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to it that his patients are taught how to keep well. And you can be very sure that you'll get well more quickly under osteopathic care—and that you'll keep well so long as you listen to your osteopath.

-VITAMINS-

VITAMINS should be purchased from the market, the grocery and the dairy instead of the drug store. Some pharmaceutical houses are spending a great deal of money in efforts to induce physicians to prescribe vitamins. Patent medicine vendors and a host of other quack concerns are spending huge amounts of money in an attempt to "educate" the public as to the great value of vitamins, and, of course, the product offered by each advertiser is the only one that contains the real Simon-pure, life-giving "A," "B" and "C" vitamins.

It is the duty of physicians to inform their patients and it is the duty of the medical profession to inform the general public that the best and most useful and all that is necessary of vitamins can be purchased for a few cents a day from the dairy and the market. Furthermore, it is our duty to tell the public that some of the most extensively advertised and used of these products have not sufficient vitamin "C" to protect guinea pigs from scurvy when given in doses recommended as sure protection for children.

In fact, except under certain special conditions, which can be appreciated only by the educated physician, there is no excuse, except one of financial profit for soul-scarred commercialists, for creating a demand for these products.

The above is from the California State Journal of Medicine. Every member of the osteopathic profession, no doubt, would endorse this quotation in toto. Commercial interests are always looking about hunting for new avenues for obtaining profits, so it is not surprising that attempts have been made to bottle and commercialise vitamins.

It must be remembered that the more natural the food is the more it contains the elements that go to nourish the body and maintain health. The Great Master Chemist has provided well for the needs of the body by giving us an abundance of foods in
their natural state in which the various elements the body needs are perfectly blended and proportioned. The more these natural foods are tampered with the less wholesome they become.

Vitamins are found in abundance in natural foods. They are the richest in such foods as milk, cream, butter, eggs, fruits and vegetables. The vitamins are largely destroyed when subjected to a temperature above 130 degrees Fahrenheit. Look to Nature's stores for your vitamins as you will be disappointed if you patronize drug houses and chemical concerns in your search for these vital elements that are so essential to health. —R.

MARVELS OF SCIENCE

THEY tell of a strange case in a small Missouri town. A man complained of pains in his heel. His physician removed his teeth, but the pains continued. They removed his tonsils, and still the pains remained. As a final resort they removed his shoe and the X-ray revealed a needle in his heel."

The above quotation is from the Pan-Therapist. While the story, no doubt, is fictitious, it nevertheless contains some food for thought. Tonsils and teeth are becoming exceedingly unpopular in scientific circles.

We all know that tonsils and teeth are frequently the source of considerable trouble but they have been blamed unduly and over much during the past few years, until it is time that they receive sane consideration and just treatment. Osteopathy has saved many tonsils from mutilation, and has preserved the teeth of many individuals—tonsils and teeth that have been falsely condemned.

Modern methods of living are largely responsible for diseased tonsils and abscessed teeth. We have wandered away from the straight and narrow path of health. Food has been devitalized and demineralized, has been robbed of much of its nutritional value and the body suffers in consequence. Right living along with osteopathic adjustment to restore and maintain proper mechanical relations in the body constitute the best safeguard to health. This is true health science and is both safe and sane.

—R.
FAITH

A MITE of faith is mighty. The bare germ of confidence in one's work brought to fruition yields a life of accomplishment. Without faith it is impossible to do anything. But with it all things are possible. The Master once said: "For verily I say unto you, That whosoever shall say unto this mountain, be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith."

The tendency of many folks in dealing with osteopathy and osteopathic physicians is to emulate the example of the old lady who lived on the slope of a mountain. Day after day she be­moaned the fact that the peak shut out the morning sun from her windows. Finally she decided to take the promise literally and to pray for its removal. Accordingly she offered a long and earnest supplication beseeching that the mountain might be removed. The next morning when she arose, however, the height still loomed above her. Contemptuously she exclaimed: "Humph! Just as I expected."

Osteopathy will yield everything you expect of it, for osteopathy makes possible the cure of disease and abounding health through implicit obedience to Nature's laws. And faith placed in Nature and Nature's God cannot ever be profitless. —s.

FALL COLDS

ALL colds are exceedingly common and as a rule are rather obstinate. Sometimes they are of the hay fever variety. It is not wise to neglect such colds because they undermine the vitality and predispose to further trouble.

The sooner these colds are attended to, the better, and there is nothing quite equal to Osteopathy in overcoming them. The reason for this is quite obvious when the nature of osteopathic treatment is understood. It opens up the circulatory channels and stimulates the controlling nerves. This relieves congestion and improves the circulation which in turn increases the vitality and adds to the powers of resistance.

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The best way to be convinced that Osteopathy is the indicated treatment for colds is to try it out. Almost invariably the patient feels better almost immediately following treatment. Sometimes one treatment is sufficient to entirely relieve the condition. Not only is Osteopathy effective but it is safe and sane, as it is a purely natural system of treatment. It has been said it adds nothing to the body and subtracts nothing from it, but simply utilizes the inherent recuperative resources with which the body is so abundantly supplied.

—R.

**DON'T WORRY**

One day at a time conscientiously lived up to will keep the eyes bright and the cheeks round and rosy.

Don't begin to worry about things days beforehand. It will be time enough when they happen.

It is the dread of what may come, not what is, that makes one old before the time. If you lie awake half the night, worrying about something that is going to happen the next morning, you will be far less able to face it bravely and work out the problem, than if you made an effort and thought of something else until sleep came. It is not half as hard as it sounds and will grow easier every time you try it.

Perhaps, after all, the disaster will not befall you or will be less awful than you anticipated and just think what a lot of unnecessary wrinkles you have worried into your face.

**LEARN TO LAUGH**

Learn to laugh. A good laugh is better than medicine. Learn how to tell a story. A well-told story is as welcome as a sunbeam in a sick room. Learn to keep your troubles to yourself. The world is too busy to care about your ills and sorrows. Learn to stop croaking. If you cannot see any good in the world, keep the bad to yourself. Learn to hide your pains and aches under a pleasant smile. No one cares to hear whether you have the earache, headache or rheumatism. Don't cry. Tears do well enough in a close up in the movies, but they are out of place in real life. Learn to meet your friends with a smile. The good-humored man or woman is always welcome, but the dyspeptic or hypochondriac is not wanted anywhere, and is a nuisance as well.
INFANTILE PARALYSIS

Dr. Asa Willard, Missoula, Mont.

This disease was called by this name because it affected principally young children but older children and adults now seem frequently susceptible to it and in some attacks of recent years the children of upper grammar and high school age seem even more susceptible than the younger ones. The professional name is Anterior Poliomyelitis—anterior = front. Poliomyelitis = (Greek) polios, gray + myelos, marrow + itis, inflammation; which name is descriptive, as the disease is an infection attacking and producing an inflammatory condition in the gray matter in the front part of the spinal cord. This gray matter is composed of motor nerve cells, that is nerve cells which, through the branches they give off to muscles, control the motion of those muscles. Sensation remains intact. There is a type called the "bulbar" type where the cord is affected high up at its expanded portion just where it is given off from the brain. In this the throat and centers of respiration are liable to be affected and the fatalities increased. Older children seem to have been more affected by this type than younger ones. Every year there are scattered cases of infantile paralysis and sometimes they become sufficiently grouped to reach the proportions of an epidemic—though certainly it is but mildly contagious if at all when compared with known contagious diseases, for it is so rare that more than one in a family have it or that direct contact with another case can be established that such can be almost regarded as co-incidental. In spite of this, however, it is but common sense to use every precaution as to isolation, care of discharges, etc. When cases are sufficiently numerous in a locality to reach epidemic proportions, a peak of severity is reached and thereafter the fatalities are less numerous though there may be numbers of succeeding cases. This is not peculiar to this malady, however, it is usually true of any epidemic infection. It will be remembered as having been the history of the flu epidemic. Serums brought in at the time the epidemic had reached its peak have sometimes received credit for this subsequent characteristic decline in severity.

When osteopathic treatment is utilized it should be employed at the earliest possible time. It offers possible helpfulness at any stage but its greatest effectiveness is realized when used early. The treatment given during the acute attack would be gently applied to the spinal area to influence the circulation to the affected nerve centers, and should be assisted by hot compresses to the spine, sometimes alternated with cold, and the patient kept on the face as much as possible to facilitate spinal drainage.
Common sense methods to throw off the poison should be used, such as flushing the bowels frequently with colonic irrigations, sweating, giving patient plenty of water and fruit juices to flush the kidneys.

Making the advice "It is not quite time yet for massage" apply to osteopathic treatment has deprived many a little cripple from receiving the greatest possible recovery in the paralyzed limbs. Massage is not Osteopathy. Massage isn’t indicated while the limbs are tender and sore but Osteopathy can be effectively applied for the treatment would not be given upon the sore, paralyzed limbs, but to nerves controlling the circulation to the motor nerve centers involved whose involvement is causing the condition of the limbs. It can be done with slight pressure that would actually be soothing and grateful to the patient.

There is an occasional case that Osteopathy will not help, nor will anything else; but parents can feel assured that there is no case, nor any stage of any case, when properly applied Osteopathy would be detrimental. The earlier Osteopathy is utilized the greater its opportunity for helping to prevent permanent paralysis.

**IMPOSSIBLE!**

**Geo. W. Reid, M. D., D. O.**

When steam power was first discovered and applied, doubting Thomases came forward and declared that navigation by steam was impossible. Fulton’s steam boat was facetiously declared to be Fulton’s folly. A Professor Lovering went so far as to write a book in which with great zeal and mathematical calculation, he demonstrated the impossibility of steam navigation. The first steamer to make a trip across the Atlantic carried a copy of Professor Lovering’s learned book.

The telephone likewise had its critics. It was declared impossible even by the London Times, in 1877. After having investigated the question of telephone communication, this paper in addition to declaring the whole thing an impossibility indulged in uncomplimentary remarks about the absurdity of the proposition. The London Times, no doubt—now would find it hard to get along without this “impossible” telephone.

About one hundred years ago, Dr. Ignace Philip Semmelweis, while a professor in the University of Vienna discovered the cause of puerperal sepsis—childbed fever. At that time, the records showed that 20% or one out of every five women entering the hospital and giving birth died with this disease. The cause was poisoning transmitted to the woman by the dirty hands of the at-
tendants. Dr. Semmelweis required the students to wash their hands before attending these women and the mortality from childbed fever immediately dropped to 1%. Later Dr. Semmelweis presented a paper to the faculty in which he declared that childbed fever was an infection. His reward was sneers and jeers from the faculty. The criticisms were too much for Dr. Semmelweis and the result was that he became mentally unbalanced and was placed in an insane asylum, where he afterwards died of blood poisoning, the very thing for which he himself had found the cause.

Plenty of people are always ready to shout "Impossible" when any new departure takes place along any line of endeavor. This seems to be particularly true in the field of therapeutics. It takes a bold doctor to advance any new ideas, particularly if they conflict with any of the accepted traditions or theories of his time. This disposition to shout "Impossible," to ridicule and to expel from professional fraternities any doctor who dares to come forth with any advanced ideas has interfered tremendously with the progress of the healing art. Pioneers in the field of healing deserve great credit for their courage and devotion to their conviction.

Osteopathy has a record of results that would be a credit to any system of treatment. Hundreds and hundreds of thousands of people have been restored to health and usefulness by Osteopathy, many, many thousands of whom were last resort cases, that is they had tried orthodox methods without results. Yet notwithstanding all this evidence of the utility of this system of treatment it is regarded by orthodox medicine as nothing more nor less than quackery. Ask the average doctor what he thinks of Osteopathy and you will get a laugh or shrug of the shoulder or a remark that is not at all complimentary.

For a time it was regarded as impossible to cure without drugs and surgery but Osteopathy has demonstrated the fallacy of this belief and is rapidly putting to shame its critics. The time will soon come when this science will be generally accepted and utilized as is steam navigation, the telephone and the principle of cleanliness. The osteopathic profession applies the principle of adjustment to the human machine—a principle that is not questioned in the field of mechanics. The results following the application of this principle in the alleviation and cure of disease as sufficient to silence all criticism no matter whence it may come.

It is all right to be conservative but when conservatism goes to the point of closing the mind, it ceases to be a virtue. In other words, conservatism at the expense of open mindedness is not an asset to any one. It is an easy matter to shout "impossible,"

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and moreover this offers an excellent alibi for not investigating the question at issue. It is much easier to condemn than to investigate and this may account for much of the criticism we meet with. But the world is progressing. Science is marching forward conquering new fields and revealing new truths, making careful study and observation necessary in order to keep up to date. The person who shouts "impossible" now is not in as good standing as in days gone by, as it is actually becoming commonplace for the person who says a thing can't be done to find someone already doing it. Experience at least has amply demonstrated the folly of assuming that a thing can't be done as well as the importance of maintaining an open mind.

THE HUMAN CESSEPOOL

J. H. STYLES, JR., D. O.

That blind pouch, the caecum, which is the beginning of the colon or large bowel, is one of the filthiest of modern plague spots. It is a veritable cesspool. Normally this structure is shallow and has a capacity of only a few ounces. It is designed to divert the intestinal flow from the small intestine upward into the ascending colon. To facilitate this onward movement of fecal material the appendix, which is attached to the caecum near its end, manufactures great quantities of oily mucus which it pours out perpetually to lubricate and protect the caecal walls.

So long as all goes well and conditions are normal, the caecum continually empties itself and keeps clean. But when, through neglect, constipation develops, the entire situation changes. The rate of flow within the ascending colon slows sufficiently to permit a backing up into and gorging of the caecum. This accumulation, long retained, undergoes putrefactive changes and poisonous ptomaines are generated which are most virulent.

The mucous lining of the caecum thereupon becomes inflamed and the beginnings of colitis appear. Gases are continually generated and further distend the caecum until at length it comes to hold a quart or more of indescribable feces.

The valve which guards the opening from the appendix into the caecum is able to protect the interior of this organ from fecal intrusion under all ordinary circumstances. But when the caecum becomes overstretched the opening is so enlarged that complete closure is no longer possible. Gases are then able to penetrate the appendix and to dilate it. Thereafter bits of putrid fecal matter find their way into its cavity and infect the mucous membrane which lines it. Inflammation results and this is acute appendicitis.

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In addition to such acute seizures, there are many varieties of chronic involvement of the caecum, appendix and colon. All are vicious and vitiating. And all of these ills spring from a single first cause—CONSTIPATION. For constipation alone is responsible for the structural perversion of the caecum and its transformation from a healthy, shallow pouch into a deep and terrible sink of filth and infection.

All of the laxatives in the world will not clean out an impacted caecum and restore its health. Osteopathy, right diet and mechanical lubrication form the only effectual therapeutic combination in this connection.

A total fast of several days' duration, or an exclusive fruit diet, combined with the taking of large initial quantities of one of the heavier mineral oils whose viscosity is not affected by body temperature (Liquid Petrolatum—Squibb is best for this purpose) and the correction of all related and remote osteopathic lesions will quickly evacuate the caecum and restore it to health again.

During and after treatment copious amounts of pure water should be taken persistently.

When physiologic balance has been re-established and the caecum is once more "in the pink of condition," a proper sort of diet will keep it so. Such a regimen must contain large quantities of unfired vegetable foods, fruits, coarse cereals and water. Clean out this human cesspool and give Nature a chance. Then you will know what it is really to live.

OUSTED

"Why is that pig always trying to get into my room?" inquired the summer boarder. "Do you think he has taken a fancy to me?"

"It's his room during the winter," whispered the hired man cautiously.—KANSAS CITY JOURNAL.

NOT READY TO DECIDE

"To what do you attribute your great age?" asked the city visitor to Grandpa Eben Huskins.

"I can't say yit," answered Grandpa, cautiously. "They's several patent medicine fellers dickerin' with me."

NOT WORTH CRYING OVER

Young wife—"Oh, John, the rats have eaten all my angel cake!"

Husband—"What! All of it?"

Young Wife—"Every piece. I feel like crying!"

Husband—"Oh, pshaw! Don't cry over a few rats."
KNOW THYSELF
CHAS. CARTER, D. O.

"Know thyself; presume not God to scan
The proper study of mankind is man."—POPE.

But we have come upon an evil day when men not only scan
God but presume to measure His knowledge and His power.
Here we have the picture of the fallible and finite passing judgment
upon the infallible and the infinite. So much of this is done in
this startling and progressive age that it is well to hark back to the
everlasting and ever-comforting truth—God reigns and holds
the destinies of individuals and of nations in His hand.

Perhaps Pope meant that one should know his mental quali­
ties, disposition and habits. I would like for you to consider the
physical man—the body condition in health and in disease.
So many important things about the human body we have learned
and forgotten, and so many that we have never learned.

We know that at all times all parts of the body are changing—
being broken down and being renewed. We know this is being
done by means of the circulation. The arterial blood is constantly
bringing repair material (nutrition) and the venous blood constant­
ly carrying off the wornout and discarded material. From this
we readily learn that any interference with either blood stream
may weaken that part of the body or may leave waste in the sys­
tem that will poison it. We readily know that a contracted mus­
cle or any displaced tissue may so press upon vessels as to disturb
their functions. We ought to know that this is a common factor
in causing disease. If this be true then we ought to know that
the most important thing to do to obtain a cure is to remove
this obstruction.

We know that there is enough poison created in the body every
day to produce death if it were not eliminated. We know that
the nerves have much to do in elimination. They regulate peris­
talsis. They influence the function of the skin and of the lungs.
They determine the secretions, even the secretions of internal
glands. We know that if there is pressure upon a nerve it cannot
function freely. We know that such a pressure may be due to
displaced tissue. If so, this pressure should be removed.

We know that in sickness there is often a disturbed circula­
tion, with congestion or inflammation at the part involved, and
that this is often due to pressure upon either nerves or blood ves­
sels and that this pressure can be removed. We know that disease
germs thrive in sluggish blood and have a hard time in pure, free­
flowing blood.

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