9-1909

Herald of Osteopathy, September 1909

Herald of Osteopathy

Follow this and additional works at: http://digitalcommons.pcom.edu/herald_of_osteopathy

Part of the Osteopathic Medicine and Osteopathy Commons

Recommended Citation
http://digitalcommons.pcom.edu/herald_of_osteopathy/4

This Article is brought to you for free and open access by the College Collections at DigitalCommons@PCOM. It has been accepted for inclusion in Herald of Osteopathy by an authorized administrator of DigitalCommons@PCOM. For more information, please contact library@pcom.edu.
Osteopathic cures are permanent because they are natural.

SUBJECTS DISCUSSED IN THIS NUMBER

OSTEOPATHY ILLUSTRATED.
YOU ARE AS OLD AS YOUR SPINE.
THE BEGINNING OF AGE.
EDITORIAL.
OSTEOPATHY SOMETIMES MISUNDERSTOOD.
GLEANINGS.
JUST FOR FUN.

The osteopath reasons that if the nerve supply of any part of the body is intact and it is receiving an unim­peded, freely flowing, supply of good red blood that part will be healthy. If there is interference with any part’s nerve and blood supply health is superseded by disease.—Asa Willard, D. O.
OSTEOPATHY.

* * *

DEFINITION.

OSTEOPATHY is that science of treating human ailments, which regards most diseases as being either primarily produced, or maintained, by an obstruction to the free passage of nerve impulses or blood and lymph flow, and undertakes by manipulation to remove such obstruction so that nature may resume her perfect work.

EXPLANATION.

While it is a distinctive theory of osteopathy that disease conditions, not due to a specific poison, are traceable to mechanical disorder in the body, or some part of it, and that the correction of such disorder is not only the rational treatment, but is necessary to the restoration of a permanent condition of health, yet as a palliative treatment appropriate manipulations are occasionally employed to stimulate or inhibit functional activity as conditions may require. Osteopaths also employ such rational hygienic measures, common to all systems of healing, as have been proven of undoubted value, and take into account environmental influences, habits and modes of life, as affecting the body in maintaining or regaining health.

LEGAL STATUS.

OSTEOPATHY—"A system, method or science of healing." See statutes of the following States and Territories: Arkansas, California, Connecticut, Florida, Hawaii, Indiana, Iowa, Kansas, Kentucky, Louisiana, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Vermont, Washington and Wisconsin.

In sixteen of the above there are independent osteopathic boards, in some others laws provide for recording diplomas from reputable osteopathic college; in others there are osteopathic members of medical boards, while in others the laws specifically exempt osteopaths from the provisions of medical statutes. In some other States the higher courts have decided that the practice of osteopathy is not the practice of medicine within the meaning of the medical practice acts. In all of the States and Territories of the United States osteopaths are now practicing their profession, as well as in many foreign countries.

MEANING OF LETTERS D. O.

D. O., Diplomate or Doctor of Osteopathy: The degree conferred upon graduates from a school of osteopathy, corresponding to the degree of M. D conferred by a medical school.
OSTEOPATHY ILLUSTRATED.

The Spine and its Importance.

Asa Willard, D. O., Missoula, Mont.

"Seeing is believing"—That is, when the eye supports what the intelligence pronounces reasonable, the fact is so well substantiated that we believe in it. With this thought in mind the text has been supported by cuts of accurate drawings and actual photographs of the body. The more a person understands anatomy the more osteopathy appeals to him.

The question is often asked—why do you osteopaths give so much time to the examination and treatment of the spine? A glance at Figure 1 will give intimation of the why of this and a little study of this illustration with the others presented will show the reasonableness of such procedure.

The nerves in Fig. 1 are shown in white and it will be seen that every organ of the body has nerves distributed to it which emanate from the spinal column.

Each vertebra has a vacant area (spinal foramen) in its central portion (See Fig. 2,) and as the vertebrae are set one on the other to form the spine a hollow cylinder is made running from the head to the base of the spine and this hollow cylinder, called the spinal canal, contains the spinal cord. The nerves are branches of this cord and they pass out by pairs from the sides of the spinal column, through the little spaces left between the vertebrae. Just after they pass from the spinal column, as the cut pictures, (the cut shows those of one side of the body only) fibers are given off which go to the bead like chain of nerves lying along the front of the spine (the sympathetic ganglia) and from thence out to the heart, the stomach, the womb and all of the body organs.

The osteopath begins at the top of the neck and carefully examines every one of the vertebrae to see that each is just as it should be in relation to its fellows above and below it; if the movement between each is normal; if the articulation of the ribs with the vertebrae is exact.

In Fig. 3 a black mark has been placed over the spinous process or protruding part of each vertebra. In this figure they show the vertebrae to be in line from top to bottom.
FIG. 1.—In which is pictured the nerves as they emanate from the spinal column and are distributed to all organs of the body. (Nerves are in white.)
Suppose instead of this perfect alignment some one or more of the spinous processes were out of line as in the case illustrated in Fig. 4. This sometimes happens and represents no abnormality as the protruding spinous processes are occasionally, naturally crooked while the vertebrae are not rotated or out of line at all. But one well versed in anatomy can readily tell by examination of the processes at the sides of the vertebrae (transverse processes), the articular processes at the upper and lower part of each vertebra, and by the condition and sensitiveness of the surrounding tissues whether the misalignment is merely a crooked spinous process or the vertebra itself does not fit exactly with its fellows above and below.

In the case of the little girl from the picture of which Fig. 4 was made the 4th and 5th dorsal vertebrae were found to be strained just a little to the left. Now the possibilities of such a condition will be seen by a reference again to Fig. 1.

Notice, as shown in the illustration, (Fig. 1) how nerves which pass out of the spinal column through the holes between the 4th and 5th and the 5th and 6th dorsal vertebrae pass down in front of the vertebrae to the solar plexus and from there on to the stomach.

In the economy of the body there are no waste spaces. There is just room enough for these nerves coming from the spinal column to pass out through the little...
holes left between the vertebrae and through the tendons, muscles and ligaments which surround these holes.

As the 4th and 5th dorsal vertebrae are rotated a little to one side the size of the holes between them and between them and the vertebrae just above and below them are lessened both by the change in the position of the vertebrae and by the dragging across these holes of adjacent structures adherent to the vertebra (muscles, tendons, ligaments, etc not shown in Fig. 1 because they would obstruct view of nerves) all of which structures are harder than the nerves. The result is compression of the nerve fibers at that point.

These compressed nerve fibers have to do with sensation, with the secretions, and even control the blood supply of the stomach, because some of them, called vaso-motors (vessel movers,) are distributed to the walls of the blood vessels supplying the stomach and by making these walls contract or relax they regulate the amount of blood which goes through the blood vessels. Is it any stretch of logic then to assume that if these nerves are irritated or paralyzed by compression the stomach must be disturbed in function. The secretions being disturbed you might have too much or too little acid or not enough pepsin and food of course would not be properly digested. The circulation affected you might have too little arterial blood and hence the stomach walls become flabby and dilated through lack of nourishment, or you might have a congestion and resultant catarrh or ulcers.

It may be remarked at this point, apropos the narrow conception which some have of the work of the osteopathic practitioners, that the osteopathic physician of course understands that there are frequently general conditions having bearing on stomach trouble, and he would give such due consideration
In caring for a case of stomach trouble he would also give the indicated advice as to diet, as would the intelligent physician of any school. The organ being weakened in its digestive capacity such a diet as would put least stress upon it would the more quickly enable it to recover. Sometimes by rigid care as to diet some people live and are fairly comfortable for years in spite of a weakened stomach due to compressed nerves. It is just a case of the organ and its nerves doing the best possible under a handicap and the eating of the more easily digested foods make the handicap less evident. The osteopath seeks to remove the handicap hence he would as a primary part of his treatment go back to the spine where the compression to the nerves to the stomach existed and by intelligent manipulations, based upon his accurate knowledge of anatomy, would correct the conditions there which caused compression of the stomachic nerves.

The little girl from whose picture Fig. 4 was prepared, although only eleven years old had chronic stomach trouble. Sometime in her play she had probably received a wrench affecting her between the shoulders and causing the condition of the vertebrae. In the excitement of play perhaps she did not notice it or if she did as soon as the immediate soreness wore off forgot all about it. The compression caused to the nerves of the stomach gradually weakened the organ which they supplied.

The kidneys, the bladder, or any of the organs might have likewise been weakened if the compression had been at such a point as to affect nerves supplying them. The same reasoning would apply in disease of these as we have applied to the stomach, for as noted and as Fig. 1 illustrates, all are controlled in function by nerves coming from the spine.

Sometimes the vertebrae at a given point are in perfect alignment; but are jammed too tightly together, a condition often resulting from a fall which we usually laugh at; but in its conse-
quences is, as a rule, the most serious of any, that of having our feet go out from under us in such a way as to cause a quick "sit down."

Sometimes the poisons from such diseases as typhoid, grippe, scarlet fever, etc. have left some of the spinal tissues chronically contracted so that adjacent nerves are irritated and the organs these nerves supply weakened. Hence the osteopath, while in no sense confining himself to such, always carefully examines the back and frequently gives it primary consideration in his treatment.

While some have been more broad-minded in their view, as a class, the followers of the schools of drug practice have ridiculed the osteopath's reasoning as to compression of the spinal nerves frequently causing disease, and, in spite of the thousands of cures made where drugs had failed, they have persisted in designating them simply as "apparent cures due to suggestion" and aligned the osteopaths with Christian scientists, magnetic healers, etc.

While practice has demonstrated osteopathy's worth as a curative agency, the cold reasoning scientist says "I must be shown scientifically I must see with my microscope just what is caused in the little nerve fibers which the osteopath says are pressed upon, and I must also see with my own eyes whether the organ which those nerves supply is affected."

Experiments in the laboratory are meeting even this severe and crucial test of science.

For instance, Dr. McConnell took a number of healthy dogs from the pound and made experiments upon them. In the dog the nerves which go to the various organs emanate from the spine at about the same relative point they do in the human being. The dogs in these experiments were put under an anaesthetic and then a slight twist or strain was produced at some point along the dog's spine. Not some severe, gross deformity brutally
caused; no fracture, no complete dislocation, the tissues were not torn, just a slight twist such as a child frequently gets in play and forgets about almost as soon as it is done. Then when the dogs had been killed, some weeks later, the nerves near the point where the slight wrench of the spine had been made, were examined both with the naked eye and with the microscope and then the organs which those nerves supplied were likewise examined.

**Cuts 5-6 and 7** illustrate the results in a couple of these experiments in which the spinal wrench had been made at the point where the nerves to the dog's stomach originate.

**Fig. 5** shows the nerves and spinal cord at this point as they were found upon dissection. The red spots are points where hemorrhage existed which could be seen clearly with the naked eye. The microscope showed inflammation and congestion in a larger area of these nerves.

**Fig. 6** is of the stomach of the same dog and shows it to have been congested at two different places.

In **Fig. 7** is shown the condition of the stomach of another dog in which the spinal strain had been a little more extensive. This dog's stomach is shown to be congested in nearly two-thirds of its area. The microscope showed that the glands which secreted the gastric juices were affected.

Thus the laboratory is confirming what actual practice has been demonstrating, that osteopathy is no mere money making humbug or passing fad, as its opponents have asserted; but is a true science the practice of which is destined to revolutionize the healing art and increase beyond measure the happiness of mankind, for health is in large degree the basis of happiness.

First National Bank Building.
YOU ARE AS OLD AS YOUR SPINE.

S. C. MATTHEWS, D. O., NEW YORK.

You are as old as your spine.

When your spine begins to tighten and grow stiff, whether you are twenty, thirty, forty, fifty or sixty, you are beginning to grow old.

As long as your spine is free, flexible, supple and perfect you will remain young, no matter what your age.

A tight, stiff, imperfect spine is an old spine, whether its owner has lived twenty years or eighty years.

There are old spines on young people, and young spines on old people.

A tight, close, immovable, imperfect spinal joint is an old spinal joint, whether found in the spine of an old person or a young person.

From this viewpoint the different spinal joints in each individual are often of vastly different ages.

Some remain open, free, movable and young, while others become close, tight, immovable and old. Like the teeth, the spinal joints do not grow old uniformly.

An old spinal joint means much more to an individual, however, than an old tooth, because an old or decayed tooth affects only itself, while an old spinal joint always affects some other part of the body.

A person who has even one old tooth knows it, but a person may have a dozen old spinal joints and know nothing about it. The reason for this is that an old tooth makes itself felt directly, while an old spinal joint makes itself known indirectly.

The indication of an old tooth is pain in itself, while the indications of an old spinal joint may be pain in a distant part, or it may be a general weakness of some special organ or part, or it may be indicated by a general or special disease.

As an illustration, if a certain spinal joint grows old, i.e., tight or turned, the stomach becomes first weak and then diseased. If a certain other joint grows old (tight or turned), the liver becomes weak, first, then torpid, sluggish, inactive and finally diseased.

There is another spinal joint which, when it becomes imperfect, affects the kidneys. These organs then become weak. They do not extract urea and other impurities from the blood as they should, and as a result of the passing on of these impurities into the blood stream, which should be thrown out of the system, the individual is finally attacked with what is known as rheumatism.

There is still another spinal joint which, when it grows old or becomes imperfect, affects the bowels producing constipation, another joint affects the legs, another the lungs, another the heart, another the pelvic organs, another the eyes, another the ears, another the throat structures, etc.
THE CONDITION OF ARTERIES DEPENDS UPON THE CONDITION OF THE SPINE.

Formerly it was supposed that a man was as old as his arteries. This is true, but it is not all the truth, because the age of the arteries depends upon the age of the spinal joints from which all the arteries are controlled.

The arteries are pipes composed of circular muscular fibers. When the circular muscular fibers of any artery contract, that artery becomes smaller in caliber. When they relax, the artery becomes larger in caliber.

It was observed long ago that the arteries in an old person did not as a rule, contract and relax as freely and as readily as in a young person, and hence it was supposed that this difference was caused by age.

It has now been found that the power which causes the arteries to change their caliber is a form of electricity which is generated in the brain, and which is transmitted from the brain to the circular muscular fibers of the arteries over special nerve threads.

These nerve threads pass out from the spinal cord at each of the spinal joints, hence each spinal joint becomes a switch, which turns on or cuts off electricity to the arteries. That is to say, the caliber of any given artery will depend upon whether its controlling switch, i.e., its controlling spinal joint, is open or closed.

If certain spinal joints are old (tight or turned) the arteries to the legs will be old, non-elastic, and the individual will complain of poor circulation in the limbs, cold feet, etc. In the same person, if certain other joints are open and free, the arteries in the lungs will be young and elastic, and the breathing power practically perfect.

If certain spinal joints in the neck are old (tight or turned), the arteries in the brain will be old, the person will have now and then peculiar sensations in the head, and a stroke of apoplexy will follow sooner or later. If, however, certain other spinal joints are young the arteries to the bowels will also be young and elastic, and the action of the bowels normal. Hence health in one part of the body and disease in another.

So it is throughout the body. The entire arterial system does not harden and grow old uniformly any more than all the teeth decay and drop out at once. This artery becomes hard, non-elastic and old, while that remains soft, highly elastic and young, depending entirely on the condition of the switches, or spinal joint from which each is controlled.

A certain spinal joint becomes old (tight, slipped or turned). The artery which it controls becomes old, hard, non-elastic and small. This artery supplies the walls of the stomach with blood. Digestion depends upon the amount of arterial blood in the stomach walls, which in health is greatly increased by the caliber of this artery becoming larger as soon as food enters the stomach.
The switch, or spinal joint, being closed, the artery is not able to dilate as it should, and as a result there is not a sufficient increase of blood in the stomach wall. The stomach soon becomes weak from its efforts to do its work with half its power cut off. All the symptoms of indigestion follow. Stomach bitters and drugs are taken without avail. The stomach is so weak that it will digest nothing but milk, gruel, soups, etc. Specialists are consulted, but after months or years of treatment the stomach is still weak. The reason for this is, a cure does not lie in drugs nor external remedies of any kind.

To cure this condition go to the spinal joint which is closed, and spread it apart, or turn it laterally to its true position, i.e., open up the switch which stands between the brain and this artery to the stomach. Keep it open. The artery will now spring into new life. It will contract when the stomach is empty. it will dilate when the stomach is filled; it will become as elastic as in youth, and all the long list of annoying symptoms of indigestion will disappear.

What is said here of the stomach is true of the bowels, the liver, the lungs, heart, pelvic organs, and every part of the body. When you close a spinal joint, you close a switch which cuts off electricity or brain impulses from the brain to definite arteries. These arteries grow old, so to speak, at once, lose their elasticity, become unable to contract and dilate, to change their caliber as they should, and as a result that organ or part which they supply becomes first weak and finally diseased.

500 Fifth Avenue.

THE BEGINNING OF AGE.

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

Twice in the lives of men and women there comes a kind of turning of ways. The first of these times begins adult life, the second begins age. Age may sometimes begin very early so far as years are concerned, even before the fortieth year, or it may be postponed until after the sixtieth. The beginning of age does not mean in any sense the ending of active life. The time of age is, normally, a time of full activity and usefulness, a time of harvesting, of the use of the wisdom gained in the experience of years for the good of family and friends and state. This ideal is to be realized only in those lives which are permitted to enter the time age with fairly complete physical as well as mental vigor. Every care, then, should be taken at the beginning of age, as at the beginning of adult life, to see that there is nothing to interfere with normal development. A few months care at this time may make all the difference between weak, miserable, peevish, existence for a mere handful of years, still too many for comfort, and two or three decades of sane, wholesome, useful living, the crown of a lifetime.
During the time of changing from adult life to age, the effects of abnormal conditions existing during the more active years are apt to become manifest, often as hardened blood vessels, or as rheumatism, gout or obesity. With some families a tendency to melancholia appears at this time. This is probably the result in part of poor nutrition and in part of the example of the older members of the family. In this, as in many other matters, example is often mistaken for heredity, though doubtless heredity plays an important part in the determination of the physiological life history.

The person who is beginning age should recognize as fully as possible his condition. He should take an account of his physiological stock at this time; if he has not kept his accounts pretty straight in the Bank of Health he should have his bank-book balanced. Having lived to this ripe age, he should have secured sufficient mental poise to be able to endure the truth without being frightened unduly. Just as needful is it for him to know where he stands physically as it is for him to know where he stands financially.

The tendency to a hardening of the blood vessels has been mentioned. The elderly person in whom this condition is beginning should know the dangers of permitting it to become pronounced. Then he should live in such a manner as to prevent or at least to postpone further hardening. This is to be done by his own efforts, in part, and in part by the help of his physician. He should live a wholesome life as much as possible. Especially must he avoid yielding to severe emotions; he ought never to permit himself to lose his self-control under any circumstances. And if he has passed his adult life wisely this will not be any great task for him. He should avoid also certain foods, and in this matter the advice of his physician is necessary. There is not any diet list which can be given to fit all of these cases. The help which a competent osteopath can give him is of great importance. The osteopath recognizes the structural conditions which interfere with a proper circulation of the blood, with normal activity of kidneys and liver, those organs especially concerned in throwing off the waste materials which cause the hardening of the tissues. The osteopath can give proper directions concerning exercise and diet, and in this way the foundation can be laid for the development of a long and happy age.

Certain forms of mild anemia are liable to appear during the time of changing. This condition is associated with weakness, nervousness, insomnia, and frequently melancholia. A careful examination of the blood and the organs which form the blood and purify it, will show the cause of the condition. People suffering in this way nearly always need a full diet, with plenty of nourishing and hearty food. The fallacy of these people beginning to subsist upon scanty fare because their rheumatic neighbors have been benefited by a starvation diet is very evident.
The organs especially to be watched are heart and kidneys. If there is any lesion of the heart, the elderly person should know that he must not run to catch a street car, or engage in any furious exertion. He need not consider himself in danger of immediate death, but he should know that his safety lies in prudence. If his heart is not abnormal, he should know that, too, in order that he may not lose any of his pleasure in active muscular effort. The person whose kidneys are not all that might be desired must know his limitations, and, while he must recognize that he may not wisely use the foods and drinks which he has been using, too freely, perhaps, he should recognize also that "the life is more than the meat" and that in cultivating new tastes and habits he may find greater pleasures than the old habits could have given him.

The abnormal relations of the bones of the elderly may be corrected sometimes, but not always. The curves of the spine may be lost, and the spinal column become almost rigid. This condition is not to be altogether corrected, but the mobility may be somewhat increased in nearly every case. This slight increase in mobility is usually enough to secure an improvement in the symptoms due to the rigidity. Abnormal curves sometimes make their appearance. The posterior curve at the upper part of the back, involving the lower part of the neck also, is characteristic of the elderly spine. This curve is not usually to be caused to disappear, but its further increase is to be stopped or lessened, and the mobility of the joints in the region increased.

Slight mal-positions of the vertebrae or ribs may affect those organs of the body which are closely associated with them, and these malpositions may be rather important factors in determining the health or lack of health during the later years of life. Sometimes these conditions may be corrected, even in quite elderly people, and when absolute correction is not possible, it is often true that they may be helped to an approach to their normal position. Sometimes the real harm comes not so much from the mal-position itself as from the lack of mobility, so often associated with mal-positions. The return of the joint to normal movements may be enough to provide the normal passage of nerve impulses and the normal circulation of the blood or lymph through the tissues of lessened activity.

The important thing in these cases is to see that the physical condition of the person beginning age is recognized, that so far as is possible everything which might interfere with the normal development is removed, and that the personal habits are those not incompatible with a sane and wholesome living.

Laboratory of Physiology, the Pacific College of Osteopathy.

You benefit yourself only as you benefit humanity.—James Oliver.
OSTEOPATHY SOMETIMES MISUNDERSTOOD.

That the world moves is as well illustrated in the increase of knowledge concerning disease and in the improvement of methods of treatment, as in any other line of human activity. It is a fact now almost universally recognized that nature is the great healer and that the function of the physician is to supplement her efforts. Even among medical doctors the wisest are coming to rely less and less upon drugs and more upon natural agencies. As knowledge spreads concerning the therapeutic use of judicious exercise, rest, water, air and sunlight recourse to the contents of the pharmacopoeia becomes less frequent.

Less than twenty years ago, osteopathy, a new school of healing fully recognizing the healing power of nature, sprang up in the United States. Its practitioners, while taking into account other established causes of disease such as exposure, improper feeding and abuse of function, have learned that perversion of structure—such as slight misplacement of bones and other tissues, contractured muscles and thickened ligaments, are, by pressure upon adjacent nerves and vessels, fruitful sources of bodily ills. Very often these lesions, by their weakening effect upon certain tissues, act as a predisposing cause in cases that are usually attributed to germs. It is also true in many cases that the pressure effects of misplaced tissues maintain diseases that are already present, that is, prevent recovery. This, in a measure, accounts for the large number of chronic invalids in the world.

Having this idea of the cause of disease it follows as a natural consequence that osteopaths in their treatment seek to correct misplacements, to remove the pressure, to get the body in perfect adjustment in order that nature may effect a cure. Osteopathy
Just for Fun.

EVEN STRONGER.

Dr. Pill em—You need not worry about your wife. She has a remarkable constitution.

Henpex—Say, doc, you ought to see her by-laws, rules, and regulations!—Life.

A GOOD DESCRIPTION.

Said teacher, "What's a skeleton?"
"I know," said Jonny Goff;
"It's a man that has his insides out,
And has his outsides off."—Mary G. Rector in Lippincott's.

WHAT'S IN A NAME?

Old Lady (to druggist): "I want a box of canine pills."
Druggist: "What's the matter with the dog?"
Old Lady (indignantly): "I want you to know, sir, that my husband is a gentleman."
The druggist put up some quinine pills in profound silence.
—Young Pilgrim.

A MIGHTY SICK NEGRO.

An old negro was asleep on the train out of Sedalia the other day, mouth open and snoring, when a commercial traveler emptied a quinine capsule on his tongue, says the Waycross Herald The old darky awakened, began to spit around and called for the conductor, saying:
"Boss, is there a doctor on this here train?"
"I don't know," said the conductor. "Are you sick?"
"Yes, sir, I sho' is sick, I sho' is sick, I sho' is sick."
"What is the matter with you?"
"I dunno, sir, but it taste like I busted my gall."

ENCOURAGEMENT.

Doctor: At least you can stop fearing that you will catch scarlet fever.
Patient: Oh, Doctor, thank you! Is the scare over?
Doctor: No, but you've got it.—Harpers' Bazar.
THE SCOPE OF OSTEOPATHY.

The question is sometimes asked, "What does osteopathy treat?" In reply it may be said that osteopathy is co-extensive with the science and art of healing. Theoretically it embraces conservative surgery, and preparations are now being made to educate surgeons in our own colleges, practically at the present time the majority of osteopaths, though trained in surgical diagnosis, do not undertake the treatment of cases requiring major surgical operations. It is true, however, that many cases generally regarded as surgical yield to osteopathic treatment.

Osteopathy is based upon the theory that where there is a free flow of the vital fluids and unobstructed nerve impulses throughout the body, a condition of health will obtain. If there are any diseases or disorders of the human body not dependent for cure upon a normal blood and lymph flow and the free, unobstructed transmission of nerve impulses, then osteopathy is not applicable in such cases.

THE TERMS FOR TREATMENT.

In some way an erroneous idea has gained currency that osteopathy is an expensive form of treatment. It is true that osteopaths do not charge less for their services than physicians of other schools. Nor should they, for they believe that the service rendered is usually of more value to the patient. It is results that tell. In numerous instances patients have gone to an osteopath as a last resort and have been cured in a few months. In comparing the expense, account should be taken of the time previously lost from business, doctors' and druggists' bills, the expense of visits to the mountains, seashore, springs, treatment at sanitariums, etc.

Osteopaths are not extortionate in their charges, but we are not authorized to publish a schedule of prices applicable alike in all communities. We would advise all who are interested in this, as well as any other phase of osteopathy, to consult a duly accredited osteopathic physician and get their information at first hand. It will be found that the terms are reasonable and the charges not prohibitive to any one who really desires the treatment.

HISTORICAL SKETCH OF OSTEOPATHY.

Dr. Andrew Taylor Still, of Kirksville, Mo., a "regular" practitioner of medicine, becoming dissatisfied with drug therapeutics, as have very many of the best of that profession, commenced a line of research which resulted in the discovery, in 1874, of the principles upon which the science of osteopathy rests. For eighteen years thereafter he continued his researches and practiced along the lines of his new theories. At this time (1892) his practice had grown to such proportions that he needed assistance, and being convinced that he had a science that could be taught to others, the American School of Osteopathy was chartered and a small class matriculated.

From this humble beginning the science has grown until at the present time there are flourishing schools, giving a course of three years of nine months each, in Kirksville, Mo., Des Moines, Chicago, Philadelphia, Boston, Los Angeles and Kansas City. There are now about five thousand graduates of these schools practicing throughout the United States and in many foreign lands. The profession is now well organized, many of the cities have societies, while there is scarcely a state that has not its association. The American Osteopathic Association has about seventeen hundred active members, and publishes a monthly journal devoted to the scientific and professional interests of osteopathy, while a movement is now well under way to endow a Post Graduate College for research work and training in special lines of practice.