

5-1928

Herald of Osteopathy, May 1928

Herald of Osteopathy

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http://digitalcommons.pcom.edu/herald_of_osteopathy/21

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HERALD *of* OSTEOPATHY

MAY 1928



THE SUPERSTRUCTURE OF OSTEOPATHIC THERAPY
IS ERECTED ON THE SOLID ROCK OF TRUTH

Things to Forget

If you see a tall fellow ahead of a crowd,
A leader of men, marching fearless and proud,
And you know of a tale whose mere telling aloud
Would cause his proud head in anguish to be bowed,
It's a pretty good plan to forget it.

If you know of a skeleton hidden away,
In a closet, and guarded, and kept from the day,
In the dark; and whose showing, whose sudden display,
Would cause grief and sorrow and life-long dismay.
It's a pretty good plan to forget it

If you know of things that will darken the joy,
Of a man or woman, a girl or a boy,
That will wipe out a smile, or the least way annoy,
A fellow, or cause any gladness to cloy,
It's a pretty good plan to forget it.



Things to Remember

It is not enough to adopt as your slogan: "*Health First.*" Better make it: "*Health Always.*"

Osteopathy can give you the necessary aid in helping you to realize this most worthy ideal.

Money spent for preventive osteopathic service brings excellent returns on the investment.

You do not wait 'till your horse is stolen before you lock your barn door. Neither should you wait 'till actual disease has fastened itself on you before you go to the osteopathic physician.

Herald of Osteopathy

PUBLISHED MONTHLY BY

HERALD OF OSTEOPATHY PUBLISHING CO

KIRKSVILLE, MISSOURI

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Annual Subscription, \$1.00 in Advance. Single Copy, 10c

VOL. XXII

MAY, 1928

No. 5

The Diet Question

IN THIS edition of the Herald much space is given to the consideration of food. The question of proper diet is a most important one and for this reason we are glad to present the most advanced ideas that science has revealed along this line.

We have tried to present the matter in a most practical manner so as to enable the average reader to obtain a working knowledge of the important subject of eating for health. One of the stipulations laid down by Dr Still, the founder of Osteopathy, was that the human machine will run smoothly into a ripe and useful old age providing it is *properly adjusted, nourished and cared for*.

Adjustment of structure is the dominant thing in osteopathic practice with the object in mind of restoring every organ and part of the body to mechanical perfection. Still dietetic adjustment as well as adjustment in other lines, including environment, mental, etc., are no less a part of the osteopathic physician's routine.

In order to profit to the fullest extent by the material contained in this Herald, it should be preserved and reread frequently. If you would like additional copies for any of your friends, ask your osteopathic physician as he will be glad to accommodate you as long as his supply holds out. You can render your friends a most valuable and much needed service by giving them the information contained in this edition of the Herald.



Simplicity of Osteopathy

THE SIMPLICITY of Osteopathy is a stumbling block to some people who have a fascination for the mystical.

It is difficult for many to realize that the human body is subject to the principles of mechanics, that it does get out of mechanical repair and needs to be adjusted.

Still the results of osteopathic practice bear convincing evidence of these facts. The human body is a machine and needs to be repaired at times just as other machines—inanimate and less complicated—need to be repaired.

This simple, perfectly obvious proposition is the foundation stone upon which the osteopathic school has been erected. The Founder of Osteopathy, Dr. Andrew Taylor Still, said: "The human machine like the locomotive or any other mechanical contrivance, when properly adjusted, nourished and cared for, will run smoothly into a ripe and useful old age."

The precepts of Osteopathy are as simple as they are sound. A working knowledge of these precepts gives

one a rational outlook on life and a stable foundation on which to build an enduring health superstructure. If your body is in good mechanical repair and you supply it with the necessary food, air, water, exercise and rest, you have little to fear in the way of disease.

Health is but the expression of normal functioning on the part of all the organs of the body. When each organ is doing its allotted work and all are working together in harmony, we have perfect health. If some organ or part is out of adjustment it cannot function properly. Not only so, but it may and usually does interfere with other parts either by direct mechanical pressure or by disturbing the controlling nerves or obstructing the circulation.

Machines need an occasional inspection and overhauling. This is certainly true of the human machine. Numerous people realize this fact and are governing themselves accordingly. They call on the osteopathic physician as often as is necessary to keep them tuned up and insure freedom from all kinks and mechanical flaws. This simple program is a most potent and agreeable method of safeguarding health and promoting the highest degree of efficiency.

—R.



Kind words like rivers of life are the odors of thought, the dews and muscles of durability, the stay and comfort of the worrying man or woman who tries to reason or travel a road that runs through the forest of darkness, that must be crossed by all who see the lights beyond the brush of the untrodden paths of faith and logical truth.—*Dr. A. T. Still.*

The Sober Life

J. F. REID, D. O.

ABOUT the middle of the sixteenth century Luigi Cornaro, a celebrated member of a famous Venetian family, wrote a most interesting treatise on *La Vita Sobria* or the Sober Life when he had reached the advanced age of ninety-five years.

At the age of 40, Cornaro was a wreck from dissipation and excesses of various kinds and his doctor told him that death was but a short way off. The verdict in brief was: "Your constitution is ruined, your digestion is gone, your high living and violent rages have destroyed you; you must prepare for death soon."

Such a pronouncement as this would hasten the end for most people but not so with Cornaro. It served only to bring him to his senses and lead him to adopt an abstemious regime that brought back his lost health and prolonged his life beyond the century mark. He died peacefully—"a gentle going to sleep"—in his 103rd year.

When told of his impending doom, Cornaro replied calmly, "This is interesting, I will now study my own case and live. Life seems worth while since you tell me I must give it up." And he meant what he said. He was wise enough to know that the body is constructed from the material that is taken into it and that its well-being depends upon the care you give it.

Cornaro adopted a program of living that few would care to follow but he was obliged to exercise extra care owing to the fact that he had wrecked himself after forty years of intemperate living, and then he did not

possess a very strong constitution to start with. Still there are very few people who cannot profit from a knowledge of the experiences of this remarkable man. The courage and self-control required to follow such a strict regime as that adopted by him are in themselves most valuable aids to health.

"To eat much you must eat little," was a slogan adopted by Cornaro, meaning of course that by eating sparingly your life will be prolonged and you will have eaten much in the end. This slogan is infinitely wiser than the gluttonous advice a father gave to his son in recent years. "Be sure," he said, "you do not owe your stomach anything when you die." This is simply the modern way of saying—"Eat, drink and be merry, for tomorrow ye may die."

In selecting his food, Cornaro used great care, eliminating everything that did not agree with him. His meager diet consisted of twelve ounces of solid food and fourteen ounces of wine. At the age of 78, at the solicitation of his family, he increased his daily ration to fourteen ounces of solid food and sixteen ounces of wine. But after ten days he was obliged to return to his former schedule.

The results of this experiment he describes as follows:

"The disorder of this increase had at the end of ten days begun to effect me so much that, instead of being cheerful, as I had ever been, I became melancholy and choleric; everything annoyed me; and my mood was so wayward that I neither knew what to say to others nor what to do with myself. At the end of twelve days I was seized with a most violent pain in the side, which continued twenty-two hours."

Cornaro did not find the sober life unfruitful. Neither did he find old age the burden that so many people do

who exercise less wisdom in their daily routine of living. On the contrary, he found great joy and much contentment in spite of advancing years. In a letter to his friend, Rev. Daniel Barbaro, he stated:

"In the first place, I shall say that I have, through the mercy of God, reached the age of ninety-five; that I find myself, in spite of my great age, healthy, strong, contented and happy; and that I continually praise the Divine Majesty for so much favor conferred upon me."

And again, in another letter, he said: "All mankind may possess an earthly paradise after the age of eighty—a paradise with which I myself am blessed." Indeed he found the earth more enchanting as he grew older. On this point, he remarked: "I never knew the world was beautiful until I reached old age."

Cornaro held that man ought to live to 120, but he wrote: "because I was born with a poor constitution I fear I shall not live much beyond 100 years." No doubt he would have fared much better in this respect if his earlier years had not been given to dissipation and excesses.

There are other aids to health and longevity that were unknown in the days of Cornaro. One of the most potent of these is Osteopathy which may be utilized to great advantage in keeping the human machine properly adjusted and tuned up to the highest degree of efficiency. This is an aid not to be ignored or lightly considered, although it is no substitute for, but rather an aid to right living, and properly dovetails into the wise regime benefitting *the sober life*.



The key to good health is moderation in all things—in eating, in work, in mental effort, in ambition, in responsibility, in business cares and worries, in the use of alcohol and tobacco, in habits, sleep, play and exercise.

“And I Did Eat”

GEO. W. REID, M.D., D.O.

THE subject of these remarks will be recognized as a quotation from the old yet familiar story of the forbidden fruit related in the Old Testament. Eve ate of the fruit and finding it pleasing to the taste served it to her husband. When taken to task for violating the divine mandate, Adam placed the blame on Eve.

Adam apparently gave no thought to the consequences of eating the forbidden fruit. Still before we criticize him, let us inquire how many people reflect on the consequences of what they eat until resulting discomfort compels them to do so. They usually eat what is set before them without any special regard for its nutritive or health-sustaining value and they usually eat to excess. If asked why they eat as they do, they could give no better reason than that offered by Adam: “The woman whom thou gavest to be with me, she gave me, and I did eat.”

Not enough thought is given to the selection, preparation and combination of food. This vital matter is left almost entirely to the housewife who is seldom qualified to act wisely in this capacity. If she makes a wise selection of food it is usually accidental and she is not likely to prepare it so as to make it wholesome and healthful. It is little wonder then that digestive trouble and its many sequelae are by far the most common ailments with which the physician has to deal.

Some women almost lose sight of the purpose of food in their zeal to make appetizing and tempting dishes. In

so doing they detract from the wholesomeness and nutritive qualities of what is served and tempt one to eat more than is needed. It should be remembered that food was meant to nourish the body, to supply it with the necessary elements of nutrition, properly combined and wholesomely prepared. It is not the amount so much as the quality of the food that counts most.

Doctoring the food with condiments and altering its natural qualities to any great degree ruins the normal appetite in time. Some authors make a distinction between appetite and hunger, the former being an artificial craving for food and the latter a natural craving. It is a fact that we often find appetite when there can be no logical reason for it except from the standpoint of its being artificial or false. It is always a false appetite that expresses in headache or in special discomfort when a person fails to eat his three squares a day as has been his usual custom. Such an appetite is an enemy rather than an ally to its possessor and should be properly disciplined.

A genuine appetite or hunger is always responsive to plain, wholesome food, and when such food loses its appeal, it is pretty safe to conclude that nothing should be eaten. No good can come from pampering a flagging or irresponsive appetite. Such tactics only create false desires and sooner or later lead to evil results. It is one of the most natural things in the world to eat, and if food is needed the appetite will make this fact known, providing it is free to express itself, and if it is not free to express itself no time should be lost in consulting a wise physician.

The fact that man as a rule does eat what woman provides for him without much of any regard for its

wholesomeness or nutritive value adds to the responsibility of the house-wife. The dietetic problem rests largely upon her shoulders and inasmuch as this problem is of so much importance from any angle it may be considered, but particularly from the standpoint of health, much time should be given to obtaining a working knowledge of the principles of nutrition. Unfortunately much of the information that appears in the usual channels is misleading and injurious if followed. The majority of the recipes are prepared with the object of appealing to the appetite rather than for the purpose of meeting the nutritional requirements of the body and promoting health.

In considering the menu one should bear in mind the thought that the Master Builder who designed and constructed the human body provided in abundance the elements needed and best adapted for its sustenance. In other words, the Master Builder is almost a Master Dietician. He gives us all the elements the body needs and must have in order to perpetuate health and He gives them to us in proper combination, but we alter many of these foods by milling, refining and cooking so as to rob them of much of their value.

Adam and Eve went against the wisdom of the Almighty in partaking of the forbidden fruit, and we are going against the same wisdom by eating foods that have been demineralized and oxidized and otherwise deprived of many of their vital elements which the Almighty in His infinite wisdom saw fit to put into them. The result in each case is suffering. In many instances, continued suffering leads to wisdom but it is amazing the number of people who prefer the fleshpots of Egypt with all their

evil consequences to the health-giving manna so generously provided by an all wise Creator.

Have you ever asked yourself why you eat as you do? Have you given any thought to food combination? Do you realize that the blood must be alkaline or health cannot possibly be maintained? Do you realize that this necessary alkalinity is dependent upon correct eating? Do you know that certain foods tend to make blood alkaline while others tend to make it acid? Unless you are familiar with these facts, you are not in a position to select and combine your foods wisely and thus eat for health.

You can easily get a practical working knowledge of the principles of nutrition and with the aid of these guiding principles in time you can solve your dietetic problems. However unless you do acquaint yourself with these principles, your eating will be of a haphazard, hit-or-miss character, incorrect more often than correct. It will be a case of eating what is set before you without any regard for its special fitness. In short, it will be simply a case of: "*The woman whom thou gavest to be with me, she gave me, And I did eat.*"



I saw enough of Nature's power to adopt it as the best way to cure the sick and afflicted. I studied how, and made many successful applications on diseases of seasons, climate and contagions, which proof gave me, after twelve years experimenting, a very heavy practice and some money.—*Dr. A. T. Still.*

Great Humanitarian Benefaction

BEQUESTS FOR HOSPITALS

DURING just the last few months, a large number of quite liberal bequests to various hospitals, charity clinics, dispensaries, research foundations, so-called "medical centers" and similar institutions have been announced by the newspapers. They were for sums from a few thousand dollars up to a recent single gift of \$750,000, the total running high into the millions of dollars.

The basic purposes of most such contributions are to relieve suffering humanity, make possible more accurate diagnoses, discover better methods of treatment or give instructions relative to health matters. This is truly a great humanitarian movement and deserving of all possible support and commendation. Such donations are well worth while and will benefit sick people in many ways, perhaps, for unknown generations to come. They will be of special value to those unfortunate individuals who are unable to provide proper professional attention for themselves and the members of their families in case of illness.

But there are certain *Vital Defects* in most such philanthropies, which apparently hitherto have been overlooked. They are usually heralded as places where people "may come and receive every benefit known to modern medicine. Here one finds every kind of a specialist, every modern aid in diagnosis and all modern methods which may be employed in the care and treatment of the sick." It is with these statements, typical of such benefactions as announced, that we now take issue.

SECTARIAN INSTITUTIONS

DEFECT NUMBER ONE: We are unable to learn of any single instance in which any provision whatsoever is made for an Osteopathic Physician on the staff of these so-called "public institutions," and to that extent they should more appropriately, apparently, be classed as "sectarian institutions" instead. We really question whether in such institutions, under existing conditions, an osteopathic practitioner would meet with a very cordial reception, even though his services were entirely gratis. It seemingly is a case where members of the dominant school of medicine would not welcome or even tolerate a regularly licensed practitioner of the Osteopathic School, judging from conditions reported in various localities.

The general public will be definitely assured by those, even outside the profession itself, who are in a position to know, that the osteopathic school has much of diagnostic and therapeutic value to offer, of which the other schools have absolutely no knowledge or idea, at the present time. Nay more, any institution which does not open its doors to the duly qualified and licensed members of the osteopathic profession, we believe, is withholding from its patients and friends much of definite value to them.

DEFECT NUMBER TWO: The public spirited and generous citizens who provide the money in such liberal quantities for the establishment and maintenance of *Public Welfare* institutions could, and, we believe, should safe-guard them for all future time. This could very properly be done by making the gift itself under certain conditions that will admit osteopathic physicians to such institutions upon the same basis as other

licensed practitioners, and permit the use of all known osteopathic methods of treatment therein, when desired by any patient, relative or legal custodian of such patient.

DEFECT NUMBER THREE: All public funds provided by legislative enactment for the building or maintenance of hospitals of all kinds, should be under such restrictions that the patients therein may have every legitimate, recognized or proven form of service known to licensed practitioners of the Healing Art. Certainly the ideal institution should make proper provision for several departments, such as an Osteopathic Division, a Dental Division, a Medical Division, a Sanitary Division (headed by a lay sanitary engineer), a Diagnostic Division, etc. All of these essential features should be carefully coordinated, and under fair and impartial supervision. They should be available at all times to all licensed practitioners of the Healing Art, (regardless of any so-called "school"), and their patients. Every known method should be available for establishing a correct diagnosis, including X-ray, laboratory facilities, etc., for affording proper treatment, and including all other means or agencies that might contribute to the public health or general welfare.

FACTS ARE FACTS!

The uniformly good results obtained by the osteopathic profession in the great Flu-Pneumonia epidemic of only a few years ago, compared with the published statistics as to the results under orthodox medical methods, is a matter of history and one of the many proofs which could be offered of the statement just made.

The wonderful response to osteopathic methods, on the part of all patients suffering from acute disease conditions of every conceivable type, is sufficient evidence to the sufferer and to the members of his family of

the value of this modern method of healing. The *State* should see to it that these same methods are available in all institutions receiving state aid.

The fact that an Osteopathic Physician and Surgeon (in Pennsylvania) must spend *Two* full years as an intern in a reputable and high grade hospital, as compared with the *One* year required of the medical graduate, is ample proof of the high standards maintained by this younger branch of the Healing Art, for the protection of the public.

The ability of the Osteopathic Physician to handle all forms of acute and chronic diseases, including obstetrical (confinement) cases, minor surgical work, etc., definitely proves that he is an ideal *Family Physician*. That these results are being obtained daily throughout the length and breadth of the American continent and in many foreign countries, and all without the use of drugs internally for curative purposes, fully demonstrates the value of osteopathic methods of procedure. Simple justice demands that all *State Institutions* for public service be equipped to render every known method of treatment to any and all patients therein.

OSTEOPATHIC INSTITUTIONS

Among the patients, friends and patrons of Osteopathy are thousands of wealthy people or those in even moderate circumstances, who if they merely knew of existing conditions or were informed concerning them, would gladly provide immediate donations of ample proportions, or leave bequests in their "*Wills*" for more money for osteopathic institutions than would be required, to provide them with adequate facilities and maintenance for many years to come. It is suggested that members of the osteopathic profession call the attention of their friends to the foregoing facts.

Primarily, the patrons of Osteopathy, especially those who owe their present good health or even life itself to the kindly ministrations of members of the osteopathic profession, and the Osteopathic Physicians of every community, should endeavor to get together and provide hospitals, sanitarium or other needed institutions in every community or at least in each and every county, in every State of the Union, dedicated to the fundamental principles of Osteopathy and to the care of patients according to recognized osteopathic concepts, without the right of interference or limitation by any outside source or authority. There are today an increasingly large number of institutions, throughout the United States, which are the direct result of recent benefactions of the friends and practitioners of Osteopathy. We believe that the day is not far distant when such institutions will exist in sufficient number, with adequate financial support, to insure ideal care for all patients of osteopathic physicians, at all times.

SAFEGUARDING BEQUESTS BY BENEFACTORS

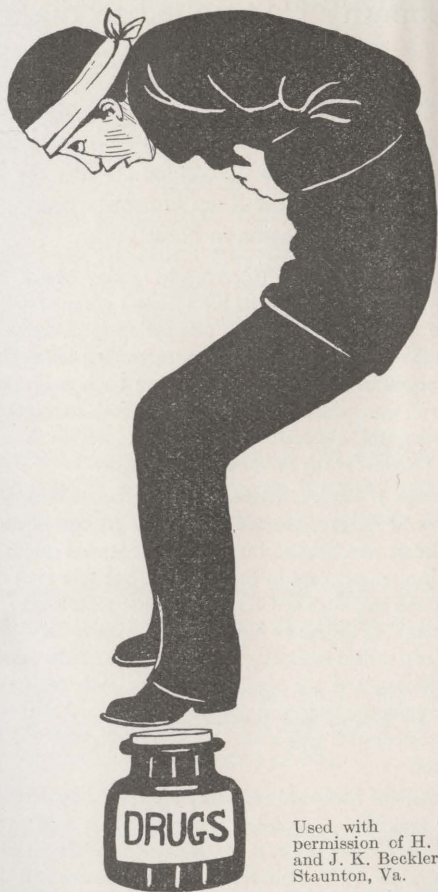
Seeing such institutions being erected, developed and functioning during the life-time of the giver, should be a source of even greater pleasure to him than to know that his "WILL" contains provisions designed to accomplish some similar results in later years. Such bequests necessarily could not provide institutions in time to be of definite service to the public spirited citizens who make them possible, but they may be assured of their value to future generations, by the very nature and form of their bequest. If money is to be left to existing institutions, most of which are seemingly dominated by interests or powers essentially unfriendly or even actively opposed to Osteopathy, it has been suggested that it be duly safe-

guarded by using some such clause as the following, the legality of which has been passed upon by competent lawyers:

"I give Dollars in trust, the income from which shall be payable annually to the Hospital so long as said hospital shall permit osteopathic physicians, duly licensed, and their patients, all of the advantages of said hospital upon the same basis and privileges as the most favored practitioner of any other school of healing.

"In the event that said hospital shall refuse to accept this gift conditioned as above, or, accepting, fail to comply therewith, then this gift shall be disposed of pursuant to the residuary provision of this will."

The conditions surrounding the original discovery of the fundamental principles of Osteopathy, only fifty-four years ago, and the continued growth and development of the profession, all constitute ample proof of the truth and soundness of those principles. The handicaps incident to the present existence of the profession merely serve to demonstrate to all friends of Osteopathy the absolute necessity of maintaining this branch of the Healing Art entirely free from domination or destruction by the so-called orthodox school. There can be no doubt that more hospitals and sanitarium for the care of osteopathic patients, and larger institutions for the training of its practitioners (institutions controlled by and for the patients and practitioners of this modern school of healing), constitute the corner-stones which will insure the perpetuity of the osteopathic system of practice, with all its wonderful possibilities for the relief of suffering humanity.



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Staunton, Va.

“Still on Drugs --and Still Sick?”

**Osteopathy Will Solve Your
Health Problems**

Osteopathy Compelled to Fight the Political Doctors

IN Spite of Tremendous Advancement of the Science, Discovered by Dr. A. T. Still in Physical Readjustment of Human Body to Overcome Its Ills, the Political Wire Pullers of Medicine Keep Up Antagonism, Is Told at Osteopathic Convention in New York.

"NEW YORK, March 26: (*Carbondale Leader*, March 27, 1928): Osteopathy is still fighting for its life against a group of political doctors in the older school, who are attempting to discredit and misrepresent the science and its institutions, according to Dr. George M. Laughlin, president of the Kirksville (Mo.) College of Osteopathy and Surgery, who addressed the eighth annual convention of the Eastern Osteopathic Association, meeting here March 23 and 24, on "Our Best Policies for the Progress of Osteopathy."

"Dr. George J. Conley, president of the Kansas City College of Osteopathy and Surgery, asserted that ninety per cent of the cases of sickness a doctor sees, belong in the field of the general practitioner and not more than ten per cent to the specialist, yet that from 80 to 100 per cent of the graduates of Class 'A' medical schools are going into the specialties. The college he heads, he said, aims to turn out general family doctors, drilled especially in a knowledge of the symptoms of ordinary diseases, and the simple laboratory tests most commonly needed, and equipped to combat disease by the natural methods taught by the first osteopathic physician, Dr. A. T. Still, who was himself a family doctor.

"Many cases of backward mentality are caused by birth injuries, and can be improved or remedied if recognized as such and treated early enough, according to Dr. E. G. Drew of the Philadelphia College of Osteopathy. Dr. H. V. Halladay of the Des Moines Still College of Osteopathy told of remarkable results from the use of Osteopathy in the treatment of athletes.

"Senator Royal S. Copeland of New York, Governor Harry Moore of New Jersey and Dr. George V. Webster of Carthage, N. Y., president of the American Osteopathic Association, were among the banquet speakers Friday night."

Some Ideal Health Commandments

1. Thou shalt not poison thy system with any harmful or stimulating chemical, nor with condiments, narcotics or any foreign drug or man-made substance, but place thy trust in the normal secretions of thy body.

2. Thou shalt not waste any form of starch by forcing it into chemical combination with fruit acids.

3. Thou shalt not insult thy stomach when filled with animal protein (meat, eggs, etc.) by offering it starch, either poor in food value or in excess quantity.

4. Vegetables of many kinds and in abundance shalt thou eat, combined in any way that thy appetite may demand.

5. Remember the water which old Mother Nature has so plentifully provided, using it in its natural form and in ample quantities, that thy days may be long upon the land.

6. The brains that thou hast shall thou use in all thy physical activities, particularly as to thy food, eating and elimination habits.

7. Six days, of reasonable hours each, shalt thou labor each week, and under favorable conditions, in order to provide for the usual necessities of life.

8. Adequate sleep and rest shalt thou obtain daily, if thou wouldst maintain the maximum efficiency of thy body.

9. Fresh air and sunshine in abundance shalt thou obtain, daily if possible, to insure peace of mind and continued physical health.

10. Thou shalt not submit to any harmful emotions, but cultivate the peaceful, uplifting ones, that thou

canst enjoy the bountiful health for which thy body was designed.

WARNING: While these "commandments" may not be sufficient to cover all the requirements of man from a daily-habit standpoint, let him scoff at or ignore them who will, for his sins shall be upon his own head. Certainly the digestive tract of him who violates these suggestions to any considerable degree shall "suffer many things, at the hands of many physicians."



Dogs and Babies

SEEING rich and fashionable Pittsburgh throw fits and tear its hair over the proposal to vaccinate the dogs of the city (now in contemplation), when rich and fashionable Pittsburgh has never in its whole history been heard in the faintest whisper of protest against the vaccination (and slaughter thereby) of its children—that is the children of Pittsburgh's masses—has moved a resident of that city to the following remarks:

"Oh Baby! Didja ever seen anything like it? It's all right to shoot horse serum, calf-pus, monkey serum and what not into innocent babies or school children! Oh, yes! But it is highly dangerous, even cruel, to inoculate pet dogs and street canines with serums. It is even 'declared by certain dog experts to be impractical, dangerous and ineffective!' How glad we are to learn this! Kennel Clubs and newspaper writers alike cry out against it. They say it would be a 'boon only to those serum manufacturers and those veterinarians who might gather in additional fees by making the inoculation.'

"How dense the ivory of fashionable Pittsburgh, of the alleged humane and the press (or how calloused their moral sense) that they do not, and have not all these years, applied the identical arguments to the pus punching of our children, though these innocent and defenseless ones have sometimes suffered as long as they lived from the assault of the cowpoxers!

"They go farther: 'These same experts also held that were such a serum available, every owner of good dogs would employ it without being forced to do so, inasmuch as he, more than anyone else, would be interested in their protection.' Yea, verily, but the fond parents of healthy children are *not* sufficiently interested in them to take care of them; therefore the big and all-wise State, County and School officials step in and exhibit their superior love for said little ones by selling and engrafting them with various and sundry animal diseases. The innocent and defenseless babes! The precious and jealously guarded canines! To paraphrase a familiar saying, 'Oh, Humaneness, how many crimes are committed in thy name'!"—"The Truth Teller," January 7, 1927.



No Compulsory Vaccination for North Dakota

(FROM ST. LOUIS STAR, NOV. 15, 1926)

"Fargo, N. D., Dec. 15—Compulsory vaccination for children, tried for six years in North Dakota, is a dead issue now, legislators and health authorities say. They assert no further attempt will be made to pass such legis-

lation, after repeal of the compulsory vaccination law in 1919.

“The supreme court (to which the question had been carried) opinion stated:

“The school board can not deny non-vaccinated children the right to attend public schools unless there is a prevailing epidemic of smallpox or imminent danger of one.”

“Meanwhile, State Senator Wenstrom presented a bill before the legislature asking for repeal of the law . . . Shortly thereafter the law was repealed.”

Amend State Constitution to Prevent Compulsory Vaccination in Schools

(COMMENT: The voice of the people is all-powerful when definitely aroused. Why not insist upon repeal of compulsory vaccination in schools in all states? Consider the following proposed AMENDMENT for this purpose):

“No form of vaccination, inoculation, or other medication shall hereafter be made a condition precedent in this State for admission to or attendance in any public school, college, university, or other educational institution, or for the employment of any person in any public office, or for the exercise of any right, the performance of any duty or the enjoyment of any privilege. The provisions of this section shall not be controlled or limited by any other provision of this Constitution.”



“The quality and quantity of blood going to any tissue or part of the body is the only safe, sane and universal germicide.”

Eating for Health

DOCTORS would not have much to do if everybody knew how to eat for health and then made a practice of doing so.

Food, after digestion and absorption, finds its way into the blood stream, so the condition of the blood is determined by what a person eats. If the blood is right it will build a healthy body.

Until recently eating for health was a problem that was extremely puzzling. The old method of dividing foods into carbohydrates, fats and proteins, while scientifically correct, is of little or no practical value as it offers no suggestions as to what or how a person may eat for health.

It is much more practical to classify foods in accordance with their acid or alkaline forming qualities. By the term "acid forming" foods we mean those which when eaten have a tendency to make the body fluids acid, while the "alkaline forming" foods have the opposite effect. Vitamins have been called the soul of food as they are an intangible something that defies analysis but still are highly essential to health.

The blood must be maintained in an alkaline state or it is impossible to remain in health. Many diseases may be traced to blood that is not sufficiently alkaline, the alkalinity being depleted for one reason or another to the point where health can no longer be maintained.

It is unusual for the blood to become over-alkaline. It practically always goes the other way. We can very readily understand the reason for this when we consider the diet of the average individual and compare it with the

diet that is necessary to retain the normal alkalinity of the blood.

About three-fourths of the adult diet should consist of the alkaline forming foods but as a rule this proportion is reversed. The body has wonderful powers of adaptation, being able to cope with unfavorable conditions to a marked degree. There is a limit however to this power and when this limit is reached, disease in some form will make its appearance.

A certain alkaline reserve in the blood is required to neutralize the acids that result from bodily activity. Exercise, including the ordinary processes of body metabolism, gives rise to an acid end-product which must be quickly neutralized otherwise serious results will follow.

Wrong eating does not always manifest in actual disease. The person may feel below par, good for nothing, or "just tired." Dr. J. H. Kellogg of the famous Battle Creek Sanatorium in an interview reported in the American Magazine says that the symptom complex that has been designated "that tired feeling" is due to errors in diet which give rise to acid toxemia.

Dr. Kellogg refers to a simple test suggested by a Boston Physiologist for determining for one's self whether the acids are in excess in the blood. "It is to hold your breath as long as you can. The person whose tissues are not poisoned from acids, whose chemical balance is normal, can easily hold his breath 40 seconds; but a person whose tissues contain an excess of acids cannot hold his breath much more than 20 seconds, or even less without great effort; and he becomes short of breath when he exercises."

Below is appended a list of acid and alkaline forming foods which should be learned by heart or kept in a convenient place for reference. If you will remember that fully three-fourths of the food intake should be from the alkaline class, your diet problem will be greatly simplified. If suffering from an excess of acids in the blood, it is well to eat only the alkaline forming foods for a short time.

In addition to selecting the approximate proportion of the indicated foods, there are a few rules for combining them which should be kept in mind. In brief, these rules are as follows:

1. Starches combine well with non-starches but not so well with meats and acid fruits. Thus it is not a good plan to combine acid fruits and bread or meat and potato or macaroni or rice or bread.

2. Proteins combine well with acid fruits and non-starches but not so well with starches. Thus, meats should be combined with leafy and non-starchy vegetables and fruits.

3. Fats, butter, cream, etc. combine well with both starches and non-starches.

Few people observe these rules, but this is no indication that they are unimportant. Comparatively few people are as healthy and as full of pep as they have a right to be, or would be if they lived correctly. The revelations of science now make it possible for us to be about as healthy as we choose to be. Right eating is one great aid in this direction and while it is not the only one it is of sufficient importance to demand careful and conscientious consideration.

—G. W. R.

A Practical Classification of Foods

ALKALINE FORMING FOODS

Fruits of all kinds except cranberries, prunes and plums. The citrous fruits are especially good.

All vegetables except legumes, rhubarb, asparagus, artichokes and onions. The leafy vegetables and tomatoes are especially good.

Milk in all forms, including cream, butter and cottage cheese.

Melons

Berries (except cranberries)

ACID FORMING FOODS

All meats, poultry, fish and other sea foods and eggs.

Legumes, beans, peas, onions, rhubarb, asparagus and artichokes.

Cereals of all kinds and everything made from them including bread, macaroni, etc.

Animal fats except cream and butter.

Nuts, prunes, plums, cranberries.

Sugar, candy, chocolate.

Vitamins are found in practically all fresh raw foods. They are especially prevalent in sun-kissed foods, such as fruit, tomatoes, leafy vegetables, grains, etc.

Vitamine A abounds in fresh, green leafy vegetables and in suet, cream, butter and egg yolk.

Vitamine B is found in the germ cells of cereals, bulbs and egg yolks.

Vitamine C is present chiefly in fresh raw fruit, especially in oranges and tomatoes. By eating wisely of

the acid and alkaline foods, all the necessary vitamine elements will be included in the diet.

Nature has shown great wisdom in providing means for safeguarding the alkaline reserve of the blood. In the skin are innumerable sweat glands. The sweat ordinarily is alkaline in character but if the system is over-acid the sweat takes on an acid character in the endeavor to overcome this condition. The urine is normally acid and this varies according to the acid content of the body. Acid gases are thrown off by the lungs, the amount varying as in the case of the urine in accordance with the bodily needs. Were it not for these safeguards, the alkalinity of the blood could not possibly be maintained and disease and death would soon follow.

The condition of the body is determined largely by the condition of the blood. Thus by keeping the blood clean and pure and maintaining the necessary alkaline reserve our health and comfort can be practically assured. And there is nothing like Osteopathy combined with correct eating and sane living to bring about this happy state. Osteopathy establishes normal mechanical relations throughout the body and enables each organ and part to work to its best advantage; correct eating promotes the necessary alkaline reserve and furnishes the raw materials that are needed for replenishment; while sane living insures the body against excesses, abuses, etc. Health founded upon a program of this sort is of the dependable kind.

SAMPLE MENUS

Here are a few menus which conform with correct rules for food combination and meet alkaline and acid

requirements. A little practice will enable a person to select and combine foods with skill. Some time, of course, will be required to gain proficiency. Outdoor workers require more food than indoor sedentary workers.

BREAKFAST

1. Whole corn meal muffins, butter or honey, milk or cambric coffee.
2. Juice of two or three oranges or one grape fruit without sugar and two or three glasses of water.
3. Dates and figs on lettuce, cottage cheese, whole wheat toast, milk or cambric coffee.
4. Bacon, buttered whole wheat toast, milk or cambric coffee.
5. Whole wheat muffins, butter or honey, milk or cambric coffee.

LUNCHEON

1. One large plate of vegetable salad, whole wheat bread and butter.
2. Cantelope, vegetable stew, whole wheat bread and butter.
3. Glass of orange juice, fruit salad or berries and cream.
4. Baked potato, butter, string beans, lettuce and cucumber salad.
5. Whole grain wheat, honey or butter, milk.

DINNER

1. Steak, spinach, carrots, lettuce and tomato salad, or stewed tomatoes, apple sauce.
2. Stewed chicken, string beans, celery, lettuce and cucumber salad, fruit cup or berries.

3. Asparagus tips on whole wheat toast, baked potato, cabbage and carrot salad, stuffed dates.

4. Roast lamb or beef, buttered beets, spinach or beet top greens, lettuce and tomato salad, or stewed tomatoes, sherbet or fruit cup.

5. Baked or broiled fish, squash, green corn, Waldorf salad, stewed figs or prunes.



The Mission of Osteopathy

WILGER L. JONES, D.O.

THE true mission of every physician is to prevent and forestall disease. Osteopathic physicians as a class are well fitted to render most valuable aid along this line. Their knowledge of the structures of the body and its internal workings enables them to discover predisposing causes of trouble that physicians of other schools fail to recognize; and these causes can usually be corrected before disease materializes by osteopathic treatment.

There are certain known facts that are an aid to any physician in arriving at an early diagnosis of disease. All are acquainted with conditions that are a harbinger of tubercular tendencies. The poise, general contour, sallowness of complexion, sloping shoulders, flat chest and other observable conditions brand one as a fit subject for consumption. These plain evidences need no special training to detect. Even laymen have no difficulty in interpreting their significance.

The osteopathic physician however, not only recog-

nizes these superficial land-marks but examines every part of the body, the derangement of which could possibly be a cause for disturbance now or at a later time. Muscular and ligamentous tension, small areas of tenderness, decreased mobility of structures and other minute disorders are noted and remedied. By the prompt correction of such minor derangements throughout the body structure, many serious conditions may be averted and ease and comfort prolonged.

Osteopathy acts promptly and efficiently. Causes are found and removed. The osteopathic physician treats all types of cases, acute, sub-acute and chronic. As a rule, the more acute the condition, the faster and more satisfactory the response to treatment. However, chronic cases of long standing when treated consistently over a variable period of time respond with satisfactory results. To be forewarned is to be forearmed and a periodic examination for the purpose of disclosing minor disorders is a recognized procedure followed by multitudes of people today.

The mission of Osteopathy primarily is one of prevention and if utilized as it should be, it would go a long way toward ridding the world of deformity and disease. When the virtue of Osteopathy is more generally appreciated, examination and treatment looking toward disease prevention will be the rule rather than the exception as it now is. People will not wait 'till they get sick before going to the osteopath but will keep themselves fit by taking sufficient preventive treatment to safeguard their health and thus will the mission of Osteopathy be fulfilled.

That Lame Back

FRANK A. GANTS, D.O.

LAME BACK is about the most common ailment known to man. It is a malady moreover that causes a tremendous amount of suffering.

The milder cases of lame back give rise to a great deal of nagging, nerve-racking discomfort while in the more severer cases the patient is bed-ridden and suffers excruciating pain if he attempts to turn or move about.

Lame backs are prevalent throughout the entire year, but are more common during the Spring months, due no doubt, to the fact that most people are more or less depleted at this time of year and the organs of elimination do not work so well. This leads to accumulation of poisonous waste products in the tissues which is an underlying cause of many lame backs as well as other troubles.

The most prolific cause of lame back is straining from lifting, stooping, slipping or falling. Cases of acute lame back occasionally result from such an innocent and insignificant act as stooping to pick up a pin or other small articles from the floor or from a lusty sneeze or cough. In such cases there is invariably a predisposing weakness in the back usually at the lumbo-sacral joint which connects the spine and the pelvis.

It is very unwise to neglect a lame or aching back. To be sure they will usually get better of their own accord if the patient exercises reasonable care about bending, lifting, etc., but still Nature unaided can seldom completely rectify the condition. A remnant of the trouble invariably remains which always predisposes to a recurring attack.

There is just one kind of treatment for lame back that is invariably satisfactory and that is adjustment and normalizing the tissues and joints that are causing the disturbance. This obviously cannot be accomplished by medicine. It is a condition that calls for mechanical treatment, or in a word—Osteopathy. Indeed, there is nothing that can compare with Osteopathy in the treatment of all types of lame back and backache.

Osteopathic physicians attach so much importance and give so much attention to the spine that they may well be regarded as back specialists. Logically then they should be the first doctors to look to in every case where there is any indication of trouble with the back. You may not be able to comprehend with your limited understanding of Osteopathy how the treatment can successfully cope with such conditions as pneumonia, lagrippe, indigestion, nervousness, etc., but there should be no difficulty in appreciating its applicability in back conditions.



The Tired Man

The tired man's salvation lies in a diet in which vegetables and fruits are given preference.

Many tired, run-down, nervous people resort to taking raw eggs to build them up. There is hardly anything worse than raw eggs for anybody. Raw egg albumen is very hard to digest, and often putrefies in the intestines. It digests better if cooked, but should be thoroughly masticated. White of egg, any way, is poor food. It lacks iron, lime, vitamins and almost everything

else essential to a complete food except the one element, protein. Its use is to form the body of the young chick and not to supply it with food. Egg yolk, on the other hand, is a natural food-stuff, rich in lime, iron and vitamins—everything the young chick needs until it emerges from the shell. It is, besides, very easily digested.

—DR. J. H. KELLOGG in *The American Magazine*.



Therapeutic Nuggets

GEORGE W. GOODE, D.O.

The indelible mark of ill health is being stamped on the faces of our young girls by the perpetual shoving, rushing, overeating and injudicious eating.

If you sit all day, revel half the night, get insufficient sleep, eat without judgment, smoke incessantly and grow violently hysterical, if your living quarters are overheated, ladies you are going to the funeral of your lost beauty at an early date.

If you would possess a clear unblemished skin, keep regular hours; be never afraid to walk; avoid unsuitable foods and never overheat your homes.

Endless visits to beauty parlors, unceasing massage, facelifting are going to help you in no way whatsoever unless you wisely direct your habits of living.

Constipation may be due to general gastro-intestinal atony or it may be caused by some grave but easily rectified bodily derangement. In either case it is unwise not to give yourself the advantage of the indicated treatment.

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