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OSTEOPATHY AN INDEPENDENT SYSTEM CO-EXTENSIVE WITH THE SCIENCE AND ART OF HEALING.

Paper read before the A. O. A. Convention at Kirksville, Mo.,
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I thank you for the privilege and honor of addressing this body. A few weeks ago the chairman of your committee asked me to give a paper and selected for me the above title. I am glad that it is my privilege to speak on this topic. In some mysterious way my personal attitude to Osteopathy has been misunderstood. I find that some of my fellow Osteopaths here have the idea that the College over which I have the honor to preside teaches *medicine* in the sense of *drugs*. I am an Osteopath and delight to be connected with a College which regards Osteopathy as an independent system. The charter of our College, the only recognition that Osteopathy has in the commonwealth of Illinois, contains this provision, "this college shall be and represent an independent medical school or system or method of healing or treating diseases and conditions of the body, said college using, applying and teaching the osteopathic theories of diagnosis and therapeutics, surgery and obstetrics, so as to maintain the same as *an independent system or science of healing*." Every member of our faculty is pledged to this principle and I hope to demonstrate to you why we are pledged to this fundamental conception of Osteopathy.

OSTEOPATHY AND MEDICINE.

We do not say that medicine is a generic term with Osteopathy as one of its subdivisions or branches. We do not place Osteopathy, medicine and surgery as co-ordinate branches. Osteopathy is not a branch of medicine or surgery. Dr. F. W. Hannah, at the Indianapolis convention, said: "Osteopathy is a complete system of therapeutics and as such is both medicinal and surgical in its own peculiar way." (Minutes of convention, American Osteopath, Vol. I., page 46.)

THE HEALING PROFESSION.

A profession has existed from time immemorial whose object has been, however imperfectly fulfilled, to preserve health, and when unhealth existed, to attempt to restore to health. The earliest traces that we have of medical services are of a surgical or manual character, long before *internal* medicine

was thought of. Surgery at this early era included midwifery. *Internal medicine* came in toward the close of the Greek philosophic period. The mechanico-surgical idea, however, prevailed, for among the teachers of Hippocrates, we find Herodicus who treated even acute diseases by gymnastic exercises. Aesculapius was principally a surgeon. It was under the asclepiadae or guilds of lay itinerating healers that drugs became prominent as medicaments. Hippocrates laid down this principle, "diseases are cured by restoration of the disturbed harmony in being and action of the elements, elementary qualities, cardinal fluids and cardinal forces, nature, that is phusis, the vital forces inherent in the body, accomplishes the cure."

THE OSTEOPATHIC METHOD.

The history of medicine or healing from those days till the present has been a history of methods, schools and systems. Among these methods or systems we find Osteopathy, the heir of all those mechanical and physiological principles applied from remote antiquity to the present day. Osteopathy did not invent a new anatomy or physiology or construct a new pathology. It has built upon the foundation of sciences already deeply seated in the philosophy of truth, chemistry, anatomy and physiology, a new etiology of diseases, a new systematic method of treating diseases, gathering together, adding to and reinforcing nature methods of treating disease that have been accumulating since the art of healing began.

THE OSTEOPATHIC PRINCIPLE.

Osteopathy starts out with a new principle in therapeutics, namely; "the self-sufficiency of the organism, without the help of any extraneous substances." The relation of drugs to the field of practice of medicine is well expressed by the University of Edinburgh School of Medicine, which dates its chair, called "the practice of *physic*," from 1685, the oldest chair in the University, leaving the wider term *medicine* to include all the fundamental sciences, with obstetrics, surgery and public health.

We take the position that in Osteopathy we have an *independent system*, the primary object of which is to present an improved method of dealing with the *field* of surgery, obstetrics and the treatment of diseases in general from an independent mechanico-physiological standpoint. As such it has a principle of its own and a perfect system which elaborates that principle.

MECHANICAL THERAPY.

The *ars medendi* or the practitioners of the healing art from the Indian days when medicine was a charm, or from the Greek days when prayers, sacrifices, diet, with the unseen powers of nature, were dominant, to our own day represents the field of healing. Chemical theories of therapy have undoubtedly predominated for centuries, but with the development of modern science came the tendency to mechanical explanations of life and disease. Developing from and dependent on the Harveian doctrine of the circulation, we meet the first attempts to explain vital activities on a physical and physiological basis. Among them Borelli of Naples in 1680 attempted to explain the actions and functions of the body on mechanical principles, bone and muscle movement on the principle of leverage, digestion as a trituration process, secretion and circulation on the principle of physical tension. Mechanical explanations of life followed, Cullen and Brown emphasizing the importance of nerve action and excitability, according to which the whole phenomena of life in health and dis-

ease consist of stimuli. Since then anatomy, physiology and physics have been very active and among the defenders of this old *nature* principle we find Broussais attempting to get an anatomical basis for all diseases, Freind, Hensler and Ling applying the principles of mechanical mobility to the treatment of diseases. Why do I refer to these men? Because I love to think that in the succession of time from the earliest known periods of history our science of mechanico-physiological therapy has been in process of development. But the grandest triumph of this old time principle is found in the Osteopathic System, mechanical, physiological, anatomical, all combined in one, the fruitful discovery of Dr. A. T. Still.

THE LEGAL STATUS OF OSTEOPATHY.

We are not here to laud the grand old man who was brave enough to face the opprobrium of a world both of science and laity in order to be true to his convictions. History has done that. We are here to defend the system. The law has vindicated and recognized what history has set forth, that Osteopathy is a method, science or system of treating diseases of the human body. This means that we have a system, scientific in its character, whose aim is to promote health, prevent unhealth, as far as these are possible, for the individual and the community at large. Health is the great prime conception at the foundation of our system. To promote this great object we have an *ars medendi* of our own, not the tail end of any other system, preservative of and restorative to health, as well as preventative of unhealth. Our reformatory system applies to the whole healing art and in the eye of the law we have the highest sanction for our profession which justice, right and truth can give.

The late U. S. Justice Field in speaking of the medical profession, said judicially, "it has to deal with all those subtle and mysterious influences upon which health and life depend, and requires not only a knowledge of the vegetable and mineral substances, but of the human body in all its complicated parts and their relation to each other as well as their influence upon the mind."
* * * The same reasons which control in imposing conditions in compliance with which the physician is allowed to practice in the first instance, may call for *further conditions as new methods of treating disease* are discovered * * * or a more accurate knowledge is acquired of the human system and of the agencies by which it is affected. (*Dent vs. West Virginia*, U. S. 129.)

The Supreme Court, *ex-cathedra*, through Justice Field, lays down this as the fundamental constitutional maxim upon which our system claims the right in this free country to recognition. The statute law of the different states that have recognized the system carries out this principle in the matter of regulating the practice, not legalizing the system, because right can never be legalized, never needs to be legalized. Wherever the flag of this republic floats its constitution holds sway, and there this science and art as a child of truth by right has a place and nothing can down it.

Osteopathy, therefore, opens up, in terms of this decision, that field in which such a system of nature can have the fullest scope. It does not take any illogical position so as to oppose a drug system or any other system. It claims to be the heir of all that is good and true in the history of the healing art and to be co-extensive with the field of unhealth, including all those principles which are requisite to make it a perfectly successful and all-sufficient system.

It does not come in to occupy a back seat, a seat in the gallery or in the pit of the great theater of healing science, but, as I said once before, to compete with other systems and as it expands to outrival them.

DEFINITION OF OSTEOPATHY.

We have seen no reason to alter our definition of Osteopathy, formulated nearly two years ago, with the approval of Dr. A. T. Still, Dr. A. G. Hildreth, Dr. C. P. McConnell, Dr. D. L. Tasker and others.

Osteopathy is that science or system of healing which emphasizes, (a) the diagnosis of diseases by physical methods with a view to discovering, not the symptoms but the causes of disease, in connection with misplacements of tissue, obstruction of the fluids and interference with the forces of the organism; (b) the treatment of diseases by scientific manipulations in connection with which the operating physician mechanically uses and applies the inherent resources of the organism to overcome disease and establish health, either by removing or correcting mechanical disorders and thus permitting nature to recuperate the diseased part, or by producing and establishing anti-toxic and anti-septic conditions to counteract toxic and septic conditions of the organism or its parts; (c) the application of mechanical and operative surgery in setting fractured or dislocated bones, repairing lacerations and removing abnormal tissue growths or tissue elements when these become dangerous to organic life.

The legal description of Osteopathy is, "a system, method or science of treating human diseases." Is there a field for such a system?

DIAGNOSIS THE KEYNOTE.

In this system there is, (1) physical, anatomical and physiological diagnosis. This will always be the groundwork of the Osteopathic system. It is based upon an absolutely certain knowledge of the structure, architectural technique and functional activity of the body and of its parts. In this diagnosis we gladly accept the help of palpation, percussion, auscultation, chemical and microscopical aids in the analysis of secretions and excretions of the body.

THERAPEUTICS THE CORNER STONE.

(2) Osteopathic therapy. The organism from the therapeutic standpoint, is a vital, self-regulating and self-recuperating mechanism, that requires, (a) the perfect adjustment of every part and the perfect activity of every tissue, especially the blood; (b) the proper environmental conditions in the form of hygienic conditions and those necessary stimuli which lie at the basis of vitality; and (c) the proper food supply including the materials furnished as diet and water. Hence the therapeutics of Osteopathy include, manipulative treatment tending to restore to the normal the adjustment by means of correction of lesion, stimulation or inhibition of functional processes. These open up the normal processes in the organism, or being converted from a mechanical into a physiological equivalent within the organism, the organism has the power to adjust itself, to use its inherent materials and forces and vital activities to restore to the normal. Here we have the internal medicine of Osteopathy, what the organism itself supplies as the basic medicine of healing. The other fields of therapeutics include proper attention to diet and hygiene, including exercise, environment, open air, sunlight, etc. Recognizing the presence of bacteria and their toxic products we also recognize in the field of hygiene the necessity for certain anti-toxic and anti-septic conditions. These are largely within the organism itself. The system as I

understand it recognizes the basic medicine in the field of toxicology, surgical anaesthesia and the physiological medicine of the organic constituents of the body organism.

SURGERY THE DERNIER RESSORT.

(3) Recognizing that therapeutics may fail in the case of fractured bones, ruptured muscles or ligaments and false growths, we recognize that mechanical and operative surgery is a part of the Osteopathic system, the object being to set fractured bones, to repair lacerations and to remove abnormal growths, *when these become hazardous to the organic life*. We do not admit that surgery is outside the field of Osteopathy. Osteopathy it is true has been largely anti-drug and anti-knife, necessarily so. Like every other system, Osteopathy was not born in adulthood, but in infancy, and its progress toward manhood has been a marvellous, unparalleled growth. Discoveries were slow in the art of healing, because men concentrated attention on drugs, forgetting the anatomical and physiological facts that lie at the foundation of the body. Even surgery was decried, because it was mechanical. But surgery has a history that antedates authentic history. Rightly at the birthtime of the Osteopathic system, Dr. Still started out with the conception that the healing art should be carried back to its primitive standing ground, nature, and hence he formulated the plan of reforming surgery, obstetrics and the treatment of diseases in general.

SCIENTIFIC OSTEOPATHY, A REFORM SYSTEM.

This reform was to be developed on a scientific basis, for Osteopathy is scientific if it is truth, because science is knowledge and truth. At first it was only applied to chronic conditions and many thought that here was found the limit of its usefulness. But that system which began with the blood and nerve force as the warp and woof of life, as the basis of vital existence, and the anatomical and physiological integrity of tissue structures and organs, could not rest in its progressive development short of embracing the entire art of healing. Osteopathy is anti-knife, because it loudly protests against the indiscriminate use of operative surgery, especially of the butcher-type. But the Osteopathic principle which we laid down, "the self-sufficiency of the organism of and in itself as a self-recuperative mechanism," recognizes that when traumatic conditions produce a solution of continuity in the osseous, ligamentous and muscular structures, there must be a method of repair founded upon mechanical and physiological principles.

INDEPENDENT OSTEOPATHIC SURGERY.

In this sense Osteopathic surgery is as original as Osteopathic therapy. In the great field of fractures Osteopathic philosophy emphasizes the necessity of applying the principle of mobility as opposed to the immobility of older surgery. Dr. Lucas-Championniere, of Paris, has applied this principle with success in thousands of cases at the Hospital Beaujon, mobility tending to promote rapid repair. It recognizes also the principle of anaesthesia in pain, absorption of effusions, the promotion of trophicity and nutrition by mobile manipulation. It places the principle of absorption as a substitute to a large extent for external drainage, absorption being promoted by Osteopathic mobility and manipulation of adjacent tissues, blood and lymph. In spinal caries, the Roth principle of surgery is the stimulation of vital activity through the stimulation of the muscle fibers in the affected region, vitality

overbearing devitalization. It recognizes that under certain conditions abnormal growths endanger the organic life and that these must be removed on the Osteopathic principle of *dernier ressort*. This can be accomplished successfully only when the physiological principles of the organic vitality are preserved in their integrity and when in connection with the operative procedure, measures are taken to build up, to promote granulation by first intention and to prevent infective processes by utilizing the functional activities of the body. Such is the field of Osteopathic surgery.

Dr. George R. Fowler, of Brooklyn, N. Y., in speaking of the fondness of the young physician for surgical operations, asks the young surgeon to realize "that the surgeon after all is but an accomplished physician with a trained hand and a readiness to employ mechanical resources in special conditions." Dr. Byron Robinson lays down the Osteopathic principle, when he says, "the universal rule is to sacrifice only hopelessly diseased tissues." (*Physician and Surgeon, Detroit, March, 1901.*)

THE OSTEOPATH IS A SURGEON.

We are not advocating a new profession or a new appendage to Osteopathy. We are contending, first, for the *fact* that the Osteopath is a surgeon; second, for the *fact* that surgery, *the field of surgery*, I mean, is Osteopathic, just as we have made the *field of medicine* Osteopathic. We do not claim that every Osteopath should become an operative surgeon. About 10 per cent. of the medical graduates become surgeons in the proper sense of that term, because it requires skill, especially adeptness, and above all it requires Osteopathic knowledge far reaching and above the average. That is why I wish the surgeon to be Osteopathic. To handle cases successfully and know when a case is surgical demands such knowledge of what the surgeon should do in the case. If Osteopathy is properly taught and if surgery is taught as I have indicated conservative principles will be applied. Some of you say you are Osteopaths pure and simple. That is exactly what I want to make the surgeon who deals with our surgical cases. You became Osteopaths because of the mistakes and failures of drugs and a certain kind of surgery. You took the field of drug therapy and you applied your own principles in it. Do the same in the field of surgery and you will round out your profession.

Dr. Hulett said before the A. A. A. O. convention of 1899, "anatomy from the surgeon's standpoint and for his use has perhaps been more perfectly mastered than any other subject in the Medical Curriculum. * * * But the surgeon's standpoint is quite different from that of the Osteopathist and the subject of anatomy so far as method of presentation is concerned lacks much of meeting the requirements of the latter." That is exactly why we are contending that Osteopathy is co-extensive with the healing art. The old surgeon has not the Osteopath's standpoint of anatomy. The new surgeon can and must have it. If the Osteopathic principles are eternal truth, they are unlimited in their range. Make the surgeon Osteopathic. Even dentistry can be made Osteopathic and the time will come when it will be, and there will be less teeth pulling and filling for toothache, and more attention to the Osteopathic side of dentistry in the care for the teeth and in the manipulative treatment that will give benefit to humanity.

THE OSTEOPATHIC POLICY.

This is not revolutionary. It is in line with the accredited policy of this

Association. In 1899 this resolution was adopted, endorsing a high standard of Osteopathic efficiency, "we formally record our determination to raise this standard, as the exigencies of our practice may require, until it shall include every department of therapeutic equipment, with the exception of *materia-medica*." The Associated Colleges from its first inception took this wide view of the healing art. In laying down a standard for Osteopathic colleges it declares, "it shall teach Osteopathy pure and unmixed with any other system of healing in the sense of modifying the science of Osteopathy by combining with such system, but this shall not prevent any college from teaching surgery as a cognate profession." (*Const. of A. C. O., section xii., art. 3.*) In thus recognizing the right to teach surgery, it takes it for granted that true surgery is not antagonistic to the Osteopathic principle, in fact the FIELD OF SURGERY, LIKE THE REST OF THE FIELD OF THE HEALING ART, is to become Osteopathic.

THE SCYLLA AND CHARYBDIS OF OSTEOPATHY.

I know there is a tendency, even among Osteopaths, to place the Osteopathic system subordinate to other schools of medicine. There are some Osteopaths who think that their education is not rounded out until they are able to dabble in drugs with the license of the law. In my opinion this is no accomplishment to the Osteopath.

One thing that is tending to destroy the scientific nature of Osteopathy is the tendency to mix Osteopathy with something else. They do not mix, however, because the Osteopathic system is independent. We cannot hope to make much advance by trying to consider disease or its treatment from a dual standpoint. Some are claiming that it is an advantage to study the purely drug systems of treatment, so that we may see disease and its treatment from an all round point of view and so that we can give the remedies of the other systems if necessary. The only way to study such systems is to study them from a comparative standpoint, taking the Osteopathic system as the independent basis and comparing other methods in theory and practice with our own. To do this we must have such knowledge of basic medicine as will enable us to appreciate and distinguish physiological, toxicological and surgical medicine from the *materia medica* of common usage. We will thus be able to see how Osteopathic therapeutics covers the entire field.

OSTEOPATHIC PRINCIPLES TO THE FRONT.

We need to emphasize Osteopathic principles. Too often many of us allow ourselves to be easily influenced by the older theories, even though we may wish to defend our own. This does not prevent us from admitting the good that is in other systems. We do not sacrifice by any means the brotherhood of the healing profession when we stand upon our own independent ground, claiming that we have a system co-extensive with the healing art. We need larger zeal with which to dig down deeper into the larger problems from a strictly Osteopathic standpoint. Some have a desire for a medical education. As a matter of education this is all right. But it seems to me we need greater research from the strictly Osteopathic point of view, rather than attempting to expend our efforts in study in the regular medical college. Can we do this? Yes, just as the allopath, homœopath and eclectic. We can direct our researches to the diagnosis and therapeutics of Osteopathy and thus make the ground more firm beneath our feet. There are the large hospitals of our country to which it should be our aim to gain access, where we can study

thousands of cases, not to be seen outside of these hospitals and insane asylums. Thus we can gain information in a field as yet unexplored by most of our schools, widen our views and get a clearer basis for generalization in regard to our therapeutics. In doing this we make the basic foundation of our education as wide as possible so that we may not fall into narrowness or bigotry.

SCIENTIFIC OSTEOPATHY INDEPENDENT.

Scientific Osteopathy, then, means that we have an independent system and that it takes in the field of the healing art in its entirety as covered by the other schools of medicine. In this sense we are a school of medicine or healing. In saying this I mean that the Osteopathic system is entirely opposed to the method of diagnosing and the methods of treatment in the older schools. It is impossible for us to consider disease or treatment or both from a double standpoint, because we must sacrifice the one point of view to the other. With Osteopathy and the loyal Osteopath rests the problem of whether the Osteopathic system is to stand as a separate system or to be merged in the other systems.

If the Osteopathic principle is true, it cannot be subjected to any other principle. It is independent in itself. One thing that is dragging down our system is the character of some of the schools. We have several schools in Chicago that graduate Osteopaths without seeing them, professing to give by mail or otherwise in a few weeks or even days the principles and practice of this great system. Some of them claim that graduates of the parent school are behind them in this. There are men and women practicing Osteopathy, or pretending to do so, who know nothing about it and are misrepresenting us to the laity and the scientific world. Unless we can come to the help of our science in this respect, much detriment will be done to our system.

HOW TO MAINTAIN INDEPENDENCE.

We do not need to go into other systems to get a plan or method. We have plans and methods in our own, but the problem is, how are we going to maintain that system on a purely scientific basis? We may argue as we please about the practical side of Osteopathy, doing this and doing that; but unless we can demonstrate in this day and age that this practice is founded upon great scientific truths we cannot convert the world to our side. We talk of mechanical manipulative work as if that were the sum and substance of the Osteopathic system. If that is all we are no better than the masseur or medical gymnast and our system lacks what gives it force of character. Mechanical manipulation can be used with a definite anatomical, physiological and for that matter organic purpose. It can be converted into an organic equivalent and therein lies its therapeutic value. This does not mean that we are absolutely cut off from the rest of the healing profession. There is a field in which we can meet in common with those. Health, vitality—the health of the individual and of the community—that is the common object of all physicians. We may differ in plans and principles, but we are one in thought. This does not mean the surrender of our principle.

OUR RELATION TO OTHER SYSTEMS.

Dr. Reed, the ex-President of the American Medical Association, spoke at St. Paul in very glowing terms of what he called the new school of medicine or rather the old regenerated in the sense of absorbing in itself those scintillas of truth contributed by the newer systems, these new systems themselves dying.

He divided the field of medicine into the "regular" and "sectarian" practice and claimed that the sectarian practice was gradually disappearing just as Brunonianism, etc., disappeared, leaving a scintilla of truth behind. He never even hinted at the phenomenal growth of the Osteopathic system. And why has it grown? It stands for the recognition of the neglected elements in the science of the other schools and for the cure of the incurable patients of the other systems. In saying this we are not claiming that Osteopathy existed among the Greeks or Romans. But from the earliest dawn of the healing art there have been progressive men who have been tending in the direction of this culminating point in therapy.

THE PHYSICIAN'S FUNCTION

The veteran Dr. N. S. Davis, in his address before the American Medical Association, said, "it is true that drugs are often used today when they are not needed because patients demand them; but this will be changed when laymen learn that it is the function of the physician to teach them what to do to give nature the best chance to effect repair, what to do to make themselves comfortable and to preserve life. When they learn it is a physician's function to teach them how to protect others from the same ailment, to foretell the possibility of recovery or death and to avert or foretell complications."

HEALTH AND DISEASE.

Is the Osteopathic system competent to do this? Is it entitled to be recognized as a science independent of other systems, and capable of performing this teaching function (the doctorate)? We say yes. Why? The foremost object and purpose of all those engaged in the healing art is health. What is health? It is the ability on the part of the organs in the different parts of the body each to perform its normal function in harmony with all the other organs and parts. Unhealth is the inability to do this. Disease is the result of that unhealth. That is the basic idea of the Osteopathic system. Health then is a condition in which every member or part is adjusted to every other member or part of the organic system. Unhealth represents the disturbance or interference with this adjustment of the body system, and that which interferes or disturbs is a lesion. Disease is the result or series of results that follow from or accompany this state of unhealth. Here the organic system includes both body and mind.

What does this state of unhealth and disease include? A lesion, involving the solid or osseous and ligamentous structures; a contracture, involving the soft or muscular and other soft tissue structures; a relaxation also involving the soft tissues; irritation, involving the nervous, neuro-muscular or terminal tissues; torpidity, involving the glandular, secretory or peristaltic and splanchnic structures; debility, involving the weakening, checking or aggravating, resulting in weakening, of the sympathetic correlations of the different organs, with the loss of organic force and energy. What shall we do with these conditions? Correct the lesion on mechanico-physiological lines; relax the contracture or contract the relaxation; soothe the irritation and stimulate the sluggish torpidity by the stimulatory or inhibitory power of the functional processes through the nerves, blood, lymph, terminal tissues and the great sympathetic system; and finally build up that which is debilitated by establishing normal correlations and by taking the weak and making it strong

through the nutritive channel of food directed to the part weakened *via* the blood and nerve supply and the metabolism of tissues.

THE OSTEOPATHIC SYSTEM NOT ONE SIDED.

This is the basis and foundation of Osteopathy. Its fundamental philosophy briefly is, that we have an organism consisting of body and mind, both subjective and objective, and these must be dealt with from the mechanical, physiological and psychological standpoints. *Materia Medica* deals with the body. In the opposite extreme you find men like Dowie and the faith healers taking the spiritual side of man's nature and emphasizing it as the basis of therapeutics. There is a certain amount of truth in this idea, because the organism is subject to the great universal law of suggestion. Prof. Max Muller, of Oxford, once told me, "one universal fact in connection with human life is that man has a religious consciousness and anything that will appeal to this consciousness will succeed."

The Osteopathic system does not look at the body from a one-sided point of view, but lays hold of the prominent characteristic of the whole organism, vitality. Vitality to the Osteopath is the vital force animating the body. The question of what life is has never been answered. Life consists of manifestations. Phenomena go to make up life. There is a chemical side to life. This is where the older schools think they catch us. We teach chemistry and that the body is made up of chemical substances. This chemical side of life so far as nutrition is concerned has two aspects, the anabolic and katabolic. When you give a chemical substance it affects the katabolic side. You apply full force and energy to the body for the time, but you do not build up and that is where the purely chemical theory fails, as Dr. Hulett pointed out in his admirable paper.

OSLER ON MODERN THERAPEUTIC METHODS.

We quote from Dr. Osler because he puts more authoritatively than we can our idea. In the *New York Sun* of Jan. 26, in speaking of the extraordinary decline in the use of drugs as a factor in the healing art, he says, "as the processes of nature have been more and more clearly revealed by the tireless study and the ceaseless advance of science, the physician has grown in his undertsanding of the forces at work, for good or ill, within the human frame and so has come to see that the *physical care* of the body is more potent than medicining it; or if disease is to be fought with drugs *chemically*, it must be fought on the principle of fire fighting fire. One of the most striking characteristics of the modern treatment of disease is the return to what used to be called the natural methods, diet, exercise, bathing and massage." Dr. Osler here presents the two alternatives of modern therapeutics, the one physical and the other chemical. Osteopaths choose the alternative which Osler places first and calls a return to nature. Yet Dr. Osler seems to incline towards the other side "limiting the number of drugs used and depending in the main upon some of the strongest poisons in the pharmacopeia," fighting fire with fire, on the allopathic theory.

OSTEOPATHY TAKES ONE OF OSLER'S METHODS.

Can the Osteopath by the *physical* method dispose of the chemical substances and deal with them? Yes. Why? The body in its completeness was given to use as an organism consisting of an immense number of cells. These cells are capable of self-nutrition, self-development and capable of re-

production. And in connection with this organism consisting of a large number of such cells, there is the capacity not only to *use* but also to *create*. The modern schools of biology have demonstrated to us the existence of secretory and synthetic processes, within the body. Whatever different substances may be created in the body, and they are actually created, out of other substances, taken in the form of food, water, oxygen, that body perfect in itself as an organism has the power of this chemical synthesis. When food, water, oxygen—the proximate principles of the organism—are supplied, the organism has the power of producing chemicals, alkalies, acids, etc., and these chemicals, with the vital processes and nervous forces constitute the internal medicine of Osteopathy.

OSTEOPATHY AND GERMS.

But we are met with another question, if your system is scientific, and all comprehensive, what are you going to do with the germs? What are germs and microbes? The body consists of a great mass of cells. Now the germ or microbe organism is simply a foreign cell trying to insinuate itself into the mass of cells forming the organism and everybody must believe these germs are a reality. How are we going to deal with them? There are two ways of dealing with them. We can use germicides and the best germicide is pure blood. Nothing is better than pure blood. It is the purifier and guardian of the body organism. In making this statement recently, it was called in question. We again quote Dr. Osler. "It is a well-known fact that the normal blood has of itself, to a considerable extent, the power of killing germs which may wander into it through various channels."

Another way in which we can deal with the germs is by promoting the process of destruction. How? Through the parts of the body, the cells. This destructive process is carried on by means of the small white corpuscles that float in the blood and migrate through the blood vessel walls. A large number of these blood cells exist for no other purpose than to make the organism immune from the germs. We have in our throats and lungs the germs of pneumonia and other diseases, from which we are rendered immune, because we have the germicide, pure blood, and because we have that ever flowing stream of blood, capable of stimulation by Osteopathic means, so that its germicidal action can be intensified in the body.

OSLER ENFORCES CELL ACTIVITY IN IMMUNITY.

Again we quote Osler: "Likewise the tissue cells of the body show similar action, depending upon the different cell groups, state of health, general robustness and period of life. The germ killing power varies in different individuals, though each may be quite healthy." He goes on to explain that when the patient feels out of sorts, the blood and tissues are engaged in repelling the attacks of the microbes. Thus they multiply and as they multiply increase their toxins. Does the blood then give up the fight? "No. On the contrary, the white blood cells, the wandering cells, and the cells of the tissues most affected still carry on an unequal fight. From the lymphatic glands and spleen armies of white cells rush to the fray and attempt to eat up and destroy the foe." When toxins are developed with consequent symptoms of headache, fever, loss of appetite, pains and aches, loss of consciousness, what takes place? "In addition to the active warfare of the white blood cells, groups of cells throughout the body, after recovering from the first rude shock

of the toxins, begin to tolerate their presence, then effect a change in the chemical constitution of the toxins, and finally elaborate substances which antagonize the toxins and destroy their action altogether, thus lending aid to the warrior cells, which at last overcome the invading microbes. Recovery is brought about, and a more or less permanent degree of immunity against the special form of disease ensues."

ROTH ON CELL ACTIVITY.

Roth laid down the same principle in dealing with tubercular diseases of the spine. Developing the vital structures, especially by the functional activity of the muscle fibers distributed to and acting on the affected area, the devitalized parts are increased in vitality, the tendency to destruction is overcome, and struggling nature through the cells is helped to regain control and check the current of destruction. This gives foundation for the idea that these diseases are self-limited, the strong cells having the vitalizing as opposed to the devitalizing power of the weakened cells. Is this not the reason why manipulative treatment applied to the fascia, the muscles, the blood and the lymph, and the stimulating treatment of the articulations arousing articulatory sensations, calls in all the forces of nature to the help of the weak cells?

VIRCHOW ON MICROBES.

That the doctrine of germs is falling into its proper place is evidenced by the position of Virchow, the celebrated Berlin pathologist. At the thirteenth triennial session of the International Medical Congress in Paris he stated that too much stress is being laid on the microbe as a disease producer. "Microbes are always found where there is disease, but may be the result and not the cause." Pathologists are multiplying after the type of Huet, who believe that disease is due more to lack of resisting power on the part of the individual organism than to the presence of the microbes.

PAIN IS PHYSIOLOGICAL.

Another point, emphasized at this same congress, of great interest to us is the idea of pain as nature's sentinel enjoining rest. To destroy, allay or check the pain, without removing the cause of it is to shackle the sentinel of nature that keeps guard over the sacred health of the patient, while the sentinel is actively engaged in warring off the enemy of the organism. Osteopathically this means that to combat pain by anaesthetics is simply temporizing, the correct plan is to get after the cause and when this is removed then the pain will subside. This means the correction of an impingement, the removal of a congestion of blood or nerve force, the resolution of a contracture, the removal of a carious or proliferating substance, whatever it is, the removal of the cause.

OSTEOPATHY AND OTHER MECHANICAL SYSTEMS.

One other point, is Dr. Osler right in identifying the physical means with massage? Is Osteopathy simply massage or medical gymnastics? There are three special reasons why Osteopathy is independent of these systems: (1) Osteopathy as an independent system diagnoses its own cases. The masseur does not diagnose his cases, but works under the direction of a physician. (2) The Osteopathic system brings out certain landmarks of the body as a basis for its diagnosis and treatment. The masseur simply gives a general treatment without respect to the fact that there are particular muscles, bones, etc., in the body. The Osteopathic physician must be thoroughly trained in

anatomy, physiology and kindred sciences and must know every nerve in the body and the direction of every soft tissue and ligament as well as the path of the fluid streams. (3) The Osteopathic system is distinct from massage and medical gymnastic methods, because it is based upon the principle that there is a definite relation between every organ in the body and the central nervous system. How are these correlations carried out? In two ways, (a) by the symmetrical arrangement of the spinal column. When you build a house you lay a foundation and build stone upon stone until you reach the top. The spinal column with its appendages is built on that principle of symmetrical mechanical arrangement, each segment having a significance and every member of the segmental arrangement having nerves passing out to supply particular regions and organs of the body. (b) Another way in which this connection is carried out is through the sympathetic system concerned in the visceral or internal organic life economy of the body. These represent the fundamental landmarks upon which the complete structure of the Osteopathic system is based.

We have not said anything of obstetrics or gynecology, fields in which some of the greatest Osteopathic victories have been won. These with the specialties of the eye, ear, nose, throat and skin diseases complete the list of branches in the detailed Osteopathic system.

OSTEOPATHY AND THE FUTURE.

The future holds the triumph of our independent system, if we are loyal to ourselves, to the truth we have learned and to what we owe to our fellowmen. It is reasonable to expect that the closer we get to nature, if we free ourselves from bigotry and prejudice on the one hand, and hold ourselves ready to expand as nature points the pathway of development on the other hand, we must have a larger method of success. The wider our field of opportunity the greater our responsibility and the more certain are we of linking ourselves with that destiny that means for us and humanity—health, more health and less unhealth.

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