NATURA MEDICATRIX MORBORUM

PHILADELPHIA

Journal of Osteopathy

AND

PROSPECTUS

ISSUED BY

PHILADELPHIA COLLEGE AND
INFIRMARY OF OSTEOPATHY
INCORPORATED

PHILADELPHIA, PA.

Vol. VI  August, 1904  No. 3
Special Announcement

of THE PHILADELPHIA COLLEGE
AND INFIRMARY OF OSTEOPATHY
THIRTY-THIRD AND ARCH STREETS

NEXT CLASS MATRICULATES SEPTEMBER 5TH, 1904, AND STUDENTS WILL BE RECEIVED IN THIS CLASS UP TO OCTOBER 5TH. A TWO YEARS' COURSE OF STUDY WITH THE THIRD YEAR OPTIONAL IS REQUIRED FOR GRADUATION.

THE BOARD OF DIRECTORS IS BEING REORGANIZED. PROMINENT BUSINESS AND PROFESSIONAL MEN WILL BE INCLUDED IN ITS MEMBERSHIP.

This issue of the JOURNAL is devoted exclusively to Educational Interests and we ask a careful reading of every article
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Osteopathic Therapeutics, Physiological Chemistry,
724 Real Estate Trust Building.

ROBERT H. DUNNINGTON, D.O.,
Descriptive Anatomy, Gynecology, Principles of Osteopathy,
620 Real Estate Trust Building.

D. S. BROWN PENNOCK, D.O.,
Physiology, Symptomatology, Chief of Clinics,
624 Land Title Building.

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Osteopathic Mechanics and Technique,
303 Mint Arcade Building.

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Medical Jurisprudence,
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Ophthalmology, Psychiatry,
1231 Land Title Building.

CHARLES C. PAYNE, D.O.,
Anatomy, Prosector,
1000 Land Title Building.

JOHN S. M. PRATT, M.D.,
Minor Surgery, Toxicology,
Coatesville, Pa.

CHARLES H. LYKE, D.O.,
Clinical Instructor,
433 Haddon Avenue, Camden, N. J.

MORRIS M. BRILL,
Assistant in Urinalysis.

JAMES W. JONES,
Director of Athletics.

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

The Annual Convention of the American Osteopathic Association, held in the Exposition at St. Louis, Mo., July 11th to 17th, goes on record as the largest in the history of the Association. Over 1000 Osteopaths were in attendance. The program as arranged was carried out admirably. Much interest was manifested in all the papers read, each of which gave evidence of careful study and preparation. The social feature was marked by an unusual degree of cordiality. At the banquet over 500 participated. The good feeling and merriment held sway until long after midnight. Much praise is due the management of the Inside Inn for privileges and courtesies extended the profession during the entire proceedings of the convention.

The one specially memorable feature of the convention was the presence of the Founder of Osteopathy, Dr. Andrew T. Still, whose appearance on the rostrum, the floor of the convention, or at the banquet, was in each instance the occasion of an ovation, showing the great love and high esteem held for him by the entire profession.

The report of the Committee on Education, as foreshadowed in the Cleveland Convention of 1903, requiring the broadening of the foundations of Osteopathic instruction, was thoroughly and fully discussed, showing that the sentiment of the Association was absolutely in favor of lengthening the course of instruction at the earliest moment practicable. The difficulty in at once establishing the
three years' course in all the colleges was a difficult matter to reconcile, but the matter was amicably disposed of by the adoption of the report, establishing without further delay the beginning of the three years' course in September, 1905, and leaving it at the present time optional with the different colleges as to whether they should do so this year or not. One or two of the colleges felt that the work necessary to establish the longer course was such that they were not fully prepared to do so at the present time. The schools of the Associated Colleges of Osteopathy, however, decided to follow the rule established by the Cleveland Convention.

It was a sad day for Osteopathy and the highest interests of the profession must suffer for another year. It was made very apparent, however, that the profession will be indulgent no longer, and 1905 will witness the introduction of the advanced curriculum by every school in the country or suffer its graduates to be refused the recognition of the American Osteopathic Association.

As an evidence of the fact that Osteopaths are a highly cultured and intelligent class of people the speeches pro and con on the report of the Educational Committee, the code of ethics, the exercises on Osteopathic Day, and last, but not least, the jollity of the banquet, prove that they are fully up to the highest standard of American enlightenment. It would be difficult to select from among the names of the speakers one more brilliant than another, further than that in the various discussions, all of which were ably guided by the President, Doctor Hazard, and participated in by Drs. Booth, of Cincinnati; C. M. T. Hulett, of Cleveland; Harris, of Cambridge, Mass.; Whiting, of Los Angeles; Teall, of Brooklyn; Littlejohn, of Chicago; Snyder, of Philadelphia; Hildreth, of St. Louis; Charley Still, of Kirksville, Mo.; Ligon, of Alabama; Bissonette and Proctor, of Buffalo, and the Drs. Bolles, of Denver, it was manifest that all were men and women of a high order of intellect and culture.

THE ASSOCIATED COLLEGES OF OSTEOPATHY.

Contemporaneous with the meetings of the American Osteopathic Association were held the meetings of the Associated Colleges of Osteopathy.

This organization, including nearly all the Osteopathic colleges recognized by the American Osteopathic Association, labors for the betterment of the instruction given in all the colleges, and works conjointly with the Educational Committee of the A. O. A. for advancement in the educational requirements of all colleges.

It is gratifying to report that despite the procrastination of the A. O. A. in deference to the parent school, in reference to the lengthening the course of study, all members of the A. C. O. pledged themselves to institute the three-years course of study at once.

It should be noted here for the benefit of all prospective students that in already eight States in the Union where Osteopathic laws have been enacted, that only graduates from schools presenting a three-years course are admitted for examination to practice in said States; graduates from schools giving two-years courses are not admitted. All subsequent Osteopathic legislation will be upon a three or four-years basis of study.
The following paper, read by Dr. W. J. Conner before the American Osteopathic Association, July 12, at the Exposition Grounds, St. Louis, is of special interest to many graduates in Osteopathy, because of the “Pop” referred to in this paper, and the condemnation of which met with a most cordial reception at the hands of the thousand or more physicians present. We are pleased to print this paper, as it is a semi-official dictum of the American Osteopathic Association, their proper committee approving of all papers before they are read, rejecting those expressing heterodoxical ideas.

O. J. S.

THE HYPOTHESIS OF THE “POP” AS RELATED TO THE ANATOMO
OSTEOPATHIC LESION.

Dr. W. J. Conner,
 Kansas City, Mo.

The Pop referred to in this paper is the sharp sound heard when the articulating surfaces of two bones are separated from each other to the extent allowed by the ligaments. It is a natural phenomena and all normal joints may pop. The more yellow elastic fibre in the ligaments, the easier the pop is elicited. It does not mean that you have set a rib or dislocated one. To an Osteopath the fingers are the only means of telling when a rib, vertebra or other articulation is normal or abnormal. Osteopaths just beginning to practice are apt to look for pops, and when they get it they immediately announce to their patients that a rib has been set or a vertebra corrected. If you push or pull until you make a rib pop you may injure your patient before you get the desired pop.

I remember when I was just beginning to treat necks I would shake my patient after a very loud pop in the neck, to see if he were hurt.

If after examination of a patient you find a vertebra or rib, shoulder or hip in an abnormal condition, correct it and don’t depend on a pop to inform you when it is correct. You must train your fingers to know when it is correct. Otherwise you might injure your patient trying to pop the joint. You must know the normal from the abnormal by the sense of touch, and not by the ear.

When you have thus corrected a lesion, stop and give it time to grow strong where you have put it, or if you have been able to get it only partially corrected, wait a while, and then bring it a little nearer the normal.

As the old darkey said in giving a recipe for making rabbit pie, the first thing is to catch the rabbit. Well, the first thing to do in curing a sick person is to find the lesion or cause of his troubles; second, correct it; third, let it alone for sufficient time for nature to do her part of the work, for there is a very large part that nature does.

Having located the lesion or lesions, the next thing to be done is to correct it, and how do you know when it is corrected? In the first place how do you find it? I would say by the sense of touch, which is highly developed in the fingers of a skillful Osteopath. If by the sense of touch you find it, then it naturally follows that by the sense of touch you will be able to tell when it is corrected, as the abnormal is distinguished by the sense of touch, viz.: If a vertebra is twisted, you will find it with the fingers, not with the ear, and you should be able to tell when it is correct by the same organs of special sense.
Having corrected the lesion, the third stage of the performance is to let it alone for a sufficient length of time for nature to strengthen the ligaments and carry away the waste tissue and congestion.

You would not think of setting a fractured limb every day, nor the farmer would not stir the earth around a growing plant every day. Neither does an Osteopath need stir a rib or vertebra every day. After a sufficient length of time for the lymph to build up the tissues and strengthen the ligaments, if you find the lesion has not been completely adjusted, move it a little nearer the normal and wait again on nature.

If we judge from the reports we hear about some Osteopaths who work on their patients half an hour to an hour a day, we would suppose that all the joints in the patient's body were out of place. Now, I say this is all wrong. Osteopathy is a science, as has been demonstrated to our entire satisfaction. If one is sick, the genuine Osteopath knows there is something wrong, and it is his business to locate the cause of the trouble to a certainty. Having located it, what is the use working all over the body and putting in time on him working joints, ligaments and muscles that have nothing the matter with them? No wonder the public calls us masseurs. How could they do otherwise, judging from the way some people administer Osteopathy.

Dr. O. J. Snyder, of Philadelphia, was called upon to discuss the above paper of Dr. Conner, and on taking the floor emphasized the following thoughts:

The public should be educated to the fact that Osteopathy is a science; that each disease or pain has a specific cause, the removal of which will cure them. In order to do this, the general treatment will have to be abandoned, which I hope will not be at a far distant day.
is, perhaps, one of the most common means.

I am also pleased to note that the speaker deprecated the use or employment of artificial devices. I am in full accord with the setting aside of drugs in any and all forms, electricity, vibrators and hot air, the means referred to in the paper read to you. I do know, however, that many Osteopaths do resort to these devices. Only yesterday an agent for a vibrator told me on this very floor that he had sold three of them in one day to Osteopaths in this city, and gave me their names, so that I might verify his statement. I contend, and am prepared to prove, that all these mechanical appliances and artificial devices are associated with positively harmful tendencies. They are the direct antithesis of nature. The practice of Osteopathy comprehends that which is in accord with natural laws and physiological action. Heat is a natural phenomena, and the increase and decrease of it, as circumstances may dictate in the treatment of pathological conditions of the body, is a natural process.

To come to a point, fellow physicians, I wish to assert that the processes of life are natural forces, and to help these forces in operation it is the physician's vocation to remove by natural means obstacles and interferences which retard their activity.

JAMES M. MCGEE, A. B., M. D., D. O.

We are pleased to present herewith the likeness of our popular alumnus, Dr. James M. McGee, whom to know is to have a kind and generous friend in a skillful physician. The Doctor is a graduate of the Jefferson Medical College. After several years of successful practice, becoming interested in the new school of therapeutics and the cures effected, put off the old for the new and more scientific method of treating disease, graduating in Osteopathy in 1901.

In selecting the first vice president of the A. O. A. at St. Louis, Dr. A. T. Still sent a message to the convention nominating "Comrade James M. McGee, of Philadelphia, a veteran of the civil war, and it is my wish that he be elected first vice-president of the Association." And he got it without a dissenting vote.

The Doctor was also made chairman of a special committee of the A. O. A., appointed to confer with President Roosevelt on the health conditions in Panama, looking to Osteopathic physicians participating in the sanitary regulations in the district when the work on the canal is commenced.
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COLLEGE LIFE AT THE P. C. O.

By M. M. Brill, '05.

My first impressions of college life at the Philadelphia College of Osteopathy were very hazy. Our life could easily be comprehended in the routine of lectures, recitations and exams. I do not doubt but that time and associations would have awakened responsive interest, but, happily indulged in pleasing fancies, for our life was more happily situated. The details of study were of primary importance, as was very evident from the earnestness of the professors in the propagating of their science. To attend our lectures in a few rooms allotted for that purpose and to immediately disperse the moment they were finished did not appeal to one's preconceived ideas of college life.

It is now a year and a half since we were domiciled in our newer quarters. There may have been some regret to the older members on leaving those who had but a short time to the pleasures the change has wrought can know but little of the alterations its influence has had on the characters of the student and the faculty—how the pleasures of association have prospered and the talents of the individual have been drawn forth for the benefit of the college.

There is probably nothing which lasts longer in the memory than the recollections of the associations and freedom of the college life, and we now hasten to enjoy while we may.

The intimacies and lifelong friendship formed at college are the real lasting pleasures. They help us to recall many an amusing incident of our daily life, and again in pleasant introspection we live over those happy, eventful days spent there. While our life was pleasant and social, yet our studies have not been neglected; in fact, our standard must have been improved by the increased opportunities and broadening of our college life.

The college work is principally limited to the forenoon, allowing the rest of the day for study or diversion. To those who cared to indulge the afternoon in outdoor sports, a beautiful, well kept lawn surrounds our college, where we can play tennis, croquet or baseball, or even have a lawn fete.

All the classes are organized, ours included, communal gatherings class merging, sophs, ensponding to the purpose of enlighten the rugged path for many an enjoyable month, arrangement on each class and genius of the profession were devoting time to a meaningful fete, mentioned auspiciously as an amateur given publicly, not wholly confined to limits of our college.

Now college life was pleasant and social, yet our efforts, well lightened by tender care of the tuition, was not over. Here the burden of life was heightened by the prospect of the coming walls. Our college is close, commending the trials and with joy we tender care of our alma mater as nothing else could. In our social relations sprang many in our society, but we were worn by the everlasting efforts of the students, the gathering class merged, sophs, to one's preconceived ideas of college life.

And, truly, my fellow students seemed to partake of these surroundings. They appeared a body of earnest men and women, ready to sacrifice and be absorbed in the great osteopathic profession. They, too, underwent a magic change in our new home. Like the grim garb of winter, they only required this newer and harmonious environment to bring out the spring and sunshine that lay dormant beneath. Only from that time, for us, did college life truly date. We are away from the business section, and so situated that sweet breezes laden with fragrance of greenery are wafted to us, increasing our vitality and incentive to progress.

Those who had but a short time to taste the pleasures the change has
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THE DIFFERENCE.

HENRY G. WOLF, D. O.

Many people are born and reared with the idea that “medicine” is essential for the cure of disease. What is “medicine?” Some writers make medicine co-extensive with any or all remedial or healing agencies, but this is erroneous. The term was used by Hippocrates and Galen, the early leaders in the healing art in their writings. Their catchword was contraria contrariis curantur. They treated the condition producing the symptoms of disease. Towards the close of the eighteenth century Hahnemann suggested that similia similibus curantur (like cures like). He treated the symptoms of the disease. His system, he called homeopathy, and designated all other medical practice allopathy. Simultaneously another faction sprang up, saying that “Heat is life, cold is death; vegetables grow upward and sustain life, minerals sink into the earth and tend to produce death.” They developed the physiomedical system, deriving their medicaments exclusively from the vegetable kingdom. About the year 1825 some of the followers of this system thought it best to absorb the good from all systems of practice. They called themselves “eclectics.” Now all these schools—regular, homeopathic, physio-medic, eclectic—use “drugs,” a term synonymous with medicamentum. A medicamentum is against nature, so any system using “medicine” or drugs is unnatural. Dr. Still, the creator of the natural systems of healing, holds that disease is unnatural, and gives a natural treatment to bring perverted conditions to the natural conditions. His system is called Osteopathy. Osteopathy is not a medical art or science, but a therapeutic. Therapeutics constitutes the end of all treatment. Medicine is a method of securing that end. It is, however, an unnatural—contra-natural—method. Osteopathy treats the cause of the condition producing the symptoms of disease. Its basic principle is adjustment, the restoration of anatomical order and physiological function and chemical action within the body. It is natural in method, therapeutic in object, but contra-medical. Its motto is naturae naturis curantur.
THE COLLEGE CHANGES
OWNERSHIP.

The friends of Osteopathy in Philadelphia, recognizing the fact that the City of Brotherly Love has always been a great educational centre, have felt that it is the most suitable place in the East, if not America, in which to carry on the propagation of Osteopathy. Great credit is due to Drs. O. J. Snyder and Mason W. Pressly, who established the Philadelphia College and Infirmary of Osteopathy in this city in the early part of 1899. Dr. Pressly being a pioneer in Osteopathic educational work, located in this city in the Stephen Girard Building in February, 1899, and, recognizing the necessity for a school here, took the necessary steps which brought about the organization of our Alma Mater. After the erection of the Witherspoon Building the school removed to that building, where it flourished until its accommodations became too limited, when it was removed to its present admirable location at Thirty-third and Arch streets. Together with Dr. Snyder he worked earnestly and faithfully, in season and out of season, laying a good, broad foundation on which we believe that one of the most extensive Osteopathic educational fabrics in the world can be built. In the meantime their practice kept pace with, and, in fact, largely exceeded, their educational work, so much so that with them, as with many others, the time came when it was necessary for them to choose between college work and their own practice, and it is due to their generous impulses to say that they recognized that the broader and better basis on which to carry on the work of teaching Osteopathy in this city can be best delegated to the graduates of the school which they have done so much to upbuild. As a consequence they very kindly placed at the disposal of the alumni the stock held by them, and a meeting was held at their office in the Witherspoon Building, Tuesday evening, August 2, at which their proposition was at once accepted, the graduates present being unanimously in favor of reorganizing the college and pushing along the good work of Osteopathic education in this city. Assurance was given that the attendance at the school in September at its opening would be largely increased, and that support, moral and substantial, that had not been thought of by anyone in the past, would be forthcoming from many sections of our country, especially in the East.

Philadelphia always stands for the very highest standards in educational work in every line. It is generally recognized the breadth of countries the healing city of the healing. Its medical school whose reputation is due by the great medical influence of its American, and educational facilities to excellence by almost say United States and the future for lines in Practicing the graduates this and is now be doubt. In the alumni, by the men practicing places, the utmost to the P. C. I had been than on all the un, to participate joy its sea most. The done, and story of the be sent for with disab aid in ex of Osteop. On Seniors, the dean, Dr. bled at the the
recognized throughout the length and breadth of the Union and in foreign countries that Philadelphia is the leading city of this continent in the arts of healing. Here was established the first medical school; here is located a college whose graduates, on the presentation of their diplomas, are accredited by the greatest medical schools in Europe, and especially so by the University of Edinburgh, Scotland; here are facilities for the study of Osteopathy excelled by none, and, in fact, we can almost say equaled by none in the United States. As a consequence of this we believe that there is a brighter future for Osteopathy on educational lines in Philadelphia, and as carried out by the Philadelphia School of Osteopathy, than anywhere else. That the graduates of our college fully realize this and appreciate the change that is now being perfected there is no doubt. In addition to the support of the alumni, assurances have been given by the members of our profession now practicing in this city and in nearby places, that they in turn will do their utmost to build up the school.

COMMENCEMENT.

Commencement week of 1904 at the P. C. I. O. opened auspiciously. It had been more elaborately planned than on any previous occasion. The members of the graduating class and all the under class men were ready to participate in its pleasures and enjoy its several programmes to the utmost. The year's work had been well done, and the largest class in the history of the college was waiting to be sent forth from its halls to battle with disease, and in deeds and words aid in extending the science and art of Osteopathy.

On Sunday evening, June 19, the seniors, in cap and gown, and the dean, Dr. C. W. McCurdy, assembled at the First Baptist Church, where they were greeted by the pastor, Rev. Dr. B. L. Whitman, former president of Columbian University, who pronounced the baccalaureate sermon. The Doctor is a strong speaker and his words were helpful and inspiring, and greatly appreciated by the class.

Monday evening came the class day exercises. They were held in the college hall. The numbers were all good, especially the poem and the class song, which was rendered with effect, and contained many humorous and telling hits upon the faculty. The class had been proverbial for good fellowship and sharp sayings, and the programme fully sustained them.

At 9.30 o'clock was held the alumni banquet, at the Belgravia. Covers were laid for fifty. In the absence of the president, Dr. W. B. Keene, who was unavoidably detained, Dr. Pressly acted as toastmaster. The menu was excellent, the souvenirs were choice and the speeches good.

The sixth annual commencement of the Philadelphia College of Osteopathy was a pronounced success. It was held in the beautiful auditorium, Witherspoon Hall, in the heart of the city, and a large and appreciative audience greeted the graduates. The stage had been artistically arranged with palms, colors of the college and class, and the national emblem. The orchestra discoursed sweet music from their hiding place 'midst the palms. On the left of the stage was seated the class; upon the right the faculty and members of the board. The wants of the class and faculty were carefully attended to by Mr. E. M. Herring of the junior class.

Following the rendition of an overture by the orchestra the eminent author and Biblical expounder, Rev. Dr. J. R. Miller, of St. Paul's Presbyterian Church, pronounced the invocation.

The commencement address by Hon. J. N. Vanderslice, a member of our faculty was a splendid effort. Believing fully in the principles of the science and having experienced its beneficent powers, he spoke with vigor and effect. He strongly advised the setting of a high standard in osteopathic education and practice, and urged upon those of his hearers contemplating a professional life to lay the superstructure in a thorough academical training.

Dr. Pressly, with rare skill in the manipulation of the mentality of his hearers, and with that mastery of the English tongue few possess, carried his audience with him in his address on "The Outlook for Osteopathy." The cause has no more able defender; his voice and pen are potent factors in the dissemination of the principles of the science.

No more appreciative or pointed thoughts were spoken during the evening than by the Hon. R. O. Moon. His long experience in Congressional halls, his learning and fine delivery and the fact that he expressed himself as a thorough convert to Osteopathy, gave to his speech a peculiar relish.

The degree of Doctorate in Osteopathy was conferred upon each member of the class by President Snyder. His address was rich in thought gems, and was spoken in great earnestness, dwelling especially upon the scholastic and professional obligations of the physician.

Prizes for proficiency in Osteopathic therapeutics were awarded to Dr. Carter and Dr. Babcock.

The class is a strong one mentally, socially and physically, all members enjoying excellent health. It has been thoroughly loyal and teachable through the course, studying as one for the college interests, and is sent out in confidence and with the best wishes of the faculty.

GRADUATING CLASS, 1904.

Onie Ann Barrett, M. D.
Carola Amelia Babcock.
John Austin Barnes.
Morris Winfield Brunner, A. M.
John Morris Carter.
Luella May Chaney.
Caroline Vosburg Comstock.
Thomas Watkin Ellis.
Mary Lindig Heisley.
H. Alfred Leonard.
Travis Drake Lockwood.
Sarah Alice May, M. D.
Mary Catherine Moonaw.
Charles Cornelius Payne.
Mason Wylie Pressly, Jr.
Oliver Rupertus.
Nellie Wimifred Sawyer.
Eva R. Wardell.

Dr. M. W. Pressly, the founder and ever since the editor of this journal, is taking a well-earned vacation among friends and relatives in North Carolina. The "Journal" extends congratulations.

We are pleased to chronicle on the 22d of June the marriage of Dr. O. J. Snyder and Miss Alene Ambrose Cantwell, a beautiful, accomplished and estimable young woman. The Doctor and his bride were absent from the city several weeks on their honeymoon, going to the World's Fair city via the Hudson River, Niagara Falls and the Great Lakes. The Doctor was the late president of the A. C. O., and represented the college in that body, and the A. O. A. The "Journal" extends congratulations.

*Dean's exercises, June
It is my pleasing privilege to extend to each of you here assembled a cordial and hearty welcome. The occasion which brings us together marks another mile post in the lives of the graduating class here gathered, and in the history of Osteopathic education in this city and State. This assemblage is but one of ten similar gatherings to take place this week in this land of liberty and freedom, as evidenced by advances in mental acumen, breadth in therapeutic thought, social and material progress.

Five years ago a commencement like this to-night could not have been held in this city, but with the founding of the Philadelphia College of Osteopathy, following in the train of similar schools established elsewhere, there came into the lives of our citizens a new therapeutic factor in education—a truth as old as the race, but not enforced, that in the human body there are forces resident sufficient to mature and bring to full fruitage and maintain the same in health until the body shall have worn out normally by the activities of life.

These bodies of ours, incarnate of the Creator's will, when not physically injured, maltreated or poisoned by drug, endured for centuries in patriarchal times. God created only the good, not disease, and gave it His blessing, and the birds of the air, the fish of the sea, and the product of the soil—the plant and animal—gave He man to eat—organized, vital substance—food, air, water—not poisonous, deadly drugs, products of the chemist's skill, which are not builders of vitality or of tissue. These latter are the devices of man, foreign compounds that should never be introduced into the body as such, save in exceptional and rare cases. The whole system of curing disease by drug medication is fast crumbling before the rigid analysis of twentieth century intelligence. Drugs may possess energy, but not vitality, and such a prescription written for the sick is wrong in theory and foolish in practice. The time is at hand and the thought is ripe for a revolution in medical practice.

A potent, powerful factor in this revolution is the new school of therapeutics, Osteopathy, founded by Dr. Andrew Taylor Still, a surgeon of the old school, in 1874, and elaborated by his co-workers in the colleges and the physicians in the field during the past fifteen years.

OSTEOPATHY DEFINED.

What is Osteopathy and its claims as a distinct school of therapeutics, do you ask? The word is made up of two Greek words—Osteon (bone), and pathos (to suffer). A single word cannot be a complete sentence. Take the terms homeopathy, meaning "like suffering," and allopathy, signifying "other suffering;" what connection would these terms suggest to your mind if you were not familiar with the practices? The word Osteopathy is applied to the bony framework, to disturbed relations of vertebrae, ligaments, tendons, muscles, nerves, blood vessels and other tissues of the body. As order is the first law of the universe, so are order and harmony the first law of the body. Disorder means disease. The basic principle of Osteopathy is adjustment, the restoration of anatomical order, physiological function and chemical action within the body; and no other system of healing teaches and enforces this fundamental law in practice. Based on the incontrovertible facts of biology, anatomy, physiology, chemistry and pathology and
the laws of mechanics, it represents such old truths as once revealed and exemplified in practice must always remain the invaluable heritage of mankind.

If the doctors of other schools would stop discussing what Osteopathy is not, and argue about what it is and stands for, namely anatomical adjustment, adequate vibrations of nerve force throughout the body, free and uninterrupted flow of blood and lymph, and glandular activity, there would be no dissension, for their sum represents health; their difference or discord, disease.

Therefore Osteopathy being the exponent of a burning truth, it has come to stay; for truth will endure. Its principles and practice appeal to the thinking, conservative mind, to you and me, and our sick friends. It is scientific, logical, sensible, easily comprehended. Its patients may be numbered by tens of thousands who speak its praise, for it gave them back their health, their life, their all; and its friends by hundreds of thousands.

Nothing succeeds like success. Osteopathy can attribute its marvelous growth and popularity solely to the results it has attained.

COLLEGES OF OSTEOPATHY.

The first school for the teaching and promulgation of the principles of our science was opened in 1892. Its incorporation was perfected October 30, 1894, known as the American School of Osteopathy, and located at Kirksville, Missouri, over which the discoverer and founder of the science has since presided.

Its first class studied little else than anatomy and physiology, and the principles and practice of Osteopathy and was graduated in 1893. Other colleges were founded, but, being without endowment funds and often mismanaged, some of the smaller institutions have consolidated with the larger and older schools.


REQUIREMENTS FOR GRADUATION.

These schools have taught and graduated their students from a two-years course of study of twenty months. By vote of the American Osteopathic Association, convened at Cleveland, July, 1903, it was ordered that "after September, 1904, no college will continue to be recognized by the A. O. A. unless it maintains a course of not less than thirty-six weeks, in three separate years." The associated colleges unanimously accepted this action. Several schools are already on a three-year basis. A three-year training is required for certification in eight States, and all future legislation will be on the basis of three and four years. A three-year course of study for graduation will be required of the next class that matriculates at the Philadelphia College, September 5th.
ENROLLMENT FOR CURRENT YEAR.

The latest statistics obtainable from the various college secretaries place the total enrollment for the current year at 1665. The publishers of the Osteopathic Year Book authorize the statement that "in regard to the number of students in attendance at the colleges of the various systems of healing, the Allopaths stand first, the Osteopaths second, the Homeopaths third, and the Physio-medicals fourth.

GRADUATED PHYSICIANS.

The number of regularly graduated physicians, from the fourteen schools that have been members of the A. C. O., at different times, and who are eligible to membership in the A. O. A., approximates closely 3500, of whom 3020 are listed in the Year Book.

Like all good things, our profession, as with other schools of practice, is afflicted with its fakirs, short termers, and correspondence fellows, many of whom purchased their diplomas, with little study, from the Columbia and National Schools, of Chicago and elsewhere, whose curriculum, equipment and faculty, it is asserted, consist of an office, a desk and one or two men to sign diplomas.

We welcome the day when this great Commonwealth shall place upon its statute books laws regulating the practice of Osteopathy as it now regulates the practice of drug medica­tion.

LEGAL STANDING OF OSTEOPATHY.

Since November, 1896, when the first legal recognition of Osteopathy as a distinct school of therapeutics was effected in Vermont, twenty-four States and territories have regulated its practice by legislative enactment. In eight States we have boards for examination and registration of our own—Arkansas, California, Connecticut, Minnesota, Michigan, Missouri, Montana and Oklahoma; in three we have members on the Medical Board—Kentucky, Ohio, Wisconsin; in five registration of diploma from a reputable college gives recognition—North Dakota, South Dakota, Nebraska, New Mexico, Tennessee; in eight we are examined by the Medical Board, but in such branches only as are taught in common in both Osteopathic and medical colleges—Alabama, Arizona, Illinois, Indiana, Iowa, Kansas, North Carolina, Virginia; in seven others and in the District of Columbia we are exempt from restriction by law—Pennsylvania, New Jersey, Mississippi, Utah, Colorado, West Virginia, Texas.

In every case the candidate for certification must be a graduate of a reputable Osteopathic College; that is, one recognized by the A. O. A., wherein the "course of study and requirements are in advance of that which prevailed in medical colleges when the majority of M. D.'s, of whom it is asserted there are 160,000 now practicing in the United States, received their education." No other school of medicine can present such a record of growth and popularity. This fact should be a sufficient guarantee of merit to lead all suffering, from disease to investigate, at least, the principles of this new contestant in the field of therapeutics.

ORGANIZATION.

Nor is the Osteopathic physician wanting in enthusiastic devotion to his profession and the value of mutual helpfulness in organization, county, district, state and nation. "The National Association of Osteopathic Physicians," asserts the publisher of the Year Book, "is to-day the most vigorous medical society in existence. It is more enthusiastic, is one of the best managed organizations and stands among the best financially." Nearly one-fourth of the entire graduated membership is enrolled in the
American Osteopathic Association, whereas less than one-tenth of the medical practitioners are enrolled in the American Medical Association.

"Osteopathic Day," so designated by the officers of the St. Louis Exposition upon their official programme, will be observed July 12, when the profession will gather from the North and the South, from the East and the West, in national convention.

COLLEGE SOCIETIES.

New students are early impressed with the enthusiasm, good fellowship and unity which prevails among the student body, and soon learn one of the chief factors is the "Neuron Society." The faculty and students here meet for mutual benefit. It tenders a reception to the freshman; arranges for his comfort and entertainment; acquaints him with its growing library; escorts him to its neatly furnished hall; makes him feel at home and early starts him off in college ways.

It has a dramatic club that has talent and push, and gives a public entertainment each year; it owns a fine piano; develops the musical talent of its membership; promotes loyalty to the college, good scholarship, moral qualities and courteous bearing among the students.

The several divisions of the athletic club, tennis, base ball, etc., receive their quota of attention also.

OSTEOPATHY MEANS ADJUSTMENT.

"Strange that a harp with a thousand strings should keep in tune so long!"

Dr. Watts, who wrote this, must have known by observation and experience that this mortal machine does not keep in tune always. Man, considered as a machine, is more intricate and delicate than any harp. He is exposed to extreme heat and extreme cold—he is under the influence of weather. No violin has such an experience of dry and wet, noon and midnight. It is not strange that he gets more or less out of order. The wires of the best telephone system become crossed and tangled. I suppose, from what I see, that bones, arteries, veins and nerves may easily get in one another's way. They must be placed where they belong. This may be done by the trained hand of a physician who knows where they belong. It comes simply to this—the instrument must be tuned.

I observe on the street the people; there is something the matter with many of them. I see that one foot drags, that one shoulder is higher than the other, that the clothing along the backbone does not hang plumb. The machine needs manipulation—a setting to rights. I do not suppose that any drug will have any influence on bones or other tissues out of place. I suppose that the lungs and heart and nervous system will work better if they each have plenty of room.

Osteopathy is a new thing, but so was the discovery of America. It is the end of one century, the beginning of another, and the time for new things. Try it. Get adjusted. It will do you much good.

MYRON W. REED, D. D.

Examinations and treatment by Osteopathic physicians are given through one or two thicknesses of clothing. Women remove outer garments and stays, and wear a dressing sack or kimona over the undervest.

"All our curative agents are poisons, and as a consequence every dose diminishes the patient's vitality," says Dr. Alonzo Clark, of the New York College of Physicians and Surgeons. Dr. Clark is good authority. He ought to know.

OSTEOPATHY

It is done in the English twelve ye

It is not strange that it has evolv

It is not strange that the instru

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It rests upon the fact of nature, hence the oncemind the oncemind the oncemind the oncemind the oncemind the once

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Simple in its reasoni
heat and exert the influence that has such an
influence on noon and the people;
the influence of thought, investigation and
application. The telephone system has
exerted such an influence on the minds of
people, that bones, nerves may easily
be influenced. They must belong. This
trained hand of wisdom where they
are applied to the people—
the influence of thought, investigation and
application—another name for the
thought of conserva
tive, progressive men and women in
all parts of our land. From a thought
it has evolved into a philosophy; from
a business it has become a profession
whose practitioners number about
3500, with nine colleges of high
standard teaching its principles, and
with twenty-four States according it
legal recognition co-ordinate with
the
other schools of medicine. In its tri
umphant march there is no turning.
for it is truth, and truth is irresist
able.
Osteopathy is a science based upon the
eternal wisdom and goodness of the
Creator. To summarize some ideas
of the lamented Dr. W. L. Riggs:
1. It is an exact science.
It rests upon certain fixed laws of
time, hence offers to the vigorous
mind the opportunity to think, to
investigate, to discover, to reason as
no other field can do. Back of Oste
opathy is the lineage of the thoughts
of ages.
2. It is grounded upon the known
facts of anatomy and physiology.
Not an important fact, or a single
truth of anatomy and physiology is
omitted; but the facts have been re
written and reapplied along logical
lines to the skeletal, nervous, muscu
lar and circulatory systems. Its dic
tum is that disease is due to abnor
mality in structure, in function, or to
both combined.
3. Its reasonableness appeals to the
judgment of the thinking public.
Simple in its concept of the human
mechanism, its principles are easily
comprehended; no inexplicable steps
in its reasoning; but it lays down the
principle to which all physicians and
scientists will subscribe—normal con
ditions of nerve supply and circulation
give health; variation from this
leads to disease.
4. It leads to the fellowship with the
brightest minds.
Already it has attracted to its ranks
some of the ablest in the law, medi
cine, theology and teaching profes
sions. The universities and colleges
are sending in their choicest products,
regarding it as a fitting profession for
their graduates.
5. It is a ministration of mercy.
Life is sweet. We cling to it while
consciousness remains, and to dispel
the darkness and suffering that come
into some homes is the blessed priv
ilege of the true physician; a satis
faction, a reward of gratitude that
many cannot give; a joy that wells up
in the human heart from doing as you
would be done by.
6. It offers an opportunity for
indefinite self-development.
Having truth as its goal, and no
fast, hard tenets of faith, but all the
physical and biological sciences its
storehouse for investigation, the mind
of the student glows with enthusiasm
and culture.
7. It has a wealth of undeveloped
scientific fact.
Much remains undiscovered; facts
remain uncorrelated; its literature and
text books are yet largely to be
written.
8. It is a success.
The public is turning from drug
medication. Osteopathy is popular
because of the cures it has made. Its
friends are among those in power and
influence. Its record is a symbol of
its success.
9. It is a new profession and one
in which there is no opposition.
There are applicants by the dozen
for each vacancy in the law, medi
...
cine, ministerial and teaching professions. The "starving time" is proverbial with the young licentiate in law and medicine. Not so in Osteopathy. Competent graduates are in demand and the room is world wide.

10. It is the only system which honors the Creator.

It believes in the foresight and wisdom of the Creator in placing in the human organism the forces of regeneration and recuperation, and when foreign and injurious products are eliminated and obstruction to the forces of the body are removed, cures of its own innate, natural power. It regards man as the highest perfection—the masterpiece of the Divine Workman.

THE HOT WATER HABIT IS HEALTHFUL.

Hot water early, late, and all the time—hot water at home and at business—hot water by the cupful is one of the best tonics on earth for digestion. It is easy to appreciate this when one goes to hot springs and pays the resort price for drinking hot water by the gallon. It is just as simple, and much cheaper and more convenient, however, to contract this hot water habit at home. It is a valuable adjunct to osteopathic treatment for all ills of the digestive apparatus, from torpid liver and dyspepsia to gastric catarrh and gastralgia.

HOW TO LIVE A HUNDRED YEARS.

H. G. W.

If you would prolong life be moderate in eating, drinking, and physical indulgence. Give your body all the sunshine and fresh air possible. Be regular in your daily exercise and do not omit deep breathing, climbing and walking tours, regardless of weather. Early to bed, and early to rise, is a good maxim. Bathe frequently, cold or warm, according to individual conditions, heat is restful, cold stimulating. Be cheerful. Have some regular work and mental occupation. Control your passions and nervous fears. Keep the will strong in carrying out whatever is useful. Do not use stimulants, alcoholics, drugs and other injurious agencies. Should you be below par consult a competent osteopathic physician.

ALUMNI NOTES.

Dr. J. M. McGee, '01, was elected first vice president of the A. S. O. for the ensuing year at the late meeting at St. Louis. The doctor is a consistent and enthusiastic Osteopathic physician, forsaking entirely his drug methods of years of practice for the more advanced and sane system of therapeutics.

Drs. J. M. Carter and C. C. Payne, recently graduated from the P. C. O., have fitted up fine offices at Nos. 1000-1001 Land Title Building.

Dr. W. B. Keene, '00, reports the past year as having been very prosperous with him. The Doctor locked his office door August 1, and with his family will pass the month at Narragansett Pier.

Dr. E. M. Downing, '03, is the fortunate winner of the first prize for an essay, "Mrs. Brown's Time for Having Neuralgia," published in O. H. for August.

The Alumni were well represented at the St. Louis Convention by Drs. McGee, Howell, Downing, Margaret Brown Dunnington, I. S. and E. B. Frame.

Headaches, backaches, limb aches and indeed most of the common aches of life find ready relief at the hands of the Osteopathic physician.
THE WRONG DEPARTMENT.

A prominent physician tells this story at the expense of the modern craze for specialization in the medical profession. A poor woman from the East Side of New York went to a near-by dispensary to ask aid for her little son, who had had one of his fingers smashed by a base ball bat. At the first room where she applied she was told by a curt attendant that the boy could not be treated there.

"Wrong place," he explained; "this is the eye and ear department."

"Woere is der fumb und finger de­

partment?" inquired the woman, sim­
ply.

AN M. D., PH. G., D. O. FOR
FIFTY DOLLARS.

Our attention has been called to a certain party on N. Forty-first street, this city, as advertising a "College of Osteopathy, Medicine and Pharmacy." We investigated the "college" and the "man." His equip­ment consists chiefly of an upstairs office room, displaying a diploma from the Philadelphia College of Phar­macy, a diploma from the Central Institute of Chicago, one of the several fake schools of the Windy City, and claims to be a graduate in medi­cine from Jefferson College, this city. This is denied by the authorities of that institution, no such name appearing among their alumni. He is simply a druggist, trying to teach Osteopathy et al., and gulling the public, signing his name M. D., Ph. G., D. O. He knows absolutely nothing of the sci­ence of Osteopathy, and probably less of medicine, and yet advertises to graduate anyone foolish enough to take his course of 15 lessons for $50, whenever he thinks his poor dupe has been "fitted," with one or all of the aforesaid degrees. It would seem as though the State medical laws might be invoked in the interest of the pub­lic against such a man. This "institu­tion" is a branch of one at Allentown. A similar school exists on North Twelfth street.

We emphatically repudiate all such institutions, their methods and grad­uates. We hold to a high standard of culture and professional honor.

There are several representatives of the fake schools of Chicago and else­where in this city whose diploma is prominently displayed, and the public knows no difference between it and one from schools whose curriculum extends over two or three years. The Philadelphia College of Osteopathy has been teaching a twenty-months course since its inception, and in Sep­tember will matriculate its new class for a compulsory course of twenty­seven months. We have set a high standard for our diplomas, and propose to make it higher, the peer of any in the country. We want legisla­tion that will regulate the Osteopathic practice and differentiate and weed out the illegitimate and unworthy.

Physiologists all agree that adequate nerve energy must precede organic health. Osteopathy increases the al­lotment of nerve support to organs that have become defective in their functioning.

Disease is at basis a disturbance of nutrition and mechanical disorder is always sufficient to bring about such a disturbance.

"To start the day with a stimulant is to stir us up, and finish it with a sedative to settle us down, is a dis­graceful mode of life." So says El­bert Hubbard in The Philistine. More, it destroys the sanity of life.

Osteopathy is not a fad. Legisla­tures do not recognize fads. About half our States have sanctioned Oste­opathy by enactments of law to regu­late and protect its practice.
The professional cards following are all of Osteopaths about whose thorough qualification there is absolutely no doubt. We refuse to print the cards of those about whose professional attainments there is the slightest question.

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Marcia Lone Hulett, D. O.  
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Euclid Avenue

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BALTIMOR  
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Histology—Five lectures per week; recitations and laboratory work; microscopical technique.

General Chemistry—Five lectures per week for fifteen weeks; physics, general laboratory instruction, qualitative analysis.

Organic Chemistry—Five lectures per week for five weeks; recitations and laboratory work.

SOPHOMORE TERM

Anatomy—Five lectures and recitations per week; visceral anatomy, cranio spinal and sympathetic systems; dissection of lateral half of a cadaver.

Principles of Osteopathy—Two lectures per week; demonstrations upon living subjects.

Physiology—Three lectures and recitations per week.

Physiological Chemistry—Five lectures and recitations per week for twelve weeks; laboratory work.

Urinalysis—Lectures; individual laboratory work, chemical and microscopical, for eight weeks.

Toxicology—Lectures and laboratory work for eight weeks.

Bacteriology—Two lectures per week; laboratory work.

SECOND YEAR
JUNIOR TERM

Anatomy—Five lectures and recitations per week; regional anatomy with demonstrations from manikin and cadaver; dissection.

Physiology—Three recitations per week; laboratory work.

Principles of Osteopathy—Two lectures per week with demonstrations.

Symptomatology and Physical Diagnosis—Five lectures and recitations per week.

Osteopathic Mechanics and Technique—Two lectures with demonstrations per week.

Diseases of the Nervous System—One lecture per week.

Osteopathic Diagnosis—Three lectures with demonstrations per week.

Hygiene and Dietetics—One lecture per week.

Clinical Practice—Four hours per week, for ten weeks.
SENIOR TERM

Anatomy—Five lectures and recitations per week; special and applied anatomy; dissection.

Osteopathic Therapeutics—Three lectures and recitations per week.

Pathology—Three lectures and recitations per week.

Minor Surgery—Two lectures per week on bandaging, treatment of dislocations, fractures.

Gynecology—Two lectures and recitations per week, with clinical demonstrations.

Obstetrics—Two lectures and recitations per week.

Diseases of Children—One lecture per week.

Psychiatry—One lecture per week.

Medical Jurisprudence—Ten lectures during the term.

Osteopathic Diagnosis—Three lectures per week.

Clinical Practice—Five afternoons per week.

THIRD YEAR

(OPTIONAL)

FIFTH TERM

Anatomy of Nervous System.

Embryology.

Pathology—Laboratory work.

Hematology.

Microscopy of Stomach Contents.

Ophthalmology and Otology.

Genito-Urinary Diseases.

Surgery

Clinical Practice and Demonstration.

SIXTH TERM

Anatomy—Comparative Studies.

Physiology—Experimental.

Rhinology and Laryngology.

Thoracic Diseases.

Diseases of Digestive Tract and Rectum.

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Obstetrics.

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