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Herald of Osteopathy

Contents

THERAPEUTIC NUGGETS.....	162
GEORGE W. GOODE, D. O.	
EDITORIAL.....	163
DON'T DIET—EAT RIGHT!	
TAKING THE SIGH OUT OF SCIATICA.	
MODERATION.	
SOME SPECIFIC RESULTS.	
A. DISEASE PROGRAM.....	168
GEO. W. REID, D. O., M. D.	
STRANGE BUT TRUE.....	171
D. S. COWHERD, D. O.	
THE TYRANNY OF THE PAST.....	173
GEO. W. REID, D. O., M. D.	

November 1925

PUBLISHED MONTHLY BY

The Herald of Osteopathy Publishing Company
KIRKSVILLE, MISSOURI

THERAPEUTIC NUGGETS

GEORGE W. GOODE, D. O.

Bread, cereals and potatoes should be masticated very thoroughly.

* * *

Stimulants do not act upon the body at all. The body reacts against them.

* * *

Weak ankles, pains in the calf of the leg and knee are often due to foot troubles.

* * *

Exercise and deep breathing are very essential to those anxious to increase their weight.

* * *

Man matures at about twenty and at the same ratio he should live until he is at least 100 years old.

* * *

Food should never be eaten when one is fatigued, exhausted, worried, angry or in any way emotionally excited.

* * *

When the arches fall or weaken the weight of the body is then thrown to parts of the foot that were not intended to carry the load.

* * *

If through overwork, strain or shock the vital parts of the foot are weakened or forced out of position, the arches become affected.

* * *

From four to eight glasses of water a day should be the average allowance according to the season and the amount of manual work performed.

This is a war not for conquest, popularity or power. It is an aggressive campaign for love, truth and humanity.—DR. A. T. STILL.

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DON'T DIET—EAT RIGHT!

TIME was when diets were quite the thing. But of late they have been going out of fashion. For we are finding out that most of the things we thought we knew about diets are not so. Of course, there are still dietetic indications in disease. And there always will be in obesity. But for individuals in average health or who are suffering from chronic, non-confining ailments, diet is not the important life-factor it was once thought to be. For food is food, and that is all there is to it.

All good food, properly prepared and thoroughly chewed and taken regularly, together with sufficient exercise and rest, will replenish the body's needs and build health.

If you have a capable stomach, one competent to handle all classes of wholesome foodstuffs promptly, forget it. Pay no attention to the thousand and one food-crankers who rant on every side. Eat your three square meals a day and don't worry about what is good or bad for you, what you can or cannot eat or how you will get by with this, that or the other. Just see that you don't overeat and let it go at that.

But if your stomach is really in trouble, don't go to the drug store and get some advertised panacea for all digestive ills and expect to get well. Most of such nostrums are not only valueless but harmful. Rather, go to an osteopathic physician and let him find out what is wrong and fix it.

Medical propaganda to the contrary notwithstanding, the osteopath is fully as capable of dealing with the problems of indigestion as is the so-called regular physician. Usually he is more efficient, for he not only considers every chemical factor the M. D. sees, but in addition pays attention to the physical states of the

body machine upon which normal physiology depends. And it is absolutely amazing how quickly osteopathic adjustment will rehabilitate an incompetent stomach and restore to it its full digestive powers. —s.

TAKING THE SIGH OUT OF SCIATICA

IF you have ever had sciatica you know what real suffering is. It is a painful affection of the sciatic nerve—the largest nerve in the body which is formed from branches at the lower end of the spinal cord, and passes down the back of the hip and leg to the ends of the toes. The pain may be any where along the course of this nerve, but there are certain points that are more apt to be involved than others,—the hip, back and outer side of the thigh, and the calf.

It is seldom that an attack of sciatica is not preceded by more or less lameness and soreness in the small of the back. Often there is a history of a preceding attack of lumbago or there may have been what is known as a drop stitch. Sometimes the back gets much better before the sciatic trouble puts in its appearance. The connection between sciatica and lame back, however, is so well established that to neglect a case of lame back, which fails to clear up in a few days, is simply to invite an attack of sciatica.

You can convince yourself of the truthfulness of these statements by inquiring into the history of a number of sciatica cases. You will find almost invariably that the trouble was preceded by disorder in the lower part of the back which was not properly attended to. Sometimes, a lame back persists for months and even years, with intervals when it may be practically all right, before the sciatica develops. Many cases of sciatica are a sequel of confinement. The back strain due to childbirth is often a forerunner of sciatica.

With the foregoing facts in mind the remedy suggests itself. Of course there may be other factors to consider but the main factor concerns the lame back, and the best way to fix a lame back is to adjust it and normalize the tissues. The best method for accomplishing this is found in Osteopathy. Osteopathic physicians are especially prepared by training and experience to fix backs. If the back is fixed in time, sciatica can be avoided. If

the sciatica has made its appearance then the best method for dealing with it is osteopathic adjustment. The osteopath can put his finger on the exact spot—the defect that is causing the trouble. Better still, he can make the indicated adjustments, and there is no other method of treatment known that can compare with this in taking the sigh out of sciatica. —R.

MODERATION

THIS is such a busy age that it is important to sound a note of warning at frequent intervals. We develop habits of hurry, worry and anxiety, and these habits gradually sap our vitality and undermine our health.

The body has a power plant which is the nervous system. The cells may be likened to little minute dynamos. They have the power of recharging themselves automatically. The materials for this recharging come from the blood and the process is especially active during periods of repose.

In order for the nervous system to meet the demands of the individual it is necessary that the blood be properly replenished with food and that there be adequate seasons of rest or repose. Of course there are other essentials but these are the two we are especially interested in just now. The nervous system can be overstressed which may result in structural damage just as a battery can be injured by demanding too much of it.

The effects of the mad pace a large part of civilization is now going are briefly set forth in a recent edition of the Chicago Journal of Commerce under the title "People who hurry die young." "Moderation," according to the writer, "is the secret of long life." Continuing he says, "An English physician calls attention to some of the things people hurry about and then die. One of them is bolting breakfast and running for a train. Combined, they frequently make a death bed of a car seat.

"Swift exhaustion of nervous energy is the price of hurry. As nervous energy is a man's most valuable physical asset, he can do better to cut hurry from his conduct.

"Anxiety to catch a train followed by hurry is analagous to

stabbing a blood vessel. It throws his digestion out of gear and sometimes spoils the whole day."

How are we going to overcome these habits which have become so firmly established in our lives? The first essential is to detect them. Many people hurry and scurry about without realizing the fact. After having discovered that such a condition exists then we can gradually train ourselves in the art of moderation.

Sometimes "nerves" prevent an individual from successfully following a program of moderation. In such cases professional attention is indicated, and also in other cases where the person has difficulty in developing the desired poise. The nerves are frequently irritated by slight structural alterations in the spinal tissues. These structural alterations are characterized by sore spots which the osteopathic physician is an adept at discovering.

In some cases, many of these sore spots will be found, and they are the source of irritation—in reality constituting nerve leaks. They are decided handicaps and their detection and correction aid materially in helping to establish the desired physical and nervous poise. Thus osteopathy has its place in dealing with "nerves" and establishing a condition conducive to longevity. —R.

SOME SPECIFIC REPORTS

From Specific Osteopathic Adjustment

WRITING in the August Journal of Osteopathy Perrin T. Wilson gives four case reports that show what specific osteopathic adjustment will do, particularly when the treatment is resorted to within a reasonable time. All these cases give a history of accident preceding their illness.

Many, many troubles will be found to have had their origin in some accident, which the patient may fail to associate with his condition until the connection is established by the osteopathic examination. The significance of this is apparent and the lesson is obvious, namely—accidents should not be ignored but the ill effects should be carefully determined by an osteopathic examination and all needed treatment given to prevent the various ailments that follow neglect along this line.

Now for the case reports:

"A two year old girl suddenly constipated when bowels had been moving with clock-like regularity; mother used suppositories for three successive mornings and then being osteopathically trained, remembered that the day before the difficulty started she had slipped on a piano bench and sat down hard on the floor. In my examination I discovered an up-slipped right innominate, fixed it and the next morning the bowels moved and continued to be regular.

"A six year old girl fell down five steps and in two days began to swing the right leg peculiarly. Spinal examination revealed an up-slipped right innominate. The muscular tension and position appeared to me to be exactly the same as in the previous case and although no mention had been made of the condition of the bowels, the spinal diagnosis led me to suspect that possibly there was constipation. When asked, the mother said that there was and it had definitely dated from the fall. One adjustment corrected not only the peculiar swing of the leg, but the constipation. Now please understand that I am not claiming that an up-slipped innominate is the one and sole cause for constipation, but it was the sole and specific cause for these two cases, and to me it is no stretch of the imagination to believe that an osteopathic lesion, such as above presented, if allowed to stay, would be the initial cause of an acute attack of appendicitis, or any disfunction of the ovaries or uterus. This does not say that in an acute attack of appendicitis an operation would not be necessary, but does point out the possibility of the disease being initiated by the up-slipped innominate; and on a case of acute appendicitis carefully checked up by an expert laboratory diagnostician the greatest relief was obtained by treating the right innominate, and in this case it was cured without an operation.

"Young man twenty-seven had had asthma for four years, starting after a slight injury and every known medical procedure had failed. The fifth dorsal vertebra was in a marked lesion and the fifth rib on the right was torn loose at the costo-chondral junction. This case definitely started with a slight injury and was definitely cured by the adjustment of the fourth and fifth dorsal vertebrae.

“Man forty-two—stumbled going upstairs and fell on his upper dorsal. He came to me two weeks later having suffered with asthma since the fall! The separation between the fourth and fifth was so great that I had an X-Ray taken before attempting to adjust the lesion in case fearing that there might be a fracture. The X-Ray being negative, I made vigorous adjustment and the asthma left following the third adjustment.

“None of these four cases with the exception possibly of the last, was of sufficient severity to give local discomfiture, and had they not come into the hands of an osteopath, they would not have been cured for each received the specific adjustment of a specific bone.”

A DISEASE PROGRAM

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

MUCH has been written about the prevention of disease. To this end health programs have been advanced by members of the various schools of healing. Little, however, has been said specifically about a disease program—the fundamental principles that can be safely followed in case of illness, that are best designed to aid in the restoration of health.

By the term—disease program—then, we do not mean the adoption of habits that are conducive to disease, but we want to know what to do to re-establish health. There are certain definite principles that should be kept in mind whenever an acute disease makes its appearance. Acute diseases all vary more or less but still the underlying causes are much the same. This makes it possible to outline a plan of action that can be followed with assurance of benefit in practically every acute condition we have to deal with. The principles to bear in mind when dealing with such diseases may be classified under four headings: 1. Rest; 2. Diet; 3. Cleansing; 4. Osteopathy.

A certain amount of rest is absolutely necessary both in sickness and in health for every individual and for everyone of the twenty-six trillion cells that go to make up the individual. Obviously, more rest is indicated in sickness than in health, as when any part is handicapped by disease, its functional efficiency is

lowered. It is a serious mistake to be up and about when suffering from acute disease especially if there is fever, as fever means a constitutional upheaval which may easily become critical if neglected or maltreated. When there is fever the pulse is quickened and the organs of the body generally are disturbed. Digestion and elimination are interfered with and all the inherent resources of the body should be given over to the work of restoring normal conditions and not be disturbed by being up and about. Thus, rest in bed is the first essential principle to bear in mind when dealing with acute diseases.

The second principle is cleansing and this strikes at the very root of practically every acute disease including the infectious and contagious varieties. Acute disease is usually the result of an accumulation of filth in the body. The person may become over-fatigued, elimination may be disturbed or there may be exposure which overtaxes the endurance of the body. In any case waste materials accumulate and the elevation of temperature, accelerated pulse and general ill feeling really represent Nature's reaction to the danger arising from the accumulation of these poisons.

A moment's consideration is sufficient to convince any one of the importance of cleansing when there is an acute illness. The practical thing to know is how this principle can be promoted to best advantage. Two or three points here call for brief attention. It is well to bear in mind that water is the greatest cleansing agent we have, and this fact should be utilized for what it is worth in this connection. Water should be used freely both internally and externally. We should drink, water freely as well as use water for bathing. A hot bath is especially good at the beginning of any acute ailment. Not only does it cleanse but it also relaxes the nerves and muscles and equalizes the circulation.

Water can be used also to great advantage in flushing out the intestinal canal. High enemas or colon irrigations are particularly beneficial in cleansing the intestinal tract and the intestinal tract it must be remembered is the chief source of contamination in the body. Accumulation of waste here leads to absorption and poisoning of the system generally. This poisoning is spoken of as intestinal auto-intoxication and is the underlying cause of

many an acute ailment. With some people enemas are repulsive and in such cases a laxative can be used to advantage instead.

When the body is afflicted with an acute illness it is laboring under a great handicap. It is unfit for mental as well as physical work. As stated above all the vital resources should be given over to the healing processes and not dissipated by any unnecessary activity. Not only are the physical processes handicapped by acute disease but the physiological processes as well are handicapped, hence the digestive functions are crippled and cannot proceed as when the body is free from disease. This makes the subject of diet a very important one. If we continue to eat as before, when we are sick, we are going to invite further trouble. It is better to abstain entirely from food during the first day or so when suffering from fever, as food eaten under such circumstances decays, rather than digests, and forms more toxins or poisons and thus burdens the body with additional handicaps.

The program thus far is one that does not necessarily require the services of a physician. It may be carried out in the home by any one of ordinary intelligence. By following this program a large percentage of our illnesses can be handled without the aid of a physician, particularly if it is carefully followed and instituted in the beginning of the malady. The other part of the disease program contemplates professional assistance and here is where osteopathic ministrations are especially valuable. Osteopathic treatment is in line with Nature's methods. It is safe and sane. It operates entirely on the constructive plane. The fundamental aim of Osteopathy is to adjust the body to normal mechanically and to aid the inherent resources in establishing and maintaining normal conditions. No disease program is really complete if it does not include Osteopathy.

HIGHLY DANGEROUS

She. Is it really as dangerous as the doctors say to dye the hair?

He. It is that. Why, I had an uncle who dyed his hair and a month later he was married to a widow with five children.—LONDON MAIL.

STRANGE BUT TRUE

D. S. COWHERD, D. O.

THE success of the osteopathic physician with chronic diseases has become quite generally known. His success with acute diseases does not yet seem to be so generally recognized by the public.

From one standpoint it is difficult to understand just why Osteopathy is chosen more for chronic diseases than the acute. The chronic are much more difficult to combat. We often hear the expression "I believe that Osteopathy is good for some things, for instance rheumatism, but if I had pneumonia or typhoid fever I would want some medicine." Of course this is merely an opinion not based on an actual knowledge of Osteopathy, drugs or disease, and from a scientific standpoint is ridiculous. Pneumonia and typhoid fever are definitely known to science as being self-limited diseases, the progress of which is absolutely retarded by the use of drugs. On the other hand their course is appreciably shortened under osteopathic management. Indeed, of all the diseases with which the osteopathic physician has to deal he is most successful with pneumonia and typhoid fever. In fact he enjoys his greatest success in all of the acute infectious diseases.

Rheumatism is generally known to be one of the most difficult problems that presents itself to any physician. That many forms of it pronounced incurable have responded to the osteopathic outline of treatment is true. Then if such stubborn diseases as rheumatism, obstinate constipation insanity, even Bright's disease in the early stage, and many others respond to a form of treatment then why is it not clear to the minds of the public that the same form of treatment would be much more effective in the simpler acute forms of disease. Most acute diseases will get well without the aid of any treatment if attended by good nursing, regulation of diet, elimination, fresh air, and sanitation. These natural rules are of course emphasized and included in the osteopathic practice, and are applied in the chronic as well as the acute conditions. These rules are followed by any successful physician regardless of from what school he may have come. But if certain forms of chronic incurable diseases, so called because they resist

the old-line treatment and management, are found to respond when the basic principles of osteopathic technique are applied, certainly it should be clear that the same principles would be more effective in acute disease.

The body uses the same general principles in ridding itself of any and all diseases. It automatically reacts against an invading organism and automatically attempts to repair the damage done. Its reactions are altered in varying degree according to the type of disease or injury, but the principles of its reactions are the same in chronic or acute diseases. Sickness in any form is often due to breaking the laws of health. Chronic disease is the result of repeated attacks of the acute, or in other words, from persistent breaking of the laws of health. The osteopath makes a special study of these laws, and since his form of treatment has become recognized as successful in chronic diseases, it should be considered equal to or superior in the acute form.

From another's standpoint it is not so difficult to understand why the sufferer of an acute illness has been slow to call for the services of the osteopathic physician, unless he has had that physician for an acute illness before. Habit is a powerful factor in human life, and since the sufferer of an acute illness usually gets well without treatment, or in spite of treatment, the osteopath is not considered. It is only through dire necessity after the disease has reached the advanced chronic state, that the osteopath is called, and then often times only for an experiment. If he fails he may be bitterly criticized by some who know nothing of the possibilities or limitations of a physician. If he succeeds it may never occur to the individual that if the same principles that restored him from his chronic condition had been applied in the beginning of his illness, he probably could have avoided complications. Indeed it may never occur to him that the osteopath is equally successful for any other form of disease other than that for which he may have been treated. Habit and prejudice keep away those who know nothing about osteopathy until their cases are far advanced and have resisted all other forms of treatment. Hence it is not by choice but by necessity that the chronic case comes to the osteopath.

In spite of strong opposition and the handicaps peculiar to

the advancement of any new science, osteopathy is gaining favor with the public in all forms of disease. It was curing the incurables that made it possible for the profession to survive in its pioneer days, and the acid test of over fifty years has placed it on its high plane of today. But its merit in acute diseases is not yet fully appreciated. It is unfortunate for the profession and for the public as well that osteopathy does not share more of the acute forms of disease.

THE TYRANNY OF THE PAST

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

OF all the tyrannies known to man, without doubt, the greatest is the past. It rules people with an iron hand, and often without rhyme or reason. The past practically always wields a reactionary influence on mankind. Thus, it is one of the greatest foes to progress.

The tyranny of the past has figured to some extent in every war that has been recorded in history. This was especially true of the war of the Revolution. Inscribed on the monument which marks the graves of the British soldiers who fell in the battle of Concord are these significant words:

“They came three thousand miles and died
To keep the past upon its throne
Unheard beyond the ocean tide
Their English mother made her moan.”

It is difficult for any one to realize what a tremendous price has been paid for the liberties and blessings that are now our daily portion. Practically every right that has been gained has been purchased at great sacrifice, and every truth has had to establish itself against the bitterest opposition.

The light bearers of civilization are usually stoned, and later when their true worth has become sufficiently appreciated monuments are erected to their memory. It is difficult to recall a single exception to this rule. In the realm of medicine we have many examples. Harvey, the discoverer of the circulation, suffered many indignities because of his contribution to science.

Dr. Semmelweis, who discovered the true nature of child-bed fever and thereby saved the lives of countless mothers, was driven insane by the calumnies heaped upon him.

The past demands that every individual stay in line with accepted truths and adhere to the popular practices of the day. Thus, it fosters a goose-stepping civilization. Those who break step do so at their own peril. They are usually made to pay dearly for any display of independence either of thought or action. It takes courage therefore to go contrary to the restrictions imposed by the precedents and traditions that have come down from the past.

In other ways the past wields its tyrannical influence over us. We are what we are by virtue of what has gone on before. We sow a thought and reap an act; we sow an act and reap a habit. When habits are once firmly established, they are like a merciless and unyielding task-master showing no regard whatsoever for a person's weal or woe, and bad habits seem even more tenacious and tyrannical than good ones.

In the biological realm, the past plays an important role also. Every individual has an ancestral background or inheritance, and the laws of heredity are definite and more or less fixed and arbitrary. We are predestined by heredity to conform to certain physical, mental and moral standards, and these standards may or may not be desirable. If undesirable either physically, mentally or morally, then the struggle through life is made just so much more difficult, for the laws of heredity are tyrannically obstinate. The person who inherits a weak constitution is decidedly handicapped as compared with the more fortunate individual who inherits a strong constitution, and the same applies in the mental and moral realm.

There is a phenomenon which is known scientifically as Atavism, in which out-croppings of outgrown ancestral characteristics take place. Under favorable conditions there seems to be a tendency to revert back to ancient ancestral types. We note this in the case of the dog taking on the characteristics of his wolf ancestor. The same law also operates in the vegetable world. The cultivated rose often degenerates into the wild rose from which it originally came.

We cannot break the ties that bind us so firmly to the past, but this after all is not necessary or often desirable. It is possible with few exceptions to reach the goal of our desires whether it be health, business success or anything else within reason. The guiding principles of which are comprehensible to the rank and avenue to such attainment has been constructed by science, the file of humanity. So while the past is tyrannical in a sense, it nevertheless has given us the solution of the most important problems with which we are confronted, and for that reason it is the greatest of all boons to mankind. Osteopathy may be mentioned as one of the contributions that has been made by the past and through it countless thousands have found their way to health. Indeed there are so many compensating blessings that have been bequeathed to us by the past that its tyrannical aspect, though important, becomes insignificant in comparison.

CHEATED

Two small boys were puzzling their brain to invent a new game. At last one of them said, eagerly: "I know, Billy, let's see who can make the ugliest face."

"Aw, go on," was the reply. "Look what a start you've got!"
—OIL WEEKLY.

FAIR WARNING, ANYHOW

Teacher—"Johnny, your conduct is outrageous. I will have to consult your father."

Johnny—"Better not, teacher, it will cost you two dollars. He's a doctor."

CAUGHT NAPPING

First Doctor. Tell me, Doc, have you ever made a serious mistake in diagnosis?

Second Doctor. Yes, once. I told a man he had a touch of indigestion. Afterwards I found he was rich enough to have had appendicitis.—WALLACE'S FARMER.

