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THE OLD AND THE NEW IN MEDICINE.

E. R. BOOTH, PH. D.

Doctors use fewer nauseating compounds now than at any time in the past. He whose memory will carry him back twenty five or thirty years will at once note the changes that have taken place in so short a time. The drastic doses of former decades have almost entirely given way in the progressive doctor's practice to smaller doses and less nauseating remedies.

Homeopathy came in at an opportune time and undertook to convince the world that allopathy is wrong in principle and vicious in practice. While the old school refused to be convinced, it has been forced to acknowledge that there is no use of giving such large doses as were formerly given, and has devised means for making its decoctions more palatable. This is a great gain for mankind, and homeopathy is largely if not wholly entitled to the credit due for bringing about this change.

In order that the reader may appreciate the changes that have taken place, the following recipe for "the admirable and most famous snail water," a "sure cure" for rickets, is quoted from an old medical book used by the New England colonists:

"Take a peck of garden Shel Snails, wash them well in Small Beer, and put them in an oven till they have done making a Noise, then take them out and wipe them well from the green froth that is upon them, and bruise the shels and all in a Stone Mortar, then take a quart of Earthworms, scowre them with salt, slit them, and wash well with water from their filth, and in a stone Mortar beat them in pieces, then lay in the bottom of your distilled pot Angelica two handfuls, and two handfuls of Celandine upon them, to which put two quarts of Rosemary flowers, Bearsfoot, Agrimony, red Duck

roots, Bark of Barberries, Betony wood Sorrel of each two handfuls, Rue one handful; then lay the Snails and Worms on top of the herbs flowers, then pour on three gallons of the Strongest Ale, and let it stand all night, in the morning put in three ounces of Cloves beaten, sixpennyworth of beaten Saffron, and on the top of them six ounces of Hartshorne, then set on Limbeck, and close it with paste and so receive the water by pintes, which will be nine in all, the first is the strongest, whereof take in the morning two spoonfuls of small Beer, the like in the Afternoon."

Although some of the ingredients may not be known to most of the readers of the POPULAR OSTEOPATH, and others may not be household remedies at present, the prescription has, after modernizing the spelling and improving the punctuation, the merit of being clear. The doctor giving such a prescription could not be accused of trying to mystify matters or of concealing from his confiding patients the nature, quantity, or relative proportions of the eighteen substances selected for this one compound. So much can not be said concerning the following treatment for a "cold in the head" given in a recent, standard work on the practice of medicine:

"At the outset a purge, consisting of calomel (gr. ij—0.129, or a pill of blue mass (gr. v—0.324) at night, followed by Seidlitz powder in the morning, is advisable. To children a dose of castor oil may be

given. The early administration of a diaphoretic, such as Dover's powder (gr. v-x—0.324-0.648) at night may arrest the complaint, and quinin in a large dose (gr. xij-xv—0.777-0.992) at night may cut short the course of the disease. When the above mentioned abortive measures fail, the following tablet produces good results:

R. Quinin, sulphat	gr. ijs (0.162);
Extr. belladonnae fl.	mjs (0.069);
Sodii salicylatis,	gr. xxx (1.944);
Camphore,	gr. ijs (0.162);

M. et ft. tablet No. x.

Sig. One tablet every hour or two.

For the fever aconite may be employed, and, if the throat be involved, byronia may be given in conjunction."

Those who compared the results of a good Osteopathic treatment for a cold with the prevailing practices will never be willing to resort to such a treatment as prescribed in the above quotation.

My purpose has so far been to suggest (1) that the practice of drug medication has been almost revolutionized and that a respectable portion if not a majority of intelligent men and women look upon the change as being advantageous; (2) that another class of people, doubtless a minority, cling to the old with all its mystery. Now comes the new science and art of healing, Osteopathy, takes another step in advance, and proves that the sick regain normal health and strength more readily without the use of drugs. One great merit it possesses over other system of heal-

ing is that there is nothing mysterious connected with its theory or practice. True, many of its cures seem almost miraculous; but to the person who understands the structure and functions of the many parts of the human body there is nothing savoring of mystery.

The marvelous growth of Osteopathy proves that many are eager to find a system of treating diseases that will appeal to the common sense as well as the acquired judgment of both the learned and the unlearned. Of course those

who are wedded to their idols will be loath to give them up; but the intelligent and progressive element in every walk of life is always seeking for something better. Therefore, do not be deterred from your search for the truth by the opposition of either the ignorant or the prejudiced; but weigh carefully the evidences presented by both theory and practice in the curing of human ills and choose the most rational and effective.

Kirkville, Mo.

NEGATIVE OSTEOPATHY.

MRS. BELLE F. HANNAH, D. O., TRUSTEE A. A. A. O.

Much has been written along the line of what the Osteopath *should do* in his battle with disease, and while meditating on this I became impressed with the idea of what the Osteopath *should not do*. I reason that Osteopathy is twofold in its nature: positive and negative, if you please. There is as much in knowing what not to do as there is in knowing what to do, and I have styled that which should not be done, negative Osteopathy, and shall endeavor to confine myself to it alone in this paper.

The scientific basis of a correct diagnosis is a thorough physical examination, and the careful discrimination between normal and abnormal conditions is the main point in that examinations. It is needless to say that in this an

educated mind is necessary; a mind trained to deal with minutial. An educated touch is also necessary. This sense can be so highly cultivated, though the education of the fingers, as to become a reliable substitute for vision, and such is a part of the education of an Osteopathist, for without it he will often find himself at sea in endeavoring to locate the delicate flaws in the human machinery.

A disease properly diagnosed is half-cured. Objective diagnosis is fast taking precedence over subjective diagnosis, in as much as the latter is unreliable, depending on testimony of the patient who is too often excited and given to exaggeration.

Unfortunately, quackery abounds in the Osteopathic field, and M.

D's. who assume to know Osteopathy without having studied it prove to be the greatest humbugs of all quack Osteopaths, because, being over-confident in their ability, they betray the confidence reposed in them as family medical physicians, and accept remuneration for something they know not. A diploma from what possess as a reputable medical college is not necessarily sufficient grounds to warrant Osteopathist in the field in taking its holder into his office, and in a short time endeavoring to make an Osteopath of him. He can, at best, be only an imitator, not a reasoner and will go on mechanically, day after day, giving the same movements to all patients, never stopping to think why!

In diagnosis an Osteopathist cannot afford to depend entirely on preconceived theories, nor should he ever fail to make his own diagnosis. He should never treat without a thorough understanding of the conditions in the case. Treating about sore spots alone will not always result in cures. For instance, in headache, a very common ailment, yet one of the most complex, it is folly to always treat the neck for headache, as the cause may be lower down in spine, or be reflected from some other part. As well treat the knee for all pains in that locality, when every genuine Osteopathist knows the cause is often in the hip.

Operators should avoid giving heavy or rough treatments, and should endeavor to correct any impression that such treatment is necessary. People get the idea that any treatment calculated to move bones must be almost unbearable, when such is really not the case. The treatment is rather characterized by its delicacy, for only a delicate treatment could adjust the delicate machinery of the human body. Patients have come for treatment with their eyes bloodshot and irritated, having been too vigorously treated by unskilled hands. Others have actually come with the skin rubbed almost off by some pretender. Such treatments are a disgrace to the science, and as every counterfeiter argues in favor of the genuine, so these pretenders argue in favor of genuine operators who are fast fitting themselves for the work and entering the field.

Operators should not be guided in amount of treatment by requests of patients for more treatment. Some will take all they can possibly get, and want more, and if such requests are heeded, and the patient gets worse, he will blame the operator for listening to his idle chatter. Be master of the situation and remember it is the sheerest folly to give heavier treatments than good judgment directs.

I have known operators who gave three treatments per week regardless of the condition of the

patients, and if the patient complained of feeling weak and nervous, extra treatments were interspersed. Soon the patient was worse and returned home to brand Osteopathy a failure.

The old saying "if one dose is good, two are better" doesn't apply in Osteopathy. Rest forms a very important factor in the cure of disease. After a treatment is given, sufficient time should elapse before the next if given, in order to allow nature to harness her representative forces and strengthen the parts. The benefit often comes between treatments.

When cases arrive which have been under strong stimulents, those stimulents should not all be removed at once; for fear of collapse; nor should any treatment be given until the patients have had time to rest from the trip. Here, as elsewhere, the operator must be guided by his best judgment.

Do not attempt to hurry nature. In adjusting misplacements, all muscles should be thoroughly and naturally relaxed. No genuine Osteopathic work ever has to be undone, because it was done hurriedly. Hurry is fatal to good results. Time is an element that enters into every Osteopathic cure. Nature will have her own time and way in spite of all.

In all abdominal treatments, great care should be taken not to bruise the ends of the floating

ribs, or any of the delicate ramifications of the arteries, veins or nerves therein. A dangerous treatment therefore is to treat anterior curvature through the abdomen. Great care should be taken to avoid peritonitis.

All glands should be handled with the utmost care, and not be bruised. If the falling of a broom stick or the wearing of a watch against the breast can produce what is commonly called cancer, how important it is that treatment just here should be light. The prostate is a gland easily irritated, and can be readily overtreated, resulting in prostatitis, a consequent retention of urine, and other complications. Too great dilatation of sphincterani should be avoided, as many have lost the use of that muscle entirely from it. The use of rectal instruments by persons not skilled in their use should be avoided, as they irritate the parts; paralysis may follow, with fecal impaction, and give the patient no end of trouble. Too great pressure on the ganglion impar is said to produce death. It is a mistake to attempt to force the contents of an impacted colon downward too rapidly, as there is danger of lacerating the mucous lining of rectum, and thus prove the way for hemorrhoids, fistula etc. In uterine troubles, avoid local treatment as much as possible. The treatment, in most cases needs to be directed to the spine. A large per cent of



such cases can be cured without local treatment.

Only trained operators know at what angle one bone moves upon its fellow, and how far muscular or ligamentous tissue can be stretched without going beyond the limit of its elasticity.

One should avoid going beyond that limit, for the tissue is slow, very slow to regain its former tone. There is no part of the body that cannot be overtreated. The ideal is the right treatment in the right places, at the right

time. We should strive hard to maintain a high standard, and keep the science above reproach. Speed the day when the people and all competent operators shall be protected against quackery. Osteopathy in the hands of able operators will stand the crucial test of this critical age, if carefully handled.

"Thy friend hath a friend and thy friend's friend hath a friend; be discreet."

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THE LOGIC OF OSTEOPATHY.

BY JOSEPH H. SULLIVAN, D. O.

To the average mind it appears strange, nay, even preposterous that a theory which has been maintained through centuries by men of vast learning and experience, one which seems to have been, and to be now, everything short of an accepted truth, should be denounced and set aside in toto by champions of another school, proselytes, many of them, from the older school. I have reference to the theory that sickness and disease are capable of being eliminated from the system by the agency of drugs or chemicals introduced into the stomach, depending upon that organ's functions to disperse the medicinal fluid to the one desired point, or generally, as the case may require.

I justly term this practice of medicine theoretical because its staunchest advocates concede that though they have grown old in their practice and labored research, still at this late day mere experiment marks the limit of their progress. No reasonable physician, no one living in fact, dares to pronounce the curative power of drugs so administered a fundamental principle. Such a declaration would invite but silent ridicule and sympathy from his fellow-men, physicians in particular; and should he elicit by his act the slightest praise it would be due only his deserving boldness in the face of those who know better, as well as in the light of evidence of the tribes who fill graves the world over, bearing

testimony in a great majority of cases to the inefficiency of drugs in real necessity.

Vivisection has been stamped out to a certain extent as cruel and inhuman; yet, in this era of progress man himself still submits complacently to the same old experiments upon his health and life, the same which in the eyes of the profession were fruitless years before his generation trod the earth. Some may object however that they have themselves actually recovered from sickness or disease after taking medicine into the stomach. Well and good. A certain physician who had one of his children taken down with fever prescribed for him, and slept little in his efforts to bring him around. He had seen many years in his professional labors, and his grey head knew the painful uncertainty of the outcome. The child recovered though and the parent once more turned the old question over in his mind, "Did medicine do it?" A year or two later another son of this doctor was taken sick with the same fever, and the anxious father administered the same prescription, showed the same care and attention, but the child died. The physician concluded that the other son would no doubt have recovered twice as rapidly had no medicine been given him at all.

No medical practitioner can conscientiously state that in his opinion the percentage of cure

from cases of a sufficiently grave character will warrant his accepting the stomach method as a principle, as a truth which by repeated experiment upon sick humanity can be sustained by repeated success amounting to conclusive proof. Indeed the increasing mortality in typhoid cases threatens to disgrace the entire medical science. Hence from the total lack of proof and success, so marked as to drive thousands of the medical profession into the manufacturing field, handling specifics, novelties, etc., I term this stomach method a mere theory, which should stand only till the advent of a theory which by its greater success and higher percentage of cures and permanent benefit, and furthermore by its more fair approach to a set form of known principles, claims the right to precedence. That is what the world demands in science, and "the fittest must survive."

What is this new theory then for which so much has been claimed, which boasts of such success and holds so large a percentage of cures and lasting benefit to its credit, which has demonstrated time and again that its stage of experiment of less than a decade in duration, is nearing its end, and facts remain from which to reason and on which a science is being founded? It is Osteopathy. It has nothing in common with the teaching of the

medical school save its object. Symptomatology is viewed from another standpoint. The same may be said of it in relation to every other system, the object of which is to heal sickness and disease, with this distinction, however, that in some few extreme cases surgery is accepted as an indispensable preliminary to Osteopathic treatment.

Speaking of surgery, I may say that there is the same difference between medicine and Osteopathy as exists between medicine and dental or any other special branch of surgery. The former is uncertain and continues after many years to depend upon conjecture and experiment, while the latter comprises a code of intelligent and reliable rules. Let us see. If we consider the mode of reasoning pursued by the medical school and that used by the Osteopath, we shall discover the former to be what is termed the inductive method. The physician reasons from effect to cause. Hence in disease prime importance is vested by the physician in the resulting phenomena, or what are known as symptoms. Little attention, or properly speaking, secondary attention is directed to the direct and indirect cause or causes which are responsible for these symptoms, since the physician concludes on merely hypothetical grounds, that by causing the symptoms to disappear he must necessarily in order of sequence

cause the diseased feature of the interior to disappear also, which is to cure. It is just here that the medical theory is at fault, so manifestly that demonstration is not required. Reflect upon these flimsy premises for such a conclusion when it may be a matter of life and death with the patient.

Let us look into the matter, however. The physician when prescribing drugs is a position where he must place implicit faith (or is supposed to) in the ability of certain drugs or chemicals to enter the stomach of the patient after the manner of food, and by the same process undergone by the latter, to proceed to the desired points and there by skillful manoeuvring cut off the disease in its progress, the operation being successful if the exterior signs disappear. Now it has been found to be a fact that though these exterior signs did disappear, the patient remained in sickness, showing the performance to be nothing else than a little trick. The patient realizes that when about to die, but can not protest when he is dead. Hence we hear no evidence in extreme cases; but others who have allowed themselves to be persuaded into believing themselves actually affected with a serious trouble or disease have taken prescriptions and lived. They naturally attribute their life to the medicine. This manner of treating symptoms, which are the effect,

amounts to the same thing as when by flanking and dispersing a detail of advanced guard one imagines that he has defeated the entire army and won the day.

But we were speaking of the physician in the act of prescribing and aiming to bring about a healthy change or alteration within the part affected. The physician rightly reasons that, to bring about that change, energy of some kind must be employed to do the work, and as his predecessors employed chemicals, etc., he does likewise. Let us stop for a moment, and taking these drugs squarely before us, consider them just as they are, with a view to getting some idea of the nature of this chemical energy which is employed in medicine. Taking them simply as liquids and solids extracted from the earth, or found in the vegetable or animal kingdoms, you know that while their effects have filled volumes and graves, your own personal experience has taught you many things about them. Some are bitter, even nauseous, and others sweet to the taste. Or you have seen one liquid alter its color upon a few drops of another being added to it. If you chanced to place a piece of zinc within a tumbler partly filled with muriatic acid, you at once saw the liquid boil, as it were, about the zinc, and felt the tumbler grow gradually hotter. This example suffices. Upon examining the zinc afterwards, it

is found to be eaten away. This signifies that work has been performed upon the metal, evidenced also by the heat of the vessel containing it, and achieved by the energy within the acid, the same which is depended upon in medicine to effect a cure within the system. But by what process was this change wrought upon the metal? What was the *modus operandi* of each molecule of the acid upon the molecular construction of the zinc? The chemist can lay down his equation true from end to end, but to describe the operation of each molecule he must, like the physician, advance a theory. Thus the operation of the liquid or any other drug brought in conjunction with foreign matter, being uncertain to the chemist, is likewise so to the medical practitioner, and is the origin of all medical uncertainty, from which has sprung a long line of formulæ of no further value than to serve for hypotheses.

Drugs and chemicals have been shown by years of experiment to be incapable of imparting the proper energy or conveying that energy in a proper manner through the stomach, and the same should be counted out, abandoned as useless and dangerous, as not serving the purpose intended, viz., to cure disease. The mode of reasoning, therefore, pursued in treatment by the physician is not alone at fault,

but in addition to this the means he employs to convey the required remedial energy, apprised by its visible effects upon matter other than the physical frame and its vital fluids, are alike a time-proved failure. Chemistry then has received every opportunity to attest and prove its merits at the hands of practicing physicians, and from results achieved, the reasonable public should now greet it in the arena of health with "thumbs down."

Returning to our subject then, it remains to show the nature of Osteopathy, bringing out for comparison the underlying principle from which it has taken origin. In order to do this it will be necessary to cite the rule that induction tends to establish the starting truths or principles of deductive reasoning from which other truths can be derived and adapted as new principles of knowledge. The former method or induction is that to which the medical school has clung so long and at which it has halted as the final point, whereas the discoverer of Osteopathy grasped the induced truth and with a footing ever so small, proceeded to build up a science broadening at every step. Let me illustrate. An infant crawls to a flaming candle and fearlessly clutches it about the flame.

The principle that fire is painful is thereby induced to the child's mind. He has then learned

to deduce the fact ever afterwards that fire is painful to the touch. Deduction has established the truths of Osteopathy and the methods of the old school now obsolete, have been laid aside as moulds are after the image cast, now self-supported, stands erect.

The founder of Osteopathy singled out, in his own peculiar way, the direct and indirect causes of diseased conditions, making a careful study of each and ignoring the great importance which he had hitherto, as a physician, attached to the symptoms as effects or anything else. It was a bold step in the other direction but it had its results.

From exhaustive study of physical conditions in disease, he found that where the latter was present there was either a deficiency or a superabundance in the supply of blood or other fluids directed to the point affected; or the nerves and nerve-centers upon which depend the physical movements, functions and senses, were in a state of fatigue from prolonged strain or were incapacitated through interference from some foreign agency within or without, usually by means of pressure. To right these mischievous conditions the discoverer learned to convey the necessary energy to the affected parts by pressure or friction of his hands, adjusting a displaced bone or ligament which might by its pressure deprive an artery vein, muscle,

nerve, or another ligament, or some function, of liberty to act normally and hence healthily. The same condition might irritate a nerve and so affect that nerve's function. The discoverer also employed his own muscular energy to inhibit or stimulate the nerve forces of the body, thereby bringing the entire system, comprising active and passive functions, into its natural state of harmony.

Health would then depend upon a normal blood supply to all parts of the body, according to this. Even so, it is the main principle of this science known as Osteopathy. Reflect that by maternal blood one is nourished into a complete being and finally cast off (we may suppose in perfect form) a prey to inimical forces and influences coming from without so soon as the occasion presents itself; or in other words, when, through lack of proper or sufficient renewal of tissue by the blood, the destructive process grows apace or tissue already destroyed by the metabolic forces finds no means of egress by its proper channel. The resulting condition is disease. The blood prior to birth possessed the power to construct new tissue and to bear away the residue of the old; and the blood will continue to hold that power till the advent of some foreign interference from forces either chemical or mechanical, or until the entire system

worn and lacking adequate power to acquire its essentials, falls below requirements in old age, and the soul departing, leaves the body to decay.

So, in short, you have the very first principle of Osteopathy, and it is upon these lines that it is fast coming to be recognized by its proofs of principle as due a place in the foremost rank of science, deserving and surviving the most careful scrutiny.

Summing up then, the theory of the old or regular school that by subjecting drugs or chemicals to the action of the stomach and thereby removing the sensible symptoms the diseased conditions within are remedied, must retire in favor of the science which goes to the bottom of the ailment, moving from cause to cause inductively, and finding the original cause, remedies that cause first and then proceeds to remedy cause and effect in their order respectively; finally and completely removing the disease, and consequently those symptoms (effects) upon which the medical eye is used to be trained so carefully. We also see that Osteopathy possesses a symptomatology of its own, as it were, a displaced bone or ligament, susceptible to the touch, and perhaps the eye for instance; but it differs from that studied in the medical school in that Osteopathic symptomatology comprises causal phenomena, while that of the medi-

cal school is made up of resulting signs or effects.

Concluding then, we have endeavored to explain in as simple a manner as possible upon what grounds and in what manner Osteopathic methods are supplanting those of the old school, opening up a new field for progressive labor, and elevating the art of

healing to a truly scientific basis supported by principles which have won and continue now to win recognition and admiration throughout this country, and which are extending its influence slowly but surely into the old world, that ancient cradle of *materia medica*.

50; Masonic Temple, Chicago.

CARELESSNESS IN DIAGNOSIS.

D. ELLA M'NICOLL, D. O.

The readiness with which the ignorant condemn Osteopathy and brand it deception, fraud, etc., is more than counterbalanced by the spontaneous approbation expressed by those who have personally tested its merits.

Humanity is growing tired of paying for the privilege of loaning precious lives for experimental purposes. Osteopathy demonstrates beyond a doubt that the public mind, because of long continued servility to a dominant power, is in a pathological condition that is alarmingly dangerous. A recognition of this fact is rapidly extending wherever this new science sheds its health-giving light; and the time is approaching when legalized carelessness will be condemned. To illustrate, 1st. —A married woman aged 27 years, mother of two children, presented herself for examination stating that she had been an invalid for the past two years. "My physician has done all he can for me

and now tells that ovariectomy is my only chance for relief. I cannot bear the thought of leaving my children to enter a hospital. Do you think there is any other chance for me to get well?"

At a glance I read the nature of her ailment, Pott's disease in advanced stage. The center of the disease was at the 5th dorsal, marked by extreme prominence of the spine at this point; ribs down, lungs compressed, heart interfered with, muscles of back through entire dorsal region extremely tense. I found no special trouble below the dorsal region, and upon careful examination decided that the ovaries and uterus were in a healthy condition. I questioned her:

What treatment have you had for your spine? "None." What have you been treated for? "Female trouble. The doctor says when my ovaries are removed my spine will get perfectly straight again." Did your physician ever

examine your spine? "No, but he gave me a great deal of medicine to strengthen me."

I found on questioning that this disease dated back to childhood.

2d.—Last week a lady who was being urged to submit to a surgical operation was induced by a friend to first take an osteopathic examination. She was suffering greatly with her left side, and as usual an ovary had been condemned and ordered extirpated. I found that much abused, inoffensive little organ attending strictly to its own business, while not far away the *Quadratus-Lumborum* with not less than four subluxated ribs told the entire story, relaxation and adjustment of which gave prompt relief. I have heard it said that in India it is worth one's life to be a woman. Sometimes I am inclined to think it a hazardous undertaking in our own India(na).

3d.—A mother came to me last August in regard to a little lump in her daughter's side. "The doctor tells me it is the enlarged end of a nerve, and he has tried to reduce it by applying iodine but there is no perceptible change." The lump a small prominence on the anterior wall of the thorax to left of median line proved to be the cartilaginous end of the tenth rib, broken from its attachment to the sternum and disarticulated from the spine in such a manner as to throw it upward and outward, caused by a heavy blow on the spine some two years previous. The little rib gladly slipped back to its old place in response to osteopathic touch, apparently losing all desire to be a big nerve. I am puzzled to know just why ovariectomy was not recommended in this case as in the two preceding ones, as it seemed equally applicable.

Frankfort, Indiana.

OSTEOPATHY AND COLDS.

M. F. HULETT, B. S., D. O.

The subject of treatment of minor acute troubles has probably been too much neglected in current Osteopathic literature. We have all been anxious to chronicle successes in those diseases which for the most part have been listed as incurable. Of course it is natural that we prefer to win *great* victories, but it is just as important to let our patrons know that we can

prevent the acute from becoming the chronic.

I recently had opportunity to test Osteopathy in a severe case of cold-grip if you care so to name it. A lady came to me late one evening in great distress both of body and of mind—the latter because she feared she could not respond to her husband's telegram to meet him in a neighboring city, on account of

the former, a severe and distressing cold. I was informed that she was subject to these attacks; that they would come on suddenly, last for nearly a week, and then gradually disappear. On this occasion there was much coryza and "weeping," while she sneezed with nearly every breath, and the handkerchief was of necessity much in evidence. Had the season been propitious—that of late summer or early fall—on first impression it would have been considered a severe case of hay fever. The case was treated, Osteopathically, and the sneezing ceased almost immediately, and the lady was able to take her trip as planned. She informed me later that from the time she left my office there had been no further trouble, and that she considered it one of the greatest Osteopathic victories. The treatment in this case was directed almost entirely to the vaso-motor control of the general circulation, with special attention to the subsidiary center governing the pulmonary circulation, to relieve the local congestion; together with relaxation of the contracted muscles in the neck and upper dorsal region. The circulation to the

head—especially that of the post-nasal region—was given due consideration.

Another case, in which the patient seemed, by reason of the common symptoms—sneezing and coryza—to be "catching cold," was relieved by a single treatment, and almost instantly. In this case there was a marked lesion at the second cervical vertebra, no doubt due to contraction of the muscles on one side by a draft of cold air.

I mention these cases more for the purpose of informing patients that the acute attacks, as well as the chronic, to which we are all subject, can be handled much better by Osteopathy than by the old methods. The practitioner in the field will find it harder—at least that is my experience—to convince his patients that his method is successful in this class of cases (without actual demonstration) than in those of a chronic nature, and they will, unless properly enlightened, go to their old family physician to seek relief from these while taking treatment for the chronic disorder from the Osteopath.

"The Ruggery," Columbus, Ohio.

OSTEOPATHY AND THE LEGISLATURES.

BY A. L. EVANS, D. O.

Wise and sincere men may differ in their ideas as to whether the state should ever control, regulate, or restrict the practice of the healing profession. Some argue

with a show of reason that in the matter of choosing a physician the people should be allowed the same latitude that they enjoy in the selection of their butcher, bar-

ber, or preacher, and leave the question of efficiency to be settled in accordance with the doctrine of the "survival of the fittest." However this may be, since the the State does assume this prerogative, there can be no honest difference of opinion that it should be exercised in the interest of the people, and for the public good. It can be justified upon no other ground. It would be absurd to suppose for a moment that the laws giving the right to practice medicine to any one giving evidence of proficiency in that profession were passed for the benefit of the practitioners of that system.

Even interested parties who object to new systems of healing, base their objections on grounds other than an interference with their rights. We have never yet heard it assumed by the most ardent opponents of new schools of healing that the older systems had a proprietorship in the matter of treating the sick, that amounted to "vested rights."

Assuming then that the state acts in these matters solely for the good of its citizens, what are the objections to allowing full-term graduates from Osteopathic schools the right to practice their profession? Is it that Osteopathy is new and in the nature of an experiment? Were it still untried, had it never demonstrated its power over disease, this might be a valid objection to giving it

the countenance of law. But this is not the case. Osteopathy has long since passed the experimental stage. The many thousands who have regained health and strength through its application after other systems had failed, gladly attest its efficacy as a curative agent. The names and testimony of these witnesses have often been published, and their high standing place this fact beyond cavil or doubt.

Do the objectors urge that it is dangerous to life or limb? There has never been a case of fatal overdose. It has never been laid at the door of an Osteopath that he administered to his patient the wrong drug by mistake. No mental, moral, and physical wreck—the victim of the cocaine, morphine, or liquor habit can ever rise up to haunt the Osteopath and say, "your treatment did it!" Indeed cases of injury resulting from treatment by a legitimate Osteopath are so rare as to be practically unheard of. No, it can not be fear of injury to patients that inspires the objections to legalizing Osteopathy.

Is it a fraud that the people need to be shielded from? If it be a fraud who would be most likely to discover it, the people among whom it has been practiced or some philanthropic gentleman who knows absolutely nothing about it? It is a peculiarity of our practice that those who know the most about it are the loudest in its praise.

Nowhere have the people ever protested against the right of the Osteopaths to practice. But in numerous instances have those who have seen its results voluntarily come forward in numbers and asked their representatives to grant them the right to continue their good work undisturbed by hostile laws.

Despite the fact that the people who know any thing at all about Osteopathy favor laws giving its graduates the right to practice, no such law has ever been passed without more or less opposition, and from whom? The medical doctors. Is this because these gentlemen have a more tender regard for the welfare of the people than other men? While they are certainly very clever and are "all—all honorable men," that can hardly be the case.

Is it not rather more reasonable to suppose that they find the Osteopath a business rival, a competitor who succeeds in getting patients because of good results achieved? If this be true are they not asking a good deal of a legis-

lature when they ask to be granted the exclusive right to treat the sick?

The Osteopaths in asking for a law giving them the right peaceably to practice their profession do not ask that the rights of the practitioners of any other school or system be in any wise abridged or restricted. They ask for no special privileges, simply the right to work for those who may elect to employ them. In support of this petition they invoke the good old American doctrine of fair play, and this we believe the unbiased legislators reflecting the will of the people they represent will freely accord.

We can not help believing that they will not only be willing that the people should be given a larger field from which to choose those who shall minister to their afflicted ones, but that they will be unwilling to withhold from the Osteopath the right to practice, and thus by limiting that field faster a monopoly in the healing art.

301-304 Miller Bldg., Chattanooga, Tenn.

ANNUAL MEETING AT INDIANAPOLIS, IND.,

JULY 5th AND 6th 1899.

Four cities were in the race to secure the next annual meeting of the A. A. A. O. viz: Indianapolis, Kirksville, Minneapolis, and Chicago, but the first was decided upon by an almost unanimous vote of the trustees as the

location for the coming meeting, July 5th and 6th, 1899. The President announced a program committee of three as follows: Belle F. Hannah D. O., H. E. Nelson D. O., J. W. Banning D. O. That committee is already prepared to

say that the program now being formulated promises to be of extraordinary interest, consisting of papers, followed by free and open discussions, on subjects of vital interest to every genuine practitioner of the science. Ample time has been set apart for the business meeting which, as all are aware, is to practically decide the fate of the Association. Amendments will then be up for consideration which if they prevail will until the hands of the trustees and allow the Association to demonstrate its utility, *something quite impossible without funds*. As to social features, the committee has arranged for the annual address by Dr. A. T. Still; also a public address by Dr. Mason W. Pressly, on the subject "The Scientific and Professional Implications of Osteopathy." An elaborate banquet at the Bates House, one of the leading hotels of the city, is also being arranged. Indianapolis has long been considered an ideal convention city, being centrally located, and easily accessible from any direction. Her accommodations are the best and will be at reduced rates. Her beautifully paved streets leading out to broad pikes make the city a haven of delight for the cyclist. Her architectural beauty is unsurpassed, and for genuine hospitality, the people of the "Hoosier Capital" are second to none. The Propyleum has been secured for the meeting. Parties contemplating

attendance should figure with their local agents for reduced rates on railroads. It should be unnecessary to insist in the importance of all genuine Osteopaths and students of the science attending this meeting. The success of the Association's work depends on the interest shown by its members in attending its meetings. We grow by the interchanges of ideas. Inspired by a rousing annual meeting, operators will go back to their respective fields, to work with renewed vigor, press on and breast all opposition in the name of justice, humanity and Osteopathy. The stirring notes of Drs. Sullivan and Hewlett, published in the *Journal of Osteopathy*, though open to criticism were well intended and need frighten no one, for the A. A. A. O. can and will demonstrate its utility and success will yet push high and forever upon its banner and attract the gaze of an admiring world.

Indianapolis' Hotel Rates for the meeting are as follows:

Bates House—Two in a room \$2.00 per day. One in a room \$2.50 per day and up.

Hotel English—Rooms, American plan, \$2.00 per day. Rooms with bath, American plan, \$2.50 and up.

Grand Hotel—One in a room \$2.50 per day. Two in a room \$2.00 per day.

Danison Hotel—Two in a room, American plan, \$2.50 per day. One in a room American plan, \$3.00 per day. Rooms European plan, \$1.00 per day.

Occidental Hotel—Rooms American plan, \$1.50 per day.

Information relative to Cafe's and private board furnished by Reception Committee.

BELLE F. HANNAH, D.O., Trustee,
Chairman Program Com.

Suite 933 Stevenson Bldg., Indianapolis, Ind.

earnest consideration by the Association or its members; but the only time and place at which pro-

fectly with Dr. Sullivan as to the vision may be made for instituting such a policy, is at the annual meeting of the Association. At the meeting in June last, the question of increasing the annual dues, was discussed at length, with a view to just such a policy, and one of the principal objections to its adoption at that time, was the fact that so few of the older practitioners were present, and those members who were, in the expectation that the needs in this and other lines, would be met as they arose, and as the ability of the members permitted. Whether it has been done heretofore as fully as might be, is perhaps a matter of opinion. Last year there was an attempt by the Association to close a so-called school of Osteopathy, which that you overlooked when you penned that article. For instance: You say, "I do not feel at present disposed to do so, (remit dues) until some benefit, present or prospective, can be seen in being a member of that organization," and, "personally I have no cause for complaint, being wholly occupied with my practice."

Now in all fairness, if every one waits until the "benefits" of the Association are all ready to pocket, pray where are those benefits to come from? Who is going to prepare, sign, seal, and deliver them, and if every one is "wholly occupied with his practice," pray who is to "associate?"

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"WHAT UTILITY HAS THE A. A. O.?"

BY G. M. TURNER HURTT, D. O.

An article under the above caption, and aggressive system, which in the last number of the *Journal of Osteopathy* calls attention to a matter of great importance to all practitioners of Osteopathy, and every suggestion which Dr. Sullivan makes, would, if adopted and carried out, prove of much advantage to the profession. Unfortunately, however, many do not feel that they are under any special obligations concerning anything involved in their relations to their fellow practitioners. But a moment's consideration will show the fallacy of such a position. It is safe to say, that could it be possible to expunge absolutely from history, and from the minds of men, all knowledge of what Osteopathy is, and has done, a qualified operator, with the world before him in utter ignorance of his work, could go anywhere, and practice unmolested. Dr. A. T. Still was for many years regarded as simply a harmless crank. It is not the individual practitioner, or his work, good or bad, which raises alarm in the ranks of the politico-medical fraternity, and calls forth such frantic efforts to curtail and prevent his practice. Not that at all. It is the fact that he represents a system and a profession which, in some degree, antagonizes and would supersede their own. He comes into their territory and into competition with their work, with the prestige of a defined, coherent, and aggressive system, which plainly then, it is the latter's im-

And, Doctor, I will make another suggestion: That from now until the next annual meeting, you use your best endeavors to get out a full attendance of the authors of those letters to which you refer, and all others who feel as they do, and that they amend the by-laws to provide for these needed "reforms," and elect a board of live,

energetic, level-headed men and women, from among those who, have become established professionally and financially, can spare the time necessary to carry out the instructions given them, and then perhaps you will see the accomplishment of your desires.

1206 New England Building, Cleveland, Ohio.

A GODDESS AND A FLOWER IN YOUR EYE.

Enigma No. 1—Mythology and Plants.

BY W. A. BOLLES.

First, the goddess. Her family descent or genealogy is as follows: Grandfather Pontos, the Latin for sea, —a sea god.

Grandmother, Gaea, the Greek for earth.—"Mother Earth."

Father, Thaumas, the Greek for Wonder,—a sea god.

Mother, Electra, the Greek for brightness,—a goddess.

Daughters, (1) Harpies, the Greek for seizers, and (2)—, the Greek for rainbow, the rainbow goddess, sometimes called Thaumatia.

From these names we have the words pontoon, pontiff; geography, geology, geometry; thaumatope; electricity; and harpoon, whose meanings you know, or will soon learn.

This virgin goddess was wonderfully beautiful and quite opposite in character to her sisters, the horrible Harpies. She carried a herald's staff or sceptre and a pitcher, emblems of her peaceful employment.

She was so swift in motion, like

your eye, that she was employed as messenger to men and gods by the Olympian deities. She was the especial favorite of Jupiter or Jove, and of Juno. She had brilliant golden wings to aid in her movements. She was clad in delicate robes of seven gorgeous colors, her flowing hair was bound by fillets of gold, and she was encircled by a brilliant rainbow. It has been said that, if you go to the end of the rainbow, you will find some of the gold that fell from her wings. Homer says:

"But various—, Jove's commands to bear,
Speeds on the wings through liquid air."

Pope. *Iliad* II. 96, 97.

"High Juno, from the realms of air,
Secret despatched her trusty messenger,
The various goddess of the showery bow,
Shot in a whirlwind to the shore below."

Ib. XVIII: 203-206.

Moore, in a sweet song to the goddess Psyche, the soul, says:

"Bring forth the robe, whose hue of heaven
From thee derives such light,
That——would give all her seven
To boast but one so bright."

The Summer Fete.

Virgil says she was sent by Juno "to cut the thread of life which seemed to detain the struggling soul" of Dido, the lovely but unfortunate queen of Carthage, who, on account of desertion by her lover husband, Æneas, had stabbed herself and was burned on the funeral pile which she had previously caused to be erected.

Who was the goddess of the rainbow?

Second, the flower. The plant is common in door-yards and flower-gardens and is a native of Europe. It has sword-shaped, parallel-veined leaves and beautiful bearded recurved flowers, yellow, livid purple, or light blue fading into white. It is named after Juno's favorite attendant and messenger.

Byron speaks of Italian sunsets where

"All the colors seem to be
Melted to one vast——of the West,
Where the day joins the past eternity."
Italy.

Earth said to the snowflake:
"Wouldst thou return to a home in the skies,
To shine in the——, I'll let thee arise
And appear in the many and glorious dyes
A pencil of sunbeams is blending."

Miss Hannah F. Gould.

Tennyson says in *Locksley Hall*,
"In the spring a liveller——changes
on the burnished dove."

The French call it the fleur-de-lis which means the flower of the lily. It is their national flower and three golden representations of it slightly resembling spearheads, on a blue field, form the scepter insignia on their royal banner. Moore, who was intensely English and hated anything Frenchy, was much displeased with the representation of this French armorial figure in some portion of their shield, by many English and Scotch families, and speaks disdainfully in his poem on "Corruption," of the scepter "patched and painted o'er with fleur-de-lis."

The language of the flower is "A message for you." Since its flowers are in clusters as the elder (Latin sambucus, elder), its Species is sambucina. Since its colors are varied as the rainbow (Greek—rainbow), its Genus is——. Since it belongs to the family of rainbow-colored flowers, its order is——aceae.

Since it is a flowering plant (L. flores, to bloom), its Cohort is florideae. Since it bears petals without chaff (Gr. petalon, leaf and L. fero, to bear), its Class is Petaliferae. Since it is an inside grower, or bark, wood, and pith commingled (Gr. eudon, within and gennao, to grow), its Province is Endogen. Since its flowers have a nuptial appearance (Gr. phaino, to show and gamos, marriage,) its sub-kingdom is Phenogamia, and since it is ranked with the strong products of nature (L. vegeo, to be strong), its Kingdom is vegetable.

Its scientific name is——sambucina,
Its common name is——what?

Third, in your eye. It is a beautiful fringed curtain decorated with rainbow colors, surrounding the pupil, and giving color to the eye, in some gray, or black, or brown, or, as perhaps in yours, blue. The Saxons were noted for their blue eyes. It dilates in a faint light to admit more rays, and contracts in a bright light to exclude rays. In the cat and owl it is very elastic and stretches out wide in the night to enable them to see in the darkness. As you can use a candle, a lamp, or a lantern, you do not need such eyes. "He that made the eye, shall he not see?"

The beauty of the eye, in the estimation of some ladies, may be increased by the use of a deadly poison which causes this curtain to dilate unnaturally and gives brilliancy to the eye for a few hours; hence it is named "beautiful lady," in Italian "belladonna," known also as "deadly nightshade." Its use has many times resulted in death. Surely you girls who read this article, will never use it. Your eyes are pretty enough without it. It is no less deadly if prescribed by the drug doctor for "nervous diseases," even though "it should always be used with caution, and the symptoms carefully watched." It is "much used in homeopathic pharmacy. The best known antidote is vinegar." Your Osteopathic doctor needs no drug, but controls the nerves with his fingers.

What is the curtain in your eye?

Answer to enigma No.—Atlas.

107, Steel St., Denver, Colo.

When In Doubt.

The Pseudo-Osteopath is a creation whom suffering humanity may well beware of. He is usually but not always of the male sex. As a rule he has been benefited by Osteopathic treatment and has seen the astonishing success that genuine Osteopathy has wrought in some medically hopeless cases. Invariably he is a person whose gall, cupidity and incompetency are monumental. Have nothing to do with him. If you have any difficulty in sizing him up as a fraud, address a letter of inquiry to Miss Irene Harwood, Secretary of the American Association for the advancement of Osteopathy.

N. Y. Life Bldg., Kansas City, Mo.

From the Northern Osteopath we learn that Drs. Pickler and Parker who founded the Northern School of Osteopathy have with daawn from that Institution and will engage in private practice, the former in Minneapolis, the latter in St. Paul. Dr. L. M. Rheem succeeds Dr. Pickler as president of the School and Dr. S. R. Cooper succeeds Dr. Parker as vice president. S. J. Rheem becomes secretary and business manager the position formerly held by his brother Dr. L. M. Rheem. We wish the N. S. O. continued success under its new management.

The Popular Osteopath

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ASSOCIATE EDITORS.

Tennessee in Line.

It seems somewhat remarkable that the practitioners of a system of healing which does so much as Osteopathy should have occasion to rejoice over the passage of a law giving them the right to practice. In other words it is remarkable that such a law should be necessary. But under the existing order of things it is a matter of great rejoicing wherever such a victory is won.

Each victory in court, where Osteopaths are often fought by a spirit of persecution, and each victory in the legislature, where they are often driven for protection, is therefore hailed with delight by Osteopaths everywhere.

The latest legislative victory over which we rejoice was won in the state of Tennessee where on the 14th of April the bill legalizing and regulating the practice of Osteopathy passed the senate by unanimous vote. It had previously passed the House unanimously. On April 21st it was approved by Gov. Benton McMillan and took effect at once.

Be it said to the credit of the medical men of Tennessee there had been no persecution of Osteopaths in that state and no active opposition to the passage of the bill.

The credit for the victory—which will make it easier to win others—is primarily and pre eminently due to Drs. J. R. and E. H. Shackelford of Nashville, who have been practicing in the state for the past eighteen months. By their conservative course, gentlemanly demeanor, and professional skill they had won a host of friends for themselves and for our cause, and thus made it possible for the bill to receive favorable consideration. In thus giving honor where honor is due we would not disparage the efforts of those Osteopaths who more recently came into the state and did all in their power in the limited time they had to demonstrate the merits of our system and make friends for it. The friends of Osteopathy are again indebted to Dr. A. G. Hildreth of St. Louis for giving several days of his valuable time in order to appear before the committee of the House and Senate which had the bill in charge, where he so ably explained the science to them that in connection with the good work done by the Shackelford Brothers and other friends, a favorable report was secured by unanimous vote.

We are under great obligations to Hon. S. B. Williams, Mayor R. H. Dudley, Capt. J. W. Baker, A. H. Robinson, J. H. Ambrose, of

Nashville; and C. E. Powel of Chattanooga, all of whom had received benefits from Osteopathy at the hands of Drs. Shackelford and did good work in explaining the merits of Osteopathy to the members of the legislature. Besides those above mentioned a host of friends throughout the state voluntarily wrote to their legislators asking for the passage of the bill, and the fair-minded legislature of Tennessee needed only to have it explained to them to favor its passage.

The bill as passed is similar to the Missouri law and requires of practitioners that they be holders of diplomas and give evidence of an attendance of "at least four terms of not less than five months each," upon a legally chartered and regularly conducted school of Osteopathy," and provides a penalty for a violation of its provisions.

The following is a copy of the bill:

AN ACT REGULATING THE PRACTICE OF OSTEOPATHY IN TENNESSEE.

SECTION 1.—Be it enacted by the General Assembly of the state of Tennessee that any person having a diploma regularly issued by the American School of Osteopathy at Kirksville, Mo., or any other legally chartered and regularly conducted school of Osteopathy, who shall have been in personal attendance as a student in such school for at least four terms of not less than five months each before graduation, shall be authorized to treat diseases of the human body according to such system, after having filed such diploma for record with the Clerk of the County Court in which such person

resides, and having filed with such clerk an affidavit that such diploma is genuine, and that he or she is the person to whom the same was issued, and that all the provisions of this act were complied with before the issuance of such diploma whereupon the clerk shall record such diploma in a book to be provided by him for that purpose, and shall endorse such diploma the date of filing the same, for which he shall receive from such person a fee of \$1.00

SECTION 2.—Be it further enacted that any person who shall attempt to practice or use the system, method or science of Osteopathy in treating diseases of the human body without having complied with the provisions of this act, shall be deemed guilty of a misdemeanor, and upon conviction thereof be fined in a sum not exceeding \$100 for each offense, provided that nothing in this act shall be construed as prohibiting any legally authorized practitioner of medicine or surgery of this state from curing or relieving disease with or without drugs, or by any manipulation by which any disease may be cured or alleviated.

SECTION 3.—Be it further enacted that this act take effect from and after its passage, the public welfare requiring it.

* *

DRS. Pickler and Parker, the well known founders of the Northern Institute of Osteopathy, have severed their connection with that institution. The former with Dr. A. G. Willets, has opened offices in rooms 201-5 Globe building Minneapolis; the latter with Dr. J. B. Bemis (lately an operator and demonstrator in the above institute) has retained the N. I. O. rooms suite 708 New York Life B'ldg., St. Paul. We know both of these gentlemen as excellent Osteopaths and wish them success.