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Dufur Osteopathic Hospital

J. IVAN DUFUR, D. O., President

AMBLER, PENNA.

Welsh Road and Butler Pike

This hospital was organized for the purpose of caring
for and for the Osteopathic Treatment of

NERVOUS AND MENTAL DISEASES

Its location on 50 acres of highly developed ground,
with lawns, terraces and expansive gardens, gives that quietude,
freedom, fresh air, sunshine and restful atmosphere so necessary to
the cure of these states.

The building is modern, complete in every detail, all
rooms are cheerful, with expansive views. There are accommodations
for the most fastidious and exacting as well as for patients of mod­
erate means.

The hospital has a present capacity of 82 patients,
and represents, with buildings, grounds and equipment

AN INVESTMENT OF ABOUT $500,000.00.

A corps of competent nurses, physicians and attendants
is always at the service of patients.

Diagnostic and X-ray laboratories are complete.
Patients are supplied with fresh vegetables in season,
fresh eggs and milk and a guaranteed supply of artesian water from
our own wells.

For further information address

DUFUR OSTEOPATHIC HOSPITAL
This space has been contributed through the courtesy of the Fraternities and Sororities of the Philadelphia College of Osteopathy.

FRATERNITIES

IOYA TAU SIGMA
PHI SIGMA GAMMA
THETA PSI
ATLAS CLUB
LAMBDA OMICRON GAMMA

SORORITIES

KAPPA PSI DELTA
AXIS CLUB
The Progressive Business Man

The Progressive Business Man is one who can foresee the future and arrange his business accordingly.

Of course, you are visualizing a great future before you—a goal that you are striving to reach.

The best way to get there is through forceful and distinctive printed advertising—the class of printing that has attraction, individuality and character.

Central Printing Company specializes in this class of printing.

It offers you the services of a most modern printing plant to assist you to realize your vision of the future.

Central Printing Company

4 & 6 South Mole Street
(Below Market, West of 15th St.)

Bell, Rittenhouse 6316 Keystone, Race 6111

Charles Wolfe

Wholesale

Fruits and Vegetables

Personal Attention to Telephone and Mail Orders from Hotels, Restaurants, Clubs, Institutions, Ships, etc.

Dock and Chancellor Streets

Philadelphia

Patronize Our Advertisers
Afoot and light-hearted I take to the open road,
Healthy, free, the world before me,
The long, brown path before me leading wherever I choose.
Henceforth I ask not good fortune, I myself am good fortune,
Henceforth I whisper no more, postpone no more, need nothing,
Done with indoor complaints, libraries, querulous criticisms,
Strong and content I travel the open road.
From this hour I ordain myself loos'd of limits and imaginary lines,
Going where I list, my own master total and absolute,
Pausing, searching, receiving, contemplating,
Gently, but with undeniable will, divesting myself of the holds
That would hold me.
I inhale great draughts of space,
The east and the west are mine, and the
North and the south are mine.
I am larger, better than I thought,
I did not know I held so much goodness.
Why are there men and women that while they are nigh me
The sunlight expands my blood?
Why are there trees I never walk under
But large and melodious thoughts descend upon me?
The earth never tires,
The earth is rude, incomprehensible at first, silent,
Be not discouraged, keep on, there are divine things well envelop'd
I swear to you there are divine things more beautiful than
Words can tell.
However shelter'd this port and however calm these waters
We must not anchor here,
However welcome the hospitality that surrounds us
We are permitted to receive it but a little while.
Allons! Yet take warning!
He travelling with me needs the best blood, thews, endurance,
None may come to the trial till he bring courage and health,
Come not here if you have already spent the best of yourself;
Only those may come who come in sweet and determined bodies.
Allons! The road is before us.
It is safe—I have tried it—my own feet have tried it well,
Be not detained!
Let the school stand! Mind not the cry of the teacher!
Let the preacher preach in the pulpit!
Let the lawyer plead in the court, and the judge expound the law.
Comerado, I give you my hand! I give you my love more precious than money.
I give you myself before preaching or law;
Allons! to that which is endless as it was beginningless.

WALT WHITMAN.
Our spring number must remain in keeping with the weather, and hence we find a slight delay.

Spring, however, must be manifesting itself in sunny Italy, as we have been informed that a noted composer and a no less equally prominent soprano were partaking of Jove's nectar while touring through Venice one evening "a la gondola." The gondolier seems to have resented the effect which spring has on young people, and turned the couple over to the authorities. This in our mind portends a very doubtful future for the gondola enterprise as the matter now stands. We offer a solution to this situation, by suggesting that Mr. Mitten acquire control of all gondolas in Venice, have them placarded "V. R. T. (Venice Rapid Transit) under Mitten Management," and import the Yellow Cab boys as gondoliers. Surely after experience in the role of taxi drivers, these boys would never dare to look to the conduct of their fares.

An English doctor says that long trousers are a menace to health inasmuch as the legs are denied the Violet rays which they need. As between free violet rays, and trousers at $15 per pair, we take the pants and keep our scrawny, shanky, shameful secret to ourselves.

Chicago proposes to require all saddle horses to be equipped with lights. We wonder if this was instigated by some of those bad, bold gunmen who can't hit an unlighted horse in the dark.

** **

DEBATING TEAMS—EVENTUALLY!

"Athletics for All" is an excellent slogan, but debates should be another form of college activity if we are to place our college in the front ranks and have mental bouts with other schools. Temple University has inter-class and Varsity debating teams for both men and women and has a regular schedule of debates for the season. Is it not possible that our students could experiment with inter-class debates or a Senior Debating Society? In this way the Seniors might eventually be able to make an interesting contribution to the program of a County Society Meeting and qualify to compete with other professional schools on subjects of mutual interest.

Lawyer Beasley, of P. R. T. fame, earned most of his debating skill in free debates given by the Chatham Literary Society in an uptown church. The debates were sometimes humorous—more often serious, but in all cases the church was crowded—even when admission was charged!

The following topics should induce constructive thinking and perhaps suggest an inter-class debate:

** RESOLVED that Osteopathy is a complete system of therapy.**

** RESOLVED that athletics play too big a part in college life.**

** RESOLVED that laboratory work is most essential in a study of the sciences.**
Ideas are invited from all students as to their thoughts in the matter. Should debating teams be formed, instruction will be given to individuals or groups in platform etiquette, rules and regulations for debaters, judges, and the chairman. Moreover, Mr. Erb has volunteered to arrange debates with other colleges and assist in organization.

Members for debating teams will be selected on the basis of previous experience and natural ability. If interested for this year or next, give your names to your Class President.

LIBRARY NEWS

Since the opening of the new College Library on December 18th over a hundred books have been added, in addition to subscriptions to the Medical Journal, the Journal of the American Osteopathic Association, Journal of Infectious Diseases, Atlantic Monthly, and Physical Culture. We now have 425 books. Can't we swell the number to a thousand?

We are indebted to Dean Holden for the following recent contributions: Tasker's Principles of Osteopathy, Ott's Textbook of Physiology, Baily's Histology, Studies in the Osteopathic Sciences, by Louisa Burns, and the A. T. Still Research Institute's book on The Osteopathic Treatment of Children's Diseases.

Apart from the interest derived by the upperclassmen from this avenue of research, is the interest as stimulated by Mr. Erb in his chemistry classes, by his personal donations of scientific books and magazines and his recommendation of the library for reference purposes. Robert McDaniel, '29, has given us two books that we shall prize as rarities. One—Brande & Taylor's Chemistry, was published in 1867; the other is Stockhardt's Principles of Chemistry and dates back to 1850, its pages presenting many amusing contrasts to the teachings of modern science. Yes, we need old volumes as well as new ones if the library is to serve all purposes.

During the past two months forty-eight students have taken out library cards and are regular borrowers. As many more come in to read. To make the library outgrow its present quarters, and thus realize the ideal of one so large as to warrant the services of a full-time librarian, is indeed possible. Lend your moral support and watch results!

THE INCOMING FROSH

So much interest is being manifested in the Class of 1930, we are constrained to “corral” the facts on hand.

Despite more stringent requirements of preliminary education, at least a dozen young men have already matriculated for next September. Of these, the names of Lyman and Rosenbaum are bound to bring joy to our athletes here, while Adair is said to be a most scholarly chap. The “Oranges” will again be represented by the presence of stalwart young Davies, whose talents lie in the saxophone and Glee Club work. Nathan Fibish, of New York, writes us with such evidence of literary skill that we predict a place for him on the Axone staff. Shaw, Hirst, and others are of serious mien with an expressed determination of purpose that should place them in the first ranks. Rutgers Preparatory School will be represented by a young man named Parker, and Roy Young, of Zelienople, will be here to see what his brother sees in Osteopathy. Curiosity brings them all; love of the work keeps them!

OSTEOPATHIC PRINCIPLES

Osteopathy is a system of treating disease, in which manipulations take the place of medicines. These manipulations are for the distinct purpose of adjusting the structure of the body. This system is based upon the fact that the human body is a machine, and though a living mechanism, it is subject to the laws of mechanics. Each of its many parts must be in its proper place if the machine is to run perfectly or be in a state of health. Structural perfection through adjustment is the key-note of osteopathic treatment. It holds that strength, health or vitality can come only from air, food and water, in sufficient quantities. With the aid of these the body has means within itself for producing, and does produce, all the chemicals and drugs necessary for its repair and cure. Osteopathy accepts and utilizes all that has been proven of scientific value.

Abstract from “Osteopathy” by

PERCY H. WOODALL, M.D., D.O.

SLOW BREATHING BEST

It has been noted by scientists that the slow breathing animals are the longest lived and the least susceptible to tuberculosis. The rabbit, which is the most susceptible to the disease, breathes 55 times a minute, while the horse, the least likely to contract it, breathes but ten times a minute at rest. The animal which never is attacked by tuberculosis and which is perhaps the longest lived is the turtle. Its respirations are so few that they are scarcely perceptible. The observations and tests on animals have been made by experts in pulmonary diseases for the purpose of trying a slow breathing treatment on tuberculosis patients.
THE BACK OR DORSAL STRUCTURES FROM THE
INTERNIST'S POINT OF VIEW

J. MADISON TAYLOR, M.D.

Note:—The following article is presented to readers of the Axone just as it appeared in the "Medical Journal and Record," June 17, 1925. No comment need be made, as the student will read Osteopathy throughout the entire article.

Let me restate former postulates preliminary to offering some mature observations:

A clinical scrutiny of the back areas, the dorsal structures or the rear parts of the chest and trunk, will often reveal facts of as much, indeed of far more, significance to the internist than to the orthopedist. A host of disorders or miseries, or disablements, can be there observed—similar in origins and natural history—but capable of more than one line of interpretation and resources for relief.

For the internist to omit such exploration leaves his clinical obligations only half discharged. Unless the back and associated structures come in for appraisal and the application of locally directed remediation to the causal factors at work, the direct or contributory effects often elude the consideration due them. Also: when such graphic symptoms as are shown by the back structures subside, or yield to locally applied remediation, there can thereby be secured a gratifying reduction in peripheral irritations situated in the same line of innervation. Most of these effects are readaptations in the disordered reflex circuits connected with certain outlying, but definitely correlated, sources of irritation. The effects of these are usually displayed as local spastic states, tonic protective spasm. Often these peripheral lesions seem in no way a part of the dorsal disturbance, yet it can readily be shown that they are.

Also such graphic symptoms displayed in the dorsal structures as do arise tend to subside or yield to locally applied remediation. Then can be secured, also, a marked reduction in the peripheral irritations causing them. This comes about chiefly through readaptation or reconditioning of the disordered reflex circuits connected with the outlying, but definitely correlated, sources of irritation.

The modus operandi is, in short, a harmonizing and rebalancing of the reflex circuits involved. In the process of investigation other structures and correlated functional interplays tend to fall into their place. They may not be exactly explainable but demonstrate the infinite complexities with which man, as a vitalized and chemical engine, is endowed. The objective is to restore automatic mobile equilibrium.

Nature, always of boundless resourcefulness, often needs only relief from hindrances, and to secure favorable positions and encouragements to proceed with her work.

Furthermore, the best influences and instrumentalties are always the simpler, more direct stimuli, and also to begin as near as possible to centres and to apply the right kind of peripheral rousing.

It therefore would seem evident that deep significances reside in impairments of pliancy, mobility, symmetrical balance and of tone in back muscles and static structures, most of which are phenomena of tonic protective spasm due to foci of infections or other irritation. Whatevver may have been the primary cause of disease, or of mere disorder or disablement, whether we blame germs or pathological chemistry as origins, it is plain that a host of distressful reflex effects do follow, especially those which fail to yield when the primary ailments or disturbances are overcome. These secondary causes, shown in their obstructive, or distressing, or disabling effects, demand relief for themselves. It is a fact that where the primary traumatic, infective or biochemical causes persist, they can be made to yield satisfactorily on the remedying of those associated, or consecutive, or intimately correlated causes. Many disordered states, moreover, must follow upon anatomical or developmental anomalies, occurring in the phenomena of evolution.

So soon as proportionate attention is given to structures of the back, then will cease many omissions, not to say blunders, discredits, or even disasters. The clinical tendency* is to ignore this diagnostic field, which is regarded as a sort of fad in those who emphasize it. There is here a domain of effort which must be included in any scheme of exploration for which completeness is asserted.

Expert examination of the back will reveal a variety of facts equally significant with those obtained by experts in exploring such localities as the

*During my fifteen years' experience as professor of diseases of children at the Polyclinic Hospital School for Graduates in Medicine, it was my habit to examine the backs of all patients. The older students constantly complained that this was a waste of time and effort.
Backache or tenderness on deep palpation is a quadruple phenomenon compounded of:

1. A tonic spasm exhibited in the paravertebral muscles and their fibrous attachments (clinically a fibromyositis); 2, an irritated, or exhausted, subcentre at the cord level (metamere) corresponding to the innervation of the reflexopathy; 3, a peripheral lesion, or source of irritation, and hence of reflex disturbance; 4, a disturbance of metabolic balance.

Beyond these major and constantly recurring causal factors lie diverse and sundry associated ones varying in kind and degree as the stage is acute, subacute or chronic, in accord with age, strength, habits, in particular as to the nature of the primary disorder or disease; especially as to the state of energy content.

Pains or tenderness in the back—as revealed by tactile exploration—are not only among the more prevalent of symptoms, but their significances are too commonly misinterpreted. On examination of the backs of a considerable proportion of those making no complaints of sensory disturbances in that region, there will often be found unsuspected or latent tenderness, soreness and pain.

A study of backs thus furnishes indications of practical significance. Attention need not be confined to those only in which some obtrusive pain, tenderness, disability, deformity or other indicia appear.

Backache, per se, deserves relief. It varies all the way from acute agony through various degrees of misery and impaired usefulness to an embittered existence.

Pain is rarely, if ever, felt in more than one locality at a time. That pain which is most severe dominates lesser pains. When this is relieved other pains are then consciously perceived. The secondary pains sink below the threshold of consciousness while the most severe one occupies the foreground of attention. The series of pains thus may include three or four or more.

Correlated with frank pains are also various kinds and degrees of aches, miseries or depressions, with a more or less sensory basis. The elements of these distresses are often complex blends of weariness, fatigue, exhaustion, or long continued sensory impacts on the consciousness incessantly repeated and unduly protracted. Likewise there is the emotional element of exaggerated attention to the distress; misinterpretation of factors involved causing anxieties lest this or that part, or organ, may be seriously affected.

Backaches are especially common—as has been said—in late age. The causes so uniformly elude location and satisfactory explanation that one of two courses of action is usually adopted; either to accept philosophically the burden of miseries, limitations of activity, or to deny all pain. It is true a pain may be resolutely subordinated, but since its economic purpose is to warn of disease, it deserves expert attention and radical remediation, otherwise catastrophe may follow. Such a fool’s paradise is worse than an extrahazardous occupation.

**WHAT CAN THE INTERNIST LEARN FROM APPRAISAL OF THE POSTERIOR SURFACES OF THE TORSO?**

Briefly, examination of the back by inspection and especially by palpation, tactile apperception, also by a survey of conformation, proportionateness, relative resistances, sensitiveness, anomalies of adaptation, etc., aids one in the appraisal of many associated phenomena and reflexopathetic effects. These reflexopathies bear significantly on the whole domain of sympathetic disturbances in the organism as a whole.

While such evidences as these may seem of more importance to me and others similarly interested, than to the majority of clinicians, certain it is that observation of the back areas is helpful in throwing light upon a wide variety of anomalous, distressful or diseased states due to disturbances of the spinal nerve centres and occurring at corresponding cord levels or metameres.

Evidence on this subject is growing and has already reached respectable proportions through the efforts and interpretations of many. In a former paper presented a suggestive sketch of the subject. A few points will be cited here:

Many, indeed most, maladies, not only the acute but more the subacute and chronic, are reflected in, and can be interpreted from, the back. It is also a fact—readily corroborated—that a large proportion of distresses, disorders, can be relieved or reduced by induced movements, pressure, heat, and other biokinetic procedures directed to the back.

No symptoms may be noticeable except on deep and persistent palpation, or on wide hand pressures, followed by voluntary movements, bendings, rotations and stretchings of the limbs, forceful extension of extremities, preferably while lying prone on the
abdomen. Any overtension in the muscles must be relaxed as has been elsewhere described by impacts followed by voluntary movements of the affected muscles.

Of course full X-ray studies should be pursued unless the problems are obviously simple ones and symptoms do disappear under the treatment to be suggested.

Among the points to be observed are these:

Pains, tenderness on touch, sorenesses on voluntary movement, alterations of conformation—only to be learned by many comparative observations on the normal back asymmetries—also twists, lamenesses, limitations of excursion, restrictions, adhesions, but especially whatever can be incriminated as due to spasticities in muscle fibres, chiefly in the erector spine muscles, and those of closely associated innervation.

These disorders of shape and density (morphopathies) are caused by reflex overstimulations and due to irritations arising either in the muscles (clinically a fibromyositis) or also—perhaps always—due to irritation as in a viscus reflected to the paravertebral, and hence outwardly to other muscles. Certain it is these often disappear by merely releasing the tonic spasm in situ. When they do disappear the irritation in the spinal centres tends to subside, also that in the viscus controlled from the same segmental distribution. Flatulence is a deeply significant phenomenon and is closely correlated to marked fluctuations in blood pressure. As intestinal gas is relieved so do variegated distresses disappear and recoveries progress.

These spastic states in vessels or viscera readily yield to gentle manipulations on such areas of the back as are associated (segmentally) with the area of disturbance.

Relief to the tonic spasm works both ways, forward and backward, and eventuates in relief of many correlated visceral distresses or disorders. The mechanism of reaction is probably due to releasing pentup or retarded energies through biokinetic influencing by, 1, impacts or tapping upon the nerve in continuity; 2, excitation of accessible centres by induced movements (reflexogenesis), and 3, by balancing effects exerted on vasomotor and visceromotor function, hence by improvement in nutrition of the cell bodies in the interdiscal spaces. S. Weir Mitchell called my attention to these points forty years ago and constantly saw patients treated by him in his earlier years in whom the results were amply confirmed.

Among the disabling effects thus removed through orthokinesis are: restoration of not only visceral nutrition, metabolic improvements, and repair, but also in organs of special sense, eyes, ears, of respiration, etc., likewise in the whole domain of visceral disturbances.

The special subject here offered is the possibilities of manipulative or manual orthopedics (or better orthokinetics) of the spinal column. What is the common denominator, the mutual integer, or exponential?

It would seem it will be found in a state of relative (spastic) rigidity, loss of normal mobility, of impaired pliancy of the paravertebral structures (those lying two or three inches alongside the backbone) whereby some kinds and degrees of regulative influences are exerted upon the outgoing nerves.

A well established clinical relationship exists between these subsidiary centres in the cord and diseased conditions. These morbidities are shown by alterations in the paravertebral structures both morphogenic or structural, also by pathognomonic sensory disorders as will be later pointed out in diagnostic contrasts. The fact is demonstrable that when these recognizable and uniform phenomena are made to disappear, there follow—coincidentally—a lessening, or modification, or disappearance, of the morbid or distress phenomena.

What causes these manifestations of disorder to disappear so uniformly? It would seem the common denominator or genetic agency is the application of judicious minor shocks or rousing impacts upon the vertebral bodies or those structures intimately associated with them. These seem to afford liberating stimuli to retarded energies. "Biotic energy in order to be effective must be abrupt."—Sherrington.

Good and fairly uniform results follow almost any form of rightly directed gentle, firmly applied force, or emphatic mechanical arousing through spinal impacts or pressures, so long as they are capable of stirring up the reflex mechanisms in definite particulars. Results follow in accord with design, and with known innervations. During states of health these interactions, these comings to rest after stimulation (equilibration), are so automatic that they escape notice. During ill health (maladjustment of function) they are readily noticeable, determinable and controllable. They follow in due order, and in accord with biological laws. They can do no harm unless outrageously violent.

To what can we ascribe the nature of the effects by impacts upon, or agitation or commotion of, the spinal masses?

Several varieties of the same grouping of effects are manifested, all the way from the bone and adja-

[Continued on page 26]
THE VALUE OF FIRST-HAND INFORMATION

J. M. LECATO, A.B., A.M.
Department of Physiology

The unscientific mind differs from the scientific mind in the ease with which it falls into the belief that a generalization once made is gospel fact, especially if that generalization gets into print. We students pick up our texts, read paragraph after paragraph, swallow it all without once raising the question in our own minds as to whether or not our own observations coincide with those stated in the text. In other words we are too prone to fall into the habits of intellectual slavishness, just as the two schools of medievalists did who argued for over three centuries on the number of teeth a horse possessed. Fortunately one of their number took a sudden practical turn of mind and conceived the idea that if some one would actually inspect the mouth of a horse and count the teeth there would be no argument. It is this "Intellectual Curiosity" for actual facts that should predominate. There is no question that one may gather more facts in an hour from a book upon any given subject than they could possibly learn in twice that time experimenting in the laboratory. But, the question arises as to whether the knowledge gained from reading is worth as much to the reader as is the knowledge gained by the slower process of experimenting.

I have attended Boosters' meetings and have listened by the hour to the George F. Babbitts rave about "This Man's Town," and before I left learned that one street car is made every day; four automobiles sold every hour; one baby born every five minutes; but, as in the case of the last fact, I had only to go to the maternity ward of the city hospital to gain first-hand information concerning the increase in the population in "This Man's Town." After listening to the squawking of dozens of young hopefuls and observing some of the anxious fathers (or mothers to be) pacing the corridors, I gained a lasting impression of what "One born every five minutes" really means.

There is a vast field of human knowledge which one cannot appreciate except through the medium of first-hand information, simply because of the fact that our language is not sufficiently descriptive, nor are our brains sufficiently developed for the one to turn sensations into words and the other to turn words into the actual sensations. Who can describe the odor of the violet, the taste of the green persimmon, or who can reproduce the song of the meadowlark?

An additional value of first-hand information along with the actual fact that is brought out, is the definite assurance that we know we know. Further, more, in learning the truth we also learn to know that which is false. Permit me to illustrate with a story. "A sea captain was unable to find his way into a harbor where there were certain hidden rocks to be avoided, and was on the point of abandoning hope of entry when a freckled face fisher lad pulled alongside and asked to come aboard. 'Say boy,' said the captain, 'Can you pilot us to the dock?' 'Yes sir, I guess I kin', replied the lad. Then the sails were hoisted and into the port they started with the boy at the wheel. But, before the vessel had progressed any distance the captain began to lose confidence in the lad and inquired of him 'Sonny, are you sure that you know where the rocks are?' 'Naw, course I don't was the reply, and then after a few seconds' pause drew out 'But I know where they ain't.'"

The past has handed down to us as our heritage a remarkable stock of scientific knowledge but, after all, mixed in with this wheat of human understanding there is a lot of chaff to be winnowed out before we can honestly say "Truth is Truth." So the very best we are afforded now is that which we know to be rock foundation, and it is upon this that we must build our future scientific structure, and as its cornerstone "Intellectual Curiosity," adorned with reason, truth, freedom of thought, and honesty of effort. And from its doors will issue forth men and women who without fear but with decision will dare to proclaim "It is so, our controls check."

HOW NICE

"Have you any nice young grocers?" inquired a flustered young bride, who had intended to ask for chickens.

"Why—why, yes," was the astonished reply at the other end of the wire.

"Well, send me two dressed."

"Dressed?" said the grocer, more astonished than ever.

"Well, no," was the reply, after a moment's reflection. "I believe you may send them undressed. My husband's coming home early, and he can wring their necks and the cook and I will dress them."—The Progressive Grocer.

IRISHMAN TRAINED RUSSIANS

One of the men employed by Peter the Great in organizing and training the Russian army was Peter Lacy of Limerick, Ireland, who fought in various wars in the service of Russia until retired in 1743.
Mastitis is an inflammation of the breasts, always due to infection by micro-organisms. When the latter, through a fissured or rarely a normal nipple, enter the milk ducts and find their way into the secreting glandular structure, a glandular or parenchymatous mastitis results. When the route of invasion and ramification is along the lymphatics, the mastitis is designated interstitial or phlegmonous mastitis. Beginning as either, both varieties are finally present when multiple or extensive suppuration results. In very rare instances the blood stream may convey infection to the breasts as to any other portion of the body when grave systemic infection is present, although most authorities doubt this method of infection. When a mild infection involves only a limited area of the glandular tissue, a small amount of pus may be discharged in the milk and with few symptoms the disease ends. When, however, the invasion reaches the deeper structures of the breast or even penetrates beneath the gland very severe constitutional symptoms are present, but in some rare forms of infection the patient may be in grave danger with but slight local pain, tenderness and edema. Submammary mastitis is even more insidious, the local symptoms appearing at a much later date. Sooner or later, the breast becomes edematous and more prominent, feeling as though it rested on a fluid base.

The symptoms of mastitis are acute pain, slight rise in temperature, reddening of the surface, induration of the infected lobule or lobules, malaise, loss of appetite, rapid pulse, headache and flushed face. The symptoms appear gradually followed in 24 or 48 hours by a chill and rapid rise in temperature to 103°-105°. If the high range of temperature last beyond 48 hours, pus is almost surely present and the temperature curve becomes remittent. In the interstitial type of mastitis the nipple is practically always broken by denudation or fissure and in the superficial type radiating from the nipple may be seen the reddened lymphatics leading to their respective quadrant of the breast. The axillary glands may become enlarged and tender. When the infection passes from the nipple to the deeper interstitial structures without these surface manifestations, the local symptoms in the breast may be slight in the beginning, the constitutional symptoms continue and appear to be out of proportion to the local pain, tenderness and edema. Submammary mastitis is even more insidious, the local symptoms appearing at a much later date. Sooner or later, the breast becomes edematous and more prominent, feeling as though it rested on a fluid base.

Prophylactic treatment of mastitis is of most importance. During the latter months of pregnancy the nipples should be washed twice a day and avoided. During the puerperium the infant first nurses the breasts and nipples are cleansed with a bland soap and water, followed by boric acid solution. The nipple is then covered by a sterile piece of gauze. This cleansing is repeated every morning, and before and after each nursing the nipples are cleansed with a saturated solution of boric acid.

The nurse and mother are taught not to touch the breast, nipple, or infant's mouth with contaminated fingers.

When the breasts begin to function, apply a well-adjusted Y binder, the pressure being equally distributed around the base of the breast. Great care must be taken in this adjustment, otherwise more harm than good may result. The object is to supply sufficient pressure with the binder to prevent and control undue engorgement, which when it occurs will be relieved by hot water bags to each breast outside the binder until the milk flows freely from the nipple. The binder should not be released even momentarily until the engorgement has disappeared.

* Read at February meeting of E. G. Drew Obstetrical Society.

[Continued on page 23]
"OSTEOPATHS AS GENERAL PRACTITIONERS" *

The medical journals and even the lay press have had much to say, of late, regarding the shortage of physicians in rural districts. In Dr. Cutter's and Dr. Haseltine's articles, last month, there were a number of pertinent observations. We have mentioned the subject, editorially, several times.

Now, however, comes a new light upon the question, and we feel that every practitioner in the country should be informed of the conditions so that he may govern himself accordingly.

In various places and at various times the statement has been made that, in the smaller communities, the regular physicians are being replaced by osteopaths, who do not consider it beneath their dignity to study and minister to the ordinary, every-day ailments of ordinary, every-day people—who are willing to deal with what Haseltine calls the "minor problems."

Now these gentlemen are openly laying claim to this field. In a recent bit of osteopathic literature, we find the following statements:

"The medical 'country doctor' is rapidly disappearing. The osteopathic graduate is taking his place. Osteopathic students are trained for that type of work; they see the opportunities awaiting them in the smaller communities and are taking advantage of the situation. We feel justified in stating that the osteopathic physician is the general practitioner of the future."

Strong words, and full of food for thought!

Let us see what justification there is for such broad claims.

The osteopath is licensed by law to practice in every state in the Union. Twenty-eight states have special osteopathic boards; and in 21 these applicants are examined by boards whose members are entirely or predominantly medical men.

Thirty states permit osteopathic graduates and licensees to use narcotics under the Harrison law; in all the states except Maine and Rhode Island they may practice obstetrics; in all but these two and New York they may do minor surgery; in 34 states they are allowed to perform major and surgical operations. Truly, gentlemen, their powers and scope of activity are but little inferior to ours, or so it appears!

It is stated that there are, at present, 6,750 practicing osteopaths in the country, and their schools are turning out more of them very rapidly. Every one of these men is a center of organized propaganda for their doctrines. Whenever any measure comes up in Congress or in the state legislatures which interests these people, pro or con, they all get after their representatives, tooth and nail, and generally succeed in convincing them that they are the spokesmen of public opinion—because we are too blind or complacent or just plain lazy to tell our side of the story.

Just at the present time we are not going to take sides on this matter—not overtly, at least. We are just trying to put the facts before you for your consideration.

Does it look to you as though their claim to the general practice of the future was going to be realized? Are we willing to have it realized? Are we prepared—we medical men—to surrender our position as family consultants to the American people? If so, it looks as though we have only to continue in our present attitude of universal indifference and all-too-frequent petty jealousies and misunderstandings and watch things happen.

If, on the other hand, we are not satisfied with present trends and tendencies, it behooves us to remember the remark which Benjamin Franklin made to John Hancock, at the signing of the Declaration of Independence, "We must all hang together or, assuredly, we will all hang separately."

There are 150,000 of us. If we exhibit only one-tenth the unity of purpose, zeal, cohesiveness and persistence shown by our osteopathic brethren we ought to be able to accomplish twice as much as they.

Your confreres in your own town are the first men to hook up with; then the County Medical Society (which ought to be a greater force in the land than it is!), then the State Society—but why go on? Verbum Sap!

INITIATIVE WINS

When initiative is absent, we become mechanical beings with no keenness for advancement; and if all were afflicted that way the world would cease to progress; for we are here today just because men of initiative have acted in the past. So it is well to be buoyant and brisk to take another step which will bring a benefit both to ourselves and others.

There are thousands of things in life that are ours if we will but claim them; but we have failed because we have never heard their call, or thought the call was to someone else and not to us. We need to arouse ourselves and go in and possess, otherwise we shall be left behind.—Exchange.

* From "Clinical Medicine," February, 1926
COLLEGE, CLASS, AND ALUMNI NOTES

FROSH FROLICS

The "Frosh" wish to send in their regrets for missing out in the last issue of the AXONE. It was stated that the reason for this was an incapacitation of our right arm, and a dulling of our frontal gyri due to the severe ravages of mid-year exams. This explanation seemed to satisfy all concerned, so why change it.

On March 5th, the last traces of any such indisposed feeling were thrown into the abysmal past, and the Chelsea Room of the Hotel Lorraine was the scene of synchronous swaying of corpi to the tunes furnished by very competent jazz artists. The Frosh feel that their guests were amply repaid for the effort put forth to attend the "First Annual Frosh Hop."

It seems, however, that Art Springstein and Harvey Thornbury didn't have any feeling whatever in the matter.

Is it possible that the Sophomores overlooked one of their members in their column in the last issue? We believe so, and here wish to extend our own "milly" success.

SOPHOMORE SPOUTINGS

In order to remove all unpleasant recollections of mid-years, it was deemed advisable to begin the second semester by giving a ball. With characteristic precision, Mr. Bowly appointed a committee with Mr. Perkins as chairman, to make all necessary arrangements.

On the 15th of February, therefore, our long anticipated Sophomore Hop graced the ball room of the Rittenhouse. Thanks to the efforts of the Committee, our highest expectations were more than realized, and all who were present were unanimous in agreeing that the affair was unrivaled by anything they had ever attended. Not only were most of our own class members present, but we were pleased to have as our guests representatives from all the other classes, and it was especially gratifying to welcome many of the faculty.

It would seem that the laws so rigidly laid down by Dr. Jacobson relating to the development of the human species have been disproved. When Mrs. Steenbergh answered to the roll call a few days ago, it was noted that she was the sole occupant of the chair; but vanishing through a window (which, by the way, is popularly used as an exit), the lady appeared almost instantly carrying in her arms a most charming member of the gentler sex. Another triumph for Osteopathy.

On the evening of February 20th, we won the inter-class relay held at the 108th Armory. It is worthy of note that in all the inter-class meets in which we have participated, we have always taken first place.

From the first our girls have proven themselves excellent entertainers, and it is with no little pleasure that many of us recall the parties given by them in our Freshman year. On March 8th, Miss Cargill's apartments were the scene of unusual excitement, for on this occasion the Sophomore girls were most pleased to entertain the fair members of the Freshman Class. It is most gratifying to note that all the ladies of both classes were present.

The reception was in every respect a great success. There were dancing and games, and the festive board groaned with its burden of good things; nor is it sufficient to say that the refreshments were abundant, but from what may be learned of the partakers, they were so rich that many present suffered a temporary loss of ambition.

Much interest was centred in the kiddie car race between Miss Gladys Smiley and Miss Norma Minnerly. At first the race was intended to be a speedy one, but later it was concluded to give the prize to the one falling from the vehicles the greater number of times. According to a careful record kept by a reporter, Miss Smiley fell forty-three times, while Miss Minnerly descended sixty-nine. Then there was a peanut hunt; and such were the places chosen to hide peanuts, that many of the fruit were observed to fall from the spine which Miss Cargill carried to the clinic the following day.

But we must not forget the circus, and to Miss Jean Johnston belongs the glory of ringman. Shod in large boots, clad in a long brown coat which appeared to be knitted, and crowned by a helmet such as is worn in the Orient, she was in addition armed with a terrible whip, so that she embodied at once the ferocity of the Cossack and the majesty of the Romanoff. The apparel is the personal property of der Graf von Tilleman, and on consulting the archives it was learned that this identical costume was worn by Peter the Great when touring Europe in the latter part of the seventeenth century; was the only relic saved when the Russians burned their capital, Moscow, in 1812, and at a later time was worn by the Russian commander at the Battle of Balaklava who thwarted the designs of the "Noble six hundred."

The culminating event was a thrilling chariot race in which Miss Cargill and Mrs. Swift participated. The race was long and hotly contested, but owing to the unequal distribution of avoirdupois, victory
decided against our Lancaster representative. The only regret of the party came when the wee hours of the morning made their appearance, and then it was that the ladies reluctantly took farewell of one another and wended their way homeward.

JUNIOR JOSHES

Flushed with the success of last year’s efforts in the dramatic field our class is about to launch a new play written by Dr. Hitner. It is entitled “The White Iron Bed” and is in three acts. Frank Gants is cast in the leading role and in the first act disrobes in front of the audience. In the second act he is besieged by the angry mob and in the finale the villain gets away with Frank’s shoes, much to the delight of the audience and the disgust of the hero.

We are indebted to Dr. Ira Drew for his weekly visits and instructive lectures in Pediatrics. That his efforts are appreciated is evidenced by the high attendance.

Now that Jack Grinold has severed his connections with WIP perhaps we will get more music from the old box in the corner.

Again the Class of ’27 has established a precedent. This time it is in the matter of wearing white coats in clinic. The “barber” coats brought forth no small amount of ridicule, but it certainly adds to the appearance and dignity of our clinic.

Junior Prom will again be held at the Bellevue-Stratford in the North Garden. The date is set for May 14th and will be the crowning and closing event before Commencement.

They used to say, “Have you been down to have your picture taken yet?” Now it has been changed to, “How many times have you been down to the photographer’s?”

“No,” said Floyd Master, “I don’t enjoy smoking a pipe so much. When I smoke my own tobacco I pack my pipe too loose, and when I smoke somebody else’s I pack it too tight.”

Someone said that Jean Scally had no sense of humor but the following disproves this statement.

Pete: “Would you marry a man who lied to you?”

Jean (sarcastically): “You don’t think I want to be an old maid, do you?”

SENIOR SCINTILLATIONS

Preparations are now under way for a “BIG” time during Senior Week. Dr. Earl Gedney is leading the way and certainly is putting some snap and pep into the program.

It will only be a few short weeks now until the Seniors relinquish the front seats in combined classes to the Juniors. We certainly have had a difficult task trying to impress the fact upon the lower classmen that front seats are reserved for Seniors. Of course we realize that the underclassmen are simply hungry and thirsty for knowledge, but we went through the underclass years and always had respect for the senior classes and did not usurp their rights to the “box” seats.

We wish to extend our appreciation to Dr. L. Mason Beeman for the valuable work he has given us on Wednesday afternoons during the month of March.

Yes, fellow students, Dr. Green is still with us, and is trying his best to iron out some of the rough spots in our “Anatomy.” We admit this is rather a difficult undertaking, but then, wait until the finished product is turned loose.

Dr. “Cy” Kaelber and Dr. “Bob” Sanderson have entered into partnership and we understand they are applying Osteopathic Principles and Practice to the numerous “Collegiate Fords” which occasionally park near the college. Any Ford with Carburetoritis, Borborygmi, Carbon Collitis, or Locomotor Ataxia, may find relief in the hands of these expert technicians.

We have had rather a difficult task on our hands lately as one of our members has been presenting numerous symptoms of Mongolian Idiocy. Under the application of gall bladder drainage the symptoms are clearing up, and our diagnosis has been changed to cholecystitis. However, just the other day a relapse occurred in her mental condition, when she assured us she was going to the “Shircus.”

Suggestions for Senior Week. Why not stage a few “collegiate weddings.” Surely we have ample material on hand. Lib Toomey and Pat O’Hara assured us they were only waiting until after Lent and we will appreciate it very much if they will advise us as to the date.

ALUMNI NOTES

On May 7th and 8th the annual convention of the Pennsylvania Osteopathic Society will take place at the Bellevue-Stratford Hotel. The speakers scheduled are second to none. Dr. Carl McConnell will give us some new light on Osteopathic Research, and Mayor Kendrick of Philadelphia will be the main speaker at the banquet which will be held May 7th at 7 P. M. The entire program will be of such high quality that Osteopathic physicians from all nearby states cannot afford to miss the convention, and this most opportune time for a post-graduate course.
Through the courtesy of Mr. Robert A. Baur, Vice-President of the Board of Directors, the College Library has received two seven-foot revolving bookcases. Each one is capable of holding over two hundred volumes.

Books or articles on the following subjects are greatly needed in the library: Osteopathic Research, Physical Diagnosis, Genito-Urinary Diseases, Skin Diseases, Orthopedic Surgery.

Dr. Allen, '25, has been engaged in research work in the research ward of the Boston Psychopathic Hospital for the last two months, using the malaria parasite in the treatment of syphilis.

Dr. Trumbull, '25, is located in Waterville, Me.

Dr. J. Lloyd Oliver, '25, has moved his office to 209 Essex Ave., Boonton, N. J.

Dr. E. M. Stimson, '24, is now located at 1926 Mt. Vernon Street, Philadelphia.

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SOCIAL NOTES

February 15th was the Sophomore Hop held at the Rittenhouse Hotel.

February 19th was hospital nite followed, as usual, by a dance.

February 20th P. C. O. played St. Joseph's College at the Y. M. H. A. An enthusiastic crowd watched the game which was finished with a score of 22 to 19 in favor of P. C. O. Following the game a dance was held in the Auditorium.

The sixth annual indoor track meet was held February 27th in the 108th Field Artillery Armory, Broad and Diamond Streets.

March 3rd Dr. L. Mason Beeman began a series of talks with the Senior Class on diagnosis of certain common lesions often overlooked by the practitioner and methods of reduction.

March 5th was the Freshman dance at the Lorraine Hotel.

January 20th, the birthday week of the incorporation of P. C. O. Dr. O. J. Snyder, the Founder, addressed the student body.

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PAYS TO KEEP TEMPER

When you are right you can afford to keep your temper and when you are wrong you cannot afford to lose it. In either case you will, by losing your temper, make a fool of yourself and lose the respect of your friends.—Grit.

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TOO MUCH MECHANISM FOR THE MODERN MIND?

Complete civilization will be here when our modern conveniences do not annoy us as much as they help us. Disquisitions are multiplying in the public press on the perils of the mechanical results of our inventive ingenuity. It requires such vigilance and intense application to carry on all this machinery of our civilization.

The complaint is made that the mind is left no time for abstract thought or contemplation or even for a healthy following. Can we live "on the jump," and live long and profitably? Every moment of our time feels the demand of some new distraction.

We are not in Alaska, where they can "set and think," through the long winter nights, and the advantages of "setting and thinking" are not to be belittled. By and by, Alaska may begin producing our sages and philosophers. Down here in sunnier and busier climes, we have no time for Platonic ratiocination.

A generation or two ago we reasoned out a fairly tenable philosophy on "What is man?" and "What are his purposes?" but now we are not so sure. W. G. Wells, somehow, is not so convincing as John Stuart Mill, and what giants have arisen since Darwin and Spencer and Huxley and Tyndall? Machinery, machinery!—St. Louis Globe-Democrat.

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CULTIVATION OF HOBBY REMEDY FOR OVERWORK

Many remedies are suggested for the avoidance of worry and mental overstrain in persons who over prolonged periods have to bear exceptional responsibilities and discharge duties upon a very large scale. Some advise exercise, and others, repose. Some counsel travel, and others, retreat. Some praise solitude, and others, gaiety. No doubt all these may play their part according to the individual temperament. But the element which is constant and common in all of them is change.

Change is the master-key. It is not enough merely to switch off the lights which play upon the main and ordinary field of interest; a new field of interest must be illuminated. The cultivation of a hobby and new forms of interest is therefore a policy of first importance to a public man. To be really happy and really safe, one ought to have at least two or three, and they must all be real.—Rt. Hon. Winston S. Churchill, in Hearst's International-Cosmopolitan.

Dr. J.—"Your answer is as clear as mud."

Soph.—"Well, that covers the ground doesn't it?"
First of all we should like to make a correction to news in our fraternity notes of the last issue. In regards to the new men pledged by our chapter we had: Worrell, '26; Frey, '27 and Clarkson, '28, and White, Watson, and Kallmeyer, all of the Class of '29.

Following along this same line the Chapter announces the pledging of two more men, namely: Lipscomb, '27, and McNelis, '28.

Under the very able direction of Brother Gedney, all our original pledge men were put through the ropes, and our new men are looking forward to the time when they will be finished.

A card party was the extent of our last truly social endeavor and the evening of the affair found a party of five tables indulging in bridge. It was unfortunate that a number of the opposite sex were absent on this occasion, but thanks to the indulgence of several of the male attendants we had a sufficient number of “ladies.” The party as a whole was a great success, for which we are indebted again to Brothers Tillotson and Gehman. Following the card playing refreshments and dancing were in order.

The Chapter was very much pleased to have Brothers Holden, Evans and Smith drop in for a meeting. Also at a later meeting Brother S. P. Ross came in and spoke to us. We are always gratified to have the field men drop in and we hope it will continue.

Plans have been made, a date set, and all we need is the “gang” to get together again on April 10th, at the Hotel Rittenhouse. It has promise of being one of the finest banquets the Chapter has had.

Plans for our annual spring dance have also taken shape. The date for this function has been set for May 13th. Without a doubt this will be the finest dance in years. The committee have been working hard on a favorable location and have finally decided upon the Oak Lane Review Club.

We should like to bring before the readers two changes in the location of last year’s graduates. Brother Oliver has opened his office in his home town, Boonton, N. J., and Brother Randall has moved from Newark to Red Bank, N. J. Both are doing exceedingly well since their change.

Dr. Jacobson attended our last meeting and gave us a short talk on the events and program of the Sesqui-Centennial.

PHI SIGMA GAMMA

Not so long ago, a Pledge Dance was held at the Philomusian Club which proved to be a huge success. The music was great, even though “Zeke” tried his “wind” on the sax intermittently. Oh, yes! “Red” was there with the much discussed “Bobby L (?)”.

Outside the house things have seemed rather dull, but within its doors—Oh, boy! Spring fever is beginning to creep into the boys. Plans for the summer vacation are being discussed. George D—thinks he will purvey “Infant Food” in the wee small hours to the populace at the “World’s Playground.” (No, not Coney Island, but Atlantic City.) “Johnny” prefers a “life on the bounding main” to a bathing beauty on the sands. “Zeke” has an opportunity to play at Ciro’s, but thinks the environment at the shore would be more healthful than the “Night Life of Paris.” “Van” thinks he will work for a change (which seems rather strange). “Van” will be the “apple” of his father’s eye as well as of his orchard.

We regret that Brother Bob Wylie did not return for the second semester.

“Of late, no one has stepped up to the altar “for better or for worse.” However, we have hopes for at least one of our Senior Brothers.

THETA PSI

Brother L. M. Bush, of New York City, was a very welcome visitor recently to Gamma Chapter. During his stay in Philadelphia Brother Bush addressed the Osteopathic County Society at the Hotel Bellevue-Stratford.

Brother James Shaw, ’25, now practicing in Maplewood, N. J., gave an interesting talk at the last meeting of the N. J. Osteopathic Association held in Newark, N. J.

Brothers Loscalzo, Powell and Sinsabough, of the June Class of ’25 were heartily greeted on a recent visit to Gamma Chapter.
Brother "Danny" Donovan, '26, is to coach this year's baseball squad.

Brother Lansing, '26, is back with us to complete the term after several weeks' absence due to ill health.

ATLAS CLUB

Since the last issue of the AXONE, the mid-years interfered somewhat with social activities, nevertheless, several dances and a card party were held at the fraternity house. In the very near future a smoker and dance is to be held. The spring activities will soon be in full swing to culminate in the spring formal to be held on May 13th.

Several informal talks and demonstrations have been given by Field Brothers who have visited the house from time to time. We are at present looking forward to a visit and talk by Dean Holden.

Both the Sophomore and Freshman classes are to be congratulated upon their dances, both of which were held recently, and were a great success.

Brother Carberry, who has been in the field for the past eight years, is here at P. C. O. for a more extended study. He is living with us at the fraternity house.

LAMBDAOMICRON GAMMA

Lambda Omicron Gamma, in view of its recent attempt to conduct lecture courses on topics appertaining to Osteopathy, has reason for feeling joyous, for invaluable points in diagnosis have been impressed upon the members. They now feel that a continuation of the same is an absolute necessity. The next course of lectures is looked forward to almost with impatience.

"LOG" warmly welcomes its most recent brothers, Mr. Ben Geroshfsky and Mr. Morton D. Engel, both of whom are proving quite versatile and ardent students.

KAPPA PSI DELTA

February 12th we held our open meeting in College Hall, to which faculty and students were invited. Dr. Linn Bowman was the speaker. He gave a very instructive talk on the penal laws and how they are enforced.

We extend a cordial welcome to our pledgee Erma Minch, '27.

A party was held at Sister Adelaide Muller's home at which pledges Beatrice Blawis, Marion Ortleib, Mildred Pine and Isabelle Wilcox were given the second and third degree.

We regret that ill health has caused Sister Sarah Rupp, Faculty, to have to give up her teaching and practice for a time. While recovering her health she is taking a trip with Mr. Rupp to the Mediterranean.

THE AXIS CLUB

January and February were busy months for Axis members and the regular business of the club occupied all available time. To compensate for the strain of work and dull routine several meetings are planned with entertainment and instruction to furnish zeal and pep for the spring term.

At our next meeting, March 22nd, Dr. Edward G. Drew will speak, giving us the benefit of his wide and valuable experience.

Plans for the spring dance are well under way and several other social evenings are under consideration.

THE E. G. DREW OBSTETRICAL SOCIETY

The Society has been having some very helpful meetings.

Dr. Walter Evans gave a paper on Sterility. Material for the paper was a series of cases of Sterility which Dr. Evans has obtained from various Osteopaths. In the course of his lecture he mentioned the commonest causes of Sterility and the most constant Osteopathic lesions found. He, also, mentioned the type best handled Osteopathically.

Dr. Anna Seiders gave a very comprehensive paper on Mastitis.

At the March meeting papers were read by Dr. Charles Worrell and Dr. Donald Watt.

FORCES THAT CONTROL

The tone of society is the result, not so much of the deliberate attempt of the members of it to influence each other, as of the unconscious action and reaction of their characters. Nor can anyone easily measure how great his own contribution has been to the good or evil spirit that prevails around him, or how, by casual deeds or actions, or even looks, he may have influenced the lives of others. We do not carry on our warfare at our own charges, but the whole weight of the evil that is in our society is dragging us down, and the whole force of the good that is in it is helping us up. EDWARD CAIRD.
ATHLETICS

A. A. BANQUET
The annual banquet of the Athletic Association will be held on May 6th at the Y. M. H. A. Last year the event proved to be a wonderful stimulation to athletics in the college and plans are under way to make the evening surpass all previous gatherings. Dr. D’Eliscu has arranged for the speeches to be broadcast through Station WIP and the presence of such personages as Senator Wharton Pepper, “Bill” Roper, coach of football at Princeton University; Eddie McNichol, basketball coach at U. of P., and Connie Mack, has been assured. The athletic awards for the year’s activity will be distributed at that time and the co-operation of the entire student body is asked for in appreciation of the efforts of those who have striven to bring the college and Osteopathy to the fore, through the medium of athletics.

TRACK MEET
The sixth annual indoor track carnival sponsored by P. C. O. Athletic Association was held on the night of February 27th at the 108th Field Artillery Armory. The event was as usual a success and a credit to both the College and Osteopathy. Although the international tinge supplied last year by the presence of Paavo Nurmi and Willie Ritola was lacking, the meet was smoothly managed and the events thrilling with the result that the evening was an absolute success.

The first event and the only one closed to P. C. O. resulted in a close victory for the Class of ’28. Each man of the teams traversed a lap and the Sophs, represented by Reid Laughton, Herb Talmadge, Smith and Barnes, were a little too strong for the rest of the field. The “Frosh” placed second with the Junior quartet finishing third and last. The haughty Seniors could not summon together four sons of “Mercury” and left the lowly underclassmen to fight out the battle.

The 50-yard dash for women was annexed by Miss Frances Ruppert, the world’s champion, in a close race with Miss Hazel Kirk. La Salle Pre easily won the one-mile relay championship for Catholic High Schools, while Norristown High, through the wonderful running of Cassel, proved to be the crack track team amongst the Suburban High Schools.

The feature of the carnival proved to be the invitation 50-yard dash and it was won by Bernie Lowy, of the University of Pennsylvania, in the fast time of 5 4-5 seconds. Lowy defeated such stars as Al LeConey, Boots Lever and Dave Shatz in a thrilling finish and proved himself one of the best dash men that Penn has ever boasted. Russell Payne, Penn’s great distance man, upset the dope when he scored a decisive victory over Johnny Gray, Enterprise and Olympic star, in the two-mile run. Johnny apparently was content to dog Payne for the first mile and a half and then had planned to out sprint the Pennsylvanian to the finish line. However, Payne was underestimated and, Johnny, instead of overcoming Payne’s lead, was surprisingly left far behind to take second place. The Pennsylvania team made it a clean sweep for the meet when their mile relay team of Charley Rogers, J. Oliver McDonald, Lomasun and Folwell Sculle easily defeated the quartets from Villanova and Temple University in the college one-mile relay.

Dancing followed the meet with the music being furnished by the 108th Band. An impromptu exhibition of the Charleston by a sweet young lady, however, almost caused a riot.

The management of such a stupendous carnival in such a smooth manner, deserves more than passing praise. Credit goes to Dr. D’Eliscu, Henry Liebert, manager of the track, the Neo Senior Honorary Society and the Philadelphia Alumni.

BASEBALL
The conclusion of P. C. O. activity on court brings the problem of baseball before the student body. Last year the nine romped through a depleted schedule of five games with a creditable record of three victories and two losses. This season the Maroon and Gray representation will without a doubt
be the best that has ever taken the field. The teams have previously worked under the handicap of limited facilities and coaching co-operation, but this year both these important factors have been corrected by Dr. D’Eliscu. The 108th Armory at Broad and Diamond is now being used for indoor workouts while the Pennsylvania Railroad Y. M. C. A. field at 44th and Parkside has been engaged for the college as a home diamond. Weather permitting Coach “Dan” Donovan hopes to have the squad in the open air around March 15th.

“Dan” Donovan is to have charge of the coaching staff this year and all those who know of “Danny’s” ability and personality are confident he will turn out a successful ball team. “Dan” has had experience in collegiate, semi-pro and big league baseball and we must say that Coach Donovan has the push and spirit to put his knowledge to good use.

Although the loss of Captain “Eddie” Gibbs and “Geo” Gerlach will handicap the team greatly, the fact that nine veterans are ready to don the uniform dispelled all pessimism.

De Veer Tucker acted as Gerlach’s alternate last year and his showing against both Drexel and P. M. C. brands him as a “whizz.” Other candidates for the twirling staff are Harry Gilliland, “Cy” Corwin and Von Lohr. The receiving section of the battery will be taken care of by “Dan” Donovan, all of which means that the catching staff is absolutely O. K.

One of the main causes for the pre-season optimism is the fact that a veteran infield will be ready for duty. “Long Bill” James will take care of first sack, with Jack Grinold, a two-year veteran, at the keystone bag. “Ole Reliable,” Captain “Pud” McHenry, will be situated at short field and the mere mention of third base brings up the name of “Don” Amidon, who is now completing his fourth year of varsity competition. Other candidates for infield positions are Donald Brown, Smith, McEvitt, Jennings, Riceman and R. Laughton.

The outfield will have three of last year’s nine in Eddie Fiested, Jack Bradford and Von Lohr.

Manager “Fred” Rogers has completed the best schedule P. C. O. has ever boasted and his efforts are deserving of more praise than we can express. The season opens at Villanova on April 7th and let’s have a little student backing.

BASKETBALL

Although “Pud” McHenry’s 1926 quintet can only boast of four wins out of thirteen games, the past basketball season was by far the greatest in the annals of P. C. O. athletics. The team was a combination of individual stars without the necessary harmonious team play. Mr. LeCato, who coached the quintet, deserves much credit for his untiring work in trying to band the men together by team-work, but his statement that “the five varsity men have never practiced together this season” brings out the evident reason for lack of co-ordination on the court. The schedule was the hardest ever attempted by any Maroon and Gray squad and the team played well to register the four victories over Moravian, Albright, St. Joseph’s and Pennsylvania Junior Varsity.

“Reds” Ellis and Jack Bradford held down the forward positions this year and there are few colleges who can boast of two better scoring men. “Reds” has left college and his presence sure will be missed next year. Jack Bradford was the high scorer for the year and “Brad” is now busy chasing flies on the baseball team.

Sullivan, our “Irish Rose,” seemed to be the keynote for what little team play our quintet did flash this past year. “Sully” is an experienced man on the court and his presence seemed to band the men together to simulate a team.

Captain “Pud” McHenry and Reid Laughton repulsed all foreign attempts at scoring during the season and we must say that their work was wonderfully done. Both boys will be seen in action again next year.

“Ken” Noakes, “Danny” Donovan, “Cy” Corwin, “Reds” Gauer, Don Amidon and Carl Spear saw action during the year and all performed credibly.

The first home game that the Athletic Association ever sponsored proved a rousing success when the team scored a decisive 22-19 victory over the passers from St. Joseph’s College. The game was a thriller all the way and the student body was treated to a real basketball game with our squad opportunely outdoing itself in defeating such a strong five. The Maroon and Gray played St. Joe’s to a standstill in the first period and buried them under a 16-7 score by the wonderful exhibition of scoring by “Reds” Ellis and Bradford. The second half, however, found the visitors evening up the score and the two teams battled closely until “Pud” McHenry’s field goal and Sullivan’s foul, towards the end of the game, put the contest on ice for Osteopathy. After the game a dance was enjoyed as part of the victory celebration.

[Continued on page 24]
Others may sympathize, but the blind man feels most for himself.

Johnny Devine says that at last he understands why the girls always call him honey—he always gets stung.

The wonder of wonders—a weather report has been found that turned out to be correct. Here is the find—"Friday, generally fair, probably followed by Saturday."

Dr. Larkin (at the dining table)—"Say, G. O., I can't find a single clam in this chowder!"
Dr. Gerlach—"That's nothing! You might just as well try to locate a set of wicker furniture in this cottage pudding."

Abe Grossman says he's so unlucky that if he were in a meat store and the lights went out he'd be in the pork department.

The reason they throw rice at a wedding is to make the poor disillusioned couple think that marriage is a pudding.

Mistress—"And can you serve company?"
Maid—"Yes'm, both ways."
Mistress—"Both ways? What do you mean?"
Maid—"So they'll come again or so they'll stay away."

"Fitz" says his girl's brother is a very popular boy. "Why, they wrote a song about him mentioning his name three times," says Fitz.

What was the song, Fitz? Tramp, tramp, tramp, the boys are marching?

The other evening Mrs. Sherman was awakened by some noises which she thought were caused by burglars. She awakened her husband, of course, who carefully ruled out the possibility of burglars—after consulting "Cabot on Diagnosis."

Later in discussing the occurrence with our reporter Mrs. Sherman proudly stated: "And Fuller wasn't the least bit excited either. He kept perfectly cool all the time he was searching." Knowing Fuller we are willing to wager that Fuller was so cool that his teeth chattered.

Diner (who has sent for the manager)—"Look here, sir; I have a very serious complaint—"
Manager—"Pardon, sir. This is a restaurant, not a nursing home!"

"Bob" Sanderson says he'll have to try to get a job as a prohibition agent. It's getting too expensive to buy.

"That's going to run into a lot of money," said the cashier as he spilled a glassful of water in the cash drawer.

Donald Watt swears that this is so—He went into Reid and Fort's to buy a suit the other day.
"Dese is a fine soot; all wool but d'buttons," said Mr. Reed. "D'ya vant a belt in d'beck?"
"No," answered Don. "Do you want a kick in d'pants?"

Speaking of husbands recalls that we chanced to overhear our "Billie" talking to one of her sorority sisters the other day about matrimony. "What sort of a husband do you suppose I should select?" queried "Billie." If we might be privileged to venture a bit of advice we would be tempted to suggest that Billie let the husbands alone and think about the single men only.
Stupe—"Am running around with a doctor’s wife nowadays."
Stupor—"How do you manage to dodge the doctor?"
Stupe—"Well, you see, I eat an apple a day.

William Banning Buxton—"Gimme a ticket to Utica."
Ticket seller—"Got a reservation?"
W. B. B.—"Duy think I’m an Indian?"

"You can’t keep the working man down," said the miner as he came up the shaft.

"Peck" Rogers says his girl has galloping consumption because all she does is eat and run.

Two of our coy co-eds were overheard in the following conversation: The Freshie said: "Oh, I’d just love to meet a man whose touch seemed to thrill every fibre in my being."
And the learned Senior—"Then for Heaven’s sake get a treatment from Dr. Brearly."

Abie—"Papa, vat’s science?"
Papa—"Don’t be dumb-like, Abie, it’s dem ting vat says ‘Keep off the grass.’"

Lying isn’t the failing of the average husband. It is one of their few successes.

One of our fair-haired co-eds of the Freshman Class says she is from Long Island and now we wonder if she happens to be a Great Necker.

Bill Wellborn said the other evening he and his wife went to a show and on their way home they chanced to pass a restaurant. "Oh, Bill," said Mrs. Wellborn, "I’d love to have a bite." And so Bill leaned over and buried his teeth in her neck.

Boss—"Well, what are you doing here? Didn’t you get the letter I sent you?"
Ex-Employee—"Yes sir, and I read both inside and outside."
Boss—"What do you mean?"
Ex-Employee—"Inside it said, ‘You’re fired,’ and outside it read ‘Return in five days,’ so here I am."

Dear Editor:
In answer to your solicitation for some poetry I am enclosing the following:
"My girl Nellie,
Fell in the water and wet her knees."
P. S. If the water had been deeper this would have been a very good poem.
A Constant Reader.

We wonder why "Tim" Hatch wears spats. Is it to hide long underwear or old shoe laces.

Alcoholic Athlete—A rum runner.

With that line of "bolony" that "Abie" has he should open a delicatessen store.

Earl Gedney wants to sell his night shirt, he’s got a job as night watchman, he says.

Ann Seiders says if she ever marries it must be a man of action. If Ann were really serious then we will lend her our aid and keep a close watch in the clinic for the choreic that enters.

The polished gentleman from Elkins Park told us this morning that he had a nightmare last night. We believe him because we saw him with her.

A freshman from the Amazon
Put nighties of his gramazon;
The reason’s that,
He was too fat
To put his own pajamazon.

First Stew—"Raise y’ten."
Second Ditto—"Aw right, whatcha got?"
First Stew—"Queens."
Second Stew—"How many?"
First Stew—"One."
Second Ditto—"She’s good."

Some one told us that Dey was calling on a girl one evening during the course of which several lapses of silence occurred. Finally to attempt to start up the conversation Roland said, "I wish I had money—I’d travel."
"Well," answered the sweet young thing unrolling her stocking, "how much do you need?"
It was pitch dark in the parlor. Three hours ago Madge, the haughty vamp, had turned out the light. The clock, on the mantel, struck—“One-two-three-four.” It was a strange sound, echoing through the silence. A milk wagon rattled by. Again all was still. Then from the divan corner of the room, came a few faint noises. “Smack-smack-umm-gulp—gurgle—umm—smack—ser—ssh.” Then a soft-sighing sound. The water in the radiator had begun to boil.

Dr. N. (telling about a fluoroscopic picture of a patient with ascites)—“The stomach was floating around like a canoe—No oars.” We wonder where the oars were!

Mrs. Smith—“How much does your father have to pay for coal?” Jimmy—“Not a cent. We live down by the railroad tracks, and pa makes faces at the engineer.”

“Butts” Gillis always shuts his eyes when he sings—he doesn’t like to see us suffer, we imagine.

Lost, a fountain-pen by a man half filled with ink.

LITTLE JOHNNY

It had been Johnny’s good luck to become the possessor of a litter of kittens. Having too many he had the idea of making some money. Thus begins our story.

“Do you want to buy thome toot ‘ittle tittens?”
“Some what?” “I don’t understand.”
“Do you want to buy thome toot ‘ittle tittens?”
Another lady appears on the scene.
“What did he say?”
“Do you want to buy thome toot ‘ittle tittens?”
“I didn’t understand. Will you say it again?”
By this time Johnny was disgusted.
“Aww hell! do you want to buy a dod dam tat?”—Exchange.

YOU GUESS IT

How much did Philadelphia, Pa?
And what does Columbus, O?
How many eggs did New Orleans, La?
Or what grass did Joplin, Mo?
We call Minneapolis, Minn;
Why not Annapolis, Ann?
If you can’t tell the reason why,
I bet Independence, Kan.

BUT FEW WILL ADMIT IT

Papa was an ardent golfer and his every spare moment was spent on the links. One Saturday evening he arrived home later than usual and his greeting to his son, Junior, was not as effusive as other evenings. Junior noted the downcast, hangdog look that papa wore and his inquisitive nature prompted him to ask:

“Papa, how long does it take to play a game of golf?”

“My son,” said papa in solemn tones, glancing at his score card of three figures, “it varies, but some fellows can’t play a game in a lifetime.”

HEARS WORMS AT WORK

By means of headphones and a special microphone, a famous American surgeon claims to have heard the sounds made by worms gnawing in apples.

INVENTS WAY TO ALLOY ALUMINUM WITH METALS

Berlin.—The discovery of a method for alloying aluminum with other metals, which will produce materials for automobile bodies which will not show scratches and will have both color and finish “built in,” is claimed by B. Jirotka, a German electrical engineer.

He has demonstrated his discovery to a commission of metallurgists of the German Institute of Chemical Technology.

He is said to have made alloys of aluminum and more than a dozen other metals, producing materials of many different colors. Aluminum alloys made by Herr Jirotka include those with copper, manganese, cobalt, zinc, lead, chromium, tin, gold, silver and nickel.

Virtue consists not in abstaining from vice, but in not desiring it.
—George Bernard Shaw.
PREVENTION OF MASTITIS
[Continued from page 11]

The necessary cleansing of the breasts and nipples and the renewal of the sterile breast dressing can be made while the binder is thus in place. For extremely stubborn cases the hot water bags may be replaced by hot compresses, which should be applied for one hour before nursing, the binder, however, not being removed during the application. After removing the breast pad, a 70% alcohol compress is placed over each nipple, and woolen compresses, 1 inch thick, perforated over the nipple, wrung very dry from boiling water, are placed over a piece of dry flannel which covers the bandage. The latter will be thoroughly dried by the hot water bottles which are used in the intervals between applications of the compresses. Liquids are restricted and saline purge given. After 24 hours the engorgement is usually relieved and the binder should be loosened to permit the free flow of milk.

Treatment of fissured nipples. Fissured nipples are best treated by cleanliness and rest. The nipple is cleansed after each nursing and the fissure may be touched with Tincture of Benzoin comp. or a 2% solution of AgNO₃. Between nursing an ointment composed of equal parts of bismuth subnitrate and castor oil or the Wansbrough’s lead nipple shield may be applied. During nursing a Phoenix glass shield is used which also must be kept perfectly clean and immersed in cool water while not in use.

Caked breasts are treated by rest in bed, mammary binder and hot water bags. The infant nurses at regular intervals and a saline laxative is given. Breast pumps and ice bags are never used, unless the infant is not able to suck and suppuration occurs and even then heat is considered best by most authorities.

The essential prophylactic treatment of the breasts of nursing mothers may be summarized as follows:
1. Surgical cleanliness.
2. Rest for fissured nipples and for the breast.
3. Dry and moist heat and pressure applied by means of lead shield, hot water bags or hot compresses and a properly adjusted Y shaped mammary binder.

Bibliography

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Democracy cannot rise above the level of the human material of which its voters are made.
—George Bernard Shaw.

Our Advertisers Help Us—Let Us Patronize Them
ATHLETICS  
[Continued from page 19]

The season’s record for the team follows:

OSTEOPATHY

13. ................ Villanova ................ 21
26. ................ Ursinus .................. 32
34. ................ Albright .................. 28
21. ................ Swarthmore ................. 28
32. ................ P. M. C. .................... 41
17. ................ Washington ................. 22
30. ................ Moravian ...................... 15
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34. ................ Penn J. V. ................... 33
24. ................ Seton Hall ................... 30
22. ................ St. Joseph's .................. 19
14. ................ Schuylkill ..................... 48

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Much credit is due Manager Tefft Bassett for his success in handling the team and arranging such an excellent schedule. May we have more men in the future who will take care of the managerial duties as “Ted” has.

SWIMMING

The third annual intercollegiate girls’ swimming championship was held at the Y. M. H. A. nata­torium on March 4th under the auspices of P. C. O. Temple University Mermaids romped off with first honors and provided the feature of a day of thrills by breaking the record for the 100-yard relay, traversing the course in 60 1/5 seconds.

Temple University copped first honors with a total of 33 points and the representatives of New York University were a close second with 25 points. Beaver College took third honors with nine points while University of Pennsylvania with five and P. C. O. with two tallies brought up in the rear.

Individual honors for the day were carried off by Miss Ethel McGary of the New York University and Olympic teams. Miss Dorothy Hucknall of the Temple squad ran Miss McGary a close race, however.

Charlotte Gants, in placing third in the diving event scored the only two points for P. C. O., and much credit is due her for her fine work and effort.

TENNIS

With the advent of April, the Tennis Schedule begins. The team has had very little real practice due to weather conditions. Our 1926 season was
The Axome

opened on Saturday, April 10th, with a match with Haverford College at Haverford, Pa. We have also added an additional match to our schedule, Temple University, the date of which has not been definitely set, but the match will be played on courts at Brookline. Since the last issue of the Axome two matches have been cancelled, one with P. M. C. on May 5th, and the other with F. & M., on May 19th. However, the addition of Temple University to our schedule gives the team nine colleges to battle against. We also call your attention to the intra-college tournament which started Monday, April 5th. Watch the Score Board.

HIS SON WAS SMART

"Yes," said the busy barber, never too busy to talk, "my son is smart, I tell you. He won't work steady but he learns quick. I sent him to high school and he learned so fast that at the end of the first year the superintendent told him he need not attend any more. Then I got him into the army. He enlisted for three years but learned so fast he didn't have to stay but two years. It says right on his discharge papers, 'For good of the service.' "—Forbes Magazine.

TERRIBLE

"Harry ate something that poisoned him."
"Croquette?"
"Not yet, but he's very ill.—Texas Scalper.

Sam—"Cullud man, we got a bugler in our outfit what am! When he blows reveille, de dead start puttin' on de shoes!"

Bo—"Am dat a fact? Well, nigger, dat is only a bum impression. When our win' jammer places his face to his horn and blows "Souppy," de cooks have to cover de strawberries to keep dem from kicking de whipped cream out of de dishes!"

Ole had never used a telephone, and one day when away from home decided to talk to his wife.
"Ay vant to talk to mine wife," he told the hello girl.
"What number, please?"
"Oh, she bane my second von."

Wife—"I'm sick of being married."
Hubby—"So's your old man!"

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Patronize Our Advertisers—They Patronize Us
THE BACK OR DORSAL STRUCTURES
FROM THE INTERNIST'S POINT OF VIEW

[Continued from page 9]

Recent structures along the nerves to the part out of gear and—collaterally—by the complex innervation of the vegetative or autonomic nerve distributions.

Some part of these effects are produced by influencing the spinal reflexes of contraction in the hollow and the tubular viscera. These are capable of demonstration upon the heart, the aorta, the lungs, the stomach, the kidneys, and other structures shown by retraction of outline (seen through the fluoroscope).

Some part of the effects are produced by arousing reflex responses in those governing the contraction of bloodvessels (vasoconstriction) whereby the ebb and flow of fluids is activated or enhanced through contraction induced in the arteries; also in the increased dilatation which follows after release. Not so much can be done to influence arterial relaxation, but after contraction is induced relaxation follows, hence alternations of opening and closing, enhanced current flow, blood and lymph propulsion, hence nutritive distribution.

GROSS PHENOMENA OF DISORDERED STATES
REFLECTED UPON THE PARAVERTEBRAL STRUCTURES

The intervertebral spaces and the paravertebral structures are together capable of cooperating and to influence a general or mass movement of the vertebrae of considerable extent. It is fair to assume that the integrity of the delicate structures, constituting the subsidiary spinal nerve centres in the cord, depends in large measure on not only the normal pliancy or movability of these masses but it is beneficial that they should be regularly induced to move, or made to voluntarily move—that is to perform, through passive or active exercise. If they are extensively disturbed, that is, if disease has produced deleterious effects on the nerve cells between the individual bones of the back (intervertebral discs and contained cell bodies) a certain degree of sensory discomfort follows upon their being unduly moved or impinged upon.

Hence arise those significant sensory phenomena to be later described, so useful in diagnosis and the location of the irritation.

When the diseased state has been long protracted, these paravertebral structures suffer morphopathic (mass) changes, hence arise the familiar local bogginess, and later the rigidities, the overtense (spastic) muscles and stiff periarthritic fibres to be described.

Mention the "Axone"
The remedial measures consist of gentle, particularized pressures and relaxations, alternating; or by firm distributed pressure—this way and that. Steady pressures on paravertebral muscles induce the reaction of dilatation in the blood channels; whereas alternated impacts or pressures induce contraction. Uniformly a sensory reaction is also induced at the corresponding neuromere.

Another measure, elsewhere described and extolled, is lifting and pulling the skin and underlying structures, a "subdermal traction." As has been shown this measure is peculiarly valuable not only to expedite circulation and to generate or induce local heat, to soothe, to relieve, but also there will be found over an affected spinal area almost always adhesions, and when these adhesions are pulled upon pain is felt there (sensory reflex) and at no other place. Also when they "fetch away" there is a noticeable sound or "snap," a painful tearing of binding fibres. This also is a sensory phenomenon characteristic of a local or restricted spinal as well as a paravertebral irritation. Also skin (subdermal) tractions described afford exceptionally effective spinal stimulation.

TYPES OF MECHANICAL STIMULATION SUITABLE FOR REMEDIES

In all acute, less marked in subacute, and to a lesser degree in the majority of protracted or chronic disorders, there will be found characteristic phenomena upon palpation on the paravertebral structures adjacent to those intervertebral spaces in which lie the cell bodies from which arise the spinal nerves innervating the part affected. Any one can test this for himself. The one proviso which must be insisted on is some accuracy and precision in eliciting awareness.

EXPLORATION OF THE BACK

The patient should lie prone and fully relaxed so that the examiner may have free access to the whole naked posterior surfaces for palpation. This should be done with much deliberation, many pauses, conversing the while with a view of distracting attention from the procedures, casually resting the hand palm downward here and there, noting the character of the structures, and variants in shape, conformation, deformation or tension in larger or smaller masses of structure; also any evidences of resistance in masses which normally should be yielding. These rigidities are due to either psychic hypertension, to apprehension, to strained attention, or to spasm, a tonic protective spasticity whereby one group of muscles takes on extra burdens or "loads" to relieve another which deserves, or needs, relief from excess tension (overload); which in turn is due to some...
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former, perhaps long continued spasm. Thus arise deformations, primarily spastic as a scoliosis, or forward bending, interrupting or irregularities in tension of the large posterior muscle masses, or of the anterior group, psoas, quadratus lumborum, or again there may be hypertension in the gluteal groups, shoulder girdle or external abdominal or diaphragm, and the like.

Or the spasm may have merged into disabilities involving such causes as produce fibromyositis, lumbago, pleurodynia, sacroiliac subluxation (a common cause), coccygodynia, or an original neuritis, as of the sciatic, pubic, crural, and the like. Thus the centres—especially subcentres—suffer overstress and lowered nutrition.

As to sources of possible irritation inducing these spasms they are legion, including the one group which—if the patient be a female—is usually incriminated, viz.: the genito or uteroovarian. If a male, the corresponding group may be suspected, the bladder, the prostate, the urethra or the testicle. In both sexes the gastrointestinal field is rich in contributions to cramp, or protective spasm.

Indeed in that group of distresses which accompany, or distinguish, gastrointestinal catarrh, i.e., constipation, flatulence, colic; also in cardiovascular irregularities, vasomotor imbalances, sweating, dyspnea, spastic constipation, sleeplessness, and the like, much radical relief can be afforded by releasing the spasm in the back, which in turn releases the flatulence, the spasm of the pylorus, of the colon, the gallbladder, duodenum, the diaphragm, etc. Thus the source of many “visceral pantomimes” are eliminated.

The method of palpation is important. As has been said, it should begin by appraising the energy status, or general tonus and conformation as recommended, and should proceed by particularized tactile explorations, by pressing gently here and there, and insinuating the finger tips in and about the structures with a view of eliciting anomalous resistances and also latent tendernesses; gently pushing the structures down, across and sidewise, or grasping the dermal structures and gently lifting them, then going farther and seizing the underlying (subdermal) structures, the surface muscles and fibrous attachments; in short “feeling,” or groping among, the surface and subsurfaces of an area. We have here a domain of tactile diagnosis little employed, yet just as scientific as that now highly specialized and established art of palpation, percussion and auscultation employed in diagnosis of thoracic and cardiovascular organs. Indeed, F. M. Pottenger (op. cit.) has described a series of reflex diagnostic phenomena appearing in correlated muscle groups serving as a
The Axone guide to tuberculous and other sources of reflex disorders.

I have been impressed (as have others) with the rarity of tactual capabilities among physicians. While they can be cultivated those who are fundamentally deficient in the touch sense outnumber the others and often "to save their face" belittle its importance or frankly deny the findings.

FACTS PERCEIVABLE THROUGH INTELLIGENT OR EDUCATED FINGER TOUCHES

1. A state of tension, or subtension, amounting to rigidity in the structures parallel to the vertebral axis (chiefly) and also often in the transverse muscle fibres; also a local density, cramp, or tonic spasm or spastic state giving a tactile sensation (to the fingers) of a tightly drawn fiddle string, a clearly defined fibrous resistance.

2. A state of tenderness on pressure is also felt by the patient; often a dull, sometimes a sharp, pain described usually as like a hot object pressed in, or a penetration as by a pointed object, e.g., a fingernail. This is seldom suspected yet none the less pronounced and elicited entirely free from suggestion, it is directly over, or in, the cramped area.

3. By gently alternating the pressures applied above or near this area of rigidity, of tension and subjective tenderness, these phenomena will usually lessen notably even during the procedure or soon thereafter. When applied on alternate days this tenderness gradually disappears and with its passing improvement ensues in the state of irritation in the corresponding area of innervation, also in the structures causing this irritation. The centres are thus tranquillized and apparently become better supplied with blood.

4. During the application of the pressures—after an interval of a few, two or three, minutes and again exerting them the phenomena of tension will lessen yet more. The recommendation is to repeat this procedure three, or better, four, times with intervals. The last time of manipulation the phenomena are perceived, both by the physician and the patient, to have usually lessened at least fifty per cent; often more.

5. Distinct relief will also be found by the patient from distressful phenomena in those peripheral parts affected, e.g., irritation in the respiratory or digestive tract, cough, soreness in throat, etc., or discomforts, notably distresses, tenderness, and the like in the intestines, also those in muscles, joints, or whatsoever area or structure is disordered or diseased.

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Father—"Where were you with the car last night?"
Son—"Oh, just riding around with the boys."
Father—"Well, you'd better return this vanity case to the boy that left it in the car."

You go into the hallway,
And there you take her hand,
Ain't that a h——l of an evening
For a great big healthy man?

Pharmacologically speaking:
Customer—"I want some consecrated lye."
Doc Cadmus—"You mean concentrated lye."
"It does nutmeg any difference. That's what I camphor. What does it sulphur?"
"Fifteen cents. I never cinnamon with so much wit."
"Well, I should myrrh-myrrh. Yet I ammonia novice at it."

There is no worse hell than that provided by the regrets for wasted opportunities.
* * *
—Rafael Sabatini.

Better by far that you should forget and smile than that you should remember and be sad.
* * *
—Rossetti.

Shun idleness; it is the rust that attaches itself to the most brilliant metals.
* * *
—Voltaire.

Ignorance is the curse of God. Knowledge the wings wherewith we fly to heaven.
* * *
—Henry VI.

Solitude is as needful to the imagination as society is wholesome for the character.
* * *
—Lowell.
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