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## Herald of Osteopathy, March 1925

Herald of Osteopathy

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# Herald of Osteopathy

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March 1925

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PUBLISHED MONTHLY BY

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KIRKSVILLE, MISSOURI

## THERAPEUTIC NUGGETS

GEORGE W. GOODE, D. O.

Unlike the watch the living mechanism is not made, but grows.

\* \* \*

Many diseases originate exclusively from unfavorable environmental influences.

\* \* \*

Expectoration in the morning is often one of the first symptoms of tuberculosis.

\* \* \*

Spitting of blood should be considered as being due to T. B. unless proved due to something else.

\* \* \*

The principal function of sanitation and of the applications of hygiene in general is the prevention of premature death.

\* \* \*

A little halting cough caused by a tickling of the throat, or it may be just a clearing of the throat is one of the first symptoms of tuberculosis.

\* \* \*

Morning fatigue is one of the early symptoms of tuberculosis and though it does not always prove to be T. B. it should be considered as serious.

\* \* \*

The early symptoms of tuberculosis in children are fatigue, irritability, recurring colds, failure to gain weight, a slight elevation of temperature in the afternoon and sometimes enlarged glands.

\* \* \*

Green vegetables contain valuable salts, are 95% water and add bulk to the diet without increasing the work of the body by over-heating it and have a pleasant flavor which stimulates the secretions of the mouth and aids digestion.

\* \* \*

Everywhere in nature and in man as a part of nature we find actions and reactions incessantly going on, and these in the long run consist essentially of exchanges of matter and of energy or of both, between masses of matter and their environments.

# The Herald of Osteopathy

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## HEMORRHOIDS

**W**ITHOUT attempting a technical classification of hemorrhoids nor a detailed scientific discussion of their treatment it is possible, happily, to outline their common cause and to suggest a treatment which is easily applied, rational and unusually effectual.

Most cases of piles (excepting only those which result directly from unusual accidents) are the immediate and constant result of the hard, formed stool which is the unnatural product of an over-civilized and unnaturally constipated colon. They have their genesis in continued mechanical irritation and depend upon it for their perpetuation and increasing morbidity.

Thus, if the physical aggravation caused by the daily passage of a solid, nettling column of feces through a hypersensitive rectum is the common first cause of a large proportion of so-called hemorrhoids, it would seem to be a natural conclusion that the first therapeutic measure should be aimed at the pathology which produces the stool and not at the results of the abnormal passage of that stool. For local measures—cold packs, astringent and emolient applications, suppositories and what not—can at best be but palliative. And surgical treatment, no matter how skillful, can only remove debris.

Relieve constipation thoroughly and thus vouchsafe a soft, amorphous stool permanently, meanwhile mixing with the colonic contents enough heavy petrolatum (Squibb's Liquid Petrolatum is best for this purpose) to promote healing and to accentuate the bland character of the daily stools; and have a competent osteopathic physician overhaul all of the physical mechanism related directly or reflexively to the lower bowel and put it in shape; and then live according to his advice so far as diet and personal habits

are concerned, and you will find your troublesome piles will vanish speedily and in most instances without any recourse whatsoever to the knife or needle.

---

—S.

## HUMAN REPAIR SHOP

**T**HE office of the osteopathic physician is a human repair shop. It is a place where human machines are overhauled and restored to good condition. This is stating the case in plain language, free from technicalities, which even a school child can appreciate. When there is something wrong, the repair man searches out the defect. In medical language he makes a diagnosis. This done, he then proceeds to make the indicated repairs.

You do not wait until your automobile is ready for the scrap heap before taking it to the repair man. You realize the value of a stitch in time here, but with the human machine there is a disposition to procrastinate—to wait until it is a wreck. Yet a stitch in time here is even more important than in the case of the automobile.

Do you have back-aches? Do you have lame or aching feet? Do you have indigestion, headache, neuritis, or any other evidence of disorder in your bodily machine? If so, you should go to a competent repair man—an expert mechanic—a person who makes a specialty of restoring human machines to normal, and don't wait until you are undecided whether it is a doctor or an undertaker that is needed.

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—R.

## BUT WAS THE DOCTOR GRATEFUL?

“Oh, I am so grateful that you came so quickly in response to my call, doctor!” said the young bride.

“Well,” replied the physician, smiling into the pretty face “I am only too glad to do so, particularly as you said it was so urgent.”

“Yes, doctor, it is,” she replied. “Some unexpected guests have come and the butler hasn't turned up as he promised. And as I know you are accustomed to killing things, I wanted to ask if you would kill a couple of chickens for me.”—LADIES' HOME JOURNAL.

## OSTEOPATHY VS EXERCISE

W. L. JONES, D. O.

IT has often been stated that osteopathic treatment is simply a lazy way of getting needed exercise, but this is misleading. There is a certain amount of passive exercise for the patient in an osteopathic treatment but this is only incidental and not the fundamental part of the treatment.

Osteopathic physicians often prescribe exercise for their patients. Indeed, exercise constitutes one of the fundamental laws of health and many people fall a prey to disease because they do not utilize this law as they should. There is a condition known as disuse atrophy which in reality is a wasting and weakening condition that results from lack of use or exercise.

We all know people among our acquaintances who are hearty eaters, good sleepers and have soft jobs. Many of them have little or no active exercise and as a result complain of stomach disorder, headaches and other common symptoms. Such cases would do well by reducing food intake and doing active regular exercises. Exercise in these cases should be moderate and the after effect free of all fatigue. Regular access to a gymnasium where a moderate amount of exercise followed by a good shower and rub-down can be obtained is certainly beneficial in all such cases.

The business man who rises late, eats heavy and rushes to the office is not getting exercise that is beneficial. It is all done in a hurry and fatigue is the result. Such an individual should allow a certain amount of time to be spent on exercise and the element of rush and hustle should be left out. He should free his mind of all business and family cares and enter into the work at hand. There is an almost universal inclination to delay starting exercises that are needed now—today, in anticipation of what we think may be a more convenient time.

It is often said that if exercise came in bottles, we would all take them. In the rush and hustle of our modern times, more care and attention must be taken with our health. The artificial conditions under which we are living and the universal use of such things as the automobile and the radio give our bodies little chance to get needed exercise, for their proper functioning.

The remedy cannot be found in bottles, but can only be found in natural methods of correction. Diet must be regulated, elimination by all the emunctories kept regular and mechanical displacements of the body corrected.

When certain areas of the spinal column are tight and rigid due to prolonged irritation, abnormal posture, or from injuries of different types, we can not always right the condition by exercise alone. In exercise the joints above and below the trouble will move enough extra to compensate; but the joint that really needs the motion remains as it was before. In other words, compensation results and what is needed is specific action on that particular joint and not a general movement. This specific work can only be done by an osteopathic physician who is especially trained in just this sort of work.

Another point to remember is that exercise is an active movement of muscles while osteopathic manipulation is a passive movement. In the active form of movement, sacro-lactic acid forms and its accumulation causes fatigue, while passive movement tends to drain the muscles of this acid and there is no production of acid while so doing. Thus instead of fatigue we usually get a feeling of refreshment from an osteopathic treatment.

Then in many cases, while the shot gun method of relieving sore places in the back by exercise may sometimes accidentally do the work, the more scientific osteopathic method is practically a bull's-eye each time. The osteopath locates the specific point where there is disorder and gives attention to these particular points. He is recognized as a past master at finding "sore spots" and fixing them.

The facts are that exercise cannot take the place of Osteopathy and Osteopathy cannot take the place of exercise. Both have their particular and specific field of usefulness and there is no justification for the idea that many people entertain to the effect that "Osteopathy is simply a lazy man's exercise."

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The question for each man to settle is not what he would do if he had means, time, influence and educational advantages, but what he will do with the things he has.—HAMILTON WRIGHT  
MABIE.

## LET NOT YOUR HEARTS BE TROUBLED

GEO. W. REID, D. O.

**T**ROUBLED hearts cause as much suffering perhaps as is caused by actual physical disease. In fact, bodily disorder is a most frequent sequel of an uneasy or disturbed mind. Mental comfort is necessary to physical comfort. Thus, the Master's words which have been chosen as the subject for these thoughts are highly important from the standpoint of health,—“Let not your hearts be troubled.”

The Master was on the verge of leaving his disciples and he admonished them not to be troubled over his departure. Then He proceeded to give them words of assurance to comfort them in the hour of darkness,—words that have been a blessing and a comfort to untold millions in years gone by—words that will continue to bless mankind until the end of time.

Probably no individual has ever been born that has not at some time felt the need of sympathy, assurance and comfort. A troubled mind needs attention just as surely as a sick body needs healing ministrations. Thus we need frequently to recall the comforting words of the Master—“Let not your hearts be troubled.”

There are numerous things that serve to disturb the mind and perplex to the point of causing physical discomfort and disease. Among the most potent disquieting mental states are worry, disappointment, bereavement, regrets, indecision, fear, envy, suspicion, hate, etc. We might consider briefly each of these separately but this is not essential. What we are interested in particularly is to say something that will aid those who may be disturbed by one or more of these mental states. Faith is the one great panacea for most of our mental and spiritual ills—faith in God, faith in self and faith in the ultimate triumph of right and justice. Such faith stabilizes both mind and body and constitutes the greatest known antidote to, and preventive of, troubled hearts and the physiological and physical discord arising therefrom.

In olden times there were cities of refuge to which one might flee and be safe. For troubled spirits refuge may be found in various ways. As stated above, faith is the greatest refuge for



such ills. Refuge also may be found in a little practice in the art of rationalizing the mind. This for the most part consists in seeing good in things as they are and dwelling on that good rather than on the unpleasant or evil aspects of the situation. It also consists in picturing things as we would have them and then endeavor to realize the ideal thus visualized. Then again, there is always some consolation in the thought that things might have been worse. There is excellent psychology in the old hymn entitled—"Count your blessings."

Many of our experiences which we, at first thought, considered bad have proved to be blessings in disguise. Particularly is this true if we react to them in a constructive way. Noting this fact, some one has given expression to a most significant statement—"It is not the experience but the manner in which you react to it that determines the effect it has upon your life." No matter what happens, it is essential that we maintain our morale. When courage and hope are gone, nothing worth while remains unless courage and hope can be revived again, for according to Scripture—"It is the spirit that quickeneth and maketh alive."

One person's life may be embittered and health broken by an experience, while another will use the same experience as a stepping stone to greater achievement. In other words, the experience that may wreck one person's life may enrich the life of another, and the determining factor in either case is not the experience so much as it is the manner of reacting to it. A person may throw a lemon at you, but if you react by making lemonade out of it, nothing but good can come from the experience. For our physical as well as our mental well-being it is essential that we learn the art of reacting constructively to all our experiences. It may be impossible to avoid the troubled heart entirely but by learning properly how to make use of the right antidote we can rise above the things that discourage and dishearten.

We cannot avoid all the cares and worries of life. We must carry our share of the responsibilities and burdens. We must expect some unjust as well as just criticism. Without these things we could not expect to amount to much. Indeed experiences give color to life. They increase the depth of the emotions and thus add value and charm to the character. It was said of Jesus

that He was touched by the feeling of our infirmities. Real feeling cannot come without a background of experience, so in reality we should be thankful for the opportunity for character development afforded by the difficulties with which we are obliged to contend, and not let our hearts be troubled unduly even in the face of the most trying circumstances.

On the physical plane, we find wholesome work an excellent antidote to mental unrest. There is an old saying, "The devil finds work for idle hands to do." It seems also that the idle mind under such circumstances often gets in league with the same party. So work is good for mind as well as body as it promotes mental as well as physical health. Wholesome recreation also has a similar effect.

While indulging in the art of rationalizing the mind, we must not overlook the importance of patience and perseverance. Time is a great element in the healing process. The more that is to be accomplished, whether it be on the mental or physical plane, the more time is required. A certain hotel keeper displayed a great deal of wisdom when he had printed at the top of his menu cards—"Impatience dries the blood worse than poverty, old age or disease." Too often we allow our hearts to become troubled over mere trifles.

Digestion cannot proceed normally if the spirit is unduly agitated by impatience, worry, fear, regret, remorse, sorrow or kindred mental states. The digestive fluids become altered and the ductless glands of which we have heard so much of late are thrown out of balance. Thus, for the person who is ill, it is highly important that the mind be occupied with health thoughts—thoughts that have a constructive effect upon the body. The physician can render aid that is of inestimable value in restoring health but the best possible results are obtainable only when the patient gives the needed cooperation—physical and mental.

Physical co-operation includes proper diet, exercise, rest, sleep, breathing, hygienic care, etc., while mental co-operation includes the proper use of the mind. Health is predicated upon certain laws, and obedience to these laws is the only sure way of avoiding disease. Liberty, in other words, comes from obedience. Since these laws involve the mental or spiritual, as well as the

physical plane, it is not enough to give attention only to the material aspects of the subject. Often the physician is conscious of the fact that the mind of the patient is interfering with his recovery. To such patients he endeavors to give the needed words of assurance and comfort, as the task of healing is made much easier if the mental burden can be lightened. Thus, from the standpoint of health alone the significance of the Master's words cannot be over-estimated—"Let not your hearts be troubled."

Why should your hearts be troubled?

Your life on earth is brief,  
And this should not be given  
To worry, fear and grief.

But you should be courageous,  
And pray for vision clear  
To see the silver linings  
That inspire hope and cheer.

For you can surely master  
Each problem that you meet  
And sing the song of victory,  
And not bewail defeat.

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## A SMILE

No, it can not buy a dinner  
And it can not clothe the poor,  
And it can not work in sickness  
As an everlasting cure.

It can change a bitter feeling;  
It can brighten up a day,  
And it has a way of driving  
Mr. Worryman away.

So try it on your features,  
For it doesn't hurt a bit;  
On any kind of people  
It's guaranteed to fit.

—ROUND AND ROUND.

## A NEW KIND OF SPECIALIST

CHAS. CARTER, D. O.

**T**HIS is an age of specialists. The present generation has seen a great increase in their number and their kinds. That one will be more proficient along a single line if he devotes his whole time and energies to the one thing than he would be if that line were one of many in which he is interested, is beyond doubt.

Dr. A. devotes his whole time to the study of the heart and its diseases. Certainly he should know much more about it than the general practitioner, who recognizes this fact and gladly refers his obscure heart cases to Dr. A. Thus the patient gets the benefit of an expert. So we have specialists (experts) along other lines, the stomach, the lungs, the kidneys, the throat, et cetera. It is a great thing for the sick and for the general practitioner to know that these experts are available for consultation and advice. From this the pathological condition can be better determined and the hope of recovery or benefit better known.

### **Is Diagnosis the Most Important Thing?**

Two definitions we have of diagnosis: first, "To know a part;" second, "Naming a disease from symptoms." Long have we been taught the importance of correct diagnosis, because by it we can better understand what line of treatment to follow, this being in part based upon the pathology as a cause or result of the disease. This is all good, very good, but it stops one step short of a more important matter in many cases. Pathological conditions do not just happen. When one has a disease, there are many in the same environment who do not have it. There must be a reason for this. Perhaps there are several in some family eating the same food and living practically the same lives, at least to all outward appearances, and one has a disease, acute or chronic, and the others do not. Why?

### **There is a Cause for the Cause**

Here is where the work of the new specialist comes in. Suppose there is a pathological condition, an abnormal physical condition (inflammation, congestion, over-function or under-function, et cetera), of any organ or part of the body, it is not wise to seek

to locate the cause of this cause of disease conditions? It is surprising in how many cases this real first cause can be found.

Mr. E. was a man of unusual health up to the day on which he was injured in a railway accident. His digestion at once became very poor, and in two years he had lost seventy pounds in weight. Immediately upon correction of the lateral lesion in the dorsal region (the middle of the back) that was the result of his injury, his digestion began to improve and he was completely and permanently cured. He had diligently sought relief and had had diagnosis which pointed to the stomach's condition with its disturbance of function but stopped short of locating the factor that caused this disturbance. In this case this factor was pressure upon certain nerves that directly or indirectly influence the circulation and function of the organ.

So we conclude that a diagnosis that does not go back to the cause of the cause—the thing that produced the pathology that is considered the cause, such a diagnosis is incomplete and in a measure unreliable.

Mr. S. and Dr. M. each lost his eyesight. In each case certain eye muscles were not functioning. This diagnosis helped neither to get well. The cause of the cause in each was located in a neck lesion following an injury. When these were corrected, both men received their sight after months of blindness.

The same principle applies in the treatment of many diseases. The osteopathic physician is a specialist in locating these adjustments that are the real first cause of disease in many cases. His field is broad and more and more is he being used as other specialists are used. Certainly his training and experience enable him to locate a cause of disease that others overlook.

Let your thoughts turn to chronic cases among your acquaintances, and consider how many of these followed acute illness. It is well known that in acute sickness more or less tension of muscles is present. Bony lesions are resultingly present. If normal relaxation and adjustment follow recovery no untoward after-effects should follow. Sometimes, for various reasons, the lesion persists and acts as a cause for chronic illness. Such a history explains the reason for the illness and points to the importance of having the cause removed.

Avail yourselves of the use of all specialists when needed. They ought to know more about their particular line than others do or than they themselves would if their efforts were more diversified. Especially are they indicated in obscure or obstinate cases.

Again: Mrs. S. had gradually grown worse for years with valvular heart lesion. She was badly swollen from feet to waist and death was expected in a few weeks. No consideration had been given to drooping ribs over the enlarged heart causing an impaired and labored action. When this was corrected all bad symptoms disappeared and she continued well for years. It required a specialist to locate this cause.

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

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## THE SIMPLE LIFE FOR 1925

F. P. MILLARD, D. O.

**I**T may be true the paramount issue in every land is a monetary one, as every one wonders each day how they can make money, but pride also demands attention, and you will observe the vast majority of people want to "doll up" every time they go any place—they want to look their best and appear young. People abhor wrinkles, and gray hair suggests age. Fright or "nightmares" may cause gray hair more than real worry, especially if the person is permanently gray, but it is possible to be gray and still retain a good rosy complexion. You may say that in this strenuous day and age it is impossible to abstain from worry. Well, it may be true, but you must admit that the days are just as long, and the twenty-four hours represent just as many minutes as ever, and the nights are just the same length as in days gone by. Now, what is wrong with us? It is our psychology, our way of reasoning. We find that people to-day work no more hours, in fact less, but we observe that people are not as regular as in the olden days, when the telephone and electric light were unknown. Few are willing to go to bed at a regular hour and get up early, as Franklin advised. Regularity is the biggest factor in health. Warm meals, carefully prepared, and regularly served, go a long way toward keeping a person fit.

In the days of long ago, we wore wristlets, and warm woolen footwear. Now, the slim anemic girl wears the least. She would not put on "longs" if she "died." I have heard them say so. Well, what can you do with people, who do not care what happens as long as they are in style? Many a girl's health is reduced to invalidism by exposure through lack of covering. Many men wear too much clothing, but they seldom shiver around. They have their careless streaks, however, and shorten their lives correspondingly.

Dr. A. T. Still pointed out a way whereby one might keep young and live to a good old age. He talked about perfect circulation, and we have found out that he was right. You can figure out for yourself that when the circulation is perfect the body glows and health abounds.

Now, how can we keep from having cold feet and hands? In the first place, you must have a charged battery in the way of a carefully nourished body. Good warm food, fresh air, sunshine, warm baths, sleep and exercise are essentials, but there is one point I want to stress, and that is the importance of keeping motion in all of the joints of the body. There are a little over two hundred bones in the body, the longest are the thigh bones, the smallest are the little bones in the ear. If, for example, the ear bones, or ossicles, have lost their motion your hearing becomes impaired. You may wonder how we can reach the three bones in the middle ear. Lack of motion is the result of disturbed circulation; it has been interfered with. If the ear specialists, that practice finger surgery, keep the Eustachian tubes, (that pass up to the middle ear from the back of the nose) open, the ossicles or ear bones will move freely and deafness will be prevented. So, we go from joint to joint and keep motion and perfect circulation, and when the circulation is perfect the organs function normally.

That seems easy does it not? Now, the question is how can I keep young? The answer is simply this: Go to your osteopath at least twice a year and have him test every joint, and have him treat you so that you will be in good physical trim the year around. Live the simple life of regularity, have an occasional osteopathic treatment and you will stay young and be an example to others.

## RENOVATE YOUR BODY

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

**W**HEN your car is running badly, you take it to the garage and have your mechanic put it into shape. When your house needs painting or repairing, you have it done straightway. When your clothing is torn you see that it is mended. But how careful are you about your health?

Many individuals have chronic disabilities without their knowing anything about it. And the reason they are ignorant is because they have no systematic method for checking up on their health. They feel well, apparently, and look well. But underneath the semblance of well-being there may be a badly embarrassed skeleton, a laboring kidney, a swollen liver or a weakened heart, any or all of which would be a mighty serious handicap in the event of acute disease.

Disease does not attack folks. It is literally forced upon them against its will because their bodies are in such bad physical and physiologic condition they cannot resist it. For disease is merely Nature working at a disadvantage. And a sick body is no different from a well body except that in it Nature is hindered in her normal activities.

Early attention to the objective causes of disease will make it possible to prevent them. Advice as to diet, elimination and habits of living thereafter restore perfect health.

An occasional physical examination by a competent and sympathetic osteopathic physician is the best sort of health insurance in the world. It is the proper course for everybody to pursue and the easiest way to avoid sickness.

If your hands are dirty you wash them and make them clean. If your liver or kidneys are clogged, your heart overburdened or your colon filled with filth, you ought, just as simply and easily, to relieve and cleanse them. And if your body machine is out of order, your best bet is an osteopathic adjustment, thereby restoring to it its full physical capacity.

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Wisdom is knowing what to do next. Skill is knowing how to do it, and Virtue is doing it.—DAVID STARR JORDAN.



YOUR COPY ENCLOSED

1911

Dear Sir,  
I have the pleasure to inform you that your order for the above mentioned quantity of goods has been received and the same is being prepared for shipment.

The goods are expected to reach your place by the next train and will be available for delivery on the following day.

I am, Sir, very respectfully,  
Yours faithfully,  
[Signature]

[Address]

[Address]

[Address]

[Address]