TREATMENT OF DISEASES

Osteopathy treats all chronic diseases, very many of which have been abandoned as incurable by other systems of treatment. Statistics show that 80 per cent. of these we cure outright; 90 per cent. we greatly benefit; and 5 per cent. receive little benefit; none are in any way injured.

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MASON W. PRESSLY, Secretary and Treasurer.

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DIPLOMA OF THE PHILADELPHIA COLLEGE AND INNOMARY OF OSTEOPATHY

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Important Notice

The Officers and Faculty of the Philadelphia College and Infirmary of Osteopathy have long since realized that a two years' course of study consisting of four terms of five months each was quite inadequate to qualify the student in the best possible manner for the practice of the science of Osteopathy. The time might suffice in colleges where means are not available for the most elaborate unfolding of the science. We have always contended that dissection is of paramount importance in an Osteopathic curriculum. We have also held that no one can dissect upon a cadaver intelligently or to advantage until he or she has acquired a fairly good knowledge of anatomy, for it is apparent that you can not dissect out a structure about which you know nothing. The various studies comprised in an Osteopathic curriculum of a two years' course are of sufficient scope and import to require a student's full time without giving much time to dissection. When we use the term dissection we use it not for talking purposes or grandstand play but with a thoroughly legitimate construction.

After a student has a fair knowledge of anatomy obtained by conscientious text book work, aided by demonstrations upon the cadaver, manakin and charts, then he is prepared to enter the dissecting room. He can now more thoroughly familiarize himself with human anatomy by dissecting out the various structures, muscles, arteries, veins, nerves, lymphatics, etc., about which he has been studying and with the functions of which he is now acquainted.
After the student has acquired the knowledge requisite for intelligent work upon the dead body he can then to great advantage spend the major part of his time in the dissecting room for an entire year at least.

The Philadelphia College and Infirmary of Osteopathy has recently effected arrangements with the Philadelphia School of Anatomy acquiring unlimited use of the large dissecting apartments, crematory, and vaults of the said anatomical school, accommodating one hundred students at one time; the use of their amphitheatre accommodating 250 students, and the advantages offered for a course in the various branches of surgery and the use of their Osteological museum to which a recent addition has been made at a cost of $40,000.

OUR PLAN FOR THE FUTURE.

TWO COURSES OFFERED.

THE REGULAR COURSE will be similar to the course ordinarily offered consisting of four terms of five months each, two of which are prosecuted in one year, making the whole time two years. In this course the student will be required to dissect one lateral half of a cadaver. At graduation the student will be awarded the diploma of the college and the Degree of Doctor of Osteopathy.

We hereby further announce that the rate of tuition hereafter, beginning with the class that matriculates September 2, 1901, will be $350 for the Regular Course, and $500 for the Advanced Course.

O. J. Snyder, A. C., M. S., D. O.,
President.

OSTEOPATHS BANQUETING IN N. Y. CITY

SATURDAY, November the 24th at 2 o'clock P.M., the members of the New York State Society of Osteopaths, and those desiring to become members when eligible, met at The George J. Helmer Infirmary of Osteopathy, 136 York city.

It was the spirit of ex good fellowship of all present that foreign to the New York Society, as follows: Crawford, F. Bandel, Hya Green, J. N. I. W. M. Smile

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It was the first annual meeting of the society, and, as many important matters were to be discussed, the spirit of expectancy and genuine good fellowship drove from the minds of all present everything that was foreign to the advancement of Osteopathy and best interests of the New York Society. The roll call resulted as follows: Present, Drs. Steele, Crawford, Fisher, Burns, Patten, Bandel, Hyardemaal, Underwood, Green, J. N. Helmer, Geo. J. Helmer, W. M. Smiley and Dr. Harris (the latter by proxy). Eleven new members were enrolled: Drs. Rogers, Moore, Patten, Palmer, Wanless, Wimmel, Tyndal, the Drs. Teale and the Drs. Whitcomb. The election of officers resulted in the re-election of all the former officers: Geo. J. Helmer, president; W. P. Green, vice-president; W. M. Smiley, secretary, and W. W. Steele, treasurer. Drs. Fisher, Burns and Crawford, with the president and secretary, ex-officio members, make up the Executive Committee.

After four hours' session, during which many matters concerning the New York Society were discussed, we adjourned. All felt satisfied that something had been accomplished, and that the seed sown that afternoon would bring forth an abundant harvest.

At eight o'clock, in the east room at the Waldorf-Astoria, Dr. and Mrs. George J. Helmer gave a dinner to the members of the society and a few intimate friends. The decorations were white and yellow—the popular colors during Horse Show week. In the center of the circular table, a pyramid of white and yellow chrysanthemums were arranged, from the base of which asparagus, ferns and chrysanthemums darted out in long lines to form the American star. The china used was decorated in gold, and the center piece of flowers was encircled by forty candles with silver and gold shades.

After dinner was served, Dr. Teale presided as toastmaster. He called upon the president to respond to the toast, "Dr. A. T. Still." Dr. Helmer, after eulogizing the "grand old man," the father of Osteopathy, briefly reviewed Osteopathy in the East. In conclusion, he exhorted the members of the society to continued purity and declared, as "self is our worst enemy," the foes that arise within our ranks are more to be feared than the foes without. Jealousy, envy and strife, if allowed to exist, will ultimately destroy the society's usefulness and progress.

Dr. Crawford, in response to the toast, "Osteopathy," used illustrations from experience in his own practice to emphasize the importance of the science having legal recognition.

Dr. Steele next responded to the "A. S. O." The doctor, being among the first students and a former resident of Kirksville, was well fitted to describe the early beginning and trials of the home school. He spoke interestingly of the difficulties of obtaining the school charter and traced the school's rapid growth from that time to the present day.

Dr. Patten, in his response to the toast to the "N. I. O.," set forth its advantages and described its equipment in so pleasant and interesting a manner that all felt satisfied that his
school was among the best. He spoke feelingly of the friendly relations toward the parent school and his great desire to meet is founder.

Dr. Fisher responded briefly and brightly to a toast to “The Ladies,” after which the president introduced a well-known and respected citizen of New York, Mr. Burrows, whose words to the society were full of encouragement and good cheer. He declared that, while it had been his privilege to attend many dinners of different societies, he had never attended one which seemed to have more right or cause for existence than the present one whose object was so worthy.

The evening having been pleasantly and profitably spent, the worthy toastmaster, having performed his duty to the entire satisfaction of all, now suggested, as the hour was late and oratory exhausted, we retire and treat each other.

WILLIAM M. SMILEY, Secretary.

General Treatment of Fever

By H. M. Hart, D.O.

I am not going to attempt a definition of fever, neither will I try to explain it and its various phenomena, as this task seems impossible in the present state of our knowledge. A discussion of the subject is desirable, however, as some things concerning it are known and others guessed at, and it may be possible to make an Osteopathic application of our knowledge.

It is not my intention to discuss the various fevers separately, but generally. Although the principal symptoms of all are similar, there is such a multitude of varieties, and different instances of the same variety may resemble other diseases, that in many instances no distinguishing line can be drawn between them.

All fevers are probably due to one of the following causes: Mental and physical fatigue, exposure to the sun, great heat or cold, excess in eating and drinking resulting in an attack of indigestion, excitement and violent emotion and specific poison. Looking over this list of causes we see that all are calculated to primarily affect the nervous system, and the essential fever, devoid of its secondary phenomena, is probably a nervous disease. Also, the essential fever finds no anatomical expression; there is no known lesion to account for it. It is true that secondary lesions occur such as intestinal ulceration in typhoid and pustulation in smallpox, but none will claim that the primary fever is symptomatic of these eruptions. We will have to treat idio-pathic fever, then, as a vasomotor disturbance giving rise to secondary inflammatory lesions.

There are certain characteristics which are present in all fevers, chief among which is rise of temperature. This is probably due to a disturbance of the central heat-regulating mechanism or to an impairment of function in the general vasomotor center, more likely the latter. There may be increased production of heat without change in its loss, or its dissemination may be decreased, or there may be both an increase in production and a decrease in loss. In most fevers the skin is hot and dry, the internal organs congested, the excretions are scanty; this could be taken as indicative of a vasomotor disturbance.

In regard to the pyrexia continued or intermittent, and its relation to disease, and our corrected to strength and any complications which may arise from its inflammation is usually specifically combated.

In the generation of pyrexia as in the simple case, the skin is hot and dry, the internal organs congested, the excretions are scanty; this could be taken as indicative of a vasomotor disturbance.
taken as indicating that heat loss by irradiation and by the excretions was not up to normal. In other fevers, as the rheumatic, there is profuse perspiration, and in these the temperature may go as high as in those characterized by a dry and pungent skin. In different forms of disease there may be different combinations of heat loss and production. Thus in the simple continued fevers there is probably a decrease in the loss of heat with no material increase in its production; in most of the specific fevers there may be both decrease in loss and increase in production, while in rheumatic fever both production and loss of heat may be increased, though the loss is not sufficient to compensate for the overproduction.

I believe the phenomenon of pyrexia, in its essential, idiopathic form, to be due principally to irregularities in the circulation caused by vasomotor disturbance.

In regard to the reduction of temperature in the treatment of fevers, I do not consider it necessary unless the pyrexia is high, has been long continued or is accompanied by cerebral symptoms. It must be remembered that fever is a self-limited disease, and our treatment should be directed toward maintaining the strength and toward the removal of any complications which would interfere with its periodicity, such as local inflammations, etc. It frequently occurs, however, that the pyrexia is a dangerous symptom and has to be combated, usually by the use of friction massage of the entire body surface will restore the function of the skin and bring the blood to the surface, where heat may be lost by irradiation. Deep kneading of the skin will stimulate their action and abdominal massage also acts on the kidneys, as evidenced by an increase in the flow of urine. The organ whose function it is to purify the blood should be made normal, or as nearly so as possible. In some forms of fever, as pneumonia, a gentle loosening of the tissues at the base of the occiput will reduce pyrexia, probably through collateral influence on the vasomotor center in the medulla. In other forms, as typhoid, this treatment has little or no effect, at least so far as the temperature is concerned, while expansion of the closed thorax with general treatment of the spine will be more or less successful. Expansive movements accelerate the circulation, but decrease the number of pulse beats. I have in a case of typhoid lowered the pulse ten beats in less than five minutes of treatment. These patients are without the exercise which is necessary to a proper venous flow, which is now dependent entirely upon the action of the heart and the aspirating power of the thorax, the heart receiving the greater part of the burden. If you can with your hands perform a duty which would otherwise devolve upon an organ weakened by overwork and disease, you give that organ an opportunity for rest and repair. This is the effect of raising the ribs to expand the thorax: Its aspirating power is increased, the venous blood is determined toward the heart without expense of energy on the part of the
patient, and following this treatment the temperature falls, probably the effect of increased circulation on vasomotor centers. Do not understand that this or any treatment will lower the temperature to normal in a case of typhoid, but practiced early and systematically it will keep it within bounds.

Where the focal point of the fever is in the lungs, as in pneumonia, or where there are lung complications in the specific fevers such as typhus or influenza, treatment will have to be directed toward their relief. As I have formerly pointed out, the skeletal muscles form the proper derivative channels for the relief of internal congestions, but more particularly those of the lungs. Complete muscular relaxation should be brought about. I have been told by experienced physicians that pneumonia could be cured by the use of emetics by reason of the relaxation and muscular exhaustion which follow the fatiguing effort to vomit. I direct treatment to the muscles themselves, and the movements should be soothing rather than irritating. Gentle but firm pressure along the spine and to the muscles of the limbs, moving the hands from place to place slowly and deliberately, never suddenly. Also movement of the joints, working easily at first, but as the patient becomes accustomed to the treatment the movements may be made quicker and with more violence. Treatment may be continued for twenty minutes or half an hour, and will almost invariably be followed by good results.

When the heart shows signs of weakness by reason of the general vital depression, or when softening has commenced, we may rest the organ by movements calculated to assist in circulating the blood. As I have previously shown, this may be done by expanding the thorax, to which treatment may be added movements to the extremities consisting of circular grasps made with either hand, one placed alternately above the other, in a manner calculated to squeeze the liquid contents of the tissues toward the heart.

If abdominal symptoms are present, as in typhoid, the treatment indicated for all internal inflammations may be used. Diarrhea, unless very excessive, should not be checked, but rather an endeavor made to clear the bowels of irritating matters by the use of warm water enemata. In these cases the diet is all-important. As in all fevers, the food should be easily digested, nutritious and of a character calculated to pass through the bowels without the formation of hard nodules. In all fevers proper food should be given in small quantities at frequently recurring intervals that the strength of the patient may be maintained.

If treatment has been carried out along the lines just laid down, severe cerebral symptoms will very seldom be met with, though occasionally you will have them to combat. If delirium is present, and due to the pyrexia, reduce the temperature by one of the methods already given. If due to toxic agents, general friction of the skin and abdominal massage, or a warm friction bath with cold to the head; if the delirium is from weakness and anemia strengthening treatment and nourishment is required. In many fevers accompanied by delirium there is falling of the hair, which would suggest lack of nutrition or this in turn in the cranial veins on the head. Always agr a prolonged symptoms subsided on the surface.

In cases where you cannot hope to do much, you have to run the risk of losing the patient until the disease is absolute typhoid in any fever. Stokes, "Verges," Opium, Mercury, have all their unsolved, you subsided quickly, as treatment? And not this every standing then.

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trition or anemia of the scalp, and this in turn would suggest congestion in the cranial cavity. A hand laid on the head or gentle stroking is always agreeable in these cases, and if prolonged will markedly relieve the symptoms by determining blood to the surface.

In conclusion I wish to say that you cannot cure a fever. These diseases are self-limited, but they will have to run their course. All you can hope to do is to keep the patient alive until the disease cures itself. There is absolutely no known specific for any fever. In the words of Dr. Stokes, “Venesection, blistering, mercury, opium, bark, alkalies, acids, have all had their advocates, whose statements are supported by genuine cases, and yet the question remains unsolved, Would not the disease have subsided of itself as well, and as quickly, as under any specific treatment? And in case of recovery may not this even have occurred notwithstanding the treatment?”

—Seattle, Wash.

The State Should Determine Who Shall Treat Diseases

O. J. Snyder, A. C., M. S., D. O.

THERE should be no differences of opinion as to who should be licensed to treat disease. When a person seeks to employ a physician he frequently does so hastily. There is often but little time to choose whom you wish to engage, but you employ the first one you chance to “find in,” especially if your family physician cannot be found. It is, therefore, at once apparent that there is no time or opportunity to ascertain whether the physician you chance to engage is a legitimate representative of the school he represents himself to be or not, and consequently there ought to be some authority vested somewhere that will guarantee unto the people that whenever any one announces himself or herself an exponent of a certain school—Allopathic, Homeopathic or Osteopathic—that he or she is so in fact, and that they run no chance in employing some one who is not trained according to the highest standards of the school under whose banner he or she poses.

Is it not natural that this authority to determine the qualification of every physician should rest with the state, and is it not natural that the inhabitants of a state should look to their state government to protect them from imposters of all kinds?

Does it seem reasonable, however, that the state should determine what kind of medicine a patient should take—Allopathic or Homeopathic—or whether they should take any at all? There would be good argument to enforce one or the other if either were in any measure infallible. As a matter of fact the two schools—Allopathic and Homoeopathic—are diametrically opposed to each other, yet both are legalized in all the states. Why shall not a new science be accorded the opportunity of demonstrating its worth? Everything that is had to have a beginning. Why should any attempt be made to crush anything new? If it is worthless it will die of its own inherent weakness. In states where Osteopathy has been practiced for any considerable length...
of time it has been accorded the same recognition as that regulating the medical practice—i.e., state supervision against imposters. From whence arises opposition to the practice of Osteopathy? Never has it been traced to patients treated by that system. Invariably it comes from that class of medical practitioners who fear fair competition.

Osteopathy has demonstrated its ability throughout the states to cope with disease successfully, and in many of the strongest states in the Union the practice is regulated by state laws as is the practice of medicine, and why should it not be so in every state? No, it is not to protect Osteopathy from competition. We do not ask the exclusion of any school. We simply ask that he or she who practices or professes to practice Osteopathy, that such a one possesses the required training as laid down by the recognized schools of Osteopathy or schools that fully comply with the requirements as set forth by the associated colleges of Osteopathy. It is an erroneous impression that Osteopaths use no means whatever for the treatment of disease other than manipulation. We employ all means known to science except the administration of drugs internally. External applications, hydrotherapy, surgery, dieting, proper sanitary regulations, the use of antiseptics, disinfectants and germicides are all means taught in Osteopathic colleges and used in the practice of the science. Legislation in the therapeutic art should, therefore, be so directed as to protect the people from imposters of any school, but to permit the people to choose their school.

The first remark that awakened a deep interest within us concerning Osteopathy, was made by Mrs. J. B. Foraker, wife of the U. S. Senator. She said, "There is really no need of women suffering as she does, with Osteopathy." We did not then understand the import of the remark, for we were then ignorant of gynecology and Osteopathy. Now, we understand. We are still surprised at the marvellous results reached by Osteopathic treatment in cases of difficult, suppressed, or painful menstruation. It is simply unnecessary that any woman should suffer from these causes. Such cases are due to a fall, or a displacement, or poor circulation, or weak nerve action. The pains in the small of the back, the neuralgic suffering, the aches on either side of the lower abdomen, and the depression from which so many women suffer, are unnecessary. And, yet, very many poor sufferers think that these experiences are the common lot of woman. This is not true. We have many cases in which from three to five days of suffering every month has given way to an almost painless experience that did not interrupt the ordinary engagements. With a release from this monthly strain and drain upon the woman's nervous vitality, there is invariably an increase of strength and a general improvement of the health. Osteopathy asks the simple question, why should the women suffer as they do?
We appeal to no one's credulity. We ask no one to believe without evidence. If Osteopathy cannot appeal to facts, it is a pretender. If it cannot adduce competent evidence, let it be declared a failure. There is no secret about it. It can be made plain to the plainest people. It is declared rational and wonderful by scientific minds. Our doors are open to all; especially are we glad to see those who think Osteopathy is a misnomer, or massage, or faith cure, or Christian Science, or magnetic healing, or a fad, or a fake. It is a pleasure to us to disabuse their minds. It matters not to us how much you know, or how much you do not know. It is only fact we care for. We ascertain the facts in our diagnosis, and vindicate our claims by our treatment. We welcome the curious, the critical and the censorious. We are always glad when the most formidable objections or denials are offered to our system, if we are allowed to meet them. We decline no test of argument that the most cautious may make. We are ever ready for a reason for everything that may be proposed by the D.D., the LL.D., the Ph.D., the M.D., or the Sc.D. A Doctorate in Osteopathy, of the highest order, traverses the sciences in which these various D's are specialists. The thoughtful Osteopath has a very high regard for the Master Mechanic of the human body, and his work for human health is a practical worship of His wisdom; he studies the state and relations of man as a member of the family and state, in truest jurisprudence; he reasons out the philosophy of right living; he practices pure therapeutics; and he inculcates the principles of a sumative science.

But we are specially glad to have the sick investigate Osteopathy. It promises something very practical to them. We decline not to talk and expatiate, when we have time; but we prefer to keep busy making people better. This is our business; and we do not tire of making Osteopathy as plain as possible to those who are discouraged with other methods of treatment, and are willing to try our treatment. We urge no one to take treatment, but we do insist that you should not abandon hope of improvement until you investigate Osteopathy.
The Philadelphia College of Osteopathy has now as its Anatomical Department the "Philadelphia School of Anatomy," founded in 1820, which is the second oldest anatomical society in the world.

Unlimited materials for dissection are always on hand, for our Anatomical Department. The State Anatomical Board of Pennsylvania has made the Philadelphia School of Anatomy the general depot for distribution of bodies to other institutions. Our school has advantages equal to the University of Pa., for dissecting materials.

The Dissecting Room can easily accommodate 100 students at work. It has cement floors and walls, side and top ventilators, 14 large skylights, and is equipped with gas and electricity.

The Crematory is large enough to incinerate a dozen bodies at one time, and is modern in every particular. Skeletons can be cleaned and bleached at a nominal cost.

Anatomical specimens can be made by the students, and special dissections may be preserved and hardened for professional future use.

All our students are privileged to attend the lectures and demonstrations of W. Wallace Fritz, M. D., D.D.S., the president of the "Philadelphia School of Anatomy," and an expert anatomist and demonstrator, unequalled in this country. Dr. Fritz's lectures are sought by students of all schools, and cover the entire ground of theoretical and practical anatomy.

A course in Surgery, that meets all the requirements of the state laws, may be taken by the students and a diploma certifying to the distinction attained is conferred upon all who take the course.

A Diploma in Anatomy is given to all our students with the name of Dr. Fritz upon it, bestowed by the "Philadelphia School of Anatomy," a copy of which may be found in this Journal.

We have arranged for a Special Course in Laboratory, Histology and Bacteriology, by an expert in these studies.

All these privileges in Anatomy, Surgery, Histology and Bacteriology, are in addition to the courses already provided by the Associated Colleges of Osteopathy, thus making the Philadelphia College of Osteopathy superior to any and all other institutions of Osteopathy in its equipment for students.

The following Prizes are open to all our students: 1. A set of Surgical Instruments in fine case will be given for the best thesis. 2. A set of Surgical Instruments will be given for best dissection of anatomical specimen.

Unusual opportunities for the study of Comparative Human Anatomy, and Pathological Conditions are had by all our students, owing to the abundance of material.
The mounted specimens themselves constitute in themselves a fine course in objective anatomy.

Is Osteopathy New?

Yes, it is comparatively new. It has been about twenty-five years since it has been successfully practiced. It should be no wonder to any one, who is conversant with modern physiological science, that Osteopathy should have been founded. Some rather pretentiously wise people wonder about the nature of Osteopathic science and art, and tacitly intimate that it is of little import, simply because they, per chance, had not learned of it. We are not surprised at such colossal conceit, because such people know nothing of the characteristic achievements in modern chemistry, physics, psychology, and natural therapeutics. The circulation of the blood is a fact that even the common people know about, but very few know the facts and forces of circulation. It is perfectly easy to understand why a doctor of medicine does not know how an Osteopath treats an ordinary case of dyspepsia, when we know that the details of digestion are not studied by the average medical practitioner, because the facts of such details are about as "new" as Osteopathy. We do not expect even an average educated person to understand how we can cure "heart-disease," or rheumatism or locomotor ataxia, when such person knows no more about the nerve supply of the heart than about the length of Hertzian etheric waves, or the water supply of the moon, or wireless telegraphy. These all are new things. So is Osteopathy. It is new and strange, but no more so than very many other things about which many people know little or nothing.

Osteopathy is the only science of healing that applies the new facts of the living human body, as discovered by biology, physics, chemistry, physiology and psychology, and utilizes these facts for purposes of health. Of course, then, it is new. The last twenty-five years mark the most signal advances made in the sciences; and Osteopathy is just about twenty-five years old. It is coeval and co-equal with the modern science of the human body. It is new. But whenever we meet one who is abreast of all that is new and best in any or all of the sciences that have their basis in the living human being, we have one who immediately sees the import of Osteopathy. We do not expect to find these qualities in the average medical man, for medicine is antiquated. Compared with modern physiological science, medicine is an anachronism. Osteopathy is one of the indications of advancing thought, and, though it is new, it is fast making its way among progressive people. It is already an evidence of not being quite up-to-date, when one is ignorant of Osteopathy.

Proper Regimen

We are living in an age of physical culture. Drugs are doomed, at least for cultured people, except, it may be, in aggravated cases. The culture of the body is the coming art of health. It is now neglected, except by an enlightened few. The majority of the
people are awakening to a sense of the care of the body. If a body is free from structural mal-alignment, proper exercise with work and rest will secure health. Every one should have a proper daily regimen for both body and mind. Such a regimen may not here be given in detail, but we wish to suggest an outline of action, which can be explained and elaborated by personal interview. In the first place, on rising in the morning, there should be a series of exercises that will bring into action the leading muscles of the body. These exercises should be accompanied with deep breathing. Movement and breathing may be so matched that the blood can be oxygenated and distributed throughout the entire body. Oxygen is the life of the blood. It is the great builder of new and the destroyer of old tissue. By regulated deep breathing, oxygen can be compounded in the blood. By regulated exercises it can be distributed to every square inch of the body. This aids combustion, warms the body, opens the pores of the skin, eliminates waste, and starts a gentle glow in every part. The sluggish circulation during sleep, with the stagnant conditions attending a lessened vitality and activity, is quickened, and the whole body is animated with freshened impulses.

The second stage is to go over the entire body with a stiff flesh-brush, stroking the skin firmly and quickly in two directions. This stimulates the millions of cutaneous nerve-endings, and generates electricity which thrills through the nerves, tones them to a quickened vibration and stores the ganglia and centres with power. It also cleans off the dead squamous epithelia and waste from the surface of the body, and dilates the superficial blood-vessels.

The third stage is to do all the bathing necessary for cleanliness. This is best done by means of a rough wash-rag with good soap, upon all parts of the body where rancid secretions may gather, as the axilla, groin and feet. If any part of the body is neglected, let it be the face. If only one part of the body may be bathed, let it be the feet. This should be done with water perceptibly cool.

The fourth stage is to get into the tub and go under the water as quickly as possible, and the water should be cold—not as cold as it may be in the winter, but cold.

The fifth stage is to dry the skin without rubbing, and dress at leisure.

The time required for this, including dressing, should not be over twenty minutes. The glowing benefits of such a regimen cannot be imagined by one who has not tried it, for at least a month. It is absolutely without danger to any one, who is properly prepared for the regimen, and it is a panacea for the languid delicacy that soaks in hot baths without either science or sense.

The detailed value of such a regimen and its applicability to all for health, will be discussed in a later issue. The bodily machine should be first put in proper order and condition. This is strictly the work of Osteopathy. We are experts in the mechanical engineering of the living body machine. Then, proper exercise and diet will keep the machine running in order and ease. For this, also, the Osteopath is a specialist. Think this matter over, and come and see us.
Is Osteopathy Old?

Yes, it is "old." There is nothing new under the sun, said the Hebrew sage. All that is, has been; and all that is to be, now is. This is true in a causal way. This is true of Osteopathy. Its philosophy is as old as the creation of the world. Its principles are as old as the birth of man. Its practice is as old as the laws of nature. Osteopathy is like electricity. Electricity is old. There was just as much electricity at the creation as there is now. It has operated from the beginning, both in the macrocosm and in the microcosm. It flashed along the vaults of heaven and coruscated upon the bosom of the storm-cloud before the beginnings of written history. It is old. But the last twenty-five years has marked the history of its practical study, control and utilization for the economies of life and business. Its application by commercial enterprise is one of the epochs of progress. Electricity, old as the hills, is yet that which makes distinctive the method of modern transportation. And, it is yet in its infancy.

We are, doubtless, standing upon the threshold of the electrical age. It is one of the very newest things; and, yet, it is probably the oldest force in the universe of matter. Even so, is it true of Osteopathy. When man in his primal powers, first stood forth in innocent dignity and majestic uprightness, before his Creator, he had the same spinal column and nervous system and blood nutrition that he has to-day. His bones formed the basis of his body, upon which every other structure depended. Every principle of his bodily mechanism was even then operative in its finest and fullest expression. The great reparative, restorative and recuperative powers that form the basis and bulwark of scientific Osteopathy, were even then active in making and maintaining his supernal health and his superb physical prowess. His station, motion, action, locomotion, and resistance were all maintained by his bony framework. His life was in the blood. His health was in the nerves. And if primal man had not departed from the simplicities of pristine living, he should never have been sick. He was created Osteopathically—upright, outright and all right. The only "pathy" then known to him was the first and best—pathos—that meant feeling, as it ought to mean today, not suffering. Pathology then meant aestheticism of the highest order. It now means, 'tis sad to confess, the science of disease. Then he was upright in feeling—upright by virtue of his bony vertebrae, and healthy by virtue of his natural pathos. The only one word to express this state of matchless completeness is—osteopathy. This was his first estate. "God hath made man upright, but they have sought out many inventions," as the Hebrew sage again says. Osteopathy was his divine endowment, by which he might have lived throughout countless generations in perpetual health. But he departed from his first inheritance. He violated Nature, and then trouble began. He sought to improve on the laws given for his good. His first mistake was in changing his prescribed diet. He ate the wrong kind of apples. He tasted the forbidden fruit. He found it hard to improve on Nature. His invention was a poor one, but it
has lasted till to-day. After getting into the terrible trouble, he had to "take his medicine." And this has been his bad habit ever since. His pathos changed to wormwood, and, ever since, his pathos has been tainted with disease. He wasn't satisfied with his first pathos—Osteopathos—he wanted something else. He invented another—allos means "another." God said to him, "You are not the first man, you are 'another.'" Having lost his osteopathos he tried another—allos-pathos—allopathy. This has proved to be a bitter pill to the race. It has bled, and puked, and purged, and drugged and sickened, and killed. Its history is the "Black Art." Throughout all the ages, some, more or less, have returned to the "first ways." An improvement on allopathy was discovered. For a long time it was thought to be the same as the "good old way" of Osteopathy; and so it was called by that name—the same. Homaxos means the same; and so, homeopathy was invented. It has done good. It was a lesser evil; but it was not like the old original. Men tired of both, and the remnant who were true to the old way were faithful, though without honor. At last a prophet arose who preached the old-time uprightness. He went back to the backbone of things. He made the spine his study. He built on the vertebrae. He reinstated the blood and nerves. He retraced the original drawings and specifications of the human body, and found that the skeleton was the proper framework for the system of health. He constructed Osteopathy. He returned to first principles. He reinstated laws that were neglected. He appealed to principles that had been lost sight of in the traditions of other things. He showed that no drug system was the same as the system of Nature. He awakened thought, too long drugged to the dead level of stagnant insipidity, to the activities, spontaneities, and possibilites of Nature, and has trained a host of disciples who are considered new and strange by the votaries and victims of other—allops—methods than those of Nature, and, also, by those who pride themselves as holding to the same—homeops—methods as those of Nature, but we are not so new. Osteops are as old as Nature, and we are not strange to those who know Nature and her laws. Our founder and father is the real Cheops of therapeutics, and all Osteops are the lineal descendants of those who, throughout all history, have thought, and wrought, and fought for the first principles of health, before they were perverted by the many inventions of ancient and modern druggers.

Osteopathy in N. Y. Legislature

ONE of those omnibus bills of exclusion is before the N. Y. Legislature. It is the best specimen of class legislation, provoked by sharp competition, that we have seen. It is one of those prescriptive, proscriptive writs that seeks to monopolize the healing profession and to minimize it to the narrow limits of the drug shibboleth. It is the most presumptuous arrogance we have yet seen attempted in a free country by a creditable profession. The medical doctors, and this means the fused allopaths and homoeopaths, owing to...
the competition of other scientific methods, are squealing for protection, and are actually praying the State to save them from the growing practice of their competitors. It would be amusing if it were not absurd. This bill puts Osteopathy in a motley crowd. Its promoters have lumped us in a hodge-podge of other people, so that our distinction is lost, but the medical people can't distinguish. They will have to do that later. We are not exactly ashamed to be classed with Christian scientists, faith-critics and Co., but for practical purposes, it is all the same with the medical monopolists. But they have massed and classed too many people against them. They can't outlaw such a crowd. It's too big. We have nothing to say about other methods of healing, other than Osteopathy as compared with the drug system. The "Christian Scientists" can take care of themselves, we hope. We are sure that Osteopathy can take care of itself in N. Y. or anywhere else. We are sure that this bill, if passed, will defeat itself; for it is an infringement of personal liberty and is unconstitutional. The cause of medicine is making itself pitiable by such unreasonable pleas for official favoritism. The bill is absurd.


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