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CHRISTMAS NUMBER, 1924
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INVOCATION TO PEACE

By Fiona Macleod

Deep peace, I breathe into you,
O weariness, here!
O ache, here!
Deep peace, a soft white dove to you,
Deep peace, a quiet rain to you;
Deep peace, an ebbing wave to you!
Deep peace, red wind of the east from you;
Deep peace, grey wind of the west to you;
Deep peace, dark wind of the north from you;
Deep peace, blue wind of the south to you;
Deep peace, pure red of the flame to you;
Deep peace, pure white of the moon to you;
Deep peace, pure green of the grass to you;
Deep peace, pure brown of the earth to you;
Deep peace, pure grey of the dew to you,
Deep peace, pure blue of the sky to you!
Deep peace of the running wave to you,
Deep peace of the flowing air to you,
Deep peace of the quiet earth to you,
Deep peace of the sleeping stones to you!
Deep peace of the Yellow Shepherd to you,
Deep peace of the Wandering Shepherdess to you,
Deep peace of the Flock of Stars to you,
Deep peace from the Son of Peace to you,
Deep peace from the heart of Mary to you,
And from Bridget of the Mantle
Deep peace, deep peace!
And with the kindness too of the Haughty Father.
Peace!
In the name of the Three who are One,
Peace!
And by the will of the King of the Elements.
Peace! Peace!

—From The Bibelot.
EDITORIAL

The Season's Greetings to all our readers. God rest you, merry gentlemen—and merry ladies.

* * *

During the holidays it is not amiss to survey the past year and view the few shining spots that have indicated progress toward a happier world.

Within our profession there has been a welcome tendency to drop fads and a healthy determination to investigate and to make wider application of the elemental principles of osteopathy.

In our country we noted more reasonableness than had prevailed in the past few years. During 1919 there were 83 lynchings, during 1924, nine.

Viewing the field of religion we see greater friendliness among the churches. In England there has been dedicated a cathedral in which representatives of all denominations will be invited to preach freely.

Various attempts have been made to bar the possibilities of future wars. Recently the Associated Press carried accounts of the meeting of two generals who fought on conflicting sides during the recent war, and of their agreement to labor together for a permanent peace.

As the nations of the world are made up of individuals, each person has his responsibility. Let us each assume his full share and resolve to do his best.

* * *

The following are quotations from Stephen Leacock in Christopher Morley's Second Series of Modern Essays:

"The real thing for the student is the life and environment that surround him. All that he really learns he learns, in a sense, by the active operation of his own intellect and not as the passive recipient of lectures. And for this active operation what he really most needs is the continued and intimate contact with his fellows. Experience shows that that is how their minds really grow. Students must live together and eat together, talk and smoke together. And they must live together in a rational and comfortable way. . . . If I were founding a university—and I say it with all the seriousness of which I am capable—I would found first a smoking room; then when I had a little more money in hand I would found a dormitory; then after that, or more probably with it, a
decent reading room and a library. After that, if I still had more money that I couldn’t use, I would hire a professor and get some textbooks.”

Of course these suggestions refer to a college of liberal arts, but P. C. O. should combine some of the advantages.

* * *

Physicians, internes, and nurses have in common, only one thing to consider and that is the welfare of their patients. Recently a nurse expressed her dislike for a certain interne, adding that an interne’s success depended largely upon whether or not the nurses liked him.

Any one who will make such a statement either is being improperly trained, or lacks mental and moral qualifications to use proper training.

* * *

Students are urged to do more writing for us. It is the aim of the present staff to have all the material in the AXONE from students.

FROM A READER’S SCRAPBOOK

Most indigestion and insomnia come from the inability to enjoy humor.

—Chauncey Depew.

Success encourages the worst qualities in men; failure oftentimes brings out the best.

—Lawrence Housman.

Friend-making is always a great adventure, with vast possibilities of good and also of evil.

—Arnold Bennett.

We cannot lower our standards to what we think will pay, but we must raise them to what we think is right.

—Calvin Coolidge.

Only an honest book can live; only absolute sincerity can stand the test of time.

—John Burroughs.

Man created all the languages, all the myths and all religions, heavens, and hells; he made all the Bibles, and all the gods from highest to lowest evolved from his soul.

—G. Stanley Hall.

The men of old time live on, and teach us yet.

—Anatole France.

Love and one’s work are the two ingredients of happiness, and the first of these gives savor to the second.

The greatest influence for right or wrong in the modern world is... Digestion.

—Don Marquis.

Clay lies still, but blood’s a rover:

Breath’s a ware that will not keep.

—A. E. Housman.

A man’s most precious possession, and that of which men are in all circumstances most rightly jealous, is the simple dignity of a human being.

—Gilbert Cannan.

To most men experience is like the stern lights of a ship, which illumine only the track it has passed.

—S. T. Coleridge.

There is a principle which is a bar against all information and which will keep a man in everlasting ignorance; that principle is contempt prior to investigation.

—Herbert Spencer.

The dower of ignorance is to distrust all that it cannot feel.

—Edwin Arlington Robinson.

Education is simply the soul of a society as it passes from one generation to another.

—G. K. Chesterton.

It is always safer to agree with the old, but it is infinitely more important to convince the young.

—Kirsopp Lake.

ANNIVERSARY

Among the flock of clouds that browse the firs,

The moon runs like a mystic grail of light

Between the bowed heads of the worshippers:

The branches of the oaks swing with a flight

Of censers, and the poplars chant a psalm

Of ancient glory to the holy night.

Peace lies upon the roofs and in my palm

Your hand unclasped lies restful and secure,

And everything is strong and white and calm,

For we are still in love and still are poor.

—Selected from the writings of Arturo Giovannetti.

THE FEAST OF THE SNOW

There is heard a hymn when the panes are dim,

And never before or again.

When the nights are strong and the darkness long,

And the darkness is alive with rain.

Never we know but in sleet and snow

The place where the great fires are,

That the midst of earth is a raging mirth,

And the heart of the earth a star.

And at night we win to the ancient inn,

Where the child in the frost is furled,

We follow the feet where all souls meet,

At the inn at the end of the world.

The gods lie dead where the leaves lie red,

For the flame of the sun is flown;

The gods lie cold where the leaves are gold,

And the Child comes forth alone.

—Selected from Gilbert K. Chesterton.
OSTEOPATHIC TREATMENT IN ACUTE INFECTIOUS DISEASE

By Dr. Mary Patton Hitner

Osteopathy has presented and still presents the most simple, the most natural method of restoration in the history of therapeutics. Frequently there prevails even among students the opinion that osteopathy is effective only in treating chronic ailments which osteopaths really have made their specialty. “Doing a certain amount of acute work should be incumbent on every one.” For it can do much to establish the osteopath as a family physician, and correct this false idea that osteopathy is an art of healing limited to the treatment of a certain few conditions.

Diagnosis is important and if thoroughly made the treatment is much simplified, and instills the patient with confidence. Examine each case thoroughly upon the first visit. Make this examination so thorough that it will impress the patient that you are efficient and capable. Look first for osteopathic lesions, then use the stethoscope, sphygmomanometer. The patient’s position in bed may give valuable suggestions. If he is tossing from side to side you can presume that there is no inflammatory disease of the abdomen or joints. Prostration is suggested if he is sunk deeply down in bed. If one or both knees are continually drawn up there is some reason for relaxing the structures of the anterior abdominal wall so as to relieve pressure on the abdominal contents or in the hip joint.

At this season of the year many afflictions occur which are traceable to involvement or infection through the respiratory tract. The resulting lowered body resistance predisposes to such diseases as bronchitis, German measles, Vincent’s angina, cerebro-spinal meningitis, influenza, laryngitis, measles, phthisis, pleurisy, pneumonia and variola.

In all these acute infections fever is present and is almost always the result of bacterial action. The treatment of fever is not an antipyretic treatment, but an antitoxemic treatment, and such fall of temperature as accompanies our efforts is incidental to them and not the object at which we aimed. Rest is imperative, as the body is expending vitality in the making of antibodies and in the process of repair. Mental rest is equally important, the treatment including measures directed against sleeplessness and delirium.

Fresh air, hydrotherapy and diet are also important aids in combating fever. Fresh air improves the pulse and respiration and diminishes the cerebral intoxication. As to hydrotherapy, Baruch points out that the value of water lies not so much in its chemical constitution as in the fact that it is an admirable material for the conveyance of heat and cold. Colonic irrigation prevents stagnation within the bowel and consequent absorption of putrefactive products. Dr. C. V. Fulham says: “We believe that acidosis, caused by wrong eating, wrong living, or chemical poisoning, is the predisposing cause of most of the soft tissue lesions, which in turn bring about the bony lesions.” Diet during the stage of fever should be liquid. The large quantity of liquids not only increases fluids in the body but if these are mixed with lemon or an orange juice the activities of the kidneys and liver are increased. When the fever has dropped to 100 or below, semi-solid diet should be given.

For every congested tissue there is a corresponding lymphatic disturbance. If pus be present, nodular enlargement follows at a point where the glands are most approximate. Never work over an enlarged or indurated lymph node—free the efferents and the lymph will drain. The only way to clear bronchomediastinal lymph blockage is through cervical and thoracic adjustment. Deep control can only be reached in that manner.

Another point of vital importance is the blood change in infections. The lowering of the normal alkaline content, accompanied by a rapidly increasing leukocytosis and increase in body temperature, indicate that we are dealing with an acidosis, in which case, we must not forget, that the red blood cells decrease with the decrease in alkalinity. We have enough clinical data to state that we can, through spinal treatment alone, increase the alkalinity of the blood in typical and uncomplicated cases of acidosis, with a lowering of body temperature from one to three degrees within thirty minutes to one
find the blood changes with a steady climb in hour. This reaction, without other support, lasts from three to ten hours, when we again find the blood changes with a steady climb in temperature. Treatment to counteract acidosis should then be instituted not only in these infections, but also in all others where the pathology produces similar blood changes.

The thyroid gland has been shown to play an important role in the regulations of body temperature; it has also been proven that it contains powerful antitoxic elements. Its nerve supply, from the cervical sympathetics, is immediately interfered with upon the onset of any infectious disease. Its function is necessarily retarded. It can be increased at a minimum of twenty-five per cent in from three to four minutes by gently stroking the tissues immediately over the gland. Through treatment of the fourth, fifth, sixth and seventh cervical, first and second dorsal segments, the reaction is manifested by immediate change in body temperature, arterial tension and definite reaction to toxic elements. Treatment in the dorsal area will stimulate the spleen and suprarenals, as proven by the findings of Keys, Lane, and Nicholson.

The osteopathic physician often finds that stretching the spine prepares the field for specific work, traction in itself adjusts some lesions. It also promotes circulation of arterial blood into the spinal canal (by vacuum formation) and produces free circulation of venous blood and lymph out of the spinal canal by relaxation of tissue and by compression following the vacuum. Slow, rhythmic traction and relaxation is the method of choice. The vast majority of infectious diseases first manifest themselves by changes in the cervical region. Second, the sacral and lower lumbar, and last, in the dorsal. We should be specific in our treatment of these areas to obtain a maximum reaction, for it can be demonstrated beyond question that we can neutralize to a large extent, the reactions we hope to obtain by being too general in our spinal work. Confine treatment to the cervical and upper two or three dorsals, plus direct, but gentle, manipulation of the thyroid.

In cases of pneumonia and allied conditions, there is one master treatment which accomplishes amazing results. This I term the "make and break" movement. With one hand on the heads of the ribs posteriorly and the other on the ribs anteriorly, spring the ribs rhythmically in a line with their angle, alternating the pressure from hand to hand (C. Paul Snyder).

When the patient's condition permits his being moved, the physician seats himself beside the head of the bed with a pillow across his knees. Without removing the blankets, the patient is gently shifted so that his head and upper back rest on the pillows. The doctor drops one knee so that the head of the patient is lowered toward the floor. This is for brief flushing of all the vital centers and draining of the thorax. Hypostatic congestion which is at least "partly the effect of gravity" (Osler) will be avoided, the heart relieved and the circulation of blood and lymph throughout all segments normalized.

The ribs are especially prone to mal-adjustments and for this reason they must receive very special attention in the treatment of secondary anemias. Moving the joints does not take as long as muscular relaxation but it has a deeper effect than any relaxation can have. It relaxes by stretching the small deep muscles such as the rotatores and multifidae as well as the superficial muscles. It stimulates the intervertebral disks, which Dr. Burns tells us is very important. It stimulates the flow of blood through the spinal cord itself. We must remember in this connection that the first effect of stretching is to increase muscle contraction. The secondary effect is relaxation. Therefore, we must hold the strength long enough to get the secondary effect.

For headaches, make deep firm pressure in the occipital space. For clearing the head and nose, steady pressure with the thumbs over the frontal sinus will do much to relieve the congestion. It is well also to treat the supraorbital notches by pressure. For traction of the neck, take one hand at the base of the skull, and the other hand under the chin, pull steadily until the body moves. A general treatment consists of the patient lying on his side, with the arms loosely at the side, begin between the upper part of the shoulder blades and work all the way down the spine. With the cushions of the fingers (not the tips) placed close to the spine, press firmly and draw the muscles up towards you, not relaxing the pressure nor allowing the fingers to slip on the skin. Move the hands down the spine a few inches and repeat until the end of the spine is reached. Turn the patient over and treat the other side in the same manner. Depressing the ribs: with the patient lying on his side, with one hand firmly

Continued on Page 24
IMMUNITY

By Enrique G. Vergara, A.B., '25

It is a consensus of opinion that the human body possesses a resistance against the invasion of pathogenic micro-organisms, which osteopathic treatments can preserve and tend to increase. This resistance which is more or less normal to every individual, sometimes becomes marked, and it is this state we speak of as immunity. To certain races or individuals an immunity to certain diseases is inborn, we call this natural immunity in contrast to acquired immunity which can be produced in different ways, viz:—by actual acquisition of a disease; by promoting a mild form of the disease by vaccination; and finally by serum or vaccine injection.

When a microbe gains a foothold in the human body, both the cells and the fluids of the body take active part in the defense against the microbial invasion: the cells—phagocytic due to the abnormal stimulus caused by the presence of bacteria and their toxins, produce antagonistic bodies, called antibodies, to these bacteria and toxins, which are carried in the blood stream by the body fluids. The cells that produce these antibodies are called Antigens.

Roux and particularly Buchner, under the sway of cellular pathology, advanced the opinion that the antibody—antitoxin—in some way influenced the tissue cells, rendering them more resistant against the toxin. Antitoxin, according to this theory, did not act directly upon the toxin, but affected it indirectly through the mediation of tissue cells. This, of course, is somewhat different from Erlich's and Behring's theory which is, that in producing immunity the reaction between toxin and antitoxin is a direct union, analogous to the chemical neutralization of an acid by a base. Both theories are valuable to osteopathic therapeutics plus immunization in combating infectious diseases.

It is the object of the writer to emphasize the advantage of instituting sero-therapy or vaccino-therapy in conjunction with osteopathic manipulations. If the body resistance, that is, the antigens, can manufacture antibodies to the extent as to completely overbalance the amount of toxins, the symptoms manifested by the infection will clear up and consequently the disease will be cured. But, we observe that this is not always the case in every infection as certain symptoms show a subacute or chronic form. Now, if we understand the physio-pathology in these conditions we will not hesitate for a moment to have recourse to immunotherapy. The chronicity may be due to any one of the following three main factors: 1. The antigens are exhausted in manufacturing antibodies. 2. The antitoxic property of the antibodies are lowered. 3. They are overbalanced by the bacterial toxins. The solution of any one of these etiological possibilities depends only on combined treatment. I said combined because I meant osteopathic treatments plus immunotherapy.

Before I discuss my assertion, I want to call your attention to the fact that the antibodies produced by the antigens are specific to the invading organism: Thus we cannot clear up the symptoms of diphtherial infection unless we administer diphtheria antitoxin and tetanus antitoxin in tetanus, antivenin in snake poison, antiricin in ricin poisoning, or antirobin in locust tree poisoning, etc.

Now, osteopathic treatments alone will not promote the production of specific antibodies. It only increases the resistance of the tissue cells and there has to be a specific stimulus for these tissue cells to generate specific antibodies, which is only accomplished by the injection of toxin-antitoxin (Raux & Buchner).

If we admit Erlich's & Behring's theory, we have to undertake the same method of therapy—injection of antibodies.

I believe it is well to define here the composition of vaccine and its effects as well as that of serum, properly called, immune serum.

Vaccine is a bacterial emulsion in normal saline in which a few drops of a germicidal are added. This contains bacteria and their products of metabolism (toxins) produced during their growth upon the medium. The emulsion is inactivated so that the activity of the germs and toxins are greatly minimized; it only plays the role of a stimulant to produce antibodies in the blood stream and active immunity.

Immune serum is produced by the subsequent inoculation of an animal—horse preferred—of
Now that the football season is over and has left P. C. O.'s place undisputed, let's hearken back to fall’s high-lights.

Although soccer is a minor sport in our Alma Mater, "Artie" Jensen, erstwhile track star, claims it is rough enough to place on the major list. Arthur's ocular member was sadly misused in the High Noon Soccer League which has held forth on the Brick Wall Stadium field within the confines of the college campus.

Mike Rathbun showed the boys that his picture in the Springfield paper was all wrong by scoring a touchdown on a wide end run in the senior room. "Cassie" tried to tackle him, but must have taken the Rutgers lesson too much to heart—he misseq-evidently thought he would just slide on in the mud.

Which leads us to record that "Tiny" Hazelton thinks we should give some of these other big small colleges in the city a battle for the football championship next year. Good idea, say we. The above-mentioned Slim Jim with his ton and a half could hold any line. All we'd need would be to get "Cassie" to flunk his finals and come back to play quarter. It would be our idea of a well-balanced team.

Pete Edwards, after making an intensive study of all the games at Franklin Field this year, besides the Rutgers-Lafayette field day, claims that P. C. O. will have the best basketball combination in the long and illustrious history of this institution. And Pete should know—he reasons things out so hard sometimes that he sees double out of one eye.

And after all is said and done, the best joint movement that we witnessed this entire autumn semester was on that field day of Pete's mention above.—when Terrill of Rutgers rotated, side-bent, and extended through the entire Lafayette outfit no less than seventy-six yards for a touchdown.

But Penn is taking on too much of a schedule for next year. How are we ever going to be able to cheer for the opponents when they shoot the prices up right at the start of the season. It's profiteering, that's what it is. Are we right, Maxwell?

And then that Osteopathy track meet. Are you saving the shekels for a large evening then? It's surprising how pennies do mount into dollars.

THE VARSITY squad has been working out regularly three times a week in preparation for one of the stiffest schedules ever attempted by our college. Coach Gilham has had the advantage of having mostly veterans under his tutelage. There is apparently only one new man who is at all promising. Sullivan, a freshman, will in all probability fill the center position which has been woefully weak ever since "Long Gawg" Yocum graduated two years ago.

Progress has been fast, and by December 11th the team should be in first-class condition. Captain Gerlach's characteristic plugging has inspired the remainder of the squad to put in some hard work at the practices. We have good reason to count on witnessing a fast quintette when the boys trot on the floor for the first home game which is with Loyola College, of Baltimore, on December 13th.

The Varsity schedule:
December 11th (away) — Ursinus.
December 13th (home) — Loyola.
December 17th (away) — Temple.
December 18th (away) — Haverford.
January 7th (away) — Drexel.
January 9th (away) — Swarthmore.
January 17th (away) — Washington.
January 29th (home) — Juniata.
February 7th (home) — Moravian.
February 11th (away) — Loyola.
February 13th (away) — Muhlenberg.
February 14th (home) — Washington.
February 16th (home) — Drexel.
February 25th (away) — Juniata.
February 27th (away) — Moravian.

The Freshman schedule:
December 6th (away) — U. of P. Fresh.
December 8th (away) — W. Phila. H. S.
December 10th (away) — Grn. Acad.
December 18th (away) — Media H. S.
January 9th (away) — Swarthmore.
January 10th (home) — Phoenix H. S.
January 23rd (away) — Phoenix H. S.
February 27 (away) — W. Phila. Cath.
March 6th (home) — W. Phila. Cath.
Indoor Track Meet

It behooves the student body to take an active interest in our Fifth Annual Indoor Meet which has been definitely arranged for the evening of Monday, February 9th. This affair should without a doubt be considered the largest event of the college year. It is the only opportunity offered each individual student to display spirit for the college.

There will be events in which we are all eligible and from which outsiders will be barred. The features of the evening will be provided in the relays in which leading collegiate and scholastic stars are going to compete. To lend variety to the excellent card of events we will be privileged to view some of General Smedley Butler’s “camouflaged reformers” vying for the supremacy of the department. The meet will be rounded out by the traditional smokes and eats, part and parcel of every athletic attraction, and which will be offered at the prevailing prices tax-free.

For the evening of the ninth of February, therefore, we are anticipating pushing aside the well-worn volumes, donning the ulster and the Prince of Wales chapeau, and wending our way out of the “butt”-strewn room toward Captain D’Eliscu’s armory at Broad and Diamond Streets. Why not join us and go along?

Women’s Basketball

At the time of this writing the basketball enthusiasts among the women are all set for the good, hard practice which is to begin the last of November. Work-outs will be held at least twice a week and will each last for an hour or more. We will have an excellent coach, under whose direction we will, without a doubt, have the best girls’ team that P. C. O. has ever seen. Soon we will be ready to make a clean sweep.

Several of our games are scheduled as preliminaries to the men’s Varsity games. This should help to bring out the student body and to create greater enthusiasm.

The tentative schedule is as follows:
December 11th (away)—Ursinus.
January 7th (away)—Drexel.
January 8th (home)—Chester Y. W. C. A.
January 13th (home)—Ursinus.
January 20th (home)—Darlington Seminary
February 16th (home)—Drexel.
February 18th (home)—U. of P.
February 26th (away)—U. of P.
February 27th (away)—Darlington Seminary

Pending—Woman’s Medical.

Women’s Track Team

Absolutely the only requisites to date are VIM PEP

We know that there isn’t one girl in our college who will acknowledge that she lacks either of the two qualities. Come out and play. The only thing in the way of reward is—well, you who have come out don’t need to be told, and we know you will be out again. You who have not been out, show your curiosity and let it mean something.

Once you come out to practice we know no one will be able to keep you away. Isn’t this incentive enough?

This year it does not mean just running, but also the shot-put, basketball throw, broad-jump, and high-jump. If you can’t run that is no excuse.

We have received a letter from Drexel stating that they are very much interested in a dual track meet. We are going to try to show them what a real dual meet is.

You cannot appreciate a track meet to the full extent even as a spectator unless you have done some track work. So come one, come all, there is a lot of fun in store for you.

Tall ones, short ones, fat ones, thin—
Our girls’ track team will take all in.

Elizabeth Toomey, Mgr.

Women’s Swimming

In the first meet of the season, held at Darlington Seminary, West Chester, on November 4th, P. C. O. came out with all but two first places. We were outnumbered in points, however, 29 to 38, due to the fact that the unexpected holidays made several vacancies on the team. Charlotte Gants, “Bobbie” Griswold, and Louise Croswell gave their best, but were outnumbered two to one in almost every event.

There is to be a return meet with Darlington Seminary and also probably meets with Drexel, Temple, and the U. of P. team. To insure success we must have more candidates competing for the team. Lend your support.

M. L. Croswell, Mgr.

Of vanities and fopperies, to brag of gentility is the greatest. —Anatomy of Melancholy.
COLLEGE, CLASS, and ALUMNI NOTES

COLLEGE NOTES

During the month of November, the student body has had the privilege of lectures from several visiting physicians. These lectures are always welcomed by the students and we hope for many more during the year.

Dr. Gehring, of Pittsburgh, gave us a brief but instructive talk on the method of procedure in selecting a location and establishing a practice. He gave some very practical advice which was welcomed especially by the Seniors.

Dr. Robert Nichols, of Boston, addressed the student body on the topic of "Organized Osteopathy Versus Organized Medicine. Scientific Osteopathy Versus Scientific Medicine." His fundamental thought to us was to stand for the truth whenever it is scientifically proven.

Dr. J. Oliver Sartwell, Dean of the Massachusetts College of Osteopathy, brought greetings from the Boston College to the students of P. C. O. It is of interest and value to the students to meet the faculty of the other osteopathic colleges, and to learn of the work being done in other places.

P. C. O. has the unusual privilege from time to time to have national and international people of note in athletic lines to address the student body. At the November assembly, Miss Betty Becker, World's Champion diver, was present with us and gave us a review of her trip to France to participate in the Olympic games. If we had the impression before she came that the participants of the Olympic games had nothing but fun we were relieved of the delusion before she left. Her account of the "Bath Tub" in which they had to practice on board ship made many feel that the old swimming hole of by-gone days was not so bad after all. But the idea of 10.30 to bed and 7.00 to breakfast was as bad or even worse than the ban on French pastry and all the other delicacies for which France is noted. Her account of the practice at the stadium and of the costumes of the other countries was most interesting. On their return trip, exhibitions were given before the royalty of Belgium and England. The method used by the Crown Prince of Belgium to cheer the participants was carefully reproduced by the speaker. Here's hoping that Miss Betty will visit us again in the near future.

STUDENT COUNCIL

This body is working in the background for the benefit of the students, professors, and college in general. Each class has two representatives, besides the class president, and the Faculty are represented this year by Dr. Fisher and Dr. True.

There have been two active meetings so far this year, with the result that the lighting effects in 1818 have been materially improved and just watch for further betterments round about our college!

Members of the council are requested to watch the bulletin board.

NEURONE SOCIETY

Christmas chimes are fitting symbols! The Neurone Society's Yuletide Party, the latest expression of a very active program, carried to and through the portals of P. C. O., with the fervor of college enthusiasm, the good will which so haloes the glory of faculty and student body.

The George Miles Memorial Clock is an appropriate Neurone tribute to the memory of one who gave fully of himself in the interests of P. C. O. May time forever honor his everlasting services!

Our Pre-Thanksgiving Tea-Dance at the College Inn established a new milestone on the road to greater college fraternalism.

Thanksgiving baskets proved to be a glorious surprise to the little ones in South Philadelphia.

The future promises a dance on our return after the holidays, featuring, "Artists and Models." Watch for the poster challenge!

Just the best of good wishes and a Merry Christmas to everyone.

JUNIOR NEW YORK OSTEOPATHIC ASSOCIATION

A grand rally of the New York students was held at the college in November. Over twenty-five were present and plans were made for the
Brother, best friend, adieu!
Now, I must part from you!
Tara, tantara, tieno!

When will our meeting be?
Glad shall our greeting be!
Tara, tantara, tieno!

Vows valedictory
Now have the victory;
Tara, tantara, tieno!

Clasped on each other's breast,
Brother to brother pressed,
Tara, tantara, tieno!

—A Medieval Latin Students' Song, translated by John Addington Symonds.

THE ASSIGNMENT

"Jones," said the city editor to a reporter, "Wriggoletta is giving an Oriental dance tonight. I want you to go and cover her."

—Judge.

"Why hello, Pete. You back? Thought you were through last June."

"Oh. I came back for some post-graduate work."

"What in?"

"Mil. Drill, Physical Ed., and Hygiene."

—Froth.

"Yes, I've quit the hold-up game,
I'll hang around joints no more."
So with a sigh, and a faint little cry,
The garter stretched out on the floor.

—Beanpot.

Mrs. Sambo—Sambo! Sambo, wake up.
Sambo—I can't
Mrs. Sambo—Why can't you?
Sambo—I ain't asleep.—Center Colonel.

Mention the "Axone" When Patronizing Our Advertisers
THE BETTER CATCH

An Idaho man was fishing in Lake Crescent recently. He caught a big northern pike—the biggest he had ever landed in his long and busy life. He was crazed with joy, and he telegraphed his wife: "I've got one; weighs seven pounds and it is a beauty."

The following was the answer he got: "So have I; weighs 10 pounds. Not a beauty—looks like you. Come home."—Idaho Yarn.

Someone was heard to say:
That the sea brings up the best that there is in us.
Nature does not allow us to choose our faces—but we can all pick our teeth.

Guest (angrily)—I just took a bath and there was no towel in the bathroom.
Clerk—Well, you have a tongue in your head, haven't you?
Guest—Yes, but I'm no contortionist.

"Your treatment has helped me wonderfully," wrote the grateful woman. "A month ago I could not spank the baby and now I am able to thrash my husband. Heaven bless you."

"Has he any money?"
"What yeh think he lives on, tokens?"

Johnny—What's wrong with me? What ya laughin' at?
Connie—I just realized what the sport model of the Missing Link would look like.—Judge

Women are more efficient than men in some things, for instance in handling a cold with four square inches of lace.—Lyre.

Advertisers Seldom Fail: Failures Seldom Advertise
minimized bacteria and toxins (active immunity) and then drawing the blood and separating this serum from the cellular elements of the blood. This serum contains antibodies and when it is injected into human body it produces a passive immunity, that is, the human body does not take an active part in the neutralization of the toxins, it is the horse's serum that plays the part of a neutralizer.

Some of the readers of this article will probably wonder why so far there have been many failures to accomplish good results by these methods of therapy, but we must remember that statistics show the records compiled only by the allopathic physicians; that is, the administration of serum or vaccine has almost always been accompanied by medication. And I believe we can have the right to doubt whether the failure to accomplish cure is due to the medication or due to fault in the preparation of the vaccine or the mode of injection.

From the foregoing physiological facts mentioned above we cannot overestimate the value of adding this therapy to our osteopathic treatments.

FIRE

On Thursday, November 20th, a fire started in "1818" due to a defective flue in connection with the incinerator in the dissecting room. The firemen did fast work and extinguished the flames before great damage was done. Classes were resumed in the building at once, as the class-rooms were not affected.
OSTEOPATHIC TREATMENT IN ACUTE INFECTIOUS DISEASE

Continued from Page 8

push down each rib while you stretch his arm above his head with your other hand; hold a moment and then lower the arm. Treat all the ribs on both sides. The spleen should be treated with the patient sitting on a stool, raise his left arm high above the head with one hand, while pressing the thumb of the other hand between the ribs where indicated. Continue the pressure of the thumb while you lower the arm with a backward circular motion. Treat three adjoining ribs in the same manner, on the left side only. The liver should be treated with the same position of lying on his back, his legs drawn up and arms at the sides. With your left hand press, with a little force, underneath the ribs on the right side, while pulling the ribs forward from the spine with the other hand. Treat for two minutes under all the ribs on that side. Now change the position of the left hand, placing it flat upon the right ribs, the right hand remaining in its first position, then with a little pressure shake the liver thoroughly for a minute. Last, but not least, is the "osteopathic mustard plaster" for the chest, place both hands flat upon the patient's chest, then with the circular motion, using some pressure, work the tissues between the skin and the bones for a minute or two. Do not let the hands slip on the skin.

Courage and faith in your profession beget energy and power, and energy and power properly directed bring success. We must assume the responsibility of the welfare of our patients. It is so very easy to give a treatment, but to take charge of the case— to go beyond the diagnosis and single treatment, to help the patient understandingly with his obligations, burdens, and handicaps until his adverse conditions are changed, so that health, restored by treatment, can be maintained— these are the difficult things of practice, the things that we must learn to cope with.

The greatest results in osteopathy come from the practitioner who can give a definite knowledge of what he is doing. It is a question of knowing where the cause lies and the application of our treatment at that point alone. It is not a question of manipulation from the base of the head to the tip of the coccyx, but a question of correcting the lesion which produces the
functional disturbance, the primary cause of the disease. If we satisfy our patients and teach them the principles of osteopathy they will go out and teach their friends what we have taught them.

ERRATA
Several errors which we wish to rectify crept into our last issue. Dr. LeRoy is a graduate of Ohio University. We regret that these mistakes occurred.

May—I never associate with my inferiors. Do you?
Ray—I have never met any of your inferiors.—Punch Bowl.

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We sell only the best
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With Uptown Prices
We handle and dispose of obsolete equipment gratis

Patronize Our Advertisers—They Patronize Us
efforts to make the initial presentation of the class, for the year, a success. We trust you have been there and have had a good time.

What was expected to be an annual event was initiated at Strawberry Mansion, Fairmount Park, one Friday afternoon, last month. The Sophs and Frosh met in a tug-o'-war. Although the Sophs weakened their team by permitting some of their men to take the place of absentees on the Frosh squad, the result was, as usual, a victory for '27.

The class wants to commend the editor and staff of the AXONE for the splendid issue that was published last month and would like to offer any assistance possible toward keeping the sterling qualities of the college paper above par.

During the visit of the San Carlo Opera Company to the city, El Metford "supered." The opera fans say he made an impressive knight when he donned the tin armor.

FRESHMAN CLASS

The second interclass function between the Freshman and Sophomore classes again resulted in a yearling victory; our class being dragged all over the lot in what was termed a tug-of-war.

At the regular meeting of the class on October 30, 1924, the constitution and by-laws were read, discussed and passed.

The November meeting was held on the evening of the twentieth. Tentative plans were formed for a dance to be held shortly after the holidays. The class was desirous of holding the affair before Christmas, but no open date could be found. A moving picture benefit for the Hospital was also discussed, but no definite action was taken. Mr. Joseph Hadjelhi was unanimously elected Class Historian and Mr. Leonard Smith was appointed Sergeant-at-Arms. Refreshments in the form of cider and pretzels were served after the business session.

The class wishes to take this opportunity to wish the Faculty and the Student Body a very Merry Christmas and a Prosperous New Year.
ALUMNI

Dr. Herman Kiser, '23, is now associated with Dr. Orrin O. Bashline, Grove City, Pa.

Members of the Alumni who have old copies of the AXONE they no longer have use for, are asked to communicate with us. We wish to complete the files of past years.

CLINICS

The work of the Clinical Department has been rearranged and reorganized this year to eliminate the congestion experienced in former years. Students have been assigned to definite rooms at definite hours. Patients are treated only after examination in the general clinic, by Drs. LeRoy and Street and the treatment outlined by them. If deemed necessary the patients are referred by them to special clinics for examination.

A note-book system has been instituted whereby the students keep the diagnosis, history, treatment and progress of each case. At the close of the year these notebooks are to be collected and the data of each case recorded. Files are to be made and in a few years a valuable fund of material will be available for the students entering the clinic.

The number of patients treated in the clinic is increasing with the months. During October the collection of clinical fees showed an increase of $100 over the same month in 1923. Exclusive of patients cared for in the ear, eye, nose and throat, the pediatrics, the gastro-enterological, the dermatological, the surgical and the obstetrical clinics, 672 treatments were given in the general osteopathic clinic during October.

It is hoped in the near future that more treating rooms, another examining room and better equipment for the present rooms will be available. The co-operation of every student is required to make the clinic the success which is desired.

DONATION DAY

On Thursday evening, October 29th, the

The loftiest towers rise from the ground.—Chinese Proverb.
Women's Auxiliary of the Osteopathic Hospital held a donation day dinner in the Junior room in "1818." Many of the students availed themselves of the opportunity to supply their needs and at the same time help their hospital. A goodly number of the profession were also present to contribute to the needs of the institution.

In addition to the money derived from the dinners, booths were arranged about the room at which useful gifts for the Xmas season were for sale.

The total receipts were $350, which will be used in the furnishing of the linen and other supplies needed by the hospital.

Jim—Say, Boso, I heard you were sick last week.

Boso—Yes, I was. I had the new disease called the "clothing sickness."

Jim—What on earth is that?

Boso—Well, I had a coat on my tongue and my breath came in short pants.

—Pharmacal Advance.
OUR HEALTH REVUE

BY DR. ROYAL FLUSH

Dear Doctor: I am 26 years old and still have my school-girl complexion. What should I do? Is this a good sign?—Canine Cat.
Ans.—You should testify for some Lubricating Grease Manufacturing Company. This is not a very good sign. It usually precedes suicide.

Dear Doctor: I wake up every morning at four o'clock and cannot sleep again. How can this be corrected?
Ans.—Turn your clock back three hours and live accordingly.

Dear Doctor: I have headaches every night and my hair is falling out. What is the cause and how can it be corrected?
Ans.—This is due to too much electricity in your system which passes out through your hair. The cure for this is to ground the current. This can be done by running a wire from your big toe to the radiator before retiring.

Dear Doctor: My husband snores at night. How can I stop this?
Ans.—Have a hook fastened into the soft palate. Each night upon retiring pass a string through this opening and tie to the first bicuspid. This will keep the palate from waging back and forth.

Dear Doctor: My mother-in-law threatens to kill herself. What shall I do?
Ans.—Take her up on ZR3 and allow her to walk blindfolded along the promenade.

Dear Doctor: The arches of my feet are flat. What is the cause and cure?
Ans.—This is due to a lack of calcium in your feet. Sprinkle lime into your shoes and also whitewash the soles. This gives excellent results.

Dear Doctor: Every night one of my calves get the cramps. Is there any cure for this?
Ans.—Change the diet. Use plenty of soap and water.

—Dr. M.

Nature is the Art of God.—Sir Thomas Browne.
Soph—Why does a stork stand on one foot?
Froeb—I’ll bite; why does he?
Soph—If he’d lift the other foot, he’d fall down.—Chaparral.

You can do anything with people as long as you do not bore them.
Prudence is an irritating virtue with its one thought, “Is it grist to my mill?”
When a son does honor to his parents the joy and satisfaction of the father are much in evidence; when he disgraces them the mother appears in the foreground.
Happiness is something you can give that you don’t possess.
Getting found out is one of the things not done by the best people.—McNaught’s Monthly.

A wise man never blows his knows.—Yellow Jacket.

Ma—You ought to be ashamed to be at the foot of your class, Willie?
Willie—But it ain’t my fault, Ma. The feller that’s always at the foot is home sick with the measles.—Judge.

The knickers women wear are sure great for getting up stares.—Gargoyle.

Pyorrhea
Halitosis
Gums receding
To the south
Gee, but there is
More damn trouble
In possessing
Of a mouth!—Banter.

You may be excused for being blue, but never for being green.—Yellow Jacket.

Rowing Coach—You want to come out for the crew, huh? Ever rowed before?
Candidate—Only a horse, sir.—Punch Bowl.
PROVERBS OF CHINA
A journey of a thousand miles begins with one step.
One actor cannot make a play.
Talk does not cook rice.
He who rides a tiger is afraid to dismount.
Do not dress in leaf-made clothes when going to put out a fire.

Jackson (who has just received a picture of the girl he has corresponded with blindly for a year): My God, what a map! How'll I ever get rid of her?
Jillson—Well, you can always send her one of your photos.

—Brown Jug.

Man now controls earth, air and water—as long as nothing happens to his machinery.
A really loving wife likes her husband to come home at night—and go away in the morning.
When a woman is puzzled about a man, she immediately becomes interested.
Beware of wishing for a thing too often or too long—you might get it.
A bride is calm because her struggle is over for the time being.
We all love a sinner—until he sins against us.
Man is less faithful and more forgiving; woman is more faithful and less forgiving.
A mind is like a tract of farm land; it produces little of value in an uncultivated State.
—McNaught’s Monthly.

It is better to be broke than never to have loved at all.
—Medley.

Irate Father—Why did you ever run away with that lawyer?
Daughter—Father, dear, didn’t you tell me always to follow your counsel?
—Rutgers Chanticleer.

Judge—are you trying to show contempt for the court?
Prisoner—No, I am trying to conceal it.
—Georgia Yellow Jacket.

A man should keep his friendships in constant repair.—Johnson.
MEMORIAL HOSPITAL OF OSTEOPATHY
and ELECTRONIC MEDICINE
Dr. Frank E. Zindel

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An X-Ray machine of high power, for diagnosis and therapy, has been added, thereby enhancing the diagnostic efficiency of this institution.

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