

5-1914

Herald of Osteopathy, May 1914

Herald of Osteopathy

Follow this and additional works at: http://digitalcommons.pcom.edu/herald_of_osteopathy

 Part of the [Osteopathic Medicine and Osteopathy Commons](#)

Recommended Citation

Herald of Osteopathy, "Herald of Osteopathy, May 1914" (1914). *Herald of Osteopathy*. Book 5.
http://digitalcommons.pcom.edu/herald_of_osteopathy/5

This Article is brought to you for free and open access by the College Collections at DigitalCommons@PCOM. It has been accepted for inclusion in Herald of Osteopathy by an authorized administrator of DigitalCommons@PCOM. For more information, please contact library@pcom.edu.

U8 #5 (1914)

HERALD *of* OSTEOPATHY

Contents

EDITORIAL.....	1
OSTEOPATHIC OBSTETRICS, GEO. W. REID, D. O.	4
SOME DAILY PERPLEXITIES WITH CHILDREN ROBERT WIMER FORD, D. O.....	6
OSTEOPATHIC EXAMINATION OF CHILDREN LOUISA BURNS, D. O.....	9
OF WHAT VALUE ARE DRUGS IN THE TREAT- MENT OF CHILDREN, FREDERICK LEAVITT, M. D.....	10
OSTEOPATHY AND THE CHILD, CHARLES C. TEALL, D. O.	11
ANGINA PECTORIS, CHAS. C. REID, D. O., M. D....	15

MAY 1914

HERALD OF OSTEOPATHY PUBLISHING CO.

411-13 SLATER BUILDING

WORCESTER MASSACHUSETTS

Comparison of Subjects Taught by Association of Medical Colleges and Osteopathic Colleges

MEDICAL COLLEGES	OSTEOPATHIC COLLEGES
Histology.....	Histology
Embryology.....	Embryology
Osteology.....	Osteology
Anatomy.....	Anatomy
Physiology.....	Physiology
Chemistry and Toxicology.....	Chemistry and Toxicology
Materia Medica.....	Principles of Osteopathy
Pharmacology.....	Osteopathic Mechanics
Therapeutics.....	
Bacteriology.....	Bacteriology
Pathology.....	Pathology
Medical Zoology.....	
Clinical Microscopy.....	Clinical Microscopy
Physical Diagnosis.....	Physical Diagnosis
	Osteopathic Diagnosis
Practice of Medicine.....	Practice of Osteopathy
Surgery.....	Surgery
	Applied Anatomy
Obstetrics.....	Obstetrics
Gynecology.....	Gynecology
Pediatrics.....	Pediatrics
Eye and Ear.....	Eye and Ear
Nose and Throat.....	Nose and Throat
Mental and Nervous Diseases.....	Mental and Nervous Diseases
Electro-Therapeutics.....	Electro-Therapeutics
Genito-Urinary Diseases.....	Genito-Urinary Diseases
Dermatology and Syphilis.....	Dermatology and Syphilis
Hygiene and Public Health.....	Hygiene and Public Health
Dietetics.....	Dietetics
Medical Jurisprudence.....	Medical Jurisprudence

Osteopathy Defined

Osteopathy is a COMPLETE AND INDEPENDENT SYSTEM of treating diseases by scientific manipulations, the purpose and intent of each manipulation being either to correct some derangement in the position of the tissues or to increase or decrease the activity of some organ. It is not a remedy or method applicable to some particular disease or group of symptoms, but is co-extensive with the art and science of healing and SUCCESSFULLY TREATS ALL CURABLE NON-SURGICAL, ACUTE AND CHRONIC DISEASES. Its field not only includes all those diseases treated by medicines, but also a great many in which medicines are admitted to be useless.—PERCY O. WOODALL, M. D., D. O., President American Osteopathic Association.

The Herald of Osteopathy

VOLUME VIII

MAY, 1914

NUMBER 5

PUBLISHED MONTHLY BY
THE HERALD OF OSTEOPATHY PUBLISHING COMPANY

DR. G. W. REID, Editor and Manager
411-13 Slater Bldg., Worcester, Mass.

DR. F. P. MILLARD, Associate Editor
12 Richmond St. E., Toronto, Can.

EDITORIAL

WITH the exception of the article on "Angina" this number of the Herald is devoted to Children. We feel that our readers will be eager to see how the subject is handled by the Osteopathic Profession. The article by Dr. Teall, though not intended for the layman, is so practical and free from technicalities that we feel it should be presented for their consideration. Osteopathy is the friend indeed of the child, as it can be depended upon in times of need. It offers a safe, sane and effective means of eradicating the various ills of childhood. It is just as applicable to the babe in the cradle as to the full grown adult.

G. W. R.

"BRING up a child in the way he should go and when he is old he will not depart therefrom." This wise saying of Solomon is capable of a more general application than is usually given to it. For example, it is just as applicable to the physical field as it is to the moral and spiritual. Indeed a perverted physical condition is often the basis for perverted moral and spiritual conditions, and efforts to correct the latter are fruitless until the physical defect has received proper attention. Physical perfection enhances and is necessary to the best development of the moral and spiritual faculties of the individual. Thus we may say, "bring up the child in the way he should go physically and his intellectual, moral and spiritual welfare will be assured." There is no person so competent to minister to the physical needs of the child as the trained Osteopathic Physician.

G. W. R.

ARCHITECTS are employed to superintend the construction of the best houses. In fact this is the only way to make sure that the house will be constructed according to the plans and specifications of the person who designed it.

How often it is that our bodies become warped and deformed owing to lack of proper attention during the period of their development. A great part of the

suffering and misery of this world could be prevented by more carefully superintending the development of the body during childhood.

If the construction of our houses made with brick and mortar is important enough to require the attention of a skilled architect how much more important it is that the human body, that "temple of the living God", should receive due attention during the period of its construction in order that development may take place in accordance with the plans and specifications of the "Divine Architect." The Osteopath is peculiarly adapted to do this work. His intimate knowledge of the human body and its needs places his skill in a class by itself.

G. W. R.

ACCORDING to Osteopathy practically every ailment has a physical basis. The importance of mind, however, is not overlooked as this is a factor which often calls for attention. This is particularly true during childhood when the mind is in the process of unfolding. Ideas are often instilled into the minds of children which tend to upset body functions. It is not a good plan to continually suggest weakness of any part of the body in the presence of a child. To continually harp on any difficulty a child may possess is a bad policy and can only make the condition worse. If a child or even an adult gets the idea firmly embedded in his mind that he has inherited a certain physical disorder or weakness, the problem of overcoming it becomes more difficult. We have seen nervousness, indigestion and other disorders encouraged in this way. Talk health and optimism in the presence of children especially.

G. W. R.

THE CONTAGION OF OSTEOPATHY.

"OSTEOPATHY contagious?" Yes, but do not be alarmed. Do not conclude that it is dangerous, that it is a contagion which should be scrupulously avoided, and that the people who have come under its spell should be isolated or segregated. Judging from the attempts which have been made to stay the progress of Osteopathy many people have apparently held to the opinion that it is something to be stamped out, that it is dangerous to society as are measles, scarlet fever, diphtheria, smallpox, etc. But it has successfully evaded all such attempts aimed at its progress. Indeed such attempts have seemed even to make it spread with greater rapidity.

Osteopathy is contagious, not in the sense that mumps, etc. are contagious, but it spreads by contact. It is not limited to children either, but attacks adults as readily. As a rule when one member of a family becomes affected by the Osteopathic philosophy it is not long before the whole family becomes more or less Osteopathic. Fair minded, progressive, unbiased people are especially susceptible to its influence.

Another significant fact about the contagion of Osteopathy is that those

who become affected seldom recover from its influence and are never the same afterwards. They find that it not only retrieves their lost health, but that it offers a safe, sane and effectual means for retaining it as well. For this reason few people who have really come under the spell of Osteopathy have any inclination to revert to the old order.

At the present time there are more than five thousand Osteopathic practitioners throughout the civilized world and several millions of people who have experienced the beneficent effects of this Science. The number is increasing with amazing rapidity and it looks as though the whole world in time would become affected.

Confidentially, there is one—just one—remedy which will successfully check the progress of Osteopathy, and that is a serum concocted from equal parts of intolerance, bigotry and prejudice. Those people who protect themselves with this serum need not fear the contagion of Osteopathy, as this remedy will insure immunity as long as it is used.

G. W. R.

CHILDREN'S RIGHTS.

WE hear of a great deal at the present time about Woman's Rights and but very little about Children's Rights. This cannot be taken as a criterion for determining the relative importance of the two subjects. Children of today are the men and women of tomorrow, and the station they shall occupy in life depends largely on the care, training, etc. they receive during childhood. The fundamental question is, will they be dependent or independent citizens?

Children come into this world not of their own volition and they have a right to expect the best care it is possible for their parents or guardians to give. They deserve to be carefully guarded and guided until they have reached the age when they can do for themselves. To this end attention to their physical well-being is of prime importance as the person handicapped with ill health has not an equal chance with one who is normal in this respect.

The advocates of Eugenics hope to improve the physical heritage of future generations but, while some good will undoubtedly result from their labours, the probabilities are that their most sanguine hopes will not be realized. However this may be, the need for care and guidance will always be a necessary factor to consider and parents who through sheer neglect or carelessness allow their offspring to become physically disabled are guilty of a serious offense.

Ignorance, the mother of intolerance, bigotry and superstition, the arch enemy of all progress is responsible for a great deal of this world's suffering, including many of the disorders of childhood. Parents as a rule live up to the best of their knowledge. Too often, however, their knowledge of health matters is deficient. The Herald is intended to help meet the need for enlightenment along this line.

G. W. R.

OSTEOPATHIC OBSTETRICS

GEORGE W. REID, D. O., WORCESTER, MASSACHUSETTS

SOME osteopaths limit their professional activities to their offices. Others have specialized along certain lines, while still others are conducting a general practice and meeting all the requirements of a family physician. In many places the osteopathic obstetrician is to be found and the character of his work is attracting no little attention.

What contribution does osteopathy make to the science of obstetrics? Does it offer any additional aid to the expectant mother, or insure with greater certainty the safe arrival, physical and mental integrity of the child? Both from a theoretical and practical standpoint, these questions may be answered in the affirmative. The osteopath is able to render substantial aid before, during and after the confinement period.

The science of obstetrics has not received the consideration its importance merits. It is a subject which vitally concerns the life and health of both the mother and child. By far too many infants die at or immediately following birth. More than twenty per cent of all babies born in the United States die before reaching the age of five years. Maternal mortality is not so high at the confinement period, but the number of women whose health is wrecked at this crucial time is appalling. Certainly an improvement of prevailing obstetrical practice is not only possible, but is sadly needed.

Osteopathy offers a rational obstetrical technique. Child birth is a natural process in which the mechanical element predominates. As the osteopath is an expert mechanic of the human body, he is able to interpret correctly the various phenomena pre-

senting themselves during labor and give proper aid, as the case may require. Not only is he able to render valuable aid at this anxious time, but he is able also to prevent a large majority of the serious complications and unpleasant after-effects, which are so common. As a rule under osteopathic care the patient is as well and often better after confinement than previously. It must not be understood, however, that osteopathy accomplishes the impossible. A contracted pelvis, large foetal head and other abnormal conditions may sometimes preclude a favorable termination no matter how excellent the physician's technique or how skillful he may be.

The physician should have general oversight of the woman during the larger part of the period of gestation. By far too little attention is given to preparation for the advent of a new life. We carefully cultivate our flowers, vegetables and fruits and look after the physical needs of our animals, realizing full well the efficacy of such measures in this connection. We are too prone, however, to let things take their own course where our health, or a new life, is concerned. The expectant mother by a little forethought and training can put herself into better condition for undergoing the trying ordeal of confinement. To this end osteopathic attention is exceedingly important; instruction as to diet and mental poise are also valuable factors. Moreover, specific exercises may be used with good results. Their effect is two-fold:—(1) They loosen and free up the pelvic articulations; (PLATE I) and (2) they increase the tone and strength of the muscles concerned with expulsion, thus facilitating a more natural labor.

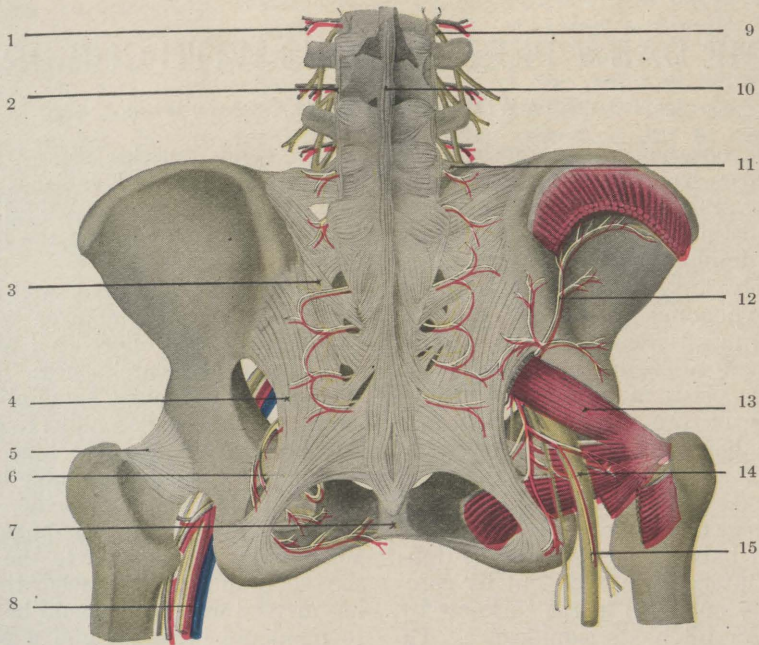


PLATE I. (F. P. Millard).—Back view of pelvis showing ligaments, nerves and blood vessels. During gestation the ligaments of the pelvis become very elastic to allow spreading of the joints and facilitate delivery. Slight misplacement of the pelvic bones often results and causes a great deal of trouble as backache, milk leg, etc. 1, Lumbar artery; 2, inter-transverse ligament; 3, posterior sacro-iliac ligament; 4, great sacro-sciatic ligament; 5, capsular ligament; 6, sacro-sciatic ligament; 7, symphysis pubis; 8, femoral vessels; 9, lumbar nerve; 10, supra-spinous ligament; 11, ilio lumbar ligament; 12, gluteal artery; 13, piriformis; 14, sciatic nerve; 15, comes nervi ischiadici.

Proper treatment and care after confinement are exceedingly important as the health of the mother is insured thereby. Uterine enlargements, and the various misplacements with their annoying symptoms, which so frequently follow childbirth, can be prevented. The pelvic joints (see PLATE I.) are often strained so as to require adjusting. There is no possible way of estimating what this simple procedure may mean to the

patient. The writer had one case of nerve-racking backache, which dated from childbirth, over thirty years previously. Treatment cured this case in a short time. Had her pelvis been adjusted immediately after confinement, all these years of suffering would have been prevented. In case an osteopath cannot be secured to officiate during labor, he should be consulted afterwards, especially if there is any suspicion that everything is not all right.

Because you have done it for forty years is probably the best excuse for changing your method.—FISCHER.

SOME DAILY PERPLEXITIES WITH CHILDREN

ROBERTA WIMER FORD, D. O., SEATTLE WASH.

CLOSE observations of mothers for many years has lead to the conclusion that few pray for beauty or wealth or great distinction for their darlings, yet all implore health and morality, so closely linked are these as to be really synonymous.

Knowing these maternal aspirations there arises in the heart of the true physician a desire to relieve mothers of the many worried and anxious hours, that are endured because of the numerous incidents of childhood—so this article will deal with things that are not real diseases.

When babe is very small, 'tis difficult to interpret his cry, but by careful study one soon learns to know by its key or pitch, its significance. He may be crying because of temper, fright or pain. Any child under eighteen months, who cries persistently should be stripped of every thread of clothing and examined thoroughly. The mother needs to cultivate her ear, her eye, and her sense of touch to help in interpreting all she finds. She should subdue her imagination, her exaggeration and haste and banish worry. If there's a rumbling sound suggesting splashing water, he has an indigestion, something wrong with food and stomach, feed him less, notice the tight muscles across his back and perhaps give him an enema. As early as possible in the guise of play, teach the little one to protrude his tongue, blow his nose and permit the use of the clinical thermometer.

Adenoids, enlarged tonsils and poor teeth can be much influenced, if not entirely prevented by keeping baby's nose absolutely clean, free from crusts and drying materials.

Earache, that bug bear to so many mothers, is always accompanied by

tense, tender muscles around the ear and in the neck and vanishes almost as if by magic, when the skillful fingers of the Osteopath corrects the bony or muscular lesion.

No intelligent, normal, well trained child of two or more ever wets his clothes, (enuresis—nocturnal or otherwise) from sheer carelessness. He has some spinal weakness, some abnormal curve, and 'tis as reasonable to censure him because his eyes are blue, as 'tis to hope to correct this habit by ridicule, punishment or medicine.

When Susie bites her finger nails and nibbles them down to the quick, she shouldn't be punished, the time has arrived when she should be taught to manicure her nails and a pride in keeping them dainty, can be cultivated. (Confidentially, biting finger nails indicates nervousness and something out of plumb with the nervous system). But don't let her hear from anyone that she is nervous. Few people inherit or even acquire their dispositions or predispositions—they have them THRUST upon them by their elders. Children hear the remarks made concerning them and ever after do their utmost to live up to the reputations forced upon them.

'Tis a serious mistake to permit a child to hear any hurtful suggestion—that, "he has a tendency to tuberculosis, defective eyes, weak kidneys or that he has inherited something." Make it an iron clad rule, never to discuss a child in his own presence and do not mention his physical infirmities to anyone save your family physician.

If George, at 9 or 10, begins to grow tall and droop carelessly—to nag at him to straighten up and put shoulder braces on, is not the proper thing. He stoops because for some

reason his muscles are weakened. Maybe he isn't sleeping enough or has a sagging bed, has taken up cigarettes, has too large a desk, is sitting on one foot or beginning a spinal curvature. Notice his habits and instead of reminding him of his faulty attitude, consult someone who knows what's wrong and can correct or remove the cause of his weakened muscles.

If the youth of 14-18 comes in some day with a fully developed crop of facial pimples, 'tis most unkind to question his morals and wound his already sensitive soul about it—in all probability poor cooking had much to do with it. Fried foods, greasy gravies, pork and sweets, will cause a form of indigestion that leads to black heads and pimply eruptions.

When little Dorothy complains of leg ache on rising up or stooping, 'tis a mistake to laugh at her and diagnose her discomfort as "growing pains"—there are no such things. She has probably been sitting on the damp ground or frosty steps and real muscular soreness due to cold, and if she "toes in", doubtless one leg is longer than the other because of some misplacement, higher. Children should be taught to preserve and maintain their health, not constantly thinking of it to be sure, but have it put into their early training once and for all time, to keep the feet dry, to protect the chest, to avoid drafts and to have daily bowel movements. These should be taught along at the same time that they are taught to tell the truth and not to steal. To be sure, no one likes a fussy, self centered, self conscious child but the acquiring of the foregoing habits prevents sickness and self pity.

Every mother should study foods and know the proper combinations of food values and then proceed on the theory that her children like and enjoy all good good.

Children do not drink enough water, generally speaking and much constipation is the result.

Much of the suffering experienced by young girls at the beginning of the menstrual period, is due to constipation—and if not corrected early, is likely to lead to chronic misplacement of the uterus and permanent trouble.

Because a child has sore throat and frequent tonsilitis, one is not justified in believing he should have his tonsils removed. Tonsilitis is a systemic disease, not confined to tonsils alone and some of the most severe cases of tonsilitis are seen in patients whose tonsils have been removed. The system needs elimination, greater activities of liver, skin and kidneys, and an examination of the entire spine and cervical region.

To the average child, headaches come occasionally and may be due to eye strain, indigestion, overwork, some abnormal condition of the neck, or sleeping in a draft or any one of several other things. 'Tis not uncommon for the delicate tissues of the neck to be injured at birth and unless corrected, all one's life, he may suffer from these injuries.

Great care should be exercised in assisting children on and off cars, being guarded lest their little arms and necks be given undue wrenches and to toss a small child and catch it, is all but criminal.

Generally speaking, children should be washed and bathed at night immediately before going to bed. By washing the neck and ears just before starting to school, the child goes out with his hair damp and invites stiff neck and little chills that may develop into catarrhal conditions of the throat and head; earache, toothache, headaches.

Poets, sentimentalists and other impractical folks prate of the joys of childhood, declaring 'tis the best time of life. Are they correct? Isn't it,

instead, the hardest period? A child is constantly trying to adapt himself to his environment, hoping to learn the game of living and no sorrow of adulthood can begin to equal the grief endured in one's early years before one learns relative values of things in general.

Children experience so many falls, bumps and accidents during their first years, that it is almost imperative that they be examined thoroughly every six months. By this method, the slipped innominate, cervical lesion or spinal curve will be detected and

corrected in a few treatments while this deviation if ignored or permitted to persist, will impair the general health and later require much more time and care to correct.

Osteopathy is particularly adapted to tiny babes and very small children 1, because it detects at once the trouble without any symptoms or "feelings" being given—things so impossible to procure in little people; 2, because children do not oppose or shrink from the treatment; 3, because the results are so prompt, so permanent and far reaching.

GLEANINGS

THE keynote of osteopathy is adjustment. No massage, rubbing, movement cure, nor vibrators used. Perfect structure means perfect health. It is not a faith cure. We very successfully adjust the machinery of infants, who certainly cannot use faith. We use the best measures of all schools of medicine, and cast aside that which is useless in the treatment of diseases.—O. W. LAPLOUNT, D. O.

* * *

Do not give your babies any drug nostrums, and see as far as possible that your neighbors don't. There has been more infant slaughter from the use of drugstuffs than from anything else. No physician who knows his business administers to children any of these drugs. Mothers everywhere should be warned of this particular danger. Children don't need medicines anyhow. All they need is intelligent care, but the lack of this is not supplied by doses of nostrums of any sort.—Editorial Ohio State Journal 10-23-13.

If the proposition "Children don't need medicine anyhow," is true, why is it not just as true that no one else needs medicine.—M. F. HULETT, D. O.

* * *

The "Five P's" For Children

A trained nurse gave to a mother what she called her "five P's" for keeping children well. Here they are:

Pure milk, pure air, plenty of sleep, proper clothing, and perfect cleanliness. Osteopathy adds another "P" to this, i. e., "Proper adjustment".

* * *

It's queer that we pay so slight attention to the matter of our health, one of the most important things of all. There is far from enough in the courses of our public schools of study of physiology and hygiene. From the first a child should be taught what life and health are and how to manage and preserve them. Our education has become too spectacular. Full many a nice little education has been put away in the cold ground because it was too showy and not sensible enough.—WILL CARLETON.

OSTEOPATHIC EXAMINATION OF CHILDREN

LOUISA BURNS, D. O.

THE osteopathic principles which should govern the care of the child during its growth do not necessitate the constant treating so often considered needful by mothers. The occasional examination of the body of the growing child is as important as the examination of its teeth by the dentist. Almost every mother knows that small cavities should be recognized and filled, in order that the teeth may not be lost; but few mothers see that the same principle should be considered in regard to bodily, and especially spinal, conditions. Slight mal-positions of the vertebrae, ribs, etc., may be corrected easily and readily, and no harmful effects are produced upon the heart, lungs, stomach, or other organs. But if the correction of these slight abnormalities is neglected, the more serious spinal curvatures, or more dangerous disorders of the various organs of the body, may result.

The same thing is true in regard to the beginnings of bad habits. If the child begins to eat wrong foods, to sit or stand in improper ways, to sleep poorly, to spend too much time in reading or study, or to devote himself too strenuously to athletics, the matter should receive attention in the beginning, before the injury becomes permanent. The occasional examination by the family osteopathic physician is more apt to show conditions than the daily supervision by the other members of the family. The same thing is true with regard to many other bad habits.

There are a number of things which are commonly called "bad habits" which are the result of improper structural conditions of the body. For example, children may be constantly

rebuked for "squinting" when they are really slightly shortsighted, or perhaps cross-eyed. The "squint" is almost inevitable, and should be corrected by means of proper glasses or other measures for the removal of the cause. Another child may be rebuked for walking crookedly; he really has a slightly twisted pelvis which makes it practically impossible for him to walk properly. The correction of the abnormal relationship of the bones and a little teaching may save him from life-long deformity.

Many of the unconscious movements which are associated with certain diseases of the nervous system in childhood are made worse by attempt to punish the child into ceasing them. The nature of these "tics" as they are called, is recognized rarely at the first by mothers, but experienced physicians have no difficulty in finding the cause, and, usually, in removing it. Certain of the habits classed as actually immoral are primarily due to structural disorders. Almost always these structural disorders are easily recognized and removed by osteopaths, and the whole life of the child may be diverted from the unwholesome and unclean to the normal habits of living. There is no greater tragedy than the moral and physical ruin which comes to children as the result of irritations due to structural causes, unrecognized and thus permitted to remain, while the ordinary punishments help to perpetuate and magnify the ills, the confidence of the child is lost, and his own ignorance as well as that of his parents pushes him constantly deeper into misery. The whole moral tone of a lifetime may depend upon the correction of certain structures of the child's body.

OF WHAT VALUE ARE DRUGS IN THE TREATMENT OF CHILDREN*

FREDERICK LEAVITT, M. D.

I honestly believe, taking the world over, greater harm has been done children from the giving rather than the withholding of drugs.

For such constitutional diseases as anemia, rickets, scrofula, goiter, cretinism, acromegaly, Addison's disease and diabetes, can we rely on drugs alone as exerting much influence in their cure? And for infectious diseases such as tuberculosis, typhoid, scarlatina, measles, mumps, variola, whooping cough, how much real benefit is derived from the thousand and one indicated remedies? We cannot change their course one whit. Is there any specific for meningitis? What drugs have we that avail us in pneumonia or even in a common cold? If the alimentary canal was ever benefited by the exhibition of poisons, (and is not poison, the chief principle of most remedies,) then why can we not cure the gastric fever of childhood?

Castor oil, calomel, cascara,—what may be claimed for them? The first two are specially recommended in the treatment of gastro-enteric affections, but would better be forgotten as mere purgatives. Cascara will open the bowels, so will a lot of other things. What is the advantage? If the alimentary canal needs to be cleaned out why not wash it out?

Of such tonic restoratives as arsenic, iron, phosphates, cod liver oil, etc., I have never been able to demonstrate their asserted worth to my entire satisfaction. Proper food, favorable

and hygienic surroundings and a sand pile to dig in, hold out more hope for me in the treatment of debilitated children than a whole store full of drugs. Phenacetin, acetanilid, and many other of the coal-tar products, will doubtless act as antipyretics, but where is the necessity, and if it be necessary, will not water reduce the fever just as well? They are known to depress, one more, the other less, the action of the nervous system and the functions of the heart, and even to destroy blood corpuscles.

The recollection of a few carefully observed sick children whom I treated after the orthodox fashion stands out prominently in my memory, and, I regret to say, some of these were made worse—dangerously worse—from taking the medicine I prescribed. This was particularly true in case of summer complaint and of capillary bronchitis. Opium in some form was commonly given in both ailments, and nearly every text-book on pediatrics endorsed it. Then it was that I resolved never again to prescribe dangerous or even questionable remedies; that while a less potent drug or inert substance might not help the child get well, I could rest assured that no harm would come from its administration.

I consider drugs of little value in the treatment of children; and what is more, I think the time is not far distant when the little ones' physician will not find it expedient to always prescribe potent remedies for simple ailments, and will be upheld if he sees fit to superintend their illness without the administration of drugs at all.

*These interesting remarks by Dr. Leavitt are taken from a paper which he read before the Minnesota State Medical Society, June, 1905.

People who WILL NOT understand outnumber the ones who CANNOT understand about ten to one.—FISCHER.

OSTEOPATHY AND THE CHILD*

CHARLES C. TEALL, D. O., FULTON, N. Y.

I wish to touch upon the specific methods of prophylaxis, although that term may not be properly used, by which the child can be saved by strict osteopathic procedure other than in the larger sense of preventive medicine. It is a field of unlimited possibilities for us almost untouched by reason of our youth. By this I mean the physical examination of the infant and the plastic work necessary to correct any abnormal deviations and such care extended into maturity, if needed, at least to be under observation until all danger is passed.

In this particular work the dentist has set good example by beginning on the teeth at an early period and continuing with regular examinations throughout life. The time will come when the osteopath will be called to watch the spine in the same careful manner and to the everlasting benefit of the race.

As it is physical examination of the child is much more in vogue than in the days antedating osteopathy. This is shown by the examination of school children, which is the subject of much controversy in the cities. Just how much this will mean to the pupil in the way of correction of gross lesions of the body, i. e., spinal defects in their many phases, is a question. The writer has seen many children who have been in gymnasium work, after physical examinations by the directors and pronounced normal by them, who have been given exercises which were exaggerating an overlooked abnormal condition. Perhaps there has been an improvement in this regard and

they may now look for something besides tonsils, adenoids, eyes and teeth. These are important, but not the only points to consider.

To illustrate what prompt attention would prevent or what frequent examination would have detected in its beginning this case is cited: Recently a boy of four was brought in by his parents, who were much excited because, the night before, they had discovered something wrong with his spine. Examination showed a pronounced lateral curvature with considerable deformity of the thorax. There was a history of a fall eighteen months before, after which he had complained of soreness in his back for a considerable period. Had he been seen then probably one treatment would have corrected what will now require months of attention.

We teach the domination of the spine over function and we must, therefore, preserve its integrity and at the very beginning of life. It is at this point, if you please, that I shall begin to consider prophylaxis from its strict osteopathic sense, and its value to the child cannot be overestimated, for it can be made the corner stone of eugenics, as no man or race can be stronger than the spine.

Let us consider the normal child, born well and for the first few months remaining in perfect condition, when by a fall that does not attract attention or by faulty method of handling, like lifting to and from the crib or from the high chair without unbuckling the straps, there is the beginning of what may in time be a bad scoliosis or even Pott's disease. Particular attention is called to the lifting from a chair when held in by a strap, as it often brings a strain at the fifth

*Read at the Annual Meeting of the New York Osteopathic Society at Albany, November 15, 1913. Reprint from the Journal of the American Osteopathic Association.

lumbar that results badly. The writer never recalls seeing a case of infantile paralysis that did not have a history of trauma and it is probable that prompt attention at the time of the accident might have prevented or at least changed the course of that dread disease. We all know how these crooked spines are overlooked by the parents and the family physician, many cases in adult life being first discovered at the osteopathic examination.

The bony pelvis is liable to disarrangement in early life and it leads to many acute disorders at first and later to long chronic ailments. All these conditions are easy to correct and the results gratifying, but they must be watched carefully in early life to prevent recurrence. Dr. McConnell emphasizes the need of early recognizing visceral ptosis and its cure by correcting the posture and the strengthening of abdominal muscles by deep breathing.

Any of these conditions, if recognized at all, would be passed over by the average old school doctor with the consoling promise that the child would outgrow it, which, unfortunately, they do not do. Under osteopathic care these conditions need never become alarming, for they are amenable to treatment, if taken early, in almost every instance.

Another class of cases that comes under our observation is the congenital abnormalities, which, at the best, would offer little to hope for under regular treatment. We meet constantly the results of instrumental delivery in the child without coordination, faulty speech and ability to swallow. For example:

Boy six, mother in labor eighteen hours, child badly disfigured and not much hope to live. Soon it was seen he was not normal. At four he came for treatment. Was unable to sit up or to hold his head from his shoulders. Hands and feet entirely without control. Drooled at mouth and could not swallow solid food. Made an animal-like

noise of no meaning. Fine, well shaped head and big, clear intelligent eyes. Body well nourished. Well defined atlas lesion, perfect picture of cerebral hemorrhage. Two and one-half years after very irregular treatment, he holds up his head, can raise himself and stand by a chair, walks unsteadily when held by the hand, eats most things he should, can hold a cup to his mouth and says many words that can be understood. His mother is now using the Montessori system, at my suggestion, which is materially aiding his education. The boy will never be independent, but he will be able to help himself in many ways.

Girl of six. Born with cord several times natural size, wound three times around the body, so as to clasp the inverted arms down to the back. Result, congenital dislocation of shoulder and elbows with the fingers tightly clasped in the palm. She was seen by a well known orthopedist who said to operate would be fatal. Osteopathic treatment begun at an early age. She now has fairly developed shoulder joints, elbows lack about one-third motion and she can put one hand to the mouth and hold things in the hands. She is still improving.

Two years ago a mother brought in her boy of three months with one congenital talipes equino varus (club-foot). They came from the country and could not get to my office, so I instructed the mother how to treat the foot daily, and promptly forgot all about the matter. Last month a patient from that locality recalled the incident and said the boy was running about and no one could tell which foot had been affected.

These are the things osteopathy is doing where ever it is practiced and all without any shouting from the house tops.

In treating acute conditions it is only osteopathic parents of the child who really appreciate what can be accomplished by prompt, continued treatment at the moment the trouble is detected. Others, who are called at the eleventh hour, get wonderful results, but not those possible when the child is under constant observation. The mother of my children, when there is a cough or a flush, takes the child to her bed and every movement of the little patient during the night is the signal for treatment. The results are spectacular.

The enema, diet and osteopathy

will pull a child out of any tight place that is possible by human aid. There is a flushed face, sudden tired feeling and peevishness. Then temperature and the question is "What have we here?" and the thing to do is not to let the question be answered. It might develop into almost anything if expectant treatment was followed, but if taken immediately, it will, in most cases, be a memory in twenty-four or thirty-six hours. I have never knowingly aborted measles, chicken-pox, mumps, whooping cough or scarlet fever, but they have all come through without sequelae (after effects).

All the respiratory diseases and digestive disturbances in the ordinary child yield easily and promptly. After treating my own children I regret that every child cannot be seen as frequently, but results under less favorable conditions are often remarkable. Let me cite several cases as examples:

Boy nine, just finishing school year, at ten p. m., without previous complaint, was found asleep with temperature of 100 degrees. Following day it held to 103 degrees and all night with little change. At the end of thirty-six hours went to normal, and then sub-normal. Child was up and about twenty-four hours later. What was it? I don't know. Do you?

Boy of seven. Always "it" in the rough and tumble games. Was almost torn limb from limb in a rough-house performance. Next morning high fever and delirium. Straightened out his spine and pelvis and he was in school the following day. What was it and what would any other system of practice suggest as appropriate treatment?

Boy of eight. Came home from school at noon sick. Mother called me at four. He lay burning with fever and in half stupor. Found he had fallen off the back-yard fence the day before. Corrected spine and innominate and left. Called at eight p. m. and found him in profuse perspiration. He was in school next day. Were not these boys ripe for infection from any stray germs that might come their way and could it not have developed into something definite if left alone?

Here is the picture of another class of cases which go through life without help from treatment of any kind and without correct diagnosis:

Girl seven. Undeveloped in every way except height. Arms and legs without flesh. head small and no control of muscular action. Makes sound without meaning and has a vacant stare in the eyes. Up to two years she was a normal baby and showed ordinary intelligence, then came a severe convulsion, which was followed by others, which have continued.

The only history was a fall out of the crib two days previous to the initial seizure. The spine is rigid and in such condition as to make it impossible to say what is the primary lesion. The mother was told there was no help, but as the first treatment stopped the convulsions, after discontinuing the medicine, she has insisted that I can ultimately perform a miracle.

Treatment of children is the most fascinating of any branch of our work because of the wonderful results and the appreciation shown by the little patients for benefits received. During my fourteen years' work I have never had but two who would not permit me to treat them and there were good reasons for that. As a rule they show more sense than their old kin in the matter and will cheerfully submit to painful procedure without complaining and come back without urging. Also, it is remarkable how loyal they are to osteopathy and how strong a position they take on the subject of drugs.

Under the title of "Some Causes of Deformity," in the WESTERN OSTEOPATH, Louisa Burns tells of the influence certain changes in environment or media have upon some organisms in form, and how eggs were studied in this connection. The percentage of deformed chicks, incubator hatched, is less than one-tenth of one per cent., yet, if a small dish of alcohol ether, chloroform or any other volitizable drug be placed but for a few minutes several times in the incubator, the percentage may be brought to as high as ninety per cent.

Experiment tried upon mammalian subjects by using drugs on the parents at different times before and after pregnancy showed a marked influence upon the offspring. The results of

drugs showed a much larger percentage of deformed than deficient food supply. Her closing to the article is a fitting one for this:

The danger of the use of drugs is not limited to the danger of abortion or premature labor, but it must be remembered that whatever interferes with the physiological activities of the mother, especially in the early stages of pregnancy, cannot be held harmless to the developing child; it must be remembered also that slight and often unrecognizable deformity of the inner organs, especially of the brain

and other parts of the nervous system may be responsible for much of the misery, crime, and nervous disease in the world today.

Osteopathy has this gift for the world: good birth for all children, Fathers and mothers with good bodies; both germ cells produced from glands through which good, clean blood flows freely; nourished through early development with good, clean maternal blood, with no undue pressure at any time; and with an entrance into independent life made as normal and safe as possible,—these factors give every child the best possible preparation for a life of sane, useful happiness.

JUST FOR FUN

"Mirth is God's medicine, everyone ought to take it."

Following Doctor's Orders

"Ma wants a package of dye and she wants a fashionable color," said a little girl to a druggist.

"A fashionable color?" echoed the pharmacist. "What does she want it for; eggs or clothes?"

"Well," replied the girl, "the doctor says ma has stomach trouble and ought to diet. And ma says it she has to dye it she might as well dye it a fashionable color."—*Maritime Medical News.*

It Held Fast

"Johnnie," said a teacher in a physiology class, "can you give a familiar example of the human body as it adapts itself to changed conditions?"

"Yes-sum," said Johnnie, "my aunt gained fifty pounds in a year, and her skin never cracked."

How the Cure Was Accomplished.

Doctor Bluster—What! The boy is well already? Well, well! A marvelous cure, indeed! What do you think of my medicine now, Dame Tachleigh?

Dame Tachleigh—Wonderful, Doctor, simply wonderful! I told the boy yesterday, that if that medicine didn't cure him, you were going to fetch a different kind today.—*DOCTOR'S DOMICILE.*

A Germicidal Prescription.

"I feel kind of encouraged since I got the doctor's prescription," said the hypochondriac.

"Can you read it?"

"No. But I'm sure that if the germs could get a look at it, it would scare 'em to death."

—*WASHINGTON STAR.*

Breaking it Gently.

Thompson was always soft-hearted. This is what he wrote:

"Dear Mrs. Jones—Your husband can't come home today because his bathing suit was washed away.

"P. S.—Poor Jones was inside the suit."—*PEARSON'S WEEKLY.*

A Willing Patient.

A Topeka man was complaining of rheumatism.

"There's no excuse for your being afflicted," said a friend. "I used to have rheumatism. When it would strike me, I would go home and have my wife throw her arms around my neck and give me a massage treatment. It helped me every time. You ought to try it."

"I will," said the man. "When will I find your wife at home?"—*KANSAS CITY JOURNAL.*

ANGINA PECTORIS

CHAS. C. REID, D. O., M. D., DENVER, COLO.

THIS is the name given to a particular kind of pain about the heart. Just like many other ailments this one derives its name from the most prominent symptom. ANGINA means it is characterized by spasmodic suffocative attacks. PECTORIS comes from the word PECTUS which means breast; literally angina pectoris means that we have a pain in our breast. Classically it is a paroxysmal pain in the region of the heart with suffocation symptoms. It is referred to as "breast pang". The name is merely a symptom and tells us nothing of the cause of the trouble. Too often we are satisfied with a mere name for the trouble and fail to enquire further.

The cause of this agonizing pain is an interesting study. The trouble is more often in adult males than in females. Invariably there is mechanical trouble with one or more of the upper ribs or dorsal vertebrae. Note the cut with nerve connections at the upper part. The pain is often referred there and may be referred to the neck region, down the arms, or even as low as the waist line in the back.

There are different theories set forth by investigators in explanation of the pain of angina pectoris. One of the prominent theories is that it is NEURALGIA OF THE CARDIAC NERVES. Again a term from noted authorities is used that explains nothing as "Neuralgia of the cardiac nerves" means a pain in the nerves which supply the heart.

Another theory is that it is a cramp of the heart muscle. But why the cramp? A third theory is that it is extreme tension and dilation of the walls of the heart. Why? What would produce such a condition? A fourth

theory is that the heart muscles become temporarily deficient with blood from spasm of the coronary arteries, i. e., the arteries to the heart muscles themselves. Again why should we have spasm of those arteries?

The primary cause which answers for all four theories is found in faulty mechanics of the upper ribs and vertebrae. This disturbs the nervous mechanism and thus predisposes to the pains which may be brought on directly by cramps, spasms, contractions or dilation of the heart muscle and other changes. The trouble may be associated with organic heart disease, valvular lesions, hardening of the arteries (arterio-sclerosis), high blood pressure, etc. In some cases sclerosis of the coronary arteries has been found, but in a large majority of sclerosis cases examined there is no symptom of angina. It is evident that the sclerosis is not the primary cause, at least.

In the study of angina pectoris there is reference made to neurotic and toxic angina pectoris. The abuse of tea, coffee, tobacco, and alcohol may be a contributing cause in such cases.

PROGNOSIS AND TREATMENT.

A physician of any school would regulate any bad habits of his patient in these conditions. Too much tea, or coffee drinking, smoking, or consumption of alcohol should be prohibited. A quiet life without muscular exertion or emotional excitement is recommended. While this part of the treatment is important it is not the most essential. There must be correct adjustment of the faulty mechanics mentioned above. There must be skill as well as knowledge applied. Treatment may be impotent or dan-

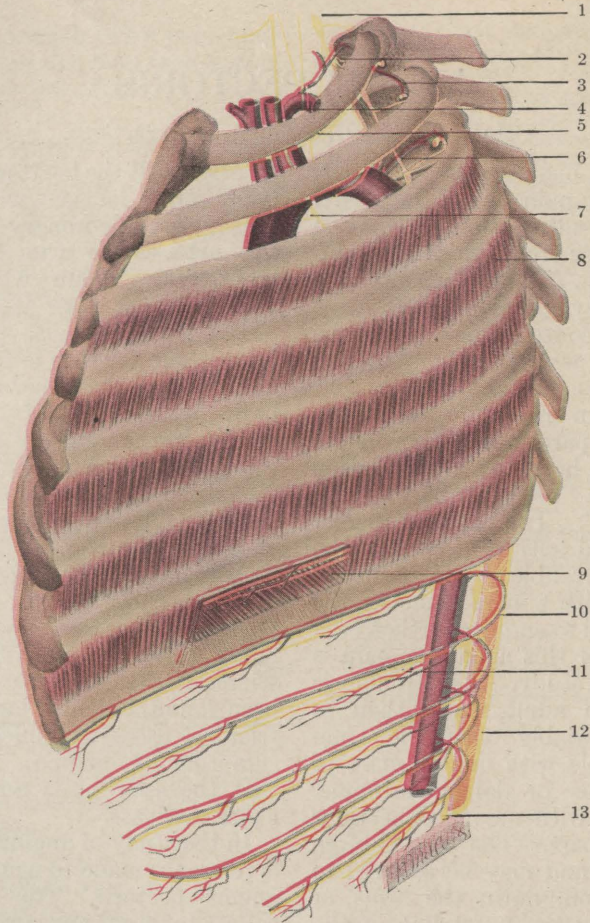


PLATE II. (F. P. Millard). Side view of the chest showing the intercostal muscles, nerves and blood vessels. The last four ribs and the muscles of the first and second intercostal spaces have been left out of the drawing to give a better view of the nerves and blood vessels. 1, Inferior Cervical Ganglion; 2, Stellate Ganglion; 3, 2nd Intercostal Artery; 4, Ansa of Vieussens; 5, 1st Intercostal Nerve; 6, 1st Aortic Intercostal; 7, Recurrent Laryngeal; 8, Ext. Intercostal Muscle; 9, Int. Intercostal Muscle; 10, Intercostal Artery; 11, Lat. Cutaneous Branch; 12, Spinal Cord; 13, Sympathetic Chain.

gerous in the hands of the ignorant, incompetent and unskillful.

Under the skillful adjustment of an EDUCATED OSTEOPATHIC PHYSICIAN the results in angina pectoris are usually good. If valvular heart disease (especially aortic insufficiency) has developed, or extensive hardening of the arteries, there is less chance for recovery, however some relief in severity

and frequency of attacks of the pain may be had.

If the system is not normal and toxemia (poisons in the blood) develops and nervousness occurs, the treatment must be inclusive of all contributing causes of the angina pectoris. Osteopathy has much to offer to those who suffer with this distressing condition.

The Osteopathic Magazine

The purposes of this magazine are to discuss, from the osteopathic standpoint, questions affecting the public health; to aid in promoting such reforms as contribute to the health and happiness of the people; to oppose all unjust and arbitrary exercise of authority violative of the rights of individuals; to present the distinctive contribution of osteopathy to the science of disease prevention; and to give practical advice in regard to personal hygiene and such other information as should be found in a family health magazine.

**Published Monthly by the
AMERICAN OSTEOPATHIC ASSOCIATION**

Subscription price, \$1.00 per year in advance.
Single copies, 10 cents.

SEND SUBSCRIPTIONS TO

DR. A. L. EVANS, Editor - - Miami, Florida

DIRECTORY OF OSTEOPATHIC COLLEGES

AMERICAN SCHOOL OF OSTEOPATHY, Kirksville, Mo.
CENTRAL COLLEGE OF OSTEOPATHY, Kansas City, Mo.
CHICAGO COLLEGE OF OSTEOPATHY, Chicago, Ill.
DES MOINES STILL COLLEGE OF OSTEOPATHY, Des Moines, Iowa.
LOS ANGELES COLLEGE OF OSTEOPATHY, Los Angeles, Calif.
MASSACHUSETTS COLLEGE OF OSTEOPATHY, Cambridge, Mass.
PACIFIC COLLEGE OF OSTEOPATHY, Los Angeles, Calif.
PHILADELPHIA COLLEGE OF OSTEOPATHY, Philadelphia, Pa.

Catalogue and other information desired will be sent by any of the colleges upon request.

DR. S. V. ROBUCK
OSTEOPATHIC PHYSICIAN

RESIDENCE
5549 WINTHROP AVENUE
TELEPHONE RAVENSWOOD 7089

OFFICE
27 EAST MONROE STREET
TELEPHONE CENTRAL 3715
