Herald of Osteopathy

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THERAPEUTIC NUGGETS

GEORGE W. GOODE, D. O.

One should learn to relax when not in activity.  

* * *

The habit of lying down when tired is a good one.  

* * *

Exercise should be enjoyed as play, not endured as work.  

* * *

Study nature, live nature, eat nature, and you will find health and happiness.  

* * *

An overloaded bowel becomes the best possible breeding place for the germs of disease.  

* * *

Cool water drinking, including especially a glass half an hour before breakfast is a remedy for constipation.  

* * *

The habit of administering drugs to children with the object of making the bowels move is a pernicious one.  

* * *

Life has been defined as the continuous adjustment of internal to external relations and health might be defined on these terms as the normal state and performance of this adjustment.  

* * *

Every individual has two barriers against sickness and death, the first, that afforded by the state in quarantine, cleanliness of streets, purity of water and the like, and the second, individual resistance.  

* * *

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—the essentials for the correct functioning of the body.
HAPPINESS AND HEALTH

It is rather difficult to be perfectly healthy unless there is a background of happiness, for the emotions have a great deal to do with the functions of the body. It is also invariably true that the person who is happy responds better to treatment than the person who is morose or gloomy or introspective.

When we go into the presence of a person we can usually divine the character of the emotions by the influence they have upon us. The atmosphere surrounding the individual conforms with his emotions, being cheerful or depressing as the case may be. It is easy to imagine what the effect must be on the organs of the morose individual, when the depressing effects are registered upon those who come into his presence.

The organs of the body are keenly sensitive to emotional influences. They need a courageous environment in order to do their best work, just as the human being needs such an environment. The organs are depressed by gloom; they are inhibited in their action, and their function is altered by worry, while cheer, happiness and hope have a benign influence upon their action. The point is they respond to thoughts of courage.

It is difficult for many people to be happy. Their environment is not conducive of good cheer, but still there is a recipe which, if followed is sure to bring the desired results. It is very beautifully expressed in these words by J. M. Harris:

"Those who bring sunshine into the lives of others cannot keep it from themselves."

Happiness is not to be obtained directly. It is a reflex blessing that comes from making others happy. This is found in acts of kindness, in unselfish service and genuine interest in the welfare
and happiness of others. The self-centered individual does not know what true happiness is.

A life of unselfish service, we see, is the best not only from the standpoint of happiness but also from the standpoint of health. There is profound wisdom in the words of the Master:

“He that findeth his life shall lose it, and he that loseth his life for my sake shall find it.”

Abundant life is found in true service. So also is real happiness which is so essential to abounding health. Our physical welfare is inseparably linked with the spiritual.

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**REPLENISHING THE BLOOD**

At the present time when the medical profession is filling us full of serums, vaccines and drugs and propaganda to induce us to keep our mouths open, our arms bare and our minds receptive to their false doctrines, we are apt to forget the very fundamental essentials which make for health.

Chemistry has revealed the significant fact that the body is composed of sixteen elements, namely: iron, sodium, hydrogen, oxygen, iodin, florin, chlorin, silicon, phosphorus, magnesium, calcium, potassium, carbon, sulphur, nitrogen and manganese.

Physiology has revealed the further facts that all these elements are derived from the foods we eat, the water we drink and the air we breathe, and that they are held in solution in the blood which carries them to the tissues where they are appropriated. As these substances are appropriated by the tissues the blood naturally becomes depleted and calls for replenishment.

Replenishing the blood stream is a simple matter, so simple in fact that it is often overlooked in the search for something mysterious and difficult. There is only one sure way to replenish the blood and that consists in supplying it with the sixteen elements mentioned above in a condition so they may be assimilated. There is no artificial way to do this. Drugs have been tried and found wanting. Natural food, water and air furnish the only solution, so it is a problem primarily in dietetics.

Nature has given us, in abundance, all the materials necessary for replenishing the blood and she has prepared them for
us in proper combination. We should remember these points in
the selection of our food and abstain as far as possible from arti­
cficial concoctions. For commercial reasons many of our foods are
robbed of much of their nutritive value and so they fail to replen­
ish the blood properly. We need the sixteen elements in balanced
combinations, and nowhere can we find them in balanced com­
bination except in foods that have not been tampered with.

Nature may be regarded as the master chemist. Her pro­
cesses cannot be duplicated by man and we make a serious mis­
take when we wander too far from the standards which she has
established for our guidance. The chemicals we put into the
body must come from the organic world—the vegetable or animal
kingdom, preferably the former. Vegetation alone can thrive on
inorganic materials and except for this chemical power possessed
by plants, all animal life would soon perish from the earth.

These thoughts should be kept in mind, not only when con­
sidering the maintenance of health and in adopting a health pro­
gram but they should be considered even when health has de­
parted and we are endeavoring to fight our way back to normal.
We must replenish the blood by giving the body proper food. This
fact applies in sickness as well as in health, but of course in sick­
ness, particularly acute sickness, replenishing the blood is usually
secondary to the principle of cleansing, as there is invariably a
marked toxemia or an excessive accumulation of waste in the
body. Natural food, pure air and pure water—these are the
things we must utilize at all times in our efforts to replenish the
blood.

—R.

**REMOVE THE HALO**

HERE has always been more or less of a tendency to place a
halo about the heads of ministers and doctors. In his minis­
trations among the various churches of his time, Paul noticed this
fact and resented it saying: "We are men of like passions among
you."

Some doctors have taken advantage of the disposition of the
public to regard them as above the rank and file of humanity and
have assumed rights that do not properly belong to them. In
some instances they have enacted laws that enable them to force their dogmas upon people even against their will, the doctor being both judge and jury. The public, however, is coming to realize that doctors like ministers "are men of like passions" among the rest of mankind and are resenting aggressive medical domination.

Legislation is being sought constantly which delegates more and more power to doctors and boards of health. Not all doctors, of course, are interested in such legislative procedures. There is a certain class of, what many people term, political doctors who, it is believed with apparent good reason, have the backing of certain commercial institutions in their propaganda for certain compulsory methods of treatment, particularly vaccination. Many people see in this medical aggression a real menace and consequently medical liberty leagues are gaining recruits rapidly, the aim being to offset this move toward medical tyranny. Many doctors see in this aggressive political medical program great harm for their profession and do not hesitate to voice their protests. They have observed that compulsory medical legislation does not make the doctors any more popular but rather brings about a resentment on the part of the public.

Dr. Frederick R. Green, former Secretary, Council on Health and Public Instruction of the American Medical Association in an address before the Utah State Medical Association Sept. 30, 1914, criticised medical organizations for attempting to dictate the terms of public health legislation. He said:

"Another error into which we have fallen as a profession is the tendency to regard the medical profession as a divinely authorized class, whose sacred and distinctive function is the protection of the people either with or without their consent. It is difficult to understand on what rational basis such a belief can rest in a scientific profession like ours. The medical profession is recruited from the same class as that which furnishes the lawyers, judges, ministers, teachers and business men of our country. The men who go into medicine are neither wiser, more unselfish, more upright or more infallible in their judgment than those who make up any other class of professional men. Why should we regard ourselves as of superior mold, or why expect our opinions or views to be accepted on any different basis from those of other men of equal intelligence, except in so far as we are able to justify our judgment? Yet too often medical organizations as well as individual physicians, have taken the position that
they were the courts of last resort; that it was their special function to dictate the terms of public health legislation, and that it was the duty of the public to accept their decisions and acquiesce in their judgment."

There is much wisdom in these remarks by Dr. Green. Doctors are no more entitled to a halo than any other class of professional men. They are capable of rendering a most skillful service but it should not be necessary for them to call upon the courts to enforce their opinions or ideas. Osteopathic physicians have always stood for medical liberty. They believe, of course, in sufficient legislation to protect the public against incompetency and to assure high standards of education and adequate qualifications on the part of those who hold themselves out to minister to human ills. Osteopathy is a most potent remedial measure, yet the osteopathic profession would not sponsor a move to make the practice compulsory, that is, coerce people into taking the treatment against their own best judgment. The public must come to realize that while doctors are highly skillful, public-spirited and self-sacrificing, they nevertheless are no more divine or infallible than the members of other professions. Those individuals who would place a halo about the physician's head should be reminded that the words of Paul apply to the healing profession just as they do to other professions,—"We are men of like passions among you."

—R.

MEDICAL COLLEGES ARE URGED TO ADOPT OSTEOPATHY

NOTING the wonderful results accomplished by osteopathic physicians many of the more progressive members of the medical profession have made bold to carry on a little investigating of their own along osteopathic lines. Where these investigations have been conducted in accordance with the true scientific spirit, the results have been most creditable to Osteopathy.

At a meeting of the Association of the American Medical Colleges at the Boston City Hospital not long ago, Osteopathy came up for discussion. Dr. W. H. MacCracken, Dean of the Detroit College of Medicine and Surgery, while discussing Osteopathy before the delegates, stated: "Through neglect we have
presented our cultist friends with one of the most useful of the physiotherapeutic types of treatment.’’

So many people are leaving regular physicians and finding relief at the hands of the osteopathic physicians that the doctors are becoming alarmed, and rightly so, because, after all, the practice of medicine with the average physician is fundamentally an economic proposition. Doctors have to live, and in order to live they have to meet heavy financial obligations. In order to meet these obligations they must have patients, so when they see their patients leaving them for osteopaths and other so-called cultists, they have a perfect right to become alarmed and concerned. Any human being would do the same under similar circumstances.

According to the Boston Globe, Dr. McCracken is reported to have said: “People leave the doctors and go to the osteopaths because the osteopaths do something for them. We must admit that there is some value in it.” “The osteopath,” he further said, “working with tools which the medical man scorns or is too lazy to use has accomplished and is accomplishing things which lie beyond the power of the average internist.” Speaking further, he said, “Through neglect we have presented our cultist friends with one of the most useful of the physiotherapeutic types of treatment, so we have the osteopath and his illegitimate offspring, the chiropractor.”

Osteopathy is an open book. Osteopathic doctors never have claimed to possess any skill that could not be duplicated by other doctors providing they took the trouble to give the matter sufficient study and practice. Medical men, however, have been inclined to ridicule the whole system of osteopathic teaching and practice. But the suffering public, on the other hand, has been more inclined to investigate, particularly those individuals who continued to suffer in spite of all that regular physicians could do to heal them. Finding relief in Osteopathy, they have not hesitated to proclaim the joyful results wherever and whenever they thought they might be of service in helping other unfortunate invalids to find their way back to health.

Osteopaths have no objection to medical men taking up Osteopathy. In fact, they would like to see the time come when
every medical man would be equipped to give his patients the benefits of osteopathic adjustment. The principles of osteopathy should be utilized universally for the good of humanity. It is pitiful to see people suffering and going down to premature graves just for lack of a little skillful application of the principles of Osteopathy. In adopting Osteopathy, however, the medical schools are apt to give their students only a smattering knowledge of the subject and turn them out totally inadequate to do skillful work along osteopathic lines. Yet it is a hopeful sign when medical colleges are urged to add a course in Osteopathy to their curricula.

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FALLEN STOMACH

W. L. Jones, D. O.

How many times do we hear the remark, “The doctor tells me my stomach has fallen so many inches.” The patient means of course that the abdominal viscera, of which the stomach is a part, have taken a position lower than they normally should occupy in the abdomen. This condition results from weakness and loss of tone of the muscles and ligaments intimately connected with these organs. The weakened supports give way under the stress imposed upon them, which allows the organs to sag or fall out of normal position.

There are many reasons why such a condition exists. In the first place, constipation is a factor in a great many cases. The heavily loaded intestines put an abnormal pull on the ligamentous supports that are attached to the spinal column and in time the tonicity is impaired and the ligaments stretch. Then again, there may be some spinal cause such as osteopathic lesions that interfere with the normal nerve stimulus to these ligaments and this lowered stimulation to the intestinal ligaments and the gut itself will bring about the common condition of constipation.

Another factor that is often at the bottom of this trouble is the fact that we Americans, at least, eat too much, too often and too fast. We are never satisfied until we are stuffed to the chin, so to speak, and as a result of the quantity and quality of the food, constipation cannot be wondered at. Posture also is a
contributing cause. We have the natural tendency in any line of work we may be engaged in, to lean forward. Our very act of walking is a leaning forward position and there are no movements that we make outside of star gazing or moon adoration, that makes us lean backward. So we should pick those types of exercise that will make us lean backward and in that way strengthen the abdominal muscles. Every osteopath recognizes the importance of this one point of consideration and will give patients the needed exercises for their particular case.

Any form of tumor growth in the abdomen must be considered in such cases and surgery may be a necessary procedure.

In considering the treatment of fallen stomach or gastrophtosis, the osteopathic physician is especially qualified to care for such a case. Normal circulation and nerve stimulus must be established in these atonic ligaments, and spinal manipulation is the key to fit this procedure. Diet must be regulated, exercise instituted and in some cases a support must be used until Nature has established a normal condition of affairs.

Surgery is sometimes resorted to by hooking up the stomach in places but there are very few cases where such a radical treatment is indicated, and everything else should be tried before resorting to this measure. Fallen stomach has a large train of symptoms to its credit that are due mostly to reflex irritations from the spinal nerves involved, and also symptoms that are due to pressure on other organs.

Fallen stomach may appear to be a hopeless condition, but it is not. Osteopathic physicians obtain a high percentage of results. Of course the sooner it receives attention the better, as when neglected it tends to grow progressively worse and therefore more obstinate to cure. Osteopathy gets at the root of the trouble and gradually establishes tone to the weakened parts.

HIS DUTIES

The owner of a big plant, addressing a new employee:

"Did my foreman tell you what you will have to do?"

"Yes, sir, he told me to wake him up when I see you coming."

—FORBES.
"Doctor, come to our house quick. The baby is having fits."
"Where do you live?"
"Follow me."

The patient had just come out of a convulsion, and from her twitching and jerking another seemed imminent.
"Mrs. Blank, what has baby been eating?"
"Very little of anything and certainly nothing that would hurt her."

A quieting treatment, consisting largely of strong inhibition of cervical nerves, and the baby was left asleep. Afterward the physician learned from a neighbor that the child had eaten freely of refuse apples intended for the pigs.

A few years later the same physician dropped everything and rushed to a hotel to see a young lady with convulsions.
"Mrs. W., what has your daughter been eating?"
"It is not that; she hasn’t eaten as much in a week as she would have eaten at one meal."

The doctor remembered the baby and the bad apples, so he gave a glass of hot water, stimulated the upper dorsal nerve to induce vomiting and got as the results perhaps fifteen or twenty undigested olives. Immediate relief followed.

**It is Often Easy to Produce Vomiting**

that is, when needed, when there is something in the stomach that it should be relieved of. Nature wants to make well and sometimes needs very little help. The same treatment will not induce emesis unless there is food in the stomach that needs removing.

On another occasion a physician was called and requested to see a patient just as soon as possible.
"Mr. C., tell us about it."
"I had some headache in church. I came home and started to eat dinner. Immediately it seemed that my head would burst with pain."
"What did you eat?"
"A few prunes."
“Well, let us get the prunes.”

The patient was given a glass of hot water and stimulating treatment in the upper part of the dorsal spine. The prunes appeared promptly and relief was instantaneous.

Here is food for thought. How was it that the result of eating the prunes and the results of vomiting them could be so quick?

A lecturer on health who was prejudiced against hot soda biscuits once said, “People who eat hot soda biscuits and hot meat create soap in their stomach.”

The said lecturer was in poor health and had a hard time digesting average foods and of course could not be recognized as an authority.

It is interesting to speculate on the process by which certain food in the stomach under certain conditions will produce such violent and immediate symptoms.

A patient at the seashore in January in a cold, appetite-producing breeze, ate freely of oysters, though they usually made her sick. For several hours while in the fresh air she felt no discomfort. However, as soon as she entered the warm hotel she became violently ill. Hot water and treatment brought up the undigested oysters and afforded immediate relief.

**Pneumonia**

Dr. F. was called at 4 p. m. to see a little girl with hemiplegia resulting from infantile paralysis. She had had a chill at 3 p. m., and was suffering from a typical case of right-sided lobar pneumonia, with a temperature of 104 2-5, rapid respiration, cough, a pain in the side, etcetera. She looked very ill. A double blanket jacket from neck to waist was sewed on her. She was treated at 4 p. m., 7 p. m. and 10 p. m. Ventilation, elimination and nursing were attended to, and the patient was comfortable after the second treatment and had no further trouble. Next morning her temperature was slightly subnormal and she was expectorating bloody sputum.

In another typical case of pneumonia, in a feeble lady seventy-one years old, the results were so quick and the mucus came up so fast that the patient seemed in danger of choking. The next day she also had subnormal temperature and bloody sputum.
In children with infantile paralysis and feeble old people statistics give the mortality rate in pneumonia at nearly 100%. It can be aborted only in the early stage.

**Exophthalmic Goitre**

Mrs. D. A. had been in bad health for several years with goitre. For ten weeks she had been critically ill and finally was unconscious most of the time. Even a teaspoonful of water would cause a vomit which looked like the yellow of an egg.

The two prominent physicians in attendance thought she could not possibly live more than a week, and the osteopath in taking charge of the case told the husband that it was only a last resort experiment. After the first treatment, which was given very quietly with the object of draining the thyroid, raising the drooping ribs over the irritated and laboring heart, and quieting the general nervous system, the patient seemed better and went into a natural and quiet sleep of four hours.

Treatment was given four times a day at first. Recovery seemed complete as to general health, and the goitre diminished about one-half in size. Two years later Mrs. D. A.'s health continued excellent. It was claimed that over 50% of her near female relatives had goitre. One of these (a niece) was cured of a small goitre at one treatment.

So the list could be continued almost indefinitely, and to include Mr. W. with a brain tumor (with symptoms of vomiting, unconsciousness and blindness); Mrs. B. with an abscess of the breast; Mrs. G. (with a young baby) whose milk supply had failed but became normal by separating ribs; Mr. D. whose abscessed tooth was relieved at once, though the dentist had refused to treat it longer; little P. P. who was cured of extreme malnutrition without a change in diet; and little D. with typical "frog belly" symptoms, who had lost the use of her legs and who attending physicians said could not get well; Captain E. who was laid on the shelf on account of the condition of his heart, as were Mr. W. and Miss B on account of extremely high blood pressure. Treatment restored these to health.

Most of these are the **unusual, spectacular and sensational cases**, but they illustrate the point in hand, that in many
desperate and critical cases osteopathy is the treatment needed and the osteopath alone will do the most needful and most important thing. Why not? If the heart is weak and its action labored he will give it more room in which to act and regulate its rate. His work will have a tendency to reduce inflammation in any part of the body. He often removes nerve tension and brings about a normal relaxation that is very soothing and restful. Any treatment that soothes the nerves, rests the heart, increases the elimination and improves general circulation is a good emergency treatment. The osteopath does this and above all, first and last and all the time, he seeks to locate and remove the "lesion," the physical cause.

No one claims that osteopathy is best in every case, but it is best in many, for its efforts are to aid nature, and it is nature that cures and never the doctor.

309 W. Franklin St.
Richmond, Va.

REARRANGEMENT NEEDED

In a New Orleans court a man was charged with abusing his team and using loud and profane language. One of the witnesses was an old negro.

"Did the defendant use improper language while he was beating his horses?" asked counsel.

"Well, he talked mighty loud, suh."

"Did he indulge in profanity?"

The witness seemed puzzled, so the lawyer put the question in another form.

"What I mean, Uncle, is, did he use words that would be proper for your minister to use in a sermon?"

"Oh, yes, suh," the old man replied with a grin, "but dey'd have to be 'ranged in diff'runt order."—EDINBURGH SCOTSMAN.

Pleasure comes through toil and not by self-indulgence and indolence. When one gets to love work, his life is a happy one.—RUSKIN.
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 is actually required to become a "chiropractor" there [36].

<table>
<thead>
<tr>
<th>Curriculum of Given by Palmer</th>
<th>Required by Palmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Standard School of &quot;Chiropractic&quot; to Those who Wish to Take it all.</td>
<td>&quot;Common School or Equivalent.&quot; [36]</td>
</tr>
<tr>
<td>American Osteopathic Association</td>
<td>&quot;Common School or Equivalent.&quot; [36.]</td>
</tr>
<tr>
<td>Preliminary Education</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>&quot;COMMON SCHOOL OR EQUIVALENT.&quot; [36].</td>
<td></td>
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<tr>
<td>600 full hours</td>
<td>261 hours of 30 minutes each [36, 55]</td>
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<tr>
<td>Anatomy</td>
<td>2886 1/2 hours of 30 minutes each</td>
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<tr>
<td>Embryology</td>
<td>1317 hours of 30 minutes each</td>
</tr>
<tr>
<td>70 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Chemistry</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>300 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Histology</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>150 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Physiology</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>150 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Pathology</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>150 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Bacteriology</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>150 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Hygiene and Public Health</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>60 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
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<tr>
<td>Hydrotherapy</td>
<td>261 hours of 30 minutes each [36, 55]</td>
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<tr>
<td>36 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
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<tr>
<td>X-ray and electric diag.</td>
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<td>32 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
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<tr>
<td>Dietetics</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Osteopathy, including principles, practice, specialties, diagnosis, etc.</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>1466 &quot; &quot;</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>Chiropractic, including philosophy, orthopody, palpation, drill, symptomatology, clinics, etc.</td>
<td>261 hours of 30 minutes each [36, 55]</td>
</tr>
<tr>
<td>2886 1/2 hours of 30 minutes each</td>
<td>1677 hours of 30 minutes each</td>
</tr>
<tr>
<td>Surgery</td>
<td>*Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>400 &quot; &quot;</td>
<td>1677 hours of 30 minutes each</td>
</tr>
<tr>
<td>Eye, ear, nose, etc.</td>
<td>*Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
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<tr>
<td>180 &quot; &quot;</td>
<td>1677 hours of 30 minutes each</td>
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<tr>
<td>Gynecology</td>
<td>*Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
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<tr>
<td>160 &quot; &quot;</td>
<td>1677 hours of 30 minutes each</td>
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<tr>
<td>Obstetrics</td>
<td>*Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
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<tr>
<td>200 &quot; &quot;</td>
<td>1677 hours of 30 minutes each</td>
</tr>
<tr>
<td>Professional ethics and efficiency</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>16 &quot; &quot;</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>Jurisprudence</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>16 &quot; &quot;</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>Salesmanship</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>87 &quot; &quot;</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>4422 &quot; &quot;</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>Equivalent to</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>4422 &quot; &quot;</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>2051 1/4 full hours</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
<tr>
<td>1317 full hours</td>
<td>&quot;Special post graduate course in addition for those seeking license as 'Osteopathic Physician and Surgeon.'</td>
</tr>
</tbody>
</table>

(Compiled and Arranged by Ray G. Hulbert, D. O.)

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