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## Herald of Osteopathy, May 1925

Herald of Osteopathy

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# Herald of Osteopathy

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May 1925

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KIRKSVILLE, MISSOURI

## CONSTRUCTIVE FASTING

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

**F**ROM the very beginnings of civilization fasting has been regarded as an essential to health and longevity. It was, in antiquity, one of the most potent therapeutic weapons at the command of the priest-physicians of the time.

Herodotus records a significant fact with regard to the Egyptians when he tells us that they were the healthiest and longest-lived people of any contemporary nation because it was their universal habit, from the lowest to the highest, to leave off eating entirely for the first three days of each new moon.

Josephus and the sacred writers chronicle the exploits of numbers of habitual fasters—Moses, Elijah, Daniel, Isaiah, Hosea, Amos and many others. And the Son of God himself, while sojourning upon earth, practiced fasting often and consistently.

The central idea upon which the whole philosophy of fasting is erected is elimination. The fast is to give Nature an opportunity to clean house. And that she needs such an opportunity frequently is a well-authenticated fact. For it is becoming more and more established that the toxic products of delayed elimination are among the most vicious primary etiological factors in the entire category of causes of disease. And it is known to all students of nutritional science that when alimentation (digestion and assimilation) and elimination are in equilibrium, there is carried out, day after day, a normal renewing of the body in all its parts and that there is then no sign whatever of physical deterioration.

A good system for the average healthy person is to eat fruit only, one day in seven. Quantities of water should also be taken. Thus the whole intestinal tract is stimulated, its flora changed and a good flushing medium provided.

Fast regularly, breathe deeply, drink plenty of fresh, pure water don't worry, eat simple, natural food and KNOW the freedom, of the abundant life!

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Poisonous drugs are not conducive to health and long life. Serums and vaccines experimentally given are fraught with chances for evil.

# The Herald of Osteopathy

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## BE FAIR WITH THE DOCTOR

**Y**OU may conclude from the heading of these remarks that they are to deal with the matter of finances. But important as this is, because of the economic demands that are so great at the present time, it is still subservient to the one great thing that is nearest and dearest to the hearts of all well meaning doctors, namely,—the matter of getting people well.

The doctor fails frequently to get results because patients do not seem to realize the importance of co-operation and persistency. They will go to any extreme to make a financial or business success but many times they will become discouraged and disheartened and give up the pursuit for health, on the slightest provocation.

The doctor likes to get results, and there is no joy in his life comparable to the joy of seeing his patients get well. Of course, he is living in the midst of economical problems and has to meet numerous demands along this line. The disappointment of not getting paid for his work, however, is never so keen as the disappointment of not getting the desired results owing to lack of co-operation on the part of his patients.

So to be fair with the doctor means far more than prompt payment\* for services rendered. It means co-operation and persistency even in the face of discouragement in the endeavor to reach the desired goal of health. It means following directions minutely and conscientiously even though this may entail self-sacrifice relative to diet or habits or the enduring of momentary discomfort or apparent hardship. After all, is not the goal of health worth our best efforts to attain?

In adjusting the body to normal when it has been out of repair for months or years, it is sometimes a little painful at the

time and it is not uncommon for a patient to feel a little sore or lame for a day or so following the first treatment or two. The reason for this ought to be clear when you consider that old relationships are being disturbed by the treatment while new and normal relationships are being re-established. This lameness and soreness therefore is but a natural reaction in the process of getting well and hence is no occasion for discouragement.

In some cases these reactions are more marked than in others. It stands to reason that not every case would react just the same since there is such a marked difference in individuals as well as in bodily disorders. If every patient knew these facts, few if any would become discouraged when taking up osteopathic treatments. Some patients not understanding these facts, however, have become discouraged and given up the treatment and continued to suffer when they might easily have been restored to health within a reasonable time under osteopathic care.

Be fair with your doctor. Confide in him. Tell him the things that are disturbing your peace of mind. If you have any knowledge you think may be helpful to him in his work, make it known. A thought from the patient is often of inestimable value to the physician. Remember the doctor's business is to get you well and to conserve and promote your physical well being, and the best possible results along this line are obtainable only when there is a mutual understanding and faithful co-operation on the part of both physician and patient.

—R.

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## THE PROVIDENCE NEWS DEFENDS OSTEOPATHY

S. L. GANTS, D. O.

**S**UFFERING humanity as well as the friends of Osteopathy should rejoice when such a conservative paper as the Providence News of Providence, R. I., comes to the defense of the science of Osteopathy as it did in a splendid editorial in its issue of December 12, 1924.

Osteopathy has hundreds of thousands of friends, most of them having been acquired as a result of being relieved from some

illness which would not respond to medicine. These friends of Osteopathy are all the more loyal because of the benefits they have received through osteopathic ministrations, and they resent any unjust criticism that may be aimed at the osteopathic profession. Yet, to have a newspaper take up the defense of Osteopathy editorially is rather unusual and augurs well for the future of the science, and is also an occasion for inspiring hope on the part of its many disciples.

A Mr. Mencken in a contribution to a Baltimore paper referred to Osteopathy as a species of quackery. The editor of the Providence News takes him to task for this false representation. Apparently the time has arrived when to class Osteopathy as a system of quackery is simply to reflect on the mind of the individual making such a statement, no matter what the standing or literary qualifications of the individual may be. The works of osteopathic physicians belie all such accusations. Osteopathic doctors have realized from the very beginning that their science rested on the solid rock of truth and it is gratifying to know that an ever increasing number of people are coming to share this same idea with them.

It is always gratifying to have the feeling that what you are doing is being appreciated. It is not very pleasant to be branded as a quack or charlatan. Osteopathic physicians have had the courage and faith to continue their work in the face of such discouragements. Knowing that they were in the right they have been confident that time would fully justify their position and that the science of Osteopathy in time would be accepted in scientific circles. That day is rapidly approaching. The editorial in the Providence News is a splendid defense of truth and right. It shows that the work of osteopathic physicians throughout the past quarter of a century has not been in vain and that Osteopathy is an American institution of which we may well be proud. Following is the editorial referred to:

#### **Mencken and Osteopathy**

Mr. H. L. Mencken is a very learned man. The trouble with him is that he knows a whole lot of things that are not true. Writing in the Baltimore Evening Sun, he refers to "such quackeries as Christian Science, osteopathy and chiropractic."

We do not know anything about Christian Science or chiropractic; but we do happen to know a little something about the great profession of osteopathy. And when Mr. H. L. Mencken brands it as a quackery he is displaying a sad lack of information.

Osteopathy needs no defence by this newspaper; it is amply able to take care of itself. Its record of service to mankind speaks for itself. Yet we may be pardoned for calling attention to the fact that in New York State, for instance, when an osteopathic physician goes before the State licensing board in quest of a permit to practice his profession he is asked the identical questions that a medical doctor is asked.

In the great State of Pennsylvania an osteopathic physician is on equal footing in every way with other schools of medicine. In that state an osteopathic surgeon, for example, has to attend college for five years, and if he intends to practice major surgery he must serve an internship of two years in a hospital, making seven years all told to fit him for his calling.

A man assumes quite a good deal when he starts out to indict about 10,000 osteopathic physicians in the United States. However, we have an idea that not many people in this country pay much attention to H. L. Mencken one way or the other.

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## YOU ARE AS OLD AS YOUR HEART

F. P. MILLARD, D. O., Toronto

**T**HE human engine—the heart—is a four-cylinder mechanical device, that uses blood instead of gasoline for running purposes. Were it possible to empty the chambers of the heart of its fluid, or in some way shut off its supply for a moment, there would be disaster. The heart must have blood fluid to work upon.

Strange to say, the heart muscle is nourished by part of the blood that it has forced out to supply the rest of the body. Two small arteries, just outside the heart, turn back from the big aorta, or artery, and supply the walls of this pump. The heart is controlled by several sets of nerves that regulate its activity. If certain nerves are over stimulated by excitement, or from many other reasons, such as fever or poisoning, the heart races and damage is done.

Length of life depends upon the heart possibly more than any other organ. So many diseases have a secondary disturbance in the heart. Were it possible to keep the heart in perfect condition, and under perfect control, there is no telling how long a person would live. Osteopathy is the best regulator.

The Hundred and One Year Club is a social affair, organized by a group of men to create a feeling among men that it is possible to live beyond the century, if a goal is set and worked toward. We are in the habit of thinking about health last. Business and pleasure seem to come first. Within another year public lectures will be given on longevity, and a health budget will be worked out that men may follow during the year, and rules for simple living will be printed by the club.

Strange as it may seem, men will spend a small fortune in consultations by the best specialists, when they think they are dying, and yet during the period of years, previous to the illness, they will go on year in and year out and never consult a specialist or be thoroughly examined.

Some day the world will be set thinking, and a great many inconsistencies among hard-headed business men will be corrected and eliminated. We are not taught in our colleges to be consistent and well balanced. We enter the business world as plungers, and strain and struggle like demons to put things across. Ten minutes a day "sitting on the fence and watching yourself go by" will cure many a man of his headlong-plunging-into-an-early-grave.

This club aims to point out the way to longevity. "You must be forty years of age to join." Geo. Calvert, the secretary, says "up to that time you give little thought to longevity."

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## TEMPER AND HABIT

Bad temper and good temper are merely two different kinds of habit. The main reason why you are petulant and irritable is not because you are so by nature; it is because you were so yesterday and the day before. Your cart has joggled into a rut of irascibility.

Your train is running along the railroad track of bad temper.

If you will make yourself be good natured every day, if you will at least act good naturedly, steadily, for a week, you will not only be called a good-natured person, but you will probably become one.

Every man is somewhat a creature of heredity, but he is still more a product of his own yesterdays.—WASHINGTON HERALD.



# NEURITIS

GEO. W. REID, D. O.

**N**EURITIS has become far more common of late years than formerly. This is due to many reasons and these reasons are found in the various factors that grow out of modern civilized methods of living. We are continually confronted with more complexities. Specialization is the logical result and specialization means that efforts are directed along specific lines. This means that a large percentage of people do not have enough diversity of action and thus overtax certain parts of the human mechanism, while other parts do not have sufficient exercise. This often gives rise to monotony and monotony is bad for any one.

Neuritis means inflammation of nerves. The ones most frequently affected are those that go to make up the brachial plexus. This plexus of nerves extends from the base of the neck down into the shoulder and arm. (See Fig. I.) Thus, when we have brachial neuritis, we have an involvement of these nerves and the pain may be anywhere along their course. It may be in the base of the neck, in the shoulder, or anywhere along the arm. One nerve may be involved or several nerves may be involved.

Perhaps the most common form of neuritis is that which affects the sciatic nerve, known as sciatica or sciatic neuritis. The sciatic nerve has its origin in the lower part of the back. It is a

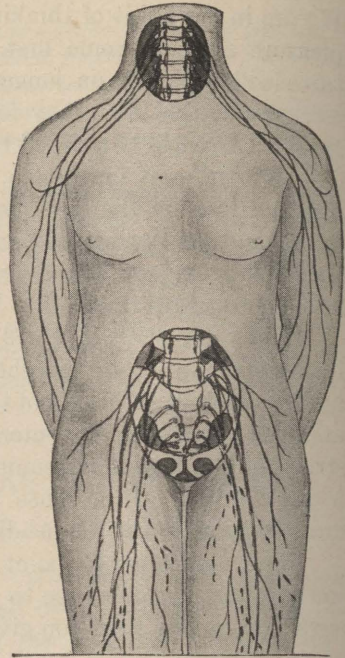


FIG. I. Front view of body showing nerves supplying arms and legs and their connection with the spine. The brachial plexus of nerves is seen above, one on each side going to each arm. The sacral plexus is seen below one on each side which furnishes nerve energy for each leg.

part of what is known as the sacral plexus. It passes down the back of the hip into the thigh and to the ends of the toes, supplying all the tissues below the knee, and a large part of the tissues in the thigh. (See illustrations) The pain in sciatica may be confined to the hip or to the thigh or it may extend the whole length of the leg. It is an extremely painful condition as is neuritis in any part of the body.

The causes of neuritis are many. Among the most important are those that may be grouped as mechanical. In brachial neuritis, the type that affects the shoulder and arm, the most frequent mechanical cause is a sub-luxation or slight misplacement of one or more of the ribs on the affected side. The vertebrae and the lower part of the neck or upper dorsal area may also be slightly out of line also. These mechanical lesions bring about an irritation to the nerves or interfere with their blood supply or drainage and lead to inflammation. Such cases respond very readily to osteopathic treatment.

The most frequent mechanical cause of sciatic neuritis is disorder at the lumbo sacral joint or the sacro-iliac. Other joints may be slightly out of line but these two are the usual lines affected. As in the case above they interfere with the sciatic nerve or with its blood supply and lead to inflammation. Adjustment and normalizing of these joints brings about quick results in such cases.

While these are probably the most frequent causes of neuritis, there are many other factors that often call for attention. In many cases there are several causes present. There may be the mechanical lesions as stated above

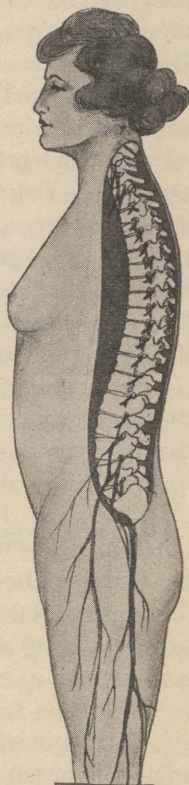


Fig. II. Side view showing spine in relation to the body. Spinal nerves can be seen emerging from the spine between the vertebrae. Below is the sacral plexus emerging from the lower part of the spine. The sciatic nerve is the large one which passes down the back of the leg. It is this one that is involved in sciatic neuritis.

and in addition there may be an auto-intoxication of intestinal origin, or there may be a toxemia from some focal abscess, the chief sources of which are the tonsils and teeth. In many cases there is an exhaustion of the nerves due to overwork. Stenographers who are obliged to work to excess are often afflicted with brachial neuritis.

Neuritis can be prevented. It is usually preceded by certain rumblings or symptoms that foretell its probable appearance. Sciatica for example is nearly always preceded by more or less pain in the back. Sometimes this may continue for several months or even years before the sciatica makes its appearance. Every lame back should receive attention promptly. It should not be neglected, because it is the breeder of other troubles as well as sciatic neuritis.

Brachial neuritis is usually preceded by more or less lameness in the shoulder or beneath the shoulder blade. Sometimes it may be preceded by a numbness in the arm or fingers. These premonitory symptoms should always receive attention. The subluxated ribs or vertebrae are often present several months before the neuritis develops. They act as predisposing causes and if they are corrected soon enough, the neuritis can be headed off.

Osteopathy, it will be seen, is the logical remedy both as a preventive and as a curative of neuritis. It gets at the underlying cause of the trouble. It restores mechanical harmony and it is upon mechanical harmony that physiological harmony is founded in the body. In other words, normal structure means normal function. The osteopath endeavors to establish normal structure. He corrects the various mechanical defects and normalizes the tissues and thus removes all interference to the distribution of nervous energy and circulation of the blood.

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Health exists when functional life is normal, when the organ or part is in action in response to a normal nerve stimulus. Disease is the result of the opposite condition—friction of parts, an interrupted nerve current and any other causes to which these are contributory.

## RICHARD C. CABOT, M. D.

CHAS. CARTER, D. O.

THIS is not an obituary. May it be many years before this useful life is ended and an obituary in order. The above name may not signify much to the average layman, but a poll of the thoughtful and studious physicians of the land would elect Richard C. Cabot the most popular and authoritative medical writer of the day. As Physician-in-Chief for many years of the West Medical Service at the Massachusetts General Hospital in Boston he has had a wonderful experience and opportunity. This is considered one of the best institutions in the world. That Dr. Cabot has made the most of these opportunities is amply attested.

His "Differential Diagnosis" should be in every physician's library. A combination of wide knowledge and genuine humility speaks strongly for real greatness. His "Differential Diagnosis" justifies the claims of the former, and the following from his foreword shows his humility: "Though I have done my best to avoid obvious errors in this book, I am confident that it contains much that deserves—and I hope will receive—challenge from other physicians."

When such a man speaks our most intelligent people give ear. Even a partial and modified endorsement of osteopathy by him carries weight, and more when we remember that all of his training has been along different lines.

### **Endocarditis—High Blood Pressure—Angina Pectoris**

After disclaiming full belief in the osteopathic theory, Dr. Cabot is quoted as saying in substance in a lecture in Boston, "I have seen cases improve and recover under this treatment when apparently my colleagues and myself had failed to produce benefit. I have seen cases of endocarditis when I thought they surely must die, restored to a state of comparative health by osteopathy. I have known cases of high blood pressure and of angina pectoris upon which osteopathy seemed to act almost as a specific."

To infer from the above that all cases of endocarditis, high blood pressure or agina pectoris can be cured or even materially benefited by osteopathy would be erroneous, but it is altogether

reasonable to decide that some, perhaps many, that other systems have failed upon, can be cured. Not only is this true but results are more permanent because we seek to remove the cause.

Just what abnormal condition is present in endocarditis? Inflammation is one and disease micro-organism is another. One of the fundamentals of osteopathy is that local circulation can be influenced by manipulation. Freer circulation will tend to reduce inflammation and to destroy the disease germs. This is exactly what the osteopaths did during the great "flu" epidemic, thereby making a record of which they are justly proud. The same theory and treatment may be applied to all diseases that have either inflammation or micro-organisms as a condition or as a factor in causing them. In other words, we believe that improved circulation to the part involved will often reduce the inflammation and destroy the disease germs. This is simply aiding nature in her efforts to cure by bringing the anti-bodies, the disease-destroying bacteria, in contact with the disease germs.

This bacteria is the only insurance against death in all such cases. Imprison or destroy the protective bacteria and all these diseases would prove fatal. The list includes nearly all acute diseases and many chronic ones. The osteopath not only stimulates the circulation to the part, but he seeks to remove any lesion that acts as a cause for poor circulation to the point involved.

### **Others**

Doubtless throughout the country there are many other medical doctors who recognize the value of osteopathy for various forms of disease and who are advising their patients to try it, especially in cases that do not respond to their own methods. Some think it good for one thing and others think it good for something else. Dr. A., for headaches and backache, Dr. B. for stomach disorders and others for nervousness, neuritis, constipation, bad after effects from injury, etc. Thus we have it recommended in a broad field. Years ago when osteopathy was less popular than it now is, the signatures of regular physicians were sought to a petition requesting the legislature to pass a measure to prevent the practice of osteopathy. One leading physician, upon being approached, said, "Gentlemen, I cannot sign it. I

do not see how it is possible but osteopathy is curing many cases that we have failed on. As true physicians we should not interfere in any way with the recovery of the sick." It was a noble and courageous thing to say. A noted ear specialist in Philadelphia told the parents of a deaf child that the trouble was due to bad circulation to the ear and that osteopathy was the best chance. The patient recovered her hearing under the treatment.

May the time come when all physicians of all schools will put into practice the principle: I wish every patient to have the physician and the treatment that will do the most good.

*309 W. Franklin St., Richmond, Va.*

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## OUR EYES

DR. ASA WILLARD, Missoula, Montana

RECENTLY the United States Public Health Service physicians examined about 35,000 children of school age and 37 per cent, or about 12,000, were found to have defective eyesight. Much reading and close vision work under artificial light and insufficient and poorly thrown daylight puts a great stress upon the eyes these days. Yet at that a great part of eye trouble comes from easily corrected abuse of those organs which contribute so much to our happiness. Early retinæ care and consideration of the eyes would not only increase their years of usefulness but actually do away with the need of glasses in many instances.

The Public Health Service found that there were four times as many children with defective vision at sixteen as there was at six. If the children from six on could be prevented from reading fine print—be taught not to read in a dim light, to read sitting up with the light coming from above and behind and not humped over a table on which the book is lying or lying flat on the floor or bed. Just those simple rules would save much eye trouble.

Then there are exercises for the eyes which strengthen them wonderfully and give much comfort and eye service to stenographers, engravers, students and those particularly who do much close work. Osteopathic treatment has restored many cases

not only of defective vision but even of complete blindness. The case of Tom Skeyhill the brilliant young soldier-poet and noted chautauqua lecturer, because of his prominence and the quickness of his cure attracted much attention a few years ago, but there have been many others restored to sight through Osteopathy. Skeyhill who was serving with the Australian forces was blinded by the explosion of a shell near him, at Gallipoli in 1915. For over two years he could not tell day from night. He consulted over thirty eminent specialists in European countries and his case was pronounced hopeless. While in this country lecturing for Red Cross drives in 1917 he was treated one night after a lecture by an osteopathic physician of Washington, D. C., a vertebra which was found slightly subluxated in his neck was corrected, and his vision almost immediately restored.

Checking up with the ophthalmoscope and other instruments and methods for testing vision and eye conditions has shown the improvement following osteopathic treatment for the eyes and there are now some high class opticians in the cities who prefer that many of their cases have osteopathic treatment before a final fitting is had.

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## COLD FEET

WILGER L. JONES, D. O.

**P**OOOR circulation is at the bottom of all this trouble. Any part of the body that is flushed seventy-five times a minute with warm blood cannot very well get cold if ordinary care is taken. Nevertheless, apparently healthy people have cold feet and come to the osteopathic physician for relief.

The big blood vessel that comes direct from the heart, divides in the lower part of the abdomen into a left and right branch which supply blood to the lower extremities. If there is any interference to these vessels some manifestations will be evident in the legs or feet. When only one foot is cold we try to find the reason on the side involved, while if both feet are cold, we go up to the pelvis and usually find trouble there.

Now, a good blood flow depends on a good nerve supply. The nerves controlling the blood to the legs come from the lower

portion of the back. In many cases we find points of tenderness in the spinal joints, which when corrected remove the condition that has not allowed a good normal blood flow to the legs and feet.

Then again, the blood may get to the feet but is hindered in its return journey, due to some similar trouble, and the stagnant blood soon throws off its heat and the foot becomes cold as a result.

There are other reasons why people have cold feet, such as weak heart, kidney trouble and other organic conditions. In these cases a good deal of relief may be obtained even if a complete recovery cannot be expected. Many enfeebled individuals simply lack the vitality that is so essential to a normal circulation and as a result the parts of the body most removed from the heart are the ones to suffer. Many times in these cases exercise may be tried providing the patient has the necessary vitality. It must be remembered however, that exercising is active in type and an individual with a weak heart cannot safely indulge too strenuously. In these cases passive movements such as osteopathic manipulation can be given safely and beneficially. The passive movements necessitating no effort on the part of the patient.

In all cases we must remember that there is always a cause for such a condition and an osteopathic physician is, in any case, the best one to consult about it and usually satisfactory results will be obtained. The object is to find the cause and then give treatment as indicated. Osteopathic treatment adjusts and normalizes the tissues at fault and thus establishes a true foundation for health.

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## THERAPEUTIC NUGGETS

GEO. W. GOODE, D. O.

The nervous system has extensive and powerful influence in modifying and regulating all the phenomena of the organic as well as the animal functions in the human economy.

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If you felt that something was going to happen to your business, you would protect yourself. Just so with the future and the welfare of your health. You can have this assurance.



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