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JOURNAL of OSTEOPATHY

Devoted to the Advancement of the Science of Osteopathy

NATURA MEDICATRIX MORBORUM
Special Announcement

of

The Philadelphia College and Infirmary

of Osteopathy

THIRTY-THIRD AND ARCH STREETS

Next class matriculates February 1st, 1905, and students will be received in this class up to March 1st. A two years' course of study with the third year optional is required for graduation. The third year becomes obligatory September, 1905.

Write for information and literature to the Dean.

The

Philadelphia College and Infirmary of Osteopathy

Thirty-third and Arch Streets
I have often observed in my visits to the houses of some of my patients the striking figures and inharmonious decorations displayed upon the walls of the home. In rented houses this condition is often unavoidable, the cheaper and more glaring colors being selected rather than the restful, soothing shades. The decorator may be a man of taste and culture, possessed of skill in blending colors and of their adaptability to the different rooms; but too often his judgment must give way to that of the builder, or landlord, who cares little for the comfort and health of his tenant, looking rather to the regular receipt of his rent. But when the occupant is the owner of his castle, surely other considerations must obtain to warrant the continuation of such injurious ideas.

The dining room, which should be located with reference to sunshine and warmth, with decorations suggestive of cheer, health and plenty, hung with carvings of fruit and game, is all too frequently poorly lighted, a room of brilliant red, or blue or purple or sheer dead white. And the living and sleeping rooms show equally as bad taste in the selection of coloring and ornamentation.

Is it any wonder, therefore, that nervous troubles and impaired sight overtake those, who, day after day, are shut in 'midst such surroundings? Wild imaginations and cravings, irritable tempers and sleepless nights, horrible thoughts and insane deeds have been traced to just such an environment.

As normal digestion is dependent quite as much upon the quality of the secretions as on the character of the food taken, and as the former is determined by proper nerve vibration and blood flow, and these in turn are controlled by the mentality of the person, the ever present sight of high colors and their inharmonious blending in the home, possibly aggravated by bad furnishings, become apparent in their effect upon the health, and hence the thought of the individual.

This is not an over-drawn picture.
Its counterpart may be seen in many a home in this city—and elsewhere. Nervous prostration, hysteria, insanity, opthalmia, and certain digestive disorders are known to be intensified by such exciting factors. How different is Nature's picture! Beauty, harmony, order, restfulness and peace control all the creations of her handiwork. And on these beautiful Autumnal days what is more inspiring to the tired brain and strained eye, more restful to the wearied body, more nourishing to the impaired digestion than to stroll over hill and dale, through the wood tinted with the frosts of Boreas, into the very heart of life itself?

A noted German scientist has been devoting much time and serious thought lately to investigations along this line, experimentally studying the effect of color on those animals whose sight and brain structure are similar to those of man, with the view of determining the effect of certain colors upon the human brain. Some of the striking conclusions reached by the psychologist are here given in substance:

If purple walls and a red-tinted window surrounded one for a month, by the end of that time one would be a madman.

No matter how strong one's brain might be, it would not stand the strain, and it is doubtful if one would ever recover his reason, for purple is the most dangerous color there is in its effect upon the brain.

A splash of any other color in the room would save one's reason for some time longer; but dead purple would kill eventually as surely as foul air. Scarlet is as bad, but scarlet has a different effect. It produces what is called 'homicidal mania.' Even on animals scarlet has its influence. It will drive a bull or a tiger to charge a naked spear. Fowls have attacked children who have had a splash of red in their clothing.

Blue, as long as there is no trace of red in it, stimulates the brain and helps it; but its effect on one's nerves, if one is saturated with it, and cannot get away from it, is terrible. Blue is never a purely characteristic color in nature. Even in the ether other colors are blended. Scientists class blue as a kind of drag in its effects on the brain.

It excites the imagination and gives a craving for music, but it has a reaction that wrecks the nerves. If this seems impossible let one stare hard for a few minutes at a sheet of bright, blue paper or cloth—not flowers, for there is a good deal of green in their blue—and one will find that it will make the eyes ache and give a restless, uneasy feeling.

Green, on the other hand, is the king of colors, and no amount of it can do any harm. It is the dominating color of all vegetation. It soothes the whole system and preserves the eyesight. If one were shut up in an artificial green light for a month it would develop the eyesight immensely; but it would likely prove fatal, because of our inability to stand ordinary lights and colors again upon exposure. One would certainly contract opthalmia, if it did not utterly destroy the optic nerve.

Sheer dead white will destroy one's eyesight as surely as 'cataract' would if one were exposed to it for a fortnight. The white glare of the arc light is dangerous to the sight. It kills the optic nerves and the sight goes out like a candle, while the effect on the brain is so maddening that blindness is almost a relief.

For this reason Arctic explorers have to wear goggles of green tinted glass, otherwise sun blindness or white blindness is almost a certainty.

On the other hand, certain colors have a curative effect in the treatment of disease, especially in some forms of skin and eruptive maladies."

While the foregoing thoughts may not be entirely germane to the osteopathic principle, nevertheless the progressive physician, of whatever school, should not ignore the great facts of nature in their applicability to the healing art, under proper restrictions.
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HOW OSTEOPATHY TREATS THE
NERVES.

BY CHAS. J. MUTTART, D. O.

We are constantly hearing nowadays of persons in active business and
social life completely breaking down.
Various names have been devised for
this condition, such as neurasthenia,
nervous prostration, etc., but a more
appropriate name would probably be
nervous starvation. Starvation in
this sense does not mean that the per-
son does not take sufficient food
of good quality (he may even take too
much), but it means that the nerve
centers in the brain and spinal cord
are not properly nourished
by
the blood.

It surprises many people to tell
them that the nervous system is de-
pendent for its integrity upon the cir-
culation to its centers of pure food-
laden blood. Another point of in-
terest, and new perhaps to those who
have not given the subject special
study, is that the blood is dependent
for its proper distribution,
on the
integrity of the nervous system, es-
pecially those delicate filaments called
vaso motor nerves (supplying motion
to the blood vessels.) The arteries
and veins are not, as might be sup-
pposed, passive tubes through which
the blood flows, but their walls are
made up of muscle fibres, which con-
tract and expand under the influence
of the vaso motor nerves, and thus
control the amount of blood in them
at any one time. We thus see that it
is only when proper equilibrium exists
between these two great systems—in
other words when every organ of the
body has its proper supply of blood of
normal quality and its proper supply
of nerve impulses of normal strength
—that we can expect to have a per-
fected healthy body.

The question naturally follows, what
will disturb this equilibrium and how
are we going to right it?

We find that the spinal cord is con-
tained within a long wall called the
spinal column, and at first thought it
would seem impossible to affect it by
any external influence, but upon fur-
ther investigation, we find the column
composed of twenty-six separate and
distinct bones, held together by strong
fibrous bands called ligaments. These
bones are movable upon one another,
which movements are controlled by
the muscles attached at various points.
Perhaps the most interesting point to
us is that these bones do not make a
solid column, but notches are left on
either side, which when the bones are
joined together form holes for the
passage of nerves, arteries and veins.

Nerves leaving the spinal cord to be
distributed to every cell of the body,
arteries entering to carry to the spinal
cord nourishment received from the
food, after being acted upon by the
liver, lungs, etc.; veins leaving the
spinal cord, carrying away what re-
main of the blood after it has bathed
the cells, as well as the waste matter,
the result of vital activity. This in-
pure blood is carried to the lungs to
be purified by contact with the air.

After giving due consideration to
the blood circulation to the spinal
cord, and its intimate relation to the
movable spinal column, we begin to
realize the importance of the perfect
adjustment of all of its parts, and the
necessity for perfect freedom to nerve
paths and blood channels.

All have experienced the uncom-
fortable feeling, often resulting in
acute pain, after sitting in a cramped
and unnatural position for any length
of time. Ordinarily after assuming
the natural poise the pressure and ten-
sion is taken off, nerves and vessels
regain the normal and all uncomfort-
able symptoms soon disappear. Let
us now suppose the case of a child
sitting for hours in a cramped posi-
tion in school, or an adult leaning over
desk or other work for hours each day,
or long continued exposure to cold and
dampness, sudden strain, etc. As a
result muscles are hardened and stiff-
ened, ligaments put upon an unnatural
tension, bones may be slightly dis-
placed, causing curvature and sagging
of various parts of the spine. With
such a condition existing it is not dif-
It is upon these facts that we base our statement that averted function of the nervous system is essentially the result of nerve starvation, for it is a well-established physiological fact that nerves cannot perform normal functions without a perfectly free and unobstructed blood flow to and from all of its centres.

If the above facts are true, and science has proved that they are, it is obvious that the only rational treatment for such a condition, is to right what is mechanically wrong and replace dis-ease with ease and harmony. We believe, and have proved, that by gentle and skillful manipulation we can relax the contracted muscles, gently stretch the tightened ligaments, establish normal relations between the bones of the spinal column, and in so doing relieve the pent-up circulation of vital fluids, and pressure upon the nerve fibres. These are nature's forces to combat disease, and when free to act health must result.

We hail the day when a thorough knowledge of anatomy and physiology shall be essential to the education of every child, and every man and woman will be as much ashamed to expose their ignorance of these subjects as they are today of the proper use of English. Then the abominable practice of promiscuous drugging to "tone up the nerves" or sharpen the appetite will have become history and knowledge of anatomy and physiology will be as much ashamed to expose their ignorance of these subjects as the"ApplicationContext".

"There is healing by drugs, healing by laying on of hands, but this new mode seems to be a healing by common sense and good judgment with a perfect knowledge of the anatomy of the human body." —  

Huntingdon, Pa.  

INSANITY.  

MYRON H. BIGSBY, D.0.,  
PHILADELPHIA.  

We are sometimes asked if Osteopathic treatment is successful in the cure of mental diseases? That the efforts of nature at repair are ceaseless, we must all admit, and that she puts forth efforts in proportion to the gravity of the case is equally true.  

Standing as we do on our Osteopathic principles, reasoning as did our founder, that a normal flow of life-giving fluids through the various avenues of nutrition means health, and that disease is due to some misplacement of the parts which causes a blockade or diverts nutrition.

Why should we not be able to effect cures in the cases of mental trouble so prevalent to-day?

The fact that nature has so cleverly entrenched the vital organs where the surgeon's knife rarely intrudes, only emphasizes the necessity of relief along natural lines. The first of this class of cases that it was my privilege to treat was a typical one.

The patient was a widow. Husband having died two years previous, she had the care of three children. She had passed the menopause two or three years before, and the absence of repeated pelvic congestions and monthly flows left an excess of blood over which the vasomotors had seemingly lost control. The patient varied from mere melancholia to a violent form. At times she would chase her mother with a hatchet, threaten suicide at an open cistern, and was troubled much of the time by the ravings of a delirious typhoid patient repeating themselves, which she had heard while both were confined in an asylum some months before. Her mother's presence seemed to be an exciting cause, as well as the worry and care of her three children.

The case had been diagnosed softening of the brain. This had become known to the patient, and aggravated the symptoms. The bony lesions were as follows: Second cervical to the right; right rib up and back; regularities of left rib sixth; muscular contractures of the right arm; and a few more of the normal regions.

It will be noticed that the lesions interfere with the blood from the head. This, of course, at times by colds, muscular contractures aiding exhaustion and the muscles, aiding the producing bony lesions on the left heart action, the blood vessels of the blood vessels of the brain.

The redness of the face as well as temperature of the forces battling result of a partially st. and blood stream. Hor normal functioning tions. Specific rec.

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left clavical depressed at sternum; first right rib up and back, and some irregularities of left ribs from fourth to sixth; muscular contractions in the intraclavicular, cervical and upper dorsal regions.

It will be noticed that nearly all lesions interfere with the return of blood from the head.

This, of course, was aggravated at times by colds, increasing the muscular contractures and overwork causing exhaustion and relaxation of other muscles, adding the contractures in producing bony lesions. As the rib lesions on the left accelerated the heart action, the already congested blood vessels of the head were still more overtaxed.

The redness of the eyes and face, as well as temperature told the tale of the forces battling within; with result of a partially stagnant and impure blood stream. How could we expect normal functioning under such conditions.

Specific treatment for the correction of the second cervical and first rib were of special value in relieving dizziness, headache and such symptoms as were due to obstructions of the blood current direct. Relief being the usual result. Ten weeks treatment made considerable change in the patient. She became more careful of her personal appearance, had no bad spells, and began teaching a country school. Although not entirely well, this was permitted, thinking it would busy her mind and help relieve her of the thoughts of financial trouble.

She promised to take a treatment every week or two, or oftener, if needed. She did not see me until within one or two weeks of the end of the term. By this time she was badly in need of attention. However, a few treatments quickly restored her to her former condition. This shows how each Osteopathic treatment is a step toward health, although, at times, the patient may seem to have lost all. As the patient was called away from town, having discontinued treatment, she was still a little queer in some ways, but practically well. This idea of an intermission in the course of treatment was found to be especially valuable even where the first few months seemed to produce negative results. This almost convinces one that in Osteopathy there is no place to give up.

There are, however, cases that give very little hope, namely, those where the patient is far advanced in years, and has been cranky most of his life, or used little or no self-control. The gravier forms, where there is degeneration of nerve cells, to any great degree, of course, would give little encouragement.

ODD THINGS USED IN MEDICINE.

HENRY G. WOLF, D.O.

"When the dear general public takes the curiously-written doctor's prescription to the drug store, it's a very fortunate thing that the said general public doesn't know the ingredients of some of the drugs prescribed."

So spoke an old-school doctor the other evening. Two or three allopaths and a couple of homeopaths were in the room and for the benefit of some of the laymen present the doctors discoursed on the "odd things" used in medicine.

Said the allopath: "We of the old school use more vegetables in our prescriptions—the new school runs some to animals. Yet we allopaths use animals, too. For instance, there's the musk. It's taken from the deer's gland, and is used as a stimulant after all other means have failed. Absolutely pure musk is hard to get and is very expensive. It costs 850 an ounce and the usual dose is 60 drops.

"Then, too, we utilize pepsin—which comes from the hog's stomach; and pancreatin, which comes from the glands of a sheep's neck. Then we use suprarenal capsules for indigestion—and the sheep gives us these, too. But in the main, we depend on the vegetable world for our medicines."

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Then the homeopath started. He told how the common North American toad was often used in medicine. The live animal is fastened to a slab of cork by four strong pins stuck through the webs of the feet. Then the poles of an induction apparatus in action are slowly drawn over the back of the animal. Whereupon the poison soon issues from the dorsal glands. This is removed with a small horn knife and mixed with the proportion of 1 part toad to 1,000 parts sugar of milk.

The South American toad does not have the poison removed by electricity. It is irritated with a feather and then its saliva is scraped from its mouth, and used in the preparation of certain medicines.

The virus from a copperhead snake is used with good results in throat affections, and rattlesnake venom is used for a variety of ills. The snake is chloroformed and the poison gland between the ear and eye is pressed. The venom drops on pulverized sugar of milk and is then prepared by the chemists for the doctors.

The liver of foxes is also a well-known preparation, as is also the common potato bug. The potato bug's Latin name is doryphora decemlinata, and written out it seems like a very formidable drug indeed. The live insect is crushed and covered with five parts of its weight of alcohol. Then this is poured into a bottle, put in a cool place for eight days and shaken twice a day.

The common ant is also used in medicine, and so is the much-hated bedbug. A tincture from this latter insect is used with good effect to remove a clogged-up condition of the ears by reason of the natural wax which forms there. Dr. Walde, of Germany, was the first to find a medicinal use for the bedbug.

Animals and insects in plenty and "odd things" help medicine out of many a tight hole. A list by no means complete, includes the black spider found in Curacao, the Spanish fly, the roe from the carp, ordinary spider's web, crawfish, the cockroach, the morning glory plant, the oil beetle, the common skunk, sometimes politely known as the polecat, and the stinging wasp.

Nearly every plant that grows has its own peculiar value to medicine, but it has only been in recent years that the animals have added their mites to the help of the doctor and the chemist.

WHY DO WE EAT SALT?

By CHAS. W. McCURDY, A. M., Ph. D., D. O.

Man cannot live on bread alone; he must have salt. Although many treatises on dietetics deal with salt as if it were merely a condiment, it is something more. It is an indispensable element of the food of man and herbivora; and it is a remarkable fact that of all the inorganic salts in our bodies we take one only with our organic food-stuffs, and that is common salt. All animal and vegetable food contains considerable quantity of chlorin and sodium. Why do these quantities not suffice, and why do we add common salt?

A well-known authority asserts that whenever the annual consumption of salt falls below twenty pounds per capita of population the public health is likely to suffer. Salt starvation is, in its way, as distressing as thirst or hunger, though it shows itself in a different form. While salt may not produce a definite disease, undoubtedly its absence reduces the vitality, hence the resisting power of the cell, so that one deprived of salt is an easier victim to prevailing epidemics, as well as endemic maladies.

The nature of the food eaten determines the demand for salt. Consumers exclusively of flesh, whether man or animal, take no salt. It is normally present in bone, blood, muscle and nerve. The inhabitants of the salt steppes, whose food is meat and milk, never use salt; also those who live by the chase. It is also noteworthy that the latter class carefully avoid the loss of salt in slaughtering their animals. In Greenland, a seal is killed, the wound plugged with a plug of wax, and a seal is killed.

It is said the Finns have no word for "salt" but employ the eastern Finland hunters' and nom whatever, because they dislike it. On the other hand, people whether man or beast, who live in Russia, where mites to the help of the doctor and the chemist. How may this fact be explained?

It is a scientific fact that herbivorous animals of all kinds require a certain amount of salt in the food they take. Finners eat three pounds a week, whereas Finlanders eat three times as much, and yet the Finlanders are always in the best of health. Why is this so?

When a salt solution is poured into a bottle, put in a cool place for eight days and shaken twice a day.

The common ant is also used in medicine, and so is the much-hated bedbug. A tincture from this latter insect is used with good effect to remove a clogged-up condition of the ears by reason of the natural wax which forms there. Dr. Walde, of Germany, was the first to find a medicinal use for the bedbug.

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avoid the loss of blood when they
slaughter their animals. The Esqui-
maux, in Greenland, are known to
plug the wound as soon as they have
killed a seal.

It is said the Finnish languages
have no word for salt. The western
Finlanders who are farmers, use salt
but employ the German term; the
eastern Finlanders who still lead
hunters' and nomads' lives use no salt
 whatsoever, because they have a decided
dislike for it. Strict vegetarians, on
the other hand, partake largely of salt,
whether man or animal. French sta-
tistics show that people living in the
country eat three times as much salt
per head as those living in towns.
How may this fact be accounted for?

It is a scientific observation that
herbivorous animals take, at least,
three or four times as much of salts
of potassium as the carnivora, and
may not the abundance of potassium
salt in vegetable foods and their spar-
ingly content in flesh be the cause of
the need for table salt by vegetarians
and herbivora? Let us consider the
chemistry of the problem.

When a salt of potassium, as a car-
bonate, meets with common salt or
sodium chlorid in solution, an inter-
change takes place; potassium chlorid
and sodium carbonate are formed.
Sodium chlorid is a chief inorganic
constituent of blood-plasma, hence
when the potassium salt enters the
blood, physiologically, it forms this
new salt, not a normal constituent of
the blood. The kidneys, whose func-
tion is to maintain the equilibrium of
the blood content, eliminates the ab-
normal salt together with the excess
of potassium chlorid. Common salt
is, therefore, withdrawn from the or-
ganism by the ingestion of potassium
salts. Bunge established this fact by
experiment upon himself.

Eighteen grams of potassium phos-
phate or citrate, divided into three
doses during the day, caused a loss to
the body of six grams of common salt above the normal. The potassium
salts also effect a change with the al-
buminates and phosphates of sodium;
and this loss, which is a great drain
upon the blood, must be restored
through the medium of salted foods.

Now some foods are very rich in
potassium salts over the sodium salts.
A man whose diet is almost entirely
of potatoes, as the native Irishman,
in order to consume 100 grams of pro-
etid, the normal daily food ratio,
takes up to 40 grams of potash. This
shows why potatoes are so unpalatable
without salt, whereas if one consumes
the proteid ratio in rice he would only
take in one gram of potash from the
same source. If it be wheat, oats or
barley, from 10 to 20 grams; peas, 45
grams; strawberries, 70 grams; ap-
plies, 100 grams; beans, 110 grams.
If the diet be of eggs, the ratio would
be 1.7 grams; milk 2 to 5 grams;
bread, 6 grams of potash.

With a diet largely of oats, pota-
toes, peas, beans, etc., do we not im-
pose too great a task upon the kidneys;
for with a corresponding amount of
salt, says Bundge, over 100 grams of
alkaline salts pass through the kidneys
in a day? May not there be danger
in this? "The habit of drinking
spirits, which is regarded as one of the causes of chronic nephritis,
also brings about the immoderate use
of salt, and thus one sin against na-
ture leads to another." These are
question for the physican to think
about.

As noted, the superiority of rice,
which is so largely consumed by the
Chinese and Japanese, over the potato,
the American vegetable, is evident.
Should not rice be a chief article of
diet in patients with renal disease?
Likewise with affections of the stom-
ach, for the potassium salts act as a
powerful irritant to the gastric and
intestinal mucous membrane, and rice
contains less of these than any other
article of food. May not this explain,
in fact, the strong stomach and won-
derful powers of endurance and re-
cuperation possessed by the Japanese
in battle and on the march as fre-
quently noted by the war correspond-
ents in the present struggle for mastery
in the Orient?
THE PHILADELPHIA JOURNAL OF OSTEOPATHY

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Philadelphia College and Infirmary of Osteopathy
Incorporated


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November, 1904
Vol VI No. 4

OUR CURRICULUM.

We wish to call your attention to some changes in the curriculum of the Philadelphia College of Osteopathy. By comparison of the curriculum as published in this number with that in the August number of the "Journal" it will be seen that extensive additions have been made in the senior, junior, and sophomore terms. One hundred lectures on symptomatology are given in the senior year in addition to the hundred heretofore given and continued in the junior year. "Diseases of the Nervous System" are added to the senior curriculum; also a weekly clinical congress in the department of Clinical practice.

An addition of four hours per week for ten weeks is given to the Junior term in clinical practice, and lectures on "Diseases of Children" are received in this term.

In the sophomore term lectures on Principles of Osteopathy are extended from two to three lectures per week; and on Physiology from three to five lectures and recitations per week.

The clinical practice and demonstrations are all under the immediate supervision and given in the presence of experienced members of the Faculty who are the heads of these departments.

The extension of the course to three years, the third of which becomes obligatory September 1st, 1905, together with these additions to the two years' work, makes this the strongest curriculum presented by any Osteopathic College.

A NEW ERA OF PROGRESS.

The matriculation of the next class in the Osteopathic Colleges marks the close of the two year course. It was decided by a close vote in the St. Louis Convention of the American Osteopathic Association to postpone the introduction of the three year curriculum until September, 1905. But beginning with that term a three year attendance will be required by all Osteopathic Colleges. This extension of the Osteopathic curriculum is a necessity felt by all, or nearly all in the profession, and voiced by authorities both by word of mouth and pen. It is required by the laws of several states and will be necessary in other states before suitable legal recognition can be obtained. Aside from that it emphasizes a healthy tendency on the part of the profession to raise its standard of requirements from prospective practitioners.

Osteopathy means mechanical order in the body: mechanical order means health.
Kirk came to us after two years of study in the medical department of the University of Pennsylvania and extensive foreign travel and study. Quiet in disposition, modest and studious, a gentleman in bearing and conversation, he was a mind richly stored and highly endowed. When, therefore, the principles of Osteopathy and their successful application came under his observation, he was quick to see the truth and its superiority over drug medication, and eagerly embraced the opportunity to fit himself for practice. Although he was one of us just a month to the day of his death, he had won a warm place in the affections of his instructors and classmates for scholarship and kindly qualities. It was his ambition that ultimately he might be worthy of a chair in his alma mater, so impressed was he with the superior methods of presenting medical subjects from an osteopathic viewpoint, and the efficiency of its clinics.

Mr. Smith's death was the first to occur among the student body or the alumni in the history of the college. To his parents and only sister, to whom he was devotedly attached, the faculty and students extend sincere sympathy. Our loss is mutual.

RESOLUTIONS.

WHEREAS, it has pleased Almighty God to remove from our presence, on October 5th, 1904, our fellow student Kirk E. Smith, and

WHEREAS, we, his classmates and the members of the Neuron Society of the Philadelphia College of Osteopathy, of which the deceased was a member, in regular meeting assembled, wish to express to his bereaved parents and sister our heartfelt sympathy, therefore be it

RESOLVED, that we as a Society and individually as students in the aforesaid college do hereby express our sincere sympathy to the bereaved parents and sister, in this their sad hour, and it is further

RESOLVED, that these resolutions be spread at length upon the minutes of the Neuron Society, and that a copy thereof be mailed the parents and sister.

Committee:
Gene M. Coffee,
Chas. T. Bryan,
W. A. Sherwood,
Jno. A. Cohalan.
THE INDISCRIMINANCY OF DRUGGING.

HENRY G. WOLF, D. O.

Did you ever consider the value of health? The expense of disease? Did you ever try to estimate the amount expended for physicians, nurses, medicines of all kinds, hospitals and the like? Reputable physicians are a necessity and deserve praise for their conscientious work. If one were to answer the question, what is the greatest abuse of the present day? it would be the indiscriminate taking of drugs and proprietary nostrums. Drug stores which deal principally in medicine are among the most numerous of shops, and the price of the medicine sold on doctor's prescriptions is a very large sum in the aggregate. Perhaps the greater mischief that is constantly being done to the community by drugging, is done by the taking of proprietary medicines. Their sale is enormous, the individual proprietors expending hundreds of thousands of dollars annually for advertising alone. People are induced, by the wiles of the advertiser, to take some preparation, of the composition of which they know nothing. In many cases a dangerous craving is acquired for the narcotics which enter into the composition of these nostrums. Numberless persons are taking drugs when they have no need for them. Does it not seem reasonable that they are laying the foundation for serious trouble?

Again, many persons take it upon themselves, by the aid of advertisements, to diagnose their own cases and prescribe for themselves according to the fancy that may strike them, as the result of the study of these advertisements. Consider the harm they are doing themselves.

Another feature of the sale of drugs as placed before the public by the nostrum vender, is the claim of curative powers that do not exist in any drug, or combination of drugs. All forms of heart disease are cured, no matter whether functional or organic. The kidneys are likewise made to yield to the potency of some so-called cure; the granular contracted kidney once again assumes its normal shape, size, and texture; the crumpled, broken-down heart valves are again compelled to do duty of perfect quality. All the experience of the scientific world is given the lie. Is this not a most enormous fraud and deception—a fraud of the most diabolical sort, a willful deception for the love of gain?

A female regulator is put upon the market: an analysis of which shows it to contain ergot, aloes, iron, cotton root, hellebore, etc. This makes an ideal abortifacient, as far as drugs are capable of accomplishing such work. Yet, if a drug doctor gave a prescription for such a purpose, or introduced a sound, he would, in the eyes of the law, be committing a heinous crime. The law is not strict on the sale of poisons and noxious drugs. Osteopathy has been dubbed "quackery" by some. If asked to explain they would have to confess that really they knew "nothing about it." But they will buy a nostrum of unknown composition just because the advertisement claims a quality for the goods which they do not possess. Truly, this is a confidence gained that is constantly being done to the community by drugging, is done by the taking of proprietary medicines. Their sale is enormous, the individual proprietors expending hundreds of thousands of dollars annually for advertising alone. People are induced, by the wiles of the advertiser, to take some preparation, of the composition of which they know nothing. In many cases a dangerous craving is acquired for the narcotics which enter into the composition of these nostrums. Numberless persons are taking drugs when they have no need for them. Does it not seem reasonable that they are laying the foundation for serious trouble?

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JOURNAL OF OSTEOPATHY

THE BODY A VITAL MECHANISM.

In speaking of the living body, Dr. W. H. Conn, the eminent bacteriologist of Wesleyan University, reaches the conclusion that the body is a vital mechanism, of natural origin, involving as it does a mechanical conception of life and possessing within itself powers of recuperation. No one interested in the problem of life can fail to have an interest in the concept, that he is a machine, most intricate in its appointment, infinite in the variety and scope of its powers.

Like other machines it consists of parts adjusted to each other for the accomplishment of definite ends, and its action depends upon the adjustment of its parts.

This is the true osteopathic conception of the body, and one by one the great thinkers in science are coming into line with the thought that the body has force resident sufficient to maintain it in health, a perfect working machine, until worn out normally by the passing of time.

As order is the first law of the universe, so are order and harmony the first law of the body, or should be. With no disturbed relations of vertebrae, ligaments, tendons, muscles, nerves or circulation, and nourished by wholesome food, perfect action and physiological function must obtain. The normal resources of the body being unbounded, its powers to resist and recover from disease are inestimable. The osteopathist being a profound student of the potencies and forces of our bodies, successfully directs this power. Herein does Osteopathy differ from all other schools of healing.

The medical practitioner, until the last decade or two, has devoted his thoughts almost exclusively to germs and drugs, quite ignoring the body's inherent remedial resources, the principles of which having failed of application until the advent of the osteopathist. Materia medica has been his god, and the chemist has fairly racked his brain in his effort to invent new so-called curative agents for the drug doctor.

For the chemical laboratory of the old-school practitioner, the osteopathic physician substitutes nature's perfectly appointed laboratory of life. In this marvelous laboratory, the Great Chemist conducts all the physiological and vital processes on which depend the growth and maintenance of our bodies. The vital process of digestion, absorption, assimilation and excretion are here consummated in a physical manner resulting in the vitality which carries on life.

This is accomplished through the medium of the nervous system which the osteopathic physician controls and directs by his skillful manipulation of the body, and his exhaustive and accurate knowledge of anatomy and physiology, resulting in its natural and harmonious action.

Of the injurious effects of drugs upon this mechanism all able physicians agree. The osteopathist, therefore, seeks to avoid the internal administration of drugs which never did cure disease and never can, for they are not the builders of vitality or of tissue, though they may possess energy. Nature is the curative force always.

We have no warfare, therefore, with the physicians who wish to administer drugs, nor with those who take them, for we lead in a better way.

Recognizing the limitations of nature's power of repair, our work is to adjust the crossed wires, to equalize the forces resident by mechanical methods. Nature sweeps away the dross and replenishes her holy temple and attunes it anew to the harmony of its being.

C. W. M.

The cry for rest has always been louder than the cry for food, not because it is more important, but because it is harder to obtain. The best rest comes from good sleep. Of two men or women otherwise equal, the one
who sleeps the more satisfactorily will be the more healthy, moral and efficient. Sleep will do much to cure irritability of temper, peevishness and unhappiness. It will restore to vigor an overtaxed brain. It will build up and make strong a weary body. It will cure a headache. Indeed a long list might be made of nervous disorders and other maladies that sleep will cure. Sleeplessness is best cured by a clean, good bed, sufficient exercise to produce weariness, pleasant occupation, good air, not too warm a room, a clear conscience, and avoidance of stimulants and narcotics.

THE WISTER INSTITUTE OF ANATOMY.

In close proximity to our College of Osteopathy is this remarkable anatomical exhibit. We prize the privilege which all our students enjoy, of having such an opportunity for study. The Department of Osteology is unmatched in our knowledge. We are sure no other Osteopathic College in the country can afford such a privilege. This Institute is in connection with the University of Pennsylvania, and we are sure there are no students there who can make better use of the treasures of the Institute than our students of Osteopathy. If we are distinctive for any one special accomplishment, it is anatomy, and we offer to prospective students, and urge all our attending students to improve, the facilities of the Wister Institute, as a most valuable adjunct to Osteopathic equipment.

The connection between the head and feet is well known. A hot head is ordinarily relieved by a hot foot bath. So cold feet tend to congest the brain and other internal organs. Sometimes cold feet are caused by tight lacing or tight-fitting shoes. But it is as much a suicidal act to hasten death by compressing the lungs or the feet as by compressing the neck with a rope.

OUR WEAK BACKS.

With the strides of civilization and the improvements in the modes of living, diseases have become more numerous. This is a sad, but true fact. I do not mean to infer that there has not been an increased effort to promote general health, and to combat disease, but with this advance of civilization there has been a corresponding lack in the line of physical development. Past history shows the facts of this statement to be only too evident. The Greeks were the most highly cultured people of antiquity. Our present-day theories of education give little time and effort to develop the bodily form. It is reasonable to set great value upon learning and attainments, but an equal share of attention should be given to secure a healthy body in which to develop the mind. A pure mind can dwell only in a well-developed and healthy body—they must go hand in hand. It is, unfortunately, true that statistics, and the daily experience of every Osteopath show that a high percentage of our youths (especially girls) suffer from curvature of the spine. The osteopath as a "bone doctor" gets the greater number of this malady.

The question arises, who is to blame and how can it be prevented? Modern education deserves to a great extent the blame. Improve upon the parent and see that in every respect the children are cared for! The causes of the evil are numerous. Bad positions assumed by children at their studies, in sitting or standing, are probably the most frequent. In adults any long-continued irregular distribution of weight is a strong determining factor. All causes in fact which induces a lateral inclination of the body may produce lateral curvatures of the spine.

The success of Osteopathy in the treatment of this malady has outclassed all records of orthopaedics. Even after maturity has Osteopathy been successful in restoring the disturbed parts to their normal. This aspect is noticed young people. It is early age, and is, looked by the parents not to be noticed by the evil is discovered. It is "the child will be the more healthy, moral and efficient, when the child is in his own accord, at is its own accord, itself without aid. Examined by an Osteopath, he instruct you how bodies, and you cause to reproduce thoughtlessness and in your child being— it is easier to procure one, this day consideration.

OUR M.

Several have a significance of the mention of M. Mrs. Pressly. P. C. P. C. Mrs. Pressly, Pressly, passed the temer evening of heart trouble esteemed by nature and noble home dearly longed for by them, solicited to the sacrifice. Mrs. M. MRS. M. MRS. M.
specialization and the modes of effort to come more, but true effort to advance of physical shows the be only too the most of antiquity. f education develop the able to set and attain£ a healthy the mind. only in a and. It is, statistics, and very Osteo­ percentage of irs) suffer pine. The factor " gets inad­ is to blame led? Mod­ a great ex­ the very respect for! The­ ren. Bad­ en at their­ ing, are a distribution­ determining­ in which­ of the body­ othy in the­ has out­ Osteopaeics. Osteopathy­ the dis­cial. This aspect is noticeable particularly in young people. It begins at a very early age, and is, unfortunately, overlooked by the parents. Often it cannot be noticed by the lay mind. When the evil is discovered the consolation is "the child will outgrow it." Let me tell you that even the smallest curvature of the spine will not grow of its own accord, and will not correct itself without aid. Have your children examined by an Osteopath and he will instruct you how to take care of their bodies, and you will then never have cause to reproach your child being crippled for life! As it is easier to prevent a disease than cure one, this deserves your serious consideration.

H. G. W.

OUR MONOGRAM.

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

MRS. M. W. PRESSLY.

Mrs. Pressly, wife of Dr. M. W. Pressly, passed away on a late September evening after an acute attack of heart trouble. She was highly esteemed by her friends for her culture and noble qualities, and in her home dearly loved, tender, affectionate, solicitous, devoted to her family to the sacrifice of her own strength. The faculty and students extend deepest sympathy to the husband, sons and daughters who mourn her loss.

QUALIFIED OSTEOPATHS.

The time was when to decide to consult an Osteopath was all that was necessary. The success of Osteopaths has induced some unqualified persons to enter the field and claim to be what they are not. If one ascertains whether or not the Osteopath consulted has a competent Osteopathic education he may be assured of intelligent treatment and no injury, which will not be the case at the hands of a "lakir."

When in doubt as to the qualifications of any one claiming to have an Osteopathic education and training, an inquiry directed to Dr. H. L. Chiles, Secretary of the American Osteopathic Association, Auburn, N. Y., will bring the desired information.

To protect our readers as far as possible, we append a list of Colleges, graduates of which have received a proper Osteopathic education and are qualified as far as it is possible for a college to educate. A diploma con­ ferred by any of the following is prima facie evidence of the holder's ability.

Northern Institute of Osteopathy.
American School of Osteopathy.
S. S. Still College of Osteopathy.
Boston Institute of Osteopathy.
Philadelphia College of Osteopathy.
Atlantic College of Osteopathy.
Massachusetts College of Osteopathy.
Pacific College of Osteopathy.
California College of Osteopathy.
Southern School of Osteopathy.
Milwaukee College of Osteopathy.
Bolles Institute of Osteopathy.
Northwestern College of Osteopathy.
American College of Osteopathic Medicine and Surgery.

A man scans with scrupulous care the character and pedigree of his horses, cattle and dogs before mating them; but when it comes to his own marriage, he rarely or never takes any such care.—Darwin.
It's all in the pronunciation.

Old lady to chemist—"I want a box of quinine pills."

Chemist—"What's the matter with the dog?"

Old lady (indignantly)—"I want you to know, sir, that my husband is a gentleman."

Chemist puts up some quinine pills in profound silence.—Ph. Era.
STATE NEWS.

The Philadelphia County Osteopathic Association held its regular monthly meeting in the Odd Fellows' Temple, Tuesday evening, October 25th, 1904.

Dr. C. J. M الساعة, President.
Dr. ABBIE J. PENNOCK, Secretary.

The Allegheny County Osteopathic Association held its second monthly meeting October 16th, 1904.

Dr. VERNON W. PECK, President.
Dr. Florence B. Stafford, Sec'y.

District No. 3, of the Pennsylvania Osteopathic Association, has organized and held two meetings in Wilkes-barre, which were enthusiastically attended by nearly all the Osteopathists in that region of the State.

Dr. VIRGIL A. HOOKE, President.
Dr. E. C. Brelsford, Secretary.

There is a society in France which wages continual war against tobacco under this motto: "Tobacco destroys the body, attacks the intellect and begets the nations."

THE HEALING POWER OF DISEASE.

"The healing power of disease is in the body itself. Disease of whatever character or origin—acute, chronic, idiopathic, traumatic, or infectious—if recovered from must be conquered by the body itself. The healing power is in the tissues within the body. The blood is the great healing agent. Improved quality and quantity of blood and increased movement of blood through diseased parts are the things most essential to be accomplished in dealing with a chronic malady of any sort.—Dr. Kellogg, Battle Creek, Mich.

DIRECTORY OF OSTEOPATHIC PHYSICIANS

The professional cards following are all of Osteopathists 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.

DISTRICT OF COLUMBIA.

Kirkpatrick, T. F., and George D., Bond Building, New York Avenue and Fourteenth St., N. W.
Patterson Institute of Osteopathy, Washington Loan and Trust Building, 902, F St., N. W.

ILLINOIS.


MARYLAND.


MASSACHUSETTS.

Ellis, S. A., and Irene H., D. O., 144 Huntington Avenue, Boston.
Roberts, Locdon W., D. O., 100 Huntington Avenue, Boston.
Sherburne, Frederick W., D. O., 382 Commonwealth Avenue, Boston.

MICHIGAN.

Church, John M., D. O., 409 Ferguson Building, Detroit.
MISSOURI.
Beckham, James J., D. O., 404 Century Building, St. Louis.

PENNSYLVANIA.
Bean, Wilson, D. O., Bason.
Bennett, Morris W., D. O., Lebanon.
Davenport, Harry L., D. O., Hutchinson Building, Altoona.
Foster, Julia E., D. O., Stein Building, Butler.
Hewish, Herbert L., D. O., 188 S. Main St., Wilkesbarre.
Hoefner, J. H., D. O., Dodd Building, Franklin.
Hughes, Alice, D. O., 238 Pine St., Williamsport.
Irving, S. W., D. O., 1116 Seventh Avenue, Beaver Falls.
Kahn, Frank, D. O., 315 N. Second St.
Keeler, Nathaniel J., D. O., 205 North Seventh St., Allentown.
Love, Samuel R., D. O., 405 W. Ninth St., Erie.
MacIntosh, Benj. S., D. O., Ashley.
Matuscher, O. C., D. O., 121 E. King St., Lancaster.
Peck, Vernon W., D. O., 631 Penn Avenue, Pittsburg.
Preston J. M. D., Dallas,
Richards, N. D., D. O., 210 W. Third St., Bloomsburg.
Robinson, S. Colfax, D. O., 508 W. Fourth St., Williamsport.
Rohaccek, Wm., Lonison Building, Greensburg.
Sweet, Burton W., D. O., 308 W. Seventh St., Erie.
Vernon, Alonzo, D. O., 110 Tabbets Ave., Bradford.
Walpole, H. H., 212 N. Sixth St., Reading.
White, B. O., D. O., Clarion.

PHILADELPHIA.
Banker, Gene G., D. O., 1533 Chestnut St.
Barnes, J. Anstis, D. O., 3329 Spring Garden St.
Barrett, Onie A., M. D., D. O., 7427 Market St.
Bentley, Lillian L., D. O., 1533 Chestnut Street.
Crawford, W. E., D. O., 1524 Chestnut St.
Comstock Caroline V., D. O., 1231 Land Title Building. Bell Phone Spruce 42-57D.
Cronie, Geo. H., D. O., 1533 Chestnut St.
DeLong and Shoemaker, D. O., Perry Bldg. 16th and Chestnut Sts.
Dumol, C. P., D. O., Weightman Building, 1524 Chestnut Street.
Dufur, J. Ivan, D. O., 1016 Real Estate Trust Building, Broad and Chestnut Sts.
Dunington, Margaret E., D. O., 620 Real Estate Trust Building.
Dunington, R. H., D. O., Real Estate Trust Building, Broad and Chestnut Sts.
Ellis, Thomas W., D. O., 5236 Vine St.
Finch, J. T., D. O., 1016 Real Estate Trust Building.
Frame J. S. and Elizabeth B., D. O., 1525 Arch St.
Keene, W. B., M. D., D. O., Weightman Building, 1524 Chestnut St.
Kelly, H. Lovley, D. O., 902 Pennsylvania Building, Fifteenth and Chestnut Sts., and
Leonard H. Alfreed, D. O., 1231 Land Title Building, Broad and Chestnut Sts., and
1611 Diamond Sts. Bell Phone.
Leonard H. E., B. S., D. O., Weightman Building, 1524 Chestnut St.
Martin, Clara, D. O., Mint Arcade, Chestnut and Juniper Sts.
Mawson, Gertrude B., D. O., 724 Real Estate Trust Building.
McCurdys, Chas. W., Ph.D., D. O., 724 Real Estate Trust Building. Bell Phone,
Walnut 1708 A.
McGeer, James M., M. D., D. O., 1112 Chestnut St.
Muttart, Cas. J., D. O., and Belle F., D. O., 303 Min, Arcade Building, Chestnut and
Juniper Sts.
Payne, Charles C., D. O., 1000 Land Title Building, Broad and Chestnut Sts.
Pennock, D. S. Brown, M. D., D. O., and Abbie J., D. O., 624 Land Title Building,
Broad and Chestnut Sts.
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