

# **The Popular Osteopath**

Vol. 1 No. 7 July 1899

Still National Osteopathic Museum ©

May not be reproduced without the permission of the Still National Osteopathic Museum

# The Popular Osteopath.

Official Organ of American Association for the Advancement  
of Osteopathy.

VOLUME 1.

JULY, 1899.

NUMBER 7.

COPYRIGHT, 1899, BY THE POPULAR OSTEOPATH PUBLISHING COMPANY.

## DISEASES TREATED SUCCESSFULLY BY OSTEOPATHY.

CHAS. HAZZARD, PH. B., D. O.

In the June number of The Popular Osteopath this subject was discussed, in part, and it was pointed out that one of the main difficulties in answering the question, "what can Osteopathy cure?" was the constant tendency among the friends of Osteopathy to exaggerate its healing powers. The actual cures made by Osteopathy are wonderful enough, often without exaggeration.

It was further pointed out that one may safely answer such a question by stating either what kinds of cases had been cured, or what the general curative power of Osteopathy could properly be estimated to be.

Reasoning upon the fundamental truths of this science, it is a reasonable expectation that it should cure any disease that is curable, by keeping a perfect adjustment of the human mechanism which alone can result in health.

It is reasonable to conclude that inasmuch as suffering humanity is clamoring for new methods of cure, the old are unsatisfactory, and that,

as many responsible people are acknowledging the claims of Osteopathy, its results are fulfilling the expectations aroused by the advent of a new school of practice upon the medical field.

One of our practitioners says, "The question is asked time and again, "What can Osteopathy cure?" As if they thought it a dose of quinine to be taken for chills and fever, or a Salvation Oil to be rubbed on for rheumatism! But if Osteopathy is anything it is the Science of Restoring Health. It has its fundamental principles and its truths are built upon them. The application of these truths is the part of the Osteopath. Here it is that the science will grow and perfect itself, make new discoveries and perform new cures.

This is a concise statement of what may be expected from Osteopathic treatment. It is the science of restoring health, and therefore cannot be limited to a few named diseases.

It is a fact that the Osteopath frequently, almost daily, treats

conditions of the human mechanism which have been described in no text book of medicine. The Osteopath, while valuing books already written for the knowledge they contain, finds it necessary to write his own books, and is doing so day by day. The true Osteopathic student of today is led by his instructors back to nature. In this respect he enjoys a freedom of thought unknown and denied to the medical student of our times. The former is taught that he is in a new field, one in which the opportunities for investigation are unlimited, and that working upon the fundamental truths of the science pointed out by Dr. A. T. Still, he may make new discoveries in the treatment of any case he undertakes. He is stirred by the knowledge of this fact to make continually greater efforts for the advancement of the science and of himself as a practitioner. His whole attitude of mind becomes that of the independent thinker. He studies all that is written upon disease for the purpose of applying known facts in the light of a new science. He "reads to weigh and consider," and often turns the familiar facts of anatomy and physiology to better account.

We believe that Osteopathy can cure any curable disease. Often the most brilliant cures have been made by practitioners upon cases of a kind never before treated by Osteopathy.

People often suppose from the name of the science that it can be used only in cases of deformity, or dislocation of bones. Such is not the case, for diseases, both acute

and chronic, have yielded to its treatment. It is not the purpose of this article to show how often the commonest diseases depend upon slight derangements of bodily parts, though such is often the case.

One gets a good idea of the scope of the science when he sees it cure such diseases as acute cerebro, spinal meningitis, typhoid fever, and diphtheria, well known as germ diseases. People ask curiously, "How could you kill a germ with your hands?" or "What bone do you pull to kill microbes?"

Croup, bronchitis, pneumonia, peritonitis, quinzy, pleurisy, scarlet fever, enteritis, appendicitis, malaria; these all, and many others, more or less dangerous diseases, have yielded to Osteopathic treatment.

It would be uninteresting to recite a mere list of diseases cured.

It is perhaps better to mention a few cases typifying what this new discovery has achieved, with the understanding that they are given to show in a general way to what extent Osteopathy covers the field.

1. A case of blindness of twenty-three years standing was cured by Osteopathy after little more than a year's treatment.

2. A case of astigmatism and "spectacle habit" was cured in three months.

3. A case of insomnia of long standing was made to sleep after the first one or two treatments.

4. A case of opium habit was cured without any of the distressing symptoms usually caused in the patient by stopping the drug.

5. A violent case of insanity

brought to Kirksville by a doctor of medicine was entirely cured by adjusting spinal vertebrae.

6. Another case of insanity was cured in a few months treatment.

7. A lady 35 years of age, constipated from birth, the bowels never having acted naturally, was entirely cured in six months.

8. A dislocated hip of twelve years standing, after having been treated by massage for months, was set by an Osteopath in the first treatment, and was entirely cured in a month.

9. Another dislocated hip was finally set for the second or third

time and made to stay in place, after more than two year's treatment.

The above cases are all within the personal knowledge of the writer. They are a few among many, but indicate enough variety to show the broadness of Osteopathic practice.

Nothing succeeds like success. Osteopathy cures disease, and can reach your case if anything can. Sick people should not hesitate to consult an Osteopath if possible, as many may miss the priceless boon of health through thinking his case of a kind not treated by Osteopathy.

Kirksville, Mo.

### THE WAR OF THE "PATHIES."

From the Buffalo (N. Y.) Evening News.

In behalf of the Osteopaths of Buffalo, the writer will cheerfully grant the "favor" so earnestly requested by your allopath correspondent, "how on earth they can make sense of such a word as that." This question takes us back to the kindergarten of our science, but we are delighted to have it put to us. He says the word is from the Greek, and so it is, but no Greek lexicon contains it, although it today finds a large place in the vocabularies of many happy and healthy citizens scattered over this continent who were, and still would be but for Osteopathy, the erstwhile "incurables" of other schools of the healing art. It is asked, why combine pathos—suffering, and osteon—bone, to form the new name? Because the body without bones would be useless. These

form the skeleton, or frame-work, by which the various organs and structures of the body are supported in proper relation. They are the fixed points from which the trained anatomist explores for disorder in the mechanism, and may be used as levers, fulcrums, pulleys and props with which to restore order to the body. Manifestly, then, the bones are essential to the effective operation of the physics, hydraulics and dynamics of the body. Osteology is the basis of anatomy, and upon a correct anatomy depends normal function, physiology. Hence it is that Osteopathy is the most natural, scientific and appropriate word that the distinguished discoverer of our science could have chosen. It is the use we make of the bones to correct anatomical lesions, to liberate nerves, to remove obstructions and reduce disloca-

tions, rather than the treatment or disease of the bones themselves, as many superficially and ignorantly suppose, that makes the word Osteopathy an appropriate name for our science and art.

And now will you kindly permit the writer, in turn, a question? The word allopathy is derived from the Greek *allos* (other) and *pathos* (suffering). Does that mean the science of adding another suffering to the one the patient already has? If not, "how on earth" could Demosthenes, or any other Greek—dead or alive—so combine those two words as to spell "regular?" Would not such a twist of his etymology give him strabismus? Doubtless the homeopaths and many of the laity will be "pleased to receive an early explanation." If the names of the other pathies, which your correspondent learnedly pronounces "all right," suit him. I have no criticism to offer, except to remark that a name may stand for but little. Unless a science puts meaning into its own name, etymology will neither give it sense nor save it from deserved oblivion.

We accept the thanks and commendation of your correspondent, but seriously question his claim "now we see through it." His gratuitous and empty assertion that Osteopathy is "massage, pure and simple," proves that he knows but little of either. Osteopathy was correctly defined in my former article, and nothing but superficial reading or arrogant assumption would restrict this science to massage—kneading. We, too, are amused at what he regards as a joke "to have the allopaths take their own med-

icine." Is he, too, like countless of the scientific M. D.'s, willing to thus publicly admit the fact that they rarely commit such folly? Does the joke consist in the fact that it is not the "medicine" that "makes him feel good," but rather the sight of the M. D. himself being made the victim of "another suffering" (allopathy)? However that may be, he says truly they cannot longer "arrogate to themselves the exclusive knowledge of anatomy," as may be abundantly proven by countless instances in which Osteopaths have corrected their diagnosis, and, as a result, cured their "incurables." The writer can literally fill the columns of an issue of the Evening News with a truthful history of just such cases, and will be delighted to do so, with the editor's permission, if invited, by a denial of his assertion.

Osteopathy is abreast of the scientific achievements of the present time. More than a definition is necessary to explain the philosophy of the science. It is the height of presumption, therefore, for an M. D. to claim "now we see through it," and to offer to tell what it is and what it is not, in the absence of long and studious research. The philosophy of Osteopathy gives the reason and the reasonableness of the wonderful facts we find in the study of the body, and of the still more wonderful forces and fluids we find in constant operation therein. While it discards medicine, it strictly therapeutic in its character and scientific in its methods.

But why mention cancer? Have drugs ever cured a case of

cancer? Why does he invite a comparison of skill by daring to allege that Osteopathy cannot cure cancer? We cite, as a competent witness of the ability of Osteopathy, the celebrated Mrs. Helen De Lendrecie, of Fargo, N. D. Space will not permit a full history of her case, but she had not recovered from the shock to her nervous system occasioned by the removal of one breast, drugs having proven

ville and was completely cured in six weeks' time. My own eyes saw and my own hands felt the obstructions that caused the trouble in both cases." Will it be said that this was not cancer? Let that quibble be settled by the surgeon who removed one breast and wished to take the other on that diagnosis. Osteopaths do not quibble as to the names of diseases. They do not give prescriptions, nor treat the



"MOCCASIN BEND" FROM POINT LOOKOUT, CHATTANOOGA, TENN.

of no avail, when a similar ominous lump appeared in her other breast. She says: "I had heard meantime of Osteopathy and resolved to try it before again submitting to the knife. However, in September, 1896, I was examined by a specialist in Chicago, who declared that only the knife would remove the trouble, as in the previous case. Instead of submitting to another operation, I went to Kirks-

name of a disease—rather they treat the patient. But they do remove the lesions causing what the M. D.'s call cancer.

Will Osteopathy cure "heart trouble?" Ask Mrs. Julia B. Foraker, wife of Ohio's distinguished senator. She says: "My opinion of Osteopathy has been published throughout the country, and I have no reason to change it. Arthur continues to improve, and we are

very hopeful of a complete cure. In addition to the benefits received in my own family, I have witnessed many wonderful cures resulting from this new method. This new practice is not a fad, but a science well worthy the attention of the scientific world. I am a friend of Osteopathy, and shall do all in my power to promote its success everywhere."

If your correspondent wishes to desist from slur and innuendo, and to enter the lists for a scientific dis-

cussion, offensive and defensive, we invite his consideration of such propositions as these: The only function of a doctor is to heal. The quack is he who boasts what he cannot perform. A system of medicine is only one of very many methods of healing. The success of medicine as a healing art does not give it a monopoly, nor entitle it to the claim of being a science. Allopathy is irregular. Osteopathy is regular.

W. A. Crawford, D. O.  
Buffalo, May 31, 1899.

### QUICK CURES.

A. L. EVANS, D. O.

Much of the fame of Osteopathy is due to remarkably quick cures performed by its practitioners in the early history of the science. A great many cases of dislocation were corrected and immediate benefits were experienced. It is unquestionably true that if an Osteopath were called in many cases of accidental injury that quick cures would follow. It is also true that in many acute cases results follow so rapidly upon Osteopathic treatment as to seem incredible to the uninitiated. But the facts are that the Osteopath when establishing himself in a place where very little is known of his system, gets very few, if any, acute or emergency cases. It is usually those who have failed of relief from other sources that come to him at this time. His earliest cases are often those who look upon Osteopathy as a last resort.

This being true, the over sanguine Osteopath who advertises, writes, and talks constantly about cases that are remarkable for the rapidity with which they have yielded to Osteopathic treatment does himself and the profession an injustice. People are led to expect miracles. There is nothing miraculous about Osteopathy. Nature is the great restorer, and the Osteopath through his familiarity with the human body physiologically and pathologically considered, assists nature in restoring ease to the diseased.

In consulting with patients, or those who may become patients, it would be far wiser to impress upon them the fact that time is an important element in effecting cures than to promise an absolute cure in a specified time.

It is wise to explain to them that it will take time to eliminate poi-

sonous drugs from the system and to induce healthy normal action in torpid organs that have long been dependent upon extraneous stimulation. It far better to impress this upon them than to tell wonderful stories—no matter how true—of marvelous cures effected in one or two treatments. By the latter method the patient is led to expect the same results in his own case and may be disappointed, for nature, though sure, is sometimes slow. If, on the other hand, more is accomplished than is promised, Osteopathy has won a friend that will never falter in allegiance to our system.

We would urge that the theory of Osteopathy be explained to prospective patients, that the reason which underlies it be shown, that a conservative estimate of the time required be given, and leave, without embellishment, the question of taking treatment to the judgment of the inquirer. It is true that Osteopaths often achieve remarkable success in difficult cases in a short time. It is true that it is the most rational treatment known to science. But it is equally true that Osteopaths have the most complicated, protracted and difficult kind of chronic cases to deal with, and in such cases while it is perfectly legitimate to tell what has been accomplished in similar cases, in order to be on the safe side, it is well to remind patients that there are differences in constitution, recuperative power, and in hygienic or unhygienic surroundings that need to be taken into consideration.

There is no danger that any reputable Osteopath will claim too lit-

tle for his science. He has seen and done enough to convince him of its potency, and naturally he is filled with enthusiasm. This very enthusiasm may lead him to claim too much. The principal danger is that he may expect to obtain results in too short a time. So many come for treatment who are saturated with drugs and who have managed to exist, miserably, for years through that sort of stimulation. It would be beyond reason in the majority of cases to expect a few treatments to throw off the effects of this poison and to restore normal functions to dormant organs. In most cases time and Osteopathy will accomplish this, but by all means, we would urge upon Osteopaths, to give themselves plenty of time. Osteopaths have reason to be sanguine because of results achieved but it is better for them and the profession generally to recognize their limitations in the matter of time required to effect cures.

Chattanooga, Tenn.

### Three Paths.

Homeopaths treat symptoms.

Allopaths treat the condition causing the symptoms.

Osteopaths treat the cause of the condition producing the symptoms.  
—F. Le Roy Purdy, A.M. M.D., in Boston Osteopath.

The Tennessee state branch of the A. A. A. O. will be represented at Indianapolis by Drs. J. R. Shackelford, Nashville; Chas. Owens, Chattanooga, and possibly by Drs. Wilderson, of Memphis, and Yowell, of Chattanooga.

M. F. HULETT,  
OSTEOPATH,  
ROOM NO.  
THE KENNEDY,  
NO. 207 EAST  
CHATTANOOGA, TENN.

Miss K. M. Severson, D.O., has removed from New York City to the Winston Building, Utica, N. Y.

Dr. E. T. Carstarphen who has been practicing in Rome, Ga., will locate early in July in Memphis, Tenn.

Word comes from Dr. F. W. Hannah that the Osteopaths attending the annual convention will be welcomed to the city of Indianapolis Mayor Toggart and to the state of Indiana by Gov. Mount.

Dr. J. E. Anderson has located for permanent practice in rooms 28 and 29 Masonic Temple, Little Rock, Ark.

A circular letter from President Matthews, part of which we print in this issue, announces that a rate of one and one third fare has been secured to the Indianapolis convention. Tickets are sold on the certificate plan. Pay full fare going, take a receipt, which, when presented at Indianapolis, will entitle the holder to a ticket home at one-third of regular fare.

#### THE UTILITY OF THE A. A. A. O.

JOS. H. SULLIVAN, D. O.

It seems proper for me to answer briefly some of the critics who have taken me to task for my position in reference to the A. A. A. O. I do not feel that my position has been seriously assailed at all. None of these critics do more than in substance ask me why I do not do the work delegated to the officers of the Association, if things do not suit me. I submit that this is foolish argument. What are the officers for? We certainly cannot do more than elect them and trust to their carrying out instructions. But I will be as charitable and just as I can, and will admit that little or no definite line of action was mapped out at the organization of the Association one year ago; and as some have expressed a desire to know what I want, I will attempt to illustrate a few of my ideas, or really my pet idea in

the scheme of advancing the science of Osteopathy: It is to assess ourselves sufficiently strong to enable us to employ good, able, No. 1 legal talent, subject to the call of the president of the Association, the special office of this attorney to be the defence of any reputable member of the A. A. A. O. who happens to be the victim of persecution.

Our Association is now strong enough to make itself felt as a power for justice, and we should not be accused of being too modest in going before the American people and telling them of the salvation in store for them, or the emancipation from the drug habit. Some of the greatest work Osteopathy has done has been in some cases where we have induced patients to abstain from drugs for a month and they have not died. Why,

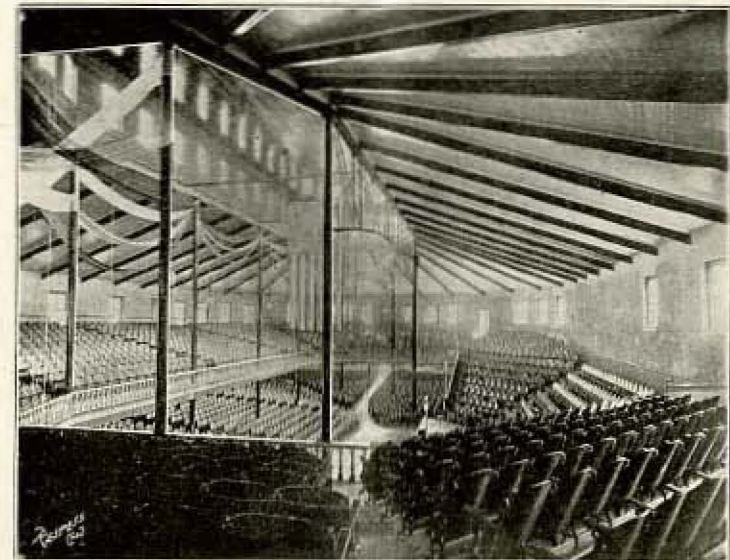
they marvel at their former abject servitude to medicine, and have realized the commonly known fact that the medical man does not usually dare to take medicine himself, has no confidence in it, in fact, but prescribes it because it is his meat, his bread, his butter.

My idea is that if our enemies care to continue the strife against us, let us enter the arena and fight and do it in a systematic way; and

the agitation of itself will advertise Osteopathy in the best possible manner, and induce the people to look into it and investigate it; and as we all know from experience, if one will honestly investigate our claims he will speedily subscribe to our tenets. I take it that this will be a good way of advancing Osteopathy.

Jos. H. Sullivan.

Masonic Temple, Chicago, June 12, '90.



INTERIOR VIEW CITY AUDITORIUM, CHATTANOOGA, TENN.

#### A CAUSE OF NEURALGIA.

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

Neuralgia is a painful condition of a sensory nerve. The word itself is self-explanatory, it being derived from two root words, neuron, nerve, and algos, pain. Neuralgic affections are given names in accordance with the nerve which is

attacked. Thus we have cervico-occipital and costal neuralgia, sciatic neuralgia, etc.

This painful condition is one that has given physicians much trouble, in that they have failed to relieve the sufferer. The exact

pathology and etiology has perhaps as yet not been thoroughly understood. Hughes, in his "Practice of Medicine," defines it as "a disease of the nervous system, manifesting itself by sudden pain of a sharp and darting character, mostly unilateral, following the course of the sensory nerves."

This states clearly enough the nature of the effects of the disease, but it sheds little light upon the cause of the effects. It is like defining a fever by calling it "a thermal disturbance manifesting itself in increased temperature."

Disturbance of nerve nutrition is a commonly accepted cause of neuralgia; and the terse description of neuralgia as "the cry of the nerve for pure blood," is in many cases no doubt correct. But we are yet in the dark. Why does the blood fail to nourish this particular nerve, and why is the "cry" sometimes made only spasmodically? But if we stop to ask all the questions that are presented it is probable that conclusions will never be reached. There is evidently some disturbance of nutrition in many of these conditions. But in many so-called neuralgic affections there are other disturbances that are known to exist.

I desire to call attention to that form of neuralgia which attacks the inter-costal nerves. As a point of interest and an aid in diagnosis it is held that in inter-costal neuralgia only one side is affected, while it is claimed that neuralgic conditions of a deeper nature—of the viscera—or visceral pains of any kind—follow no such law. In the one case, then, we may look

for rib lesions, and in the other spinal. I am inclined to discredit the absolute accuracy of the law, but in a general way it may be found true. Yet we may find both conditions existing at the same time.

Object lessons are strong factors in our education. So let me illustrate by citing a few examples that have come under my observation:

Case 1. Young lady, aged 18, suffered for thirty-six hours with sharp, cutting pains along the distribution of the seventh inter-costal nerve, so severe that patient could not sleep; called in family physician, who applied blisters to the back until it was raw. I was called at this stage; found twisted rib, anterior end under the rib above. One treatment restored the rib to its place. The sharp pain ceased with the treatment, inflammation gradually subsided; patient slept comfortably that night, was up all right the next day, and the blistered back, under nature's kindly remedies, gradually healed over.

Case 2. Young lady took to bed in the afternoon, with similar symptoms as above, slept little that night, and called me the following morning about ten o'clock. In this case the family doctor had not been called, and the back was consequently saved from such heroic measures as the barbaric blister. I found on examination, a sub-luxated rib, which was restored to normal in a few minutes, and in fifteen minutes the patient was up and around without further trouble.

Case 3. Laborer, about forty years of age; pain in his side just

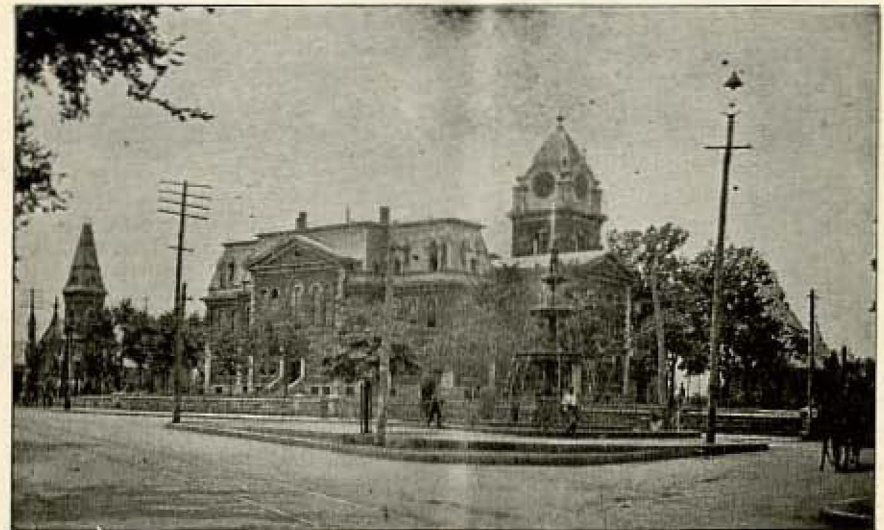
over the liver, at lower border of ribs. Medical diagnosis: Physician No. 1 said it was caused by enlarged liver; physician No. 2 called it catarrh of the intestine. Osteopathic diagnosis: displaced rib. Result of medical treatment, no improvement. Osteopathic result, rib adjusted in a single treatment, and no further trouble.

From the above the reader will infer that there is at least one Os-

teopath who believes that some cases of inter-costal neuralgia are caused by displaced ribs. Now, is the pain due to a shutting off of the nutrition of the nerve, or is it not more likely to be a direct "pinching" of the nerve itself? The mal-adjustment of the rib would, of course, cause a stretching and tightening of some of the muscles and ligaments attached to the ribs, thus interfering with nutrition; but

while there may be an interference to the free circulation of blood, there must necessarily be a pinching of the nerve, either between bony structures or between bones and other tissue.

In two of the above mentioned cases I found on inquiry a reason for the displaced rib. In Case 2, the lady had buckled her belt tighter than usual, and as she was "cleaning house" had probably



HAMILTON COUNTY COURT HOUSE, CHATTANOOGA, TENN.

lifted something in an awkward position. In Case 3 the gentleman was assisting several others in carrying a heavy beam; one of them stumbled and threw the bulk of the weight on him in an unguarded moment. I think in Case 1 the cause was muscular contraction from exposure to cold.

While in these brief statements I have not attempted to give the cause or causes of all neuralgic con-

ditions, yet I believe that many of them can be traced directly to some mechanical pressure along the course of the nerve. In our treatment this has been found to be

true in many cases of sciatica, tic douloureux, etc. Yet in these more chronic affections there is greater opportunity for a disturbance of nerve nutrition.

The Ruggery, Columbus, O.

#### MISCELLANEOUS CASES REPORTED FROM THE FIELD.

Dr. J. R. Shackleford, of the firm of Shackleford & Shackleford, Nashville, Tenn., furnishes us the following:

During our twenty month's practice in Nashville, we have had many cases of interest, some of whom had gone the rounds of the medical profession, patent medicines, sanatoriums, springs, mountains, sea shore, and various other devices and places for relief. Many who came said to us, "We have tried everything else, and now we are willing to try Osteopathy." This is the rule in most cases, but whether we are first or last makes but little difference to us so we get the desired results. Some of our cases seem marvelous to those unacquainted with the principles upon which our science is based.

A most interesting case is that of one of our late patients, Mrs. H. W. D., who had been sick for about six years. She had undergone two surgical operations for ovarian troubles. At times she would have spells of the most intense suffering, pains in lower bowels, cramping in stomach, especially left side, drawing of muscles in back of neck, and intense headache. Often the paroxysms would be so severe as to produce convulsions. For the past

two years and a half she had not been able to retain her meals in the stomach but for a very short time after eating.

Mrs. D. came to me June 3 for examination. I treated her at the time and gave her great relief the first treatment. I found upon examination that the nerve centers controlling the stomach were very much affected, also great derangement of the nerve and blood supply to the kidneys, a partial dislocation of the left ilio-sacral articulation producing great tenderness all through the lumbar region, also a partial dislocation of the sixth, seventh and eighth ribs on the left side. There was scarcely a pain she did not have, and as a matter of course she was extremely nervous.

After twelve day's treatment she does not miss a meal of victuals. She eats almost anything she wants and suffers no inconvenience from it. In other respects the improvement has been far more marked and rapid than I had dared to hope for, with so many things to overcome. She is not one-tenth as nervous as she was on beginning treatment and hardly has a headache. She now sleeps well, has a normal appetite, and is practically free from pain. What better results could one ask in so short a time?

I report this case not because I would have it thought that every case with similar symptoms can be cured in twelve days, but merely to show that Osteopathy does get results.

The following cases were reported by Dr. J. E. Anderson, formerly of Centralia, Ill., but now of Little Rock, Ark.

Miss "C" had been suffering

Miss "L" was afflicted with what several doctors had diagnosed as eczema. Medical treatment had failed to benefit and the case was brought to me. I found great tension of muscles of both sides of spine from 4th to 9th dorsal. She had been suffering with constipation for some time. I told her I thought that six months treatment would show a decided improvement and that I thought a year would



OBSERVATION TOWER AT BRAGG'S HEADQUARTERS, MISSION RIDGE, CHATTANOOGA, TENN.

with rheumatism of left foot for six years. Examination showed dislocation upwards of tarsel end of 1st meta-tarsel bone, the arch of foot exaggerated and instep much higher than right one.

Dislocation was reduced in a month and she has been free from pain since. Her family doctor finally agreed that there was a dislocation, but said it wouldn't stay if put back, but after two months it still remains in place.

cure. Three months after I began treating her, her skin began clearing up and after four months treatment I discharged her as cured.

The following cases are reported by Dr. Charles Owens, Chattanooga, Tenn.

Perhaps it might not be amiss at this time of year to recount for the benefit of the public one or two cases of bowel complaint cured



by Osteopathy.

Case No. 1 was that of Mr. P— who came to our office suffering from a severe attack of diarrhoea, accompanied by acute cramps. A vigorous treatment of three minutes duration relieved the trouble entirely, and his bowels did not act again until the following morning when the action was perfectly natural.

Case No. 2. Mr. H— was taken with severe abdominal pains followed by diarrhoea. He called on his doctor for a prescription and began taking it at once. He continued this for two days without any relief. The third day he began passing blood, the doctor then

changed his medicine, and gave him some relief for a few days, but did not entirely stop the diarrhoea.

On the fifth day the patient began passing blood again, this time his doctor could not relieve him, and on the eighth day he came to see what Osteopathy could do for him.

The first treatment gave great relief, and a second treatment the following day completed the cure.

Case No. 3 was that of a Mrs. C—cured of flux by two treatments. While one of Chattanooga's well known business men who had been suffering with attacks of chronic dysentery for two years was cured in three treatments.

### AS THE TWIG IS BENT THE TREE IS INCLINED.

JOS. H. SULLIVAN, D. O.

Everyone knows that the ordinary method in vogue of correcting deformities in children is principally by a system of braces, more or less ingeniously contrived and almost always a source of exquisite torture to the little patient.

Every week I meet many children in braces from head to foot, and it is truly pitiable to see a little fellow of 5 with one foot raised several inches to rest it, with his body being daily more deformed by crutches, and with his head doomed to the misery of a steel brace.

As Osteopaths we regard all such devices as unscientific. A brace only tends to a further weakening of the muscle and when it is removed all normal tonicity of the muscle is wanting.

In this connection I want to say a word to mothers. Most of you are tolerably careful to see that your child's second set of teeth shall come in straight; but how many are as careful to see that your children's backs have the normal curves? It is certainly far more important that the mother should have her child examined often by an Osteopath than by the dentist. A row of badly disposed teeth is bad enough but a crooked spine is infinitely worse. Yet only a few mothers ever notice the little back until the trouble is decidedly in evidence.

A wise mother of a large family said to me recently that she intends to have her children examined by an Osteopath every six months. Considering the perpet-

ual motion children are in, and the violent exercise they indulge in, and the many hard falls they sustain, is it any wonder that they need the frequent examination suggested, or that in later years the Osteopath finds so many bony displacements to correct?

Recently there was brought to me for treatment a boy of 12 who had fallen on his head from a bar in a gymnasium.

high school graduate whom I was treating said to me: "Doctor, tell me where my liver is. Of course I studied physiology when I was in school, but I haven't any idea where any organ is but my heart." In adjusting the first rib of a woman, not long since, she remarked in wonder: "You don't mean to tell me I have a rib up there?"

My plea is for the children; but



SCENE IN CHICKAMAUGA NATIONAL PARK, NEAR CHATTANOOGA, TENN.

For several weeks after the accident he had severe headaches that kept him out of school. On examination I found the boy's atlas decidedly lateral. Two treatments cured the case completely.

People have such vague ideas of the human structure that one wishes that a course in simple anatomy might be adopted by Mothers' Clubs.

Even those fresh from school have hazy notions of anatomy. A

in order to save them from many physical ailments we must first reach the mothers.

It is a notable fact that the Osteopathic method of treatment is in high favor with all mothers who have ever tried it. They watch the development of their children with a more appreciative interest and from a new point of view. They recognize that all headaches do not come from the liver and that it is not always a boy's fault if he walks

lop-sided. They also come to regard the Osteopath's office as the proper place to go for repairs when the juvenile machinery begins to creak.

Chicago, Ill.

#### PRESIDENT MATTHEWS' CIRCULAR LETTER.

During the year I have received many letters urging that the Association do something to help those in trouble, etc. To all these I have replied that the Association would do all it could, but with less than \$200 in the treasury and several of our members in trouble it was evident that but little could be done for each. Seeing the weakness of the organization many of the leading members of our profession have expressed an opinion that the Association as it stands is little more than a name and not at all adapted to advance the science. This feeling is shared by all and is unquestionably true. It then behooves us at the coming meeting to make the organization so it really will advance the cause of Osteopathy. After carefully studying the matter it occurs to me that no amount of fixed dues, however large, will accomplish in the best way the work that the profession as a whole should do.

I believe every Osteopathist in the field is ready and willing to bear a part of all burdens that are for the general good and the upbuilding of the profession.

In this belief I submit for your consideration a plan of reorganization by which the Association will be not a mere name but a reality; an Association that shall have back of it every genuine Osteopathist in the field, every Osteopathic col-

lege and in a way that will give it strength and make it one of the most powerful organizations in the United States. This is by making an equal assessment on all practitioners and Osteopathic colleges sufficient to defray two-thirds of all expenses that are for the general good of the profession.

In the matter of litigation (and there are now several cases on the way to the supreme court in the different states) let us arrange for the Association by assessment, to pay one-third of the expenses in all cases, the associated colleges one-third, and the party arrested the other third. In my judgment it would not be wise to pay the entire cost in these cases, but two-thirds borne by the Association and the Associated colleges will be a great help—leaving the other one-third to be borne by the individual will insure care and discretion on his part. This plan can be put into execution by electing an auditing committee to meet two, three or four times a year, carefully go over all statements filed, calculating the amount to be paid by each member and college and notifying them of the same. The expense by this plan to each member and college would be trifling but coming from all it would make the organization powerful. It is a plan that will make each practitioner feel that he is not alone when he enters a

new state. It will give him a degree of confidence that will enable him to enter a new field, fearlessly unfurl the Osteopathic banner and stand by it. It will do away with the practice of working under Medical Doctors for protection. The same plan might be put into practice with reference to legislation or any other cause that will advance Osteopathy.

It is claimed by some that there is too much legislation. This may be true. It might be best to let all systems of healing take the open field and all stand or fall on their merits. But it is not a question of what might be best. We must have our system legislated in or our common enemies will have it legislated out. Hence we must meet the proposition as it is and not as it should or might be.

In my judgment the most important question before the profession today is the question of legislation. It is of course apparent to every thinking, practicing member of the profession that all Osteopathic legislation up to date is faulty. Do not misunderstand me. I am not finding fault. It is not to cry down, but to build up and improve that I speak. The legislative work done in the past three or four years is simply wonderful and leaders in it deserve the lasting gratitude of the whole profession. But if Osteopathy is to survive it must make and maintain a foundation fully as broad as the broadest system. True, this work must commence with the college. We cannot ask a legislature to give us permission to practice

that which our colleges do not teach. And with this thought in view it is in keeping with our organization to suggest to the management of our colleges that the curriculum in each be made equal in every respect to the curriculum of the foremost schools of other systems. Major Surgery, Obstetrics, and the use of any and all agencies, must be taught in our schools. They must be taught thoroughly, we must be the fourth school of practice, with rights and privileges as broad as the other three. We must be able to say to the world and to our patients that the Osteopathic practitioner is as fully and completely equipped to take care of a family as is a representative from any system. It is folly to say that we as Osteopathists do not seek acute practice, do not seek to practice surgery and obstetrics. Today this may be true of many. But it is not a question of whether a few or even many practitioners choose to specialize. It is not a question of how many practitioners now have more office work than they can attend to. The day is not distant when the average Osteopathist, like a representative of other schools, must settle down and work up his practice on his ability to successfully treat all who need a physician. He must, like other practitioners, be a family doctor, and be prepared to take care of the family in any and all emergencies. If Osteopathy is to live 100 years or continually as a separate profession its practitioners must have every right and privilege enjoyed by the practitioners of other systems. This move must

commence with the college and end with the legislature.

Homeopathy and Eclectism would long ago have been absorbed had they not taken the broad stand that they were a profession, not in certain cases, and in some respects but in all cases and in all respects. They fought for every right enjoyed by the allopath and would accept nothing else. They have succeeded. We should profit by their experience.

Do not think I am advocating a union of Osteopathy and medicine. Such is not the case. Osteopathy is perfectly sound. But there are cases of obstetrics and surgery to attend to in every family. We must be prepared to take care of these cases. We must be prepared to do all that is required to be done—all that any other physician could do. It may be necessary for our colleges to extend the course of study to four years or

its full equivalent in order to accomplish this. It may be necessary for our students to spend the same length of time in preparation as the students of other schools in order to secure the same privileges—if so let us lose no time in taking the step. Let us make the start at the coming meeting. Let us unite our forces, our energies and our ambitions and feel that our work is unfinished until in every state in this union Osteopaths have all the rights and privileges enjoyed by representatives of other systems.

Trusting that the coming meeting will be attended by every Osteopathist in the field and that it will take steps that shall put our science on a foundation that will be enduring, a foundation as broad as the broadest, I am with great respect

Faternally yours,  
S. C. MATTHEWS, D. O.,  
President A. A. A. O.

Dr. W. H. Wilderson, of Memphis, Tenn., enjoyed a three days visit in Chattanooga recently. He was accompanied by his wife.

On June 24, the Tennessee state branch of the A. A. A. O. held an interesting meeting in Chattanooga. It was decided by unanimous vote to invite the A. A. A. O. to hold its next annual meeting in Chattanooga and President J. R. Shackelford was asked to present that city's claims to the Indianapolis meeting. After a trip over the city and to Lookout Mountain he seemed sufficiently inspired with his subject to be successful.

Dr. Chas. O. Deeming, of Rock Falls, Ill., was married on June 8, at Kirksville, Mo., to Miss Clara Seaber, daughter of Senator Seaber, of that city. We wish the doctor and his bride happiness and prosperity.

Dr. W. A. Crawford recently located in Buffalo, N. Y. A regular physician of that city, either wrote, or gave information (?) to some one who did write a satirical description of Osteopathy. The reply of Dr. Crawford which we copy from the Buffalo Evening News, shows that he is amply able to take care of himself.

## The Popular Osteopath.

PUBLISHED MONTHLY BY THE  
POPULAR OSTEOPATH PUB. CO.  
CHATTANOOGA, TENNESSEE.

W. F. LINK, EDITOR,  
Rooms 28 and 29 Minnis Block, Knoxville, Tenn.

A. L. EVANS and CHAS. OWENS,  
300-304 Miller Building, Chattanooga, Tenn.

M. C. HARDIN,  
704-705 Lowndes Building, Atlanta, Ga.

CHAS. HAZZARD, Kirksville, Mo.  
ASSOCIATE EDITORS.

### Come to Chattanooga in 1900.

The Tennessee state branch of the A. A. A. O., at a meeting held in Chattanooga on June 24, by unanimous vote, decided to invite the National Association to meet in Chattanooga in 1900.

We most cordially second this invitation and feel that this state and city have strong claims which, when carefully considered, will bring the convention here. We ask for it because no other city in the country can offer more varied attractions to a body of men and women who need a few day's vacation; because if a public meeting is desired, an auditorium capable of seating five thousand people will be furnished free of charge; because the south is as yet a practically undeveloped, though a fine field, for Osteopathy, and this meeting will give it an impetus all over this section; because, aside from school towns, no other city of equal population supports so many Osteopaths; because Tennessee is the first state in the union that by unanimous vote, passed a bill to give Osteopaths the right to practice.

It is worth a trip to Chattanooga to see the wonders and beauties that are all around it, and if the hard-worked Osteopath can combine the business of attending the Association with the pleasure the trip would afford, he will have a vacation never to be forgotten.

To its natural beauty seen in forest, mountain, river and valley is added historic associations of the most interesting character. Chattanooga played a most conspicuous part in the civil war. It is probable that no where upon an equal amount of contiguous territory were more sanguinary battles fought than upon the soil in and near Chattanooga. The United States government and many of the states north and south have generously erected monuments on different parts of these battlefields, commemorating the valor of their soldiers who fought here. Tablets and markers have been placed all over the city and in the different parks which give in concise and condensed form the military history of this part of the country. Lookout mountain, which towers 1,700 feet above the city, is reached by two incline railways. Here was fought the famous "battle above the clouds." From Point Lookout, one of the most grandly picturesque views to be seen anywhere, can be had. Other points of interest in the vicinity are the Chickamauga National Park, which embraces the whole field of this desperately bloody battle; the national cemetery where over 13,000 heroes of the civil war are buried; Orchard Knob, which was the headquarters of Gens. Grant,

Thomas, and Granger during the battle of Missionary Ridge; Missionary Ridge, along which the government has built a fine boulevard; the Tennessee river, the scenery along which viewed from an excursion steamer, rivals that of the famous Rhine.

But in the limits of this article we could not enumerate the points of interest, and then they need to be seen to be appreciated.

Chattanooga is easily accessible by nine railways, and the Tennessee river. They are constantly carrying sight-seers to the city and none of them go away disappointed. Hotel accommodations are first-class and there are enough of them to feed the biggest kind of a convention, even of Osteopaths.

Chattanooga is used to handling big crowds, very many conventions, both state and national in character, have been held here in recent years, and all have been pleased with the treatment accorded.

Once more, on behalf of the local Osteopaths, The Popular Osteopath, the city of Chattanooga, and the Tennessee state branch of the A. A. A. O., we extend a most earnest and cordial invitation to the A. A. A. O. to hold its annual meeting in 1900 in Chattanooga, the "Plucky City" of the south.

#### A Word to the Public.

It is well for the public to bear in mind that Osteopathy is a profession involving both the knowledge of a science and the practice of an art. No matter how thoroughly one may be educated along other lines or in other professions,

if he has not studied Osteopathy he cannot practice it with success.

Occasionally a man who has studied some other system of healing and who has seen the good results obtained by Osteopathy undertakes to practice Osteopathy. That such men have de-



PARTIAL VIEW OF THE INCLINE UP LOOKOUT MOUNTAIN, CHATTANOOGA.

clared Osteopathy to be "a combination of hypnotism and massage" shows the profundity of their ignorance of the subject.

It is unwise to entrust your health to the care of an ignorant pretender whether of the above species or some other. The only real Osteopath is one who has tak-

en the full course in a reputable school of Osteopathy.

It is not necessary for any one to be deceived in regard to the qualifications of a professed Osteopath. A letter of inquiry addressed to the secretary of the A. A. A. O.—Miss Irene Harwood, D. O., 308

a graduate from a reputable school of Osteopathy.

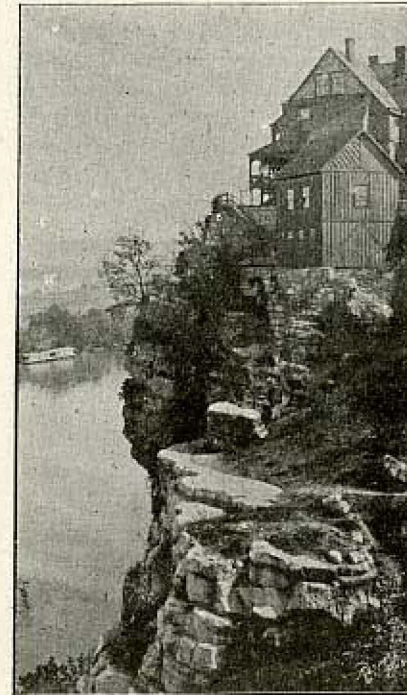
#### The Question of Health.

Most people do not need to be told whether they are sick or well. They know it by the way they feel. They simply feel well or ill; though, they may seldom have any accurate notion of the physical condition that gives rise to the feeling of sickness or health.

The distinguished Dr. Alexander Haig, of London, defines health as "a satisfactory condition of nutrition, strength and power of endurance." Admirably brief as this definition is, it might further be shortened by omitting the last five words; for it is difficult to conceive of "a satisfactory condition of nutrition" in a human being, in which strength and power of endurance were not also present.

Dr. Haig's definition, however, is intelligible and from one point of view very acceptable. But let us look a little deeper into this matter of health. Let us see if we can find the cause of that "satisfactory condition of nutrition, strength and power of endurance," which Dr. Haig calls health.

Dr. Andrew T. Still, the father of the science of Osteopathy, says that health is that condition of the body in which there is a free flow of the vital fluids and of nerve impulses. This definition of health, it will be observed, is not in conflict with, but only explains, Dr. Haig's definition. For is it not self-evident that there can be no satisfactory condition of nutrition in a part; that a tissue of the body cannot be perfectly nourished, unless



"THE BLUFFS" OVERLOOKING THE TENNESSEE RIVER AT CHATTANOOGA.

N. Y. Life Building, Kansas City, Mo., will bring you authentic information. In a matter of such vital importance it is better to make this inquiry than to rely upon the mere advertisement of the party in question. We will say, however, that anyone advertised by The Popular Osteopath can be relied upon as

there be a free flow of blood and of nervous impulses to and from that tissue?

Now if health be a satisfactory condition of nutrition, characterized by good strength and power of endurance and caused by an unimpeded flow of the vital forces, then disease, the opposite of health is, according to logic, common sense and Dr. Still, a bodily condition caused by an obstruction to the free flow of the blood or of normal nervous impulses.

This brings us to the very basis of the science of Osteopathy—the proposition that disease is the result of an obstruction to the free flow of the blood or of the normal nervous impulses. What then, is the nature of this obstruction? Without attempting to answer this question fully, it may be said that a disease-producing obstruction may be a bone, displaced by some accidental injury, or drawn out of line by the contraction of a muscle, and exerting pressure upon vessel or nerve; it may be a contracted condition of muscle or ligament; it may be an engorged tissue; it may be within the vessel itself.

Can the obstruction be found and removed? Undoubtedly in a majority of cases it can, thanks to the system of diagnosis and manipulative treatment elaborated by Dr. A. T. Still and known as Osteopathy.

And with what result? Since disease is the consequence of defective bodily mechanism, deranging the normal flow of the vital fluids and forces, if the obstruction to the proper working of the mechanism be removed and a free

flow of the vital forces be thereby established, nature sustained by wholesome food and drink, gladly resumes her curative functions and health is restored.

Obviously then, in those cases—and their name is legion—where disease is due solely to a removable obstruction, cure or restoration of health, is not a question of drugs or knife but of the proper readjustment of the bodily mechanism. And for this delicate labor in all of its phases there is, in the present state of medical education, no one competent but the Osteopath.

#### The A. A. A. O.

In the last half a dozen years more than that number of good schools of Osteopathy have arisen and are flourishing. Hundreds of graduates have gone into the field and demonstrated the efficacy of the science they represent in the most difficult kinds of cases. Legislatures have been called upon to wrestle with medical practice laws. Bills for and against Osteopathy have been introduced and fought through or beaten. Courts have been busy construing old laws to harmonize with a new order of things. New ideas have been originated and greater depths sounded in the science of healing diseases. Thus has Osteopathy gone forward by such marvelous leaps and bounds that it has been well nigh impossible for an organization to keep in the lead, directing all these varied interests and conducing to the advancement of the cause.

But that an organization could be of vast benefit in guiding legislation, in aiding the weak and per-

#### The Official Organ.

The Popular Osteopath has been in the field six months as the official organ of the A. A. A. O. The members of the organization have had ample opportunity to judge of its merits. Our aim has been to aid the legitimate practitioner and to advance Osteopathy by acquainting the people with its power over disease. We have done a clean business. We have not failed in any issue to warn the public against pretenders. Those who, if allowed to go on unmolested, would bring our profession into disrepute. We have never advertised as an Osteopath, any one who was not entitled to the degree of D. O. We have cheerfully printed all notices that have been furnished us by the officers of the A. A. A. O.

We have worked hard to publish an interesting and attractive magazine, and to hold up pure Osteopathy. We have never had any fads to urge upon the Association, nor have we sought to dictate its policy.

We have given all members who cared to do so, an opportunity to express their views on Association matters.

We have no candidates for any office and only hope that the best men or women may win. As heretofore, we stand ready to do our part in any way possible for the success of the cause.

On this record we confidently appeal to the A. A. A. O. for endorsement and support.

At last the medical doctors have discovered what has been known to Osteopaths for many years, that

secuted, in keeping up the standard of efficiency, in exchanging and promulgating new ideas and discoveries in the science, and in countless other ways has never been doubted by anyone who has given the matter serious thought. To be of the greatest service this organization must be composed of qualified and reputable practitioners, it must be well officered and the officers must have power to act; there must be money with which to work, every member must be willing not only to contribute his share of the money, but of time and labor, necessary to make it a success. In some respects the A. A. A. O. is such an organization, but like everything that amounts to much, it has had humble beginnings. With some needed changes in the constitution there is little doubt that it will measure up to its responsibilities. Still we feel that this is a critical period in the history of the Association. The needs are pressing. Many are asking for help. Such action must be taken at the Indianapolis meeting as will show to the entire membership, and to those Osteopaths who have not yet become members, that everything possible is to be done for the advancement of Osteopathy. If wisdom prevails, if the best, wisest, and most energetic members of the Association are elected to official positions, if they will take hold and give freely of their time and ability, and if the membership will be patient and stand by the officers, the A. A. A. O. will go on and accomplish its mission. It will be the most forceful factor in the advancement of the science.

At last the medical doctors have discovered what has been known to Osteopaths for many years, that

ordinary heart disease can be cured, but not by the use of drugs. Two doctors of the old school, who may or may not have had an intimation from Osteopathic literature, by the name of Schott, living at Bad Naushiem, twenty miles from Frankfort in Germany, have attracted wide attention by reason of their treatment of these diseases of the heart by manipulation, or rather by the stimulation of the circulation. Various methods have been adopted by Dr. Schott to bring about this result. He discovered, while treating neurasthenia by manipulation, of course, that by forcing the blood to the nerve centers the volume of the pulse was increased and that at the same time its rate was diminished. As this result was desirable when treating lack of compensation in heart disease, they applied the methods of stimulating the centers and increasing the circulation in chronic cases with such satisfactory results that the treatment has been adopted by most of the leading practitioners in Europe.

The treatment involves first a preparatory bath in the natural waters which exist in Naushiem, any water probably answering the same purpose. Then the patient is put through a series of violent exercises which are resisted by attendants so as to make the effort all the more active. The muscles are brought into play with a view thereby to increase the circulation. These doctors are stumbling on to the Osteopathic idea, if now, they had an Osteopathic education they would be all right.

They give several additional side treatments, probably of small consequence, the main idea being the physical manipulation of the muscles and the nerves to set up the proper circulation and put the machinery in good condition, just as the Osteopath does in his treatment. This is one of the most significant developments of recent years on the part of the "regulars," and indicates with positiveness that cannot be doubted, the coming of the day when drugs will be relegated to the past and the scientific discoveries of the "Grand Old Osteopath" will be acknowledged and known of all men. Time and the successful treatment of diseases by the scientific Osteopath, will convince the world, that if diseases of the heart can be cured by the proper stimulation of the nerve centers and the curative properties of healthy circulation, any other of the maladies to which humanity is subject may be reached by the same beneficent methods. Prejudice yields slowly to truth, but it must yield in time, and in this is the hope of the Osteopath. Already the suggestion has been made by some of the most prominent of the "regular" physicians, that appendicitis can be cured without medicine or the knife, and although the Osteopath has been ready to demonstrate that such is the case for years, prejudice has stood in the way until the unquenchable truth has at last been forced to attention by repeated failures and after the sacrifice of many lives, on the altar of regularity and orthodoxy.