a severe cold, and nearly all of this time, have had a terrible roaring and beating in my head and ears. I was treated for some time by a local physician, but was still quite deaf when I stopped treatment; and acting upon his advice, have consulted two specialists, the last, who refused to treat me, being considered the most skilled aurist in the country. I concluded there was no help for me. Last summer, however, I decided to try Osteopathy as a last resort, knowing it would do me no harm if it did not benefit me. Besides deafness, I have had since childhood, a very weak back, which with other troubles, goitre, leucorrhoea, and looseness of the bowels, has greatly aggravated my ear trouble. Also, I have had very bad palpitation of the heart for several years. After one month's treatment, there was marked improvement in my hearing; the goitre, for which I am satisfied there is no other cure, had entirely disappeared and I was feeling much better in every way. At the end of the third month, you discharged me. It has now been several months since I stopped the treatments. The head noises and palpitation of the heart are entirely gone; the back is much stronger; I have gained several pounds in weight, and I am hearing as well as could be expected, considering the fact that cold aggravates my condition, and I am out in all kinds of weather. I cannot say enough in praise of Osteopathy."

157 So. Union St., Burlington, Vt.

REPORTED CASES.

DIPHTHERIA.

Reported by Maurice B. Harris, D. O.,
403 Chemical Building, St. Louis, Mo.

A lady twenty years of age whom I cured of spinal trouble (weak back) with which she had suffered for several years; had lost appetite; and had suffered with weariness for four day; when on attempting to rise one morning found she was too weak to dress, so she went back to bed. The family wanted to call in an M. D., but she said "I will not take any medicine." But her father went for the doctor anyway, and as soon as everyone had left the room she dressed and came to my office with great difficulty, which was only a few blocks. I found her temperature 101; bowels constipated; sore throat, flushed face. I gave her a light general treatment, and one to reduce temperature; then let her rest an hour before sending her home; in about two hours I called, and temperature was 102. I reduced it again; the throat was more inflamed; the next morning I found she had been very restless all night; could not swallow solids, throat was so in-

flamed; fever 102%. I gave her a thorough general treatment, paying special attention to bowels and kidneys. That afternoon her temperature was 103, and some eruption; white patches in both sides of her throat, and very badly swollen, so that breathing was difficult; that evening temperature was 103-2-3, and throat more swollen, breathing more difficult, could take only a little liquid nourishment. The constant treatment gave the false membrane no chance to get a good start. I gave another very thorough light treatment, and called early next morning; the patient had slept and temperature was below 100. When I called again that afternoon and gave treatment her eyes were bright, and in six days she was out. I gave her treatment for two weeks after the temperature became normal.

HAY FEVER.

Lady forty years of age had suffered with hay fever every summer for four years, so that she had to spend part of each season in the north. I was called when she had an attack the fifth summer and found a contraction of the muscles from the first to tenth dorsal and ribs drawn down. I treated her three times a week for three weeks. After the first treatment she had not felt a return of the trouble, it having been now, nearly a year since she stopped treatment.

INFLAMMATORY RHEUMATISM.

Lady forty-five years of age had suffered with inflammatory rheumatism, at times, for sixteen years. When I was called she could not turn over in bed, and when touched below the waist, would scream with pain; her hips and legs being worse than any other part of the body; but even her hands and neck were very much inflamed. I found a lesion at the fourth lumbar, which I worked on in connection with the treatment given to open up the return circulation and carry off this congestion. The inflamed areas began to decrease with first treatment, and I treated her every day for a week, at the end of which time, she sat up and in five week was well, and out of doors. It has been nearly one year since I dismissed the case and there has been no return of the trouble.

MUSCULAR RHEUMATISM AND DISLOCATED SYMPHYSIS TUBES.

Mr. G—70 years of age suffered with muscular rheumatism of left leg for several years; it had gotten so bad that this affected leg was almost useless, and Mr. G—had not walked down town, a distance of a few blocks, for nearly one year. He always used a cane when not on crutches; in the midst of his suffering he was thrown from a trolley car, which caused a dislocation of the symphysis pubes; one pubis being lapped over the other 5 of an inch. A week after the accident he came to me; had been getting worse all the time. I found the pubes in the condition mentioned, of which he was cured in one month. He was entirely cured of the rheumatism in three months, and the affected leg is as strong as the other. He has often stood on that leg only, and hopped, to show people how strong it was;
I think you might have misunderstood the context of the meditation. The instruction was to focus on observing the breath and not to engage in any mental analysis or judgment. It's about being present and observing the movements of the breath without reacting to them.

The instruction is to simply observe the breath as it enters and leaves the body, without trying to change it or make it do anything. Just be present and witness the experience of breathing.

This is not about trying to change anything or striving for anything. It's about letting go of all judgments and simply being present in the moment.

If you find your mind wandering, gently bring your focus back to the breath. It's natural for the mind to wander, but the key is to gently bring your attention back to the present moment.

The purpose of this meditation is to help you develop a sense of mindfulness, which is the ability to be fully present and engaged in the moment without judgment.

In your meditation practice, try to let go of any thoughts or feelings that arise and simply enjoy the experience of observing the breath. This can help you develop a greater sense of inner peace and calm.

Remember, meditation is a practice, not a destination. It's about learning to be present and fully engaged in the moment, without judgment or attachment.

If you continue to struggle with thoughts and feelings during meditation, you might consider working with a teacher or therapist to help you navigate these experiences more effectively.

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MAJOR EPILEPSY.


Bessie S.——13 years old, had epilepsy for over a year, following a severe attack of spinal meningitis, with typhoid fever two or three months later, which increased the severity of the case. The patient was very nervous and anemic, so weak that she was unable to be up more than part of each day and could stand but very slight exertion. When she applied for treatment she had not passed a day for a long time with less than three attacks and from that up to as high as twelve.

Lesions were found in upper cervical spine, and there was a posterior curvature from mid-dorsal region to lower lumbar with marked lesions at 6th D. and 5th L. the muscles along the whole spine being very rigid.

Her general health began to improve from the first treatment at the end of the second month her nervousness was greatly relieved, and in three weeks more treatment she had only had a slight nervous spell and that after a day of great exertion.

FLOATING KIDNEY.

Mrs. G.——age about 55 years, had been declining in health for the last 7 years during which time she had tried numerous physicians but was growing worse all the time. Diagnoses had varied from chronic enlargement of the liver to a floating kidney. At the time we were called in we found the following condition: Patient very nervous, pulse 122, insomnia, constipation, chronic pharyngitis, stomach very weak and could not retain anything but broth and even that would sour, heavy sediment in urine, with severe pain over the bladder upon urinating — so severe that she would go as long as possible between times.

Osteopathic lesions — Lateral lesion in upper-cervical, posterior curvature from 5th D. to 5th L. with marked lesions at 10th, 11th and 12th D., and 3rd lumbar; the 11th and 12th ribs on right side were sub-luxated (M. D.'s floating kidney) pressing into the liver tissue.

Patient began to improve from the first treatment, bowels regular after fourth treatment, with appetite increasing. At the end of two months treatment, appetite good, urine normal color, she does most of her own housework and drives four miles for treatment.

WHOOPING COUGH, NASAL POLypi, ETC.

Master W.——5 years old, had a bad whooping cough, a high fever and a severe headache, could neither eat nor sleep and almost constant pain in the bowels. Tissues of cervical region were found very much contracted, especially the anterior muscles. There was a decided improvement from the first treatment. The case had run its course but the severity of the symptoms had subsided, patient could eat, sleep and play as if entirely well.

Treatment was continued for two months in which time he was cured of two nasal polypi; also thread worms from which he had been suffering for some time. A few weeks after treatment was stopped he took the mumps but two treatments to the cervical region were all that was necessary.

OSTEOPATHY AND THE NEWSPAPERS.

Only a few years ago the word “Osteopathy,” outside of one or two publications devoted to the propagation of the science, was not seen in print. Indeed if at that time the word had found its way into type few, very few people would have known its meaning. It may not therefore, be uninteresting as evidencing the rapid strides which this young giant in the healing art has made in public favor, to call attention to the position it at present occupies with respect to the press. Leaving out of account the score of monthly magazines which are published in the interest of Osteopathy, or in the interest of some Osteopathic institution, the science is daily being discussed in all manner of publications including scientific and medical journals and newspapers, small and great.

It is true that the references to Osteopathy are not always characterized by an understanding of the subject and fairness in dealing with it, but it is often rather dealt with in ignorance and prejudice. But when erroneous and misleading statements appear in a newspaper it usually occurs that some Osteopath or friend of Osteopathy comes forward and sets the matter right before the readers of that paper. Three instances of this kind have come to our knowledge since the last issue of the Popular Osteopath. We regret that we have not space to reproduce entire the excellent letters of these champions of Osteopathy, but will be obliged to give only extracts.

The Milwaukee Sentinel recently printed an editorial review of Judge Toney’s decision in the Kentucky case, from which they quoted liberally, and seemed to agree with that remarkable production. To this, two days later, in the same paper, Bessie S. Cherry, D. O., of the Milwaukee College of Osteopathy ably replied pointing out some of the false statements and fallacies of that learned judge.

We quote from her letter as follows:

* * *

The supreme court of Ohio ruled that the state medical law does not govern the practice of Osteopathy; that the term “medicine” in the law is intended to refer only to drugs or other agencies of a similar nature, and that Osteopathy, being based upon new and distinct theories, is entitled to separate consideration in law under a statute which the legislature may in future provide, but that it cannot be governed by any statute now in force.

The premises upon which the Kentucky judge bases his decision is that the practice of Osteopathy is the practice of medicine. No college of Osteopathy ever claimed that it was a medical college. No Osteopath claimed that he was practicing medicine. Why, then, should the judge expect to find the American School of Osteopathy from which Nelson held a diploma a reputable medical school? They in common with all reputable Osteopathic colleges have handled materia medica from their curriculum, working along new and original lines in the cure of disease.

* * *

The judge presents a strange spectacle in allowing the moral character of one of the members of this family to influence his decision in the matter of the question. The professor whom he calls a felo de se, who is, by the way, a graduate of “a reputable medical college,” is no longer a member of the faculty, but if he were we venture to say with no fear of contradiction, that the faculty of the American school would compare favorably with that of the ordinary medical college.

The Kentucky judge, in reviewing the
case, shows a deplorable ignorance of the legal status of the science upon which he is basing his remarks, for he says that "only four or five states have authorized or allowed the disciples of Osteopathy to practice within their borders." The facts of the case are these: Laws protecting Osteopaths and placing them on the same legal basis as M. D.'s were passed in Vermont in 1867, Missouri 1867, North Dakota 1867, Michigan 1867, Iowa 1868, and South Dakota 1869, Tennessee 1860. In Colorado, 1860, a veto by Gov. Thomas to a similar medical bill, in which he reviewed the Osteopathic situation, gave Osteopaths a nominal recognition which will be followed by legal enactments. A medical bill allowing Osteopaths representation in the State Medical Board of Illinois and granting them the privilege of examination was passed in 1896, while they are not debarred from practicing in any state of the union, not excepting Kentucky, for without doubt the Nelson case will be appealed to the Supreme court, in which case it is probable that precedents established in Ohio and elsewhere will be observed and favorable decision rendered.

The closing sentences of the Kentucky Judge's decision read like the peroration of a speech on the subject of witchcraft. Strangely unlike the calm judicial utterances we are wont to associate with the courts of our land. Sorcerers and witches used leprous plasters, incantations and magic talli- mans for healing the sick, but refused to divulge what the ingredients were, or how the talismans were made. It is singular indeed that in an enlightened age like this such humbug schools and ignorant pretenders could find recognition by the laws of any state.

To those who are familiar with Osteopathic treatment or who have spent twenty months in the study of anatomy, physiology, pathology, materia medica, and the other subjects connected with the practice of medicine that are agreed upon by the schools of practice, **No reasonable objection can be raised to such a requirement as this.**

"Faith curists and Osteopaths are hit by the bill in that within its terms they will be regarded as practitioners of medicine and will have to take an examina- tion. **Should the bill become a law it would lead to a considerable reduction in the number of those who are living by pretending that they are a royal and easy road to the cure of disease by means of some short cut which does not require the practitioner to know anything except how to inspire confidence."

This brought a spirited reply from that well known and ready writer on Osteopathic subjects, Dr. M. F. Hulett, of Columbus. Among other things he said:

"The association of the terms "faith curist" and "Osteopathist" is ill-advised and unfortunate. There is no possible reason for placing them in the same class. They are as foreign to each other as are "medicine" and the "faith curist.

Osteopathy is a system of therapeutics based upon the development of scientific facts. The Osteopathist is an anatomist; he is a physiologist. He will meet his medical rival in competitive examination on subjects of this nature at any time.

The pending medical bill requires that the board of examiners shall be composed of "medical men" of the three schools—no Osteopathist need apply. It then requires that before one can apply for examination he must have a "medical diploma from a medical college in good standing as defined by that board." The Osteopathist cannot meet this condition because his school of therapeutics is not recognized by that medical board.

The bill further provides that before anyone is allowed to practice, he must pass examinations in, besides anatomy, physiology, chemistry, obstetrics, etc., "materia medica and the theory and practice of medicine," etc. Anyone who knows anything about our system knows that we do not need "materia medica" in any sense of the word. Then why require us to qualify in subjects for which we have no use in our practice. If we can secure curative results equally well or better without the use of drugs—and we are prepared to produce the evidence in abundance—why compel us to two in mastering this science of medicine which in its most favorable light is little less than a system of experiments upon the vital- ity of the patient?

The Osteopathic schools require a course of twenty months' time. All of this time is devoted to the study of subjects which will acquaint him with the human structure in health and disease. The anatomy course is thoroughly taught upon the living body as well as on the dead. In their great bulk the medical course is the study of materia medica. We use the time required for this to an advantage in better familiarizing ourselves with the human system.

The Osteopathist is not trying to get in on any "royal and easy road." He is willing to comply with rigid qualification rules; in fact, he is anxious that the standard be raised to the highest. It is he who, in this his attempt to take the right to pose as both judge and jury at once in his case, is he is very willing to be judged by his peers, however, he feels that the wording of the medical bill is to restrict practice to the three schools. These three schools have united in framing it with the express purpose of excluding Osteopaths. The alliance is formed not because each of the three schools thinks the others are right in their principles. For it is a well understood principle upon which they base their respective systems are none the less hostile to each other than is either system to Osteopathy.

They have become recognized because each has grown until it has a strong following, and this following demands consideration. Osteopathy is now making that same growth. As a system it is recognized by special legislative enactments, giving it legal standing in eight states. No state excludes the practice. If the Dr. Love medical bill becomes a law, Ohio will be the only state which excludes our system.

Another part of your editorial reads:

"There is, however, nothing to prevent the upholders of the wildest and most absurd theories from practicing medicine, and every school which can be followed by providing its adherents have the required knowledge."

Whether or not our system is "wild and absurd" we will leave to the judgment of those who have spent twenty months in the study of anatomy, physiology, pathology, materia medica, and the other subjects connected with the practice of medicine that are agreed upon by the schools of practice.

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The Popular Osteopath.

During my residence in Kirksville I have frequently visited the St. John Infirmary and American School of Osteopathy which M. D. characterises as "old St. John's" and sometimes the discipline of the college is said to be equally absurd. It is simply a rational method of healing without the use of drugs. That it is successful no one who has spent a year and a half, or even a day and a half, and question if he made an investigation. During the last session a very considerable number of patients have been treated here. Hundreds of them have been entirely cured and many hundreds more substantially benefited. I can give personal testimony to its curative powers, inasmuch as I have had treatments for various ailments—namely for nervousness and always with good results. It is ridiculous to speak of it as "quackery," and the man who does so is either ignorant of what Osteopathy is and does, or so prejudiced against it that he will not believe what is really true concerning it, or he has fears that his own practice will be undermined by any attacks. Why the medical profession, which ought to be ready to accept anything that gives promise of being of service to humanity, has fought Osteopathy so bitterly I am unable to see. Yet just such scurrilous attacks as the one that appeared in your column, is it not in many places by men who ought to—and in many cases do—know better. Yet when their statements are shown to be false it only brings Osteopathy into greater prominence. It is sure to thrive on such things, because the truth is mighty and will prevail.

The science is not, as many suppose, confined to this little city. There are schools and infirmaries in almost all the large cities east and west, and the number of such is growing fast. Remember that this school spread its doors only eight years ago and you will marvel at the wonder of the work made. Doubt if medicine—using the term in its narrow sense—made as much in eight hundred. The conditions are different, I know, but a school of medicine that can claim the equal record here than I would like to know it. The graduates of these schools are those who said it), but men and women possessed of such knowledge as to the curing of diseases as anyone with good common sense can secure by hard study.

There are no secrets about the science.

It is not to be classed with faith cure and Edidym and such things. Diplomas are earned only after two years work of ten months each, and hard work it is for the conscientious student. The textbooks are either those in common use in all the large medical schools, except, of course, that there is no book on materia medica, as I have previously indicated, or else they have been written by the professors themselves with special reference to the bearing of the various subjects on Osteopathy. For the benefit of those who are not willing to take my word for this or other statements, or who may wish to investigate further, I have requested the authorities of the school to forward some literature, catalogues, journals, etc., to the Democrat office, and they will, doubtless, do so. Further information can be secured by writing here.

I have not time to say more, but probably I have said enough to convince my friends who have been reached by the article mentioned that they have been entirely misinformed as to the state of affairs.

In conclusion let me remark that I came here with as much prejudice against Osteopathy as I imagine most of you have, and with the determination to have nothing to do with it, ignorant as I immediately, but I have learned better, and am glad to make this public confession of the facts. All Osteopathy says is, anyone is an honest and thorough investigation, and that is altogether sufficient.

At a recent meeting of the Indiana Association of Osteopaths held at Indianapolis, the following officers were elected:

President—W. A. McCounsell, D. O.

Vice-President—P. W. Longley, D. O.

Secretary and Treasurer—D. E. Nicoll, D. O.

A board of trustees consisting of five members was chosen, of which G. W. Tull, D. O., was elected chairman.

It is greatly to be hoped that every Osteopath will at once reply to the request of Dr. Goetz made in this issue. The information thus obtained will materially assist the committees in their preparation for the next meeting.
The Popular Osteopath.

To the Public.

We call attention to the fact that the secretary, appearing elsewhere in the present number, is the same as that of the former secretary, Mr. E. H. W. Fox, who was recently elected to the position. We believe that this change is for the benefit of the profession, and that it will be appreciated by all who are interested in the progress of the science.

We have always maintained that the profession of osteopathy is a noble and sacred one, and that all those who practice it should be held in the highest esteem.

The profession has made great strides in recent years, and we are confident that it will continue to progress in the future.

We conclude by expressing our best wishes for the success of the profession.

The Popular Osteopath.
The Unlovely Love Bill.

Under the above caption the Cleveland World of Feb. 26 thus pays its respects to the prescriptive medical bill now before the Ohio legislature:
The Love medical bill is a new name for an old measure. There is a new bill now before the House of representatives which is to be called, and has been enacted as continuously ever since scientific progress first began to occasion unescens in old fossils that its presentation in Ohio at the present might arouse no public interest or concern but for the fact that a powerful lobby has appeared at Columbus in its behalf. The personnel of the lobby discusses distinctly the class that should be turned into law of this relic of the dark ages. It is composed wholly of physicians of certain schools who see their field invaded and their profits lessened by doctors of newer schools. The undertaker has ceased to be the only man to whom they must relinquish their patients. Hence the tears. Hence the Love bill. Hence the lobby.

Not very many years ago the fight was against homœopathy. Now it is against osteopathy. It is constantly waged against a profession that is on the pinnacle of the medical profession, and is being urged by the strong arm of the law into the sick stomachs, or what external treatment shall be performed by the same rude process to their disordered anatomy.

That there is much quackery abroad is true. The large proportion of it springs under the name of osteopathy is also true. This may be supposed by means of a state board that shall pass upon the qualifications of applicants to practice, precisely as is now done in allopathy and homœopathy.

But the medical lobby is content with another sort of the statutory assertion that all are quacks except themselves.
The Love bill is a good bill to kill.

From the hour of the invention of printing, books, not kings, were to rule the world. Weapons forged in the mind, keen-edged and brighter than a sunbeam, were to supplant the sword and battle-axe.

—Whipple.

Special Offer.

To all who send us $1.50 before April 10th we will send the Popular Osteopath for one year, and at the end of the year 1900, postpaid, a copy of Vol. II. bound in cloth. This offer will apply to two copies as well as to original subscriptions.

John Swanson, D. O., and wife called at our office on February 9. The doctor is a recent graduate of the Northern Institute of Osteopathy, Minneapolis, Minn., and was on his way to Atlanta where he has located.

Late advice from Ohio and Kentucky, where legislation affecting Osteopathy is pending, are to the effect that Osteopaths in those states are quite hopeful, and do not think it possible that there can be any abridgment of their rights.

Copies of this number can be had on the following terms:

Subscription per year $1.00
Single copy 10 cents
Six months 60 cents
1 year 70 cents
2 years 1 dollar
5 years 2 dollars
10 years 5 dollars

For $2.00 additional we print on the covers of all copies you order at one time, your professional card.

We do the mailing if desired. Send us the names and residence addresses.

Send cash with order. Our plan is co-operative, and must be kept on the cash basis. Address.

THE POPULAR OSTEOPATH
Chattanooga, Tenn.

Why You Should Attend the Next Meeting.

The considerations which should operate to induce a full attendance on the part of Osteopaths upon the next meeting are many. Primarily, of course, are those of loyalty to the interests of our science and the benefit to be derived in a professional way by each individual in attendance.

These reasons and the important questions to come before the next convention, however, have been admirably set forth by our President and we will not repeat what has been so well said.

But placing the matter upon the ground purely of recreation and pleasure, no Osteopath can afford to be absent from this meeting. It is doubtful if any one more thoroughly earns a vacation than the hard worked Osteopath, and this meeting is to be held at a time when most people are taking their mid-summer vacation and when he can best get away from his business. It is to be held at a place famous in American history and renowned for the grandeur of its scenery, and we have no more delightful way in which to spend a vacation, and none that would afford greater relaxation from the cares of an exacting profession than a reunion with school and professional friends under such circumstances and amid such pleasant surroundings.

Of the view from Lookout mountain, George Baneroff, the eminent historian said: "In all my travels I have never seen any scene to exceed this in sublime grandeur."

Rev. T. DeWitt Talmage, the famous American preacher and traveler, has this to say:

"The carriage wound its way up, up. Standing there on the tip-top rock, I saw five states of the Union. Scenes stupendous and overwhelming. One is almost disposed to take off his hat in the presence of what seems to be the grandest prospect of this continent. There is Missionary Ridge, the belt against which the red billows of Federal and Confederate courage surged and broke. There are the blue mountains of North and South Carolina. With strain of vision, there is Kentucky, there is Virginia. At our feet, Chattanooga and Chicsamauga, the proclamation of which proper names will thrill ages to come with thoughts of valor and desperation and agony. Looking each and any way from the top of that mountain, earthworks and earthworks—the beautiful Tennessee winding through the valley, curling and curling around making letter "S" after letter "S," as if that letter stood for shame, that brothers should have gone into massacre against each other with God and nations looked on. I have stood on Mount Washington and on the Sierra Nevadas, and on the Alps, but I never saw so far as from the top of Lookout Mountain."

We welcome to the ranks of Osteopathic journalism the Journal of the Science of Osteopathy, the initial number of which appeared Feb. 15. The new magazine is to be devoted especially to the scientific aspects of Osteopathy and should meet a real and important professional need. Dr. J. Martin Littlejohn, professor of physiology in the American School of Osteopathy, at Kirksville, Mo., is the editor of the new magazine. We heartily commend this journal to the consideration of all practitioners.

A moral, sensible, and well-bred man. Will not afford me, and no other can.

—Cowper.
A Card From Secretary Harwood.

I wish to call the attention of all members of the A. A. A. O. to the following amendment to the constitution passed at the last annual meeting:

"This constitution may be amended at any regular meeting by a majority vote, provided a copy of said proposed amendment be deposited with the secretary at least three months before the regular annual meeting at which the said amendment is to be voted on. Upon receiving a copy of said amendment it shall be the duty of the secretary to have the same printed in circular form and mail a copy of said circular to each member of the association."

There yet remain certain clauses in our constitution which might be changed with benefit to the Association. Please study it carefully and frame any amendment which you think worthy of consideration. You will notice that it is imperative that the secretary have these amendments three months before the annual meeting. This makes it necessary for you to send them to me before the first of April. I would like to have them as much sooner than that as possible, as it takes some little time to have them printed and send them out.

Please do not ignore this announcement. If you have no copy of the constitution, I shall be glad to send you one upon application.

IRENE HARWOOD, Sec'y.

The best way to keep good acts in memory is to refresh them with new.—Attributed to Cato by Bacon.

About the Directory.

The directory of members of the American Association for the Advancement of Osteopathy is published by authority of the aforesaid association for the benefit of its members.

At an infinitesimal cost per capita the Association is thus able to keep before the public not only the fact of the existence of such an organization, but also a roster of the membership, while at the same time it answers for the members practically all the purposes of a professional card.

It is coming to be a matter of great convenience and practical use among the membership in enabling them to answer queries from patrons as to where Osteopaths may be found. Therefore it is a matter of importance to each member that his name and address be correctly given therein and the publishers be notified of any changes. We are glad to make the changes when we receive authentic information as to the location of a member, but it is impossible for the officers of the Association, or for us to know where members are located unless they or their friends notify us. We therefore urge anyone who knows of errors in the directory to report the same with corrections to us.

Dr. W. D. Willard made us a pleasant call early in February. He was on his way to locate in Wilmington, N. C., for the practice of Osteopathy where we since learn he has a good practice and very flattering prospects for the future.

OFFICIAL DIRECTORY OF MEMBERS OF THE AMERICAN ASSOCIATION FOR THE ADVANCEMENT OF OSTEOPATHY.

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

A. American School, Kirkville, Mo.
B. Burris Institute, Denver, Colo.
C. Boston Institute, Boston, Mass.
M. Milwaukee College, Milwaukee, Wis.
N. Northern Institute, Minneapolis, Minn.
P. Pacific School, Los Angeles.
S. Stoll College, Denver, Colo.
A. Arizona.
A. Kellner, S. M., Burke Hotel, Prescott.
A. Cupp, H. C., 421 Fifth Ave., Pueblo.
A. Lorenz, Charles E., Fort Smith.
A. Morris, B. F., Ninth and Scott Sts., Little Rock.
A. Burton, G., 1035 Vermont Ave., Los Angeles.
A. Dickson, J. Homer, Oakland.
A. Dickson, E., 3444 Fourth Ave., San Francisco.
A. Dodson, J. W., 1505 McLean, W. B., 206 Kearney St., San Francisco.
A. Hayden, M. J., 1305 S. Hope St., Los Angeles.
A. Hayden, May, 1305 S. Hope St., Los Angeles.
A. Joyce, Helen L., San Francisco.
A. McLean, W. R., 206 Kearney St., San Francisco.
A. Pearce, J. J., Cor. Van Ness Ave. and Eddy St., San Francisco.
A. Sisson, E., Abrahamson Building, Oakland.
A. Sull Thoe, C., La Pampa.
A. Tasker, Dan T., Tenth and Flower Sts., Los Angeles.
A. Tasker, Mrs. Ann E., 634 S. Hill St., Los Angeles.
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A. Belles, Nettie, 520 Colfax Ave., Denver.
A. Belles, Miss Mary, Denver.
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A. DeTiege, Harry, McCarthy Block, Pueblo.
A. Harlan, Mrs. Elizabeth, Masonic Temple, Boulder.
A. Hubbard, Geo. W., Boston Block, Leadville.
A. Johnson, J. W., Grand Junction.
A. Lyda, J. L., 21 N. Weber St., Colorado Springs.
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A. Noble, Miss Mary, 507 Nevada Ave., Colorado Springs.
A. Powell, Mrs. R. E., Montevista.
A. Powell, R. E., Montevista.
A. Waters, A. E., Florence and Canon City.
A. Woods, Albert, 401 Teton St., Colorado Springs.
A. Anderson, J. E., 417-418 Dyer Building, Augusta.
A. Hardin, M. C., 7045 Lowndes Building, Atlanta.
A. Mayhugh, C. W., Savannah.
A. Swanson, John, 507-509 The Grand Building, Atlanta.
A. Teall, C. C., Jacksonville.
A. Allbright, J. R., Market and Plum Streets, Harrisburg.
A. Banning, J. W., 167 Dearborn St., Chicago.
A. Barnes, S. D., 919 McClurg Building, Chicago.
A. Bisby, Edgar, Monmouth.
A. Boree, R. F., 42 Auditorium Building, Chicago.
A. Chapman, Frank, Galasburg.
A. Crenshaw, J. H., Pleasant Plains.
A. Darling, China, Wellington Hotel, Chicago.
A. Dennis, O., 167 Dearborn St., Chicago.
A. Edmonds, Bessie, 637 Kimball Ave., Chicago.
A. Ellis, H. F., Bloomington.
A. Ellis, E. F., Bloomington.
A. Fisher, Albert S., 718 Hotel, Englewood.
A. Gooch, H. F., 30-2 Dodd Building, Quincy.
A. Greene, W. D., 320-330 Mercantile Block, Aurora.
A. Hamilton, Miss Lulu, Waukegan.
A. Hartford, Wm., Champaign.
A. Hekman, L. D., Princeton.
A. Jennings Mrs. Louise F., 398 N. Locust St., Centralia.
A. Kelley, Mary E., 304 Masonic Temple, Chicago.
A. Kretschner, Howard, Trude Building, Chicago.
A. Landeau, Agnes, 167 Dearborn St., Chicago.
A. Mingus, C. A., Isabella Building, Chicago.
A. Morris, G. M., Rockford.
A. Notestine, Foy, Jacksonville.
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A. Peterson, Ida E., Greenview.
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A. Shaw, Dudley, Decatur.
A. Stephens, M. L., Carlinville.
A. Sullivan, J. H., 304 Masonic Temple, Chicago.
A. Taylor, L. H., 228 Woolner Building, Peoria.
A. Wendell, Canada, 228 Woolner Building, Peoria.
A. Williams, R. K., Wellington Hotel, Chicago.
A. Williams, Mrs. D. S., Wellington Hotel, Chicago.
A. Wirt, J. D., Bloomington.
A. Winfield, William M., La Harpe.
A. Woll, W. O., Mason.

Idaho.
A. Brightenour, S. R., Sonna Block, Boise City.

Indiana.
A. Gentry, Beatia F., Bloomington.
A. Hannah, Mrs. Belle F., 933 Stevenson Building, Indianapolis.
A. Hannah, Frank W., 938 Stevenson Building, Indianapolis.
A. May, Bert, Crawfordsville.
A. McConnell, W. A., Marion.
A. McNicol, Miss D. R., Frankfort.
A. Peterson, C. A., 218 N. Eighth St., Richmond.
A. Peters, Mrs. C. A., 218 N. Eighth St., Richmond.
A. Rees, J. T., Crown Point.
A. Rees, Chas., LaFayette.
A. Sommer, Chas., Muncie.
A. Tull, G. W., When Building, Indianapolis.
A. Wells, E. Marion.
A. Woolery, Homer, Bloomington.

Iowa.
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A. Archer, G. S., Atlantic.
A. Bailey, M. W., Library Building, Council Bluffs.
A. Bangham, J. S., Burlington.
A. Beaven, E. H., Chapel.
A. Bernard, Roy, Centerville.
A. Bestwell, R. G., Waterloo.
A. Bowden, W. R., Des Moines.
A. Cole, M. D., 221 Bank and Insurance Building, Dubuque.
A. Corbin, W. S., Macon.
A. Davis, Ois E., Des Moines.
A. Enery, H. W., Marshalltown.
A. Farmer, John F., Missouri Valley.
A. Farwell, Nettie, Marshalltown.
A. Fletcher, William, Masonic Temple, Cedar Rapids.
A. Fennemore, Miss Mayne, Independence.
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A. Gehreke, Carl, Bloomfield.
A. Haley, C. L., Belfour.
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A. Johnson, J. K., City Bank Building, Jefferson.
A. Kennedy, H. L., Albin.
A. Krier, Clarence E., 302 Bank and Insurance Building, Dubuque.
A. Kjelner, S. H., Monticello.
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A. Montgomery, Mary Milford, Chariton.
A. Morris, E. S., Sonna Building, Ottumwa.
A. Milford, E. S., Charter.
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A. Miller, Leonidas, Kewanua.
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A. Owen, Mrs. J. E., Indianapolis.
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A. Racine, T. J., Algoa.
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A. Riggs, Wilford L., Des Moines.
A. Sharpe, Thomas L., Davenport.
A. Still, R. C., S. O.
A. Still, Mrs. S. S., Des Moines.
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A. Westfall, E. E., Mt. Pleasant.
A. Wilson, T. N., Clarinda.

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A. Farnsworth, L., Madisonville.
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A. Neely, Marie F., Franklin.
A. Oldham, James E., Hopkinsville.
A. Slavin, J. L., Main and Second St., Danville.

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A. Burke, Mrs. Anna M., Simon Building, Baton Rouge.
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A. Johnston, W. H., Monroe.
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A. Dunbar, H. C., Muskegon.

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A. McWhorter, E. J., Benton Harbor.
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A. Mills, W. S., Ann Arbor.
A. Wyckoff, Louis E., Grape Block, Bay City.

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A. Bass, J. C., Delta.
A. Burgess, F., Albert Lea.
A. Butler, M. E., Minneapolis.
A. Christensen, R. A., Albert Lea.
A. Corell, Martha A., Minneapolis.
A. Cooper, S. R., Globe Building, Minneapolis.
A. Crowley, John C., 615 Guaranty and Loan, Minneapolis.
A. Darby, Lucy, Owatonna.
A. Fellow, H. R., Duluth.
A. Fellow, Helen H., Duluth.
A. Ford, Frank H., Minneapolis.
A. Fish, Miss A. E., Northfield.
A. Gellis, L. F., Old Friends' Building, Crookston.
A. Gerrick, Mrs. Clara E., St. Paul.
A. Harper, H. S., Minneapolis.
A. Henry, C. E., Globe Building, Minneapolis.
A. Marlowe, Mrs. M. J., Minneapolis.
A. Moore, Miss C., Minneapolis.
A. Nafelle, E. B., Stewart.
A. Parkhill, F. C., St. Paul.
A. Peterson, H. C., Central Ave. and 5th.
A. Perry, Minnie O., Minneapolis.
A. Prindle, Nell A., Minneapolis.
A. Rice, J. C., Globe Building, Minneapolis.
A. Rogers, Herbert A., Guaranty and Loan.
A. Thomas, Oliva C. J., Minneapolis.
A. Tqener, T. J., Spooner Block, Morris.
A. Willis, A. C., 295 Globe Building, Minneapolis.

Missouri.
A. Agee, P. M., Lexington.
A. Bailey, H. E., Suite 456 Century Building, St. Louis.
A. Beets, W. E., Rathany.
A. Boyes, E. H., Willow Springs.
Texas.
A. Clark, D. L., Jones and Crockett Sta., Sherman.
A. Gochen, C. L., Bryan.
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A. King, H. F., 2113 Church St., Galveston.
A. Polley, Mabel, El Paso.
A. Ray, T. L., Board of Trade Building, Fort Worth.

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A. Beeman, E. E., 64 State St., Montpelier.
A. Brock, W. W., 134 State St., Montpelier.
A. Corbin, C. E., 157 State St., Montpelier.
A. London, Guy E., Burlington.
A. Mayes, Matthew, Rutland.
A. Martin, L. D., Miles Granite Building, Barre.
A. Wheeler, Chas. G., 32 N. Main St., Brattleboro.

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A. Hart, L. M., Safe Deposit Building, Seattle.
N. Hodgson, John E., Spokane.
A. Geo. V. Lyda, Olympia.
A. Potter, W. A., Safe Deposit Building, Seattle.

Washington, D. C.
A. Patterson, H. E., Washington Loan and Trust Building.
A. Patterson, Mrs. Alice, Washington Loan and Trust Building.

West Virginia.
A. Ely, W. E., Parkersburg.
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A. Kibler, J. W., Charleston.

Wisconsin.
A. Ashlock, Thos. H., Burlington.
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N. Cherry, Leslie A., Milwaukee.
N. Cherry, Mrs. Essie S., Milwaukee.
N. Crow, Louise P., Janesville.
M. Davis, W. B., Milwaukee.
M. Davis, Abbie S., Matthews Building, Milwaukee.
N. Gage, Ora L., Oshkosh.
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Hawaiian Islands.
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Members whose addresses are unknown:
A. Chapman, Nora.
A. Chase, W. B.
A. Downing, D. M.
A. Duffie, W. M.
A. Jones, H. R. (undergraduate).
A. Yakey, W. G. (undergraduate).

Notice.
To the Osteopathic profession in general.

It is the desire of the different committees selected by the president of the A. A. O. to make the annual meeting at Chattanooga July 5, 6, 7, a success in every way, and it is especially the wish of the committee on railroad rates to secure the lowest possible attendance and to obtain for them the lowest rate of transportation.

To do this, I must be able to approximately state the number that expect to attend. Every Osteopath in the country should make an effort to make this trip, and whether a graduate or student, whether a member or not of the A. A. O. will confer a favor by notifying the undersigned, at the earliest possible time, if their attendance may be expected.

This will be a delightful trip for every Osteopath or student, and the rate can be secured for either. It will require only a postal card to make known your intentions and will not be placing you under obligations. Do not delay. Address Eduard W. Goetz,
303 Neave Building,
Cincinnati, O.

Chairman of the Board of Trustees A. A. O. and committee on railroad rates, convention of 1900.