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### Second Year

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### Third Year

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THE FOREMOST OSTEOPATHIC COLLEGE
IN THE EAST

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OSTEOPATHY AS VIEWED BY A LAYMAN.

BY JAMES BENNINGER, A.M., PH.D.

IR ASTLEY COOPER, who wrote a number of books on medicine, had this for his motto: "First observe, then think." This is what the writer has been doing ever since Osteopathy has disturbed the equilibrium of the medical profession.

When first told that this new science could relieve suffering humanity without the use of drugs, like all credulous people, I was tempted to doubt the efficacy of the new method. However, the theory appealed to me from two points of view. First, from physiology; secondly, from psychology. I knew that the human body was a wonderful mechanism. Its arteries and veins, its muscles and bones, its organs and their functions, and, above all, the life that was coursing through it, made it the crowning glory of creation. I knew that superficial veins could be emptied of their contents, the rigid muscles relaxed, and glandular activity promoted by unskilled manipulation. With this as a starting point, I reasoned, What can be done by a man thoroughly trained in the technique of human anatomy?

As to the psychology of the question, I recalled the definition of Professor James, of Harvard, in his work on "Mental Psychology." "Each afferent nerve comes from a determinate part of the periphery and is played upon and excited to its inward activity by a particular force from without." "That is just exactly what osteopaths do," said the Osteopath. "We create a healthy activity at the nerve centers by a careful manipulation from without." I felt myself a little
nearer to the science now since I had based everything upon the scholarship of Professor James, who had unconsciously been helping the osteopaths.

This convinced me that Osteopathy as a science was both physiologically and psychologically correct. But I was not a thorough convert to the healing art, inasmuch as I had not yet seen any practical demonstration of its claims.

I kept my eyes open and tried to carry out Sir Astley Cooper's motto: "Observe and think." My point of observation, in the past six years, has been such that were I to record here what has actually come under my notice, and what is familiar to many people, the readers of this Journal would be tempted to say that it was a fairy tale, or the soliloquy of an hallucinated brain. Yet I can verify every statement made.

I presume that from my own personal observation I could mention two dozen different cases that were an enigma to the old school physicians; but I select at random just three.

A young lady had suffered more or less for over a year from headache and dizziness. Three different physicians had been consulted, but no relief was obtained. One physician advised her to discontinue her studies at the high school, where she was preparing for college. This would have been a great disappointment to her, as well as her parents. Another physician told her that it was absolutely out of the question to even think of a college course. In the despondency which naturally follows disappointment she turned to an oculist, hoping to secure the desired result, but failed again. As a last resort, I suggested an osteopath. His diagnosis was an obstruction of blood supply, which prevented the eyes from getting the proper nourishment, and as a result headache and dizziness followed. After a few treatments the obstruction was removed, the headache and dizziness disappeared; she continued her studies, graduated and this fall left for Syracuse University, where she is happy in the prosecution of her studies.

The second case, if operated upon by the famous Dr. Lorenz, of Austria, who operated upon Mr. Armour's child for congenital dislocation, would have been heralded throughout the country as one of the great feats of the closing days of the nineteenth century. However, no advertising was done, no newspaper notoriety gained, and no big fee to cover the work, but the operation was a success, and Osteopathy quietly won fresh laurels.

A young girl twelve years of age fell from a tree, dislocated the knee cap and otherwise sustained injuries to the leg. The family physician was immediately called, and in justice to him I must say
that he did all he could, did all any physician of his school could do. But after a month’s treatment the leg was drawn up (notwithstanding the brace) in such a way as to be an embarrassment, especially to a girl growing into womanhood, and who would be compelled to use a crutch all her life.

This physician happened to be constructed on the broad gauge principle, and with that desire to live and let live he suggested an osteopath. The suggestion was heeded, and within three months the girl was able to use the limb without the slightest degree of a limp. Here was a case which, to my mind, demanded something more than a passing notice. The girl certainly would have been a cripple, would have been compelled to use a crutch, was given up by a reputable physician who claimed he could do nothing more.

The third case differed from the other two and created more interest than either. One can readily understand how the science of Osteopathy, with its system of manipulation, can bring about results such as referred to above; but as a therapeutic agent in the treatment of typhoid fever I was somewhat sceptical. Many people are yet. You frequently hear the statement, “Osteopathy may be all right in certain chronic affections, but when it comes to fevers and acute diseases medicine is a necessity.”

I will simply relate the case as it actually occurred and leave the judgment of the procedure to you. A year ago this last summer Mr. B. contracted typhoid fever. It was of a malignant type and an osteopathic physician called in to treat the patient. Mr. B.’s wife, actuated either by fear from the law, or possibly not fully appreciating the merits of the new discovery, called in an old school physician. Neither doctor knew of the other’s presence. The latter, of course, wrote a prescription, gave directions and made regular visits, but not a drop of the medicine was taken during the weeks that the patient lay on his back. Nevertheless, he recovered. The doctor congratulated himself that this was the most phenomenal case he had ever treated.

These cases are not referred to because of any prejudice. Neither have they been recalled to hold up to ridicule any school of medicine. This world is large enough for all schools, and I have great respect for any system of healing that can relieve suffering humanity. These cases have been cited to show the sceptical that there is virtue in Osteopathy, and to convince those who have shown a persistent hostility to a system that has come to stay.

* * *

Unobstructed blood is a fundamental requirement of health.
A SQUARE DEAL FOR THE APPENDIX.

In the last issue of the Journal we noted with pleasure the fact that the medical profession, or at least a small particle of it, had persuaded itself that the appendix performs a necessary function in the human body. The latest reports from headquarters of fashionable surgery indicate that it will soon be strictly proper to wear the appendix just as nature attached it to the human system. For some years past the removal of the appendix has been a highly-fashionable function, and many people have taken kindly to the idea of having that apparently useless organ removed from the shadowy depths of their being. But styles change in surgery as in other things, and there is reason to believe that henceforth the pale, pink appendix in the pickle jar will not be exhibited with pride by the man whose interior it used to adorn, but that it will be relegated to the attic along with the old hoopskirt and dust-laden poke bonnet that grandma used to wear.

As we stated in our former article, Sir William MacEwen says that the appendix vermiformis has a very important function to perform in assisting digestion, and that it should be parted with only as a last recourse to save life. Now Dr. Rabogliate, another eminent surgeon, takes a similar view of the case and maintains that surgeons would serve poor, suffering humanity better by teaching it how to keep the appendix well and happy, instead of separating it from the individual, who should cherish and protect it from harm.

There is, of course, a diversity of opinion in the matter. Some men claim that a neatly hand-tailored appendix preserved in alcohol makes a most unique souvenir. Others assert that the appendix can be preserved in alcohol easily enough without submitting to the tailoring process, which is not only painful but expensive.

We do not presume to take sides in this argument except to say that if fashion so decrees it, the ruthless slaughter of the appendix will probably cease.

It seems to us, however, that if the appendix serves its owner faithfully and well, it should be allowed to exist. If some internal disturbance arises in the neighborhood, hasty conclusions should not be jumped at. Under the law every offender is innocent until proven guilty. The appendix should be given a fair and impartial jury trial before being sacrificed on the surgical guillotine.

+++

Tens of thousands of people become victims of the cocaine habit through the criminal negligence of doctors and dentists.
ILLIAM OSLER, M.D., is no doubt familiar to everyone, by name, at least, through the extensive discussion given some of his views recently in the newspapers. Dr. Osler, though only fifty-seven years old, just entering the prime of life, has earned distinction and the reputation, both here and abroad, of being a most skillful practitioner, as well as one of the ablest of living investigators. His appointment as Regius Professor of Medicine in the University of Oxford, England, is one of special fitness. His "Textbook of the Theory and Practice of Medicine" was the fruit of ten years of teaching and practice, and is considered the foremost book on this subject in our language. Below are given a few quotations from this book concerning the treatment advised by Dr. Osler for various diseases:

Typhoid Fever.—"The profession was long in learning that typhoid fever is not a disease to be treated mainly with drugs. . . . In hospital practice medicines are not often needed. A great majority of my cases do not receive a dose."

Scarlet Fever.—"Ordinary cases do not require any medicine. . . . Medicinal antipyretics (fever mixtures) are not of much service in comparison with cold water. . . . Many specifics have been vaunted in scarlet fever, but they are all useless."

Measles.—"Confinement to bed in a well-ventilated room and a light diet are the only measures necessary in cases of uncomplicated measles."

Whooping Cough.—"The medicinal treatment of whooping cough is most unsatisfactory."

Cerebro-spinal Meningitis.—"The high rate of mortality which has existed in most epidemics indicates the futility of the various therapeutical agents which have been recommended."

Lobar Pneumonia.—"Pneumonia is a self-limited disease which can neither be aborted nor cut short by any known means at our command. Even under the most unfavorable circumstances it may terminate abruptly and naturally, without a dose of medicine having been administered. . . . There is no specific treatment for pneumonia. The young practitioner may bear in mind that patients are more often damaged than helped by the promiscuous drugging which is still only too prevalent."

Diphtheria.—"Medicines given internally are of very little avail in the disease. We are still without drugs which can directly counteract the nox-albumins (poisonous products) of this disease."

*This article originally appeared in the May issue of the Journal. We have received so many requests for republication that we reprint it here.
Erysipelas.—“The disease is self limited, and a large majority of the cases get well without any internal medication. I can speak definitely on this point, having at the Philadelphia Hospital treated many cases in this way.”

Rheumatic Fever.—“Medicines have little or no control over the duration or course of the disease. Salicyl compounds, which were regarded so long as specific, are now known to act chiefly by relieving pain. R. P. Howard’s elaborate analysis shows that they do not influence the duration of the disease. Nor do they prevent the occurrence of cardiac complications, while under their use relapses are considerably more frequent than in any other method of treatment.”

“Yellow Fever.—“Bleeding has long since been abandoned. Neither emetics nor purgatives are now employed. The fever is best treated by hydrotherapy (water). We have no drug which can be depended upon to check the hemorrhages.”

Tuberculosis.—“The cure of tuberculosis is a question of nutrition; digestion and assimilation control the situation. . . . No medical agents have any special or peculiar action upon tuberculous processes.”

Chronic Rheumatism.—“Internal remedies are of little service.”

Diabetes (Mellitus).—“Medical treatment: this is most unsatisfactory, and no one drug appears to have a direct curative influence.”

Appendicitis.—“There is no medical treatment of appendicitis. There are remedies which will allay the pain, but there are none capable in any way of controlling the course of the disease.”

The Cirrhoses of the Liver.—“So far as we have any knowledge, no remedies at our disposal can alter or remove the cicatrical connective tissues which constitutes the materia peccans in ordinary cirrhoses.”

Chronic Bronchitis.—“Cure is seldom effected by medicinal remedies.”

Chronic Interstitial Pneumonia.—“. . . Nothing can be done for the condition itself.”

Exophthalmic Goitre.—“Medicinal measures are notoriously uncertain.”

Paralysis.—“The disease is incurable. I have never seen the slightest benefit from drugs or electricity. Probably the most useful means is systematic massage, particularly in the spastic cases.” This latter statement is very significant. If “massage” can do much for paralysis, we believe and know that Osteopathy can do infinitely more.
Spinal Meningitis.—“There are no remedies which in any way control the course of acute meningitis.”

Sciatica.—“Antipyrin, antifebrin and quinine are of doubtful benefit. Electricity is an uncertain remedy.” Osler states further that better results are obtained when electricity is combined with massage. Again we say that Osteopathic manipulations are more beneficial.

Sick Headache—Migraine.—“It must be confessed that in a very large proportion of the cases the headaches recur in spite of all we can do.” This is a frank confession from a man who is looked upon by the medical profession as authority. We know that Osteopathy has cured sick headache. Reasoning from this fact, we believe it can be done again.

Neurasthenia.—“Treatment by drugs should be avoided as much as possible. . . . The family physician is often responsible for the development of a drug habit. I have been repeatedly shocked by the loose, careless way in which physicians inject morphia for a simple headache or a mild neuralgia.”

Pericarditis.—“The patient should have absolute quiet, mentally and bodily, so as to reduce to a minimum the heart’s action. Drugs given for this purpose, such as aconite or digitalis, are of doubtful utility.”

Endocarditis.—“We know no measures by which in rheumatism, chorea, or the eruptive fevers the onset of endocarditis can be prevented.”

Valvular Heart Disease (Stage of Compensation).—“Medicinal treatment at this period is not necessary, and is often hurtful. A very common error is to administer cardiac drugs, such as digitalis, on the discovery of a murmur or of hypertrophy.”

Acute Bright’s Disease.—“No remedies, as far as known, control directly the changes which are going on in the kidneys.”

The above quotations are not given with any feeling of antagonism or disrespect to the medical profession. It merely proves that drugs are not a necessity in dealing with disease. Dr. Osler recommends in all these cases proper diet, hot and cold applications of various kinds, hydropathy in its various forms, exercise, rest, etc., etc. All of these natural agencies are employed by the Osteopath. More, he gets at the cause of the trouble. The most we can hope for a drug to do is to give temporary relief, but this relief is too frequently at the expense of so much vital force and destruction of normal tissue that in the ultimate effect it is after all harmful.
DO DRUGS EVER "CURE"?

In the layman's mind there is absolutely no doubt of the power of drugs to produce a "cure." To cure a disease by means of a drug or a combination of drugs seems to him no more wonderful than to patch up a piece of broken china with a little cement. The same idea existed in every physician's mind up to seventy or eighty years ago—and is still entertained by a good many old-fashioned doctors. The study of pathology changed the prevalent notion of the "curative" power of drugs; it was seen that a dose of ammonium carbonate could have no direct effect on a consolidated pneumonic lung, nor could a dose of opium produce a retrograde metamorphosis in an inflamed peritoneum. It therefore became fashionable to sneer at drugs as curative agents. The *vis medicatrix nature* does it all—without it drugs are worthless. Admitting that this is so, that the real cure is produced by Nature, do not the drugs help toward a cure, by helping Nature to exert her curative action, by removing obstacles, by clearing the sewer pipes, etc.?

When a man breaks his leg and a skillful surgeon puts the fragments in proper position, applies a splint, and the fragments unite without leaving the least trace of deformity—who has produced the cure? The surgeon? He has and he hasn't. Because, without Nature's reparative process, without the callus, no surgical skill would be of any avail. We have many such instances in very old people, in whom, in spite of the best treatment, the fragments refuse to unite. But, on the other hand, without the fragments being put in the proper position, a great deformity may result, or the fracture may remain ununited in spite of the superabundance of Nature's reparative callus. And so it is with drugs in the hands of a skillful physician. Nature produces the cure, but drugs coax Nature to stop her mischief, tide the patient over the danger period, and thus give Nature a chance.

The above appeared as an editorial in "Merck's Archives," a noted drug paper. Nature surely wants a *chance*, but most assuredly does not require any *coaxing*. You have perhaps experienced the sensation of having an arm or leg or a hand or foot "go to sleep," a condition usually brought about by sitting or lying with a limb in some cramped position; for instance, lying with an arm twisted up under the head. This position is apt to throw a muscle tightly across nerves and blood-vessels running down the arm, compressing them, and obstructing the flow of blood through the vessels and of nerve force along the nerve. As a result, the arm (i.e., toward finger tips) becomes numb and lifeless, the degree depending upon the firmness and duration of the pressure.
Now, suppose you had fallen asleep with an arm in the cramped position described, and that you awoke to find it in this condition of being "asleep." Let me ask you what you would do to restore it? Would you take a dose of poison (all drugs are poisons to the human body) to desensitize the muscles and thus overcome the impediment? Or, perhaps, you might take some drug to stimulate the circulation by increasing the force and frequency of the heart's action, thus raising the blood pressure and forcing blood past the obstructing muscle. But, of course, you would not. How ridiculous! You changed the position of your arm. You released the pressure of the muscle. You felt the warm blood fill the arteries and veins, and the tingling of the awakening nerves to your very finger tips. Nature cured the condition as soon as you removed the obstruction and permitted her to. No amount of digitalis, or strychnine, or electricity, or rubbing could have cured it. It could never have been cured until that obstruction was removed.

This illustration applies to the entire body. Disease is merely the result of impeded blood and nerve supply. Remove the obstruction and Nature, without coaxing, proceeds to cure.

**SALT AND WATER.**

SALT AND WATER. 143
OMMON salt, sodium chloride, is an important inorganic food. It is taken into the body as an integral part of the food which nearly always contains it, and is also used freely as a condiment. Persons remote from civilization suffer greatly at times for salt. Hunters on the plains and in the forest will travel long distances in order to obtain this article, and, when going upon trips, will carry salt in a belt about the body. Wild animals will trail miles to reach salt springs or neighborhoods where saline waters ooze from the ground. Cannibals assert that the white man is too salt to make good eating. We have been told that a variety of red ant is used in remote lumber districts as an acid saline condiment.

Salt facilitates absorption, increases the solubility of albumen, diminishes the coagulability of fibrin.

Water is an indispensable component of all organized bodies, and constitutes more than one-half of the human body. It gives consistency and general resiliency to the human body, pliability to the tissues, elasticity to cartilage, resistance to bones. Various substances find their way into the body and out of the body through their solubility in water. To be dry is to die. When water is withheld from the body the tissues become dry, stiff and contracted, the liquids lose their fluidity and the processes of life become impossible.
Water exists in the body as water of composition; that is, it enters into the composition of the tissues and fluids of the body, and is, indeed, essential to their existence. Most of the water is taken in as such as a component part of the food, a small quantity, about eight ounces, is formed in the body by the union of hydrogen and oxygen during oxidative processes. It is important that water should be pure, but no doubt some of the essential mineral salts enter the body in solution in water. Water, having accomplished its purpose in the body, is thrown off unchanged by the excretory organs.

Both water and salt are essential to life, yet inadequate to its support.

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THE PACE OF TIME.

The long-time, arduous and tireless search to find the true constitution of matter is being carried on with an activity hitherto unknown. In the great physical and chemical laboratories of the world there are scenes of "hurrying to and fro." The ablest scientific men of all nations are bending to the task, and rest not.

It took 166 years of incessant toil to measure the distance from the earth to the nearest star. But now men are at work on problems that are as intricate and difficult as the measurement of the stellar distances. These capital problems may prove to be insoluble. They are to find what atoms and molecules of matter are.

It is now about one hundred years since Dalton began questioning nature in the only true and methodical way—that of making experiments, analyses and correct measurements, both of weight and volume. Chemists wrought before Dalton, but he was the first to form clear ideas regarding the molecular weights of elements entering into the almost innumerable combinations round about.

It took probably over twenty-five years of incessant thinking and reasoning before the truths of Osteopathy were given to the world. It has remained for this later age to take a higher ground and to see with different eyes.

We now comprehend that the human body is a fine devised machine, made up of many parts, all intimately related; made up of finer instrumentalities than the mind can fully understand. This conception of the human body is of modern outgrowth, an outgrowth of the industrial and mechanical age. The earlier healers and curers and medical practitioners had no such advantageous viewpoint. To-day the fact is that the human body is a supremely-refined piece of divine machinery, with unlimited capacities of unrealized poten-
tialities, of supreme endeavor-possessing functions, the interrelationship of which constitutes the endless study of the world's most able and earnest students.

THE DISTINCTIVE IDEA.

Osteopathy stands out from all the world has ever taught or known or thought, distinctive, defiant, as it were, not with hostility, but armed with the power of truth and knowledge, to carry into each and every home a realization of the new and newly-evolved factor in human progress, and especially in the art of restoring health through the harmonious co-operation of all the life-giving agencies.

The fundamental point of all these words is that that treatment or medication which does not recognize the human system primarily as a finely-constituted piece of machinery, and adapt treatment accordingly, is not on the right track. The machinery idea of the human body is the correct one. None of the older schools of medicine ever caught this thought, not even in surgery, and it is for this reason that surgery as practiced prior to the past decade was attended with so many discordant results.

HAPPINESS DEPENDENT ON HEALTH.

A

NOBLE nature, a capable head, a joyful temperament, bright spirits, a well-constituted physique, in a word, mens sana in corpore sano—a sound mind in a sound body—are the essential elements to happiness. Of all these the one which makes us the most directly happy is a genial flow of good spirits; for this excellent quality is its own immediate reward. To secure and promote this feeling of cheerfulness should be the supreme aim of all our endeavors after happiness.

Now it is certain that nothing contributes so little to cheerfulness as riches, or so much as health. We should try as much as possible to maintain a high degree of health; for cheerfulness is the very flower of it. Life is movement. Without a proper amount of daily exercise no one can remain healthy; all the processes of life demand exercise for the due performance of their functions, exercise not only of the parts more immediately concerned, but also of the whole body. Ceaseless and rapid motion goes on in every part of the organism. The heart, with its complicated double systole and diastole, beats strongly and untiringly; with twenty-eight beats it has to drive the whole of the blood through arteries, veins and capillaries; the lungs pump like a steam engine, without intermission; the intestines are always in peristaltic action; the glands are all con-
stantly absorbing and secreting; even the brain has a double motion of its own, with every beat of the pulse and every breath we draw. Without exercise there is a glaring and fatal disproportion between outward inactivity and inward tumult. For this ceaseless internal motion requires some external counterpart. Even the trees must be shaken by the wind if they are to thrive.

With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable. So it is really with good reason that, when two people meet, the first thing they do is to inquire after each other's health, and to express the hope that it is good; for good health is by far the most important element in human happiness. It follows from all this that the greatest of follies is to sacrifice health for any other kind of happiness, whatever it may be, for gain, advancement, learning or fame, let alone, then for fleeting sensual pleasures. Everything else should rather be postponed to it.

SICKNESS A DISGRACE.

Unfortunately the commonplaces of physiology are as frequently unfamiliar to the majority of the rich as to the masses of the poor. The recognition that with our existing knowledge constant deviations from health are actually a disgrace is as absent from the mansion as from the cottage. The responsibility of civic duties and of rightly-regulated altruisms needs impressing on all classes alike.

At the first glance it might appear that the fault lies wholly among the unskilled laborers or the industrial classes. It cannot be contradicted that the infantile mortality rate may be taken as a sure indication of overcrowded locality or of maternal occupation. The thousands of children who fall victims annually to want of care when suffering from measles or whooping cough are undoubtedly chiefly resident in the slums of our great cities, or in the cottages of our rural districts. The drunkard, the degraded, the defective are all popularly classified as units among the great unwashed and as the principal sources of menace to England's prosperity.

Less superficial observation will, however, reveal other contributory agents to the growing dependence of our population of all ranks upon the continual supervision of the medical profession. Every doctor must frankly confess to the demands upon his time made by the carelessness and inexcusable ignorance of the patient. Underfed or overfed children; errors of dress in infancy which lay the seeds of future suffering; neglect of adequate light or ventilation in nursery or school-room; insufficient normal exercise; late hours; over-stimula-
tion of already excitable brains—these are but a few of the needless handicaps too often laid upon the children.

Neither are these sins of commission or omission confined to children. Dyspepsia and shaken nerves; unsymmetrical figures or defects concealed by the wiles of art; premature loss of power or eccentricities which verge on insanity, are present among adult dupes to fashion's vagaries or wealthy slaves to self-indulgence, where not the excuse of even a crumpled rose-leaf can be raised in extenuation of the thoughtlessness or willful ignorance which are the promoting causes.

Furthermore, the prevalence of sickness, the constant running to doctors, the growth of the patent medicine business, the extension of hospitals, infirmaries, sanitariums and the like, all result from practically the same causes that the conditions which are always present to produce disease are not rooted out. People are constantly getting "better." Doctors are scattered everywhere, in every block in cities and towns, and every village is well supplied.

It never occurs to all the millions who never cease chasing after physicians that with all their treatments they never remove that which is ever and forever creating the illness, or is ever and ever preventing the natural forces of the body from doing their best to keep people well. It may seem like harping on the same point, but it is the point to be harped upon, or fiddled upon. There is no other error so serious that the masses of people are committing as to keep drugging and overlook the cause.

The cause is always to be found. This cause exists in well people before they are sick. It may exist for years and finally manifest itself, or it may come in a night, in an hour. The masses have not yet learned to recognize that their ills, whether visible or invisible, whether felt and suffered or latent, can be ferretted out and rooted out.

In his biography Dr. Still says: "For twenty-two years I have been looking at the parts of the human engine and I find it is a most wonderfully-constructed engine, with the intelligence of mind and the Spirit of God, from the crown of the head to the soles of the feet. I believe it is God's medical drug store, and that all cures of nature are in the body."

The great opening-up field in Osteopathy is that which concerns those numerous ailments which are not revealed through structural defects.
It has been said that it is better to be born unlucky than rich, but it is, in fact, better to be born tough than either lucky or rich.

When you have passed fifty, don't retire from business or professional work, but be willing to put on the brakes and be satisfied to do a little less of everything and do it better.

Water is the greatest and best eliminator we have. Drink pure water.

By the strict law of nature a man should die as unconscious of his death as of his birth.

Eat less. Play more. Indulge in less fret and fume and more fruit and fun. Get out into God's sanitarium, out of doors.

Those who feel that the E-string of their system is weak and is screwed up too tight must bring the rest of the instrument down to a lower key or get out of the orchestra for a while.

There is nothing so insane and detrimental to mind and health as the conversation of people on their aches and pains and troubles.

Three great causes of ill health are: Introspection, pessimism and worry, the latter especially.

Life is short—only four letters in it. Three-quarters of it is a "lie" and half of it an "if."

The world is too apt to have a confused idea of happiness, success and dollars.

Prejudice roosts on a perch from which facts are barred. Investigate for yourself.

It is well to remember that all the good excuses have already been made.
OSTEOPATHY AS A PROFESSION.

Of any man or woman who desires a professional career the practice of Osteopathy offers more advantages, from a humanitarian, social and financial standpoint, than any other profession. In order that success may follow in the busy era of competition, it is necessary that one should choose a profession of worth and virtue, possessing the greatest possibilities and having the least element of competition. Although the profession of Osteopathy is young, its phenomenal growth and extensive legislative recognition are tributes to the virtue and proofs of the unlimited possibilities possessed by this science.

To the ambitious young man or woman who is desirous of attaining distinction, honor and the gratitude of humanity there is no vocation that offers such grand possibilities as the profession of Osteopathy. There is also no profession that offers such an extensive field for original research and investigation. In these respects the possibilities are unlimited, as the laws of nature are unbounded and can be fathomed only by ceaseless study and unwavering research. The alleviation of human suffering is the grandest and most beautiful vocation, the reward of which cannot be estimated in money. In choosing a profession there are many things to be considered—and perhaps competition is the condition to be particularly thought of. Most of the professions are crowded, and regarding the practice of it is a well-known fact that in most of our large cities there are more doctors than patients. In law practice the same condition obtains, there being more lawyers than clients. In this connection it will be interesting to quote from the "Medical Record" a statement of a few facts. "There are but few countries of the civilized world in which the supply of medical men is not more than equal to the demand. In Great Britain competition among doctors is painfully acute, and a similar statement applies with equal force to France and Austria. It is notorious that the evil is more accentuated in the United States than in any other part of the globe, and that, unless steps are taken to restrict the output, the situation from being serious will become absolutely alarming."

Osteopathy has been practiced only for a period of thirteen years, during which time there have been graduated from reputable institutions a little more than four thousand practitioners, who are now well distributed in all parts of this country, so, therefore, the demand is far in excess of the supply. In the profession of Osteopathy it is the exception to meet a practitioner who does not do well from the beginning, yet it is solely through results attained that success is procured.
In glancing through the lists of students in Osteopathic institutions it is interesting to note the characters presented. We will find all the professions represented, particularly that of medicine, and upon investigation it has been found that the reason why doctors of medicine are studying Osteopathy is the fact that they have by experience realized the limitations of drug administration and have the courage and conviction to seek an exact science to quiet pain and heal the sick. It is to be emphatically stated that one of the great advantages possessed by Osteopathy is that it is an accurate and exact science, and this fact alone should appeal strongly to one seeking a life's work in a profession.

As a profession, Osteopathy offers equal advantages both to men and women. In the profession of law only about nine per cent. are successful; in medicine, about seven per cent., and in mechanics the percentage is even less, yet graduates in these vocations are turned out annually by the thousands. In the profession of Osteopathy over seventy-five per cent. are successful. The profession of Osteopathy offers greater inducements from all standpoints to men and women than any other.—W. B. Keene, M.D., D.O.

THE IDEAL OF EQUIPMENT FOR OSTEOPATHIC PHYSICIANS.

STRONG mentality, a sound body, a personality that inspires confidence, and a character above reproach, are qualifications necessary for the ideal Osteopathic physician.

The physician must first of all be a student, not only until he has been granted a diploma, but a student always. His best mental talents should be employed with untiring zeal in his efforts to solve the problem of cause and cure of disease. An exhaustive study of anatomy, the foundation of the science of Osteopathy, is absolutely indispensable; not alone the knowledge gained from text-books, but a thorough practical understanding, such mental pictures of the relation of structures that in placing a hand upon the body he may be able to name each in order from periphery to center. This knowledge is not only useful, but is positively essential to the intelligent application of Osteopathic principles. This, of course, also includes morbid and microscopic anatomy. Next in order of importance, if not equally important, is physiology, or a knowledge of the functions of the structures which are described by anatomy. By a thorough understanding of this branch the physician is able to determine, after he has discovered some abnormality in the anatomy, what the result of such lesion would be in some distant organ or part of the body.
Physiological chemistry also plays an important part in the general education of the Osteopath, by a knowledge of which he is able to understand two of nature's most complex processes—digestion and assimilation. So we might continue down the list, including symptomatology, diagnosis, bacteriology, Osteopathic principles, practice, etc. After acquiring a thorough knowledge of the minutest anatomical arrangement of the body, that the slightest deviation from the normal may be detected, the sense of touch must be cultivated to the highest degree.

A personality that inspires confidence is of the utmost importance, for be the physician ever so learned and skillful, if he lack this essential quality, he will not have the hearty co-operation of his patient, which will in many cases defeat the best efforts of an otherwise skillful physician.

The physician should be of broad culture, possess a vital intelligence, exquisite tact, cultivate to a degree a sympathetic and magnetic nature; be always ready to lend a willing ear to the story of the afflicted, and keep inviolate each and every confidence. He should be quick in thought and act and cool in judgment. Implicit faith in his science and unfaltering confidence in his own power are his strength and fortress, and can only be founded upon knowledge and experience.

"By your daily walk and conversation shall ye be known." A physician's life should be above reproach, for the patient's respect for him as a man increases his confidence in him as a physician, and the art of healing, worthiest of all callings, should be given our noblest efforts.—Charles J. Muttart, D.O.

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OSTEOPATHY A SCIENCE.

People are beginning to understand that the curative power does not lie outside the individual. The bath, electricity or medicine is good in its way, but each has its limitations and does not possess the ultimate power to restore health. They may supply energy, but not vitality. The vital force lies within the organism. The practitioner expects to find in his patient the vigor, the living power, the curative ability to overcome disease. If the patient believes that his bath, or his nostrum, or anything else that can be administered is absolutely potent for his restoration, and that it makes no difference whether he has some bodily derangement or displacement, what he may eat or drink, how he may dress, work, think or recreate, he stands on a false foundation that will in the end undermine his health and destroy his recuperative powers.
From time immemorial sick people have been taught to believe that the curative power resided in external measures and so-called remedies. And so they still keep on taking medicines, visiting the seashore, the mountains, or going north or south annually in hope of restoration. They persist in violating the laws of their organization in ways that affect body, mind and spirit, thus negatizing the power of the cell, tissue, or organism to renew or recuperate itself.

Cell propagation and activity depends on its innate vital force, and this activity is in direct proportion to nerve stimulation and nutrition and freedom from all obstruction, mental or physical.

Osteopathy, the new principle of treating disease, is concerned with profound histological problems from first to last, and bases its claim to recognition upon its effort to correct the mistakes in the principles and practice of other curative systems.

"There is not a single, true, demonstrated, scientific principle employed by any of the systems of healing that is not recognized and employed by any thoroughly-trained Osteopath."

To this end Osteopathic training and practice draws from the entire field of scientific research, so far as that knowledge and skill applies to the combating of disease.

Osteopathy is a science based upon the principles of biology, anatomy, physiology, chemistry, physics and psychology. It contends that a natural flow of blood is health, and any obstruction, be it osseus, muscular, ligamentous, tendonous, nervous, or fluid, that interferes with molecular activity and metabolic processes tending to produce pathogenic tissue, is the primary cause of disease. Hence the Osteopathic physician does not treat disease or symptoms, but goes straight to the cause and seeks to remove it, recognizing the vital force of the cell to restore the body to normality. All that is true of the germ theory of disease, indeed in the whole range of the mental, physical and biological sciences, that applies to a live human being, the Osteopath lays claim to and may utilize in his practice.

With expert knowledge of normal, biologic forces, as functioning through the cell and tissues and anatomical relationship, he seeks with the assistance of nature and high manual skill to reduce the abnormal, to prevent and cure disease without drugs or any other accessory save that which nature alone has provided. On this assumption the Osteopathic physicians are specialists not only of "eye, ear, nose or throat, with special attention to diseases of women," but specialists on mankind.

Dr. Pressly forcibly states: "The great fields of specialization that have been opened by great scientists and scholars and that are reached only by a few medical men are the every-day 'trampling
places' of the Osteopath who must know the significance of his professional tenure."

Surely, with such possibilities before the student and practitioner, one cannot forego that discipline of mind, breadth of culture, high thinking and noble doing which a broad and scientific training ensures.—Charles W. McCurdy, Sc.D., Ph.D., D.O.

** A SUFFERING MAN. **

Through the length and breadth of this broad span,  
Who is there more miserable than a suffering man?  
He arises in the morning with an aching pate,  
And swallows his dope from early to late.

He wonders why fate is so very mean,  
Never thinks,—perhaps a "broken machine";  
Growls at every one that crosses his path;  
Hasn't heard as yet of the Osteopath.

M.D.'s prescribe powders, potions and pills,  
Or baking or sweating to cure his ills;  
Keeps on trying them, departing with wealth,  
Unaware that bottles ne'er did contain health.

One day he heard of a theory strange and new,  
Of misplaced bones, muscles and ligaments, too.  
When you hear him now, it's always a laugh;  
He's telling with pride of his Osteopath.

Osteopathy, he is singing the song,  
Is the way to get fixed when things are wrong;  
A pull, a stretch, a twist of the han',  
On the road to recovery is that suffering man.

—L. M. Crandall, D.O.

** The faculty of the Philadelphia College of Osteopathy has been selected from the graduates of four schools; hence is catholic in spirit, cultured, progressive and thorough in the presentation of the curriculum.  

The freshman class, notwithstanding the three-year requirement, is one of the largest in the history of the school, and students have entered the higher classes from Kirksville, Southern School, Still College and the Atlantic School. **
Among the Good Books.

"Superstition in Medicine."

"Superstition in Medicine" (Funk & Wagnalls Co., New York) is a good little book by Professor Hugo Magnus. It has been translated from the German by Dr. Julius Salinger, and is very interesting reading to both practitioner and layman. It proves its value as a history of medicine, giving the erroneous ideas and the fanciful beliefs that have prevailed in the world in regard to sickness and its cure from the days of ancient Rome to the present time.

"The Psychic Treatment of Nervous Disorders."

The modern physician has come to look upon "suggestion" as a valuable part of his armamentarium. Oftentimes he finds that the only means of working a change is by influencing directly the mind of the patient. Dr. Paul Du Bois, professor of Neuropathology, University of Berne, has for many years made a study of nervous diseases and their treatment. The result of his research is given in a book, "The Psychic Treatment of Nervous Disorders" (Funk & Wagnalls Co., New York). The book is most complete and well worth careful study. While some of Dr. Du Bois's teachings may be directly opposed to Osteopathic principles yet it contains so much good that we may well say, "Prove all things, hold fast to that which is good."

History of Osteopathy.

In the preface to his work, the author, Dr. E. R. Booth (Cincinnati, O.) states that it "was not undertaken because of a pressing demand." We do not quite agree with the doctor, as we think there was an urgent necessity for a compilation of the facts and truths underlying the birth and growth of the twentieth century medical practice. Dr. Booth deserves great credit for the great work he has just completed. He is a true historian, scholarly, unbiased and truthful. Every Osteopath should read the "History of Osteopathy." It will make him or her a better patriot.

Principles of Osteopathy.

We note with pleasure that a third revised edition of Dr. G. D. Hulett's book, "The Principles of Osteopathy," has just been issued. Dr. C. M. T. Hulett (Cleveland, O.) has undertaken the work of revision.
For a long time past the practitioners have felt the necessity of an Osteopathic hospital, where patients could receive Osteopathic and surgical treatment and care, together with a free dispensary for the worthy poor. An institution, to be known as the Pennsylvania Osteopathic Hospital, is now being established. For the present the institution will be charitable, supported by the Osteopathic profession of the city and voluntary contributions. The following Board of Trustees has been elected:

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Later it is proposed to choose an advisory board of laymen and women. The location has as yet not been definitely decided upon.

** + **

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You was gettin’ rich or great;
It’ll soon be time fer fishin’;
Jerk yer coat an’ dig fer bait!

Don’t spend the days in weepin’
When yer stock is runnin’ low;
It’ll soon be time fer reapin’;
Jerk yer coat an’ fling yer hoe!

Don’t spend the days in sighin’;
’Cos some day you’ll have to die;
Jes’ git ready fer the dyin’;
Then shake hands an’ smile good-bye!

—Frank L. Stanton.

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