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Osteopathic therapeutics depend upon the mechanical principle of adjustment of structure.

* * *

Man is a machine needing, when diseased, an expert mechanical engineer to adjust its machinery.

* * *

Osteopathic treatments remove obstructions and liberate the nerve energy, restoring normal function.

* * *

Osteopathic diagnosis is the locating of structural derangement with a consideration of its associated consequences.

* * *

By manual operations the osteopathic physician adjusts abnormal structure, adapting them to individual conditions.

* * *

The presence of disease indicates primarily, structural derangement interference with the free action of the vital forces.

* * *

The nervous system has extensive and powerful influence in modifying and regulating all the phenomena of the organic as well as the animal functions in the human economy.

* * *

Nature unhindered has the power to handle all diseases and it is found that this power is most often interfered with by some contraction or misplaced tissue which obstructs the flow of blood, lymph and nerve force.

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**Pat Properly Prepared**

An Irishman who was signing articles on board a ship began to write his name with his right hand, then, changing the pen to his left hand, finished it.

"So you can write with either hand, Pat," said the officer.

"Yis, sor," replied Pat. "When I was a boy me father (rist his soul) always said to me: 'Pat, learn to cut yer finger nails wid yer left hand, for some day you might lose your right." —JUDGE.
A certain doctor in a western city has a large sign in front of his office on which is one word—Think. Many people noting the sign enter the office to inquire what it means, and they are always told that it means just what it says—Think. Ministers noting the sign have made it a text for sermons.

A book on Electrical Psychology by Dr. J. B. Dods, published in 1854, contains the following quotation—"As the Creator of the universe has endowed man with reason, and assigned him a noble and intelligent rank in the scale of intellectual and moral being—and as he has commanded him to use this faculty—so I may with justice remark, that he who cannot reason, is a fool; he who dare not reason, is a coward; he who will not reason, is a bigot; but he who can and dare reason, is a man."

The same author states—"If no human being had dared to hazard the expression of an original thought, then nothing in the realms of science would have been disclosed by speech, nor penned in books."

This doctor was a bold thinker. Not only did he dare to think, but he had the courage to speak his thoughts, and some of the ideas he expressed in his book were far in advance of the age in which he lived. Indeed, they are in keeping with the present scientific developments of the field of electricity.

The Master Teacher said—"Ye shall know the truth and the truth shall make you free." But how are we going to know the truth unless we exercise our mental faculties. We must think, we must reason, we must investigate. Freedom in its largest sense will never come so long as the great mass of humanity blindly follows in the footsteps of others. The average intelligence
must continue to rise until the popular mind is liberated from ignorance and superstition. There is no other way to attain this ideal aside from thinking and exercising the mind on the constructive plane.

Don’t let your mind atrophy from disuse. Think! Think!! Think!!! Tackle the various problems of life in the spirit of a conqueror and with rule of right reason as your guide you will find great satisfaction in life and will not go far astray in your explorations in the realms of science.

—R.

HARD WORK DOES NOT CAUSE OLD AGE

It has long been held that the cause of old age lies in the fact that the cells of the human body gradually wear out with use, just as do the parts of an automobile. Modern scientific research, however, tells a very different story. I. R. Mueller, director of a great clinic in Erlangen, has recently advanced the view that the real cause of senility is a diminution of the energy of the power of growth. He says:

“The vital energy of growth, which is most active in an unborn child, undergoes considerable diminution even in childhood. When the adult condition is reached the vital energy slowly decreases until a great age is attained, which is shown by the fact that the power possessed by the cells of undergoing division and multiplication is decreased. An instance of this is evident in the fact that wounds and bone fractures become harder to heal with age. In aging cells the capacity of the cells both for absorbing nutrition and for transforming it into energy is lessened. To a certain extent this is explained by the fact that the nucleus of the cell, which is the essential seat of the capacity for growth, becomes smaller as the individual becomes older.”

Another interesting point made by this authority is that the cells of the organism age with different rapidity in different kinds of animals. Thus man attains an age of 70 to 80 years, which is twice that of the horse, a much larger animal. In general, however, smaller animals have a lower expectancy than larger ones.

Dr. Mueller concludes by remarking that strenuous activity
does not bring on premature age in men or in animals. This can be occasioned only by continued physical embarrassment of the body machine, incomplete elimination, disease, or by insufficient rest periods.

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DON'T FOOL YOURSELF!

THERE is much more danger of fooling yourself than of being fooled by others. You believe what you want to believe. Desire constantly defeats the ends of truth in the business of living your life. In choosing a doctor there is ever present the peril of self-deception. For instead of being guided by obvious facts the tendency, in this connection, is to rely upon opinions.

Don't fool yourself when you select your personal or family physician. Know the facts. Consider the consequences. Get the right perspective. Then decide deliberately.

Nature serves best and most effectually that physician who works with her and waits upon her. For this reason osteopathy is the most potent of all therapeutic and prophylactic systems. Specifically applied it is the most powerful of all remedies. And only the osteopathic physician is equipped and trained to practice osteopathy.

"Prove all things; hold fast that which is good." —s.

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AN OMINOUS SIGN

Softly the nurse smoothed the sufferer's pillow. He had been admitted to the hospital only that morning, and now he looked up pleadingly at the nurse who stood at his bedside.

"An' what did ye say the docther's name was, nurse, dear?" he asked.

"Dr. Kilpatrick," was the reply. "He's the senior house physician."

"That settles it," muttered the patient. "That docther won't get a chance at me."

"Why not? He's a very clever man."

"That's as may be," said the patient. "But me name happens to be Patrick." —KANSAS CITY TIMES.

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STARTLING REVELATIONS OF A WOMAN PHYSICIAN

Geo. W. Reid, D. O.

Alice S. Cutler, M.D., is Medical Examiner for the Y.W.C.A. in Pasadena, California. In that capacity, she has examined over 1200 girls and women for gymnasium work. Being curious to know the kind of medical attendants these people employed, she asked each one of them who their family physicians were. The results of her investigations are illuminating as well as startling. Of the 1200 examined, Dr. Cutler found that

- 772 go to osteopaths
- 120 go to chiropractors
- 183 are Christian Scientists
- 125 go to the regular medical profession

Dr. Cutler concluded with apparently good reason that this showing is surely a sore reflection on the medical profession. Commenting on these figures the Medical Pocket Quarterly says in part:

"It doesn't seem possible and we do not believe that this average obtains throughout the country, yet the figures shall stand forever as a flashing, warning signal to materia medica, et al.

"Just think of it! Only 10 percent of the women questioned still have faith in regular physicians! Would you believe it? And do you actually believe that they have gone to other sources because they get better service—or because advertising has led them to believe that they are more likely to find relief elsewhere?"

The findings of Dr. Cutler are especially significant when placed beside those that were revealed by a canvass conducted by the Chicago Medical Society last year to determine what the laity think of the medical profession and learn why they patronize other healing agencies. The report of the results of this investigation were printed in the Illinois Medical Journal from which a few quotations follow:

"We gathered together volunteer workers, traveling salesmen, city salesmen, office people who had much contact with the general public, the welfare worker in one of the biggest Middle Western industrial concerns, a club woman on the South Side, a
society woman on the North side—people who would come in contact with laymen in every walk of life. There were a few paid workers, too, who went up the highways and byways. We asked them to do this: to find out from as many people as possible, 'What did you do the last time you were sick?' and, wherever it could be done gracefully, 'What led you to do that?' They were instructed not to ask the definite question, 'What do you have against the doctor?' for that would not only have robbed the reply of its spontaneity, but might have cast considerable suspicion upon the motive of the inquirer.

"Replies were grouped under general heads from 5,719 persons in Chicago, from 1,053 persons out of Chicago—a total of 6,772. From this total only 931, or 13 5-16 per cent, had never dabbled in any cult or pseudoscience. Of the 931 with a perfect record, only 384, or 5 11-17 percent had no curiosity about any of said cults or quackery and no intention of experimenting just a bit with them.

"Of the 5,841 who were directly against the physicians, directly for the other fellow, which is quite a different matter or who had at some time or another been interested in the other fellow to the point of investing money in his healing methods, only 7 per cent of them were directly opposed to the physician on account of some fault of his own; that is, malpractice, either real or imagined, or his failure as an individual to adapt himself to a situation.

"As I said, we have all classes represented here, from day laborers to society leaders, with just about a 50-50 break between those above and those below middle class in property holding. And we found what to us was a rather interesting fact—that the semi-foreign communities out on the west side of Chicago showed a smaller percent experimenting with doubtful healing practices than the exclusive Hyde Park and North Shore residential districts."

These figures really speak for themselves. Medical comment seems to conclude that the two factors responsible for this state of affairs are, first: Lack of publicity on the part of the medical profession and, second: The use of modern methods of publicity on the part of drugless systems of treatment. They will not ad-
mit that there is any superior virtue in Osteopathy as compared with medicine. It is purely a case of superior salesmanship, as they see it.

This attitude seems rather queer. It reminds one of the old saying, "There are none so blind as those who will not see." Practically all avenues of publicity are open only to the medical profession. They are a hoary headed profession. They have the prestige and precedent of past ages to recommend them to the public and yet there is no mistaking the fact that in both prestige and patronage they are losing ground, and they attribute this fact purely to superior methods of salesmanship on the part of their competitors.

Salesmanship, no doubt, is a factor in the success of any institution, but salesmanship without a service that will meet with approval will fail most miserably. The medical man is selling service, and so is his competitor. The public is after service, and the public is going to patronize the practitioner who can give him the most for his money. He is looking for relief from his ailments. He is looking for health, and if the medical man fails to give it to him he will look elsewhere, and when he finds relief and health elsewhere, naturally he is going to support that system of treatment or "cult" that gives him what he most desires.

Osteopathy has been built up solely by virtue of the results that it has accomplished in the alleviation and cure of human suffering. Many of its successes have been last resort cases, and last resort cases are always especially grateful for results obtained. Many times their enthusiasm knows no bounds, and this is only natural. When a person is snatched from the grave or relieved from excruciating suffering why should he not go forth with a feeling of gratitude in his heart and a note of praise and a song of thanksgiving on his lips for his newly found relief?

Doctors cannot get around the fact that "a satisfied customer is the best advertisement." If a patient fails to get relief from the medical man and then finds relief by going to an osteopath, he is going to be an osteopathic booster, and vice versa. So it is results rather than clever advertising that counts. Educational publicity of course is highly important. Not only is it a service but it is a duty to humanity. The public deserves to be enlighten-
ed along therapeutic lines. Truth liberates, while superstition and ignorance enslave. When a person possesses truth regarding therapeutic matters, he knows what to do to get well. He also knows how to maintain his health.

Medicine is most popular where the greatest ignorance abounds. Follow the missionaries into benighted Africa or India and you will find that the natives in many cases are so eager for the medicine that they will devour the paper that contains the powder. This same fact was disclosed by the inquiry conducted by the Chicago Medical Society. According to the report, "The semi-foreign communities out on the west side of Chicago showed a smaller percent experimenting with doubtful healing practices than the exclusive Hyde Park and North Shore residential districts." Evidence would lead us to believe that the more enlightened the people become the less they rely upon drug doctors and the more they patronize the so-called cults and quacks.

We are living in a new age. Progress in the healing art is inevitable. As evolutionary changes take place there must be a corresponding adaptation to the new developments. Otherwise, we fall behind and get out of date. That seems to be the situation of a great many of the advocates of medicine today. Osteopathy represents a great forward step in the therapeutic world. Many doctors will not admit this fact, but in the long run they will find that this failure to accept new truth and adapt accordingly will be to their own sorrow and to the discomfiture of their patients. In the meantime, however, the osteopathic profession, not hampered by tradition, prejudice or bigotry, goes marching on toward greater and greater achievements.

WELL PACKED

A lady and her little daughter were walking through a fashionable street when they came to a portion strewn with straw, so as to deaden the noise of vehicles passing a certain house.

"What's that for, mamma?" said the child.

The mother replied, "Why the lady in that house has had a nice little baby girl sent her."

The child thought a moment, looked at the quantity of straw and said, "Awfully well packed, wasn't she, mamma."
ONE THING THOU LACKEST

CHAS. CARTER, D. O.

The lack of one thing may turn complete success into failure. One's destiny may hinge upon a trifle. Mr. A is a fine business man except that he is a poor collector, so he is a failure. The rich young man of Scripture was so good that the Master loved him, yet he went away sorrowful because he lacked one thing.

So it is in health. There are thousands of sufferers in the land today because of the lack of just one thing. They may have had the very best medical attention with its expert diagnosticians. Many of them may be people of wealth and able and willing to persist in any plan that offers hope, yet they continue to carry their burden of ill health.

They have lacked one thing and strange to say that thing is available.

Let us consider some cases.

First, let us think of the large class who suffer from various forms of stomach trouble. Some of these cases are due to poor circulation to the stomach as the result of pressure upon blood vessels or nerves. Thus the nutrition and secretion of the stomach are impaired. These patients may have had the best of advice about diet and may have been told when and what and how to eat.

Tests may have been made showing the lack or excess of the various elements of gastric juices. The sufferers may have been thoroughly examined as to the condition of the blood, for it is said that failure of digestion is more often due to bad kidneys, torpid liver and similar conditions that vitiate the blood than to a diseased stomach.

Now suppose all of these important factors have been considered and as far as possible have been met, why does the patient continue sick? One thing thou lackest The lesion—the physical cause that disturbs nutrition to, and secretion of, the stomach, has not been removed and of course digestion is poor. Is this not plain to those who wish to see?

Osteopaths are curing hundreds of these cases by correcting the lesion.

Upon the same theory they are curing other diseases. Pa-
tients with Bright’s disease are prolonging life by hygienic and
dietetic measures, but they have neglected the most important
thing if nothing has been done to remove the obstruction to the
circulation in the kidneys that lowers their vitality and permits
degeneration to proceed.

Or the one thing lacking in other cases may be a turned rib that
affects the heart; a slipped bone in the foot causing fallen arches;
a displaced lumbar transverse process causing symptoms similar
to those of appendicitis, or causing lumbago, sagging bowels or
pelvic viscera; or a pressure on a nerve causing neuritis, headache,
or pain or weakness in almost any part of the body.

In all these cases it can be said, “One thing thou lackest.”
I wonder if it would be an exaggeration to say that such a condi­
tion exists in fifty per cent. of our households.

Many business men have gone into the discard because they
have failed to do the one thing needful to keep down their blood
pressure or to maintain their health along other lines.

Fortunately there are specialists whose training prepares them
for locating and removing the one cause of disease that others
overlook. Their whole time is devoted to this work. They are the
osteopathic specialists. No one else attempts to do the things
they are doing.

**Osteopathic Sanitariums**

There are no other institutions in the world just like our
osteopathic sanitariums. Here one finds the good things com­
mon to all sanitariums and in addition osteopathic specialists who
will do the most important thing—that is, remove the physical
cause (the lesion) that has in many cases been the real factor that
prevented recovery.

Finally, if you are a chronic sufferer and have tried the usual
means and remedies without relief, it is more than probable that
you have as a factor in causing the trouble a physical disadjust­
ment (a lesion). One thing thou lackest. Have this lesion cor­
rected.

409 W. Franklin St.
Richmond, Va.
OSTEOPATHY

JOHN H. STYLES, JR., D. O.

OSTEOPATHY is the simplest of all therapeutic methods. It is not a fad, a cult, nor a specialty. It is a complete system of rational medicine. Osteopathy is most closely allied with Nature and is therefore the most natural of all healing arts. It deals directly and specifically with the physical first causes of disease and for that reason is the most effectual of medical sciences.

Osteopathic manipulation of the body machine is entirely a matter of applied mechanical common sense. Technical osteopathy is predicated squarely upon the idea that the structural integrity of that body machine (and who is there who denies that the human body is essentially a machine?) is absolutely fundamental to health.

The osteopathic physician used to be called a "bone setter." He is not and never was a "bone setter" any more than he is or was a masseur or a "rub doctor." For osteopathic treatment is not concerned with "setting" bones at all. It is designed to move joints. And it is utterly obvious that when bones appear to be slightly "out of place" (in lesion, according to osteopathic parlance) that they are held so because of the inability of their joints to move freely so that they may return to their normal resting positions.

The osteopathic physician is a mechanic of the human machine. His bare hands, assisted and directed by all of the splendid laboratory and diagnostic machinery of modern science, are his chief tools. With them he seeks out and finds those joints in the skeleton which need adjustment (and, by the way, the osteopath was the original and genuine adjuster of the spine) and thereupon adjusts them specifically and quickly by restoring to them their normal capacity for motion. Thus he re-establishes structural integrity and makes it possible for the healing power of Nature (which alone can cure!) to flow freely to every cell in the body and to work a speedy and positive restoration to health.

But osteopathy not only makes sick folks well. It keeps them healthy! For the osteopathic physician is constantly and consistently striving, by every means known to science, to teach
his patients how to live properly and so that they will be able to live abundantly without him except for a periodic overhauling for the purpose of insuring perpetual physical efficiency in all parts of the body machine and for general supervision in other health matters.

Osteopathy, then, restores sick people to health and keeps healthy individuals well by the simple and reasonable process of securing and maintaining an unbroken physical integrity of the body machine in all of its parts. And it accomplishes this end by moving the bones when they will not move normally one upon the other as Nature intended that they should.

THE HEART

DR. ASA WILLARD, Missoula, Mont.

SOMEHOW the common attitude of mind in thinking of the heart, is of it as being a sort of separate and distinct entity with its own particular troubles which must be reached in some way from within. Of course, this is in large measure due to its being known that it is a vital organ, but even aside from that, we unconsciously consider it in a detached way.

Because of this viewpoint, sometimes persons who have appreciated the applicability of osteopathy to diseased conditions of many of the other organs, even of the lungs, have thought of heart troubles as outside of the realm of osteopathic practice.

As a matter of fact, the heart has its own blood and nerve supply, just the same as any other organ or part and these can be influenced by appropriate treatment, often with unusually gratifying results. Osteopathy has seemed particularly applicable to that group of heart conditions which followed in the wake of the flu. In those flu patients who were cared for osteopathically during the epidemic, after heart weakness was practically a negligible factor. The circulation to all organs being kept freely flowing by appropriate treatment to affect nerves which controlled the circulation, the poisons with which the system was laden were not allowed to accumulate in one organ or part to weaken its cell structure and break it down and thus bad after results were held to a minimum.
The various diseased conditions of the heart are scientifically classified, but space would forbid their being enumerated and sufficiently explained here to make them understood by a layman.

The nervous mechanism controlling the heart’s beat, the membranous sack (pericardium) surrounding the heart, the heart muscle and the heart valves are all factors associated with the heart itself, which may each or collectively be involved in abnormal heart conditions and besides these, many general bodily conditions and the functioning of other glands and organs may have a bearing and need to be taken into account in diagnosing and treating the heart.

The heart, a little engine no bigger than your fist, has weight for weight a far greater capacity for work than any man-made mechanism in existence and the wonderful nervous mechanism which controls and regulates it, makes it go just slow enough and just fast enough to do its usual work and to meet any emergency and also controls the circulation to the heart’s own substance, has alone been the subject of volumes of scientific works.

Osteopathic treatment of heart conditions is based upon an intimate understanding of these nerve controls and its effectiveness has not only been demonstrated in clinic results, but sustained by scientific laboratory experiments.

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**PRECIOUS HEALTH**

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

Men spend their health
In search of wealth,
    And often then, in vain,
They spend their wealth
In search of health

    Which can’t be found again.
We have been told
By sage of old
    That we can always, sure,
Prevent disease
With far more ease
    Than we can find a cure.
So guard with vim
This precious gem
Which is your greatest wealth;
Don’t sacrifice
For any price
The wondrous thing called health.

But if disease
Disturbs your ease
Abstain from knife and pills,
For you should know
A good D. O.
Can cure your aches and ills.

His skillful hands
Which he commands
Repair the human frame,
This he adjusts
By gentle thrusts,
And cures the sick and lame.

But better still,
The D. O.’s skill
Will help to keep you free
From all disease,
Promote your ease,
Depend on him and see.

HER WONDERFUL AIM

A certain dear old lady always made it her business to visit the poor patients in the hospital.

On one occasion she approached a much bandaged individual, who was sitting up in bed, and after a little preliminary talk she said to him, very sympathetically: “I suppose your wife must miss you a good deal.”

“No, mum,” came the prompt reply; “she’s got a wonderful aim for a woman.”—LONDON TID-BITS.