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Herald of Osteopathy

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September 1925

PUBLISHED MONTHLY BY

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KIRKSVILLE, MISSOURI

THERAPEUTIC NUGGETS

GEORGE W. GOODE, Boston, Mass.

Live only on simple foods and a limited amount of them and good health will be the result.

* * *

Protoplasm, the living material from which all living parts are built is composed of proteins, water and a little salt.

* * *

Food and food only makes blood and blood makes body, so that our bodily structure is dependent upon and only upon the food we eat.

* * *

Self preservation is the most powerful instinct in the world and the nutrition of the body occupies first place as a means of preserving life.

* * *

Opium, morphine, cocaine and heroin belong to the general class of organic or hydrocarbon poisons. They concentrate their attack upon the nervous system.

* * *

A child should never take anything to eat, drink or sniff from strangers, new acquaintances unknown to parents or acquaintances whom the child knows only slightly.

* * *

True lumbago may be the result of an accumulation of toxic material in the muscles of the back, an irritation of the local nerve supply, or a displaced spinal vertebra.

* * *

Excessive protein food is extremely dangerous to the human economy. Cancer, heart, kidney and circulatory troubles are the direct result of this excess of protein in the daily food.

* * *

A child should choose for his friends only the children of whom his mother or some one in authority approves and who measures up to the ideals of true, healthy and straightforward character.

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FALL COLDS

THERE is usually a generous crop of fall colds due largely to the seasonal changes in temperature and other weather conditions which stress to excess the bodily powers of adaptation.

These colds often are rather obstinate and menacing. Many of them are of the influenza type and show a disposition to develop into pneumonia. If neglected they may draw on the vitality and deplete the system so the rigors of winter cannot be borne so readily.

Experience has amply demonstrated the need of giving these colds the needed attention. They respond to osteopathic treatment in a most gratifying manner. For the average fall cold one or two treatments are usually sufficient to bring about a cure, especially if given in the beginning. If neglected they usually require more attention than if attended to promptly.

The relief given by osteopathy is usually very prompt. The patient almost invariably experiences immediate improvement. This prompt relief is due to the remarkable control the osteopathic physician has over the circulation. The treatment relieves the congestion which is the cause of the distressing symptoms that accompany a cold, and with relief of the congestion comes corresponding relief of the symptoms.

If you will try Osteopathy once for your cold the chances are you will try it again should similar circumstances come about. A rapidly increasing number of people are following this plan as it has given so much satisfaction in the past. Not only does Osteopathy give prompt relief from colds but it conserves the patient's vitality and tends to ward off the various sequelae or end results such as sinus trouble, bronchitis, pneumonia, etc. —G.

B. O. AND A. O.

IT is customary to reckon time in terms of A. D. and B. C., as the advent of Christ represents the greatest event in the history of mankind. Some people, however, seem to have adopted a new system of reckoning. With many it is B. O. and A. O.—before my operation and after my operation.

Major operations represent a most important event in the life of any individual and the results often serve to emphasize the importance of the event. It may usher in a new era of well being. Not infrequently, however, the results are disappointing. Yet in either case the person deserves patient consideration if he does make his operation the chief topic of conversation and the occasion for reckoning events thereafter.

So many people undergo major operations nowadays that it is not at all surprising that social gatherings often end up in "organ recitals" in which personal experiences are related relative to the removal of organs which God evidently put in the body for some wise purpose. One might gather from attending some of these "recitals" that it is a mark of distinction of which one should be proud, to sacrifice one or more organs of the body to the god of surgery.

Surgical operations sometimes are absolutely indispensable, but there is not a reasonable doubt that they are resorted to all too frequently. It is also safe to say that if we only knew how to live as we should and then had the courage to do so, operations would become comparatively rare. When we look at them in this light we can see that they are nothing of which to be proud, but that they may be a tell tale, bearing evidence either of ignorance or indolence on our part. Not infrequently of course operations are made necessary because of accidental conditions. Inheritance also plays a part in many cases.

Most operations, however, are a reflection upon present day civilization, for the simple reason that they could be avoided in most instances if we had the intelligence to live in accordance with Nature's plans. We are making a great deal of progress along this line and can look forward to the future with hope. Osteopathy has saved many a case from going on to a surgical termina-

tion. Indeed this method of treatment combined with right living offers more towards the redemption of humanity from operations than any other system of treatment known to date. Many cases consult the osteopath after it is too late to prevent an operation. If conditions are allowed to develop to a certain point recourse to surgery becomes an absolute necessity. What we ought to do is to give ourselves the necessary care right along and not allow conditions to develop which may in time call for surgical procedures. —R.

WHAT MAKES THE BABY CRY?

WHEN a young baby cries naturally he is exercising his ancient and inalienable right to stimulate his circulation and develop his lungs and muscles. It is a healthy thing for a baby to cry a half-hour or so three or four times a day.

But when an infant continues to fret for longer or more frequent periods, an investigation should be made. For it is a ten to one shot that something is wrong and needs attention.

Baby's cries have a definite meaning to the physician skilled in the care of little ones. Anger, an unclasped safety pin, a wet napkin, skin irritation between the thighs or about the buttocks, indigestion and constipation constitute the ordinary causes of unnatural crying.

Indigestion and constipation are probably the most frequent reasons for infant discomfort. Both are manifested by colic, with its vomiting, excessive amounts of gas, mucous in the stools, etc. Sometimes, too, physical difficulties called osteopathic lesions in the little spine are responsible.

In either event, an osteopathic physician is usually the best and safest doctor to call. He is especially trained in the care and feeding of babies and in a position quickly to determine if anything is wrong with those segments in the spine which are concerned with the stomach and bowels and to ascertain whether or not food formulae need to be altered.

Unnatural crying in babies is due to anger, neglect, disease, osteopathic lesions or faulty feeding. The osteopath can stop it and put little bodies in the pink of condition if he is given an early and unhampered chance.

Osteopathy is a far better "soothing syrup" than any that ever came out of a bottle. And it can do no harm for it is Nature's own method and bears the stamp of her unreserved approval. —s.

WE HAVE NO BANANAS TODAY

ABOUT a year ago, various sections of the country experienced a severe dry season. A devotee of mental science, who evidently is soundly converted to the law of suggestion, explained the drouth as being the result of a song that was so popular at the time—a song which was heard wherever you went—"It ain't going to rain no more."

If this lady had only given the matter a little more thought she would have realized the error of her conclusion. About the same time, or a short time previously, everybody was singing "Yes we have no bananas today," and yet there was no shortage of bananas. If one song would bring on a drouth we might reasonably expect the other to affect the yield of bananas.

Suggestion we know to be a powerful factor in the lives of human beings. But as yet we have no good evidence for believing that it controls the weather or determines the harvest, and when we try to expand the principle so as to make it account for weather changes, we are surely getting into the realm of the absurd and bringing the principle into disrepute. Suggestion can be used constructively or destructively. It is particularly applicable in the rearing of children but adults are prone to its influence.

Some time ago a physician was talking to a large audience. He related that he had a friend who was an expert chemist and that he had succeeded in extracting a gas with the most powerful penetrating odor that had ever been known. Taking a small bottle out of his pocket, he said, "I have brought a sample along. I will take out the stopper and I want to see how fast the odor travels." He asked the people to raise their hands as soon as they perceived the odor. Almost in an instant, in the back of the room hands began to go up. Imagine their chagrin when he told them the bottle did not contain anything, that he was just trying an experiment in suggestion.

Suggestions are blue prints which the subconscious mind accepts and works on. The better the blue print the better the result is going to be. There is no reasonable doubt that suggestion will influence people's lives. Suggestion will make for health or disease. It will make for prosperity or failure. It will make for morality or immorality, depending on the character of the suggestion, but as yet we have no reliable evidence that it will control the crops or alter weather conditions. So we can continue to sing—"Yes we have no bananas"—without any fear of a shortage resulting, and we will always have use for umbrellas no matter how popular "It ain't going to rain no more" may become.

—R.

GOOD FOODS FOR YOU

JOHN H. STYLES, JR., D. O.

THE value of vegetables and fruits, especially so far as purifying the system and preserving health are concerned, is generally familiar to all. But that this knowledge is not generally applied is a sad commentary on modern civilization. Indeed, if we, with all of our so-called enlightenment, understood and applied one-half of the instinctive knowledge in this regard possessed by those whom we call savages, we could dispense with most doctors and all dope.

The human body is composed of sixteen well-defined chemical elements. They must all be present in a healthy man. And their only source of supply is from the foods we eat.

The mineral elements derived from fruits and vegetables for the building of bone and other tissues, the vitamins secured from the same food elements and the processes of digestion and of nervous discharge are commonly overlooked by most individuals.

For instance: how many people know that the onion, one of the most common and potent of vegetables, is a sulphur carrier, of which the body needs two to three grams daily?

The medical effect of the onion is manifold. Onions dissolve uric acid and absorb toxins. They are, in addition, excellent tonics, and should be eaten largely by nervous individuals.

When cut, onions absorb many impurities from the air. They are therefore effectual disinfectants.

Carrots are splendid systemic stimulants. They are rich in iron and increase the red blood corpuscles. They tend markedly to clear the complexion. And—attention, brain workers!—they contain quantities of phosphoric acid. Carrots should be eaten raw, finely grated and served as a salad. They are especially recommended for nervous patients and individuals suffering with asthma.

Lettuce is an excellent soporific. It cools the system and induces healthy sleep. Its action is similar to that of the opium derivatives, but it leaves no bad after-effect. It should be eaten green, as the green juice it contains is its potent principle.

Celery is remarkably healthful. It is especially serviceable in correcting conditions which lead to rheumatism, neuralgia, neuritis, and nervousness. It can successfully take the place of the ordinary drugs utilized common in these conditions.

Beans, spinach, dandelions and raw cabbage contain iron and phosphorus and are fine for anemic people. Asparagus also has a beneficial effect, particularly upon the kidneys.

Lemons and oranges, used daily, without sugar, will cure almost any case of catarrh. They are also indicated in such conditions as rheumatism, liver complaints, colds and fevers.

Rhubarb will relieve constipation if taken persistently and unsweetened.

Tomatoes are fine liver stimulants. They should be peeled and eaten raw.

Pineapple is especially good for stomach trouble. It cannot be recommended too highly as a cure for many forms of dyspepsia.

Beets are blood makers and should be eaten raw.

And the apple is the most valuable of all fruits. Its continued use will tone up and clean out the lower bowel. It also affects the liver advantageously and contains good brain food.

Fruit should never be eaten with other food. Taken alone, it tends markedly to normalize the chemistry of the body and to preserve that healthful alkaline tinge in body fluids so necessary to physical well-being.

Eat quantities of fruit and vegetables. They are good for you.

LEARN TO LIVE WITH YOUR LIVER

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

SOME one has said that whether life is worth living depends upon the liver and the LIVER. There surely is much truth in this statement. The liver, that is the one who lives, and the LIVER, the largest gland in the body, must be on good terms. In other words, it is not necessary to have a good liver but it is necessary to learn to live with the liver so it will react in a healthful manner.

Many troubles are due in large measure, at least, to the fact that people either do not know how to live with their liver or refuse to live with it as they should. Livers vary greatly in different individuals. Sometimes they are so good natured that they will stand up under almost any treatment without registering any complaint. Then there are livers that seem to be extremely temperamental—so much so that it is hard to know just how they are going to react to any kind of attention they may receive. Such livers often are a puzzle not only to their possessors but even give the doctor no little concern at times.

But livers as a rule are human in the sense that they will respond to humane and kindly treatment. Even the most temperamental livers will react agreeably to good treatment. Comparatively few people, however, seem to understand how to deal with the liver when it does behave itself unseemly. They may give it the necessary consideration for a brief season but soon they lapse back into their old habits and thus invite a repetition of the old trouble.

Next to the stomach, the liver is probably abused more than any other organ of the body. Ignorance no doubt is responsible for this abuse, yet there are many people who lack sufficient self-control to live up to their best knowledge, and so the liver fails to receive a square deal. Science gives us sufficient knowledge of the liver now to enable us to know how to treat it humanely. It is concerned with two important functions, first, the metabolism of fats; and second, the assimilation of sugars and starches. All livers, as stated above, are different. Some are more efficient than others and this accounts for their varying degrees of temperamentality.

Livers are human not only in the sense that they will respond to humane treatment but they are human also in the sense that they may become fatigued or exhausted. They can be overworked in other words, and when they are overworked, their efficiency is lowered and things become cluttered up inside. Fat and sugar metabolism does not proceed normally. This invites a grand upheaval which we label with the euphonious term—bilious spell. A better term would be outraged or abused liver, as this would give a good idea of the exact nature of the situation.

When we learn to live with our liver as we should we will cease having bilious spells, and dizziness will be scarcely known. When the liver shows signs of distress by a peculiar coating of the tongue, yellowing of the whites of the eyes, dizziness, headaches, constipation, we should bear in mind what the function of the organ is—what it does in the economy of the body. Usually when an organ shows signs of disorder, the essential thing to do is to relieve the stress that is thrown upon it—take away a part of the burden that it has to carry. In order to relieve the burden of the liver, it is essential that we cut down on the intake of fat and starchy foods, including sugars.

There is nothing that can take the place of rest in the treatment of any organ of the body, and the only way to give the liver a rest is to cut down on those foods this organ has to take care of. The person whose liver persists in giving trouble may have to eat sparingly or abstain from such articles of diet as tea, coffee, cocoa, chocolate, pastry, sugar, candy, concentratee starchy foods, spices, fats and fried things. In some cases it takes considerable self denial to live in peace with the liver but it is worth the sacrifice as there is nothing comparable to good health.

The liver question, however, is not always a one-sided problem. It is not always necessary to adjust the living habits to meet the whims of an unruly or balky liver. Such a liver almost invariably can be made to act better and give better service. Livers were intended to be industrious and peaceful citizens of the body commonwealth, and when they fail to do their work properly it is pretty good evidence that there is something wrong, something that interferes with the proper functioning of the organ. Here is where the osteopathic physician can be of service. He can

usually find the handicaps and relieve them and thus be of great assistance to those who have difficulty in learning to live with their liver.

“BLESSED IS THE PEOPLE THAT KNOW THE JOYFUL SOUND

CHAS. CARTER, D. O.

THERE is a peculiar people who hear joyful sounds when others hear nothing. Spiritual things are spiritually discerned. Joyful sounds to them are foolishness to the worldly-minded. This does not imply self-righteousness but, on the contrary, necessitates genuine humility,—about the hardest thing in the world for many of us to acquire. Except you become as a little child, you shall in no wise enter into the kingdom of heaven. So one must acquire the humility and trust of a little child to hear the joyful sounds that are spiritually discerned.

The Pharisees Were Pretty Good People

according to some standards. Dr. Schofield says of them in his Reference Bible “They were correct, moral, zealous and self-sacrificing” This, in the opinion of some, would meet all the requirements for good citizens, or even for good Christians. “But, he adds, “they were self-righteous and destitute of the sense of need and sense of sin.” Their great sin was lack of humility. “Except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no wise enter into the kingdom of heaven.”

What are some of these joyful sounds that this peculiar people hear? The psalmist had in mind the covenant, “Ye shall be my people and I will be your God” and all the things this implied. “He shall give his angels charge over thee, to keep thee in all thy ways.” And so almost without number His promises of protection, care and guidance can be quoted. What is surer than the promises of God? They are daily a joyful sound to the peculiar people who put their trust in Him. The greater the need, the plainer they hear if they give ear.

Of great importance and along somewhat similar lines, though not comparable to the above, people may have their hearts made

glad by other joyful sounds. Take the great mass of people who have suffered for years with various forms of pain and affliction and who have been relieved because they have not only heard of the way of relief, but know it by experience. The new doctrine that disadjusted body tissue (a lesion) causes pain and disease and that the correction of the lesion often brings relief or cure, is to these truly a joyful sound.

Within the space of one week three women brought practically the same report to their osteopathic physician—"Doctor, I have not had a bad headache for two years." Prior to taking the treatment each had averaged at least two or three days each month in bed with headache.

If only those who have thus been cured of chronic headache were considered, perhaps their number would be away up in the thousands. Add to them those who have been relieved of other forms of pain and affliction, and a great host could be counted.

In the spiritual world we often miss the joyful sound of the "still small voice" that bringeth "the peace that passeth understanding" because we are too absorbed with other things to listen. So in the physical realm we are so warped by custom and habit that we do not give ear to what might prove a real blessing.

"Blessed is the people that know the joyful sound."

Richmond, Va.

THE BODY IN ORDER

ROBERT W. ROGERS, D. O.

TO keep the human machine at its highest peak of efficiency we must select our diet from those foods which give the greatest amount of energy and heat with the least effort of assimilation. They must be palatable and of such quantity that they will leave a reserve store for the body in case of a possible illness when feeding might be impossible.

A proper diet will supply the proper kind and amount of carbohydrates (cereals, bread, potatoes, etc.), proteids (eggs, cheese, meat, etc.), fats (butter, cream, bacon, etc.), and mineral salts (phosphates, chlorid, iron, etc.). It is the lack of the mineral salts that is responsible for many of our deficiency diseases.

A proper management of the body is not possible without a knowledge of what the body requires from food, what these foods, carbohydrates, fats, proteids and mineral salts do for the body, and why too much or too little of these elements cause illness and death. The vital importance of mineral matter has not been appreciated until recently. Without iron, sodium, calcium and other mineral ingredients in the diet, the body would cease to function. Necessary as the mineral salts are to maintain health, too great a quantity upsets the relationship between the body cells and the blood, overstimulates the heart, causes a change in the blood itself and throws an unnecessary burden upon the kidneys. Most of us eat too much salt. It is a good plan to study over the list of foods given in any good book on diet and to be sure that the right amount of mineral salts are included in the daily ration.

The waste of proteids is removed from the body by way of the kidneys. An excess of proteid in the diet will, in time cause a breaking down of the kidney tissue. The liver, which is prepared to deliver an intestinal disinfectant in the form of bile will not take care indefinitely of an excess of proteid, and intestinal toxemia and biliousness are a natural result of this error in eating.


The problem of how much, when and what to eat has been discussed for many years. It is only recently, however, that scientific research has reduced the problems of diet to an exact science. We are able to tell now what foods are needed, and in what quantity, to keep the body at its greatest efficiency with the least wear and tear on its vital organs.

But regardless of what we eat, we must realize that the mechanism of the body cannot function properly unless the structure of the body is anatomically correct. It is the function of Osteopathy to apply the known facts of anatomy and physiology to the correction of such structural defects as may exist. It is the duty of the individual to manage his own body so that such defects will not recur. In the next issue of *The Herald of Osteopathy* we will discuss methods of determining the amount of food one needs under different conditions the influence of diet on the heart and a discussion on the vast sums of money spent yearly by the American public for food that makes them sick.

Plainfield, N. J.

LITTLE CHILDREN

WILGER L. JONES, D O.

 STEOPATHY is a God-send to little children. Many osteopathic physicians throughout the United States and Canada have established clinics for the treatment of children. Except for this many would be denied the benefits of Osteopathy which they now enjoy.

It should be the duty of all parents to see that their offspring have a careful spine examination once a year or so at least until they have reached maturity. This would eliminate much trouble in later life. Spinal curvature invariably starts in childhood. It has a small beginning and can be corrected very easily in its incipient stages, but if neglected it becomes a serious problem.

A spinal examination also may reveal small defects in the backbone that may lead to big troubles in the years to come. Preventive treatment is the watchword of the present generation. If these minor defects are found in the beginning, preventive treatment will bring about its best results. We need frequently to be reminded of the old adage—"A stitch in time saves nine," especially where our own flesh and blood are concerned. Early attention may save many nights of anxiety in later years. Big things have small beginnings and our children certainly deserve the best of attention.

Parents are careful to see that their children are kept out of danger outside of the home. Their play is supervised and their safety carefully guarded. But the same children often are allowed all sorts of foods and too often their posture is neglected or their sleeping hours not carefully safeguarded. We need to guard our children physically, mentally and spiritually. Each child has great possibilities and by insuring a proper physical background healthy mental and spiritual condition will be more apt to follow.

Children will grow up healthy if given a chance. They need the right food and environment. They need to be carefully guarded against over-fatigue, and for the various falls and bumps they get in their play, they need the benefit of careful physical supervision. For the various defects that follow such accidents there

is nothing that equals Osteopathy in their relief and cure. It is a system of treatment that is void of all fads and fancies. It is not only good for the bumps and the injuries mentioned but for all types of children's diseases. It is highly important that all colds and infectious diseases receive prompt attention because they are apt to result in damage to some of the tissues and lead to much trouble in later years.

In summing up then we must as parents see that our offspring have:

1. Periodic examinations by physicians trained to detect minute spinal deviations or defects, as well as to determine the condition of the body in general.

2. Careful instruction in diet.

3. Correction of faulty standing, sitting and sleeping postures.

4. Regularity as regards meals and sleep, and an adequate amount of rest.

5. Normal bowel elimination.

6. An abundance of fresh air and plenty of care-free exercise.

7. Good mental and spiritual as well as physical habits.

HELPED WONDERFULLY

"Doctor, I want to thank you for your valuable medicine."

"It helped you, did it?"

"Oh, yes, it helped me wonderfully."

"How many bottles did you find it necessary to take?"

"Oh, I didn't take any of it. My uncle took one bottle and I am his sole heir."—SANTA BARBARA NEWS.

IT DEPENDS

"If your mother gave you a large apple and a small one, and told you to divide with your brother, which apple would you give him?" asked the visitor.

Johnny hesitated. "D'ye mean my big brother or my little one?" he inquired, finally.

