Herald of Osteopathy, August 1925

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Herald of Osteopathy

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Reprint from College Journal, Kansas City
College of Osteopathy.

August 1925

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KIRKSVILLE, MISSOURI
YOU’VE ALWAYS GOT TO SMILE

By James J. Montague

You got to keep on smilin’
However hard the way,
Altho you’re shy the cash to buy
Your three square meals a day.

You may have ketched the measles
Or else, perhaps the mumps;
But just the same you must be game
An’ never get the dumps.

A glum an’ gloomy spirit
The brightest life kir spile
No matter what complaint you’ve got
You’ve always got to smile.

If wife and kids have left you
Don’t never shed a tear;
Be gay and glad as ef you had
A heart plumb full of cheer.

Remember, livin’ single
Ain’t sech ar awful trial—
The clouds you’ll find is silver lined
If only you can smile.

You got to keep on smilin’—
There’s no sech word as fail—
Tho by mistake the laws you break
And get shet up in jail.

An’ even ef they hang you,
The rope won’t hurt you long,
So while you wait to meet your fate
Just sing a little song.

Keep readin’ smilin’ poems;
They make hard luck worth while,
Our recompense for lackin’ sense
Is learnin’ how to smile!

In Philadelphia Evening Bulletin
TWO INTERESTING OPINIONS OF OSTEOPATHY

OPINIONS regarding Osteopathy differ. One person has praise, while another has condemnation for the science. Which are we to believe? Below are two interesting opinions. One is an appreciation of the benefits received from osteopathic ministrations, while the other, well, we will leave the reader to decide the spirit prompting it. Being diametrically opposite, it is obvious that both of these opinions cannot be correct. Which are we to believe?

Galli Curci Boosts Osteopathy

The first opinion is that of Madame Galli-Curci, which is copied from the December issue of Physical Culture. This prima donna speaks from experience as will be seen from the quotation:

"Osteopathic treatments also play their part in my health program. For me nothing straightens out the kinks of the nerves or rubs the tired feeling away like a skillful osteopathic treatment. So I have my particular osteopath in all of the big cities in which I sing—Boston, New York, Chicago, Denver and San Francisco, so that even while I am on a hard traveling schedule I need not forego the benefits which these treatments give me."

Mr. Mencken Ridicules Osteopathy

The second opinion is that of a Mr. Mencken, who in a contribution to the Baltimore Evening Sun incriminates Osteopathy in the following language:

1. "An old quack named Still launched upon the world two theories (a) that all or nearly all human ills are caused by the pressure of misplaced vertebrae upon the nerves which come out of the spinal cord, and (b) the way to get rid of such pinches is to climb upon a table and submit to an heroic pummeling by an ex-blacksmith or retired piano-mover."
2. "For years, Still's followers merchanted these ideas, but when they grew opulent they grew ambitious, so they studied anatomy and abandoned the original theories."

3. "Such quackeries as osteopathy suck in the botched and help them on to bliss eternal."

The enemies of Osteopathy may find some comfort in Mr. Mencken's remarks, but it is quite possible that they will be conducive of more good than harm in the long run. The friends of Osteopathy will resent this attack and will be instilled with more enthusiasm for the new science. His attack already has inspired the Providence News to take up the defense of Osteopathy.

—R.

DR. ASA WILLARD HEADS OSTEOPATHS

The American Osteopathic Association, which met in Toronto, Ont., this year was one of the finest sessions ever held by that great and growing organization.

Dr. Asa Willard of Missoula, Mont., was chosen president without opposition. Dr. Willard is among the early graduates of the science of Osteopathy, and was a student under the founder, Dr. A. T. Still. Dr. Willard was born and educated in Kirksville, Mo., the home of Osteopathy, but his success as a practitioner, his work as a writer, and his energy and perseverance as a booster for the drugless science and especially for the principles taught and insisted upon by the "Old Doctor," have won for him a nation-wide reputation. His elevation to the presidency of the A. O. A. is the highest mark of confidence that could be bestowed.

Among the department heads appointed by the new president are, Dr. C.P. McConnell, Chicago, department of professional affairs; Dr. Geo. V. Webster, Carthage, N. Y., department of public affairs. Dr. Ray G. Hulburt, Chicago, is publicity director, Dr. C. J. Gaddis is executive secretary, with headquarters in Chicago.

For the success of the July meeting much credit is due Dr. F. P. Millard, of Toronto, who conducts one of the largest Osteopathic clinics in the world. His indefatigable efforts to see that the visiting physicians were royally entertained had much to do with their enjoyment.

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AN EXAMPLE OF NEGLECT

We are continually emphasizing the importance of a stitch in time. Prevention is much more desirable than cure. Instead of all the preaching and admonition to avoid neglect and give attention to small ailments rather than wait until big ones have developed, many people seem inclined to procrastinate.

Following are a few points taken from the history of a case that was operated on recently by an osteopathic surgeon in Kansas City. It is an extreme example of what neglect will lead to in certain cases. Eight years previous to consulting the doctor for the trouble for which she was operated on, the patient's womb prolapsed so as to escape completely through the vaginal orifice and remained so unless replaced and held in position by packs. This was inconvenient and uncomfortable and after a short time was discontinued and the womb allowed to remain in the external position. Owing to irritation from the clothing and friction between the thighs, the prolapsed mass became inflamed and developed a tendency to bleed, and this symptom alarmed her into consulting the doctor. She became fearful of cancer.

As one might expect, other troublesome conditions developed along with the long neglected prolapsus, among them being inflammation of the bladder and a constant desire to urinate. Eventually it became impossible to replace the womb and this along with the hemorrhage seemed to convince her that it was time that something should be done and that a doctor was needed. The result was a wholesale operation which seemed to be the only practical thing to do.

As stated above, this is an extreme case of neglect. It is hardly believable that a person would allow such a condition to go for a period of eight years and endure all the misery and discomfort that accompanies such troubles. Nevertheless this is an actual case, and only a few of the most outstanding points have been mentioned briefly. Imagine the suffering, the discomfort, etc. that she could have avoided, and the years of comfort she might have enjoyed if she had had the right treatment in the beginning!

There are thousands of people who are nursing troubles, or more correctly speaking, neglecting troubles that need professional
attention. What is to be gained by this procrastination? Nothing but evil. Interest in such cases is compounded rapidly—in some cases more rapidly than in others—and the result is that small troubles long neglected gradually become large ones. Lame back leads to sciatic trouble which may be extremely painful. If the back is properly attended to in time the sciatica can be aborted in practically every case. Most troubles have a small beginning. Why longer neglect having your small ailments attended to? Follow your best judgment and avoid regrets.

—R.

“FLU” BRINGS OUT THE WEAK POINTS

F. P. MILLARD, D. O., Toronto

EVERY machine has one or more weak spots; so has every chain. The human body is a machine, or living mechanism. We may be immune to certain infections, yet we may succumb to blood poisoning from a scratch. Some of the strongest men, “never ailing,” contract typhoid or pneumonia, and pass away in a few weeks, or even days.

Most every adult has had flu or grippe at least once. The effects of a severe attack are as imprints on some organ or tissue—that is, on the weakest part. Some have a weak heart afterward; others a disturbed stomach or intestinal tract, or possibly kidney disease. Another may be susceptible to colds after grippe, or even have repeated attacks of grippe. They may become anemic. The eyes may dull, the hearing become less acute, and so on through the entire range of diseases.

Those of you, past forty, will remember the wave of “La Grippe” that came across the water years ago. Flu is an abbreviation for influenza, and has been called by its short name since the war. The world has never been just the same since. Millions of people are still suffering from the effects of it. Even the animals sickened and died when the wave came. The whole world was poisoned in a way, and it will take the next generation or two to throw off the evil effects.

Most people have spells of dieting. They go to their physician, or to a specialist, and secure advice. A carefully worked out
list of edibles is followed. You are supposed to gain strength and return to normal. Some people are too fond of eating to adhere to any prescribed diet. We should eat to live and not live to eat, as the old maxim reads. The best food will not be assimilated if the nerves have lost their tone and the circulation is poor. Warm hands and feet are necessary to good health. The blood must not collect in the body or trunk, alone—congestion will result. The heart is supported to pump the blood as far away as the fingers and toes. The moment the circulation is slowed down the tissues become altered. Children are healthy because their circulation is nearly perfect. Their rosy cheeks, with warm bodies and extremities, make them little parcels of health.

The muscles are unduly contracted after chills and fever, such as you find when you are “gripppy” or have the flu. You ache through to the bones. What else can you expect after flu but congestion in some weakened organ, and an anemic condition in other tissues. The circulation must be re-established. Special attention must be given to the circulation in the weakened parts. As long as there is life there is always a physiological tendency back toward normal. Nature sees to it, that restoration is brought about if the proper care and food is given to the body. Nature does the healing. Physicians and nurses simply assist nature.

If all the organs of the body could be kept in equal tone, we would hold up under favorable conditions, in a way that would be astounding. The weakened organs must be watched after the flu or grippe with greater care than ever before. You will know your weak points after you have had an attack.

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PASTEURIZED MILK

“I do hope that you keep your cows in a pasture,” said Mrs. Newlywed, as she paid the milk man.

“Yes’m,” replied the milk man, “of course we keep them in a pasture.”

“I’m so glad,” gushed Mrs. Newlywed. “I have been told that pasteurized milk is much the best.”

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AUGUST ILLS—HAY FEVER
Geo. W. Reid, D. O., M. D.

CERTAIN ills are more prone to occur at certain seasons of the year. In August, hay fever gets in its most distressing work. Some cases, of course, come on earlier while some come on later but by far the majority of hay fever attacks appear around the 10th of August and continue till frost brings relief.

There are other ills that are very apt to come on during this month also. This is when we have what is popularly known as dog-day weather. Such weather is apt to be a breeder for what is known as summer complaint or dysentery. Heat prostration is also common in August. Of all the August ills hay fever is probably the most common and distressing, not only because of the symptoms and persistency of the ailment but because of its tendency to recur year after year.

Many pages could be utilized in discussing the symptoms of hay fever. It manifests differently in different people and varies greatly in severity. The classical symptoms consist of itching of the eyes and palate, watering of the eyes and nose, sneezing, interference with respiration, slight fever and a miserable feeling generally. The symptoms are too well known to hay fever sufferers to call for much comment. What is most desirable to them is relief and cure.

Notwithstanding the fact that hay fever is an exceedingly obstinate condition to deal with, most cases can be greatly improved by natural treatment and many of them can be permanently cured. To be most effective the treatment must be constitutional as well as local. Osteopathic physicians have been able to get wonderful results by special work on the nose and throat in conjunction with spinal adjustment. The diet in many cases requires some attention also. In hay fever, the membranes of the nose and throat become inflamed and swollen and this gives rise to the exudation or watery discharge and interferes with respiration. The membrane becomes extremely irritable and easily excited by dust and pollen. The object of treatment is to restore normal circulation and nerve tone to the parts as well as build up the general systemic condition.
Treatment of this kind will often abort the attack if taken in time. After the seizure has begun, it will usually give a great deal of relief and in most cases if persisted in will stop the attack entirely. In order to make the results permanent it is sometimes necessary to take a few treatments each year prior to the onset of the trouble or during the hay fever season. The trouble shows a marked disposition to recur each year so this is the best method of getting permanent results.

RECREATION AND RE-CREATION

Chas. Carter, D. O., Richmond, Va.

MENTAL attitude influences health. Anger, worry, fear and "the blues," not only alter the amount of the secretions but alter also the chemical condition of the lifestream the blood. When one sees something that looks and smells good the mouth waters and the stomach secretions start up, and thus we get ready to digest the food before it is put into the mouth. No doubt food that we dislike has the opposite effect upon secretion. So it is true within limits that we digest food that we relish, and, in a general way, that we cannot turn up the nose at food and then digest it well.

Recreation that takes the mind off unpleasant things and places it upon the enjoyable is excellent for health. If it is mixed with outdoor exercise, so much the better.

Suppose though that there has been for a long time a disturbed circulation (nutrition) to any part of the body, resulting in weakness or even partial atrophy or degeneration of that part, then we need not only recreation but re-creation, re-creation brought about by the removal of the obstruction so that normal building and repair can take place in the weakened tissue. This seems entirely visionary to the uninstructed, but can be demonstrated in actuality in some cases and by reason and results in others.

For years Mrs. L. had had a withered leg, about one-half inch normal size and cold, with many scars from abscesses. She had been on two crutches for a long time. Mr. M. had a withered arm of two years' standing. Ruth M. had atrophied muscles of
the right arm and leg from infantile paralysis. The treatment practically normalized these conditions so that Mrs. L. quit using crutches, Mr. M.'s arm became normal in size and usefulness, and Ruth could walk as far and as fast as the average child. In the first two complete development was secured and much improvement in the third. Is it so farfetched to say that this was recreation of body tissue? In these and similar cases the results are not only felt but can be seen.

Now suppose we consider cases where symptoms and lesions point to obstructed circulation to the stomach, liver, pancreas, kidneys, or even to the spinal cord and brain, and where the removal of the lesion has resulted in a cure or decided improvement. Is it not natural to suppose that body tissue has been recreated? No one will claim that all body tissue can be rebuilt or regenerated, yet with his experience in what had been considered hopeless cases the osteopath hesitates to limit the power of nature to restore if the obstruction is removed.

Recreation is good. Re-creation is better. Recreation and re-creation is best.

ON THEIR BEHALF

The minister in a little church that used natural gas for illumination announced his text in solemn tones—“Yea the light of the wicked shall be put out!”

Immediately the church was plunged into total darkness, due to a failure in the supply.

"Brethren," said the minister, with scarcely a moment’s pause, “in view of the sudden and startling fulfillment of this prophecy, we will spend a few minutes in silent prayer for the gas company.”—Edinburg Scotsman.

ENOUGH

Awful: I hear that Jameson left everything he had to the orphanage.
Worse: Really? What did he leave?
Awful: Ten children.
HELEN KELLER

DR. ASA WILLARD, MISSOULA, MONT.

CALEB Peaslee’s Almanac says: “Frost in the ground seems a kind of hopeless thing to get much comfort out of, but so does adversity in this life we’re living. Frost in the ground breaks up the lumps and keeps it fit for farmin’.” It was surely hard for the parents of the little babe born deaf, dumb and blind to see any possible good out of such misfortune. They could not see the time when Helen Keller’s name would be nationally, yes, internationally, known because of her having conquered the seemingly insurmountable handicaps of birth and thus furnished inspiration to thousands. Totally deaf, totally blind from birth, she developed speech through the sense of touch. Laying her fingers upon the throat of her teacher, she sensed the change made there by the sounds as the teacher pronounced words. Then patiently she sought to reproduce those sounds. This accomplished and with the ability acquired to read the raised type with the finger tips, she studied and studied and today is one of the best informed people of the world.

She has interested herself especially in Sociology. The problems of the unusually unfortunate have, because of her own affliction perhaps, especially appealed to her, but she is broad in her sympathies and her interests and is progressive. She has been keenly interested in the World Court plans and other measures to outlaw war. Scientific matters interest her especially. Recently an interviewer in Des Moines, Iowa, asked her what progress in the healing art impressed her most. “Oh,” she said quickly, “Osteopathy is really the science of healing of today. We are approaching a time when hopeless suffering and pain will not be and Osteopathy is helping greatly towards this goal for humanity,” and she expressed grateful appreciation of what this science had done for her when she was taken acutely ill on one of her lecture tours.

She talks understandingly about recent inventions and is a great admirer of Edison. That this woman, shut out from the world’s light and sound, could accomplish what she has exemplifies that the will and courage to do and to succeed are the essentials, yet some people are here to say that they never get a chance.
HICCOUGHS FIFTY-THREE DAYS

Woman Will Recover Physicians Say, After Attack is Stopped

After hiccoughing almost continually for fifty-three days, Mrs. C. W. Burrell, 28 years old, of St. Joseph, stopped last night. She is at Lakeside Hospital. Although weakened by the long attack, Mrs. Burrell will recover, it is said. Mrs. Burrell began hiccoughing following an operation. She was able to sleep only when under the influence of opiates."—KANSAS CITY STAR, March 3, 1925.

From the above statement it would seem that this lady was operated at the Lakeside Hospital and that she had remained there 53 days under treatment and that the hiccoughs abruptly stopped. Such, however, was not the case. The facts are as follows:

The lady underwent a major operation in St. Joseph's Hospital, Kansas City, Mo., July 10th, 1924. She vomited incessantly following the operation. On the third day she developed hiccoughs. On the fifth post-operative day the incision burst open as a result of the violent muscular contractions due to the hiccoughing and the hiccoughs stopped. The damage was repaired temporarily with adhesive plaster. Seven days later on the 12th post-operative day an operation was performed to close the incision. Twenty-four hours later the hiccoughs recurred and lasted six days, then ceased. Following this the attacks would come on every few days lasting a variable period of time but subsiding spontaneously. On January 12th, 1925, an attack began which was very severe. On January 14th she went to St. Joseph's Hospital again and remained under treatment for two weeks. Medical treatment sufficed and the attack stopped at the end of the second week at which time she returned home. One day later the attack recurred and she returned to St. Joseph's Hospital. She remained there until March 1, 1925, on which date she was moved to the Lakeside Hospital.

During the long stay at St. Joseph's Hospital, she was under the immediate care of two reputable medical men and was seen by twenty-seven other medical doctors on St. Joseph's staff. They exhausted all of the resources known to medical science to check the paroxysms but failed absolutely.
As a last resort the surgeon who had operated the case in the beginning, advised surgical resection of both Phrenic nerves, (the nerve supply to the diaphragm.) The patient goaded to desperation by this time, readily consented to anything that offered a chance for relief. The date of the operation was scheduled for Monday, March 2nd.

Saturday afternoon, Feb. 28th, Dr. M. L. Hartwell, a St. Joseph, Missouri, osteopath called the Lakeside Hospital and asked if they could receive a patient with hiccoughs who was in St. Joseph's Hospital. The sufferer was a former patient of his and had asked him to see her and treat her. To do so it was necessary to remove her from St. Joseph's Hospital because he would not be allowed to treat her there, it being a standardized hospital consequently closed to osteopaths.

Permission was readily granted. Sunday morning, March 1st, she was entered at the Lakeside Hospital hiccoughing so severely that she could be heard all over the floor, the doors being closed.

Dr. Hartwell made an immediate examination, located lesions at the atlas, the 5th dorsal, and at the lumbo-sacral articulation and instituted treatment to correct the same.

The effect of osteopathic treatment was manifested very early in the mitigation of the severity of the paroxysms and frequent periods of varying duration when the attacks would cease.

He remained at the hospital all Sunday, Sunday night, and the major part of Monday, during which time he gave treatments at frequent intervals. Being compelled to return to St. Joseph, Mo., to his practice, Dr. A. Still Craig of Kansas City was called to assume charge in his absence. So effectual were the osteopathic manipulations, the paroxysms ceased Tuesday evening and the patient returned to St. Joseph, Mo., Friday morning, having had no recurrence of the paroxysms during the meantime.

Briefly the above were the facts in the case. Reporters for the K. C. Star called the Lakeside Hospital several times on Wednesday morning and were made fully cognizant of the above facts; they were expressly told that the patient had been in St. Joseph's Hospital for 53 days; that the facilities of the institution and its staff had been entirely exhausted and that a very severe, dangerous and inexpedient operation had been advised and the
date set to perform it; that the case had been moved to the Lakeside Hospital, March 1st and that Dr. Hartwell had relieved the paroxysms by osteopathic treatment, and yet the very best (or worst) they could do was the statement appearing at the head of this article.

Had the operation been performed and the paroxysms stopped as a result of such section of the phrenic nerves, without question of doubt bold headlines and much space would have been devoted to it by the local press and it would have had a prominent place in the Associated Press news. It would have emblazoned the pages of the Journal of the American Medical Association as an heroic and wonderful surgical feat.

The mere fact that Osteopathy succeeded after all the resources of one of the most prominent standardized medical hospitals in Kansas City failed miserably, apparently was not worthy of mention.

One wonders why!—College Journal, Kansas City College of Osteopathy.

SOMETHING NEW IN THE BIBLE

The minister called when all the family were out except Eva, aged seven. After he had asked her whether she attended Sunday school regularly he said:

“And do you know your Bible?"

“Oh, yes, sir,” the little girl replied.

“Perhaps you can tell me something that’s in it,” he persisted. Eva brightened. “There’s a lock of my baby hair ‘way at the back.”

Osteopathy walks hand in hand with nothing but Nature’s laws and for that reason alone it marks the most significant progress in the history of scientific research.—Dr. A. T. Still.
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</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>
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<tr>
<td>Standard</td>
<td>&quot;Common school or equivalent.&quot; [36]</td>
<td>&quot;Common school or equivalent.&quot; [36].</td>
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<td>Association</td>
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**Preliminary Education**

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<tr>
<th>Anatomy</th>
<th>600 full hours</th>
<th>261 hours of 30 minutes each [36, 55]</th>
<th>261 hours of 30 minutes each [36, 55]</th>
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<td>Embryology</td>
<td>70 &quot;</td>
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<td>304 &quot; &quot; &quot; &quot; &quot; &quot; 174 &quot; &quot; &quot; &quot; &quot; &quot;</td>
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<tr>
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<td>300 &quot;</td>
<td>180 &quot; &quot; &quot; &quot; &quot; &quot; 87 &quot; &quot; &quot; &quot; &quot; &quot;</td>
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<td>150 &quot;</td>
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<td>X-radiance and electric diag.</td>
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<td>Chiropractic, including philosophy, orthopody, palpation, drill, symptomatology, clinics, etc.</td>
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2886½ hours of 30 minutes each 1677 hours of 30 minutes each

*Surgery .................. 400 " " " " " " 2886½ hours of 30 minutes each *Surgery .................. 400 " " " " " " 1677 hours of 30 minutes each

Eye, ear, nose, etc. 180 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 2886½ hours of 30 minutes each

Gynecology ......... 160 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 1677 hours of 30 minutes each

Obstetrics ............... 200 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 2886½ hours of 30 minutes each

Professional ethics and efficiency ............... 16 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 1677 hours of 30 minutes each

Jurisprudence ............... 16 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 2886½ hours of 30 minutes each

Salesmanship .................. 87 " " " " " " 217 " " " " " " 87 " " " " " " *Surgery .................. 400 " " " " " " 1677 hours of 30 minutes each

4422 " " " " " " 2051½ full hours 1317 full hours

Equivalent to ............ 4422 " " " " " " 2051½ full hours 1317 full hours

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

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