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January 1925

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KIRKSVILLE, MISSOURI
Good health helps you to believe in yourself; gives you confidence; strengthens your purpose.

* * *

Man’s physical condition is of paramount importance. Proper attention to it will insure stamina and reserve power.

* * *

Osteopathic treatments are gauged to meet the requirements of the patient whether it be a man of strength, a feeble old person, or a babe in arms.

* * *

Osteopathy deals with the body as a perfect machine which, if kept in proper adjustment, nourished and cared for, will run smoothly into ripe and useful old age.

* * *

When you are well you are congenial, you make friends, your appetite is good, you enjoy your meals, you have energy and the capacity for work, and you progress and are happy.

* * *

Readjustment of bones to a normal position in order that muscles and ligaments may with freedom play in their allotted places—the skillful application of the touch which sets free the chemicals of life as Nature intended is the Osteopathic method that accomplishes results.

* * *

The osteopath believes that the human system has deposited within itself drugs in abundance to cure all infirmities; that all the remedies necessary to health are compounded within the human body. They can be administered by adjusting the body in such a manner that the remedies may naturally associate themselves together.

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The osteopath believes that the human system has deposited within itself drugs in abundance to cure all infirmities; that all the remedies necessary to health are compounded within the human body. They can be administered by adjusting the body in such a manner that the remedies may naturally associate themselves together.
R. ASA WILLARD of Missoula, President of the Montana Osteopathic Association, in an address before that Association last September, on the subject of "Some Sensible Science," said as to disease prevention:

"If people would eat less salt and less pastries, sweets and soft, starchy foods and meats, and more fruits, succulent vegetables—some of them raw—and coarser foods, and have the human machinery looked after more frequently to the end of keeping it in condition, they would increase their resistance to contagious and infectious diseases, and even cancer would be less prevalent.

The speaker added: "Upon such a program, supported by fresh air, sunshine, outdoor exercise, and the cultivation of a healthy attitude of mind must we depend for avoidance of disease and protection against disease rather than upon serums and vaccines, or any other artificial agencies. Such a program would tend to make most available the inherent God-provided defenses of the body, and that is the natural rational way to combat disease. We clog up the system with the products of a great diversity of rich, highly seasoned foods. Our teeth decay because the foods are soft and pasty, and the teeth get no exercise.

"As to taking care of the human machine: Every once in awhile we run our autos into a garage and have them looked over—have a screw tightened here and one loosened up there, even though apparently they were working all right. We don’t take a chance on them getting out of repair, but the human machine we have looked over only when it is in such shape that it will no longer stay in the road. When it gets about like Riley’s ‘One-Hoss Shay,’ we take it to someone and expect him to fix it all up as
good as new. If we would have our human machines looked over carefully every once in awhile, the little tensions, slips or twists that are brought about by the ordinary vicissitudes of life, particularly in children as they tumble about and play, could be easily corrected, and the basis for later disease eliminated. The osteopathic physician is essentially a body mechanic."

"THE RULE OF THE ARTERY"

BLEEDING as a means of ridding the body of bad blood was quite generally practiced not so many centuries ago. Lord Bacon used to recommend it to give Nature a chance to make a new supply.

Later, copious draughts of bitter tonics were substituted for blood-letting. They are still in more or less general use.

In 1874 Andrew Taylor Still, M. D., founder of the science of Osteopathy, and the first physician to practice its art, pointed out that the blood cannot be purified by putting something into it, but rather by getting something out of it. And he said "The rule of the artery is supreme."

The best method for cleansing the blood is to wash it and air it. Plenty of pure water, outside and in, and an abundance of fresh air are essential.

Scarcey less important is the necessity for constant and adequate filtration. This is accomplished by the natural organs of elimination—the bowels, kidneys, liver, and skin. These in turn depend for their functional integrity upon a normal nerve supply And the latter is absolutely contingent upon the perpetual mechanical efficiency of the body machine in all of its parts.

Hence, osteopathic adjustment and supervision of the body machine are at all times necessary. For they complete the therapeutic or prophylactic equation, as the case may be, and insure perpetual health.

The rule of the artery is supreme. And the first requirement of health under its jurisdiction is that it shall contain clean blood and pure blood.
STEOPATHS have been referred to as "BACK DOCTORS," and with good reason, because they give special attention to the back. The spine is made up of twenty-four vertebrae, one sacrum and one coccyx. The bones are superimposed one upon the other and held in place by surrounding muscles, ligaments, tendons, fascia, etc. In the center of this column of bones, running from one end to the other, is a canal or passageway in which is enclosed the spinal cord.

The spinal cord is very much like a horse tail, when it is removed from the human body, owing to the numerous nerves branching off from it. In fact the lower end of the spinal cord is spoken of as the cauda equina which, in plain English, means horse tail. There are thirty-one pairs of spinal nerves in all. These branch off from the spinal cord and pass out between the various vertebrae so that the

FIG. 1—Side view of the spinal column or back bone. Note the cushions or "bumpers" between the vertebrae and the oval openings or "windows" through which the spinal nerves pass. The size of these windows is altered when the vertebrae become twisted out of line and this interferes with the adjacent nerves and blood vessels.
back is literally alive with nerves.

Nerves control all the organs and tissues of the body, so if we interfere with a nerve we disturb the function of the organ which that nerve controls. If it be the nerve to the heart, then we have stomach trouble; if it be the nerve to the liver, then we have liver trouble; if it be the nerve to the kidney, then we have kidney trouble, and so on.

No organ will do its work with any degree of satisfaction unless the controlling nerves back of it are intact and working properly. In fact, the organs are powerless of their own accord to act normally. With the controlling nerves disturbed, pandemonium takes place, as in epileptic and other types of convulsions.

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**Fig. 2**—Spinal cord and its branches or spinal nerves showing connection with the sympathetic chain of ganglia. (S. C.) Note the horse tail appearance of the lower end of the spinal cord or cauda equina. The spinal nerves are divided into groups. There are eight cervical (C); twelve dorsal (D); five lumbar (L); five sacral (S); one coccygeal (C. O.). The spinal cord is inside the backbone and the nerves passing out on either side make their exit through the openings or "windows" referred to in the previous drawing.
We have in the body conditions akin to anarchism. When the nerves of the body are disturbed so as to lose their executive control, then peace and harmony give way to all manner of discord. Law and order in the body are dependent primarily upon the nervous system, the executive department of which, resides in the brain.

The spinal cord with its thirty-one pairs of nerves branching off from it forms the main lines of communication between the

Fig. 3—Here is one of the best evidences of the importance of the spinal mechanism. The nerves from all parts of the body, it will be seen, converge at the spine and through the spinal cord are connected with the brain. This arrangement of the nerves explains why remote troubles often have their cause in some disorder of the back. Fix the back and the trouble disappears.
executive department and the organs and tissues of the body. In order that these lines of communication be not interfered with, it is absolutely essential that the back be normal, that there be no kinks, no twists, no abnormal tensions, no curvatures or anything else to irritate, depress or in any other way disturb any of the delicate nerves so closely related to the spine.

With this picture in mind, the importance of the back may be more readily appreciated and the need for back doctors, that

![Figure 4](image)

**Fig. 4**—Here is a tragic case of double lateral spinal curvature. Conditions of this sort are invariably the result of neglect. A good back is priceless and it is criminal to neglect this part of the human anatomy under any circumstances. A big curve always is preceded by a small curve and if the small curve is attended to in time the big curve can be prevented.
is doctors who are specialists in repairing the back, is likewise more apparent. Back doctors literally get at the roots of trouble as they trace disorder to the roots of the spinal nerves, where so many diseases have their beginnings.

While it is true that osteopathic physicians are back doctors in the sense that they specialize on the back, they cannot in any sense of the word be considered backward or non-progressive, as they consider every phrase of disease. They place adequate importance upon all the various factors that contribute to undermine health and lay the foundation for disorder. They consider the front part of the body as well as the back part of the body and hence are front doctors as well as back doctors.

Influenza, pneumonia, scarlet fever, dysentery, indigestion and other acute and chronic diseases respond to osteopathic treatment as do lumbago, pleurisy, spinal curvature, backache, etc. Adjusting and normalizing the spine and adjacent tissues relieves nerve irritation and releases pent up energy which enables nature to restore health more readily, no matter what the particular symptoms or disease may be. In reality the osteopathic physician restores the lines of communication as well as opens up the avenues of distribution for the materials required in restoring and maintaining health.

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IS OSTEOPTHY SEVERE?

DR. ASA WILLARD, Missoula, Montana

YES, I think a little Osteopathy might be all right in your case after you get strong enough to stand it.” That was the answer given by an M. D. to a young lady who was weak and nervous following several operations. It wasn’t an unusual answer by any means, in fact, it is advice which is all too commonly given by those who are either prejudiced against Osteopathy, or do not understand it.

That you need to be an athlete before you can stand osteopathic treatment is not even as correct as it is that you need to be strong and sturdy before you can stand drugging, for no matter how weak the patient, a trained osteopathic physician can give a treatment which cannot possibly harm the patient, even
if it does not help, while if a drug or mixture of drugs is put into an already burdened system, if it does not prove to be the helpful thing desired, it is that much more poison for the weakened system to care for.

Another lady who had suffered for years with a malady which had not yielded to drug medication, when she was told that she was hardly strong enough to stand osteopathic treatment, about which she had inquired, said, "But, Doctor, my neighbor is taking her six months old child to an osteopathic physician and the baby is improving. I'm surely as strong as a six months old."

The osteopathic physician utilizes both his store of common sense and professional knowledge in treating patients. Common sense would guide him sufficiently that he would not attempt to give a frail woman, with a weakening malady, the same strenuous treatment he might be justified in giving a husky, well muscled college athlete, who had subluxated a vertebrae in playing football, and his professional education, which is as thorough as that acquired in medical colleges, would show him the same pathological contra indications for vigorous handling that his medical brother would see.

Osteopathy isn't a matter of routine manipulations of set severity applied the same to all patients. Each patient is a different problem and is with trained intelligence so considered and handled.

God's pay for labor and time is truth and truth only. If it takes him a million years to make a stone as large as a bean, the time and labor are freely given and the work honestly done. No persuasion whatever will cause that Mechanic to swerve from the line of exactness in any case.—Dr. A. T. Still.
THE BIRTH OF A DAY

CHAS. CARTER, D. O.

"See! The day begins to break."

ENIGHTED people call for sympathy. To live in darkness is distressing. The dawn of day is inspiring,—a harbinger of light instead of darkness, a renewal of the proclamation "Let there be light."

Jules Verne, who in imagination, built a submarine and also took a trip to the moon a generation before our present submarines and airships, said, "Light and heat: all life is contained in them." These are at least essentials to health.

Eight hundred years B. C. the prophets were predicting the coming of light into the world—one who could say "I am the light of the world." In its fulfillment the light of the star led the shepherds and wise men to the Light of the World. Whosoever entereth this Light shall never know darkness. Truly they could say "See! The day begins to break."

The birth of the day that marked the birth of a Savior is the one outstanding, uncontested event in the world's history in regard to its importance. This day the proclamation went forth "Peace on earth, good-will toward men." As a result of this day and since this day to the present time and to the date when time shall be no more, man has been empowered to find individual peace. Soon we shall be celebrating its anniversary. May the spirit of it be conducive to a universal peace on earth and good-will toward men.

Without any measure of irreverence or sacrilege other great days may be mentioned—days the birth of which has proved a blessing to mankind—and at the dawn of each it can be appropriately said, "See! The day begins to break."

How black and appalling is a dark night! How absolutely unendurable except that we know light will come again. Such was the condition of our great country prior to the Revolution. Darkness, hardships, oppression and despair on every side. Then a few stout hearts began to demand rights. This number increased, and the farsighted began to say "See! The day begins to break!"

What a day it proved to be. The birth of that day was the
birth of a nation where liberty of thought and religion has prevailed, and where oppression and intolerance have been kept to a minimum,—a nation that has protected the weak and sought justice for all. "Righteousness exalteth a nation." May our beloved country always possess it.

Great and revolutionary truths may come in a dim way to many. Only heroic and attuned souls can grasp them and give up their lives to them and the propagation of them. Most of us are not courageous enough nor farseeing enough to do this. To the average man the plaudits of the crowd are irresistible. The sneers and ostracism cannot be borne. All men should love and endorse the things that bless their fellowman. We are taught to be compassionate. Compassion means painful pity—that is, that we are so sorry for the suffering and needy that it is painful to us. Perhaps most of us have a measure of compassion. Only a few are compassionate enough to make great sacrifices to help.

Some forty years ago a single dauntless spirit was obsessed with a mighty truth that he felt would be a blessing to mankind. Unmindful of ridicule, sneers, and poverty, he struggled on, developing his theory, always with more or less light, until all doubt was gone and he could exclaim "See! The day begins to break." And what a day! A day when he could proclaim with confidence to the world, "Disadjusted body tissue causes disease."

Thoroughly revolutionary was this healing by adjustment. None had ever practiced in this way before, and today only the followers of this great philosopher and scientist—Dr. A. T. Still—are so practicing. In spite of opposition, legal endorsement has come to them in every state in the Union, and even in this early day it is absolutely within the bounds of truth to say that thousands who had suffered for months or years and seemed hopeless so far as being cured by other methods was concerned, have been cured by correcting a lesion (disadjustment) that other physicians did not recognize as a cause of disease and therefore did not seek or attempt to correct. So throughout the country almost everywhere there are those who have thus been relieved who are blessing the birth of the day when this new truth was proclaimed; and from year to year their number is increasing and will increase until the truth is recognized the wide world round.
Great days, these three: The incomparable day when the Light of the World appeared to the temporal and eternal benefit of all who would look; then the day when the blessings of liberty were born; and later when light came and men saw a way for relief from pain and suffering that they had not known before. Through these and by these we have peace of soul, peace of mind, and peace of body. And the Author of every good gift and good work said “Peace on earth, good will to men.”

309 W. Franklin St.,
Richmond, Va.

CRUCIFIXIONS

It is doubtless necessary that there should be frequent crucifixions. It seems to be the way of the world. A man to whom the truth is blazed as clear as noon goes out into the streets filled to the lips with his revelation. Smug citizens avoid him, put up their shutters; dogs bark at his heels; the ribald gather, one throws a stone.

“Then comes the storm upon him, in which he falls, battered, bleeding, with glazed eyes. There’s an end of the blasphemer who dares question established order, who says that use and wont are not sacred at all, but hoary in iniquity.

“Having slain him, they learn that he was a god, and his revelations a law of nature. Up goes a statue, and his words are read as gospel. That’s ‘how we get on in this quaint world,’ climbing to the stars on the heaped bodies of our heroes and sages. It’s no use quarreling with it.”

—Maurice Hewlett, in “Open Country”

One thinks and talks for display, and the other talks and thinks to improve his day. To think easily you must stand solidly. To stand solidly you must guard well the construction of your foundation.—Dr. A. T. Still.
FIVE LAWS OF HEALTH

Geo. W. Reid, D. O.

There are five laws
That we must obey
If we would be rugged
And healthy each day.

The first concerns air—
Invisible, sure!
But none the less needful,
Abundant and pure.

The next in importance
Is water, 'tis true,
And there is no substitute
For this that will do.

Then food is both needful
To build and repair—
That this may be wholesome
No pains should we spare.

Air, water and food,
And exercise too,
Each is essential
And naught else will do.

But still these may fail
To make us feel fine
Unless all the tissues
Are exactly in line.

So the human machine
Must be kept in repair
As well as supplied
With the right food and air.

We cannot be healthy
Unless we give pause
And so keep inviolate
Each one of these laws.
OSTEOPATHIC AND "CHIROPRACTIC" HOURS IN SCHOOL

Some confuse Osteopathy and "Chiropractic", and the question of difference is often asked. One very cardinal difference is that the student of the former receives a much more thorough professional education, as will be noted by a comparison of the courses of study.

"Chiropractic" information given below is based on the catalog of Palmer School, "Fountainhead" of "chiropractic." This catalog was issued in the fall of 1923, and figures given below in brackets refer to pages in that book.

"Chiropractic" class hours are 30 minutes long [34, 35]. Their school year is 6 months long [34]. A student may enter on any week day in the year [36] and go right along, just like going to a movie, starting at any part of the story and getting the rest later. At the end of 12 months, if he has made as good as a "C" grade in all examinations, he may be given a certificate as a "chiropractor" and enter practice [36].

First column below gives hours recommended by American Osteopathic Association, for osteopathic colleges. Second column shows what is offered those who wish to take the 18 months (so-called 3-year) course at Palmer School of "Chiropractic." Third column shows what actually is required to become a "chiropractor" there [36].

<table>
<thead>
<tr>
<th>Curriculum of Standard American Osteopathic Association</th>
<th>Given by Palmer School of &quot;Chiropractic&quot; to Those who Wish to Take it all.</th>
<th>Required by Palmer School of &quot;Chiropractic&quot; for Certificate to Practice [36].</th>
</tr>
</thead>
<tbody>
<tr>
<td>PRELIMINARY APPROVED FOUR- TR. HIGH SCHOOL EQUIVALENT.</td>
<td>261 hours of 30 minutes each [36, 55]</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Anatomy ..................................................</td>
<td>600 full hours</td>
<td>2886½ hours of 30 minutes each</td>
</tr>
<tr>
<td>Embryology ...............................................</td>
<td>70 &quot; &quot;</td>
<td>1677 hours of 30 minutes each</td>
</tr>
<tr>
<td>Chemistry ..................................................</td>
<td>300 &quot; &quot;</td>
<td></td>
</tr>
<tr>
<td>Histology ..................................................</td>
<td>180 &quot; &quot;</td>
<td></td>
</tr>
<tr>
<td>Physiology ..................................................</td>
<td>300 &quot; &quot;</td>
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</tr>
<tr>
<td>Pathology ...................................................</td>
<td>240 &quot; &quot;</td>
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</tr>
<tr>
<td>Bacteriology ...............................................</td>
<td>150 &quot; &quot;</td>
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<tr>
<td>Hygiene and Public Health ..................................</td>
<td>60 &quot; &quot;</td>
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<td>Hydrotherapy ...............................................</td>
<td>16 &quot; &quot;</td>
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</tr>
<tr>
<td>X-radiance and electric diag. ................................</td>
<td>36 &quot; &quot;</td>
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<tr>
<td>Dietetics ....................................................</td>
<td>32 &quot; &quot;</td>
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</tr>
<tr>
<td>Osteopathy, including principles, practice, specialties, diagnosis, etc. ................................</td>
<td>1466 &quot; &quot;</td>
<td></td>
</tr>
<tr>
<td>Chiropractic, including philosophy, orthopody, palpation, drill, symptomatology, clinics, etc. ................................</td>
<td>2886½ hours of 30 minutes each</td>
<td></td>
</tr>
</tbody>
</table>

* Surgery ....................................................... | 400 " "                                                                | 2051½ full hours                                                       |
| Eye, ear, nose, etc. ........................................ | 180 " "                                                               | 1317 full hours                                                        |
| Gynecology .................................................... | 160 " "                                                               |                                                                          |
| Obstetrics .................................................... | 200 " "                                                               |                                                                          |
| Professional ethics and efficiency ........................ | 16 " "                                                                |                                                                          |
| Jurisprudence ................................................ | 16 " "                                                                |                                                                          |
| Salesmanship .................................................. |                                                                     |                                                                          |
| Equivalent to ................................................ | 4422 " "                                                               |                                                                          |
| (Compiled and Arranged by Ray G. Hulbert, D. O.)          |                                                                        |                                                                          |

*Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'
DR. L. McFALL

GENERAL OSTEOPATHY including SURGERY AND OBSTETRICS

920 Edmond Street, ST. JOSEPH, MO.