


5-1901

Philadelphia Journal of Osteopathy

Philadelphia College and Infirmary of Osteopathy

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Philadelphia College and Infirmary of Osteopathy, "Philadelphia Journal of Osteopathy" (1901). *Philadelphia Journal of Osteopathy*. Book 30.

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Philadelphia Journal of Osteopathy

V. 3 (5) 1901

OSTEOPATHY APPROVED BY LEGISLATURES OF SIXTEEN STATES



Philadelphia Infirmary of Osteopathy: all Diseases treated without Drugs. Consultation and Examination Free

Subscription Price, 1.00 a Year

MAY, 1901 X

Single Copy, 10 Cents

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Next Class Matriculates September 2, 1901. Write for Information
Witherspoon Building, Walnut, Juniper and Sansom Streets, (Sixth Floor)

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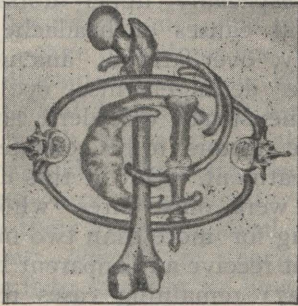
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The Philadelphia Journal of Osteopathy

Offices: Witherspoon Building (Sixth Floor)
Walnut, Juniper and Sansom Streets,
Philadelphia, Pa.

Vol. III.

May, 1901.

No. 5.

Important Facts That We Can Corroborate

O. J. SNYDER, A. C., M. S., D. O.

THE English poet, Coleridge, while at Frankfort, on the Rhine met a German scholar who was so self-satisfied with his own learning and achievements that he always took off his hat with profound respect and solemnity when he ventured to speak of himself.

We are led to believe that our own country and State, yea, our own city, is infested with a number of savants of that disjunct species who labor under the erroneous impression that they are the era of light, and that knowledge and advancement is confined within the limits of their own sphere of intellect and comprehension. It must be so if what we daily hear is true.

There are many men and women among the laity as well as among

the medical practitioners, who berate in round terms the word Osteopathy, and aim to discourage those who are endeavoring to learn whether the claims advanced by that school of the therapeutic art can be substantiated. Whenever we trace these deprecating remarks to their author we invariably find that the responsible person knows practically nothing about the matter of which he or she speaks, and in many instances not even a motive back of them further than their own inherent pessimistic disposition. In the medical physician we can see an ulterior motive in denouncing everything that is not in accord with his own teaching and practice; it might almost be suicidal for him to acknowledge virtue in some other system of healing than his own. We have heard of many people who would not come to consult us about their physical suffering for the simple reason that their family physician would not permit it, or possibly

because a friend told them that there could be no good in any system that did not use drugs. The age of slavery and bondage has passed away. *Think and act for yourself.* See for yourself and be not hampered by those who possibly have an interest in you other than your own well-being. It is safe to say that those who seek to discourage you know little or nothing about Osteopathy. They have read little or nothing about Osteopathic literature and have never called upon an Osteopathic physician to have the principles and philosophy of Osteopathy explained to them.

We could fill these pages every month with the stories of those who did defy all opposition to Osteopathy and struck out boldly for themselves to find health and relief from sufferings. The unwritten laws of professional etiquette frown down upon the profuse publication of "testimonials." It can, however, not be considered a breach of custom, if we cite here a few statistics gleaned from our clinical record, showing in a measure, at least, results obtained by our treatment, and which we are prepared to verify by giving the investigator the names and addresses of patients who will corroborate our claims. (We do not use the names of patients unless we have express permission to do so.)

CHRONIC HEADACHE.

There is perhaps no disease more common or more annoying than a chronic headache. Our records for the past six months show that we treated 274 patients afflicted with this malady, usually in connection with other diseases. The most common cause for the condition was found to be irregularities in the upper part of the neck (sub-dislocations of the upper cervical vertebrae

or contracted muscles between the atlas and occiput) interfering with the circulation of the blood to and from the head. Other lesions at various points along the spine and ribs, especially upper dorsal, are frequent causes of headache; also anxiety, over-fatigue, anæmia, digestive derangements, eye strain and menstrual disorders are important factors to be considered in the treatment. Out of this number there were only three who after treating for more than two months, did not receive any apparent benefit. The 271 remaining cases received more or less benefit, and about 240 of them were wholly cured. If you are interested and our statement of these facts is not sufficient, call upon us, sixth floor, Witherspoon Building, and we will give you their addresses so that you can ascertain the facts for yourself.

INFANTILE PARALYSIS.

During the six months ending February 1, 1901, we have treated but nine children afflicted with this disease. Their ages ranged between two and seven years. One was a little girl of twenty months when she was brought to us. She had no apparent strength in either of her two lower extremities (legs and thighs). She never attempted to stand or use them in any way. The little limbs were under-developed and colder than other parts of the body. The blood circulation was interfered with, owing to several lesions in the lower part of the spine, (lower lumbar and upper sacral regions). At the end of three months of daily treatment the child could stand alone, and with the aid of a baby pushing-chair could walk quite a distance. Flattering results have been secured in each of the other cases. Little Clyde, who could

not walk up stairs at all, now runs up. Josie had to walk on crutches, he now does not even use a cane, and rides a bicycle with ease and pleasure. Georgie wore a heavy brace on the right leg, which has long since been abandoned, and with the aid of a cane gets along very nicely. He will continue to grow stronger. Ewald's and Roland's left legs were very much withered, weak, and always cold. They are both improving very satisfactorily, a fact which their former medical attendant has offered to corroborate. Suffice it to say that we have many more cases to refer to, to demonstrate that Osteopathic treatment affords relief and cure in these cases, although the disease is regarded as incurable by other schools of healing.

DIABETES (MELLITUS).

Although this is not a common disease and does not yield to medical treatment, yet our records for the past six months show eight cases treated with complete success. A Mr. H—— had 8 per cent. of sugar and all symptoms of the disease in an aggravated stage. He is to-day, after one year's treatment, wholly free from sugar, and all attendant symptoms have wholly disappeared.

BRIGHT'S DISEASE.

This is another malady that is not amenable to medical treatment, but is successfully handled by the Osteopath. *Materia Medica* states, "We have no specific for Bright's disease." We have had but a few cases during the past six months that we can refer to, but this list can be greatly augmented by our previous record.

CONSTIPATION.

This disease in a chronic state leads to auto-poisoning, and is

naturally a predisposing cause for other diseases.

There is, perhaps, no disease that is quite as successfully treated Osteopathically as this one. Our records show that we treated one hundred and ninety-four cases during the past six months. In forty-three cases we obtained normal action, after one or two treatments. Other cases required from one to four and five months. In about six cases we have achieved no noticeable improvement.

OTHER FACTS.

An important fact to remember is that if we do not help a patient we do not injure him.

We do not give a fuller report of our clinical record here, as it would require too much space, and the cases here referred to are simply to illustrate in a general way the success that does attend Osteopathic treatment. (For list of diseases treated see last page of this Journal.)

We will be pleased to tell you our experience in the treatment of any special disease that you may be interested in.

Although Osteopathy has only been announced to the world since 1874, the fact that already about twenty State Legislatures have passed measures, after strenuous opposition by the medical societies of those States, granting to Osteopaths the right, privilege and protection to practice their science, and thus recognizing Osteopathy as a therapeutic art, is evidence worthy the serious consideration of thoughtful people.

Should you ever be discouraged by any one in your search for health from trying Osteopathic treatment, and be told that it possesses no merit, and thereby confining you to drugs that you have taken this long time, assert your own birthright

and consult those who have had experience with Osteopathy. Those who advise you *not to investigate* have either a selfish motive for you to gratify, or they are narrow-minded and bigoted, for there can be no harm in investigation. Some people are slow in grasping new truths.

Mind you, reader, the world is moving on. Truth is mighty and will prevail. We are still painfully climbing the pyramid of progress. We are still pursuing the rainbow of hope, whose many-hued lines shall, in graceful arching, unite disease and suffering with a never-failing remedy. Investigate with unprejudiced mind every new discovery and claim made by science. Coleridge's self-satisfied friend, who stands complacently with uncovered head on the Rhine, reverencing his own greatness, will be awakened by a hail-stone from the clouds of progress striking his bald pate, and he will realize that new discoveries and theories have supplanted the old, and that he is but a mighty somnambulist of a vanished dream.

Bell Bill Killed

THE obnoxious Bell Medical bill which was intended to prohibit the practice of Osteopathy in New York was killed in the House. This bill was supported by the combined power of the medical profession, and was urged by the foremost and ablest practitioners in the State. At the first hearing, specialists, surgeons, authors, professors and high executives in medicine, presented their strongest pleas against Osteopathy. The New York Osteopaths made a noble fight. Mark Twain did good for the cause. Dr. Ellen Barret Ligon, of Mobile, Alabama, and Dr. A. G. Hildreth, of Kirksville, Mo., did

valiant service. We may be pardoned for appending the following from the *Albany Post-Express*:

"Professor M. W. Pressly, of Philadelphia, followed with a vigorous defense of Osteopathy. He maintained that it was not massage, but a distinct and rational school of healing, based upon scientific methods and principles. He said that there was a difference of but eight months in the length of the courses prescribed in colleges of Osteopathy and the regular schools. The former consumed twenty months, the latter twenty-eight. It was true that the latter really consumed four years, but that was because the medical profession was over-crowded and it was desired to limit the supply of graduates. Professor Pressly and the regular doctors engaged in an animated discussion over the methods employed in Osteopathy and Chairman Henry assisted the doctors."

In the Osteopathic World

THERE is a principle underlying every right practice, a guess under every wrong one.

Intelligent methods are Osteopathic methods.

Dr. Still promises the profession some interesting views on how to prevent or treat smallpox. The Doctor's views on post-febrile paralysis of the limbs throws light on an interesting subject.

The question "How often shall we treat?" is intelligently answered in a recent journal by saying "as often as indications, real or imaginary, require." Avoid routine methods.

Efficient and sufficient treatment can often be given in a very short time, to the surprise of patients who are sometimes disposed to imagine they are not receiving the

worth of their money. On this point they must be educated.

Osteopathy has discovered that the human body possesses latent forces and agencies which when preserved in equal balance gives health.

The Osteopaths of Cleveland meet the second Wednesday evening of every month.

The Wisconsin Senate passed a bill creating a State board of Osteopathic examiners.

The Texas House passed a bill authorizing Osteopaths to practice in that State.

An attempt was made to pass a bill in the Legislature of West Virginia driving Osteopaths from the State, but it failed.

Bills have been introduced in two-thirds of the States of the Union to exterminate Osteopaths, but Osteopathic colleges are crowded.

Dr. D. B. St. John Roosa thought the Government of the United States and the State Government should take an active interest in the medical profession.

Dr. C. E. Still has given his powerful influence to the Osteopaths of New York to secure favorable legislation.

Anti-osteopathic legislation was defeated in Alabama.

Osteopathy is legalized in North Dakota. Legalizing bills are before the Legislatures of Oklahoma and New Mexico. The Medics in Washington tried to crush Osteopathy but

failed and the Oregon Governor vetoed a medical bill. A bill regulating the practice of Osteopathy and creating a board of examiners passed both branches of the Montana Legislature. California is on the right side even with only fifty Osteopaths to confound the 4,500 M. D.'s of the State. The Osteopathic Association of California has been legally incorporated.

J. S. Gaylord, D. O., has opened offices in Binghamton, N. Y., coming from Franklin, Ky., where he practiced two years and established a school. The Doctor graduated at Kirksville, Mo.

The Scott county (Miss.) *Register* states that Dr. Haley, an Osteopath, was acquitted of a charge of practicing without license. In another instance, name not given, an Osteopath was convicted, but appealed to the Supreme Court. The State Board of Health is opposed to the practice of Osteopathy.

The Clarksville (Tenn.) *Chronicle* notes the phenomenal progress of Osteopathy in that section, and refers to the large classes at the Southern School of Osteopathy at Franklin, Ky.

Dr. Ernest N. Chesney, of the American School of Osteopathy of Kirksville, Mo., has opened an office at McPherson, Kan.

The Boston Institute of Osteopathy recently petitioned the Legislature of Massachusetts for a permit to receive subjects for dissection. The Joint Judiciary Committee reported adversely on the petition. Senator Sullivan opposed the committee's report, and insisted that the Institute should be treated as fairly as any

other institution. By a vote of 17 to 10 the Senate adopted Mr. Sullivan's motion, which recognized the Institute's right to receive bodies for dissection.

At the regular meeting of the New York Medical Society at the Academy of Medicine, No. 17 West Forty-third Street, New York, held April 4th, some statements were made that show Osteopathy is making headway. A number of papers were read in which the doctors went to the trouble to artfully confuse Christian Science and Osteopathy. One physician, Dr. William H. Thompson, who seemed, from his paper, a little more scared than the others, declared in all seriousness that a law should be passed requiring a qualified physician to visit every sick person, and making his visit that of a public official.

Dr. A. H. Spears declared the public mind was reverting to old superstitions and creating new ones. He said the attitude of the public was such that the greater and more mysterious the superstition or visionary theory of a certain clique the more quickly it was embraced by the public. The "inane drivel of the Christian Scientists," he said, and the vagaries of the Osteopathist were especially to be mentioned among the superstitions embraced by many persons. Scientific medicine, he said, had failed to make itself properly felt by the public at large, and he said he thought this was due in large part to public ignorance. He advocated greater publicity in the matter of progress in medical discoveries, and the introduction of papers and lectures from competent medical men in language stripped of its technical terms. The world, he said, had a right to know

what progress was made, and it was the duty of the profession to give such information.

Governor Dietrich, of Nebraska, signed a bill legalizing the practice of Osteopathy in that State. It was passed by a vote of 22 to 11 in the Senate and 54 to 31 in the House, on March 28th. The bill as signed requires that applicants must present diplomas from legalized schools of Osteopathy to the State Board of Health, and receive a certificate to practice. The law defines at length what studies must be pursued, and bars out all who do not comply. Dr. Elliott, who has been practicing nine months at Fremont, says the law is an improvement over those in force elsewhere. There are twenty-five Osteopaths in Nebraska and three in Lincoln.

Dr. G. F. Staff, D. O., of Meadville, Pa., has opened a branch office in Cambridge Springs, Pa., where he will receive patients at certain times.

The State Medical Board of Indiana met at Indianapolis April 3d, and devoted its session to studying the standing of Osteopathic colleges. The board, after completing its list of institutions in good standing, according to its standard of judgment, will issue certificates to graduates of such institutions. There are nine colleges in the National Association of Osteopathic Colleges, and twelve or more are not in the Association. Over twenty-five applications are now on file before the State Board.

Dr. George W. Martin, Osteopathist in Los Angeles, Cal., in replying through the Los Angeles *Times* to the inquiry, "Do you treat acute

diseases?" gave account of a case of tonsillitis:

"The patient was a boy ten years old and had been sick for three days when I was called, I found him unable to speak above a whisper and with a temperature at 103 at 10 A. M. I gave a treatment and called again at 8 P. M. His temperature was 103.

"I gave another treatment with special directions for the care of the patient. At 8 A. M. next morning, I called again and found the boy's temperature normal. He had slept soundly all night. I gave a third treatment and the cure was complete."

—
What is Osteopathy? is a question very frequently asked.

It is many things in one.

It accomplishes a variety of results by simple methods.

It uses the bones as levers to relieve pressure on nerves, veins and arteries that should not suffer pressure.

Osteopathy can cope with all diseases.

Its basic medicines are food, air, water.

The curative powers of the body are within the body itself.

Take the stomach. Its secretions are controlled by certain nerves and nerve-centers. If these functions do their work, there is health—if not, illness; where they do not, there is an obstruction. Osteopathy removes it.

"Nerve force," "blood force" are the two forces that make health.

Disease is nothing more than obstruction between nerve force and blood force. The Osteopath watches to see that the machinery of the body works right.

He watches structure and function, seeking to create and preserve harmony between them.

Does an engineer throw a gallon of oil into his engine if a bolt gets loose? He fixes the bolt.

The Osteopath studies the human machine as a machinist and puts it mechanically in harmony.

This treatment gets behind innumerable ills. This makes the Osteopath a specialist in anatomy. He becomes habituated to the quick detection of disturbance of nerve-centers or circulatory structures.

Osteopathy is in its nature a cause-remover. The Osteopathist treats the nerve and blood supply for catarrh. For rheumatism, his treatment aims to prevent the formation of acids. In dyspepsia the nerve and blood supply to the stomach and intestines is harmonized. In insomnia, the hidden cause is attacked; in short, the nerve supply is the objective point of the Osteopath.

Osteopathy threatens to abolish the surgeon's knife in most cases where it is now so indiscriminately used. The horrors which Gynecology cover are largely banished by Osteopathic treatment.

Suggestions to Students

PROGRESSIVE Osteopaths emphasize the necessity of vigilance in treating according to indications in every instance; also to never overlook the making of an exact diagnosis and following it up with specific treatment. Ultimate success depends upon this.

—
While "readjustment" is the fundamental feature of Osteopathy there are other and very essential things to be thought of. Manipulation can do much, Dr. Still reminds us, but not all. The body, he says, must be supplied with correct

material to vitalize its organs and tissues, and after that mechanical adjustment will complete the work. Environment should be the object of care and supervision, where constraining influences are at a minimum and all elements of worry, wear and tear.

Advice as to hygiene, sanitation, dieting, nursing, etc., should always be given when required. Some Osteopaths in their zeal have come to overlook these essentials. What is often needed is a rounding out of therapeutics with wholesome hygiene.

An Osteopathic code of ethics has become a necessity. It is possible to carry our work too closely along business lines. Our human nature is rich in fine qualities and will soon show themselves if called out.

The Osteopathic school represents the crowning achievement of scientific medicine. Its practitioners can therefore well afford to manifest a spirit of charity to other schools. We must remember a portion of our Osteopathic education is medical. We use the same books, the same laboratories. Our work, however, is only a step in advance of them.

Our Osteopathic Colleges should lengthen their courses, teach more scientifically and draw the lines separating our schools from others more vividly.

A wise Osteopath remarks, "When we succeed in acquainting the laity with our methods and eliminate from them the practice of our feeding and drugging, we will approach nature's mode of preventing and curing disease, and then perhaps the time may come when people will be ashamed to be sick."

The thing to do, says the same broad-minded Osteopath, is to treat those who may put themselves under our care as though they had common sense and assure them in a few words of the true character of their condition.

The pen of the Osteopathic profession is becoming a mighty factor in ridding the world of ignorant pretenders by disseminating physiological knowledge among the people. . . . When a thorough knowledge of this marvelously complex body of ours becomes general, the idea that health and ill-health are subject to chance will have no existence.

Dr. Geo. J. Helmer, President of the New York State Society of Osteopathists writes the *Knickerbocker Express* of Albany, in its issue of April 13, concerning the recommitment of the Bell bill, legalizing Osteopathy to the lower house of the Legislature. The doctor says: There was no politics, no money, no lobby, no pulling and hauling of members by influences entirely extraneous to the matter at issue. The contest over the measure was a clear-cut debate on points, in which both sides had a fair chance, and in which the opposition by sheer force of overwhelming preponderance of "points" carried the day.

Montana State Osteopathic Board

The appointments upon the State Board of Osteopathic Examiners, created by the Legislature, are as follows:

Dr. Charles W. Mahaffay, of Helena, for four years.

Dr. Asa M. Willard, of Dillon, for three years.

Dr. O. B. Prickett, of Billings, for two years.

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MASON W. PRESSLY, A.B., D.O. . . Editor.

Subscription Price, One Year . . . \$1.00
Single Copies 10c.

Entered at Philadelphia Post Office as Second-
Class Mail Matter.

Sample copies mailed upon request. Adver-
tising rates on application.

Vol. III. May, 1901. No. 5.

Consulting an Osteopath

OSTEOPATHS are ready to have you consult them, but if they are busy, as is usually the case, they would prefer that you make an appointment; otherwise you must await your "turn." We do not charge for a consultation. You should feel perfectly free, therefore, in laying your case before Osteopathy. There is a good deal of "red tape" about an average consultation. "The doctor" is usually a mysterious personage, and not infrequently a consultation is a formidable procedure. The "medicine man" always seeks to invest disease with mystery, and, ordinarily, a consultation is telling the doctor how you "have been," and "how you feel." Not so with the Osteopath. This is as easy and natural as can be. Osteopaths are usually plain people. They put on no professional airs. They use few "big words." They talk plainly. They

explain fully the conditions of disease. They keep nothing in the dark. They gladly answer all questions, whether prompted by idle curiosity or intelligent interest. Disease is made plain by Osteopathy. The people learn about themselves when sick and how to keep well when Osteopathy benefits them. If anyone, however, wishes to have an expert opinion or exact explanation or technical elucidation of disease or special conditions, we are willing and ready to give it. We spare no pains in making your condition intelligible to yourself, and are ready to give you as much time as we can spare from our busy practice to a full, fair and free consideration of your case.

An Examination

WE prefer always to make an examination before expressing an opinion. We consider an examination more decisive than a recital of your symptoms. We are sure that an examination is the one essential element of a consultation. Indeed, we can tell you more about your condition after an examination than you know yourself. Everything depends on an examination. By all means, then, ask for an examination. It takes less time, is more satisfactory, and results in definite conclusions; while all is mere guess work without it. Now, you ask, what is an examination? Well, we answer that it is a very simple affair. If you consulted a jeweler about your watch, he would ask to examine it. He could tell you little without an examination, and all you might tell him would reach only probability. We would have you retire into a private room, and loosen all clothing that bound your body tightly, and

put on a loose wrapper, in case you were a female, and with our hands we would carefully examine in the region of the neck, spine, and all the joints; we would ascertain the condition of the skin, the nerves, the blood, the action of all the organs and parts of the body. We could do this in a very few minutes. We would then tell you the conditions as we find them, and the various symptoms as you may feel them. We would candidly tell you what we could do and what you should do. We would tell you more about your actual conditions than you have ever had explained to you by any or all other schools of treatment. We are willing to risk our reputation on these things.

How You Feel

THERE is nothing more deceptive or delusive of real conditions than your "feelings." They are the most real things to you, and you wish them to be treated, especially if they are unpleasant or painful. We respect your "feelings," and we seek always to relieve our patients of abnormal feelings; but we do not treat them as other doctors. These "feelings" are *effects*. From our knowledge of the human body, we examine into the *causes*, and treat the causes. Just think how many questions the medical doctor asks you. He takes notes. He is careful to ponder everything you tell him. Then he treats your feelings. If it is a pain, he seeks to relieve it. If it is inaction, he either stimulates or purges. Drugs can do this. But do drugs *cure*? You may have found out that they do not. If you have been long sick you have learned the deadly effects of drugs. The average doctor depends on what you tell him

about yourself. You could deceive him. If you told him you had a pain in the top of your head, he would treat it—if in the bottom of the foot, he would take your word for it. Not one in a hundred would examine into the cause and condition of the pain. The Osteopath would do this very thing. This is one chief difference between Osteopathy and other methods.

The Prognosis

WHAT can be done for me? Can you help me? How long will it take? Prognosis is prognostication—the knowing what course a disease will take and how it will ultimate. Prognosis depends upon diagnosis. We do not flatter our patients. We do not deceive or delude them. We candidly tell them about what we can do. We may not in all cases be positive and definite, for the good reason that we may not know. We are neither omniscient nor omnipotent. Besides the treatment itself, much depends upon the patient. One may undo in an unguarded hour the good effects of a month's treatment. We tell patients what they must do for themselves. Any effective treatment is co-operative between the doctor and the patient. In all cases we can tell fairly well what to expect in a given time or case.

A Diagnosis

DIAGNOSIS means *knowing through and through*. Knowledge is the one essential. This knowledge must be first-hand. It must be based upon the actual conditions. The patient does not know these conditions. The average doctor guesses at the conditions from what the patient says.

We ascertain the conditions by a physical examination. We know the body as a master engineer knows his engine. We know the natural position, condition and action of every part of the body. We carefully explore and ascertain whether the thousand and one parts are in their proper position, whether they are doing the work they were intended to do. If not, then we find out the reason why. Any departure from the normal is disease. We ascertain the degree of such departure, and the reason of it and the results of it. This we do in a way entirely new and interesting. We are specialists in diagnosis, and this is half the battle in treating disease.

How Long Will It Take?

THAT depends upon many things. We have had patients who expected to be cured in a month after ten years of sickness. This may be unreasonable. No doctor can undo within a short time what has taken months or years to do. Most of our cases are chronic cases, that have not yielded after years of treatment. We have cured chronic cases with one treatment. It would be misleading to suggest such results in your case. As a rule it takes time to benefit cases of long standing; but it all depends upon the conditions. As a rule, also, we discharge chronic cases within a comparatively short time. Our patients consider the results they get nothing short of marvelous. Very often the best results come late—sometimes after treatment is suspended. We have had patients who stopped the treatment after a month or so, discouraged with the results, and six months afterward they came to tell us of

their great improvement. Any good system of cure takes time for its effects. There is no magic in Osteopathy. It is nature working at her best. It is sure improvement. It is growth, and all true and lasting growth takes time. We are positive that Osteopathy will do more in a given time than any other system, and are willing to make a comparative test at any time with chronic patients.

Explanations of Disease

OUR facilities for the explanation of diseases are unrivaled in the city. No doctor has the equipment in his office that we have for the simple and elaborate illustration of diseases. There is not a condition that we do not undertake to explain, either from the anatomical, physiological, chemical or pathological standpoint. This the average physician does not do. He distinctly declines to do so. He maintains professionally that the patient has "no business" with such inquiries. He resents inquisitiveness, however intelligent or sincere it may be. We do just the opposite. We seek to enlighten all our patients on all phases of their condition, and have the models with which to demonstrate any part of the body. We also give such directions to our patients that they may ordinarily interpret their own conditions and anticipate and abort an attack.

"Can You Cure Me?"

THIS is an exacting question, and it comes from poor depressed ones who have exhausted every known method. We always hesitate to say that we can cure anything or anybody. It is a rather presumptuous

boast to say that we *can cure* you. We say as much sometimes; but it is prompted only by that staunch confidence that knows what it can do. We never take a case that we do not candidly think we can benefit. To *help*, to *relieve*, to *benefit* any one who has been disappointed with other kinds of treatment, is a great work. We invariably *help* all our patients. Help, relief, benefit, are the first stages of cure. All things being equal, we *cure* one whom we benefit. When we do not effect a complete cure, we can prevent a further decline. Osteopathy is as great in its preventive as it is in its curative work. In the worst of cases, great benefit is essentially a cure. We practically cure eighty per cent. of all our cases; and very many of them have been pronounced as incurable.

Names of Diseases

SOME one speaks of "words of learned length and thundering sound, signifying nothing." Such words are some of those applied to diseases. The people are quite familiar with the terms "rheumatism," "neuralgia," "neurasthenia," etc.; but what information do they convey? When a patient is told that he has neuralgia, apart from the idea of a disagreeable pain, what light is thrown on the condition. Neuralgia comes from two words, *neuron*, a nerve, and *algos*, a pain. Neuralgia means a pain in the nerve. Of course you can drug the pain and stop it, by paralyzing the nerve; but as soon as it recovers from the sedation of the drug, it will hurt again. Osteopathy asks, What makes the nerve hurt? We examine into the cause of it, and we remove the irritation on the nerve. It is quite common

for drug doctors to tell certain people that they have *neurasthenia*, and they seem satisfied with the word, though they know nothing about the condition. The word means nerve-weakness, from *neuron*, a nerve, and *asthena*, weakness. This condition is popularly treated, and generally with tonics and stimulants, especially strychnine, and arsenic. Dr. Weir Mitchell is the great specialist for this disease. He uses the above deadly drugs, and poisons the nerves into a state of hyper-sensitiveness, and ruins the stomach. When he fails in this, as he often does, he gives what he calls the "Rest Cure;" which means going to his hospital at a good price, and submitting to alternate "rubbing" and resting. The rubbing is done by his special rubbers, but their training is meager, and their work machine work, with no understanding of the nerves. We know the consequences of such treatment, for these patients often come to us. Our first work is to find out what makes the nerves weak. What causes the exhaustion? We then build up the nerve-centers and tracts. Weak nerves can be regenerated by Osteopathy. But massage, and rest will do little when there is a chronic irritation within or upon the nerves. Our work in such cases is fundamentally constructive.

The Cost of Treatment

THIS varies somewhat in accordance with the work done; but in all cases it is the cheapest treatment that we know for the work done and the results attained. We know what medical and surgical services cost. We once exhausted our living to pay such bills. For five years we waited for results, and our service

was the best the medical profession could render; and the most striking feature of it was the cost of it. Osteopathy did for an invalid wife in three months what all other doctors failed to do in five years. We have had our patients compare the cost of our treatment with that of other systems; and it is universally the cheapest. We charge some of our patients good prices, which they are always glad to pay for the services and results secured. We charge some of our patients a nominal price. We are treating several now for five dollars the month. We never allow any one to go away because of the expensiveness of the treatment. For the same professional services we may charge others fifty dollars. Whether the cost be five or fifty dollars, it is a boon to the patient.

The Mission of a Physician

THE ultimate function of a physician is to enable his patients to get along without him. Just the opposite, however, seems to be the function of the drug-physician. When one becomes addicted to the drug-habit, one is dependent upon drugs. The more one goes to the drug-doctor, the oftener one will have to go. This is invariably true of chronic cases. The relief a drug gives is only temporary; so the dose has to be repeated with more frequency and intensity. There is no permanence except in a greater dependence. But when conditions are treated causally, as in Osteopathic methods, the relief is permanent because the cause is removed and the system becomes progressively stronger, and the cure is permanent because natural.

Confessedly, the average doctor of medicine holds on to his patients,

because his drugs induce a condition of dependence. Once a patient, always a patient, is the rule when one goes to a drug-physician; and the reason is, not so much one of confidence as it is one of artificial dependence. Osteopaths, as a rule, release their patients from treatment, because they relieve their diseased conditions. Our patients soon get along without us. We do not keep them long as patients, and, for this reason, we hold them always as friends. We once heard an M. D. lamenting because he had lost his patients, and we suspected that the reason was that he did not help them. When our patients discontinue treatment, they are usually such good friends, and are so enthusiastic, that they send us two or three in their place. Early in our practice, we cured a patient of an "incurable" disease in three months, and we confess that we did miss the fee of thirty-five dollars a month; but the cure lasted, and, besides taking an occasional treatment for the sake of good-fellowship, she has sent us nearly five hundred dollars' worth of work. It is good policy for a physician to cure his patients. He thus widens his work. It is principle to do so, and the practice of principle always pays. This is the way our work has grown to its present large proportions. Our mission has been to *cure*, and we have done it. Nothing succeeds like success.

What is Osteopathy?

THE public, to whom Osteopathy comes as a hope and a promise of health without drugs, stands on the threshold of the Temple of Osteopathy, hesitating sometimes to enter. So radically different are the Osteopa-

thic methods to those of the Old Schools.

What is Osteopathy and how does it cure? are questions which Osteopathy silently answers those who ask it by presenting themselves for its remedial agencies.

To answer these questions involves some elementary education concerning the human body. Osteopathy starts with the bony structure of the body. It is the foundation. It supports the superstructure. It does not get sick but it underlies what does. Viewed simply, the body is a machine, a framework consisting of bones, some two hundred in number, joining each other, surrounded at the joining parts with fibrous material and supported by ligaments and separated by cartilage. There is our starting point—bones, a washer of cartilage between a fibrous composition to receive motions and stays (cartilage) to hold all in place.

On top of this and connected with the muscular system, which is its wrapping, comes the nervous system, which controls and directs. It consists in part of the cerebro-spinal system and the sympathetic system of nerve centers. The brain, the spinal cord, the nerves are the visible centers of force. When the energy which uses these avenues is too much or too little, there is ill health. The blood and nerve supply must be neither too much nor too little. This is fundamental.

This is the starting point. The science of Osteopathy detects disorders as unerringly as a skilled mechanic detects something wrong in his engine, machine or instrument.

Nature has her own way of hoisting her danger signals, and she hoists them every time. There they are and there they remain until the wrong indicated is righted.

Remarkable as it may appear, Old School physicians never observed or ignored these danger signals or most of them. They looked elsewhere. They relied upon patients' complaints and foggy descriptions of ills, overlooking the fact that the patient could state only how he or she felt. But Osteopathy discovered nature's own signals and went by *them*, and they never mislead.

As the skilled locomotive engineer can detect a slight disarrangement in the body of his engine by an unerring judgment so can the Osteopathic practitioner detect the lesion, the disorder, the defect that has become established in the human organism.

Starting from this point it is not long before he strikes the cause of ill health. It is in most cases a disarrangement of machinery, an obstruction which prevents the normal action of the bodily functions. Such is the common sense basis of Osteopathy, and by practicing along such lines innumerable cures have been and are being effected, in a way that it is beyond the power of drugs to effect.

There never was a time when scientific information concerning the human body and the hidden nervous system within it was so general among the people. While much is known, as knowledge is understood, very little is known. The world is seeking more exact knowledge concerning the body and its functions. Schools of medicine are closed to it. They have nothing to tell the world. Greater care of the body and more regard to the preservation of health are visible among all classes. To this end sports and athletic games have been introduced wherein health and relaxation are even more considered than the sport feature. Systems of physical exercise are taught

publicly and privately and tens of thousands find benefit in their daily practice. Methods of maintaining or regaining health, more or less metaphysical in their logic and practice, are attracting the attention of other tens of thousands. The whole intellectual world is looking in the direction of hidden capacities or latent possibilities for relief. The idea is becoming more and more prevalent that the "within has been too little regarded, and the without" too much relied upon by man for aid, relief and restoration to health.

There is a momentum acquired in modern systems of thought that portends revolutions in methods of thinking and methods of practice, and methods of coming into harmony with nature. Osteopathy to-day stands as the exponent of that silent, deeply-seated force. It is a force which needs but little assistance. It enters human thought unbidden. It speaks in a language that instinct recognizes.

The fundamental conception of Osteopathy is that the human body is a machine actuated by Divine energy, through the instrumentality of bones, muscles, nerves, ligaments, arteries, veins and organs, for specific purposes. To define, or give an exact definition of the human body and its functions and their interactions, is as impossible as to give a definition of God. The above definition is sufficient for the present.

The 200 bones and 450 muscles of the body (not speaking with exactness) have never in all the ages of the world received the attention and regard which Osteopathy has directed to them within the short space of a decade. Never was any system for the correction of human ills so quickly accepted by the human mind. The discovery has

been made that the most important element in restorative energy, has been in all past ages overlooked, has remained practically unused. As Edison applied an ever-existing though unused force in nature to practical use, so has Dr. Still discovered and applied to practical use the restorative agencies that are afforded by the normal action of the functions of the human body, through its bone structure and muscular and nervous systems.

Osteopathy has discovered that physical disorders and abnormal conditions arise from the imperfect working of the human machine, due to impaired functions brought about by out-of-natural relation. The science of Osteopathy consists in re-establishing that proper mechanical relation.

This wonderful fact has rapidly evolved into a system of practice which bears the name of Osteopathy. It takes the human machine and proposes to operate it as a skilled mechanic would operate a delicate machine. It is a most astonishing fact that this simple course was not entered upon years ago.

The world has built endless systems of thought, has multiplied "isms" upon "isms," and "ologies" upon "ologies," and "schools" upon "schools," but never once did the thought suggest itself that the machinery of the human body should be treated as machinery is treated until the latter quarter of the nineteenth century.

The general public for and to whom these observations are made is asked to take a supremely common sense view of the practice of Osteopathy as above indicated. All machinery in the industries, from the writer's pen to the 150-ton locomotive and 20,000 horse-power Ocean liner, is attended to, its requirements are

studied and watched, its powers of endurance are noted. Every attention which skill, study and experience can give is given to the world's machinery to make it serve man better.

Why it is the human machine, the most intricate and greatest and grandest of all, has been left to run, and run down and wear out or go to pieces, no one can answer. It is being suddenly realized that humanity has lost sight of the most important factor in the maintenance of vigor. So it has, and no evasion can hide the fact.

As in all ages, when the discovery of a new and eternal truth has aroused the human mind to greater activities, so now, the discovery that the proper adjustment of all the parts and functions of the human body gives health and terminates ill health has stimulated thousands to study this delicate machinery for the purpose of caring for it, and is stimulating tens of thousands to come and become in harmony with the laws that govern their physical system.

The test is trial. The proof is result. The assurance is restored health. Osteopathy comes at a most welcome time when the world has grown weary of drugs and knives. Its instincts have always assured it there was a better way to reach and preserve health. The way has been opened and Osteopathy is here to bless all who will accept its blessings.

Common Sense Facts

OSTEOPATHY has brought to light a number of physical conditions which old-school physicians, while knowing, have never given them professional consideration.

Among these may be mentioned:

Undue pressure upon some blood vessels.

Undue pressure upon a part of the nervous system.

Osteopathy recognizes that impeded circulation produces chemical changes in the blood.

Blood stasis produces a pressure which produces congestion, and this in turn interferes with nerve function which is the starting point of numerous body ailments.

The fluids of the body exercise control over sickness and health. The machinery or appliances for their proper secretion have to be in order that they may do their work as nature intends. If they do not, if there is too little or too much, we have a variety of ills, determined by the secretions. It is remarkable what a number of so-called diseases are referable to this one cause.

To the average reader medical terms are worse than Greek, but the use of a little mechanical common sense opens up a clear field. The spine is the nerve headquarters; from this starting point the nerves creep out, as it were, between bones, ligaments and muscles. If they go out as nature intends, everything goes right; if they strike a bone or muscle, or are struck they make trouble. Here the Osteopath begins. It should be remembered, nerves control sensation, nutrition, motion, and that with the control of the nerves these are necessarily put under control.

The body is a natural laboratory. The Osteopath acts on the principle that blood is the impulse of organic life; that to control it and its proper action is to get behind most disease. He has more faith in the human laboratory than the chemical one. Drugs scatter their effects in a measure; Osteopathy concentrates.

The blood is nature's medicine; The body has in it certain solvents which can and will dissolve solid formations. These solvents are being perpetually formed for this purpose, but until Osteopathy came, they were practically unused by physicians.

To the average reader there may be much that is not clear as to how Osteopathy does so much, and by such simple processes reach such apparently remote ills, but when the process is understood, it is discovered that it is simple, natural, easy and effective.

The Mission of Osteopathy

THE utilization of steam in an engine on wheels, by Robert Stephenson, started the whole world to school.

When John Brown went to Harper's Ferry he precipitated a civil war. History is full of upheavals the initial impulse of which was given by some earnest man. The impulse which Dr. Still gave to the public mind in the development of virtually a new science is impossible of measurement, but its influences and benefits are more far-reaching when rightly viewed, than any discovery of modern times. Stephenson enabled us to go faster. Edison with electricity made the day longer by stealing a part of the night, and by those who followed him enabled us to talk at longer distances and read finer print at night. But what comparison is there between such mere material benefits, which enable us to go faster, work harder and talk farther and see better, in comparison to the almost incomprehensible advantages of living in harmony with nature, in having physical and intellectual health, in escaping from physical ills, in being able to enjoy

life, in being able to do more, live keener lives and be in possession of our natural sensibilities?

The physician who discovered that God knew what He was doing when He made the human form deserves and will receive the lasting thanks of the country, all countries and all ages. This apparently extravagant assertion is true to the letter. The world has not yet opened its eyes to the extraordinary character of Osteopathy. The definition of the word very faintly expresses what lies behind it. The system opens a new and bright future to the human race. It makes no open war on older so-called systems of medicine, but its development threatens to throw them, in time, into the "scrap heap" of inutilities, which society has been making all along its pathway of progress. Its mission is peace, health, elevation, clearer mental and spiritual vision, and the general uplifting of the human family onto a higher platform where the forces of nature and nature's God can penetrate and overshadow with its vitalizing influences.

These words are written for those who to-day are viewing Osteopathy from a distance, and who "can't understand" how it is possible for human ills, especially those so deeply seated, to be cured by methods which ignore and repudiate time-honored drugs.

The editor knows enlightenment must come gradually by demonstration by cures, by the establishment of physical conditions which maintain health and carry in its train its attendant blessings. The world cannot be expected to accept at once a system which declares previous systems to be unscientific and out of accord with nature. But those who read these lines must remember that the acme of wisdom has not been

reached, that old beliefs are not necessarily sound, that new truths are dawning on the world, and that the human body and its neglected powers must be and will be brought into action for its protection and preservation and its restoration when overtaken by ills.

Correspondence

MADISON, WIS., April 13.

TO the Editor: After a hard-fought battle we sustained a temporary defeat yesterday. The McComb bill, known as the Medical bill, contained a clause giving the State Medical Board authority to license Osteopaths, and defining the nature of their examinations. The authority to license involved the authority to refuse licenses and the Osteopaths recognizing this fact concentrated their efforts to remove this clause.

The fact of the matter is this clause was put in as a club to defeat and kill the bill now on the calendar which legalizes Osteopathy. The State board has been hostile to Osteopathy all along and if left to their hands we knew in advance what was in store for us. The friends of Osteopathy in the Legislature scored the Medical Board for the position it took, some of them being patients of our school and therefore speaking from experience. Some of our opponents made pretense of supreme innocence by declaring with long faces that persons

who sought to practice medicine or surgery were qualified, the inference intended being that only Old-schoolers were qualified. Nearly all who opposed us made great pretensions of being our friends. The idea of receiving fair consideration at the hands of the State Medical Board made many smile. The excitement finally reached a culmination after several hours' hot word-firing and at last a call of the House resulted in the offensive clause remaining. Vote, 53 to 33. Eighteen members "skipped."

This in fact is only the preliminary skirmish. It is negative in its results. It allows the State Board to do something they have no notion of doing. Our regular bill is on the calendar and it will come up in due time.

Obituary

A few weeks ago the sad news reached us of the accidental drowning of Volney F. Green, the son of Mr. and Mrs. Frederick S. Green, of Plainfield, N. J.

Mr. Green was at one time a member of the Philadelphia College of Osteopathy, and made staunch and good friends while with us, and we all feel a profound sympathy for his bereaved parents during their weary hours of grief and sorrow. His parents are enthusiastic friends of Osteopathy, and were patients of ours. Mr. Green, the father, is at the head of the firm of Volney Green & Sons, New York.

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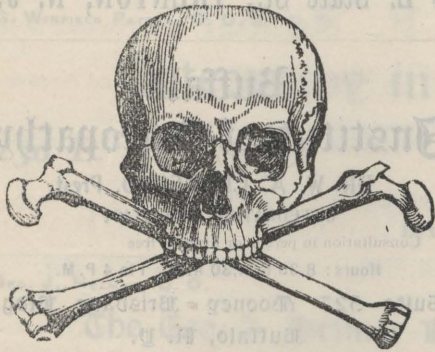
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The course is divided into four terms of five months each, and is graded progressively with reference to the especial science of Osteopathy. The next class begins February 1st, 1901.

LIST OF STUDIES—REGULAR COURSE

- FIRST TERM:** General Descriptive Anatomy, including Osteology, Syndesmology, Myology, Angiology and Neurology; Histology; Theoretical Chemistry; Physiological Physics; Prolegomena to Osteopathy.
- SECOND TERM:** General Descriptive Anatomy of the Viscera and Organs of Special Sense; Demonstrative and Practical Anatomy; Physiology; Qualitative and Quantitative Analysis; Hygiene; Dietetics; Philosophy and Principles of Osteopathy.
- THIRD TERM:** Dissection of entire lateral half of a cadaver by each student. Regional Anatomy with Actual Demonstrations; Advanced Physiology; Urinalysis; Toxicology; Clinical Microscopy; Physiological Psychology; Osteopathic Symptomatology and Diagnosis; Nomenclature of Diseases; Applied Osteopathy; Clinical Demonstration of Osteopathy; Pathology; Chemical Jurisprudence.
- FOURTH TERM:** Topographical Anatomy, with Demonstrations on the Living Model; Gynecology; Minor Surgery; Dislocations and Fractures; Symptomatology and Diagnosis; Osteopathic Therapeutics; Clinics; Osteopathic Jurisprudence.

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In addition to the Regular Course, opportunities are afforded to students to further ground themselves in the essentials of the science of Osteopathy. An Advanced or Post Graduate Course has been introduced, which is also open to graduates of other schools, who wish to further their qualifications and professional training. Advanced work in Dissection, Surgery, Bacteriology, Clinics, and such other work as the student may elect, will be presented in this course.

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