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## Herald of Osteopathy, July 1925

Herald of Osteopathy

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# Herald of Osteopathy

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July 1925

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PUBLISHED MONTHLY BY

The Herald of Osteopathy Publishing Company  
KIRKSVILLE, MISSOURI

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## THE ORGAN GRINDER'S LAMENTATION

I keepa da monk and play da org,  
And I maka da plenty mon.  
Da monk do da dance and passa de cup  
And maka da keeds da fun.  
Witouta da monk, I maka no biz  
And panic would ccme instead.  
Oh, what will become of Italian boy  
When all of the monks ees dead?

Eet maka me sick by da heart to know  
They cuta da monk for glands,  
And they will be after my monk, too,  
Dees ees a helova lands.  
Oh, why not they carve up the hippopot,  
That mountain of flesh and bone,  
Da lion, da snake, or da elephant,  
And leava da monk alone?

Da times will not be what they used to is  
Without no monk and cup;  
Oh, why not they carve up da poodle-dog,  
Or some other reech man's pup?  
My heart, she ees very sad today,  
No song by the night I sung.  
Oh, why should they keel a ma leetle friend  
To maka da old man young?

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# The Herald of Osteopathy

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THE HERALD OF OSTEOPATHY PUBLISHING CO.  
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## TURNING FAILURE INTO SUCCESS

**I**T is seldom that success cannot be attained along any line. The one necessary essential consists in meeting the requirements, and among the requirements is the necessity for keeping on the job. What is worth while is worth striving for patiently, consistently and hopefully. Importunity often brings success where failure otherwise would result. We may be down, but so long as we are not out there is still hope. The great apostle Paul gave us a splendid recipe for success in these words: "This one thing I do, forgetting the things of the past, I press forward toward the goal." To succeed we must concentrate as well as press forward or persist in our efforts; and then we must not allow past experiences to burden or handicap us so as to interfere with our progress.

We all delight in singing the praises of Abraham Lincoln, the great emancipator. But we are apt to forget that his greatness was the fruition of patient determination in the face of repeated failure. When a young man, he ran for the Illinois State Legislature and was badly beaten by his opponent. A business failure caused him seventeen years of saving to pay up the debts of a worthless partner. A beautiful young woman whom he wooed and won, died soon after their engagement. He ran for Congress and was defeated. Later he tried to get an appointment to the United States Land Office and failed. Following this he was badly beaten in a race for the United States Senatorship. In 1856 he became a candidate for the Vice-Presidency but lost. In 1859 he was defeated by Douglas. Notwithstanding all these failures, however, he won the highest office and honors that can come to any human being. This man of undying fame turned failure into success.

What we are interested in particularly here is success in attaining health. We can find much help in considering the essentials that make for success along other lines. Not only is it necessary to know the things that make for health but it is necessary that we follow them. Indeed the whole problem may be summed up in two brief sentences: 1st, We must know what to do; 2nd, We must do it, "not grudgingly or of necessity" but cheerfully and hopefully. There is a tremendous amount of food for thought along this line in the following stanzas:

"If you think you are beaten, you are;  
If you think you dare not, you don't;  
If you'd like to win, but think that you can't,  
It's almost a cinch that you won't.  
If you think you will lose, you're lost;  
For out in the world, you will find  
Success begins with a fellow's will;  
It is largely the state of the mind.

"Full many a race is lost,  
Ere even a step is run,  
And many a coward fails,  
Ere even his work is begun.  
Think big and your deeds will grow,  
Think small and you'll fall behind;  
Just think that you can, and you will;  
For it's largely the state of the mind.

"If you think you're cutlashed, you are;  
You've got to think high to rise;  
You've got to have faith in yourself before  
You can hope to win a prize.  
Life's battles don't always go  
To the strongest or fastest man,  
For sooner or later the man who wins  
Is the fellow who thinks that he can."

If you think you are going to get well the chances are that you will because you will put yourself in line with the factors that make for health, while if you think you are doomed to a life of invalidism your initiative will be so paralyzed that you will be indifferent to the things that restore health. This is not a matter of faith, but a combination of faith and works—a combination that, literally as well as figuratively, can be relied on to

remove mountains. If you are not well and have repeatedly failed in your attempts to get well you may find the needed assistance in Osteopathy, as this treatment has turned many a therapeutic failure into a glorious success. Don't accept a life of chronic invalidism, at least until you have given Osteopathy a FAIR trial. —R.

## BLOW ON NOSE RESTORES SPEECH

### Man Stricken Dumb Here in Accident Speaks After Fight

THE foregoing headlines introduce a news item appearing in the Worcester Telegram October 8, 1924 telling of the restoration of speech to a man made dumb by an automobile accident in June, 1924.

Following the automobile crash in Worcester the article states the patient was treated by local physicians for his trouble with speech but with little success.

While engaged in a fight in Springfield, he was struck on the nose by a blunt instrument. He instantly cried out and according to his statement to the reporter, has had no difficulty in speaking since.

This is rather a strange case. It may be explained two or three different ways. It is possible that the automobile accident was sufficient shock to his nerves to lead to paralysis of his speech centers in the brain while the blow on his nose counteracted the nervous effect of the previous accident and thus permitted the speech centers to function normally again.

Another probable explanation which is very reasonable and which conforms with the osteopathic system of reasoning is that the automobile accident dislocated or subluxated one of the cervical or neck vertebrae sufficiently to interfere with the nerves controlling the speech mechanism. The blow with the lead pipe could easily have brought about an adjustment of the neck and release of the nerve impingement with resulting restoration of speech. Osteopathic physicians have successfully treated cases of a similar nature.

In principle we have a parallel case in that of Signaller Thomas Skeyhill who was blinded from shell shock in the World War

and remained blind for more than a year until he was finally restored by an osteopath who found a subluxation in his neck and adjusted it to normal. The result was immediate restoration of sight and he has been normal ever since.

It is probable that adjustment of the neck vertebrae in both cases is the factor that brought about the restoration to normal. In one case this was accomplished by the skillful hands of an osteopathic physician while in the other it was the accidental result of a blow on the head with a lead pipe. In each case the cure was effected after regular medical skill had failed. —R.

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### END NOT DEFINED

“There, lad, ’tis a bonnie lass you’ve married, and I wish you both joy,” said the old minister; as he gazed at the beaming faces of the young couple he had just united. “You’re getting to the end of all your troubles now,” he added, encouragingly, to the bridegroom.

Time went on, as time will, and a few months later the old minister met the young fellow who had started matrimony with such a smiling face.

“You look pretty miserable my friend,” said he.

“Well, I might,” came the sulky answer. “I thought you told me in the church as ’ow I’d got to the end of all my troubles.”

“Ah, so I did, lad,” said the minister with a glimmer in his eye; “but I didn’t say which end.”—LONDON TELEGRAPH.

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### THE LAUGH ON HIM

Mr. Jones had recently become the father of twins. The minister stopped him in the street to congratulate him.

“Well, Jones,” he said, “I hear that the Lord has smiled on you.”

“Smiled on me?” repeated Jones. “He laughed out loud.”  
—TIT BITS.

## A STANDARDIZED DIET

GEO. W. REID, D. O.

What is a standardized diet?

Can it be realized?

No. It is utterly impossible to standardize our food intake as we standardize machinery and manufacturing operations.

Human beings are very peculiar in their makeup. They vary so greatly in every way that to standardize the diet is out of the question.

Observe two children in the same family. One will eat a certain food with great relish while another will abhor the same food.

Most infants will thrive on modified cow's milk, but occasionally we find one where cow's milk cannot be tolerated.

Most people can eat eggs in moderation and the results are constructive, but occasionally we find a person where an egg acts like a poison.

The same thing applies to many other foods. Recently a man who had been having trouble with his knees for years reported that he had been entirely relieved by eliminating apples from his diet.

Another patient who had suffered with her throat persistently for a long time found by eliminating concentrated starch from her diet that her throat trouble entirely disappeared.

An interesting case of skin trouble of many years duration was permanently cured by abstaining from bananas and coffee.

Such cases are spoken of as idiosyncrasies, but they are so common as to make the problem of standardizing the human diet impossible of solution.

What are we to do then?

We must remember that each individual is a law unto himself and each person must find out what food is most agreeable and compatible with his or her make-up.

It is always wise to eat food that is enjoyable, something that appeals to the appetite, providing the food is natural and simple.

It is always a bad plan to tamper with the food to any great degree and to concoct complicated dishes. The nearer we can



come to eating the food as it comes direct from Nature, the more wholesome, nutritious and healthful it will be.

One child likes squash and another does not. It is not a good plan to insist that both eat squash alike. If one child likes milk and another does not, it is unwise to insist that both indulge in milk alike, and the same is true of other things.

If a child has an appetite for wholesome food it should be encouraged, but if a child does not have an appetite for wholesome food but insists on indulging in candy, pastry and knick-knacks, that child needs either discipline or a doctor, perhaps both.

Sometime ago there was an educational campaign calling attention to the calories possessed by different foods. Oatmeal was lauded to the skies because it contained the greatest number of calories. Children were urged to eat oatmeal, whether they cared for it or not.

A few moment's reflection will reveal the absurdity of such a campaign. Oats if prepared properly constitutes a healthy food, but even if thus prepared it will not agree with every individual. As usually eaten with milk and a lot of sugar, they are not free from possible injury.

We must not be influenced too much by propaganda that is carried on by great commercial organizations or any other organization for that matter. An organization without some selfish motive is practically inconceivable, so we must keep in mind certain fundamental principles in order to avoid being led astray. Just plain common sense is a good guide in dietetics as in other things.

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### SOME DIFFERENCE

Eve (in the Garden): "Heavens, Adam, what has caused that awful rash on your back?"

Adam (painfully): "That new shirt you made for me, my dear. I do wish you'd learn the difference between poison ivy and oak leaves."—LEGION WEEKLY.

## STABILIZING HEALTH

CHAS. CARTER, D. O.

**M**OST people are sick sometimes. A few people are well only sometimes, or not at all. Publicity of health interests is the order of the day. No magazine or newspaper is considered complete unless it contributes to this live question. Anything that will teach how to prevent or overcome disease and suffering is not only justified but is due.

The first thought of the sick is to become well. It is hard to convince them that anything else is equally important. Yet we know it would have been better to have avoided sickness. We know also that after sickness comes, learning how to stay well is equally important with learning how to get well. More and more is this point being stressed.

To stay well causative factors producing disease must be removed. This is self-evident. The cause that produced disease once will produce it again unless this cause is removed. To illustrate: Suppose a case of constipation is due to pressure upon spinal nerves, causing a sluggish peristalsis (onward movement) of the intestines; or pressure at another point disturbs the secretions of the stomach; or pressure upon the sciatic nerve causes sciatica; or pressure upon other nerves causes rheumatism, neuritis, disturbance of the heart function, or pain in any part of the body—if any of the above conditions are relieved without removing the causative factor of pressure upon nerves, then we will consequently have a return of the trouble unless nature HAPPENS to remove this cause.

### **Self-Defense—Justice Miscarried**

Many years ago an illiterate farmer who had good farming sense and who prided himself upon his fine crops, fat horses, and his own physical strength, celebrated the fact that he was the first in his neighborhood to finish harvesting wheat, by having a general family drunk. He undertook to whip his twelve-year-old son. The boy ran to the adjoining farm, where his brother lived. The older brother notified the father that he could not come on

his land for the little boy. A drunken fight followed, in which the father killed the grown son and himself received three bullet wounds, from which he recovered, however. He paid a brilliant young attorney a thousand dollars to keep him out of the penitentiary. He plead self-defense, and was given six months in jail and a fine of one thousand dollars. He inherited the son's estate, which was more than enough to pay the fine and all expenses of the trial. It looked like miscarried justice.

### **He Stole a Jail**

The writer met in St. Louis sometime ago Judge R. of the Supreme Court of Missouri, whom he had not seen for years. In talking over old times he said, "Judge, do you remember the time when you were on the bench of the Circuit Court and fined a man five dollars for stealing a jail?" The Judge laughed heartily, insisting that the fine was really ten dollars. He explained that the offense was petit larceny and that on the man's pleading guilty he had imposed the minimum penalty.

The circumstances were as follows: The fair grounds were some miles from the county seat and a small frame structure had been built in which to put disturbers of the peace until they could be taken to the county seat. During the vacation when no fair was being held and little attention was paid to the grounds a man tore down the jail and used the lumber about his plant beds. On casual consideration it seems a miscarriage of justice when one can steal a jail and only be fined ten dollars.

Self-preservation is the first law of nature. The civil law provides for and justifies self-defense. The laws of nature provide for self-defense. In each human body are anti-bodies. Their function is to destroy disease germs. They are the body defense against disease. Without them a hundred per cent. of the cases due to infection would prove fatal. Anything that interferes with their function aids disease. They circulate in the blood stream. They hasten to the part of the body attacked by disease. Obstructed or retarded circulation acts as a breastwork, making them slow in reaching the enemy. Making the circulation good to the part involved brings more of the defense germs in contact with the disease germs that they are seeking to destroy. When this is

fully accomplished the battle is won unless unusual lower resistance is present.

The citizenry of any country is divided into two classes: law-abiding citizens and lawbreakers. All recognize the justice of the law that protects the former from the latter. The integrity of the country rests upon this principle, and any interference with law enforcement would be justly blamed, whether the charge were that of murder or of petit larceny. Officers must have free course in the performance of duty. Their business is to safeguard the community. They have the right of way.

So the defenders of body integrity (the anti-bodies) should have a free course—the right of way—to disease germs. All obstacles should be removed. Justice and health demand this. The most common obstacle is obstructed circulation. Stabilize health by removing the obstacle so that the body may keep well.

*309 W. Franklin St.*

*Richmond, Va.*

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### **THE VALUABLE THUMB**

A lady brought suit for ten thousand dollars against a party because her thumb had been injured. The attorney, on cross-examination, asked her if ten thousand dollars was not rather an exorbitant price for a thumb. She quickly remarked: "Oh, no, because it was the thumb under which I kept my husband."

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### **WONDERFUL**

Mike: "This is a great country, Pat."

Pat: "And how's that?"

Mike: "Sure, th' paper sez yez can buy a five dollar money order for three cents."—SAN FRANCISCO EXAMINER.

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### **SOME EXCEPTIONS**

"He is a self-made man, is he not?"

"Yes, except for the alterations made by his wife and her mother."—ST. JAMES' GAZETTE.

## ASTHMA

GEO. W. REID, D. O.

**I**F a person has asthma, he is fully aware of the fact and therefore it is not necessary to dwell on the symptoms of this disease. What is desired above all else by the asthma patient is relief and cure, as this is one of the most distressing maladies that can afflict mankind.

There are many kinds of asthma and as many causes. Asthma and hay fever often are closely related to each other, hay fever frequently ending up in a severe case of asthma.

There being many kinds of asthma and many causes, it logically follows that the treatment must vary accordingly. What will cure one case may not have the desired result on another. Thus it is necessary to look into asthmatic cases with great care so as to find out all the various factors that may be present. Many cases are purely mechanical and these cases respond most satisfactorily to treatment.

The mechanical cases are caused usually by a slight subluxation or slipping of one or more of the ribs. The corresponding vertebrae may also be slightly out of adjustment. These mechanical defects probably bring about the asthmatic condition by interfering with the nerves that control the bronchial tubes. These rib and vertebral lesions are easily detected by the osteopathic physician and can usually be corrected very readily.

A case of this type recently consulted the writer. She had been suffering off and on for a period of five or more years. She had resorted to the various medical methods of treatment but without results. By burning various asthmatic powders and inhaling the smoke, she was able to get some relief but no cure. When she came for osteopathic treatment her hair was saturated with this smoke as she had suffered all night long, spending most of the time inhaling the smoke of a well known asthmatic remedy.

The promptness with which this case responded to osteopathic treatment was spectacular. Specific rib lesions were found and treatment was applied to their correction. The patient experienced prompt relief, in fact, she never had any more asthma after the first treatment and has not suffered since up to this

time. She took several treatments in order to make sure that the ribs were properly adjusted so they would remain in their normal position. Osteopathy has cured a multitude of cases of this type.

There are other cases that are not purely mechanical in nature and they are more difficult to handle. In a few cases certain foods have a tendency to bring on the asthmatic spells, and by determining the offending foods and eliminating them from the diet, much relief has been experienced in these cases. In some cases of asthma, certain odors will bring on a paroxysm. Some patients cannot be near a cat or a rabbit or a horse. In some cases the odor of certain foods will bring on a paroxysm.

There are many other causes of asthma. Indigestion and auto-intoxication are occasional factors. Focal abscesses may even be the cause of asthma in rare cases. One case of this type recently came under the observation of the writer. This man had suffered from asthma for several years. He had tried all sorts of treatment. Adrenalin injections seemed to be the only thing that would give him relief and this was only temporary. He had so many injections of this that his arm began to look like a pin cushion. Finally an X-Ray examination of the teeth revealed several apical abscesses. These teeth were removed and the removal was followed by almost immediate relief of his asthmatic seizures. It has been about three months now since his abscessed teeth were extracted and during this time he has had no trouble whatsoever from the asthma. In other words, it looks like a permanent cure.

Asthma may result from neglected colds, particularly bronchial colds, and not infrequently it is a sequel of the flu. Such cases need not be as the proper treatment would prevent them from materializing. They are the result either of neglect or improper treatment. So far as the writer knows, no case of asthma has ever followed the flu where the patient had osteopathic treatment.

A great deal more might be said regarding this disease but this is not necessary. Sufficient has been stated to give the writer a fairly comprehensive idea of the nature of asthma, and point out the best method for obtaining relief. Osteopathy probably

offers more for the asthmatic sufferer than any other known system of treatment. The osteopath goes into the various factors and endeavors to determine the exact nature of each case and govern his treatment accordingly. The treatment is specific for the purely mechanical types of asthma and when combined with the indicated adjuncts it is most effective in the various other types of the disease.

## NORMAL BLOOD

WILGER L. JONES, D. O.

**G**OD'S wisdom is infallible and as such should be respected and followed. The nearer the method of treatment approaches Nature's ways, the more certain are the results. Health depends on normal blood and the blood to be normal must circulate throughout the body as Nature designed.

In the construction of the body provision was made for the protection of the blood both from outside as well as inside poisons. The arterial blood circulates through tubes known as arteries which are deeply seated and well protected from harm, while the venous blood circulates through tubes known as veins. The walls of the vessels serve as barriers to the invasion of poisons and germs. Internally the food poisons must pass through the intestinal wall before they get into the blood stream. Thus, it will be seen that the blood is well protected from infection both from without and within.

When Nature throws about the blood these protecting barriers against the entrance of germs and poisons, we may be excused for questioning the practice of introducing into the blood stream poisonous serums and vaccines, even though they are used by some doctors to prevent and cure disease. Such a practice we are justified in concluding is a violation of Nature's laws. Blood is no longer normal when it has become polluted with such poisons and the tissues that are fed by the blood will suffer according to the extent of the contamination. The blood has a chance of being protected from undesirable elements or poisons taken by the mouth, as the body has the power of making them inert or inactive by the protective forces with which it has been endowed.

Before giving your consent to assaulting the blood stream with such poisons, it would be wise to use the brain God gave you and consider the matter in the light of the foregoing. Reason is a mighty good guide to adhere to. It is not the immediate harm that needs to be considered so much as it is the remote effects these poisons may have on the body, particularly the blood and nerves and delicate cell structure. Pure blood is Nature's best safeguard against disease and the best assurance of sound health. This fact should be kept in mind at all times. No matter whether we are trying to prevent disease or cure it, pure blood is fundamental in either case.

Nature's methods are best and should be resorted to in preference to any unnatural methods of treatment. By Nature's methods we mean only those that do not conflict with Nature's processes, that is, methods that promote pure blood, healthy environment, natural food, proper elimination along with perfect adjustment of the various organs and tissues of the body. We cannot overlook the fact that the body is a vital machine and as such is subject to the laws of mechanics. This is no less a fact than that normal blood is pure blood and as such should be carefully guarded against contamination.

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#### **A MISTAKE**

Teacher (in grammar class): "Tommy, correct the sentence, "I kissed Susan orct."

Tommy (promptly): "I kissed Susan twict."

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#### **NOT HIS FAULT**

Father McNally: "Shame on ye, O'Leary, ye're half drunk."

O'Leary (apologetically): "Oi know it, yer riverence, but it'sh not my fault. Oi've shpint all the money Oi had."

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#### **WAITING**

Visitor to Hospital Attendant: "Is Mr. Murphy in?"

Hospital Attendant to Visitor: "Yes, he is convalescing now."

Visitor to Hospital Attendant: "Very well, I'll wait."

—BRAZILIAN AMERICAN.



