

Journal of Osteopathy.

The Object and Aim of Osteopathy Is to Improve and Advance Our Present Systems of Surgery, Obstetrics and Treatment of General Diseases to a More Satisfactory Position Than They Now Hold.

VOL. I.

KIRKSVILLE, MISSOURI, DECEMBER, 1894.

NO. 8



DR. A. T. STILL.

HISTORY OF OSTEOPATHY.

It is now something over twenty years since Osteopathy presented itself to the student of mysteries, to the student of facts, to the student of truths. Osteopathy when it first presented itself to its founder did so in a rude shape as all sciences do, and to be sure was not inviting to any marked degree. But its discoverer was not to be discouraged by its homeliness. On the contrary he saw in its shapeless form jewels that shone like diamonds in the rough. It then only remained for him to clear away the rubbish, wash the jewels to a brilliant hue, and give to mankind a living, breathing science—a thousand facts that must be admitted, a thousand truths that cannot be successfully denied. In presenting the science of Osteopathy to the impartial, unprejudiced student, its founder, after twenty years of ceaseless toil, feels that another oasis on the desert of life, has been discovered; another fountain on the arid plains throws forth its life-giving waters from which it asks all to come and drink freely. He does not ask this feeling any delicacy as to

what the result will be, for after years of successful treatment of all or nearly all diseases human flesh is heir to, he knows whereof he speaks. Why and how does he know this, you ask? You are answered with another question, why and how does the silversmith of long years' experience in his profession, know when the finest of watches are adjusted to keep perfect time? The student of Osteopathy, who applies himself closely for twenty years to the study of this science, will know what's the matter and what's the remedy, in all the ailments that flesh is heir to. The founder and the truthful students of Osteopathy do not profess to be able to resurrect the dead, neither is it expected to teach to others in three or six months what has taken him years of ceaseless toil to fathom, and lift from its darkest recesses to the sunlight of truth. He who goes forth as a graduate of the American School of Osteopathy should be fully prepared and equipped to successfully battle in public and in private, in the office or on the rostrum with every denier and every defier of the lofty science he has the honor of defending. He

should go forth fully prepared to meet the arguments of all comers. If he fails in this, he is false to himself and a sham to the science he represents. Osteopathy at its present stage of development, challenges the admiration of the student of progress. It unfolds a thousand facts as simple as A B C. But you must understand these facts in order that they may be simple to you. You must, in addition to this, discard the idea that Osteopathy is a special gift to its founder and cannot be taught to others. On the contrary it is placed before the world the same as the science of electricity, and one principle after another has been discovered till an unbroken chain of principles has been formed, strong enough to stand the test of eternity, natural enough to live as long as nature's well defined lines remain unchanged. Who could ask more? Who wants more? All mysteries are hidden in nature, all facts are found in nature, all discoveries are made in nature. Then does it not follow that nature's unchangeable laws must be followed in order to find what you seek? Osteopathy is one of the natural sciences; Osteopathy is found in nature: Osteopathy is founded on nature; Osteopathy is natural: Osteopathy is NATURE. How plain, how simple, how concise! Can you conceive of a simpler way to present this wondrous modern science? A science that has stood the abuse of a failing profession; a science that has been butchered by its recruits; a science that has stood alone in the realm of wonders and put at defiance its harmless slanderers; a science that has had aimed at it a thousand poisonous arrows, all of which have fallen harmless and broken at its feet. Osteopathy stands to-day the marvel of the most progressive age known in the history of the world. It asks no favors; it shrinks from no responsibilities; but it does ask from the incredulous, investigation. It appeals to the intelligent, thoughtful people to court its virtues, to seek its truths, to expose its fallacies, if they can be found, and testify to its deeds of valor nobly done. Osteopathy has taken no backward step and don't intend to. Side by side with the most

modern sciences it will be found marching to the wild, grand music of progress, while on its pathway, just in front, will be falling the golden dawning of grander days to come. Out of the darkness it has cut its shining way that's not to be obscured by fraud or fiend. Onward and upward will be its cry till mankind will do homage to its priceless truths and bow in humble submission to facts and figures that cannot lie, to deathless deeds that breathe the breath of human life. A. T. STILL. KIRKSVILLE, Mo., Dec. 24, '93.

IN THE EARLY DAYS OF RAILWAYS.

Physicians frequently become facetious in discussing Osteopathy as a science. Some assume an air of injured innocence at even the name, but whenever a college of Osteopaths shall meet and by resolutions and whereases make scientific blunders to equal the following made by the members of the Bavarian Royal College of Medicine, we shall call on Gabriel to toot his horn:—

"The finding among the papers of the Nuremburg Railway Company—the first to construct a line in Germany—of a curious protest from the members of the Bavarian Royal College of Medicine is recorded in an English paper. This document declares that all the traveling in vehicles drawn by locomotives should be prohibited in the interest of public health. Such a rapid motion, it is pointed out, cannot fail to produce in the passengers the mental affliction known as delirium furiosum. Even should the passengers themselves be willing to run this terrible risk, it is, nevertheless, the government's duty to protect the public. To the mere onlooker, moreover, the thing is positively dangerous. A mere glance cast at a locomotive traveling at a very high speed is enough to produce the same mental derangement in the beholder. Even if passengers are to be allowed to ruin their mental powers it is at least absolutely necessary that a 10-foot wall should be built on each side of the line throughout its entire length, so that the flight of the iron horse may in no way unsettle the public eye and mind."

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Journal of Osteopathy.

OSTEOPATHY.

The first annual address to the pupils of Osteopathy, delivered Jan. 1, 1891, in Kirksville, Mo., by Dr. A. T. Still, discoverer of the New Science of Health.

He said:—

"Despise not the day of small things," was said long ages ago. That is just as good to-day as then. You can be counted on the fingers of one hand. One year ago one thumb was enough, as the writer of this feeble address was all there was of the school and its pupils. Sit still, men, while I tell you some good news! Since you five entered the school of bones, applications have been legion to become pupils of this grand school. Money is offered to establish a Hospital School to treat the sick and teach the philosophy of healing without poisonous drugs, on whose trail at every step you behold death, insanity, idiots, drunkenness, opium eating, morphine habits, chloral eating, whiskey drinking, drug doctors, conjecturers and no conclusions by its advocates. You are now in the pursuit of a study that is as true as mathematics. You can answer yes to all questions as surely as the astronomer can trace the velocity and magnitude of the heavenly bodies, besides you have a truth to argue from and a fact as its voucher. Thus your answer is absolutely yes and no. At an early day you will have to fill the chairs of professors of the greatest institution that ever had a place on earth. Its name is and will be Osteopathy. Now let me say to you in solemn truth, that no gray haired nor youthful physician has ever answered the question, What is the cause and cure of asthma? You can, and prove what you say by your work. Can the M. Ds. do as much? No! not to the present age. The same of goiter, heart, lung and all other diseases except contagions and infections. Have you not cause to be proud of the step you have taken? When you are old and all the world can look over your life and say, "No man, woman or child has been made a drunkard nor addicted to any of the habits of drugs by you," such as morphine eating, pill taking, whisky drinking, or any of the whole list of habits belonging to drugs caused by your school. Can any one of the one hundred and fifty thousand M. Ds. of America say as much? No, but they can safely say, "We have made two each for every year, which makes three hundred thousand sots we, the M. Ds. of America, have made, and seven out of every ten of us are addicted to some drug habit." The big medicine men of America ask legal protection. They ask the legislatures to prohibit and punish by fine and imprisonment any and all treatments of diseases but the

Old Bangwell system of pukes, purges, blisters, skin syringes, poor man's plasters, and so on until the money is gone, then advise the mountains or Florida, where buzzards are plenty. You may be laughed at, but the last laugh will be sweetest, which will be yours. Should I live twelve months look for more of the same kind.

ANNUAL TALK

To the Students and Diplomates of Osteopathy
By A. T. Still, Dec. 23, 1894.

Ladies and Gentlemen of the Faculty, Students and Operators:—

Twelve months have passed, twelve golden links have been forged in the chain of Time since last we gathered for a Christmas talk. And when twelve times the moon has waxed and waned again, if the "silver cord of life" be not loosed, I hope to truthfully report even greater progress than to-day.

My heart has been made to rejoice at the success of the rule requiring the students to attain a grade of 90 on the scale of 100 in Anatomy. The past twelve months have fully shown the importance of thoroughness in this science.

This regulation will, with impartial hand, reward the patient toiler and drive the sluggard from the clinics of Osteopathy. Under our new laws each candidate for admission into our ranks must wear the helmet of intelligence and the breast-plate of honor; must bear the shield of morality and be armed with the spear of industry. This science reveals not its treasures lightly and exhibits the full depth of its wealth only to those, who by constant research delve in its mines and gather rare jewels with which to decorate their mental fabric. It is Truth, its laws emanate from the great central heart of the universe and govern man with the divine simplicity that reigns throughout all nature. It has demonstrated to the scrutinizing philosopher that the eternal artisan is fully competent to plan, construct and run the machinery of life, from the Alpha of the cradle to the Omega of the grave, far better without than with the use of drugs—those deadly destroyers of life which have been used ignorantly, but popularly, for ages.

The tree of Osteopathy is of sturdy dimensions and must be protected from parasitic growths, the most prolific of which are members of the medical fraternity who have naught to recommend them to the shelter of its branches save an empty purse and a brain teeming with anti-

quoted ideas: men whose successes have been successful failures—the result of their cut and try methods.

We are democratic in view and do not wish to enter into reciprocity with any of these fossils of science.

You, who as yet have but a slight acquaintance with Osteopathy, know that it has found an abiding place in all earnest, enquiring minds, and though but infants yourselves in the science, you have seen the giant of ignorance felled by the shaft of your intelligence as Goliath went down before the pebbles of David.

Progress is our watch word; rapid have been our strides toward the goal of perfection in the past year.

The Osteopath of to-day—providing he has spent the passing hours in filling his brain instead of his purse—stands as far in advance of the position he occupied twelve months ago, as the white glory of an incandescent light is in advance of the feeble rays emitted by a tallow candle.

Ever remember that the Osteopath is an engineer with his hand upon the lever of nature's unerring law; and if his brain be not "deformed in its utter bareness" and his hand devoid of skill, he will guide his locomotive engine—man—from the dismal swamp of discouragement and disease along the line of improvement to the station of health.

In the mighty warfare that is being waged between health and disease, stand true to your colors; use the tactics of a wise general, marshal your forces with discretion; let your onslaught be fearless and if your brain has not lost its clearness and your hand its cunning, victory will perch upon the banner of health and disease be vanquished.

A year ago our facilities were few, our patients many. To-day—erected at a great cost and under the supervision of a fine architect—there stands, almost ready for use, a building which we trust will meet at least the present requirements. Above it the American eagle—emblem of freedom—rears its head. Its massive oak doors open wide to you in welcome; its operating rooms invite you to enter and lay aside your pain; its lavatories, where the cool water splashes in marble basins, ask you to be refreshed; its waiting-rooms offer a place for social converse; in its class-room you will be furnished with weapons for the coming conflict, weapons more powerful than sword or battle-axe, ideas 'leaping from awakened intellect—keen-edged and brighter than the sunbeam,' burning with indestructible life. These must be your weapons with which to

meet the world.

Twenty years ago the craft of Osteopathy was launched upon the stream of Time.

At first its progress was slow, its way shrouded by the gray mists of tradition. But so true was the workmanship in every respect, so strongly and staunchly was the vessel built in every part that it has steered clear of the strands and rocky reefs that have threatened, has successfully combatted with the tempests of ignorance and superstition, and "will sail majestically on and on until the ripples before its prow break on the shores of eternity."

Dr. Still Gives the Students of Osteopathy a Practical Talk.

"As we have just lost one of our most learned professors of our Normal by the deadly disease, erysipelas, which is only one of many thousands who fall by it annually, so you set out with the truth that it has met no opposition by drugs from any school of medicine by either large or small doses. But Osteopathy says, Stop, and it obeys. Now allow me to say, it can be cured by you. For example, you take facial erysipelas, it generally begins by sores or wounds in the nose or on the face near facial, superior and labial veins. Now let me tell you those veins become irritated to contraction and refuse to receive and pass arterial blood from the face until the capillary arteries give way and spill the blood in the soft parts, which soon forms matter which is poisonous, and is taken up by the absorbents and continues to compress and poison until death of the whole system is the result. You need not fear defeat if you attack three general ligations: the nerves, veins and arteries. Use your reason and deal with a man as a machine. You are now in the place to put on the life preservers and not the life destroyers, which means no drugs, poultices or local applications. Your philosophy is abundantly able to save life. Carefully guard first the nerves, second the arteries, and lastly open the veins which you know full well how to do. Yours is a philosophy, no guess work, when combating diseases, as you have been carefully trained in all the machinery of life. I trust you will never compromise your dignity by giving drugs any countenance when you are dealing with diseases. I will soon take up pneumonia as my next.

Our philosophy gives you a feast while the philosophy of drugs gives you the nightmare of superstition.

"Stand up, Mr. Jones. What have you to offer why this court should not pronounce the sentence of the law upon you?"

"Your honor," said the prisoner, "I have nothing to offer; I had \$10, but the lawyer got that."

Journal of Osteopathy.

WOMAN'S CHANCES AS BREAD-WINNERS.

THE WOMAN'S VIEW.

BY PHOEBE J. B. WAIT, M. D.

In the medical profession women have an equal chance with men. The field is wide and there is money to be made in it. The knowledge that is necessary can as well be acquired by a woman as by a man, and in many cases it is more thoroughly acquired by women. They are more studious; they have no distractions to divert attention from their studies. They do not indulge in games and play; they spend not only their days, but their evenings and leisure moments, in the study of their profession.

I speak from experience. During twenty-three years of association with women students and practitioners, I have seen or heard of but very few failures. On the contrary, I know of many who have achieved fortunes and who are enjoying a lucrative practice.

Prejudice? Yes, there is prejudice against them; but it is the same prejudice that does not allow women to have political suffrage; the same that objects to women being anything but housekeepers or butterflies. It is the prejudice that every radical movement meets. There is no foundation for it, whatever, and it will pass away in time. I find that foreigners, Germans especially, who have been accustomed to midwives in their own country, take most kindly to female practitioners. It is the American people that stick to the old exploded theory of woman's inability to own and manage property, to buy and sell, or to follow a learned profession. The extent to which this prejudice is being overcome is surprising, and the remarkable point is that we have got along so fast. When I contrast the situation of to-day with that of a quarter of a century ago, I see broad differences. During that period thirty-eight medical colleges have been opened to women, and seven others are exclusively for women. In the West they are more liberal than in the East. There are to-day upwards of three thousand women practitioners, where, but twenty-five years ago, there was a score!

It is argued that women dislike the sight of blood. Of course they do. So do men. When I commenced the study of medicine I was fully convinced that women would not make good surgeons, but a long experience has reversed that conviction. I have seen some admirable sur-

gery done by women. Many of them undoubtedly possess the nerve to perform any surgical operation. They do their work in a masterly manner, and without flinching. The theory that woman's nervous temperament and sympathetic nature militates against her in this connection, is absolutely without foundation in fact. There is a defect in women which I have observed, and that is, they are sometimes lacking in business tact. They work as hard and as successfully as men, but they dread to send out their bills. The more business qualifications a medical practitioner possesses, the more likely is she to succeed. In all other professions and trades women receive less compensation than men; but the woman who cures a cold or prescribes for a fever, charges and receives as much for her services as her brother in medicine. The great requisite qualification is a thorough education. The more thorough the better. It is not necessary to have a pronounced taste for the profession, though one is more likely to succeed who has a strong liking for it. There is money and reputation to be made by those who earnestly follow this profession, and the prejudice that exists against female practitioners is groundless. All a woman needs to do is to make good cures. She must plod away and by hard work, continual study, and conscientious endeavor, show to the world that though her hand is gentle, it can be firm and steady; though her sympathies be great, they only make her more careful in whatever she undertakes to do. Success is sure to attend honest endeavor, whether by man or woman.

THE MAN'S VIEW.

BY GEORGE F. SHRADY, M. D.

Man, it is generally believed, is so unable to discuss woman's work from an absolutely impartial standpoint, that your contributor may not appear to advantage in the present instance. Still more may this be the case when speaking of woman's chances in his own profession. However this may be, the impressions are offered for what they are worth.

In estimating the capabilities of the opposite sex for the field of medicine, we must be prepared to compare the work she is able to do with that already being done by her masculine competitor. To have a fair chance she should be equal to him in every respect, if not his superior. Indeed, to create for herself a new sphere, or demonstrate a new outcome for her energies and tal-

ents, it becomes almost a necessity with her to prove more than an ordinary fitness for the vocation.

With every desire to encourage her in her laudable ambition, we cannot admit that in medicine, at least, she has any peculiar qualifications which, as a woman, make her a superior doctor. When we are ready to grant that intellectually she is man's equal, that in gentleness of disposition, in force of sympathy and in delicate tact, she may in the long run excel the old time masculine doctor, we are conceding everything which the courtesy of the occasion can allow. Beyond this she is handicapped in many ways, simply because she is a woman. In the majority of cases she is physically unable to endure the hardships and privations of medical practice. She is incapable, also, by her natural sympathies, sensitive disposition and feminine prejudices, of fitting herself easily and profitably to her surroundings and its requirements. She is forced to cultivate the sterner qualities of her nature at the expense of her better womanly feelings—something always hard to do with one who may not be accustomed to the discipline of energies. Of course there have been successful woman doctors. There are now female physicians in all of the large cities who have not only won for themselves positions and money, but have gained enviable reputations besides. These are, however, only the brilliant off-sets to the dull background of mediocre merit, of faded hopes and disappointed aspirations. The exceptional few have succeeded not because they were women, but in spite of their being women. In fact, it is hard to resist the conclusion that even these few would not have done still better if they had only been men.

Far from intending any discourtesy to the female sex, I am striving to pay it a compliment by saying that the reason why woman is not fitted for medicine is because she is too delicate and good for its rougher and harder work. It is on account of this physical unfitness for such duties that woman is less likely to succeed in the medical profession than in that of any other, for instance, music, painting and literature, in which the higher intellectual faculties are equally trained. Medical men do not begrudge women an equal chance in the race. In many instances they give them more encouragement than a man would receive under similar circumstances. But the profession is already over-crowded. Thousands of young men are graduated from the medical colleges annually, for whom there

is no practice.

I must needs yield to the temptation, here and now, of saying what has often been said in these columns concerning woman's real place for woman's work, the place for which she was intended by God and man, where she can do the greatest good in the best possible way—and that place is Home. An ambition beyond being an affectionate sister, the loving wife and the fond mother, is so foreign to the recognized genius of woman, as not to be entertained in connection with her real advancement. What she may consider a step forward in that regard is a retrogression, the transformation of a ministering angel into a mere professional drudge. Would it not be more in keeping for our smart little Mary, who is studying typhoid in a district hospital, to be at home nursing her sick brother, smoothing the pillow of her invalid mother, or, perhaps, cooking a dainty for her over-worked father? Or, perchance, she is herself a mother. What recompense would there be even in the discovery of a new bacillus or the writing of a prize thesis, when husband and children may be suffering neglect at home?

Does the end justify the means when even her new field is already more than occupied by those better fitted physically and in, perhaps, every other way for the struggle?

Consumption, croup, hay fever and asthma, the four great cannibals of the world, have never failed to capture their chosen ones or thousands at will. They take the babe, mother, father, minister and doctors of all schools, because they are all equally helpless. The doctor's drugs, lymph and all, take the place of seasoning as salt and pepper do, only to give relish to the four eaters of flesh—But you O. Ps. know, by happy experience, that there is a balm in gilead for "daughters" and sons, that says to those four cannibals, Stop, and they do. You must not eat of our loved ones till age has marked them with the gray hairs of declining usefulness. Does not the violinist know what notes to touch to cause harmony? Are you not as wise as a fiddler? Are you as dumb as a brute! No! gentlemen, I think better of you. You know what strings to touch to sound the lungs, or any other part of the whole system, or you have slept on your post and should be ashamed of yourselves, and should never be allowed to wear a stove-pipe hat till you have traveled in sack-cloth and ashes, till you have atoned for your ignorance and stupidity. Is not God's law absolute? If so, defend the nerves, arteries and veins, and look for the results. They will not deceive you, as cause and effect are absolute.

Journal of Osteopathy.

ISSUED MONTHLY.

BY THE
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All subscriptions must be paid in advance. Address,

JOURNAL OF OSTEOPATHY,
Kirksville, Mo

Entered at the Kirksville Post Office as
Second Class Matter.

DECEMBER, 1894.

The year 1894 will have ended before another number of the JOURNAL will reach our subscribers and friends. We embrace this opportunity to extend to one and all a Merry Christmas and a Happy New Year. The JOURNAL in the future will be edited and published by the American School of Osteopathy. We are more than thankful for the patronage given to the JOURNAL by our ever liberal, energetic business citizens. We hope, by a course of fair dealing, to continue to merit the same. The JOURNAL in the future will be devoted mainly to building up the College of Osteopathy and bringing it to a high standard of excellence and merit. The aim is to make it second to no institution of the same character in the land. The science of Osteopathy is now upon a solid foundation. By degrees it is forcing its way to the front. The phalanx of opposition is broken, the enemy is in confusion and doubt. The setting sun of the dying year, 1894, will shine upon brilliant achievements won by Osteopathy in the last twelve months, far beyond the most sanguine expectations of its friends. The JOURNAL is on the wide gage, both in religion and politics. We draw the line only on old pills, porous plasters, peripatectics and pretenders. We shall aim to convince, by fair discussion and truth, in a spirit of friendship and candor, those who differ from us. In the same spirit we shall ever be found combating error, whether in law or medicine, with all the ability we possess. Finally, our cherished and fond hope is, to be able to furnish a periodical which may benefit and instruct those who read it.

EDITORS.

"Equal rights to all, special privileges to none," is the correct principle by which legislation should be enacted. Believing Osteopathy merits recognition among the schools of medicine, we shall ask the next General Assembly of the State of

Missouri, to give that recognition. In making this request we feel confident of our ability to demonstrate to the most skeptical, that Osteopathy is one of nature's laws, and when understood and applied, is one of the safest and surest modes of treating diseases yet discovered by man. Should we fail to secure this recognition at the coming session of the General Assembly, we shall neither faint nor fall by the wayside, but move onward in demonstrating to the world that Osteopathy is a science. To unfold this science, the key is through anatomy, surgery and obstetrics. Upon this basis the science must stand or fall. To minds filled with prejudice, there is no sure mode of approach; the citadel is impervious to assault by calm or storm. But the consolation that "truth is mighty" is our guiding star.

The question is frequently asked, How long does it take to master Osteopathy? Experience has led to the conclusion that no person can fully understand the science in less than three years and not in that period without faithful application and hard study, guided by reason and intelligence. Experience has demonstrated the fact that any less than three years' time spent in studying Osteopathy would but partially qualify the hard-working, intelligent pupils, while the slothful would go out into the world better prepared to do harm than good. There is another class to whom we wish to give a word of caution which may save them trouble and disappointment. Persons in good health, mentally, morally and physically sound, between the ages of 20 and 40 years, who can read, write and speak the English language correctly, are the only ones who need apply for admission to study Osteopathy. Old people, who have no recommendation except the failures they have made in not being a success in life, need not believe they can succeed in Osteopathy. Please don't apply. Experience has also taught that it is positively dangerous to turn any one out as an Osteopath who has not thoroughly and intelligently studied and understands the science. This mistake will be sedulously guarded against in the future and puffers and blowers will be deprived of their stock in trade, wind. No honors will be conferred upon any person, as a pupil of the American School of Osteopathy, unless merited and won by a grade of not less than 90 upon the scale of 100, upon a fair and impartial examination. Money, good looks, relationship nor so-

cial standing can make up for lack of brains. From plain talk misunderstandings never arise. Candor and truth should be the rule of action common to all.

The trustees have determined not to open the American School of Osteopathy for the reception of students before the 1st of August, 1895. This course was made necessary on account of the lack of sufficient room in which to teach the class, but to accommodate the pupils who had begun the study early in this year or who had made arrangements to enter the school this fall, Dr. Still has organized a private class into which properly qualified persons can be enrolled at any time prior to January 10, next. After that day no person will be admitted to the class of '94. This class as organized, will be graduated before the class organized in '95. No person is urged to enter this class. You have the privilege if you desire to do so. The course of study provided for the present class is the same as the first year's course will be in the College. No student will be allowed in the operating rooms until he has made a grade of not less than 90 in Anatomy. The school and the operating rooms are separate institutions.

One of Kirksville's most pretentious physicians, less than a century ago, was called to see a man suffering from a gun-shot wound, a few miles outside the city limits. He returned, reported to the local press the difficult and dangerous surgical operation he had performed, how nicely the patient was doing and his recovery was but a matter of time. The patient was dead and buried before the paper came out. Was this medical ethics, or was it prevarication? O, Noe!

"As much pity is to be taken of a woman weeping, as of a goose going barefoot."

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Notice.

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Journal of Osteopathy.

BY THEIR WORKS.

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In this way patients are brought in!
A fruitful harvest always springs,
From good seeds just and fitly sown!
'Tis not from use of printer's ink,
But by their works that they are known!

—MARILLA CANNON.

A LETTER TO MRS. ENQUIRER FROM MRS. EXPERIENCE.

Dear Friend, I send this missive forth the news to bear to thee,
That I, in thought, have wedded been to Osteopathy.
Now, do not raise your hands and say, "She knoweth not her mind!"
When you have heard my story all, your judgment will be kind.
In years ago when burning pain first seized me in its grasp,
I felt the need of a strong arm to help unloose its clasp.
The science (?) of allopathy made promises most sweet:
I joined myself to it in heart—it seemed a partner meet—
The union most productive was of plasters, draughts and pills,
And did exceeding multiply my aches and pains and ills.
I found this match not heaven-made and if myself I'd save,
Must break the fetters of guess-work and so escape the grave.
Without the sanction of the law, myself I did divorce,
Joined hands with Homeopathy, which also proved a curse,
For little pills with sugar sweet and poisonous aconite,
Wrought greater mischief in my life than deadly dynamite;
From this new love I thought it best to quickly draw apart:
But where could I with safety find a place to rest my heart!
Hydropathy then forward stepped and unto me made suit.
This marriage quite prolific was in very watery fruit:
I soaked in baths of water cold and water on the boil.
Until my very joints did creak for want of needful oil.
Next, Hygiene I did espouse its fruit and graham bread,
Its Swedish movements by machine, 'till I was almost dead.
It's mandate stern, a taste of salt in food would not allow,
Until the very tears I shed were fresh, I truly vow.
Again divorce came to my aid, but still I was in grief
For all the helpmates which I sought had failed to give relief.
While deeply plunged in pain and woe, there was borne unto me,
The fame of a new Science grand, Fair Osteopathy.
This science doth no offers make: it must be sought and won.
I tendered it my heart and hand, the thing was quickly done,
And now we stand united firm for all the coming years.

To bear the fruit of health and love and banish pain and fears.
A locomotive engineer each Osteopath doth stand,
And guides his engine, mortal man, with true, unerring hand:
With master touch he doth adjust this engine's every part—
Nerves, muscles, bones and ligaments and e'en the throbbing heart.
This science is exact and in accordance with its law
Each organ is revived and acts without a flaw.
It gives to man flesh, strength and health; makes him renew his youth.
This grand result it doth attain without a drug, forsooth.
So unto this, my new found love, I true and staunch will be,
And never will I be divorced from Osteopathy.
I am most sure this match hath been of origin divine,
And so I wait your wishes good—as ever I am thine,
And hope that you may truly seek the way that brought me joy,
Sweet harmony it will restore and peace without alloy.
I did not think so much to write when first I did commence,
But you'll excuse, for just this once, your friend—Experience.

—TEDDIE.

ORATION AND PRAYER.

Delivered July 4, 1894, By Dr. A. T. Still.

Our oration is honorable and right, our subject is life and death, slavery and freedom. Our people said over one hundred years ago: All men are free and equal by nature. There was much opposition but we are free. We respect all nations, fear none, extend freedom to all; our laws make no lords nor surfs. Our people move in the front line of all progress. Our society is good or bad, you are free to choose ignorant or wise, sober or sots, philosophers or fools. Osteopathy with science and reason, other pathologies with drink, drugs and their seasonings. Our schools are deep or shallow, our theology is wet or dry, hot or cold, formal or fussy, spiritual or material, conditional or decreed. Our sick use medicine or let it alone according to their knowledge of man's superstructure. One finds diseases come from the liver, the other from the deranged stomach, then the big wise ones say it is microbes; but Osteopathy does not care how disease comes, but how to make it leave and let the suffering human go free, and says, come unto me all ye ends of the earth and I will give you rest.

And the choir sang,
"De year ob jubilee am coming,
which was followed by prayer,
then the dismissal.

THE PRAYER.

Our Father, who art in Heaven and in Earth and in all things but whiskey and such things as men have no business with, thou hast been asked to

take the place of father, by us; give us our daily bread and no whiskey; give us reason and keep snakes out of our boots. Give us good knowledge of our true bodily forms and tell us how to know when a bone has strayed from its true position and how to return them to their natural places. Also lead us not into temptation to get drunk when our limbs are on a strain and make a few pains, but teach us how to cure or stop fevers, mumps, measles, flux and all diseases of the seasons as they roll round. Thou knowest our people do foolish things when they are sick. O, Lord, throw a few lightning bugs of reason on our M. Ds. Thou knowest their eyes can't all open at once like a litter of pups, but light them out one at a time, and if thou failest, open the minds of the people, so they will not be subjects of experiments any longer. And deliver us from all drugs, for thou seest just in front of us a world of maniacs, idiots, criminals, nakedness for the babies and hunger for the mothers. For thine is the kingdom from now on. Amen.

THINGS THE JOURNAL WOULD LIKE TO SEE.

A large attendance at the Dedication on the evening of the 10th of January next, at the new Osteopathic building. The invitation is to all.

To see the streets in Kirksville lighted by night and cleaner by day.

To see an inspector appointed to pass on the condition of butchers' stuff slaughtered in Kirksville, and sold to the citizens.

To see no idlers on the streets. All prosperous busy and with sufficient time to attend to his or her own business, and let other folks business alone.

To see the list of subscribers to the JOURNAL OF OSTEOPATHY increase rapidly.

To see all the patients taking treatment at Dr. Still's rapidly improve.

NOTICE

To Applicants for Treatment.

All applicants for treatment, at A. T. Still's Infirmary, are requested to not board at places not friendly disposed to the advancement of our science. If you do not feel able to pay \$1 per day for hotel fare, please ask my Secretary, who will direct you to good private places, at from \$3 to \$5 per week. I do not think patients improve as well in some boarding houses as in others. I do not wish to take patients or their money, simply for the profit there is in it to me.

A. T. STILL.

Elegant Line of
Silver Novelties and Souvenirs.

The Osteopathic Souvenir Spoon.

Solid Silver Skeleton Handle
with fine photo of Dr. Still,
Founder of American School
of Osteopathy, in the Bowl.

Special Prices on



Watches,
Jewelry,
Etc

To Osteopathic Patients.

Something for You.

In the near future we will have a new feature in our business and it will please, especially, the west end customers, who live around and adjacent to the New Infirmary of Dr. A. T. Still. Wait and look for it in the near future.

Your Best Wisher,

L. C. SIGLER.

McKeehan & Reed,

Proprietors of

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Brushes, Soaps, Fancy and
Toilet Articles.

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Cigars.

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Leading Photographers.

Photos of Dr. A. T. Still and of
the operators for sale.

Also the Graduating Class in Osteopathy.

Journal of Osteopathy.

Twelve months ago to-night, all the professors and students of Osteopathy congregated at my house. Had a good time and adjourned with a resolve to push the unfolding of the new and grandest science that was ever given man to solve, and at this place and date report the progress made. As we cannot all meet, it must suffice to report by letter. The faithful student of Osteopathy indeed must see and feel truly proud of the position he occupies to-day compared with that occupied by him a year ago. As I am a Methodist and did speak in class a year ago, I will now speak again.

I have never, during the twelve months just past, allowed a deed, drug or act of any man, woman, child, beast, bird or reptile to move my mind for a single day or hour from the study of the Divine law of life as found in man. I feel that the year has passed me to a much higher knowledge of Osteopathy: of this I am proud. I have been able during the twelve months just past, to avoid the greater part of the exhausting labor, and secure more positive results.

To solve all diseases and cure all the curable, an operator has to know the meaning of the word Asphyxia. True diagnosis and prognosis can be given only by those who understand the law of Asphyxia. This belongs to the new method of solving the mystery of disease and death of a part or the whole of the body. My operators have a full knowledge of this law. They do no guess work. They know the end from the beginning. I do very little of their work over, for they do not "cut and try," as their work is absolute in all cases. The American School of Osteopathy has a corps of Diplomates and students who would be ashamed to place "M. D." after their names instead of "D. O."

Osteopaths are born of women, and not of Colleges. I have found that native ability is the first and all important requirement of the law of God in the forming of Philosophers. Osteopathy can neither be presented nor defended by ignorance. You may sow wheat, but the ground giveth the yield. I find this is true: poor ground, poor wheat. My plow will be set deeper and deeper as the years roll round. Diplomas from this School will live to the glory and honor of all who have had the intellect to grasp this science.

The Osteopath will find much annoyance and may meet with some hardships, in applying the principles of this science to the

relief of the afflicted; but this springs from one source only,—Medical men and Schools. Their opposition arises from the fact that Osteopathy can and does cure many diseases by them pronounced incurable. These cures coming before an intelligent people, then the afflicted go en masse to the Osteopath and are cured by him. Then follows the effort to have the healer removed from that place; not for mal practice, but for curing, and demonstrating that Osteopathy is a truth, and drugging is not the law of healing, but the law of killing, and making opium and whiskey sots.

I have had twenty years experience in Osteopathy and have proved, to my own satisfaction, that there is no such thing as failure in treating any disease by this method, when taken in anything like reasonable time, and the subject is not eaten up by drugs, or to enfeebled by age or wasted vitality. Success is the motto of the person who has mastered this science: he does not know what it is to fail. I have found that I must either book a cure for all cases, or book for myself ignorance and stupidity in failing to apply the science at the right places and times, as the law of Osteopathy indicates.

A. T. STILL.

The word Osteopathy means, and is a name given to my discovery, which is a fact, able to prove to any well balanced mind that there is but one true, self-evident law, or way to treat diseases successfully.

It proves that man, or any other animal, is but a machine run by positive laws of animal life. No well informed anatomist, can think otherwise for a moment. We find a machine with all the parts, qualities, and requirements that perfection means. A complete system of nerves from the brain to all parts. A complete system of arteries, plowing from center to surface, feeding all parts with blood in quality, kind and quantity, just enough, no more, no less, to fill the divine law of animal life.

I have no time nor patience to spend in bragging about my wonderful cures; am not asking you to come to me to be healed, nor to have you hound on the street.

I write this for one purpose only. It is this. I invite you to come to headquarters to learn all you wish to know. I have no traveling agents to hunt the afflicted, promise everything and do nothing. Therefore, if you are tired of drugs, medicated baths, Christian Science, Magnetic Healers, or any other system

of "cut and try," come and see me, my sons or my operators, judge and be governed accordingly.

This is not written for fools to read, as they cannot reason, but for unprejudiced, progressive minds that have the power and will to reason. We believe Osteopathy will cause you to think, and fill your heart with hope and joy.

I found in my experiments, that bone was not only the frame work of motion, but the protection of the machinery of animal life. Also, that life was a law of itself, over which drugs have no control, or very little, at best. I found that drugging was the cause of much disease, such as fibroid tumors, paralysis, and many others, with the fact of habits fastened upon you. Instance, opium, alcohol and chloral which is called "Professional."

The question is asked often, "How does Osteopathy compare with Alopathy? Osteopathy cures, Alopathy kills, teaches you to drink whiskey, eat opium, ruins your whole manhood until you are a total wreck, and makes you ashamed to be in society until you get another dose of morphine; then you are the most pitiable fool, and the biggest liar in the country. All persons know morphine; eaters are liars while using it. Osteopathy cures fevers and all diseases of any climate and sends you home to make a living for yourself and those dependent upon you. That is how a truthful comparison stands. Vote as you see. Osteopathy is a blessing to our race. Alopathy is a curse. Eclecticisim is a whopper for "pepper sas" and Tr. Rei. Homeopathy is like the wing of a mosquito, not much music but a strong bill.

A. T. STILL, D. O.

Mrs. Nettie H. Bolles is visiting, during the holidays, at the home of her parents in Olatha, Kan.; also to be present at the marriage of her sister on the 27th of this month. She will be at her post of duty by the 1st of January.

MARRIED—At Moberly, Mo., on Dec. 19, 1894, at the residence of the bride's father, Judge Adam Givens, Miss Roxie Givens and Dr. Harry J. Jones, of Kirksville.

"Prisoner, why did you follow this man and beat and kick him so shamefully?"

"I am sorry, your honor; I was a little drunk and I thought it was my wife."

Kirksville Millinery Company

SOUTH SIDE.

Latest patterns in Hats. Anything usually found in a first-class Millinery House always in stock. Price low as can be found anywhere.

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All stock Fresh, Clean and desirable. Best lighted and much the largest Store Room in Kirksville. Call and see.

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WILKES & CO.,

Are now nicely fixed in their new store room

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Where they want you to call and see them.

All Kinds of Produce and Game Wanted.

Prices guaranteed as low as the lowest.

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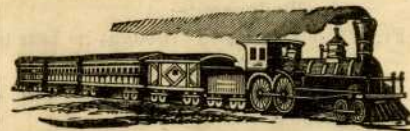
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TIME TABLE.

GOING SOUTH.

No. 2, St. L. & K. C. Mail 10:09 a. m.
No. 8, " " " Exp 12:04 a. m.
No. 22, Local Freight . . . 1:11 p. m.
No. 98, Through Freight . . 11:52 a. m.

GOING NORTH.

No. 3, Ottumwa Mail . . . 4:56 p. m.
No. 7, Des Moines & St. P. Ex. 3:30 a. m.
No. 21, Local Freight . . . 11:50 a. m.
No. 97, Through Freight . . 7:45 a. m.
7 and 8 daily. 2 and 3 daily except Sunday. 97 and 98 carry passengers Sundays only.

Q. O. & K. C. R. R. TIME CARD.

GOING WEST.

No. 1, Mail and Express . . . 11:30 a. m.
No. 3, K. & Q. Express . . . 7:30 p. m.
No. 5, Through Freight . . . 3:06 a. m.
No. 7, Local Freight arrives 12:45 p. m. leaves 2:15 p. m.

GOING EAST.

No. 2, Mail and Express . . . 8:45 p. m.
No. 4, K. & Q. Express . . . 7:30 a. m.
No. 6, Stock Express . . . 8:45 p. m.
No. 8, Local Freight arrives 11:30 a. m. leaves 12:45 m.

Journal of Osteopathy.

EDITOR JOURNAL.—I herewith submit the following, as a fair prescription, for Rheumatic Miseries. I give this in the language of the sufferer himself, P. F. G. "There are some evils in this world, that seem created designedly, for the especial purpose of proving the possessions and displaying that blessed virtue, patience. I never rightly understood whether the patient "Man of Uz" in his long list of afflictions sore, could number among them that essence of all the combined tortures of humanity, a chronic rheumatism. As no particular mention is made thereof, it is reasonable to suppose that he was spared this torment. But the thousand and one "sovereign cures" for this cureless curse are if possible, worse than the disease. If I have suffered the pains of the wicked while in possession of this torment, I have undergone the tortures of the damned in my endeavors to be cured of it. I have been boiled in a warm bath, and frozen in a cold one. I have been stewed in vapors and choked with sulphur. I have swallowed the contents of a moderate sized drug shop. I said I had not been skinned alive—I was mistaken—I have—I have been made as raw as a flayed ox. I have been blistered, that a piece as big as a dollar of my natural covering was a curiosity. I have been poulticed and rubbed, and bathed and bandaged. I said I had not been buried alive—I was mistaken there again—I have, for hearing of an Indian cure for this disease, I caused a hole to be dug in the earth wherein I ensconced myself perpendicularly to the chin and had the satisfaction for several hours, in that interesting situation of admiring the perseverance of a posse of black ants, in their endeavor to make a lodgement in my nose, I remember sneezing while in this comfortable predicament, while dozens of those nasal navigators were sent rolling in the dust; but they were not to be daunted, the breath of my unfortunate nostrils seemed rather to invigorate than to destroy them and after a moments consideration they again advanced in solid column to the charge: and I do candidly believe, that the citadel of my nose would have been carried by storm, had not my cries brought an attendant to release me, but this is not half I have endured. I remember once going into the country to cure the rheumatism with fresh air. There were three individuals besides myself in the coach a staid respectable Quaker, a Frenchman, all rings and ruffles, and a traveling country

doctor or peddling apothecary, an animal armed with pills and potions a few shreds of Latin and a most sapient visage. I had no sooner seated myself in the vehicle, than the words, "lame i perceive" escaped from the alloquial organs of this gentleman. I answered, Yes sir, I am lame, Rheumatism I suppose? I replied in the affirmative. Pulse if you please. I extended my arm. A slight fever, whew! eat too much this morning—going into the country for fresh air, I perceive—good thing in its way—had rheumatism long? he inquired as he dropped my arm—Six months I replied—Six months he ejaculated—done anything to cure it? Anything! Yes everything. Softly, softly, exclaimed the doctor not everything—neer tried my pills—my anti-rheumatism—here's a small box—take two in the morning two at noon, and two at night—a warm bath in the morning—a cold one in the evening—drink a little sage tea—put a plaster on your back—a poultice to your feet—carry a roll of brimstone in your pocket—rub with a hard brush—eat nothing but water-gruel—wear flannel—wash with cayenne pepper and brandy—KEEP QUIET and you are a well man in six days, or I'm no doctor. My card, no cure no pay. I thanked the sapient but declined his pills. Follow my advice and be cured. Here the Quaker interrupted the doctor. Verily friend me thinks if thou followest the prescription of the mediciner thou wilt be cured, even as the flank of a porker is said to be cured when it becometh bacon. Ah ha said the Frenchman very foin, but sair, I ave one grande remede—dat is pairfat sair, wis permission of Monsueur le docteur—you shall take no peel—no bleester—no poultices—no bat—no breemstone—but sair, you shall catch one frog—one leetle frog—when you catch him, take one petite cord—fix the corde to his last leg (dat is de foot behind)—put de frog in de stream—and de water of de tide in two, tree week shall portez down the cour-ant all de whole frog mais one leetle bone—and dat bone, sair, will go backward up the stream—now sair, you catch dat leetle bone, burn him—pound him to one powder—swallow him—and den, sair, de rheumatis him vil be kell dead as de leetle frog. De frog is one grand specifiqu—he never fail—I am doubtful in my own mind whether there is not as much virtue in the burnt bone of a frog, as in half the sovereign remedies for this curse of humanity.

Subscribe for the JOURNAL.

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The medical profession is exercised at this time about the use of the blood serum remedy for diphtheria. The most we have seen written upon this subject appears favorably inclined towards the use of this poison in treating cases of diphtheria. But among some of the profession there is manifested a disposition to sound a note of warning in the indiscriminate use of this new remedy. The new remedy says, "Dr. Love of St. Louis is apt to be contaminated with some organic disease with which the animal was afflicted, and this disease communicated to the patient." Also he says, "I have it personally from Klebe, who established the existence and identity of the diphtheria bacillus, that the use of the blood serum is exceedingly dangerous. This danger lies in the fact that there are diseases in horses and other animals, that are not superficially observable, which affect the blood serum and may result detrimentally to the patient." This caution is sensible and timely, and should be universally known. We fail to see what difference it makes to the patient, whether death occurs from diphtheria, or the poison from the blood of an old horse. As we grasp the situation, the patient seems to carry the risk entirely. Really, one can die about as well in the natural way, as by the most scientific route. The only difference, possibly, may be, in the fact that it requires a more extensive description of the various stations past on the scientific route. We will await the results of this experiment, but in the mean time allow us to remark: Dr. Love's advice should be followed, and not stop where he stops, but let blood serum alone—severely opposed to the use of such virulent poisons, and contend and believe that diphtheria can be successfully treated, without the use of any poison, on natural and rational lines of treatment.

PUBLIC SALE

Of Queensware, China and Glassware, from 2 to 3 p. m. each day, beginning Jan. 1 and continuing till the 10th at Stanton's Queensware store, north sidesquare. Special inducements in prices at all hours during the day.

Ivie Hotel.

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Real Estate Agent,

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Will show you over the City whether you buy or not. If you do not wish to ride you can walk: Walking is good. If you think of walking, have your shoes half-soled before you come.

Correspondence Solicited

Journal of Osteopathy.

OFFICERS AND FACULTY
OF THE

American School of Osteopathy.

DR. A. T. STILL, President.
H. E. PATTERSON, Secretary.
MRS. NETTIE H. BOLLES, Instructor in Anatomy.

The object of the American School of Osteopathy is to improve the present systems of Surgery, Obstetrics and treatment of General Diseases.

TO PATIENTS AND VISITORS.

Upon presenting yourself at our office for examination and treatment, first secure a number from the file of cards which are put up in a conspicuous place in the waiting room. You will receive attention in the order in which the numbers are held. At the time of examination you will be requested to give a short history of your case, how long standing and what treatment you have had. You will soon find the Osteopaths use no drugs. They will look you over as an engineer would look over his engine, to see if it is in running order. If found out of fix, they adjust the machine and start it to running.

If a wheel, pulley, belt or any part is wrong, he goes to work adjusting, till all is corrected. An engineer who is ignorant, who does not know the use of all the parts of his machine is not a safe person to take charge of the lives behind his engine. Laws are enacted and exacted of him that he may be competent to fulfill the trust reposed in him, and that your lives may be safe when in his care. My students are required to pass a grade of 90 per cent in Anatomy before they are admitted to the operating rooms to take instructions in adjusting the human body for disease. This is no place for empty brag and foolish promises. You will find my operators are all well qualified engineers who know their business. We are not Gods, nor Christian Scientists, or Faith Doctors, nor Spirit Doctors, but simply Anatomical Engineers—we understand the human engine and can put it in running order, subject always to the laws of Nature.

If you come to us for treatment you come of your own free will, and not through any trick or scheme of mine or any of my helpers. Remember that when many of you come to me, you are not the most choice kind of patients. Remember the company you have kept before coming here. You have been with Doctors who blister you, puke you, physic your toe nails loose, fill your sides and limbs with

truck from hyperdermic syringes. You come to me with eyes big from belladonna, backs and limbs stiff from plaster paris casts—you come with bodies suffering with all the diseases that flesh is heir to. Remember you have been treated and dismissed as incurable by all kinds of doctors before you come to us, and if we help you at all—we do more than all the others have done. And yet all the various forms of affliction that have been treated here—75 per cent have been greatly benefitted and 50 per cent are sent home well.

I am not telling this to solicit your patronage. I claim this as the only place where man is looked upon and treated as an engine. Search the annals of history for the truth of what I say. There is no time to brag; let results speak.

My motto is "Help the needy, and deal justly with all." I am not going to "get rich or bust.", I have made but one rule in life, "reason first, justice and humanity all the time." All persons claiming to be from my school, who can not show their papers as a student or diploma in Osteopathy are imposters and are obtaining money under false pretenses.

DR. A. T. STILL, Pres.
H. E. PATTERSON, Sec'y.

The trend of opinion among the advanced thinkers, in the medical profession, is in the direction of as few drugs as possible. Surgery, they say, is a science; medicine is not. Unfortunately few will admit it publicly. An eminent surgeon of the city of St. Louis in a lecture to a graduating class of 275 medical students last spring informed them that 90 per cent. of all the patients they would treat, who got well, would recover whether they were called to treat them or not. In short, 10 per cent. would be cured by drugs. The number or percentage who would shuffle off this mortal coil by reason of the drugs is not attempted to be stated by the professor.

"That Stygian Pluto dares not tempt or do what an old hag or monk will undergo."

"A thousand years, as Castillo conceives, will scarce serve to reckon up those allurements and guiles that men and women use to deceive one another with."

"I takes my text dis mornin'," said a colored preacher, "from dat po'tion ob de Scriptures whar de Postal Paul pints his pistol to de Fessians."

Care not for woman's tears, I counsel thee;
They teach their eyes as much to weep as see.

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In same block with Dr. Still

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Our line of Dress Goods is wonderful in collection of Elegant designs, and fabrics of the newest and most popular fashions and sure to please the most fastidious.

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For fresh bread, cakes, etc. Fine cakes a specialty.

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