The Herald of Osteopathy

October, 1900

Devoted to the Advancement of the Science of Osteopathy

Chattanooga, Tennessee
OSTEOPATHY is a method of treating disease by manipulation, the purpose and result of which is to restore the normal condition of nerve control or blood supply to every organ of the body by removing physical obstruction, or by stimulating or inhibiting functional activity, as the condition may require.—"Theory of Osteopathy," Riggs.

Osteopathy is the science of treating disease through a technical manipulation by which the operator intelligently directs the inherent recuperative resources within the body itself to the restoration of health. It rests upon the theory that every diseased condition not due to a specific poison is traceable to some mechanical disorder, which, if corrected, will allow nature to resume perfect work.—Popular Osteopath.

Legal: "A system, method or science of healing." (See statutes of the States of Missouri, Iowa, Michigan, Vermont, North and South Dakota and Tennessee).

Historical: Dr. A. T. Still, of Kirksville, Mo., a "regular" practitioner of medicine, is the founder of this new school of healing. Becoming dissatisfied with the use of drugs in disease, as have so many of the very best of the profession, he commenced a line of research which resulted in establishing in his mind the principles upon which the science rests, about the year 1874.

D. O., Diplomate or Doctor in Osteopathy: The degree conferred upon graduates from a School of Osteopathy, corresponding to the degree of M. D., conferred by a medical school.
Doubts are found by the Osteopathic practitioner to be one of his most formidable hindrances to success, in that they keep away from us hundreds and thousands of cases amenable to our system of therapeutics, cases in which Osteopathy is the only treatment that can possibly do more than temporarily relieve.

The reason, I suppose, is largely due to the fact that the system is comparatively new. Everything new must expect to submit to the doubts of everybody. This has been so through all ages of the past.

The doubts we meet differ in quantity and quality. Many are born within the individual; many are born with the individual, are hereditary and part and parcel of his being. Many are acquired from the former or present medical adviser. A sneer, a sniff, or a smile is often enough to keep men and women from employing means which would relieve or cure their infirmity.

The advice alluded to is, in many cases, conscientious, and due to ignorance of Osteopathic principles; in some others it is not conscientious. These acquired doubts are being overcome, as the reasoning men and women of our land are taking steps to investigate the science of Osteopathy for themselves; but many still have doubts and fears which need explaining away.

What doubts have you, my friends, today about the efficacy of Osteopathic treatment? Analyze your doubts, prove them and see if they stand the test. Doubts, as we have said, may be inherited or acquired. Many times they are hard to overcome, but the best method I know is to consider in a fair, unprejudiced manner the theory and results of the practice, both of which are obtainable.

Theory without results is useless; results without a theory are senseless, but when both work together harmoniously there must be a foundation of truth.

It is often hard to explain clearly and understandingly the “how” of Osteopathic work, to individuals knowing nothing of this house in which they live. We are often
asked questions about the anatomy and physiology of the human body and much valuable time is used in these explanations. I have no doubt this is the experience of all practitioners. And, while we are always glad to answer inquiry of this kind, we feel that a few plain facts stated in plain language may not only aid in an understanding of what follows here, but may obviate the answering of some such questions as these for many a brother Osteopath: Is the spine one bone? Do the ribs grow through the spine? etc.

The human body has a framework consisting of 200 bones. Every bone but one (the hyoid) joins directly some other bone or bones; these points of contact are called articulations and are surrounded by a fibrous capsule, and supported and bound together by ligaments. Cartilage is placed between the ends of the bones in most joints; and a fluid is provided for their lubrication, making movement easy and noiseless. It is by the contraction and relaxation of the muscles (about 450 in number) that all movement takes place.

All tissues of the body, bone, muscle, nerve, ligament, gland and every other part, are fed and the waste carried away by the blood, flowing through arteries and veins.

The spine is considered of such supreme importance to the Osteopath because nearly all nerve force to all parts of the body below the head, the vital organs included, must come from within the spinal canal.

The spine consists of 26 bones, including the sacrum and the coccyx; 7 cervical (neck); 12 dorsal; 5 lumbar. The ribs articulate with the vertebrae. In all but four of the twelve ribs on each side, the head of the rib is so placed as to join two vertebrae and is close to the intervertebral foramina, from which the nerves make their exit from the spinal canal. The other end being comparatively free to move up and down, expands and diminishes the chest in respiration through the neuro-muscular mechanism.

The master controller and director of all is the nervous system, consisting of the cerebro-spinal and sympathetic systems, each dependent upon and connected with the other. The sympathetic system consists of a chain of ganglia or nerve-centers and fibers governing organic life. The cerebro-spinal system consists of (a) the brain within the cranium; and (b) the spinal cord within the spinal canal and extending about two-thirds of its length; (c) nerves, 12 pair of cranial arising within the cranium and 31 pair of spinal leaving the spinal cord and canal through the intervertebral foramina or holes between the vertebrae. Two roots leave the spinal cord and join to form one trunk, which, passing out of the spinal canal, divides into two nerves, one supplying the front part of the body, the other the back.

The nerves are composed of bundles of fibers, one root furnishing the sensory or those conveying impulses to the brain or center (about 500,000 in the 31 pairs); the other root the motor, conveying the impulses or orders to the muscles. In
addition to sensory and motor, which are the two main classes, there are secretory fibers governing secretion of glands; trophic fibers governing the nutrition of a part; vaso-motors (dilator and constrictor) governing the caliber of the arteries and thus controlling their food supply.

Perfect health is maintained through a perfectly normal blood and nerve supply. All deviations from normal in nervous action must be either too much or too little. All deviations from normal in blood supply must be too much, too little or a variation in quality; and as the composition of the blood depends upon the food eaten, digested and assimilated (digestion and assimilation being largely dependent upon nerve supply to the digestive tract and blood making glands), we see that all derangements and diseases are traceable to defective blood and nerve supply.

The muscles, in health, are always in a state of slight contraction or what is called tonicity. This you may prove for yourself by cutting your finger and seeing the wound will gape. This state of tonicity is kept up by a constant flow of nervous energy along the nerves supplying the muscles. This is proven by physiologists in the experiment of suspending a frog by the head and dividing the sciatic nerve of one leg. The leg supplied by the cut nerve is seen to relax to a greater degree than the other.

Contraction of muscles may be produced by irritation of the nerve supplying that muscle. This irritation may be either direct or indirect, in any of the following ways: (1) mechanical, as by pressure upon the nerve; (2) thermal, by heat or cold; (3) electrical, by the electric current; (4) chemical, by drugs. Direct if applied to the afferent or motor nerve fiber; indirect if any of the above methods be applied to a sensory nerve. For instance, the skin over the muscle from which an impulse will be sent to the center, and the center will send out an impulse to the muscle; also an impulse may originate in the brain, or may come from an internal organ the same as from the skin.

Too strong stimulation (irritation) produces inhibition (temporary paralysis), and then we have the same condition as we would to cut the nerve. Now we see that mechanically irritation or inhibition may be produced by the pressure upon a nerve, the degree of pressure and kind of fibers impinged upon determining the condition produced.

The nerves and vessels are surrounded by muscles, ligaments, bone, etc. By bone where they pass through the intervertebral foramina. A slight displacement at this point of a vertebrae or rib may cause irritation or paralysis directly to the nerve and muscles by pressure and reflexly to other parts. Whether the effect be irritation or inhibition (paralysis) there is a corresponding change of condition one way or the other in the nerve impulses sent out to the internal vital organs. If an organ has not its normal blood and nerve supply—if either be too much or too little—it cannot do the work it must
do to insure health; therefore, disease is the result.

That there are sore spots along the spine in almost every case of disease or disorder, is a familiar fact to operators and patients. With the body in a perfectly healthy condition there are no sore spots, aches or pains. These are nature’s indication of disorder in some of the functioning organs of the body. A contracted muscle is usually a tender, sensitive muscle, the skin over it being affected in the same way. We are asked how it is that these bones get out of place, muscles contracted, etc., and why they cannot remain so, and get used to the new condition so as not to cause soreness and trouble.

First, mechanical injury, strain, etc., are responsible for many of these conditions; also those who have observed at all, are familiar with the contractions of muscles during an acute attack of cold, measles, whooping cough, diphtheria, etc. Now the reason of the continued condition after the attack has subsided, may be this, that it is possible for a muscle, contracting as an effect of the poison produced in an acute disease, to draw a bone from its normal habitat, it becoming engaged, so to speak, in that position where it will remain till disengaged, thereby causing an increased irritation, which may affect, through the nerves, both the muscles in that region and other regions, according to distribution and reflexes, and also one or more of the internal vital organs supplied from this point.

Why do not these bones replace themselves when the poison is out of the system?

To illustrate: Suspend a weight by a cord from the ceiling, and, there is one place where that weight always tends to be in. Force applied may draw that weight from the position nature commands it to occupy, and may hold it far to one side of perpendicular, for a day, for a week or for years; but the tendency is always toward the normal or perpendicular, and if it be disengaged and free to move it will return to that position. Just so true is it that every organ, bone, muscle, ligament, tendon, artery, vein, nerve, lymphatic and every other part of this body of ours, has one normal position; every functioning organ has a normal capacity and that the constant tendency is toward the normal in position and functioning capacity all through the life of the individual. The Osteopath disengages the bones from their out position, thus allaying the irritation and changing this great waste of nervous energy from the unoffending muscles, and directing it to sources where its absence has caused the symptoms of and possibly disease itself.

Dr. Still has taught the Osteopathic profession, that a perverted law of nature resulting in various diseased conditions, will, if re-established, carry away those diseased conditions and health result, provided the process has not advanced to the stage of tissue destruction. Even at the worst, an attempt to re-establish such law is the most rational thing to do and may prolong life many years.

Miles Granite Block, Barre, Vt.
WHAT OSTEOPATHY IS DOING.

A Few Cases Selected From Clinical Reports From the Field.

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

Mrs. — came to us for treatment after having experimented with drug remedies for two years under a doctor's care, with little or no benefit. The eyes were very weak and in such a condition that she could see to read or sew but a few minutes without causing terrific headaches, which came often, too, without apparent cause. The lumbar region of the spine caused a great deal of pain and suffering. She had also been greatly annoyed and distressed by an irritated condition of the vagina and what had been diagnosed as ovaritis, one side being affected. Sleep was impossible, except in one position.

There were several lesions along the spine, the most important of which were a slight displacement of the atlas, causing the eye difficulty, and a tilted ilium, which caused the pelvic trouble, both of which were almost completely relieved when the anatomical parts were adjusted, and the lady is now enjoying comparatively perfect health.

Case No. 2.

HIP JOINT DISEASE.

Boy 4 years old fell over some stones, he reported, and came home crying. That night had severe pains in leg and inner side of knee. Two doctors pronounced it probable hip-joint disease. One suggested, I am told, that the Osteopath be consulted and both thought the hospital would probably be the place the little fellow would have to go. Had not walked for five weeks when I first saw him. Walked across the floor after treatment two or three times. Three treatments put him right. Trouble was at the sacro-iliac articulation. It was a pleasure to witness the joy the little fellow experienced when he found he could walk.

Case No. 3.

COUGH AND DEBILITY.

Lady of middle age came to me suffering from a debilitated condition of the whole system and subject to a harrassing cough which had followed her since an attack of la grippe several months previous. Had a sore spot in right lung, with some physical signs of disease located there. Nasal catarrh was a constant annoyance.

We found lesions as follows: Vertebral at fourth, eighth and twelfth dorsal, with a depressed second rib on right side.

After the third treatment soreness of lung disappeared and cough with it almost entirely. Catarrh greatly relieved. The lady says she feels like a new woman and has gained greatly in strength and flesh. Less than one month treatment. Her husband, who is now one of my patients, said he thought she would certainly die and sent her to us as a last resort.
ENURESIS—BED WETTING.

Boy 12 years of age brought to me by his mother, who gave me the following history of the case: General health had always been poor, and for the past eight years he had invariably wet the bed every night, and during daytime urine passed involuntarily. She stated that during the past six years they had spent a great deal of money with different physicians in hopes of getting some relief, but so far as she could observe there had been no improvement whatever, and the physician who treated him last finally told her that medicine would not reach the case at all. So she said, before giving up all hopes of any relief she wanted to consult an Osteopath.

I made careful physical examination and found lesions in cervical region, a very pronounced posterior condition in lower dorsal region, also lesions from second to fifth lumbar inclusive. I took the case and found the conditions yielded very promptly to the treatment, and at the end of the first month there was a marked improvement and before the close of the second month the general health had greatly improved. Patient had gained five pounds in weight, the involuntary urinary discharge was very slight. During the third month all symptoms of nocturnal incontinence of urine had disappeared and at the close of the month I dismissed the so-called incurable case entirely cured.

CASE No. 2.

ASTHMA AND HAY FEVER.

Mr. John Doyle, aged about 38, occupation retail grocer, suffered with asthma and hay fever for 20 years; periodical attacks were frequent and so severe as to prevent him from leaving his room for several days at a time, and many nights was compelled to sit up all night with windows and doors all open even in the coldest weather. Paroxysms were so severe that it was with the greatest effort that he could improvise means to prevent the contractions from completely closing the air passages and shutting off respiration entirely.

He came to me while suffering from one of those horrible attacks, wheezing and struggling desperately for breath. The spasmodic contractions of the muscles of the bronchial tubes produced such an extreme difficulty of breathing that the vessels of the neck stood out as though they would burst. I placed the patient on the table as quickly as possible, and seeing at a glance that the clavicle was depressed, I proceeded to raise it, and as soon as I did so patient began to breathe more naturally. I found the muscles along the upper dorsal region very rigid, and after thoroughly relaxing them I raised ribs strongly from one to five, inclusive, on left side and before I finished the treatment patient was entirely relieved. I gave him six other treatments; and the cause having been removed, the patient got well.
Case No. 3.
APPENDICITIS ( ?)
A young man about 21 years of age had been treated by several different noted M. D.’s and surgeons for what they diagnosed as appendicitis, and as the conditions grew worse they informed him the only show to save his life was a surgical operation; he would not submit and came to me for consultation and examination. I found lesions in the lower dorsal and upper lumbar regions of the spine and the tenth and eleventh ribs overlapping the twelfth; caused by a fall from a wagon. I gave him my first treatment March 27 and May 15 dismissed him entirely cured. He went home at once and since then I have received two letters stating he had not felt the slightest indication of a return of his old trouble. I also, to my great surprise and satisfaction, had a letter only a few days since from one of the physicians who treated him just before he came to me, in which he complimented me for making such a marvelous cure, and stated he was satisfied now that there is something in our method of treating diseases entitled to consideration.

Case No. 4.
CRUTCH PARALYSIS.
Mr. R. W. Gibson, of Wilmington, aged about 65, had lost the use of his left hand; could not flex the fingers, especially the last three, and in the other motion was very limited. Wrist dropped completely and all function of the motor nerves to the hand were entirely paralyzed. The muscles of the arm were considerably atrophied. From a careful examination I found the second rib misplaced at its vertebral end and head of humerus slightly misplaced anteriorly, and from the patient I learned the fact that he had been using a crutch on the left side to support a lame knee on left leg. And so I diagnosed the case as one of crutch paralysis, and directed my treatment along these lines, as I discovered the lesions in the ribs and shoulder were impinging upon the nerves of the brachial plexus and interfering with their function to the arm and hand.

After the third treatment the conditions began to improve. I gave six specific treatments, one every other day, and five treatments at intervals of two per week, making eleven treatments, after which all the symptoms disappeared and all the physiological functions of the arm, hand and fingers were restored. The patient has been at work ever since, doing manual labor, and suffers no further inconvenience from the injury.

Reported by EVANS, OWENS & OWENS, 300-304 Miller Building, Chattanooga, Tenn.

Case No. 1.
CHRONIC DIARRHOEA.
For five years Mr. S. had suffered with chronic diarrhoea. At no time during these years was he entirely free from it, and in consequence of it he lost a great deal of time from work. During the more severe attacks "quarts of medicine,” as he says, were taken in an un-
availing effort to check the bowels. He began treatment with us on Dec. 3, 1899, and continued for five days. Since that time he has had no return of the trouble sufficient to keep him from work or require treatment of any kind.

Case No. 2.
LAMENESS OF ARM AND SHOULDER.

Mrs. B. fell from a hammock, striking on her side and shoulder. She came to us suffering with pain in shoulder and arm and the latter member she was barely able to use. The examination revealed that the third rib on the injured side was slightly twisted; this was corrected and the lady told to return for further treatment if the above symptoms returned. About six weeks later she called and informed us that there had been no return whatever of the trouble.

Case No. 3.
BILIOUS COLIC.

Mr. B. had suffered for years with periodical attacks of bilious colic. These came on not farther than a month apart and were growing in severity; the suffering endured during the paroxysms was intense. The last attack he had before consulting us kept him in bed for three weeks. The spine was found to be anterior in the mid-dorsal and posterior in the lumbar regions. He began treatment on Dec. 13, 1899, and continued two months; at the end of this time, while the lesions had not been entirely corrected, he felt better than he had felt in years, the attacks had ceased, and he discontinued treatment.

In the eight months that have elapsed since then he has been remarkably well. Only once since beginning treatment was there any symptoms of a return of the trouble and this a single treatment promptly relieved.

Case No. 4.
A CASE OF LUNG TROUBLE.

During the fall of '98 Mr. C., a well known railroad man of Chattanooga, worked unusually hard and that winter suffered an attack of grip, which left him in a weakened condition, and from that time until he came to us he gradually grew worse until life was despaired of. In the early part of the winter of '99 and 1900 he went to Florida and spent a couple of weeks in hopes that he would be benefited, but came back no better.

January 3 he came to us and we found on examination that constant work at the desk had allowed his thorax to droop, the ribs being very much lower at the points than normal, intercostal muscles very rigid, the two conditions preventing chest expansion. He took one week's treatment, during which time he improved very markedly. He then left again for Florida against our advice. The next we heard from him were called to his home about 1:30 a.m. on January 23, and found him suffering very greatly and unable to sleep, having just gotten home from his trip, which had completely used him up. We were able to completely relieve him and he slept until 11 o'clock the next morning.
We treated him from January 23 to August 15, when he removed to Texas, where he has continued to improve. During this time he had two severe attacks of pleurisy, which yielded readily to treatment, and during one of which he gained two pounds, strange as it may seem.

When he came to us he weighed 98 pounds, his appetite was poor, his rest was much broken by spells of coughing and he also suffered from indigestion.

Under the treatment he gained eight pounds in weight, and 1 3-4 inches in chest expansion. His appetite and digestion were greatly improved and his sleep was rarely disturbed by coughing. He often declared that Osteopathy saved his life.

About two weeks before he first came to us he was examined by a prominent physician from a neighboring city. He pronounced his case one of lung trouble, and said the right lung was badly affected. A few weeks before the patient left for Texas he was again examined by this same physician, who found the affected lung greatly improved, noted the increased chest expansion, and advised continuation of the treatment.

OSTEOPATHIC THERAPEUTICS IN RELATION TO SEA SICKNESS.

W. D. WILLARD, M. E., D. O.

Doubtless there are many topics other than sea sickness that would more deeply interest some of the numerous intelligent readers of this journal, but the writer feels justified in taking the position that for those who have once experienced the awful, indescribable sensation of the “real thing itself,” the subject will never be entirely wanting in interest, especially when the fact is understood that in Osteopathy there is a remedy for this living-dying-wanting-to-die-can’t-die condition which has hitherto practically been beyond the reach of all medical therapeutics.

It is not my purpose here to discuss the etiological factors, but merely to intimate by the way, that my observation leads to the conclusion that sea sickness is due largely to psychic influences, that is to say, persons starting on a voyage usually have decided in their own minds that they are going to be sick; and when on board they have it in mind and perhaps are continually talking about it and expecting if someone else has been sick they will be the next, and almost invariably they are, although the peculiar rocking and swaying to and fro of the ship may be an exciting cause. My convictions are stronger from the fact that myself and two sons were aboard with the determination not to get sick, and we did not. However, as already stated, I do not wish to discuss Osteopathic therapeutics in relation to the cause, but rather to the cure of sea sickness, and with this latter object in view I went aboard the steamer Wilmington June 11, 1900, in company with a party of
excursionists in charge of Capt. J. W. Harper. It had been previously announced that she would sail at 10 a. m. and return to port at 7 p. m. We went out on schedule time. The day was beautiful and bright and the sea was calm; but we had only gotten a few miles out when the billows began to roll (in the abdominal cavity) and the mighty upheaval commenced. It was indeed alarming to one who had never witnessed such a sight. Some were leaning overboard serving a bountiful repast for the fishes. Others were sitting, presenting the appearance of a marble statue in whiteness, but with streams of perspiration rolling off their faces as though they were emerging from a vapor bath. Others were lying down, as one young man expressed it, afraid to look up or move a muscle, feeling if he did his time would come next.

Among the vast number suffering from the attack my attention was directed especially first to a little girl whose mother expressed concern about her condition, and in reply to my inquiry as to whether my assistance would be acceptable, she related briefly the fact that the child was afflicted with organic heart trouble and she feared the intensity of the sickness and incessant vomiting would greatly aggravate the condition. My offer to give her an Osteopathic treatment was very cheerfully accepted and after giving a thorough, strong inhibiting treatment in regions where I found pathological conditions I returned the patient to her anxious mother entirely relieved. I say entirely, for the reason her mother came to me later in the day and expressed her gratitude and wanted to inform me of the fact that the child was all right and had no other symptom of sea sickness during the day. My next patient was a boy of about 12 years of age, who appeared to be deathly sick, and pale as death itself and great drops of perspiration standing out on his face, and after administering a thorough, specific treatment the symptoms disappeared and the patient recovered and went about over the ship as though nothing had ever marred his happiness. My third case was that of a young man who had a ghastly expression on his face and both hands placed firmly over his abdomen, indicating that there was trouble in that region. I tendered my services, which were promptly accepted, and after giving a good, thorough treatment the result was as in the former cases, entirely satisfactory to myself and the patient. So much appreciated by him that several hours later he came to me and thanked me for what relief I had given him in so short a time, and said he felt better than he did before the attack and had not the slightest symptoms of any further trouble during the day.

I shall not attempt to go into the details of the treatment employed in these cases, but it may be of interest to mention the fact that in no case that I examined and treated was there any perceptible bony lesion, but in every instance I found an involvement of the vagus and phrenic nerves, also the solar plexus, and more or less spasmodic contraction of the abdominal mus-
cles. So, with these few points indicated, it will at once be apparent to every trained Osteopathist—who is skilled in the mechanical engineering of the fluids and forces of the human body—how to proceed in order to produce a physiological effect, or, in other words, how to assist nature in returning from a pathological to a physiological condition.

Now, for the benefit of any who may be skeptical on this point, I wish to say that my experiments and practical demonstrations were made on three cases differing in sex and age and stages of the attacks, and in all the result was favorable. It is my candid opinion that if tourists going abroad would secure the services of a competent Osteopathic physician they could avoid the awful horrors of a protracted siege of sea sickness.

SOME ERRONEOUS OPINIONS CONCERNING OSTEOPATHY.

That it is a system of rubbing. It is very rare that the competent Osteopath in giving a treatment lets his hand slip upon the patient’s body.

That the patient’s body is exposed. It is true that tight clothing must be substituted for loose garments and constricting bands removed during treatment, but there is nothing to which the most refined person could object.

That it is only applicable in cases of “bone” trouble or displacements. Osteopathy is a complete system of therapeutics and successfully treats all cases (not surgical) known as curable. It vastly lessens the number of surgical operations and has relieved many maladies hitherto denominated incurable.

That you are “not strong enough to stand the treatment.” It may be true of some methods of treatment, but you do not have to get well before you can take Osteopathic treatment. Osteopathy assists nature, no matter how weak you may be, to restore your strength and thus makes you well.

That the treatment is productive of great pain. There are some treatments in some cases where more or less pain is unavoidable. But as a rule, when scientifically administered, not only is the treatment painless, but at its close instead of feeling as though you had been upon the rack, you feel a sense of comfort and exhilaration.

That it is an easy way of making money. It is hard work both mental and physical. If those who may be contemplating the study of Osteopathy want to find an easy way to make money instead of the best way to cure sick folks, let them study some other system, learn to write prescriptions, give absent treatments, or manufacture patent medicine. The Osteopath does not
complain of his compensation; he
is cheerfully paid for honest, hard
work, and he earns his money.

That chronic cases of long stand-
ing may be cured in a few treat-
ments. It may seem strange that
it is thought necessary to make this
denial, but the actions of some peo-
ple would indicate that this belief
is held. Cases are known where
after years of suffering and futile
treating with other systems, the
services of an Osteopath have been
called into requisition, and after
three or four treatments the re-
mark made: "I tried Osteopathy
and it did me no good." This is
manifestly unfair. While the
greater part of an Osteopath's prac-
tice is made up of the left-overs
and incurables of other systems,
yet they do not claim to cure in-
stantaneously nor by magic. The
genuine Osteopath can usually ap-
proximate the time required to ef-
fect a cure and unless the patient
is willing to give the required
amount of time to the case it would
be vastly better both for doctor and
patient not to begin the treatment
at all.

That it is an expensive treat-
ment. This depends on how you
look at it. If you believe in the
old maxim, that "the best is the
cheapest," then Osteopathy is the
cheapest treatment known. If you
simply compare the cost of one
month of Osteopathic treatment
with one month of some other kind
and stop there, possibly you could
get cheaper treatment. But if you
are philosophical enough to take
into account the results achieved,
then Osteopathy is the least expen-
sive. If the thousands of people
who have been permanently cured
of chronic ailments by Osteopathy
would take the trouble to count up
the money they had previously
paid out, during the months or
years of their affliction, to doctors,
and surgeons, and for drugs, pa-
tent medicines, trips to hospitals,
sanitariums, and health resorts at
the seashore or in the mountains,
to say nothing of loss of time from
business, and over against this vast
aggregate place the sum paid for
several months' treatment by an
Osteopath, the balance would be
found to be very materially in fa-
vor of Osteopathy. Osteopathic
treatment can be had on reason-
able terms. It is results that tell.

There is unquestionably a dis-
position on the part of the people
to look elsewhere than to drugs for
relief from ill health, but those
eminent bacteriologists and scien-
tists who keep on discovering new
kinds of microbes and inventing
new kinds of diseases, have evi-
dently misread the signs of the
times. It is not more microbes or
diseases that the people want, but
a more effective way of subduing
those we already have. Hence it
is that Osteopathy, a system of cur-
ing diseases, is coming more and
more into popular favor.

"If that medicine makes you
feel worse, Ellen, why do you keep
on taking it?"

"Why? I'm not going to pay 35
cents for medicine, William, and
then waste it."—Indianapolis Jour-
nal.
Jack Wheeler was an engineer that drove a fast express;  
In nerve he was a daisy, and in judgment nothing less;  
When'er a special was made up to scorch the shrinking track,  
The fellows at headquarters knew the trick was up to Jack.

On dress parade, old "49" would scream,  
"Hoot-toot-too-hoot!"  
And hard upon the warning sound by crossings she would shoot,  
And when at night Jack chanced to have brass buttons in his car,  
His engine hit the toughest grade much like a shooting star.

One afternoon, when thunder-clouds were growing round about,  
He got his orders prompt and plain to pull a special out,  
And, later by a half an hour, his wheeled metallic freak  
Was shaving miles off down the track, a smoking, hissing streak.

Thro' blinding gusts and driving showers the engine tore a way,  
As fast and fearless as it might on summer's fairest day.  
I don't know what the hurry was, but orders passed for law,  
And duty always set on Jack as light as any straw.

Around a curve went "49," with speed that did not slack,  
When, straight ahead, obscure in rain, lay something on the track—  
It was a tree, hurled from a bluff by some resistless gust—  
Jack sized it up, and inly swore stop there he would, he must;  
The shock was not severe at all, the wreck was rather slight,  
And all upon the train save Jack came out in wholesome plight;  
He was not scalded, burned or bruised, but just seemed robbed of power;  
And, in a stupor, didn't live ten minutes to the hour.

The swellest city doctor came, when he was home in bed,  
And when he had examined Jack he sagely shook his head;  
"Internal injuries," said he, "none may mistake the sign;  
He's quit the 'Q.' at last, to try the elevated line!"

Jack kept on growing weaker, and full half the fellows cried,  
To hear he'd reached the union yards upon the Other Side.

I don't know what to say it was—it hardly seemed a trance—  
But here to speak out for himself let Wheeler have a chance.  
"I heard 'em talking all the time and saying I was dead,  
But ne'er a whistle could I sound, no matter what they said;  
All breathless in the bed I lay, in stupor most profound,  
While Doc. was chief dispatcher for a track all underground.

The undertaker came along, conduc. that runs a freight,  
Which makes a non-returning haul inside the churchyard gate.  
I wished the bed was '49,' I wished my hand could move,  
So I might race off down the line, the fact of life to prove.  
I just lay there in agony, between a doubt and dream,  
But still to make a muscle move I couldn't raise the steam.  
I thought my fireman was at fault, and ordered double coal,  
To stretch a track between me and the sexton's narrow hole;  
Still fancy wouldn't play me fair, the whistle wouldn't blow,  
I couldn't get a head of steam to make the drivers go.  
I wondered what conduc. would run the next train o'er the Styx,  
And if he'd take a pass based on my most peculiar fix.  
That Osteopath—when he come in and gave my nose a tweak,  
I thought, he knows a throttle's trick, and he may stop the leak.  
He thumped and twisted here and there, and centralized my wit,  
And I grewed older by a year thro' fear that he would quit.  
But he kept on, and as he turned me slightly off my back,  
Somewhere about my running gears I heard a something crack,  
And then I give a sudden gasp, threw off the stupid dream,  
And bolted upright in the bed, with eighty pounds of steam!

Some of the boys had coaxed him in—it seemed a barren hope—  
But when I'm killed again I want bone doctors given rope;  
I think their science now has made connections with success,  
And hammers to pre-eminence just like a fast express!"

—N. J. S.
TO OUR READERS.

The sole object of this magazine is to interest and instruct people in the science of Osteopathy. It is sent to you absolutely free of charge, and those who read it need have no fears that at some time in the future a bill will be presented for payment. If we fail to interest you the loss falls upon the Osteopath who sends it to you.

The failure of the drug and other so-called systems of healing disease, leads us to believe that the intelligent and thoughtful people of every community are looking for a better way. It is to this class of people that we appeal through the columns of this magazine. All that we ask is that you read carefully what is herein set forth, and if our system of healing commends itself to your reason, that you call upon the Osteopath whose professional card appears upon the fourth page of the cover and investigate the subject more fully.

A Word of Warning.

The public should bear in mind that not everyone who claims to be an Osteopathic physician has any sort of title to the name. We have known masseurs and medical doctors, who pretended to give "just as good" Osteopathic treatment as a regular Osteopath. But the results in neither case were at all happy for the patient. Of course no honest masseur and no reputable physician will presume to treat a case Osteopathically unless he has had the requisite schooling in the theory and practice of Osteopathy. But there are plenty of masseurs, doctors and nondescript individuals who are neither reputable nor honest, and who pose as Osteopaths. Hence, when you have any doubt as to the regularity of any one who sets himself or herself up as an Osteopath, address an inquiry to Secretary Irene Harwood, New York Life Building, Kansas City, Mo. This will bring you authoritative information as to the probable competency of the person in question.—Popular Osteopath.

Osteopathy Triumphant in Kentucky.

Dr. H. E. Nelson, one of the pioneer Osteopaths in Kentucky, settled in Louisville several years ago. No sooner had he demonstrated the efficacy of Osteopathy than his medical competitors undertook to drive him from the state.

After considerable vexatious litigation Dr. Nelson finally brought a suit to enjoin the medical board from interfering with him in his practice. Several months ago the circuit judge before whom the case was first tried rendered a lengthy decision which was decidedly unfavorable to Osteopathy. The case was at once appealed to the highest court of the state, where a short time later a decision favorable to Osteopathy was rendered and a perpetual injunction granted restraining the state board of health from interfering with Osteopaths in their practice.

The Journal of the American Medical Association at the time of its rendition published the opinion of the circuit judge in full and ad-
advertised copies of it in circular form for sale. We are informed also that the M. D.'s in some localities circulated copies of this opinion among the prominent people of their communities.

The opinion of the supreme court of Kentucky, which declares the law of that state, is an interesting sequel to this story, which in the interest of truth the medical journals and practitioners ought to supply to their readers and friends.

But from their silence concerning the facts of the situation, we fear it is not the truth concerning Osteopathy which they want the people to know.

Carlyle, in speaking of the miseries of dyspepsia, says in his usual vivid style:

"Every window of your feeling, even of your intellect, as it were, begrimed and mud-bespattered, so that no pure ray can enter; a whole drug shop in your inwards; the foredone soul drowning slowly in the quagmires of disgust."

What a boon to humanity is Osteopathy, that can cure this fearful condition without making a "drug shop" of the stomach!

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He Didn't Wait.

"I've called," said the patent medicine man, who was after a testimonial, "because I understand our tonic did you good, and—"

"Yes," the victim interrupted, "it did me good and proper. Two more bottles would probably do me completely. What, going? Good day."—Philadelphia Press.

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The A. A. A. O.

The American Association for the Advancement of Osteopathy is the national organization of the legitimate Osteopaths of the United States.

It was formed in 1897; it meets annually; its latest session was held at Chattanooga in July, 1900; and its next meeting will be at Kirksville, Mo., the home of Dr. A. T. Still, the founder of our system of practice.

The object of the A. A. A. O. is well expressed in its name.

Its membership is confined to graduates of the ten schools which at present constitute the Associated Colleges of Osteopathy. It numbers about 500 of the most progressive practitioners of our profession.

It is not too much to say that the recent meeting at Chattanooga was the best in the history of the association; and while much time was consumed in matters of business routine and in discussions inevitable in the evolution of a young society into a compact and well-ordered organization, results were achieved which put the A. A. O. on a more solid footing and gave it a right start on a career of greater usefulness.

The officers of the association are:

President—C. M. T. Hulett, Cleveland, Ohio.
First Vice-President—Alice Patterson, Washington, D. C.
Second Vice-President—S. D. Barnes, Chicago, Ill.
Secretary—Irene Harwood, Kansas City, Mo.
Assistant Secretary—T. M. King, Springfield, Mo.
Treasurer—M. F. Hulett, Columbus, Ohio.

TRUSTEES.

Three Years—H. E. Nelson, Louisville, Ky.; W. L. Riggs, Elkhart, Ind.; H. E. Patterson, Washington, D. C.

Two Years—L. A. Liffring, Toledo, Ohio; A. L. Evans, Chattanooga, Tenn.

Vacancy.


The President and Secretary are ex-officio members of the Board of Trustees.

The Drug Curse.

From the Independent.

* * *

Recourse to drugs for every conceivable purpose is one of the most discouraging features of our civilization. The vast array of nerve foods, tonics and appetizers have some poisonous stimulant as the basis of their effects. The cures they perform are, for the most part, cheats and impositions, and the final evil results invite fresh attacks from frauds and impostors. There is no agent in the degradation of the American press more potent than the advertisement of the quack doctor. The desire to secure this advertisement leads the paper to pander to the tastes of the fools on whose life blood the medical frauds will feed.

All that drugs can do for the most part is to change the stress in the process of life. They can create nothing. They cannot bring health. Health is not a change of stress. It is not a matter of appearances. Health is to the physical body what happiness is to the mind. No drug can take the place of exercise, and no hysteria of the imagination is a substitute for the sanity of health. —David Starr Jordan.

Drugs and Osteopathy do not mix. If you want treatment with drugs consult the best practitioner of medicine in your town. If you want Osteopathic treatment, by all means consult an Osteopath, and the best one you know, but don't try to have both at once.

Doctor of Old School—The child appears to be teething.

Doctor of New School—Impossible! The bacteriological diagnosis discloses no trace whatever of the characteristic teething bacillus. —Detroit Journal.

We are accustomed to see men deride what they do not understand, and to snarl at the good and beautiful, because it lies beyond their sympathy.—Goethe.

If you are sick the best treatment you can get is none too good. Consult a duly graduated and accredited Osteopath. Not a mere book doctor.

Slumber not in the tents of your fathers. The world is advancing. Advance with it.—Mazzini.

Ignorance is less remote from the truth than prejudice.—Diderot.

How'er it be, it seems to me 'Tis only noble to be good. Kind hearts are more than coronets, And simple faith than Norman blood. —Tennyson, "Lady Clara Vere de Vere."
A Word About Our Competitors of the Medical Profession.

The Osteopath is ordinarily a man of peace. He would much rather devote his energies to battling with disease than to fighting his enemies. It is more profitable, and the editors of this magazine do not propose to be diverted from their primary occupation, that of curing sick people. What we have to say here is for the purpose of letting people know, in case Osteopathy is attacked, whence the attack comes, and the motives that inspire it.

The Osteopath, like every one else who amounts to anything in the world, has his enemies. These are found among his competitors, though, of course, not all of his competitors are his enemies. Very naturally his most powerful competitors are in the medical profession, which, like all others, has very many honest and broad-minded men in it. There are those in this profession who, according to the teaching of their schools and the light they possess, attend strictly to their own business and do the best they can for suffering humanity. Many of them, when they see, as they often do, that their remedies are unavailing, are willing that their patients should have the benefit which some other system can confer. All honor, we say, to such men.

Unfortunately, too, they have the opposite kind of men. Those narrow creatures who would prefer to see their patients die rather than be helped by any system which they regard as irregular or unorthodox. Many of them never miss an opportunity to attempt to injure and discredit their more successful competitors. With this latter class most successful Osteopaths have had to contend.

The Osteopath, upon his advent into a community, is at first usually treated with silent contempt, but as his business grows and remarkable cures multiply, the tactics of his unscrupulous competitor changes. He then begins to throw sticks and stones, forgetful that this only serves to call attention to the success of his rival. It has long been an axiom that the tree that bears the best fruit has the most missiles around it.

Wherever small medical doctors are engaged in peddling slanderous stories about an Osteopath the public will not be slow to recognize the fact that that Osteopath has been doing good work and that the business of the small fellow has suffered in consequence. It is the hurt dog that yelps.

His Question.

Grabbenheimer (injured in a railroad wreck)—Oh, toctor, toctor! Vil I recover?

Surgeon—Oh, yes!

Grabbenheimer (greatly relieved)—Apoudt how much, do you t'ink?—Life.

"That telepathic healer was mad, I tell you."

"What was the matter?"

"Some woman telephoned for him to give her balky automobile absent treatment."—Chicago Record.
The Business Man.

The business man's life is full of crosses and temptations. He comes into this world without his consent, goes out against his will, and the trip between the two extremities is exceedingly rocky. The rule of contraries is one of the important features of the trip. When he is little the big girls kiss him, and when he is big the little girls kiss him. If he raises a large family he is a chump, but if he raises a small check he is a thief and a fraud, and is shunned like a Chinaman with the seven-year itch. If he is poor, he is a bad manager; if he's rich, he's dishonest; if he's in politics, it's for pie; if he's out of politics, you can't tell where to place him, and he's no good to his country; if he don't give for charity, he's a stingy cuss and lives only for himself; if he dies young, there was a great future ahead of him; if he lives to an old age, he has missed his calling. He is introduced to this world by a doctor, and to the next world by the same process. The road is rocky, but man likes to travel it.—Exchange.

How Drugs Affect the Nervous System.

From the Independent.

Alcohol gives a feeling of warmth or vigor, or exhilaration, when the real warmth or vigor, or exhilaration does not exist. Tobacco gives a feeling of rest which is not restfulness. The use of opium seems to intensify the imagination, giving its clumsy wings a wondrous power of flight. It destroys the sense of time and space, but it is in time and space alone that man has his being. Cocaine gives a strength which is not strength. Strychnine quickens the motor response which follows sensation. Coffee and tea, like alcohol, enable one to borrow from his future store of force for present purposes, and none of these makes any provision for paying back the loan.

One and all of these various drugs tend to give the impression of a power or a pleasure, or an activity, which we do not possess. One and all, their function is to force the nervous system to lie. One and all, the result of their habitual use is to render the nervous system incapable of ever telling the truth. One and all, their supposed pleasures are followed by a reaction of subjective pains as spurious and as unreal as the pleasures which they follow. Each of them, if used to excess, brings in time insanity, incapacity and death. With each of them, the first use makes the second easier. To yield to temptation once makes it easier to yield again. The weakening effect on the will is greater than the injury to the body. In fact, the harm intemperance does to the rest of the body is wholly secondary. It is the visible reflex of the injury done to the nervous system.—David Starr Jordan.

The Goat Didn't Know.

“Oh, my dear daughter!” (to a little girl of 6) “you should not be frightened and run from the goat. Don't you know you are a Christian Scientist?”

“But, mamma” (excitedly), “the billy-goat doesn’t know it.”
Opiates and Ethics.

Dr. Barton W. Stone, Louisville, read a paper on this subject. He said that the abuse of opium leads to reckless views of life; that they who use it have little remorse for crimes, that it engenders mendacity, dishonesty of speech and of action, weakening of religious responsibility, diminution in respect for age, law, authority and conjugal relations, laziness, self-indulgence, conceit, garrulosity, mischief-making, comparative imbecility and shrewdness in getting opiates for needs. The nervous system, alimentary tract, kidneys and liver lose their functions until the sufferer's life goes out. Cocain has the direst consequences, as those who use it earliest develop the paranoiac type of insanity and the effect persists for months after withdrawal. Opium is for pain and cocain to increase pleasures and stimulate failing energy. Doctors should try to stop the practice and are culpable if they ingraft the habit; if the patient is given opium he should be kept in ignorance of its use, for when once well established the habit is almost incurable. Smoking of opium is the least injurious form.—Journal of Medical Association, June 16, Kentucky State Medical Society.

The Methods of the Schools.

She—The doctor ordered Mrs. Langdon to spend several months in Europe.

He—He's an allopath, is he not?

She—Yes. Why?

He—A homeopath might have been satisfied to order a couple of weeks in the Catskills.—Puck.

Lounger—Jerry, who is that dried-up, consumptive little fellow who requires so much attention and seems to have so much money to spend?

Athletic Attendant (at sanitarium)—Don't talk so loud; he'll hear you. He's a rich manufacturer of health foods.—Chicago Tribune.

A sound mind in a sound body is a short but full description of a happy state in this world.—Locke.
MY GREECE AMIES, THE PHALANGES.

W. A. BOLLES.

An army in my hands,
Another at my feet,
To conquer hostile bands
And never know defeat.

My soldiers all are true,
My orders all obey;
In numbers though but few,
They never run away.

Now, some are very weak,
And some are very strong,
While some are very short,
And some are very long.

The splendid arms they bear,
They shoulder with a will,
And carry them to spare
My charge from every ill.

They work, they play, they fight;
They pull, they push, they talk;
They twist, they pinch, they write;
They jerk, they leap, they walk.

And when my "Greek meets Greek,"
Fear blanches not a cheek—
Phalanxes brave they are.

The war they wage ne'er is
A war of blood and strife,
But war against disease,
To save a human life.

They spy the field at hand
To find a foe concealed,
Then bring him to a stand,
And force the foe to yield.

And when the foe has fled
And left the field to me,
Then joy returns instead
Of pain and misery.

1027 Steele St., Denver, Col.

Yellow Fever Anti-Toxine Serum
a Failure.

From the Medical Record.

Dr. Alvah H. Doty, health officer of the port, being unable to be present, sent his associate, Dr. Charles B. Fitzpatrick, who presented the results of their use of this serum at the quarantine station. He said that the serum prepared from the bacillus icteroides had been used on a dozen or more selected cases, and had apparently exerted no controlling influence on the disease. The same strength of serum had been used as that employed by Sanarelli. Eleven cases had been treated at New Orleans by a physician using the Sanarelli serum, but no curative effect from it had been noted. Prof. Lutz, of Santos, had carefully investigated this subject, and had also been unable to observe any curative effect from this serum. The use of the prophylactic fluid, prepared by Haffkine's method from the bacillus icteroides, had given favorable results in animals, but had not as yet been tried on man.

Patent Medicine Proprietor—
Here's a recommend for our medicine from a life insurance president.

Junior Partner—Good! What does he say?

Proprietor—Says fewer of his policy-holders die from taking our medicine than any other.—Judge.

"My doctor ordered a trip to Europe for me!"

"Did you follow his directions?"

"No. He presented his bill and then took the trip to Europe himself."—Washington Star.

Mrs. Probe—That man who had typhoid sends word that he can't pay your bill for a month yet.

Dr. Probe—Confound him! I almost wish he hadn't been sick!—Life.

Better to hunt in fields for health unbought
Than fee the doctor for a nauseous draught.

—Dryden.
WHAT WE ALL THINK.
Whene'er we groan with ache or pain,
Some common ailment of the race—
Though doctors think the matter plain—
That our's is "a peculiar case."
—Holmes.

Remove the Obstruction.
Osteopaths believe that disease
is the result of an obstruction to
the natural flow of vital fluids and
nervous force to a tissue or organ
of the body, which produces a low­
ered vitality and consequent par­
tial or total loss of function.

This view is strengthened by the
great number of sufferers who, af­
ter years of drug taking, find them­
selves in a state of chronic invalid­
ism. Drugs fail to remove the ob­
struction.

It is not too much to expect that
the practical elimination of chronic
disorders will come about when
people in the generations to come
fully accept the principles of Oste­
opathy and act in accordance with
them. This desirable consumma­
tion will be aided not only by the
early removal of obstructions to the
vital processes, but the almost
equally as potent factor—absti­
nence from poisonous drugs—the
long continued use of which is
clearly harmful to the system.

More or Less True.

From the New York Press.

Seldom has there been better ad­
dvice for the conduct of the human
family than is boiled down in nine
comprehensive antitheses. Drink
less, read more; talk less, think
more; preach less, practice more.
To follow these is to strike for bet­
ter health, further popularity and
greater success.

Whenever the state assumes to
say that its citizens must patronize
the practitioners of the drug sys­
tem of healing, it might with al­
most equal propriety and wisdom
enact into law just what drug and
how much of it shall be adminis­
tered in a given case.

Little Lou—Mah mammy wants
ter know ef yo' got any stylish col­
or-dyes.

Drug Clerk—What does she
want it for?

Little Lou—She done got de
misery in her stummick, an' de doc­
tor say she must diet; an' she says,
if she had ter dye it, she want it
some han'some color.—Judge.

Stubb—You say the filter agent
threw magnified pictures of mi­
crobes on a screen?

Penn—Yes, and it made cold
chills pass over me.

Stubb—What happened then?

Penn—Why, another agent
came around and sold me a box of
quinine pills.—Chicago News.

No Sign.—Dr. Jalap—Let me
see your tongue, please.

Patient—Oh, doctor, no tongue
can tell how badly I feel.—Tit­
Bits.

Nor love, nor honor, wealth nor pow'r
Can give the heart a cheerful hour
When health is lost. Be timely wise;
With health all taste of pleasure flies.
—Gay.
What Osteopathy is Not.

It is not a mysticism; it is mechanism. It is not prayer; it is physics. It is not faith; it is work. It is not magnetic; it is vivific. It is not rubbing; it is the mastery of the matter and motions of the body by trained hands and brains. It is not mental; it is mechanical. It is not pharmaceutical; it is physiological. It is not artificial; it is natural. It is not ideal; it is real. It is not hypnotic; it is dynamic. It is not destructive; it is constructive. It is not truth; it is truth. It is not spiritualism; it is animism. It is not Christian science; it is approved science. It is not hallucination; it is health. —Philadelphia Journal of Osteopathy.

The first cause of nearly every human ill is mechanical derangement of some one or more of the parts of the machinery of life, and these unnatural conditions are removed by the Osteopath without the aid of drugs or knife. The Osteopath looks upon the human mechanism as a perfect creation, faultless in design and construction, and when properly adjusted, harmony and health will prevail. Possessing a perfect knowledge of the structures and functions of the different organs and parts of the body, the Osteopath by his delicately trained sense of touch and knowledge of living anatomy is enabled to trace the origin of all diseases to some unnatural condition of bone, muscle, tendon, artery, vein or nerve, and by the skillful adjustment of the parts and mastery of the nerves re-establish health. —Southern Journal of Osteopathy.

What can Osteopathy give to replace drugs? is the question frequently asked. We believe that the whole tendency of human life is away from drugs. They are poisons and have no legitimate place in the body. The place they have been filling for centuries is called the cemetery, and it is high time we were trying to keep that place vacant. —The Osteopath.

More Like It.

Yabsley—Did I understand you to say your uncle’s attack of rheumatism was cured by Christian science?

Mudge—No, I said his attack of Christian science was cured by rheumatism. —Indianapolis Press.

No man can understand both systems (Osteopathy and Medicine) and believe both are 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. —Journal of Osteopathy.

If you want to know anything about Osteopathy consult an Osteopath. Do not ask a medical doctor. Remember the old but true maxim: “An opinion of a man upon a subject about which he knows nothing, is worth nothing.”

The war cry of medical treatment is “Watch the symptoms, and treat them as they arise.” The slogan of Osteopathy, “Find the cause—then remove it.” —The Osteopathic Envoy.
Scientific Discoveries of Osteopathy.

The bowels can be moved, a diarrhoea can be stopped, a fever can be reduced, vomiting can be stopped, the heart's action can be increased or diminished; in short, the action of the liver, kidneys, lungs and every organ in the body can be increased or diminished by the new science, Osteopathy, without medicine of any kind, and without the depleting after effects of medical stimulus.—Pennsylvania Journal of Osteopathy.

One only has to read the candid opinions of eminent physicians of long practice to realize how tentative and purely experimental is the science of medicine. The death of a patient under irregular treatment, although it may be demonstrated that the greatest care and intelligence were used, is heralded abroad as something scandalous and dreadful, but if any regular physician were to make public the deaths coming to his knowledge from misapprehension of disease, or because of mistaken remedies used, the public might well be alarmed. The wife of a consulting physician of high standing told me that in the majority of cases to which her husband was called all hope was abandoned and the consultation was to shield the doctor who had blundered. — William Loyd Garrison.

The resorption of iron from the gastro-intestinal tract has never yet been demonstrated, according to some of the best medical authorities. From the Osteopathic standpoint, the mechanism of the body upon which the production of iron is dependent must be corrected before any permanent result is possible. With a corrected mechanical or nervous function, there will be found in the body an ample supply of iron. The Osteopath believes in dealing with the "cause."—The Boston Osteopath.

As Usual.

"A Chicago woman," remarked the observant boarder, "has starved herself to death in the attempt to cure rheumatism."

"That," added the cross-eyed boarder, "was one of the operations that were successful, but the patient died."—Pittsburg Chronicle-Telegram.

Doctor—Did you shake well before using?

Patient (who has chills)—You bet I did, doctor, and after using, too. I've been shaking for six weeks.

Hicks (reading)—There are many people that suffer from dyspepsia for years without knowing it.

Kicks (a dyspeptic)—How I envy them.—Town Topics.

Doctor—Never go to bed on an empty stomach.

Pat—Sure an' I won't, docther; I always slape on me back.—Literary Digest.

Osteopathy will never be a fad, but the recourse of the wise.—Opie Read.

To be strong
Is to be happy! —Longfellow.
**Definition of Osteopathy.**

Osteopathy is the science of treating disease manually by the adjustments of all parts and organs to their natural relation with each other, thus removing the irritations resulting from their abnormal relations, and removing obstruction to the vital forces and fluids of the body; and by stimulating mechanically all organs to their proper function or inhibiting abnormally active processes or movements of portions of the bodily organism. It, therefore, must have for its foundation a thorough and comprehensive knowledge of human anatomy and physiology, and of the normal and abnormal action and metabolism of all parts of the bodily mechanism.—Cosmopolitan Osteopath.

“Osteopathy believes that every living organism has within it, as its special gift from God, the power to manufacture and prepare all chemicals, materials and forces needed to build and repair, together with the machinery and apparatus required to do its work in the most perfect manner. Osteopathy claims that no longer will suffering humanity be compelled to quaff noxious draughts and flinch under the cruel knife of the surgeon in efforts to seek relief from disease. Osteopathy is the new science of healing without drugs. Among its followers are the most prominent people of the world.”—Opie Read.

Osteopathic cures are permanent because they are natural. The treatment is always adapted to the condition of the patient—never too severe; and in no case are the claims of modesty lost sight of. Osteopathy is applied physiology. Its keynote is adjustment.—The Northern Osteopath.

**The Baggageman’s Discovery.**

Dobbs—Did you see about that baggageman who claims to have discovered a sure cure for influenza?

Bobbs—He ought to know how to check the grip.—Baltimore American.

Many a well person becomes a chronic invalid in traveling for health.—Saturday Evening Post.

**Osteopathic Literature.**

The publication of The Popular Osteopath has been discontinued, but the publishers have on hand a quantity of the last six or eight numbers issued, which they will send postpaid to any address for $2.00 per hundred. These magazines contain articles by the leading men of the profession and will never be “out of date.” Sample copies will be mailed to any address on receipt of request.

We have copies of the last six numbers of the Popular Osteopath neatly bound in cloth, and accurately indexed for sale at 75 cents per copy.

We have a limited number of copies of this issue of The Herald of Osteopathy that will be sent to any address on receipt of $3.50 per hundred. The fourth page of cover will be left blank. Address Evans & Owens, Chattanooga, Tenn.