

Osteopathic Truth

January 1917

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Osteopathic Truth



A MONTHLY MAGAZINE FOR THE OSTEOPATHIC PROFESSION

Pledged to the *truth* which Father Andrew saw,
No favor sways us, and no fear shall awe.

Volume I

JANUARY, 1917

Number 6

A MESSAGE FROM DR. STILL

(REPRINTED FROM A. O. A. JOURNAL SUPPLEMENT.)

THERE is an alarm at the door of all osteopathic schools. The enemy has broken through the picket. Shall we permit the osteopathic profession to be enslaved to the medical trust? As the Father of Osteopathy, I am making an international call for all Simon Pure D. O.'s who are willing to go on the fighting line without being drafted into service.

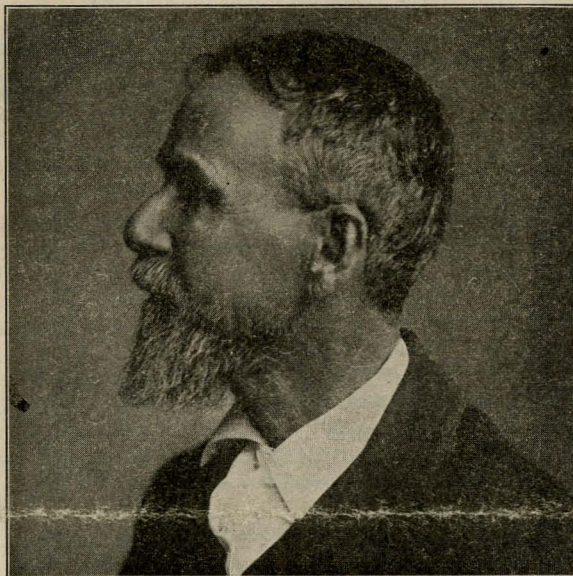
There will be no trenches in which to hide. This battle will not be a peek-a-boo game. I unfurled the osteopathic flag of freedom over forty years ago. For many years I had to fight the battle alone. For a time I received hearty support from my friends, which I appreciate; but in my declining years my boys and girls have been on the defense instead of the offense. My physical condition will not permit me to take the generalship, so I make this appeal to my children. Every line of the enemy's defense is full of dynamite, so we must have re-enforced support, and put ourselves on the offense. We need at least five thousand generals at the front with their guns loaded with osteopathic wisdom and philosophy, whose truth is stronger than the Rock of Gibraltar. We must weed out the chocolate spines, drones and misfits, as their support only gets back to us in the way of a boomerang.

Hold up the pure and unadulterated osteopathic flag. Do not allow it to be trampled in the mud by the feet of our enemy. By winning this battle we have established the greatest truth unfolded to suffering humanity. Millions of lives can be saved annually.

Osteopathy is yet in its infancy. I have only brought forth the principles and truth, which I have turned over to the profession which has wisdom and enough moral backbone not to offer any compromise with the enemy.

Stand behind all legitimate research institutions. Give them your support. The treatment for insanity and results obtained at Macon the last year, seem to be nothing more than natural. I have always said that at least twenty-five per cent. of all insane cases could be cured by osteopathic treatment, and I am thankful to be able to see this truth demonstrated.

There are other fields of research. May my grand army march on. If we cannot have the pure osteopathic principles taught in our schools, I hope the faithful will rally around the flag and we will build an international school that will offer no compromise unless it is the golden truth.



DR. A. T. STILL

D. O. means DIG ON.

(Signed) A. T. STILL.

KIRKSVILLE, Mo., August 1, 1915.

[EDITOR'S NOTE—The authenticity of this article has been called into question, and for that reason we have taken the liberty to reprint it. We desire to state that the original article is in the hands of Dr. H. M. Vastine and that it contains the Old Doctor's signature. This contribution of the Old Doctor is characteristic of him. It is especially apropos at the present time, and should serve to inspire us all with more love, loyalty and enthusiasm for the cause that is so near and dear to his heart, the cause that means so much to humanity throughout all the years to follow.]

A FEW THINGS OSTEOPATHICALLY WORTHY OF NOTICE

A. G. HILDRETH, D. O., Supt. Macon Sanatorium, Macon, Mo.

From time to time as our profession has grown there has crept in little dissensions or differences of opinion, through which and over which quite a little agitation has been stirred up, discussion produced and differences in opinions thrashed out. These little flurries in my judgment have only been the crystallization of thought into more able action and today when we stop to look over the situation of our profession we have many things for which to be thankful, many things upon which to congratulate ourselves; while it is true some grave problems confront us at this time, principally along legislative lines and how best to help our colleges in order to bring out the best there is in the great principle taught by our founder, Dr. A. T. Still.

Every effort at this time seems to centralize upon reaching the best way to give to the great student body the greatest knowledge in the best form. The danger through legislation comes in forcing our schools to a four year basis, not but what higher education is desirable, but never should it be crowded to the point where it threatens us with an anemic osteopathic body; meaning by this, the limitation of producing osteopaths. The matriculation in our several colleges this year, which has been cut to the minimum is a condition that deserves the most profound thought of our entire profession and every effort should be put forth to counteract this seeming calamity in our number of matriculants.

The fact that the National Association has taken this up and is doing every thing it can for our colleges is a good omen and I trust in the end it will work out all right. Some of the things we should be most grateful for at this glad time of the year and at this time in the history of our growth and progress is the fact that the turbulent disturbances and contentious conditions of our profession last year over the question of antitoxins and hypodermics and whether or not our colleges should teach medicine, has through the efforts of our stalwarts, "The Rock Ribbed Osteopaths," and those who knew the depth of our own usefulness, seemingly drifted into insignificance, and today we are facing the future with greater courage and a better determination than ever in the history of the profession, also a greater and broader knowledge of the scope of our own work.

The Research Institute at Chicago is doing much and should be encouraged in every way possible, as it is the beacon light and should lead the way to the high-

est and best in our splendid science. Our little Insurance Company, organized principally by the profession with headquarters in St. Louis, has made and is today making a record that is certainly most gratifying to those most interested and should become a splendid strength to the profession. In one state alone the former law has already been amended—this law provided that only men of the old school could make examinations for life insurance—demonstrating to the world by actual results the fact that our profession is not only as proficient, but even more so to make these technical examinations. This record should bring pride to the heart of every osteopath.

The work at Macon, Missouri in handling Mental Diseases is an entirely new field for our profession for the reason we have been excluded from assisting in the public institutions; this is another source of great gratification and another proof that our profession is of value in fields yet unknown to ourselves. It demonstrates the fact that Osteopathy is a correct science and is giving humanity a relief much needed and one that cannot help but attract the attention of the thinking public. The fact of our having reached a point where we are able to establish sanitariums and hospitals in different parts of the country is another source of gratification and demonstrates to the public our ability to handle a class of diseases in a way not only that puts us on an equal footing with the old school, but demonstrates to the world our ability to do things right. The success of the Philadelphia osteopaths in raising \$75,000.00 recently to build a hospital is another proof of our growth and our worth. The osteopaths in several states have these institutions, consequently we have much to be thankful for and should help maintain them. Taken all in all it seems to me that in the beginning of the year 1917 the profession has much for which to be thankful. The good part of it all to me is that when danger threatens or dissensions arise our people have always been big enough to come together like men and women should and discuss these points, thrash them out and unite upon a policy which in the end has always made us stronger, believing today more and more in the great principle which made our profession possible, that belief based upon the knowledge gained through experience makes me rejoice with the entire profession and gives me courage to look forward to even greater things for the future.

Dr. A. C. Tedford of Bluefield, West Virginia says: "I do not want to miss a number of the 'Truth' every copy adds starch to my backbone."

Massachusetts College of Osteopathy

Fourth and Otis Streets

Cambridge, Massachusetts

Four year course.

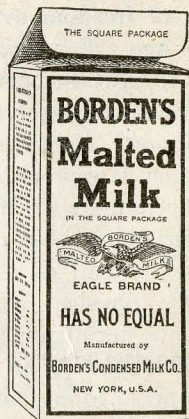
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GREAT NEWS FROM BOSTON

Era of Good Feeling Begun. Greatest Progress in the History of Osteopathy in the East Assured

The Osteopathic Dove of Peace has recently been hovering over the Hub of the Universe, chief city in a State famous for the fighting men and women which it has furnished for the defense of the Nation. The spirit of friendly co-operation is in the air, the hatchet is buried (with the handle down) and the flowers of progress are cheerily blooming in the midst of winter.

Realizing the imperative needs of the profession for a larger output of competent osteopathic physicians, thoroughly trained in the things which make the intelligent osteopathic physician superior to all others, various members of the "Old Guard" of Massachusetts have volunteered their services to the newly-elected President of the Massachusetts College of Osteopathy, Rev. Dr. Francis L. Beal, with the unqualified intention of assisting him in every way possible toward the complete fulfillment of his pledge to make the M. C. O. a leader in "dyed-in-the-wool" osteopathic education.

Radical changes in the management and policy of the College have paved the way for sincere co-operation from the ENTIRE profession, and from now on, WATCH THE M. C. O.

A four years' compulsory attendance is now required before the conferring of the D. O. degree. The osteopathic clinics will be conducted entirely by osteopathic physicians who have been in active and successful practice for ten years or over, thus giving the undergraduate body the benefits of practical experience right from the field.

Didactic and special lecture work will also be given to the students, starting at the Freshman class, in such a manner that enthusiastic osteopathic boosters must inevitably result. The dignity of the D. O. degree will at all times be upheld and made to represent, before the public, the highest ideals of the profession.

From now on, not "Physician first, osteopath second," but the properly trained OSTEOPATHIC physician, "FIRST, LAST AND ALL THE TIME." Every effort will be directed toward training the students to THINK OSTEOPATHICALLY, this being recognized as the essential point of departure from the older schools of medicine.

Such is the pledge of the new management and policy of the M. C. O. and all hands are being piped to their places for the BIG BOOST.

Reverend Dr. Beal is a likable man, a forceful executive and a hustler, with a

profound belief in the efficiency of the osteopathic philosophy. He has recently been installed as Grand Chaplain of the Grand Masonic Lodge of Massachusetts. His efficient Registrar, Dr. Lincoln R. Bolan, is himself one of the older practitioners and a man who holds the confidence of his associates.

The new buildings and hospital occupied by the college are practically finished and represent an investment of approximately \$125,000.00. Complete clinical and hospital facilities are provided, as well as carefully planned and finely equipped class-rooms.

Judging from the enthusiastic reception already accorded the new arrangements by the student body, the fullest success is assured. Ample facilities will be provided for original research work in Osteopathy, and some important contributions to osteopathic science may be expected in due course.

Among those pledged to active personal co-operation upon the basis of the new policy are Drs. Geo. W. Goode, Francis K. Byrkit, Harry J. Olmstead, John A. MacDonald, A. F. McWilliams, Carl L. Watson, George W. Reid, Francis A. Cave, Edith S. Cave, Arthur M. Lane, R. Kendrick Smith, Lincoln R. Bolan, Earl Scamman, W. Arthur Smith, and various other of the older practitioners in New England and elsewhere.

To the Profession:

For several years there has been a good deal of mild criticism of the policy of the Massachusetts College of Osteopathy. Whether just or otherwise is of no moment at this time. With the advent of our new president, Rev. Dr. Francis L. Beal, into the field of osteopathic education, it seems fitting that the profession at large should be made acquainted with the change of policy in the college and also of the hearty support being given by local osteopathic practitioners who were formerly among our most outspoken critics. Under the direction of our late president, the principal objection to the curriculum was the lack of osteopathic principles instilled into the student body.

We can assure the profession at this time that the curriculum has been and will be made more specific so as to preclude criticism in that direction.

The recent occupation of our new school building and hospital mark a new era of Osteopathy in this section and it is our aim to teach Osteopathy of the variety

which would please the founder of the science and to maintain a school of Osteopathy that shall be second to none in the land.

Very respectfully,
(Signed) DR. LINCOLN R. BOLAN,
Registrar and Professor of Osteopathy
Massachusetts College of Osteopathy.

Extracts from a Letter from Dr. Francis L. Beal

"We are now, as never before, in a position to give our Student Body every facility for complete lecture-room, clinical and laboratory work.

Our Faculty is enthusiastic and devoted, and will be strengthened this semester by some of the leaders in our profession.

The Trustees and Faculty are confidently aiming to give our students thorough grounding in osteopathic theory and practice, that they may not only have a "reason for the faith that is in them" but may confidently and successfully demonstrate the same as thorough-going osteopathic physicians.

The future looks bright. The M. C. O. is now splendidly equipped for buildings. Everyone will rejoice in the completion of our new college and hospital buildings, a plant representing, when completed, about \$125,000.00, up to date and complete in every way.

As I said at the meeting of the Massachusetts Osteopathic Society recently, "Progressive Osteopathy is true Osteopathy." For such we stand.

FRANCIS L. BEAL, D. D.

Extracts from Another Letter from Dr. Beal

"I think you overestimate my ability in this matter. My deep interest cannot be over-stated however. I believe with you that Osteopathy has a great future before it and if we are united and enthusiastic, the M. C. O. can be made a great institution.

I have no "axes" to grind; my sole purpose is to advance the cause of Osteopathy and the interests of the M. C. O. To accomplish this, I shall need the solid backing of the entire profession. This I believe I shall have as they learn to know me.

FRANCIS L. BEAL, D. D.

Dr. Ray B. Ferguson of Aberdeen, South Dakota writes: "Osteopathic Truth has the true ring to me for I believe in ten fingered, A. T. Still Osteopathy and we need more advocates of that kind. The future of our science depends on the men and women who stick to Osteopathy as taught by The Old Doctor and not on those who just after "false gods" or in other words the 'mixers.'"

THE OSTEOPATHIC LESION

A Clear Statement of What It Is and the Theory of Its Causation

HERBERT BERNARD, D. O., Detroit, Mich.

When I was a boy living in Kirksville, Mo., I had the good fortune to know Dr. Andrew Taylor Still and his family. The first time I ever saw the "Old Doctor," he took hold of me and ran his fingers up and down my spinal column. I did not know the object of this peculiar procedure then, but I do now. He was studying surface anatomy, training his fingers so that he might be able to know by touch the normal relations of anatomical structure. He was figuring out the principles of bodily mechanism. He was trying to prove his theory of the cause of disease, for already he had the idea that structural derangement would cause functional disorder. He afterward called this idea "Osteopathy." And it is the "Old Doctor's" kind of Osteopathy that I wish to describe in this article, or at least as much as I am able to.

There may be just as many osteopathic lesions as there are movements in the body, for any normal movement may become abnormal by being structurally deranged.

To describe an osteopathic lesion it first becomes necessary to consider the mechanism of normal anatomy. In any anatomical region within the body every bone, cartilage, ligament, muscle, fascia, blood vessel and nerve is in its normal position, working one with the other and all together in absolute harmony. The cartilages and ligaments are so placed, all with the necessary degree of flexibility, to allow free play of the articulation, just enough yellow elastic in their formation to balance muscle contraction—no more, no less. This arrangement of cartilage and ligaments with the natural tonicity of surrounding muscles keeps the articulation so perfectly balanced that when a joint is not in action, the soft tissues are relaxed. When all tissues are in this mechanical position of perfection there can be no interference one with the other, no friction and no obstruction or irritation to blood vessel or nerve. All movements, whether it be flexion, extension, rotation or lateral movements are perfectly normal in all respects. Now as to the abnormal: Should an anatomical tissue become shortened through congestion or unduly relaxed, hyperaemic or anaemic, from whatever cause, then we have the beginning of the formation of an osteopathic lesion. This lesion may be disturbed relation of bones, or soft tissue contraction from congestion or relaxation from exhaustion. An os-

teopathic lesion may be caused by injury, exposure to cold, errors in diet or adverse mental attitudes such as worry, etc.

Injury is the most common cause of creating lesions, the formation of which does not need any description, as it is easily understood how an injury may form a primary lesion by violently deranging tissue.

I will now describe how a lesion is formed from exposure to cold. One takes a cold from a draught, let us say, blowing directly upon his neck; a stiff neck results. All or only a part of the tissues in the neck are contracted from congestion, the tissues on one side usually contracting more than on the other side. Gradually these tissues become more normal, the congestion being eliminated through their natural recuperation; but the greater strain of this tissue contraction, let us say, has been put on the Rectus Capitis Posticus Major of one side of the neck. The origin of this muscle is the spinous process of the axis and running diagonally upward and outward it is inserted into the inferior curved line of the occipital bone. This muscle is congested; it is being weakened from the congestion, and just exactly as it weakens, its fellow of the opposite side takes up the slack. Now remember the fellow muscle which is now doing the pulling has not been weakened; therefore by its muscle strength it will pull or rotate the axis toward its side of the neck, crowding the bone to the side of its articulation and holding it there. The Rectus Capitis Posticus Major muscle which has been weakened will naturally accommodate itself to the new order of things as it gradually comes back to normal strength. And thus we have an atlas-axis lesion. This process may take place in almost any of the articulations of the skeleton, other muscles or set of muscles being involved, of course, and the resulting derangement may be explained purely upon the basis of anatomical mechanism. The axis in this malposition becomes an osteopathic lesion by interfering with cellular interchange, deranging the tissues all around the joint, causing irritation to blood vessels and nerves.

I desire to state right here that I believe all osteopathic lesions in their effect are the pressure of soft tissues. The bone is displaced, it is true, but it is displaced only in its own articulation. It is the deranged and congested soft tissue that

causes the pressure, never the bone. If a bone should press a nerve against another bone, it would destroy the integrity of the nerve and cause paralysis of the parts supplied by it. If you will look closely at the articular facets of a vertebra, you will see that it is utterly impossible to close or lessen the diameter of an intervertebral foramen without breaking the facets or rupturing the ligaments. One would be fracture, the other complete dislocation. These cases are met with and are usually fatal. They are caused by injury wherein an extremely violent wrench is given the vertebra. The injury that creates an osteopathic lesion is only sufficient to strain the tissues and cause congestion, the formation taking place as I have described in the lesions caused by exposure to cold except the lesion in this case is formed suddenly. I believe all osteopathic lesions of the spinal articulations in their formation go through the procedure that I have explained, with this exception, that the muscle is sometimes weakened by exhaustion instead of by congestion. Either exhaustion or congestion of tissue will create irritation that will inhibit or overstimulate cell growth in the lesion, causing interference of normal nerve impulses.

Next we will consider how lesions are caused by errors in diet. For illustration, let us say that a man persists in eating what does not agree with him, or constantly over-eats, or eats too rapidly, or masticates insufficiently, so that the gastric juices are unequal to taking care of it. In any of these cases the gastric digestion is slow or incomplete, and if these errors are continued the strain upon the stomach walls eventually impairs them; and the glands within the walls are weakened by overwork; the gastric juices become chemically imperfect; the end organs of the stomach nerves are irritated. The irritation to the nerve end organs in the stomach wall will naturally exhaust the nerves themselves, and we know exhausted nerves lose their tone, as they do when we over-treat them. This exhaustion allows the irritation to work backward over the effected nerves, lowering the free impulse through the connections of the sympathetic ganglia to the spinal nerves. The spinal nerves in resisting this loss of tone in their sympathetic fellows become irritated themselves, causing the muscles they supply to first contract, then to relax, becoming exhausted through overstimulation, and we have the beginning of what is called an osteopathic lesion. The formation of this lesion takes place as I have before described.

The lesion that is caused by mental worry is formed as follows: Physiology tells us that there is a certain amount of blood stored away for reserve. We all

know that the brain uses an enormous amount of blood during mental concentration, and there is nothing that calls for so much concentration as worry. For instance, a woman will think that she has a cancer, just because her aunt or some one else in the family had a cancer, and died of cancer. The extra amount of blood, which is thus constantly called to the brain, must be taken from some other part of the body which is in need of it for functioning. When the stomach needs the blood, the person is probably worrying, and the poor stomach does not get enough blood to properly perform its function, its juices are slightly impaired chemically, and we have what is called nervous indigestion. Who ever saw a case of nervous prostration or neurasthenia without the stomach being involved in this way. If this worry keeps up we are bound to have a functional disorder of the pneumogastric nerves as well as of the sympathetic system. And the lesion will be formed the same as those in dietary errors, with the exception that in the cases of mental worry the pneumogastric, becoming over-stimulated by irritation to its end organs in the stomach, is thrown out of harmony and will cause other functional disorders such as palpitation of the heart, etc.

The lesions that I have described as being caused by errors in diet, exposure to cold and mental worry in their inception are only contraction or exhaustion of soft tissue and may be called at first secondary lesions. There is another form of secondary lesion from acute diseases which are caused by irritation to the end organs of the nerves at the point of infection, inflammation, or degenerating tissue. One of these lesions may have been the primary cause in weakening the resistance at the point of attack, making the entrance of bacilli, germs, etc., possible, but the other lesions are secondary. The secondary lesions that I have described are, as I said before, usually no more than contraction or exhaustion of soft tissues, and nature may bring them back to a normal condition through natural recuperative effort, after the irritation that caused them is gone. But if the tissue contraction or exhaustion remain or displace a bone in its articulation and maintain this displacement, in that the bone is unable to return to its normal position, then these secondary lesions become primary spinal lesions, and will in turn keep up the functional disorder of the organ or organs that caused their formation.

"Many hands make light work." Send in your dollar this very day for annual subscription to OSTEOPATHIC TRUTH. Every little helps to lighten the load carried by the editors and committees.

ENTHUSIASM

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

Enthusiasm plus knowledge make the wheels of success go around. Well do I remember the first case that I ever saw that had been treated osteopathically. I listened intently to the patient's story. My eyes bulged with interest. He took me up to see the Doctor that had made the lumbar correction, that had enabled him to walk. It was a new world to me. I had brought been up on the medicine bottle, and never had been weaned. The curing of a cripple by manipulation was a revelation. The patient was enthusiastic, his Doctor was equally so, and I was even more so if possible.

Such a big world opened up to my small vision. I could see cripples walking and my office filled with people eager to have treatments. Do dreams come true? Do we ever accomplish all that we set out to? So far I am happy, but still dreaming. My enthusiasm has never waned and I still keep in mind that early impression, that of the keen interest shown by the new patient eager for a "cure," as he terms it.

When Dr. C. C. Reid wrote me "Come on to Kirksville and study, everything is lovely, and the goose hangs high," I simply bounded and started at the first opportunity. Those were days when Osteopathy was not a house-word. Occasionally one heard the word spoken. I remember while on the train from K. C. to Kirksville, two ladies were talking just in front of me, and I overheard one say Osteopathy. As rude as it was, I listened with all intentness, and how good that occasional word did sound. It was months before my father forgave me for running away from the Medical School to which he had sent me, to study Osteopathy but I have never regretted it.

I promised myself that should I be allowed to graduate and practice I would ever keep the camp fires burning and be enthusiastic in my work. Not on special days when I felt keen, not every day at certain times, but every hour and with every patient. This means that one must be at the office at least ten minutes before the office hour and ready for the first case. I have not missed being at my office by 8:30 more than six times this year. I doff my hat and coat and personally inspect each of my treating rooms. Just to put life into them, I turn on the fans and let them go full speed. Put life into every room and give the first patient a welcome and show him that I am thinking about his case.

I believe in no conversation while treating and positively refuse to discuss anything but his trouble. If he digresses, I punch a sore spot in his back and ask him

if it is tender. Constantly remind him that you are most interested in his case and that you are determined to get him fixed up in the quickest time possible. Also remind him how different his case is than it was the first day you examined him, and how much he has improved in the various ways that he can see for himself by the contrast method. One can hardly expect to enter their office in the mornings, full of enthusiasm unless they have planned ahead and had eight good hours of sleep. It takes sacrifices and disappointments to be able to do this but it is worth it. Just to feel fit for a good day's work and keen on the trail makes the day a success before you start. Conserve your energy by specific treatments and keep in close touch with your work. It takes study and research and quiet hours by oneself to plan for bigger things.

The example of the Old Doctor is a befitting one; his early risings, his regular habits, and his keen interest in his work make him today the greatest living physician the world knows. Do we believe in our work? We certainly do. Do we believe in all sincerity that we have the greatest remedial agency known? If we do not, we are not true to ourselves and should give it up now. Today MY ENTHUSIASM KNOWS NO BOUNDS and I am determined to spend my entire life in this great and glorious work.

There are recurrent tidal waves that sweep me on day after day and wash me up onto the glistening sands of new ideas and truths. Each tidal wave surcharges me with new zeal and enthusiasm for the coming day.

May the tidal waves never cease and my enthusiasm never grow less, is my New Year wish.

[I can guarantee that your wish will be granted. Enthusiasm (as well as gloom) is catching. Give us more enthusiasm.—EDITOR.]

Dr. Chas. C. Reid of Denver, Colo., gave a lecture on "Personal Touch in Business" before the Junior Order of United American Mechanics on Tuesday evening, January 9, 1917. This is the second time Dr. Reid has lectured before this order. A year ago the subject was "The Will is the Man." These people like psychological subjects and expressed great appreciation of these lectures.

On Jan. 23, 1917, Dr. Reid gave a lecture on Osteopathy under the auspices of the Glad Day Club. This club is organized in the interest of health and social improvement.

Don't forget your subscription (only \$1.00) for OSTEOPATHIC TRUTH. SEND IT TO-DAY, LEST YOU FORGET.

Osteopathic Truth

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JANUARY, 1917

THE OSTEOPATHIC SOLUTION OF OUR OWN PROBLEMS

The principle of Osteopathy is universal in its application, and therefore may be applied to all the problems confronting us as a profession.

In the February Herald of Osteopathy, Dr. Louisa Burns says:

"In every field of human endeavor, when things do not go right, we have just one thing to do, according to osteopathic principles, 'Find the lesion; fix it; leave it alone.' In church and school and state; in friendly or family or social relations, whenever there is anything wrong, only one thing is the right thing to do,—find the real lesion, correct it, and leave things alone.

"Not only in the human body, but in home, city, state, nation, world, wherever human beings are, in machines, factories, laboratories, everywhere that living or non-living factors are related in function, the only cure for imperfect or im-

proper activity lies in the recognition and removal of the lesion."

Osteopathy is universal, fundamental, and efficient when properly applied. Our professional problems can and should be handled osteopathically, and we hope through Osteopathic Truth to be able to find our real professional lesions and aid in making proper adjustments.

We are more than pleased with the beginning that has been made. All signs seem to point to a general osteopathic revival, a revival in genuine A. T. Still Osteopathy at that. Such a revival, in addition to making for more efficient practitioners, is sure to strengthen our professional status also.

In addition to scores of letters of encouragement and good cheer we have received several substantial, voluntary contributions to help defray the expense of Osteopathic Truth. We have also received many valuable suggestions. We desire the constructive cooperation of all concerned, with a view to cementing more strongly the ties that bind us together as a profession, that we may the better preserve and perpetuate the truths of Osteopathy in all their power and purity for the healing of the nations.

Let us get at the real cause of our professional weaknesses. Let us find the lesions and fix them. We can do it if we apply ourselves with all diligence to the task before us. We are few in number as compared with the medical fraternity, but if we train ourselves to properly use the weapon of truth we have at our command, we have nothing to fear. We will be invincible against any power that may assail us. Concentration as well as union is needed.

Luke-warmness in any work stands in the same relation to man's achievement as luke warm water does to the locomotive boiler. No man can hope to accomplish anything great in this world until he throws his whole soul, flings the force of his whole life into it.—Marden.

VIEWPOINT

An ancient story tells of the travels of two mounted knights, in full armor, journeying from exactly opposite directions and approaching each other in proximity to a tall monumental column. "Good morning, Sir Knight," said one of them, "that is a beautiful granite column yonder, is it not?" "Good morning, Sir Knight," said the other, "but that is not a granite column, but of bronze." Whereupon they at once placed their lances for the charge, plunged at each other full tilt, missed and wheeled again for another trial.

At once a great change took place in their demeanor, for, lo and behold, ONE SIDE of the column was of GRANITE and the OTHER SIDE was of BRONZE. Whereupon, seeing the obvious moral of the situation, they became fast friends and henceforth dwelt in harmony. The application of this moral is most apropos at the present moment.

A goodly number of members of the profession are earnestly striving for the same outcome, for the same relief from impossible conditions, for the same glorious evolution of the osteopathic philosophy, while at the same time failing to grasp the "other fellow's" viewpoint and consequently thinking hard things of him and his intentions.

There are several different ways of traveling from New York to Boston, or from Cleveland to Detroit, depending upon whether one wishes to go by automobile, by train, by team, by boat or by aeroplane. But the OBJECTIVE is in each case the same,—simply the METHOD of attaining it is different.

Because of the various viewpoints held by different members of our profession regarding its problems, viewpoints which are largely influenced, perhaps, by local conditions of legislative unrest or security, by organized enthusiasm or lethargy, by personal ambitions or other minor considerations, by "axes to grind" or what not, it

would be manifestly impossible to conduct any publication in a manner to suit the exact requirements of every individual taste. "OSTEOPATHIC TRUTH" is making no such attempt, but is endeavoring to so conduct its columns and its policy that it will have the unqualified support of every unselfish lover of the OSTEOPATHIC PRINCIPLE, of every man or woman who believes that the scientific field of osteopathic evolution is as yet almost untouched and that our profession is in imminent danger of organized disintegration because of lethargy and incomplete organization within our own ranks, a condition which has become only too evident within the past few years.

OSTEOPATHIC TRUTH is attempting to awaken the profession to its dangers, without fear or favor, and with no thought except for the good of the profession and the larger good of humanity. Its VIEWPOINT has been plainly stated from time to time in its columns, beginning with the very first issue, but, judging from the letters received by the editors, it appears that a wide range of opinions are held as to the exact scope of the publication and the possible benefits or disadvantages growing out of its publication.

It will be helpful to discuss some of these points and endeavor to clear a broader road for the GREAT OBJECTIVE, namely, the development and application of the osteopathic philosophy to a wider range of human ailments, for the good of all mankind.

To quote from a recent letter written by one of our editors:—

"If the sponsors for OSTEOPATHIC TRUTH had seen things as some others see them, there would have been no excuse for OSTEOPATHIC TRUTH being launched. It came simply as a result of this difference of viewpoint. We feel that we have had too much of the medical viewpoint handed out to us and we have taken it upon ourselves to preach to the profession the gospel of the osteopathic viewpoint.

"We are going to try and look at medical matters, medical dogmas, medical theories, through osteopathic glasses. In

other words, we are going to try and weigh them in the osteopathic balance. We hope to prosecute this purpose in an upright and honorable manner, and would be glad to have suggestions and criticisms.

"It is the good of the profession at large, the good of Osteopathy and the good of humanity which is uppermost in our minds."

As a common starting point, there can surely be no compromise upon the fundamental basis of the osteopathic philosophy, and every true osteopath should be counted in its defense. But the METHOD of defending proves the stumbling-block between many who should be the best of friends and the heartiest of co-laborers in the work of reconstruction.

To make our position clear beyond question, it seems but fair that some of the most pertinent comments should be herein presented, together with the appropriate explanation of the attitude and policy of OSTEOPATHIC TRUTH.

(A) Are we antagonistic to the A. O. A. or attempting to usurp the field of the A. O. A. Journal as the official representative of the organized profession? BY NO MEANS. If OSTEOPATHIC TRUTH cannot help the A. O. A. to become a stronger and more influential organization through an awakening of the profession to its dangers, its duties and its opportunities, there is absolutely no excuse for the continued existence of the publication. But through a fearless discussion of the factors which have for years been undermining our national organization and the future of Osteopathy as a profession, OSTEOPATHIC TRUTH fondly hopes that the broad pathway of TRUTH may be opened up through unity and awakened effort, by a profession standing squarely upon the foundation of the osteopathic philosophy, as given to the world by Dr. Andrew Taylor Still.

Out of a total practicing body of about 6,000 physicians, only about 3,500 are members of the A. O. A. What about the remaining 2,500? OSTEOPATHIC TRUTH hopes to assist in the awakening of that other

2,500 who are forgetting their obligations to their profession, their patients and themselves by not affiliating with the national organization. As individuals, we can do but little,—through proper organization alone can we hope to maintain our logical position as leaders in diagnostic, therapeutic, sanitary and hygienic thought, a position which fairly belongs to us, but one which is fast slipping away from us because of our own thoughtlessness and lethargy.

OSTEOPATHIC TRUTH proposes to preach at all times the NECESSITY FOR SELF-PROTECTION through membership in the AMERICAN OSTEOPATHIC ASSOCIATION and to stand squarely behind its AWAKENED policies. This point cannot be emphasized too strongly, and the editors invite the friendly and constructive criticism of those who may think they find some of its utterances seemingly out of harmony with the foregoing declaration.

Membership in and support of the A. O. A. is the DUTY of every physician using the grand old flag of Osteopathy, and OSTEOPATHIC TRUTH will continue to fight to the finish every disintegrating factor which shows its head, whether within or without the organization.

PRINCIPLE is everything, the INDIVIDUAL nothing, in the grand scheme of the Universe, to which maxim we most heartily subscribe. "UNITED WE STAND, DIVIDED WE FALL" was never more applicable than to the present perilous situation confronting us as a profession.

(B) Is OSTEOPATHIC TRUTH playing politics? Is the A. T. STILL OSTEOPATHIC LEGION an organized body?

OSTEOPATHIC TRUTH is NOT playing politics, neither will it at any time depart from its high platform of "PRINCIPLE BEFORE PERSONALITY." This publication is the logical outcome of a country-wide protest against long-continued inaction in the face of enemies oper-

ating within and without the profession to discredit or destroy the fair fruits of osteopathic achievement, involving the very future of organized Osteopathy. The Old Doctor's "CALL TO THE COLORS," read by Dr. A. G. Hildreth at the Portland Convention, printed in the A. O. A. Journal containing the records of that Convention, and reprinted in the very first issue of OSTEOPATHIC TRUTH, must surely furnish sufficient inspiration for ACTION (in place of inaction), for ORGANIZATION (instead of disintegration), for PROGRESS (rather than retrogression), and lastly, LOYALTY TO PRINCIPLE (rather than the surrendering of principle to expediency.)

The "CALL TO THE COLORS" found many ready volunteers, awaiting the call to duty on the firing line. "LEST WE FORGET," the Old Doctor's message is again re-printed in this issue, a veritable bugle-call to the faithful, the voice of the master-mind which, though enfeebled with the weight of years, yet can clearly vision the dangers besetting the profession and the philosophy to which his life has been dedicated.

No, OSTEOPATHIC TRUTH is not playing politics; there are greater issues at stake than those of mere office, and attempts to becloud the issue at this critical time must be considered as most unworthy. OSTEOPATHIC TRUTH will support any and all who stand squarely for the osteopathic concept, and will oppose any and all who would seek to divert the energies and thoughts of the profession away from the normal evolution of this philosophy.

The time has passed for compromise on the osteopathic principle; we have compromised so much already that we have nearly compromised ourselves off the map. The time is now here for organized ACTION through the A. O. A.; for a return to first principles, the strengthening of such colleges as are teaching Osteopathy, the securing of more uniform and more liberal laws governing the practice

of Osteopathy, and the closer affiliation of the state and national organizations. To all of these things, OSTEOPATHIC TRUTH is pledged and it fondly hopes to become a pillar of strength to the entire profession. You can help, brother or sister osteopath, by joining your local, state and national associations and letting YOUR voice be heard in the cause of unswerving loyalty to the principles which have made us.

Within the profession, our enemies have variously been called "hyphenism," "commercialism," "private axes," etc., while outside of our ranks they have responded to the names of the various cults which follow in the direct trail of Osteopathy, or politically-entrenched medical organizations seeking to encompass the ruin of organized Osteopathy while calmly "discovering" its principles and applying its therapeutics, after having laughed it to scorn for decades. We must either fearlessly consider these matters, or face the alternative of hauling down our flag and deserting the ship. With full confidence in the loyalty of the profession, we know right now what the answer will be. The spirit of the Old Doctor yet lives to furnish inspiration to those wearied with the battle, and VICTORY will soon become accomplished fact.

In order to give expression to the demands upon all sides for a change in conditions, the A. T. STILL OSTEOPATHIC LEGION was formed early last year, with temporary committees and a temporary Secretary. The LEGION exists today merely as a plan, a method of awakening the profession to threatening dangers. It has neither by-laws, officers, headquarters, dues nor other machinery of organization, the sole bond of cohesion reading IN PART as follows:

"We hereby reaffirm our loyalty to the fundamental principles of Osteopathy, as set forth by Dr. A. T. Still.

"We pledge our mutual co-operation for the purpose of insisting that the A. O. A. adhere to those principles as its guiding policy."

Some exceptions have been taken by some of our worthy and unselfish workers, associated with some of the colleges, to a portion of the original pledge (omitted above) which places upon the colleges the burden of incorrect teaching of Osteopathy. The exception is well taken in some individual instances, while some other of the colleges have been decidedly pro-medical in their tendencies. But the basic difficulty with the colleges can perhaps be classified under two headings, (1) the lack of a recognized uniform curriculum, and (2) lack of endowments.

One of the objects of OSTEOPATHIC TRUTH, as announced in its very first issue (July, 1916) is

"The creation of a fund to place our colleges on an endowment basis. Then and then only will it be possible to secure private endowments and state appropriations, both of which are necessary for the successful conduct of any great college."

OSTEOPATHIC TRUTH stands squarely to help every college which is teaching the basic principles of A. T. STILL OSTEOPATHY, and endeavoring to graduate students with a proper conception of this great therapeutic philosophy. But it is also ready to nail "hybridism," without fear or favor, a condition which the A. O. A. and Associated Osteopathic Colleges have heretofore appeared helpless to remedy. The interests of the profession transcend those of any and all stockholders in our colleges, or private interests of any kind, and no institution teaching straight Osteopathy need expect anything but endorsement and helpfulness from this publication. No thinking person could for one moment expect our profession to live without colleges and students, hence the absolute necessity, from every standpoint, of supporting those which are conducted upon straight osteopathic lines. The others must shift for themselves, and the profession should not mince matters in the discussion of these problems.

Every member of the profession should be ready to fight for the nat-

ural evolution of Osteopathy; and to discourage the adoption of extraneous, unproven and discarded medical theories prior to the complete evolution of these principles. THAT statement should be broad enough for the most ambitious osteopath. The other schools are now busily engaged "discovering" our principles and therapy, after years of ridicule and oppression. Why, then, should we assist them in accomplishing our own destruction by admitting any basic inefficiency while our own field for research is as yet ALMOST UNEXPLORED?

The sentiment of the profession-at-large for a return to basic principles was clearly shown at the Kansas City Convention, where "A. T. STILL OSTEOPATHY" was the continuous topic of the day. In this movement, there seems no reason to doubt the efficiency of the sentiment initiated through the LEGION, an outcome which should receive the entire approbation of every osteopathic physician worthy of the name.

Since the Kansas City Convention, no efforts have been made to further organize the A. T. STILL OSTEOPATHIC LEGION, as further organization seems unnecessary at the present time. An awakened A. O. A., backed by a united profession, and directed by fearless and progressive officials, can do more for humanity in a single year than could possibly be accomplished through decades of compromise and inactivity.

OSTEOPATHIC TRUTH stands for professional unity and not for disruption, it being assumed that the basis for such unity is "A. T. STILL OSTEOPATHY," "a philosophy as broad as the Universe."

All of which is respectfully submitted in the most dispassionate manner, because, as Carlyle says:

"The moment we feel angry in controversy, we have already ceased striving for Truth, and begun striving for ourselves."

—F. A. C.

"Osteopathic Truth looks very good to me."—H. H. FRYETTE, Chicago, Ill.

SOME PHILADELPHIA HUSTLERS

At the regular meeting of the Osteopathic Society of the City of New York, held at the Murray Hill Hotel on January 20th, a considerable delegation representing the Philadelphia College of Osteopathy mercilessly punctured the old idea that there is anything slow about Philadelphia.

Anyone who is looking for pointers on how to "get there" in the accomplishment of difficult osteopathic stunts, is hereby advised to correspond with the genial Dean of that institution, Dr. Arthur M. Flack, and find out how they did it all. These people have seemingly accomplished the impossible, by raising, through a popular campaign, something over \$65,000.00 for the building and equipment of an osteopathic college and hospital, which is now in process of construction.

Here is a bunch of hustlers who have appealed directly to the public for the necessary funds and their large success clearly presupposes the popular education of that same public in osteopathic fundamentals.

They have taught the rest of us a lesson by their success in interesting several of the leading newspapers of the city in the osteopathic propaganda as well as securing the active interest of newspaper editors and managers upon the Board of Trustees of the Hospital Association.

Col. Samuel W. Meek, manager of the Philadelphia Press, spoke very eloquently at the New York meeting of the work being accomplished in Philadelphia by the College and Hospital officials and faculty. Philadelphia ought to be congratulated upon the active association with them of men like Colonel Meek.

Formal dedication of the new College building will take place on February 5th, followed by a military ball for the benefit of the Hospital Association, after which we will be glad to publish a detailed statement regarding the excellent equipment and facilities of the Philadelphia College of Osteopathy.

A letter just received from Dr. Flack makes the following statement regarding curriculum and policy of the college:

"The college is now controlled by the Board of Directors of the Osteopathic Hospital of Philadelphia, which is elected by the members of the Hospital Association. Membership in the Hospital Association is granted to anyone, laymen or physicians, who contributes a \$10.00 annual membership, a \$50.00 annual contributing membership or \$100.00 life membership fee. The Hospital is a non-profit-sharing corporation so that the income of both Hospital and College is devoted entirely to the interest of the two institutions."

"The educational entrance requirements of the College are those of a standard four-year high school course, including one year's work each in Physics,

Chemistry and Biology, and no student is matriculated unless his credentials are approved by the Education Department of the State of New York, New Jersey and Pennsylvania. Qualifications of students from New York and New Jersey are submitted to the Education Department of those States respectively, while the Pennsylvania Department of Education passes upon the credentials of all others.

Our course of study is a straight four-year course of eight months each and it is the desire of the Board of Directors that the profession and public at large realize that THIS INSTITUTION IS COMMITTED TO THE TEACHING OF PURE OSTEOPATHY. We are in no sense ambitious to incorporate the teaching of medicine in our course as we believe thoroughly in the fundamental principles of Osteopathy as a curative system and are content to confine ourselves to its logical sphere."

OSTEOPATHS DEDICATE NEW COLLEGE BUILDING

Appropriate Ceremonies as Structure is Turned Over to Dean Flack

From "PHILADELPHIA NORTH AMERICAN"

The new college buildings of the Philadelphia College of Osteopathy, at Nineteenth and Spring Garden streets, was dedicated yesterday.

Samuel W. Meek, president of the board of directors of the college and of the Osteopathic Hospital, which is to occupy a new building in the rear of the new college building, presided at the meeting.

He turned over the building, which was the residence of former Mayor Reyburn, to Dean Arthur M. Flack, of the college. He announced that work on the new hospital building will begin within sixty days, and will be completed next fall. This hospital is to have fifty-four beds, thirty-two of which will be free. An appropriation of \$50,000 is to be asked from the legislature to support the hospital.

In accepting the building, Dean Flack said the college, which now has ninety-five students and a faculty of twenty-seven, will be devoted exclusively to the teaching of osteopathic principles. Other institutions, he said, had combined with medical schools, but this college would devote itself to the elaboration of "pure Osteopathy." He said an application for registry to the New York state education board would be made this month.

The Rev. Alexander H. Leo made the invocation. During the dedication exercises a unique gift to the hospital was announced. A Kensington mill girl had brought \$10 to the college as her gift. She said she had been cured of chronic rheumatism in the clinics of the college, and to show her gratitude had sold candy to the girls in the factory where she works to raise the money.

During the afternoon a series of lectures on the methods of Osteopathy was given by members of the college faculty. Study of mental and nervous diseases by

use of the motion pictures was demonstrated by Dr. J. Ivan Dufur. The college has a well-equipped projection room.

Dr. O. O. Bashlin talked on "Osteopathy and Surgery," saying that surgery is practiced by osteopaths as a last resort when osteopathic methods are unable to cure. "But we do not believe in useless cutting," he said.

The annual military ball of the Old Guard of Philadelphia, held in the Hotel Adelphia last night, was given for the benefit of the new hospital. More than 500 couples attended the dance. Mayor and Mrs. Smith led the grand march.

Dr. T. L. Ray, president of the Fort Worth Lions Club, has the honor of winning the prize offered by the International Association of Lions Clubs for designing the best emblem of the organization. Dr. Ray's design will be adopted as the official emblem.

The Lions Clubs are similar to the Rotary Clubs, and were started last spring. It is to be an international organization.

Have you ever seen a bigger Dollar's worth than OSTEOPATHIC TRUTH? Better send it in to-day and become enrolled with the "regulars."

Dr. Marion E. Kendall of Pittsfield, Mass., writes: "To others, also that contribute to 'Osteopathic Truth.' I do enjoy the enthusiasm manifested herein and do think it a help to us all."

"I read the Osteopathic Truth and enjoy every word of it. In nearly 20 years, practice, I find that it is the osteopath not Osteopathy, that fails to get desired results.

"Now I wish to express my views viz:—'Labor for learning before you grow old, For learning is better than silver or gold, Silver will rust and gold will decay, But learning with time will never wear away. So learn Osteopathy, not the osteopath, and time will not wear out our results.'"—MATTHEW T. MAYES, D. O., M. D., Springfield, Mass. Member State Board of Registration in Medicine.

Dr. E. O. Maxwell of Manchester, N. H. writes: "The Osteopathic Truth is certainly well named. The articles in the two copies I received are great. Every osteopath should be glad to subscribe to such a stimulating magazine."

"I greatly enjoy reading 'The Truth' and find it a source of much inspiration."—DR. EDGAR S. COMSTOCK, Chicago, Ill.

"Little drops of water, little grains of sand, Make the mighty ocean and the wondrous land."

(Your \$1.00 will help mightily in building up the solid structure of Osteopathy. Better send it in to-day to the Business Manager of OSTEOPATHIC TRUTH.

Each issue of your little paper is in my opinion better than the last, if that is possible, for the first copy appealed to me as it had the genuine ring of "Real Osteopathy." Recognizing that fact, after reading carefully the first paper I sent in my subscription, as no doubt you will find if you refer to those earlier receipts of last summer. As you may require funds now even more than when the paper year has expired I AM SENDING IN MY CHECK OF A DOLLAR FOR SECOND YEAR'S SUBSCRIPTION.

"Osteopathic Truth" was not started before it was required. Several years ago I took summer work at one of our schools, and putting it quite mildly, I was very very much disappointed at the atmosphere, or the lack of osteopathic teaching I found in the school.

Long live "OSTEOPATHIC TRUTH."
BERTHA HILTON, D. O.,
Denver, Colo.

Dr. Emilie Greenwood of Farmington, Maine says: "Hack away at the mixers."

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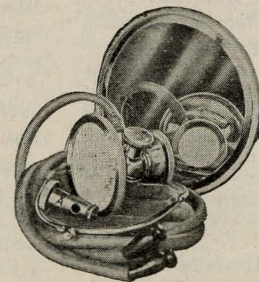
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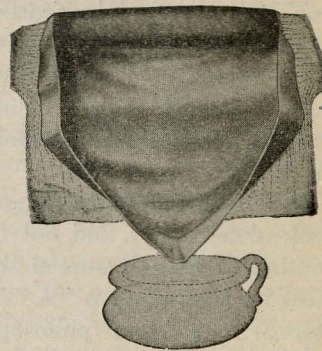
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PROGRESSIVE OSTEOPATHY

FRANCIS L. BEAL, D. D., Pres. Massachusetts College of Osteopathy.

(Address given at banquet of Massachusetts Osteopathic Society, Boston, Jan. 6, 1917.)

I am asked to speak upon Progressive Osteopathy; but the more I think about it, the more I am inclined to smile, and wonder if the Chairman was hoping to trip me up, for I am a Clergyman first and an Osteopath next; and in the estimation of many good people, the Clergy as a profession are hopelessly conservative, even reactionary.

I assure you, I am progressively orthodox; and indeed, as an Osteopath, I would harness Esculapius to the car of progressive, open-minded research, with both feet solidly planted upon the Orthodox basis of Dr. Still's simon-pure osteopathic practice.

There are things we need to learn wisely, for the future of our profession; and I am confident that we are each and all, honestly desirous of open-mindedly meeting these matters, and considering them in a large way, as they come to us.

We are not, I am sure, like the young lady in the story:

"But, couldn't you learn to love me, Stella?" he pleaded.

"I don't think I could, John," she replied. He stood erect, then quickly reached for his hat.

"It is as I feared; you are too old to learn."

Well, it seems to me, that the osteopath, the true osteopath, is of necessity, a progressive. So, Osteopathy, should be, inherently, a Progressive science, hence, Progressive Osteopathy is true Osteopathy.

Now osteopathic science and practice is in its infancy. Much has been accomplished; but the achievements, great as they are, but blaze the way to higher attainment, the horizon gleams with inviting promise to wider study and research, to higher skill.

You have elected me as the administrative head of the M. C. O. following that prince of lecturers, Dr. Harris. You expect me and my associates on the Trustees and Faculty, to make the college the leading osteopathic college in the country.

The demand for skilled osteopathic physicians is larger than the supply. Many of our finest young men and women, are being attracted to Osteopathy, as a profession. This is an age of efficiency, a day when crucial tests are applied, and the misfits are outdistanced and crowded to the wall. With our new College and Hospital building, we have a splendid material equipment, second to none. Now, with a progressive enthusiastic

Faculty, we ought in the next two or three years, to double our student body.

Now this is the point where I wish to lay strong emphasis. Enthusiasm for the profession and for the College. It is, I conceive, easier to enthuse over the profession, for that enthusiasm is capable of reduction to dollars. But I stand here to challenge you, as the head of your own College, to enthusiasm and loyalty to your COLLEGE as well. And this is progressive Osteopathy; for it means wider dissemination of osteopathic principles, and constant expansion of the College; which is turning out Alumni to spread the gospel of Osteopathy.

Now I want to make this very concrete. Your duty to the M. C. O., your College, your Alma Mater, the college that gave you your degree, your profession from which you derive your income. Your tuition fees paid for heat, light, rent, laboratory materials, etc. Your tuition fees did not pay for the instructions, lectures, nor the educational atmosphere, and the inspiration derived from the enthusiastic, self-sacrificing members of the Faculty. They gave freely of their knowledge, their experience, as a labor of love. These constitute a debt, a debt far above monetary considerations, a debt which can only be repaid by loyalty to the College, upholding her fair name and ideals and reputation.

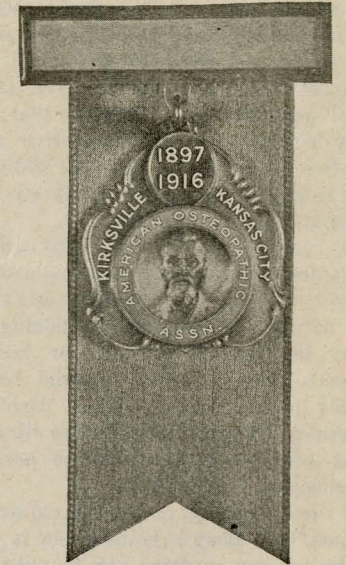
Standing firm for the ethics of our profession in our practice, enthusiastically, unitedly, whole heartedly, advancing the interests of the College, by teaching, lecturing, demonstrating, and above all loyally talking up the College. Thus shall we each contribute his part, to place the College in the fore-front; and make it a power in graduating students who shall be keenly alert to progress in the profession, true osteopaths, thoroughly grounded in osteopathic principles and practice; well qualified to meet conditions and succeed.

I wish to quote from an article written by the new President of the A. O. A., an Alumnus of the M. C. O., appearing in a recent number of the Herald of Osteopathy of which Dr. Reid is Editor:

"From my reading along professional lines, I have some idea of the problems of health yet to be solved. Since Osteopathy accepts every known law of science, and discards nothing proved useful, I feel sure that osteopathic methods are due a wider public acceptance, a broader application in disease, and a deeper foundation in scientific knowledge.

"Our past with its record of results, our present with its matter of professional development and attainment, our future with its promise of unlimited growth, all assure me that I am justified in being an osteopath."

Now in closing, let me say: Progressive Osteopathy is true Osteopathy. Every one of us is loyal to the Ethics of the profession, open-minded to new discoveries and truth; enthusiastic and loyal in our support of the College where we equip the student to carry the banner of Osteopathy to greater heights of successful achievement than we have yet dreamed of.



FOR THE RESEARCH INSTITUTE

Here is an opportunity for you to get a good badge which you may well prize as a keepsake, and also help swell the funds of the A. T. Still Research Institute. Many badges were left over from the Kansas City Convention.

By sending a check for \$1 (made out to Dr. C. B. Atzen) to Dr. R. H. Williams, New Ridge Bldg., Kansas City, Mo., you may add \$1 to the Research funds and at the same time secure one of these souvenir badges. The accompanying cut will give you an idea of what they look like.

OSTEOPATHS MUST WORK

There are a great many systems that require less physical exertion than Osteopathy, but if we wish to sail under the osteopathic flag, for God's sake let us be willing to work.

It is well said that we should not blame Osteopathy for our failure. If we fail on a case let us place the blame where it belongs, either a failure in diagnosis, a failure in the technique, or too hopeful a prognosis. Not all cases can be cured. It is up to us to know what we can do.

W. S. MADDUX.

How about that Dollar which you have been intending to send in for your subscription to OSTEOPATHIC TRUTH? Better send it TO-DAY and help the cause just that much.

OSTEOPATHY—PURE AND UNDEFI- LED

EARL J. DRINKALL, D. O., Chicago, Ill.

"The best laid plans of mice and men gang aft a-glee." At least it has been so stated by someone, and since associations are made up of men they too are apt to wander far afield.

Osteopathy is the biggest and broadest system of healing in the world today, barring none. That is real, true, and pure Osteopathy as given to the world by Andrew Taylor Still. If the "Old Doctor's" great biological discovery that the body contains its own reparative and curative agents is true then the addition of any extraneous matter is entirely unnecessary, and perforce harmful.

If disease is normal physiology carried to an abnormal degree, either one way or the other, (increase or decrease) and that the normal physiological functioning of every infinitesimal part of our bodies depends upon a perfect arterial blood supply and a perfect venous drainage superimposed upon normal nerve stimuli, what will restore the absolute normal physiological functioning?

If there is nothing new in this old world of ours, then there is nothing new in our bodies nor can anything new be put into them. Diseases and conditions are nothing new are they? Nothing new has been added to the body has there? The effects of infection have added nothing new to the body have they? A tumour or calculus is not the addition of anything new to the body. Hyperchlorhydria or achlorhydria have added nothing new have they?

Well, what of it! Just this: do drugs ever reach the CAUSE of any disease or condition? Or will we reason as did a senior student in one of the medical schools the other day. She had been a trained nurse and superintendent of a hospital for several years. She said that she could see where Osteopathy was good for some things but could not see where it was indicated in many others, instancing gall stones and appendicitis. She was asked that if after the gall stones had been removed surgically the CAUSE had been removed. She returned this classic answer, "Well, after all the symptoms are removed, who cares about the etiology." Drug therapists generally do not appreciate that although the symptoms are removed, the cause remains, and a few years later other symptoms will make their appearance.

The same stimuli may excite, quiet, or paralyze the function of any tissue or organ, and the paralysis of function terminate in death of the structure.

Every day we are brought face to face with this phenomenon. The pathological

stimuli arising in one part of the body may ly the intricate nerve connection affect a far remote area. That same stimuli in one individual may cause excitation, in another quieting, and in another paralysis of function.

Dr. Andrew Taylor Still accomplished results in removing the pathological stimuli that were causing normal physiological functions to be carried to an abnormal degree. WHY CANNOT WE?

It may be taken for granted that at least a large measure of our lack of results is due to the same inertia so evident in the entire human race—WE DO NOT THINK. WE SHOULD BE THE MOST PROGRESSIVE AND AGGRESSIVE ORGANIZATION IN THE WORLD TODAY DUE TO THE FACT THAT OUR SCIENCE IS SO FAR AHEAD OF ANY OF ITS CONTEMPORARIES. EVERY ONE OF US SHOULD BE DEVOTING ALL OUR SPARE TIME TO FURTHER STUDY IN EVERY BRANCH OF OUR SCIENCE TOGETHER WITH ORIGINAL RESEARCH TO BROADEN ITS SCOPE AND TO DEVELOP ITS RESOURCES. If Osteopathy "Limited" is the broadest and biggest system of healing today stop and think what it would be if developed to the "Unlimited" degree.

If Andrew Taylor Still could ferret out the cause of human suffering and in the fixing give relief why cannot the rest of us do it?

Whoever thought, several years ago, that by pressing the big toe a headache could be relieved? The sad, very sad, feature of zonotherapy is the fact that while we were chasing nonentities a drug therapist by chance stumbled on to an osteopathic principle. Why use a hypodermic? The advocates of pressure anesthesia tell us that pain can be relieved even in cancer and by the patient himself in a few minutes.

If that is true is it not high time that we dust the cobwebs from our garret and inject a little ginger into our brain cells and THINK. Think not only of what might be done but how we can better teach ourselves and the future osteopathic physician real Andrew Taylor Still Osteopathy—pure and undefiled. Since there has not been developed anything better than what he gave to the world in 1874 does not the student have the right to know just how he taught his pupils when he did the teaching himself.

It is most gratifying to see and know that a movement is on foot to stimulate one and all of us to make ourselves better osteopathic physicians. After we have made ourselves real followers of the "Old Doctor" and know all there is to know about Osteopathy then it will be time to take up other subjects. When we KNOW OSTEOPATHY we will have less use for other systems of healing that have been in vogue. Would it not be wonderful if

when a patient comes to us we could be sure we were applying our treatment just as the "Old Doctor" would apply it?

Would it not be possible to interest every practicing osteopathic physician to devote as much time as he could to the development of pure and undefiled Osteopathy? Perhaps at our district and state association meetings we could further our professional efficiency to a marked degree by having as teachers the live wide awake men and women who were pupils under the "Old Doctor." One thing is possible, and that is that every osteopathic school should have as teachers of technique, and all other subjects for that matter, only those who have really caught the vision of the "Old Doctor" for in that way, and in that way only, will osteopathic practice as he gave it to the first pupils be perpetuated. One cannot understand the science and art of Osteopathy as Dr. Still would have it understood by the reading of books for the little details so essential to the whole are unexplainable in printed words.

The biggest step will have been taken toward the purification of our profession when the schools teach Osteopathy as Andrew Taylor Still taught it in the nineties. When the student becomes imbued with the real fundamentals underlying our science he won't have time to be running off at a tangent, and it is not only our privilege to teach the students what they desire, but it is our duty to the profession to teach the very best. The student does not know what he should have, but after a few years in the field he realizes what he did not get at school, that could just as easily have been given him as the teachings that were given him. The American Osteopathic Association should not only direct what subjects shall be taught but should also direct how they shall be taught. Anatomy is anatomy but it can be presented in a hundred different ways, and as it is taught to the drug student it would do the osteopathic student very little good. Osteopathic reasoning and technique can be so taught that the student will think osteopathically of every branch of the healing art and if he does so while in school he will be better prepared to handle cases in the field. Preparedness is a good slogan for our teachers to adopt and prepare the student to appreciate his subjects. Let us progress to the place where Dr. A. T. Still left the profession when he stopped active teaching, and in the intensified teaching of his principles, as he would teach them himself, we will begin real progress toward a goal not yet attained.

OSTEOPATHY—pure and undefiled is what our patients and the world of disease are seeking.