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Contents

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KIRKSVILLE, MISSOURI

THERAPEUTIC NUGGETS

George .W. Goode, D. O.

Peroxide is a good wash for varicose ulcers.

* * *

An excess of fat is very bad for heart, liver and kidneys.

* * *

Bathing hives in Epsom salt water is a relief from the hives.

* * *

Taking purgatives is a pernicious habit which causes constipation.

* * *

For water on the knee a bag of hot Epsom salt placed on the knee is very soothing.

* * *

A prolonged warm bath is a good method of reducing nervousness and inducing sleep.

* * *

Often parts affected by eczema when bathed in strong catnip tea are very much benefited.

* * *

Using a lot of sugar is mostly a habit anyway and the more we use the more we seem to want.

* * *

A good tonic: eat plenty of nourishing food, rest all you can and get out of doors all that is possible.

* * *

Plain coarse foods, fruits in season and above all plenty of water are the main essentials for elimination.

* * *

Eat slowly, chew your food well and you will feel satisfied with much less than the usual quantity of food.

* * *

Two tablespoonsful of molasses and juice of one-half onion in three-fourths glass of warm water is good for colds.

* * *

Most people in middle life engaged in desk work and working at skilled trades need more physical exercise than they get.

The Herald of Osteopathy

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THE HERALD OF OSTEOPATHY PUBLISHING CO.

KIRKSVILLE, MISSOURI

VOL. XVIII AUGUST, 1924 No. 8

GET FIXED UP NOW

NOW is the time to get fixed up for the winter. Warm weather facilitates relaxation, and relaxation is one essential to the adjustment of the bodily parts to the normal. During the warm season, therefore, it is a good plan to get fixed up.

Winter makes heavy demands on the body. We live under great tension. Business cares are heavy and it is more difficult to relax. Summer time is play time. Everybody is in the spirit of play. Cares are thrown to the wind and the spirit of relaxation and recreation takes hold of practically everybody.

Under such conditions measures to tune up the body are especially efficacious. Particularly is this true with Osteopathy. Adjustments, if anything, are easier made, and results are highly satisfactory. For these reasons, now is a good time to get fixed up. It is not necessary to wait until cool weather.

SPRAINED ANKLE

OSTEOPATHY is comprehensive in its application, that is, it is efficacious in acute as well as chronic conditions, in infectious as well as non-infectious diseases. Still if there is any one thing where Osteopathy is obviously more valuable than in another, it is in the management of strained or sprained joints, particularly sprained ankles.

A sprained ankle is a very common condition both during the winter and during the summer. Just recently the writer has had so many cases of strained ankle that one might think the trouble is epidemic in character. There is an old saying that misfortunes come not single spies, but in battalions. This seems to apply to accidents as well as epidemic diseases.

The osteopath can give great aid and comfort to the person suffering with strained ankle. There is often a misplacement of one or more of the small bones of the ankle due to the trauma or wrenching of the parts. By osteopathic means these bones can be replaced very readily and the circulation can be greatly improved so that healing takes place very much more rapidly than under the old method of treatment. Osteopathy may be said to be specific for this particular condition.

Combined with the manipulative treatment is given the indicated instructions regarding rest, support, etc. Bandaging the foot in certain cases is very essential and to do it correctly is an art that can be acquired only by careful study and application, in which osteopathic physicians are especially efficient. If you will go to your osteopathic physician with your strained joints you will be highly pleased with the results.

Osteopathic physicians are frequently consulted for the effects resulting from old strains and other joint injuries. These conditions as a rule can be handled very successfully but many times they are obstinate because in certain cases, adhesions develop. In many cases certain bones are found out of adjustment and when they have been out of adjustment for a long period, more time is required for their adjustment and normalization of the tissues about the joints. Such conditions could be avoided by osteopathic care during the acute stage of such strains. —R.

THE CURSE OF CATHARTICS

OCCASIONS may arise when cathartics are permissible, but cathartics as generally used are a veritable curse. Natural bowel action is always to be desired, but it is so easy to take something that will work while you sleep that most people seem to fall into this pernicious habit.

Were it not for the fact that cathartics are always within easy reach, we would give more thought to the matter of cultivating natural bowel action, and constipation would not be the rule as it is at the present time.

The cathartic habit often has its beginning in the cradle.

Many old ladies seem to think that a dose of castoria or some other favorite laxative compound is essential to infant welfare.

It does not take long to develop the cathartic habit. Take a laxative drug daily for a short time and you will be surprised when you break away from the drug and try to establish normal bowel action.

The organs of the body must be taught to function as Nature designed that they should function. The function should be free from artificial interference, as the moment we begin to adopt artificial agencies, our natural agencies begin to wane.

We become strong only as we exercise the different faculties of mind and body. When someone else does our work for us, whether it be mental or physical, we do not reap the benefits of such exercise. If we tie our arm up in a sling, it gets weak; if we take something to digest our food, the stomach gets weak; the effect on the bowels is similar if we take an artificial laxative.

Early in life, we should teach our children the importance of natural bowel action. We should teach them regularity in attending to the calls of Nature. We should teach them to eat food that will bring about natural action. We should let them know that the cathartic habit is a curse and cannot be indulged in with impunity.

Furthermore we should teach our children to patronize the doctor who specializes in natural methods of treatment, not only of constipation, but of all diseases. The human race would be far better off if the cathartic curse could be eliminated at once. Such a radical procedure would work inconvenience and anxiety on some of those confirmed in the use of cathartics, but it would mean that the generations to come would be free from the pernicious effects of this habit.

Constipation should not be tolerated, as the longer it goes, the more obstinate it becomes. Laxative drugs make the condition worse, as one cathartic always invites another. The bowels can usually be regulated by eating the right food, and when this does not suffice, then sane treatment is in order. The machinery of the body probably needs adjustment. Osteopathy will awaken the dormant nerve centers in the spinal cord and promote normal bowel action. This treatment stands out in marked contrast

with the usual practice of prescribing laxative drugs, as it is not attended with any evil consequences and is altogether beneficial while, no matter what may be said in favor of cathartics, they constitute a curse which is becoming an ever increasing menace to human health. —R.

WINNING

THERE is a great satisfaction in realizing success along any line of endeavor. We like to win. We like the thrill that comes from accomplishing what we set out to do. This applies with particular emphasis to the matter of regaining health. Health means so much that it is worth one's best efforts in the struggle to regain it. It seems that many people however do not realize the necessity of determination, of courage, in achieving this goal. The least little thing often is sufficient to discourage the health seeker.

Not infrequently a patient goes to an osteopathic physician and has one or two or half a dozen treatments and not seeing any particular improvement gets discouraged and goes to some other doctor or gives up the search for health entirely. Occasionally the patient feels sore and lame after the first treatment and makes the mistake of concluding it is too severe for his case. Such patients sometimes have nothing good to say about osteopathy, still if they had manifested sufficient determination and taken their osteopath into their confidence, they would have been agreeably surprised at the results.

It is not a bad sign to feel a little lame after the first osteopathic treatment. Indeed this is not uncommon and in many cases is to be expected. Making adjustments is not always pleasant at the time although as a rule osteopathic treatment is very agreeable. The immediate effect in most cases is pleasant and in those patients where this is not the case, the remote effects are always sufficient to warrant the exercise of courage and determination. The mind should be set on the goal desired and not be diverted by any momentary or transient discomfort.

Science is gradually solving the problems of life. It is enabling us to overcome the obstacles that stand in the way of any

goal we may set before us. Great strides have been made in the healing art. It is wonderful what can be done in the treatment of disease, if we go about the task in a sane and logical manner and if we never lose sight of the goal of health.

The same principles that apply in business success apply in therapeutic success. Neither health nor business success is to be attained by any short cut spasmodic effort, but the price must be paid in courage, self control and grim determination, in exercising a spirit that knows no defeat.

"It takes a little courage
And a little self-control,
And some grim determination
If you want to reach the goal.

"It takes a deal of driving,
And a firm and stern-set chin,
No matter what the battle,
If you're really out to win.

"There's no easy path to glory,
There's no rosy road to fame;
Life, however we may view it,
Is no simple parlor game.

"But its prizes call for fighting,
For endurance, and for grit,
For a rugged disposition,
And a 'don't-know-when-to-quit.'"

On the Return Trip

"My doctor advises me to live where I may have the benefit of the south wind," said the tourist. "Does it blow here?"

"You're fortunate in coming to just the right place," replied the landlord. "Why, the south wind always blows here."

"Always? Why, it seems to be blowing from the north now."

"Oh, it may be coming from that direction, but it's the south wind. It's just coming back, you know."—PITTSBURGH CHRONICAL-TELEGRAPH.

Easy Matter

"Oh, dad, there's a big black bug on the ceiling."

"All right, step on it and don't bother me."

A REAL DOCTOR

J. H. Styles, Jr., D. O.

HOW often has it been said: "Osteopathy is good for some things, all right; but when sudden and severe sickness comes, then it is time to call a 'real' doctor!" And it is perfectly natural for men and women who know nothing about the osteopathic physician and his methods to feel that way about it. But the fact that they do regard him and his science in such a light is due, almost altogether, to ignorance. For if they really appreciated what osteopathy has done, is doing and can do for the so-called acute diseases, they would not blindly deny themselves and their families the benefits of its ministrations.

The infectious diseases—scarlet fever, influenza, pneumonia, diphtheria, small pox, tuberculosis, typhoid fever and all the rest, as well as appendicitis, Bright's disease, acute indigestion, tonsillitis, colds of one sort and another and the many other conditions which come on suddenly, run a typical course and then subside more or less satisfactorily—are all amenable to osteopathic treatment.

And how does osteopathy handle such cases?

First: by going carefully over the body machine and adjusting all lesioned joints so that there may be no interference whatsoever with the generation of those specific medicines which the body is capable of producing within itself unless it is hindered too greatly by physical embarrassments. Second: by helping Nature to clean house. This implies the regulation of diet, intestinal lubrication, direct abdominal manipulation and manual treatment designed to stimulate the kidneys and skin. Third: by supporting and stimulating those organs which are definitely known to produce the kinds of internal medicine required to combat the condition in hand; that is to say—by helping Nature to take the offensive against disease instead of simply defending herself as best she may.

It is a universal and easily proven fact that cases of scarlet fever, for instance, get well more quickly under osteopathic treatment and suffer less from harmful after-effects.

Osteopathic physicians are REAL doctors! They successfully treat all acute conditions. Take appendicitis, for example. Osteopathy has cured thousands of cases without resorting to the knife of the surgeon and this prevented great numbers of needless operations. And it has done the same thing with gall stone cases and many other conditions characterized by acute outbursts of extreme and dangerous physical distress.

As a matter of fact, the right sort of osteopathic treatment

will reduce a fever much more quickly than a full dose of fever medicine, and with absolutely no hurtful effects on the system. And osteopathy, plus the occasional and judicious use of heat, electricity, local applications, etc., will relieve pain without resorting to any drug whatsoever.

In short: osteopathy is good for every condition any other system of medicine is good for and is most effectual because it is most closely allied with Nature.

"CRUTCHES FOR SALE"

DR. ASA WILLARD, Missoula, Mont.

IT was an incident connected with a Montana patient that furnished the inspiration for the stage play "Crutches for Sale." Along in the nineties, a beautiful Montana girl whose ranch home was in the south central part of the state was injured in a fall which resulted in paralysis of the lower limbs. All her life she had been a healthy, out-door girl. The family was "purty well keered for" as the cowboys would express it, and the young lady was taken to a number of medical experts in various places but finally was brought back to the ranch home with her case pronounced hopeless by the various physicians who had attended her.

About that time, reports were occasionally heard of a doctor by the name of Still who was doing wonderful things through a new system of practice, especially in curing cripples and that he had established a college and infirmary in Kirksville, Mo. Against the very emphatic advice of the family physician, it was decided to take this last chance and accompanied by her father, the young lady made the trip to Kirksville, Missouri.

Dr. Still himself examined her. He said the trouble was due to subluxations in the lower spine and where the broad hip bone and the sacrum joined the sacro-iliac articulation. After a few manipulations he talked to the young lady a while and then told her to try to walk. She said she could not without her crutches. Dr. Still pushed her from the treating table upon which she sat. To her amazement, she did not fall. She said "My legs feel alive." She slid one foot forward hesitatingly, then the other. With diffidence, she went out into the long corridor between the rooms for treatment, her father close by her side holding her crutches, his face a mixture of doubt, anxiety and amazement. When they reached the lobby of the infirmary the father stretched both arms above his head with a crutch in either hand and shouted "We've got crutches for sale! Crutches for sale!"

Among other visitors, patients, and friends of patients as-

sembled in the lobby of the Infirmary, was Robt. Darton, an old English actor and former stage manager for the celebrated tragedian Edwin Booth. The incident so appealed to his dramatic instinct that he, with Dr. Wm. Smith, a Scotchman, wrote the play called "Crutches for Sale," which after it had been repeatedly played, appeared in novel form by the novelist and historian, John R. Musick.

While the great majority of cases require continued treatment to accomplish the necessary healing, such striking results often served in the earlier days to draw attention to the new system when it was not so well known and too, such cases do emphasize the definiteness of osteopathic diagnosis and procedure.

THE UNTIMELY DEATH OF CALVIN COOLIDGE, Jr.

Geo. W. Reid, D. O.

THE untimely death of the President's son, Calvin Coolidge, Jr., is an occasion for serious meditation. Thousands and thousands of young people, and adults as well, go to untimely graves as did the young son of the President because of neglect or procrastination. They do not give timely attention to minor ailments. According to newspaper reports, Calvin Coolidge, Jr., blistered his foot while playing tennis. Not regarding the injury of any consequence he gave it no attention. But the blister became infected and the infection spread rapidly throughout his system. Before assistance had been summoned, the condition had passed beyond the stage where medical attention was of any avail. All that could be done was to make a desperate fight to save his life and make his declining hours as comfortable as possible.

This reminds us of the old saying—"Large oaks from little acorns grow." The trouble was very small and insignificant in the beginning, but neglected, it rapidly grew to large proportions, ending in the death of the young lad. A little timely attention would have prevented this catastrophe. If the blister had only been sterilized with a little iodine or some other good antiseptic and then protected with a clean dressing, the President would not be bereft of his son and the nation would not be in mourning.

This is an outstanding example of what is taking place continually. Lives are being sacrificed by the hundreds and thousands in a similar way. Not all are due to blood poisoning, but other conditions, likewise small in the beginning, when neglected lead to similar consequences. Most disorders in fact have a small, insignificant beginning.

Pneumonia is nearly always preceded by a simple, neglected cold.

Appendicitis is nearly always preceded by constipation and neglected bowels.

Nervous prostration is invariably preceded by prolonged overtaxation of the nervous system or some neglected nerve leakage.

A large percentage of rheumatic fever cases are due to neglected tonsils.

Abscessed glands in the neck are usually preceded by neglected or improperly treated colds.

Catarrhal deafness and mastoid disease likewise are the end results of repeated and neglected colds.

Bright's disease, high blood pressure and numerous other disorders are fostered by improper eating.

Alcohol and narcotic drugs, whether used to deaden pain, or induce pleasure, tend to destroy the sanity of life, weaken the will and make physical, mental and moral wrecks.

Slight, apparently insignificant accidents—falls, strains, jars—often disarrange some part of the delicate mechanism of the body and lead to numerous internal disorders, predisposing to practically every disease known to man.

If the death of Calvin Coolidge, Jr., will shock mankind to the point of realizing the importance of giving timely aid to the small beginnings of disease, he will not have died in vain. We need to be awakened from our lethargy along this line and this sad incident ought to make us realize the value of a stitch in time.

Some wit has said that large aches from little toe corns grow. By avoiding the toe pressure that is always responsible for corns, we may avoid the large aches that grow out of them, and likewise by giving aid to the little troubles—the beginnings of disease, we may in great measure avoid the large ones.

> It is not my object to make war on doctors, but to point the reader to the fact that I have found to be indisputably true, that Nature has never lost sight of natural laws in making worlds and beings. Then what claim has man to take that work from the hand of God and begin his work of cut and try?
>
> —Dr. A. T. Still.

ACUTE AND CHRONIC INDIGESTION

J. E. Francis, D. O.

MOST cases have a history of chronic constipation and heart attacks and have depended on soothing potions, aspirin or some form of morphine, which leaves the patient feeling in a depleted state for from four days to a week. Usually these patients gradually lose strength; they become sluggish in circulation, and are able to take very little exercise without great fatigue.

These patients are very hungry and will overeat. The fact is that the food is not assimilated; the digestive tract is engorged, and the gas on the stomach overstimulates them. At this stage they may think they have gall stones or appendicitis.

Reduce the food taken at least one-third in amount. Most of these patients eat too much starchy food and sugars, and the liver can not take care of the extra amount. The osteopathic lesions with incorrect diet diverts the circulation, the food ferments, and this interferes with the proper absorption of the food elements.

Leave off all starchy food for a time, particularly white light bread, sugars, potatoes, all pastry, jams, and jellies. Eat plenty of fruit and drink fruit juices, oranges and lemons in winter and the fresh fruits in summer. Eat plenty of the green vegetables, such as lettuce, celery, cabbage, tomatoes, and carrots.

Each day the patient may have either a fruit salad consisting of apple, orange, celery and lettuce, figs, dates, pineapple are all good. Nuts can be added to this combination. One deos not need to have all of these at one time, but two or three in combination.

Or a vegetable salad can be served, such as cabbage, tomatoes celery, cabbage, lettuce, cucumber dressed with mayonnaise or a salad dressing of olive and lemon juice.

Most of these patients become very anaemic and need three to six months' osteopathic treatment to get back to normal health.

All ages are afflicted with this distressing malady, from nursing infants, fed artificially, to the older persons.

These patients can be relieved in the acute attacks. A good general treatment helps to relax and the correction of lesions to liver and the raising the ribs helps to pull the blood from the intestinal region, and when the circulation begins to move the cause which helps to produce the gas is lessened and these patients soon feel relieved.

The lower cervical region is also engorged and this makes the circulation sluggish through the head, the vasomotor control is

lessened and the patient is much of the time depressed. The correction of lesions in this region helps the general tone of all nerve control.

The drinking of from eight to ten glasses of water helps, also.

HAND-MADE HEALTH

CHAS. CARTER, D. O.

WHAT is health? Health is a NATURAL condition. If you are sick or diseased nature hes been interfered with. We have long been accustomed to canned foods and more recently to canned music, and now we are asked to accept canned health, or rather canned health exercises.

Some seek to have their health sent to them in a bottle or box. Some seek it by the way of exercise, and others in the opposite way—by rest. Some take the climatic treatment and go north or south or up (to the mountains) or down (to the sea level). Others seek health by pleasant diversion, and others by diet or by hydrotherapy. Perhaps there is much good in each of these or in a combination of them, but in hand-made health we have something new under the sun. Not only is it new, but it seems a specific in a wide range of diseases.

Gas and oil and water are not the only things necessary to the running of your auto. Suppose it won't mesh—the cog wheels will not fit together. Or suppose the tube by which the gas is conveyed from the tank is stopped so that the gas cannot pass. Suppose these or numerous other possible things should happen, what would you do about it? The answer is, have the obstruction—the cause—removed.

The same things in a way happen to the human machine—the body.

A railroad engineer recovered from injuries received in a wreck with a decided left lateral deviation in the spine between the shoulders, causing a pressure upon nerves to the stomach. During the two years following the wreck the patient could digest but little food and he lost seventy pounds. When the spine was corrected and the pressure removed digestion became good and he regained normal weight.

Mr. W. B. M. dislocated his left shoulder and turned the first rib when his wagon overturned. Dr. V., M. D., set the shoulder but did not discover the rib condition. Paralysis of the arm followed and two years later the arm muscles had atrophied and it was what is spoken of as a withered arm. Finally Dr. V. said, "You go to the doctor who cured Dr. C. R. S. of paralysis." As

soon as the rib was adjusted the paralysis disappeared and the arm became perfectly normal. The turned rib had almost obliterated the space between the rib and the clavicle through which blood vessels and nerves to the arm pass.

The Dr. C. R. S., M. D., above referred to after his cure studied osteopathy and has been a useful practitioner for fifteen years, during which time he has himself enjoyed good health. He had had two strokes of paralysis.

Mr. W. had been in bed for weeks with high blood pressure (over 200) and the attending physician had said he would never be up again except for a very short time. By certain manipulations to correct irritation to the nervous system and to overcome a toxic condition his pressure became normal. He has now been working for two years and continues well. He is a sawmill man and occasionally does as much heavy work as two men should.

Again: The osteopathic physician went with a medical friend to see one of his patients with probable myocarditis and with a temperature of 102°. She was supposed to be critically ill, having smothering spells that were alarming. She was given a gentle five or ten minutes' treatment three times a day in which more room was made for the heart by raising the ribs and an attempt was made also to remove irritation from the nerves leading to the heart. Her temperature gradually became normal and all symptoms disappeared. Several years later she was having no trouble with her heart.

All of these cures were accomplished by removing the causative lesion with the hands. Hand-made health followed.

Dr. Still frequently gave the following advice: "You cannot practice osteopathy without having brains in your fingers." All through the four-year course the student has in his mind the purpose to know the human body in its normal and in its abnormal conditions,—not only the anatomy but the live, working, functioning machine and all that will help him in finding the physical cause of disease and all that will help him to overcome this cause. He is a specialist. His specialty is finding and removing the physical cause of disease. This does not imply that he does not give due consideration to all other causes as any physician does. Experience has taught that his peculiar method covers a wide range of diseases, in all of which he seeks to find this physical cause —a disadjustment that disturbs blood supply, nerve force and function. Before his time no stress was put upon this factor in disease. Even today he stands practically alone, but more and more the public and other physicians are recognizing and using him as a specialist. Again we would say, ANY CHRONIC OR RECURRENT DISEASED CONDITION, WITH OR WITHOUT PAIN, MAY BE

DUE TO PRESSURE UPON A NERVE BY MISADJUSTED TISSUE AND THIS PRESSURE CAN PROBABLY BE REMOVED by the use of the hands, and hand-made health follows.

All who believe that God, the Maker of the human body, is a lover of man, will agree with Dr. Still in his statement that this Supreme Architect made the body perfect and that if it is kept adjusted normal health and function will exist.

It is well to emphasize the fact that hand-made health has no reaction and is more or less permanent. We seek to remove the cause of disease. If we succeed in doing this results should be permanent. Constipation can be relieved by the use of a cathartic, but all recognize the fact that there is a reaction in which the bowel is more sluggish than before. If the constipation can be overcome by removing pressure upon a nerve or nerves that interfere with peristaltic motion or with secretion no reaction comes.

A headache may be relieved by the use of aspirin. Of course this is only temporary relief. If it can be cured by correcting a neck condition that causes an excess of blood in the head the result may be permanent. This same theory applies to many other diseased conditions.

309 W. Franklin St., Richmond, Va.

THE RANK OF OSTEOPATHY

Osteopathy is the original school of healing by means of adjustment of the spine, all others are imitators of this osteopathic principle and are radical applications of only a few of the principles of osteopathy which they try to teach in a few months or two or three years of six months each.

Osteopathy is the only school of manipulative healing which achieves these things!

1. Requires a high school education for entrance to its colleges.
2. Gives a full physician's training course of four years of nine months each.
3. Trains specialists and surgeons.
4. Maintains hospitals, sanitariums and research laboratories.
5. Provides nurses with training.
6. Obtains full physicians' rights by law.