

# **The Alabama Osteopathist**

**1902 January**

**Vol.1, No. 1**

Reproduced with a gift from the Advocates for the American Osteopathic Association (AAOA Special Projects Fund)


**May not be reproduced in any format without the permission of the Museum of Osteopathic Medicine,<sup>SM</sup>**

THE  
Alabama Osteopathist.


Vol. I.

JANUARY, 1902.

No. 1



A JOURNAL DEVOTED  
TO : THE : INTERESTS  
OF :: THE :: SCIENCE  
OF : OSTEOPATHY : : :



PUBLISHED BY

THE ; BIRMINGHAM : INFIRMARY : OF ; OSTEOPATHY.

207, 209, 211 M'GOWAN BUILDING

2012½ THIRD AVENUE. ; : : : BIRMINGHAM. ALABAMA.

# New Firm New Goods

*Strickland-Giesler Furniture Co*

1914 Third Avenue

Everthing new and fresh.

No shop-worn goods.

Stock is Complete.

We only ask a comparison of goods and prices.



*Why do you continue to pay \$3.50 and \$3.00 for a Spring that you can buy of us for \$1.85—guaranteed to be the best tempered goods.*

*Strickland-Giesler Furniture Co*

*1914 Third Avenue, Birmingham, Ala.*

*Peoples Phone 77.*

## The Alabama Osteopathist.

50 CENTS PER YEAR

SINGLE COPY 5 CENTS

### OSTEOPATHY.

Osteopathy is a complete system of healing, by manipulation, the object of which is to obtain a perfect flow of blood and conduction of nerve force to all parts of the human body.

It has for its fundamental principles:

1. A proper supply of blood and nerve force is necessary for health.
2. An obstruction to the flow of blood and transmission of nerve force produces disease.
3. The human body is a living machine, and has the power to resist disease and repair itself when all of its parts are in proper position and it is sufficiently supplied with pure air, drink and food.

That the first of these propositions is true admits of no doubt. All nutrition taken into the body as food finds its way to the tissues through the blood. Any part of the system deprived of blood is deprived of food and becomes diseased. The amount of blood, or nutrition, going to a part is controlled by the amount of nerve force going to that part. Too little nerve force causes too little blood, or starvation and disease; too much nerve force causes too much blood, or congestion and disease.

If, as is very clear, a proper supply of blood and

a long time to see it done. Well, he would simply die of thirst—and he would deserve to die thus—if he expected faith without works, Christian science without sense, prayer without push, spirits without bodies, massage without management, or clairvoyance without culture, to get him any water.

Now the question is, how with such a pump can the man get water? Common sense would say—why, simply pump! If we bring the right kind of pressure to bear upon the pump-handle then, getting water is simply a matter of mechanics, of physics, and of hydraulics.

This is osteopathy. Man is a machine. He embodies all the principles of mechanics, physics, and of hydraulics. He must be kept in right position. Intelligent pressure upon his mechanism, with a proper understanding of his physics, his physiology, and psychology, will get results. It is not a matter of mystery or mysticism; it is mechanics.

It is not prayer; it is physics. It is not Christian science; it is chemical science. It is not spiritualism; it is mechanism. It is not faith-cure; it is fact cure. It is not massage or manipulation; it is mastery of the matter and motions of man by trained minds. It is not trance; it is truth. It is not hallucination; it is health and happiness.—Journal of Osteopathy.

### The Human Machine.

Those to whom Osteopathy is something entirely new can gather a few fundamental conceptions of it by realizing first that the human body is a delicate and intricate machine. The liability of machines, tools and instruments to get out of order is well known. The best machinery wears out. It begins to depreciate from the

moment it is set in operation, although the deterioration is not visible. The human machine likewise may get out of order and run fairly well for years, even a lifetime. The fact that the ills of life are largely due to disarranged human machinery or to conditions created by longer or shorter standing disarrangement of the machinery of the body has been discovered and established by Osteopathy. Its chief purpose, in fact its whole and sole purpose, is to put the machinery of the body in order, that it may "go" as nature intended. Is this sensible or not? Is this right or wrong? Does this commend itself to common sense or not?

The science and system and practice of Osteopathy has been known scarcely a decade. Within that time it has been established by cures of such variety and character as to commend it to the world. Sickness grows. Health is more frequently interrupted. The dependence on doctors and medicines and treatments have become more general than in past times. The human family, especially that portion of it living under the brilliant white light of civilization and of science, is not as vigorous physically to all outward appearance as in the bygone ages when pills and potions and doctors were fewer.—Philadelphia Journal.

Among the inconsistencies of life, is the following: A physician was explaining to a friend why it was that Osteopathy would never be a permanent system of treatment. "Why, said he," the first thing you know some of these Osteopaths will treat a man and he will die and that will be the last of them." While he was speaking an undertaker brought a death certificate for the physician to sign. Names can be called if necessary.

Osteopathy cures after all other methods have failed.

\* \* \*

Remember that the Osteopathic theory of the cause of disease is entirely different from that of the medical profession.

\* \* \*

Conditions that are altogether overlooked by the medical physicians, are found by Osteopaths to be the direct cause of disease. The proof that our theory is correct is that as soon as these conditions are removed the patient gets well.

\* \* \*

According to some methods of treatment nature is assisted by putting into the system foreign materials to be excreted by the already overtaxed organs. Is assistance by adding an extra burden either scientific or common sense.

\* \* \*

We expect no machine to run perfectly and do the required amount of work unless all of its parts are absolutely in their proper position. We should not expect more of the human body.

\* \* \*

At the recent commencement of an Osteopathic school the governors of two states were in attendance, both of whom took a prominent part in the exercises. Thus it is among the best class of people that Osteopathy makes friends, and is endorsed.

\* \* \*

It is claimed by some who know nothing of the application of the principles of Osteopathy, that its practitioners claim too much for it. Its principles are as broad

as the best attainable knowledge of Anatomy and Physiology and its application co-extensive. Both acute and chronic diseases are successfully treated.

\* \* \*

The question is often asked, How do you cure disease without drugs? We have never yet had an answer to the question. How do you cure disease with drugs? Have you?

### Report of a Few Cases Treated by the Birmingham Infirmary of Osteopathy.

CASE 1. EYE TROUBLES—This patient came to us after having been told by one of the most prominent oculists of the city that she was suffering from Glaucoma, an incurable eye affection, and that she would ultimately lose the sight in the affected eye. The pupil of the diseased eye was widely dilated and would contract but slightly under the influence of powerful drugs. There were intense headaches and pains in eye and in back of neck, besides a very decided general nervous condition. This case had been under medical treatment several months without being benefited.

On Osteopathic examination lesions were found interfering with the muscles and blood and nerve supply to the eye. After two weeks the pain was relieved, and at the end of two months the case was dismissed cured.

CASE 2. INDIGESTION AND NERVOUSNESS—This patient before taking treatment was unable to retain the simplest food, suffered from insomnia, was extremely weak and very nervous. Benefit from the treatment was noticeable from the beginning. Patient began to sleep

well, gain strength; her nerves became quiet, and after two months treatment patient was able to do her own house work.

**CASE 3. HEADACHE OF SEVERAL YEARS STANDING**—The patient suffered from most severe headaches ever seen by writer. Attacks came on from one to three or four times a month, and lasted from eighteen to thirty-six hours. Medicines gave but little or no temporary relief. After first month's treatment, there has been no return of headaches for past four months.

**CASE 4. ACUTE TONSILITIS**—Patient when first seen had temperature of 103. Intense aching in head, limbs and back. Tonsils were very much swollen and ulcerated and swallowing very painful. A prominent physician diagnosed the case as grippe and tonsillitis and told patient she would be in bed for a week or ten days. After two treatments, twelve hours apart, patient was up and well.

**CASE 5. STOMACH TROUBLE AND FEMALE DISEASES**—This patient had suffered for more than two years with pain over pit of stomach and through the chest. Besides there was some displacement of womb and suffering at periods. Every available remedy had been tried in this case without success. After two month's treatment patient reported that she felt like a new woman and discontinued treatment.

**CASE 6. CHRONIC HEADACHES AND FEMALE TROUBLES**—This patient suffered often two or three times a week from headaches which incapacitated her for household duties. Also suffered excruciating pain at each menstrual period. This condition was of several years standing. Was very skeptical of Osteopathy and did not believe it would

benefit her. Headaches ceased after first few treatments, and periods are now passed in comparative comfort.

**CASE 7. JOINT INJURY**—This was a case of severe injury to the knee. Patient came to us on crutches. Had been treated by prominent physicians for several weeks and was told that he would be compelled to use crutches for at least five months. After two weeks treatment, crutches were discarded for a cane, and at the end of one month patient was cured.

**CASE 8. SO-CALLED INCIPIENT CONSUMPTION AND PLEURISY**—This patient suffered from pain in left side, chronic cough, asthmatic attacks, weakness, sleeplessness, dizziness, indigestion and slight rise of fever each day. After medicines proved ineffectual, she was advised to try electricity, but after a month's treatment was no better. She was then advised to have an operation for removal of rib performed. Patient came to us for examination, when a rib was found slightly displaced on affected side, and muscles of back, shoulder and neck were in a contracted condition. Patient took one month's treatment, and now, three months since treatment was received, she says she never felt better in her life.

These are a few of the many cases that have been treated at the Birmingham Infirmary of Osteopathy. These cases have been taken at random and show the wide application of Osteopathy.



### Diseases of Women.

In no other line of practice has Osteopathy scored greater triumphs than in the relief and cure of woman's manifold pains and weakness. It seems to be almost a specific cure for menstrual irregularities for the common sense reason that it relieves congestions in pelvic organs and their controlling nerve centers in the spine; those awful backaches and those splitting, throbbing headaches are relieved and without deadening the nervous system into insensibility by bromides, opiates and other death-dealing poisons. Many of woman's ills are due to defective spines and there alone can treatment secure permanent relief.

### Endorsement of the Clergy.

Among no class of people has Osteopathy made more friends than among the ministers of the gospel. It is with pleasure that we reprint the following from the Alabama Cumberland Presbyterian of August:

"It affords the editor pleasure to declare his personal endorsement of Osteopathy as a common sense, scientific method of healing. It is not our province to declare its scope or limitations, but we have great confidence in it. We have received personal treatment and have had considerable observation of the treatment of others. Its merits are well worth considering by any one who is afflicted. There are cases which it can completely cure, which medicine cannot even help. No one need be afraid of it. The prices for treatment are exceedingly reasonable."

## YOU WILL BE

Greeted with smiles  
and caresses if you  
place one of our

NATIONAL.....

STEEL RANGES

in your home and  
your happiness will  
be complete.

See it or write for catalogue.



Hopkins Stove & Tinware Co.

R. F. LEWIS, Manager.

Birmingham, Ala.

We Solicit Your Unprejudiced Investigation of

# OSTEOPATHY

as a scientific and effective means of curing those diseases that have resisted all other treatment. Osteopathy is based upon the best attainable knowledge of Anatomy and Physiology. It has been given the same legal standing as Medicine in sixteen states and is indorsed by the intelligent people of every community in which it is known.

**No Charge for Consultation or Examination.**



## BIRMINGHAM INFIRMARY OF OSTEOPATHY.

**Percy H. Woodall, M. D., D. O.**

Graduate of Medical Department of the University of Nashville, Nashville, Tenn.

Graduate of the Southern School of Osteopathy, Franklin, Ky.

Former Professor and Operator in the Southern School and Infirmary of Osteopathy, Franklin, Ky.

**J. S. Oldham, D. O.**

Graduate of Southern School of Osteopathy, Franklin, Ky.

Former President, Superintendent and Head of the Operating Staff of the Southern School and Infirmary of Osteopathy, Franklin, Ky.

Member American Association for Advancement of Osteopathy.

## Osteopathy Has Cured Many.

### Osteopathy

is the science of treating disease by tracing out and correcting any contraction of muscle, ligament or tendon or displacement of bones, however slight, which would interfere with the nerve or blood supply to any organ or part of the body. If a nerve be pressed upon, the trouble

### Will

be caused in the part which the nerve supplies and not necessarily at the point of pressure. By relieving that pressure the Osteopath restores the nerve supply to the part affected, and a cure results. We give no drugs and get results more quickly without. Drugs, while they may remedy, always entail evil after effects. We

### Cure

by nature's method, and nature's methods are permanent. It is impossible in this space to give a list of diseases which we can cure. We cure all diseases known as curable and many of the so-called incurable ones. Even that dread disease, Tuberculosis, in its early stages, is readily cured and chronic cases greatly benefited and the pain relieved. If

### You

are suffering from any trouble, we would be pleased to have you call. If your case is curable, we will cure it; if it is not, we will tell you so. We make no charge for consultation and examination. We do not publish testimonials, but if you desire we will refer you to some one we have cured of a like trouble.

**Literature on Application.**



# Osteopathy.



**O**STEOPATHY is the most efficacious means of curing either acute or chronic diseases. It is not a dangerous experiment with the vital forces, but a harmonious adjustment and regulation of these vital forces.

It cures seventy-five per cent of chronic troubles, twenty per cent are benefited; only five per cent are not relieved and absolutely none are injured.

Osteopathy does not work miracles nor cure incurable diseases, but it *does cure* many diseases incurable under the old methods of treatment.

Among the affections in which it is especially successful are—

Nervous Prostration, Liver, Kidney, Heart, Spleen and Stomach troubles; Melancholia, Restlessness, Bladder troubles; Spinal affections, Locomotor Ataxia, Gall Stones, Piles, Paralysis, Spinal Curvature, Varicose Veins, Ulcers, Sprains, Cough, Asthma, Catarrh, Deafness, Bronchitis, Eye, affections of all kinds, Headache, Goitre, Throat and Lung affections, Constipation, Neuralgia, Rheumatism, Hip Joint diseases, all Joint and Muscular troubles, Eczema, Etc.

Female Diseases a Specialty.

2010.33.11

## A DOZEN REASONS WHY YOU SHOULD TAKE OSTEOPATHIC TREATMENT.



1. The percentage of its cures is greater than any other system.
  2. The most of its cures are made when all else has failed.
  3. It cures many troubles that medicine can not.
  4. The treatment is absolutely safe.
  5. It does not produce one disease to cure another.
  6. It removes the cause of the disease.
  7. Improvement continues after the treatment and the cure is permanent.
  8. The system is not saturated with dangerous drugs.
  9. It is more pleasant to take than any other treatment.
  10. The method of treatment appeals to the common sense of intelligent people.
  11. The thousands who have tried it are enthusiastic in its praise.
  12. The charges are quite reasonable.
- References furnished if desired.

# Your Clothing Troubles

If brought to us can be forever eradicated. We simply direct your mind to the superior workmanship, the exclusive styles, the dressy, all-round swell appearance of our Suits and Overcoats, and then give a mild application of Honest Price, with a written guarantee for future responsibility as to wear—then you are as safe as our judgment and experience of a quarter of a century can make you.

Let us treat you for Clothing distress.

---

## J. BLAGH & SONS,

The South's Largest Exclusive  
Men's and Boys' Outfitters. ❧

Nashville.

Birmingham.