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Philadelphia College and Infirmary of Osteopathy

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MARCH, 1901

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Rationale of Osteopathic Treatment

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

NOTHING that man possesses is so little guarded or, when lost, so much deplored as health. Man will subject himself physically to all manner of hardships and physical tests and yet expect to remain well. We do not seem to realize that our bodies are composed of parts all of which bear a certain relation to every other part of the body. For instance, the human body consists of about 243 bones, over 500 muscles, miles of blood-vessels, miles of nerve fibers that innervate every muscle fiber of the body, etc. Can we expect that some of these parts will not become more or less distorted as a result of the twists and pulls and strains, climatic changes, and many other kinds of abuses intentional, unavoidable and accidental that we subject our bodies to? As a matter of fact the parts of our system do become deranged and as a consequence we become more or less disabled. To illustrate: Sitting in a draft with head and neck exposed may cause contraction of the muscles in the back of the neck, producing stiff neck and pain in the back part of the head (occiput), to which the muscles of the neck are attached. This contraction will disturb the blood flow to the head and neck, producing sore throat, headache, catarrhal conditions of nose and throat, etc. If this contraction is on one side of the neck only (due to manner of exposure) the shortening of the muscles will possibly cause a slight twisting of one or more of the vertebrae of the neck, impinging thereby some of the nerves of that part of the spine, producing a variety of diseases of the head and neck.
which, owing to the nature of the cause, will become chronic. More remote parts of the body may also become affected either by direct or by reflex action through irritation in this region.

Again, a person may have a fall which in itself may not produce an immediate disability, yet might have slightly displaced a rib or a vertebra of the spine, which will necessarily interfere, in a measure, at least, with the nerves or with the blood circulation to some organ that is governed by that particular part of the spinal cord. The blood circulation to that organ may become slightly lessened. The organ will accordingly become weakened for lack of sufficient nourishment and consequently not perform its function. The nerves that are involved might be so irritated as to prevent the muscles that they supply from acting at the bidding of the will. (Read the history of the famous Johnson case in November issue of this journal.) Weakened tissue ultimately results and all manner of diseases will follow. If the injury is to that part of the spine from which originate the nerves and which govern the blood supply to the stomach and intestines, the person will be afflicted with indigestion, etc.; if to the liver, diseases of the liver will result, and so on reaching every organ, depending largely upon what part of the spine is involved. Knowing that every organ is governed by nerves that emanate from the sympathetic chain of ganglia that are directly connected with the spinal cord (through the rami communicantes), or by nerves directly from the brain, and that the quantity of blood to every organ is governed by nerves, it is at once apparent that the condition of these structures must be investigated into in the treatment of disease. It is beyond all right of dispute or contradiction to say that diseases, acute or chronic, are ordinarily due to an interference with the blood or nerve supply to the parts involved by the disease. It has, in part, at least, been pointed out that the blood and nerve supply are governed largely by the condition of the spine or some other part of the bony framework of the body.

This being true, it is certainly quite absurd to attempt to rectify such disorders by drug medication via the stomach. Is it not more reasonable to refer the treatment to the conditions that produce this disturbance to the structures involved? If a small wheel in your watch slightly moves in its position, interfering with the movement of the timepiece, producing thereby incorrect time, is it good workmanship to pour oil into the works to fix this irregularity? If there is anything that obstructs the free movement of that mechanism will the mechanic not remove that obstacle? And so in the treatment of disease. It does not do to pour medicines into the stomach to remove obstructions to the workings of the natural forces and fluids of the body.

The fact that the human race is a race of chronic invalids after having passed the prime of life is evidence indisputable of the inefficiency of medical therapeutics of past ages. Acute diseases often right themselves and often in spite of drug medication, but if the deviation from the normal condition is not rectified, in the course of time the disability will have developed into a condition that seri-
condition of investigated disease. It
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sly affects the workings of our
bodily organism, and a condition
known as chronic will have de-
developed. It is the aim of Osteopathic
treatment to remove all obstructions
to the natural actions of the body,
and that by a mechanical readjust-
ment of any deviations from the
proper conditions.

Accepting, then, Osteopathy as the
rational system of treating diseases
of the human body, is it not a timely
precaution to advise every one to re-
terminal occasional examination and
treatment, say, two or three times a
month, to assure one’s self that the
body is in harmonious condition and
that there is no part of the system
but what is performing its proper func-
tion?

Washington’s Veto of the Medical
Bill.

State of Washington,
Executive Department,
Olympia, February 25, 1901.

TO THE Honor able, the House
of Representatives, Olympia,
Washington,

Gentlemen: I herewith return with-
out my approval, House bill No. 101,
etitled, “An act to amend an act to
regulate the practice of medicine and
surgery and to license physicians and
surgeons, to punish all people violat-
ing the provisions of this act and to
repeal all laws in conflict therewith
and declaring an emergency. Approved
April 10, 1890.”

This bill appears to be an attempt
to prevent the practice of the art of
healing by the graduates of a new
school of practitioners known as
“Osteopaths,” who do not prescribe
medicines to be taken into the stomach,
and to prevent the use of the title of
“doctor” by members of this school.
It is objected to by them, and by a
large and apparently growing class of
our best and most intelligent citizens;
that the enactment into law of these
provisions would be an unwarranted
interference with the constitutional
right of the citizen to teach and pro-
claim truths regarded as of the utmost
importance to the well being of socie-
ty. Such vital truths the graduates
of this new school claim to be in pos-
session of and to be able to substan-
tiate by the most convincing proofs.
They argue that if their faith is
founded upon a fallacy or a falsehood
that it must shortly fall of its own
inherent weakness, and ask merely a
trial that their theories may be sub-
tected to the most searching tests. To
this the believers in free government
can only reply that if it can be shown
that their teachings are not inimical
to the public welfare they should not
be denied the opportunity to announce
their discoveries. We cannot sup-
pose that all of truth has yet become
known or that wisdom will die with
us. Truth is eternal and progressive
and new truths have always risen from
without the specially favored circles of
recognized belief. Always it has been
decried and persecuted. Galileo re-
canted, it is true, but the truth he had
taught still lives. Luther, the poor and
friendless monk of Erfurt, launched
a truth upon the world and thrones
and dynasties still totter with the result-
ing conflict. Harvey, the discoverer
of the circulation of the blood, was
denounced and decried with utmost
bitterness by the medical fraternity. Jenner, the originator of vaccination, was regarded as little better than a criminal by orthodox physicians of his time. Indeed it is undeniably true that the practice of medicine and the art of healing has advanced only by the innovations of those who were looked upon with extremest disfavor by members of the regular schools. Truth is mighty and will prevail. God forbid that we of Washington should attempt to stay its progress.

The word "doctor" means, primarily, a teacher—in the dictionary—it should mean that in practice. One of the greatest, possibly the greatest, evil of our times, is the indiscriminate use of drugs, narcotics, intoxicants. It threatens the ruin of the race. Already our jails, our hospitals and our prisons are filled with a crowd of degenerates who form only a part of the ever increasing army of unfortunate, infirm of will and purpose, threatening by their weakness and consequent criminality the very existence of civilization itself. The nursery, the recruiting ground of this horde of "ne'er do wells" is found in the abuse of powerful agents sold by the druggists and prescribed by physicians. No license protects, or can protect, us from this fruitful source of moral and social ill. The physician of the regular school called to prescribe, must prescribe. Some drug must be administered. Possibly it may be harmful, usually in cases not really needing medication it is an alcoholic stimulant intended to make the patient "feel better" for the time, or a narcotic to deaden sensation and soothe an excitable condition. Here is the origin of a frightful evil. Among the ancient Romans the wife who drank wine was regarded as a criminal and treated as such. Even in that far off time they had discovered that tippling mothers meant the production of future drunkards. And yet in our day physicians of the bluest blood and the highest attainments are guilty of poisoning the springs of life. The contents of the drug store are perhaps more dangerous to the future well-being of the race than those of the saloon. "Dope fiends" are thus created by thousands. Morphine powders administered to parents bring forth their natural fruit even to the third and fourth generation of descendants.

Thus, a great evil threatens us; druggists and physicians know its source and lament the ever increasing demand for narcotics and intoxicants. The wise among them do not themselves partake. Everybody knows that the lawyer who pleads his own case has a fool for a client and object lessons are not wanting in proof of the opinion that the physician who takes his own pills, or the saloon keeper who drinks his own whiskey, will shortly heed an urgent call to go hence and be here no more.

If the Osteopaths can show us a better way and deliver us, even in the smallest degree, from enormous, admitted and increasing evils let us not deny them the poor boon of the title of teacher, or doctor.

Respectfully submitted,

JOHN R. ROGERS,
Governor.
The Governor's veto message of house bill 101, entitled "An act to regulate the practice of medicine," was read in the house. Dr. Brown, the author of the bill, stated that the veto took his breath away and asked for a little time to consider it. The veto message was then made a special order for Wednesday at 2 o'clock.

Osteopathy's Relation to Medical History.

From an Address by Dr. J. Martin Littlejohn, before the Royal Society of Physicians and Surgeons, London.

While Osteopathy repudiates drugs, it claims to be the heir of all that is scientific in the past history of medicine. Its principles have lain buried beneath the massive literature of all other systems of healing, and have been used at times in the combat against disease; but the fundamental principles have never yet been fully systematized with a view to their application from a prophylactic and curative standpoint. While it is in the main dependent on scientific manipulation, it is not exclusively the science and art of manipulation. It takes in and uses all the therapeutic principles that have been tested from the standpoint of nature, including the mechanical correction of misplaced tissues, bones, etc.; the use of proper hygienic and dietetic principles, and, in fact, any principle that is in line with the natural laws of the body.

Osteopathy differs essentially from all other systems in its account of the etiology of diseases, and in the curative principles utilized. From the etiological standpoint, diseases are found to be very often due to structural derangements in the anatomy of the body, whether these are found in the osseous, muscular or neural systems. Here Osteopathy claims to have stepped ahead of the rest of the medical profession. Medicine has been very largely occupied in discussing and exploring the field of drug action upon the tissues and organs, forgetful of the fact that the chemicals of life lie hidden in the laboratory of human nature. Osteopathy claims that in substituting the laboratory of human nature for the laboratory of the chemist and experimental physiologist, it is getting closer to human nature, and applying more scientifically anatomical, physiological, and chemical principles.

We are not trying to undermine the therapeutics of the older schools, but rather, from a humanitarian standpoint, to substitute what we consider a more rational system of healing. From this standpoint, if every tissue of the body anatomically and functionally is correct, health must of necessity result. Hence from an osteopathic standpoint, any displacement of any of the tissues of the body may result, and, if continued, must result in an abnormal condition.

It was reserved for Osteopathy to treat the blood, not only as the means of life, the thread that welds the diverse tissues of the body into one under the guidance and...
control of master nerve nature. It was only yesterday that we began to look on the body as a great living mechanism. In order that its vital force may be unobstructed the different parts of the machine must be adjusted to every motion of bone, ligament, and muscle.

From the standpoint of objective diagnosis, this educated tactile sensibility presents a new and most important diagnostic means. It represents the materializing principle of osteopathic diagnosis, distinguished from the subjective diagnostic principles of symptomatology. Symptoms are always more or less exaggerated. A physical examination by far excels any subjective statement of the case, as fact becomes the scientific basis of a true diagnosis. Part of the course in osteopathic education is the training in this method of diagnosis by purely physical examination, so that the practitioner may be able to trace out on the normal body the outline of all the organs, the vertebral relations, skeletal articulations, etc.

In the spinal cord there are localized subsidiary organic centers, centers of reflex action, and subordinate centers, corresponding with the brain primary centers, so that in nervous disorders and diseases of a nervous origin or complication, the operator can reach those centers of vital activity in connection with the vital forces, by manipulation along the spine. The object is to manipulate the nerve center and the nerve fiber, as well as to correct any existing lesion, so that by physiological stimulation or inhibition neural harmony, neural trophicity, and neural continuity of impulse may be established.

By this tactile diagnosis it is easy to detect an enlarged spleen, a dilated stomach, an impacted colon, or a hypertrophied liver. Along the spine the fingers can detect contractions and tender spots that indicate congested conditions around the chord and spinal areas, the delicate manipulation of which will remove congestion and restore functional activity to the parts supplied by these nerves. In gynecology the educated finger is able to appreciate the most exact condition of the affected organs or parts, detecting enlargements, prolapsed conditions, lacerations, ulcerations, hypertrophied and tense or relaxed conditions of the sphincter muscles, sac-like dilatations and accompanying catarrhal inflammation, and the lack of tonicity along the walls of the excretory organs.

We cannot but think of that old adage as we look back over the history of medicine, "Thinking is the least exerted privilege of cultivated humanity." Man is wedded to the opinions that are born in his being. And yet it is a wise provision, as the progressive spirit marches on, that science demands, first, the proof of the new claim upon belief; and secondly, the declaration to mankind of what has been scientifically demonstrated.

To be branded as novel does not imply that an idea is false. The blood circulated in the same way long centuries before Harvey explained the philosophy of its circulation. The human body has survived many changeful vicissitudes, involving disease, pestilence, and
JOURNAL OF OSTEOPATHY

If to-day we find that the body is interwoven by a meshwork of nerves, by means of which all the vital forces of the body are governed; if to-day we find that everywhere in the tissue structures of this body there are two great pathways of fluid circulation, by means of which the blood and lymph are carried to the most remote recesses of the organism, laden with nutrient materials for the nutrition of the tissues, and bearing away the waste produced by the nutritional processes—it is not mere speculation to assert, when we know the nerves that direct and control the vessels that supply with nutriment certain parts of the body, and when we know their functions, that these functions can be controlled more certainly by manipulation of the nerves and vessels than by pouring into the stomach an uncertain quantity and potency of drugs. “Nature has certainly a wonderful power of putting things right in the end.”

I hope that the medical profession will be quick to receive, slow to dispute, on the basis of contradiction to old established customs, methods and theories, the claims of this new child of science. No class of men has been so quick to appreciate the good, and yet no class of men has been so ready to dispute the presentation of a thought or principle tending to overturn or interfere with the theories or dogmas of the profession. This has been largely due to the fact that scholastic jealousy has forced a medical etiquette upon the profession that regards with jealousy anything that appears as the product of a different school. But this old-time jealousy and traditional reverence for antiquity is fast dying away. In the growth of science, in the progress of intellectual advancement, in the researches of the laboratory, loyalty to established customs ceases to be a virtue; and he who delves deep into the mysteries of science realizes that foregone conclusions are unavailing, that truth presents the only open pathway to discovery, and that loyalty to the right and the scientific, whether old or new, is the only principle of our modern times worth fighting for.

May it be so that, when Osteopathy is unfolded to the scientific world, and its principles are scientifically evolved and systematized, it may be quickly grasped and its principles patiently, persistently and clearly unfolded, so as to increase the aggregate of human health, and happiness. Till then, we who have already perceived and been able to appreciate the value of these principles must continue our researches in the field of human anatomy and physiology, in the clinical and laboratory investigation and practical demonstration, in the hope that every remote recess of the organism may be laid bare in such a way that no one may fail to see how the touch and the presence of the educated hand can profoundly affect the entire functional well-being of the body organism.

An Osteopathic physician in a city of 40,000 inhabitants in New York State, desires to dispose of an average good practice to engage with another physician in a larger city. Address this Journal for particulars.
Prophylaxis, or Prevention of Disease.

W. B. Keene, A. B. M. D., D. O.,
Professor of Pathology and Surgery, Philadelphia College and Infirmary of Osteopathy.

The great majority of the people of the present day have been educated that it is absolutely necessary to consult their Dentist at least once in every year in order that he may detect the smallest cavity, the attention to which becomes a necessity to good preservation of the teeth. The old adage, "A stitch in time saves nine," is particularly applicable to the condition of the human body. When the great majority have investigated the principles of Osteopathy, they will discover that the proverbial "stitch in time" can be supplied through this science. In fact, Osteopathy is the only system of healing extant which can render this important assistance. Drug practice does not pretend to meet this requirement, as it is evident that disease must have a firm foothold in the system before the necessary development of the symptoms upon which the drug Doctor bases his diagnosis and treatment.

The nearest approach to preventative medicine in the current practice of medicine is advice to patient in dietary and hygienic measures. These do not go far enough, and it is just at this point in particular that Osteopathy is a step in advance of the old methods. Osteopathy, by going directly to the structural conditions of the body, is able to detect the slightest abnormality, that, if left unadjusted, would surely lead to unsuspected disease. It is far more scientific to prevent disease than to treat disease after its occurrence. What a boon to humanity, to be able to prevent disease. I have no doubt that it will perhaps require years for the people to become educated to this fact, but the sooner they adopt such rational ideas, the better for the human race, both physically and mentally. All persons, by consulting an Osteopath once every thirty days, and undergoing a thorough examination, could be placed in condition not only to withstand future disease, but to ward off immediate impending disease.

The same applies to all infectious diseases of childhood. These could all be prevented by adjusting the body tissues and removing the obstruction to the vital forces of the body. It is a prevalent idea among mothers of the present day that their little ones must necessarily go through with the usual category of children's diseases, such as chicken pox, measles, whooping cough, etc., and they have in the past been truly justified in thinking so, as drug practice offered no alternative. This is an age of progress, however, and fortunately, Osteopathy offers to the afflicted child and anxious mother that aid which Nature always intended they should have. Health is natural, disease unnatural. The resources of Nature are unbounded, if we can but fathom her.

All nature is now exhuberant and vibrant with reproductive energies. Keep close to nature.
Dr. Hazzard’s New Book, “The Practice of Osteopathy.”

R. CHARLES HAZZARD is so well and favorably known to the student and practitioner of Osteopathy, throughout the land, that any works from his pen will be cordially and enthusiastically received without further endorsement from any person or society.

The book contains 260 printed pages and as many blank pages for private notes and memoranda. A new and prominent feature of the work is the space devoted to “Reported Cases,” and analysis of the same for lesions, and giving also the nature of the treatment and the results obtained. This method of instruction is valuable in that it founds the discussions upon actual Osteopathic facts as revealed in those reports of actual cases.

Another valuable feature is the free discussion of the anatomical relations of each lesion to the diseases which it causes, pointing out why it is possible for a given lesion to cause disease in a certain part upon anatomical and physiological grounds.

The book is arranged in two parts. Part I deals with the general methods and specific details of the procedure in the examination and treatment of the various parts of the body and the existing lesions. It is a key to Part II, which deals with the diseases of the body. See author’s announcement on bottom of page 23.

O. J. S.

The birth of thought is the regeneration of mind.

The Possibilities of Women in Osteopathy.

By Frances McFall, D. O.

NEW fields of thought are open to women. In scientific research and in the arts she is fast achieving a broad culture and powerful grasp of truth. Her hitherto unused qualities of mind and heart are being trained and used. The wonderful power of intuition possessed by the feminine mind finds its worthiest exercise in the diagnosis of discordant body conditions, and the restoration of harmony therein.

No profession has benefitted more by the entrance of women than that of healing. No system of therapeutics offers the possibilities for development and useful service equal to Osteopathy. These are two fold: first, for her own development; second, for the alleviation of the ills of humanity.

Trained minds and bodies are doing the work to-day. A mind that does not control the body in which it dwells loses something of the power to express the thoughts that come from the unseen world, however beautiful they may be.

Osteopathy in its study and practice demands that the power accruing from the flow of fluid, the generation of nerve energy and the results of chemical change, shall be utilized in harmony with natural law. Osteopathy teaches these laws, the adjustment of forces and the principles of activity and rest which maintain the integrity of the body organism.

To prevent the dissipation of force and maintain the conservation
of energy, requires that the discharge of nervous energy be understood, and that the muscles be under control. The result is a perfectly poised body which radiates health.

Every branch of Osteopathic study and each one of the varied applications of its principles, brings into activity the best of body, mind and soul. Physically, mentally and psychically women are fitted to meet every situation and overcome every difficulty that may arise in her practice. Financially women are placed in an independent position, for they possess the same qualities possessed by successful men—cool, calculating, unbiased judgment, and the ability to recognize and use an opportunity. Women reach and sustain a position in the business world just as high as their womanliness, character and ability fit them for it.

Concerning women as physicians, no tribute of words can be one-half as strong and beautiful as the lives thousands of women are living in health and happiness as a result of the ministry of woman to woman. No one understands a woman's ills as a woman; no one better realizes the necessity for a healthier, happier womanhood. Race development must come through better mothers. No woman is fitted to occupy her rightful throne—that of wife and mother—until she first understands her own body and the laws which govern health. In this field of education, an Osteopathic physician has limitless scope, and opportunity. No system of therapeutics is complete unless it incorporates principles for the preservation of health as well as methods for its restoration. This Osteopathy certainly does, and it is in these lines our women must be educated. The highest ideal, and deepest philosophy, of life are worth to us just what they enable us to do with our lives. No conception of life is too broad or too beautiful to be utilized by our Osteopathic women for the great sisterhood of woman-kind.

The woman who possesses social grace and innate goodness of heart, with an Osteopathic training, may become the realized ideal of a ministering angel to suffering humanity; a sympathetic soul with the power to relieve, suffering without taking it on; to labor without growing weary; to do the wonderful work God has given to women.

ST. LOUIS.

Extra copies of the January issue of the Philadelphia Journal of Osteopathy can be had at the rate of $2 a hundred, postage prepaid. If desired will mail directly to addresses furnished without extra charge. We have received many letters from Osteopathic physicians commending this issue as an exceptionally good one for the laity to read and have accordingly had a large number of them printed. It may seem paradoxical, but observation proves that constipation of thought is attended with diarrhea of words.
Man, Physiologically Considered

OSTEOPATHY is, largely, in method and results, applied physiology. It is founded upon, and sustained by, the laws of nature. The organized substance out of which the body is built, has marvelous powers. These powers are the most potent and prolific of all the powers of the universe. The body possesses, inherently and independently of the aids and accessories of drugs, the powers of motion, assimilation, growth, excretion, and reproduction; and these powers are resident in every atom of the organized substance contained in the body. These are the functions of life itself.

The higher physiologies of the day show to what extent life, in all its stages, depends on the physico-chemical laws, which are universally necessary to the exercise of the functions. Without the agents which depend on these laws, without water, heat, oxygen, the functions of life cease. Gravitation does not more certainly determine the motion of atoms than physico-chemical laws determine the conditions of physical life in its cessation and development. That is to say, there is what Claude Bernard calls a law of "physiological determinism," which is nothing else than a fresh affirmation of the supremacy of natural laws, in the calculating and combining powers of living matter.

Osteopathy studies and applies this natural law of living force, and gives it free course in all the functions of the body. However great the force and fluctuation of these natural laws, in health or disease, they cannot be normally added to, or aided, by the ministration of drugs. Drugs produce nothing that is living. They add not an atom of nutrient material to the body, and, of course, do not help those physico-chemical laws, which have so much influence over the developments of physiological life. For these laws themselves do not produce life. However low the physiological origin of man may be placed, even though it were in the lowliest bioplasm, still it is not the result of any mere mechanical motion or chemical combination.

That powerful thinker Haeckel, in his "Evolution of Man," says, "The organic contains nothing more than the inorganic." In other...
words, the inorganic contains all there is in the organic. That is not true; and, yet, it is precisely upon such spurious and fictitious reasoning that the practice of medicine is built. We emphatically affirm that the evolution of life is not the result of a chemical synthesis. We emphatically affirm that the evolution of life is not the result of a chemical synthesis. It is no more possible for the chemist to manufacture the simplest ferment than to produce an entire living machine.

If life, even as it exists in the formless bioplasm which precedes the cell, cannot be referred to physico-chemical conditions, then Haeckel's materialistic explanation of the origin of man's body falls to the ground.

The theory is still more untenable when applied, not simply to the production, but to the formation and specialization of organic life. Physico-chemical conditions may indeed exert an influence on its cohesion and unity. This demands a directing thought, which shall determine the development of the living being by harmonizing its various elements, with a view to the whole. In the bioplasmic basis of the body reside inherently the essential properties, viz. irritability, and the power of synthesis, which assimilates external matter, and creates organic products. It is in a complex machine like man, that this formative action, obeying the governing idea, shows itself in all its energy. The complex organism is an aggregate of cells, in which the conditions of the life of each element are fulfilled. These cells, under the marshalling idea of life, group themselves in tissues, organs, and systems. While vegetables and certain animals are so dependent on external conditions that their life may be suspended or become latent by the effect of atmospheric changes; man, being the most perfectly developed animal, has in himself the physico-chemical conditions necessary to his life. They form a sort of invariable internal atmosphere for themselves in the midst of everchanging cosmic conditions. Bernard says, "The perpetual changes in the cosmic elements do not affect them; they are free and independent." This internal equilibrium implies such a perfection of organism that external variations are immediately compensated and equalized. In the machine of the body, the nervous system regulates the harmony between the conditions necessary to its life. When this harmony is destroyed, it is owing, as Osteopathy claims, to some obstructions to the natural law of nerve force; and it is by precisely this removal of such obstruction to this law, that Osteopathy has become famous as a therapeutic science.

Thus in man, regarded simply from a physiological point of view, we find not only all the parts of the machine interlinked with a view to the whole, and the law of the division of labor applied, as among the various classes of workmen in a factory or citizens in a community, but we also observe an admirable correspondence established between this machine and the great physico-chemical laws which govern the life of the universe; so that, without being an exception to these laws, the living creature is in some measure an internal engine, by constructing an internal atmosphere, by constructing a hydraulic system, by constructing a muscular machine. Every part of the body is a part of the machine.
animals are so nonnal conditions be suspended or the effect of at-
man, being the developed animal, physico-chemical to his life.
Bernard says, changes in the cos-
the human machine, There is not only tremendous reserve powers in the body, but comparatively little waste. Like the steam engine, the human machine only works if there be introduced into it combustibles, which, in burning, produce heat, a part of which is converted into work. But this work is not executed without resistance, which absorbs a considerable part of it. In this respect, the human machine surpasses all mechanisms hitherto produced by industry. In fact, the work of this machine can rise to the fifth of the mechanical equivalent of the heat produced, while other machines hardly obtain the half of these results. The human body is constantly in use, but the retort—the stomach—dissolves and prepares the materials. It pours them into a very long tube. The blood by means of a suction and force pump, waters all its suckers, its springs, its pistons, its wheels. The combustibles have to be cut by scissors and crushed by millstones. To these mechanical processes there must be added eight or ten chemical re-agents. A chimney is not wanting in the human machine. The circulation of the blood presents all the problems of hydraulics. The nerves serve as reins and spurs. The nervous system forms the compensating fly-wheel of the machinery, balancing losses and gains. Thus, to cite only one example—water being an indispensable element in the constitution of the surroundings, in which the living organs are evolved and perform their functions, there ought to be found in the body such a general structural disposition as will provide for the regular maintenance of the necessary quantity of water in the system, whatever losses and gains occur. Accordingly we find just such an arrangement—an apparatus which provides for the loss and restoration of the quantity of water in the system, and it is very complicated, involving a number of processes, such as secretion, exhalation, circulation, etc.; and, thus, is maintained the presence of water in a certain definite proportion in the internal organism, as the condition of the vital functions.

We find organic devices equally complicated and wonderful, subserving the function of heat-production, which consists in regulating the quantity of oxygen necessary to the manifestation of life; and others again for the purpose of alimentation and assimilation, by which the internal equilibrium is maintained.

Space fails to give account of the many self-regenerative, self-re- coporative, self-repairing resources of the human body. Any student of physiological literature or of the functions of his own body, must be impressed with the marvelous adaptation of the human organs to the two great functions of nutrition and of relation, and to the perfection of the great controller of the physical life—the nervous system. Of all the works of nature,
that in which design is most apparent, is man. Everything in the human body is disposed with marvelous skill. The delicacy of the parts, which are adjusted with inconceivable nicety, is yet compatible with solidity. The play of all the organs is as steady as it is easy. We can say with confidence then, that of all the proportions observed in organized bodies, those of the human frame are the most perfect and harmonious. Parts are so well arranged and all so adapted to the uses for which they are made, point to an economy, and a mechanism so admirable, that we cannot behold it without amazement, nor sufficiently admire the wisdom which has determined its laws. All the organs are so simple, the play of them is so easy, the structure so delicate, that every machine seems coarse in comparison. No chisel, no lathe, no brush, can approach the softness with which God fashions and finishes His workmanship.

Osteopathy has already called the world to the thorough study of anatomy; and now it issues a second call for the mastery of physiology. There will be a mighty revival of both these studies, and more than ever there will be a scientific application of their laws to the healing of all diseases. The world is weary of the monopoly of medicine. There are even now, growing signs of a widespread revolt against the domination of drugs. Some thoughtful medical practitioners have already seen the coming signs of other things. Dr. A. T. Still, with deep foresight of the coming change, has become the herald of better times, and the apostle of a new era in therapeutics.

Medical schools will be forced by scholarly and scientific sentiment to reorganize their courses of study, and give to the future disciples of healing, the philosophy and the practice of the laws of life and health, and disease and death. Osteopathy is already leading the van, and its ranks are fast increasing; and, like every reform that has fact, truth, and nature on its side, it is predestined to universal success. *Esto perpetua.*

A Higher Standard.

The time has come for raising the standard of Osteopathic education. It is a manifest necessity. The curriculum of studies must be enlarged. The Philadelphia College of Osteopathy has taken the initiative, as contained in our recent "Announcement," which we are glad to realize has met with the hearty approbation of the leading Osteopaths in the country. We quote from a letter just received from Dr. Carl P. McConnell, of Chicago, as expressing the intelligent and authoritative sentiment of the profession. He says, "I am more than pleased to note your attitude as regards lengthening the Osteopathic course. In my opinion this is the starting point of the salvation of Osteopathy, i.e., in keeping it a distinct school."

Will-power is the motive force of creation.
The average person, accustomed to the drug-method, and unacquainted with the finished mechanism of the body, it seems incredible that a scientific and successful treatment of diseases can be given without medicine. In the first place, they do not see how we can get inside the body and affect a deep organ, from the outside. Well, when one stands at the front door and pushes a button, how does he get action and response from within the house—how can he communicate with the kitchen? Oh, yes, but that is plain enough! But it would not be plain if you did not know that there was a wire from the push-button to a bell, and that the adjustment between these two terminal points, and all along the line, was fine and exact. Suppose you twist the hammer of the bell a little, and a buzz will result rather than a ring. Suppose you cut the wire, or let the battery run dry, or let the induction coil get disarranged, or the insulation wear off the wire, or the rust gather on the contact pins in the buttons—indeed, a dozen things may occur that would make the door bell of no use. It is very simple when all is right, but let something “get out of fix,” and many very smart people would not know what to do. Now; a skilled Osteopath can reach any organ or function of the body as easily and effectively from its corresponding nerve-centre or “button,” as one can reach the kitchen bell from the front door. Every organ and every function has its specific centre. These centres are stored with tremendous power from a central dynamo, from which a double line of nerves run to all parts of the body, making a circuit. This power explodes when the proper stimulus is applied. The circuit may be closed or opened. The application of stimuli in Osteopathy is always without medicine and any of the customary drug applications; and, yet, it is no more peculiar than the method of an operator when he sends a telegram. He does not “rub” his instrument; neither does an Osteopath “rub” a patient. The telegrapher may “manipulate” his instrument, but it depends on the battery, and is according to an established technique. So, an Osteopath may manipulate a patient; but an ordinary “rubber” in a bathhouse can do that. An accomplished masseur does that. Even so an accomplished pianist may manipulate the key of a telegraphic instrument, but it would not be intelligible. Thus, it may be seen that Osteopathic manipulation is according to an established technique, and is specific and definite. It is directed to calculable results, and is intelligible. The work of the Osteopath is like the use of the telephone system to every individual subscriber through a central office. It would be absurd to try to talk unless the line was opened via the central office to the terminal to which one wished to talk. So it is useless to manipulate the body unless it is to accomplish a definite, known result; and it would even then be useless to seek such results unless the nerve tracks and blood-lines to the objective point were open. If these are closed, disease follows. The Osteopath opens them. He establishes normal blood-flow and nerve action. This is his mechanics. He then secures action over the...
opened or reconstructed lines by scientific, technical, intelligible manipulation. This manipulation may be done in some cases with scarcely any perceptible movement of the part affected, or of the band operating the centre. In other cases, it may be as "peculiar" and "strange" and "mysterious" as restoring tension to a clock spring by turning the key round and round. This is about as hard to understand as an Osteopathic treatment. It would certainly do no good to pour oil in the keyhole, or to rub the face or the back of the clock if the spring were slipped off the pivot. Even the key would be of little use. Some people couldn't explain how one might stop the flight of a bird by pulling a trigger, especially, if they had to explain the chemical reactions of powder. We don't expect such to understand Osteopathy without knowing anything about it. To all such we say, "Come and see"; or, rather, come and feel.

Our Monogram

Several have asked for the significance of the monogram on our title page. It is a representation of the letters P. C. I. O.—Philadelphia College and Infirmary of Osteopathy—by four bones: The ribs—typifying inspiration, breathe it in; the femur—locomotion, push it on; the hyoid bone—vocalization, talk it up; the phalanges—digitation, point it out. The monogram means the idea, the use, the expression, and the application of Osteopathy.

Mark Twain Likes Osteopathy

Mark Twain, the noted humorist, recently appeared before the New York Legislature in behalf of Osteopathy. Among other things he said: "I will take a chance with Osteopathy for old-times' sake. When a boy my mother three times tried new remedies on me, and they left me so low that they had to pull me out by the means of the family doctor. I like Osteopathy. It is quicker and you don't have to take any medicine; so I want liberty to do as I choose with my physical body and experiment as much as possible."

No one stands singly and alone in life. Dependencies and correspondencies are necessities. Keep in touch with your kind by expanding your sympathies.
We appeal to no one's credulity cases in which the intestines were exhausted, lacking in power either to secrete or move the fecal matter. It was a difficult matter to empty the bowel, and when this was accomplished, the contents seemed limited and compacted into hard balls. This is a common condition, and one in which drugs will do no good, if, indeed, it has not been induced by the drug-habit. To properly study it, we must remember that the intestine is made up of many layers of muscles and secreting cells. In this musculature is a net-work of nerves—a double set, one in between the layers, and one beneath the mucous lining. This net-work extends from the cesophagus to the rectum. These nerves supply power to the intestines and are under control of a specific nerve-centre. If this centre is not stimulated, the movements of the intestines cease. This condition may be termed aperistalsis, and takes place in a measure during sleep. When blood containing the normal amount of blood-gasses passes through the intestinal blood-vessels, the quiet peristaltic movements of health occur, provided no other stimulus be applied to the intestine. This normal condition of intestinal movement is called euperistalsis.

All stimuli applied to these intestinal nerves increase the peristalsis, which may become so very violent as to cause evacuation of the contents of the large intestine, and may even produce spasmodic contraction of the musculature of the intestine. This condition may be termed dysperistalsis.

The condition of the blood flowing through the intestinal vessels affects the peristalsis. This condition of blood we will speak of at some future time.

The continued application of strong stimuli causes dysperistalsis to give place to rest, owing to over-stimulation, which may be called intestinal paresis, or exhaustion.

The cause of this exhaustion, as we have intimated, is largely the drug-habit. But it may have been brought on by irritating foods, over-eating, stimulating beverages, passion, or mental excitements. It is certainly a serious condition, which nothing helps like Osteopathic treatment. We build up the nerves by natural stimulation, and change the blood both as to quality and quantity, together with a regulation of the diet. In this we have been successful.

**Myalgia**

This is a term used in a very general and indefinite way to denote muscular pain, especially pain for which no evident cause can be found in the muscles themselves. There are no signs of inflammation, no redness or heat of the skin, no swelling, and little or no local tenderness on pressure over the painful part. The trouble may be acute or chronic, sudden in its invasion, or of gradually increasing intensity. The pain varies much in character also, being sometimes sharp, sometimes dull, sometimes throbbing, sometimes cramp-like. Usually there is a constant dull ache, which increases to acute pain when the affected muscle contracts; but in some cases no
trouble is experienced while the muscle is at rest, the sufferer being reminded of his malady only when he makes a motion involving the painful part.

Although myalgia is often called muscular rheumatism, it has no symptoms of rheumatism except in pain. In the causation, however, there seems often to be a rheumatic or gouty element, and measures which are useful in preventing the formation or in promoting the excretion of uric acid usually act beneficially upon myalgia. The affection is apt to be worse in cold or damp, and better in hot weather.

Myalgia yields readily to Osteopathic treatment. We prevent the formation of uric acid, restore tone to the nerves, give elasticity to the muscles, eliminate the waste from the system, purify and quicken the circulation of the blood.

**The present status of bacteriology may be compared to the early days of the French revolution. Bacteriology is a most beautiful and ingenious theory of the cause of disease. There is only one objection to it and that is its falsity. It is a cloud behind which we shield our ignorance. We do not deny the existence of bacteria nor their relation to disease; but they are not factors in the production of disease, nor has the science borne any practical or useful therapeutic fruit. The evolution of bacteriology has not diminished the prevalence of disease, has not decreased the mortality rate, has not given to the profession one single remedy which appeals to the healthily organized brain of the normal man. **

**"It is time to sound the alarm and consider whither we are going."**

---

**THE much talked of revolution which the germ theory was destined to cause does not seem to revolute. The supporters of the theory have almost ceased trying to prove that it has lessened mortality and are now busy defending against the charge that the new methods kill with greater despatch than did the old. The "St. Louis Medical Brief," one of the few medical publications that does not consider it unprofessional to occasionally tell the truth, devotes a large amount of space showing up the falsity of the antitoxin treatment of diphtheria. It shows that mortality under the toxin treatment has been increased. The same issue says regarding bacteriology in general:**

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We will be glad to correspond with any who may be interested, and will give full information as to the time, terms and course of study.

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