OSTEOPATHY

AS TOLD IN QUESTIONS AND ANSWERS DAILY HEARD IN THE BUSY OSTEOPATH'S OFFICE

few of the points on which new investigators of osteopathy are always anxious for information

THE RUBBING FALLACY EXPLODED

Question—I have heard of a number of people cured by Osteopaths, doctor, and I have been thinking of taking the treatment; but first I would like to know how mere rubbing can be expected to benefit my case?

Answer—Rubbing could do nothing at all for your case, sir. But Osteopathic treatment does not consist of rubbing—in fact does none of it. That idea is a misrepresentation by a few medical doctors as are warring against the system. The Osteopath understands the value of massage in some cases for stimulating the surface circulation; and he does not seek to be-little its value any more than he seeks to deride any other procedure which has merit. But he himself is distinctly not a masseur, and places his reliance for the cure of his patients upon something entirely different—upon a system more definite and specific in its application to the treatment of disease than any other. The Osteopath spends three years of nine months each in college—more study by several months than it takes for a man in New York state to become an M. D. Is it reasonable to suppose that he spends that length of time studying massage? I think that you will agree with me that it is not.

Question—But does he not make the patient strip and then work upon the body with his hands?

TREATMENT NOT EMBARRASSING

Answer—It is sometimes necessary to examine the body—physicians of every school frequently have to do this. The doctor who never makes such an examination, who simply listens to his patient's tale of symptoms and then makes a guess as to the nature of the malady, may be set down as a poor physician, from what ever school he comes and wherever he may be found. Bnt the real fact of the matter, as to Osteopathic treatment is that most examinations can be as well made thru a garment; and that treatment afterwards is almost always administered thru a garment.

Question—Then the treatment is not as I have heard, embarrassing to women patients?

Answer—Far from it. The Osteopath is able to do so much by his corrective work on the spine, done thru a garment, that local treatment is not necessary nearly as often as under other systems; and the necessity for an operation is reduced to a minimum.

Question—What does the Osteopath usually find when he makes this examination of the patient thru a garment? What is he looking for when he does it?

WHAT THE OSTEOPATH FINDS

Answer—He is looking for that which is abnormal. He is so thoroughly familiar with the human anatomy, as it should be, that his trained fingers speedily detect any variations which may exist.

His system teaches him the plain and simple doctrine that the human body was made right and that, unless some of its parts have become disordered in their relations to each other it will remain right under ordinary usage.

Question—Am I to understand you then, that he is looking to find something the matter with bones?

Answer—Not so much to find something the matter with the bones themselves as to find something wrong in their position. One or more ribs may have become slightly displaced, causing a crowding of the softer structures; some of the parts of the spine, called vertebrae, may have become twisted; there may be contracted soft tissues which require relaxing in order to give the blood vessels and nerves passing thru them a chance to carry on their work normally. Any of these conditions and many others which I can scarcely begin to describe at length, are real causes of disease—indeed the chief causes.

Question—Do other systems recognize them as such?

Answer—No. The discovery that the bodily health depends almost entirely on the correct adjustment of the body structures is the one greatest truth unearthened by Dr. Still in his many years of study, the one great principle of Osteopath, and on it the science of Osteopath is based. The idea was generally scouted until nearly every disease in the calendar, excepting a few that are acknowledged incurable, had been successfully treated and cured simply by the correction of the bodily misadjustment found by Dr. Still and his first followers.

Question—Has Osteopathy received any recognition since these things were demonstrated?

Answer—The best recognition that it has received is that the parent school which Dr. Still founded now has 800 students, that a half dozen other schools have large student bodies as well, and that four thousand darnest men and women are already practising the science I think it may be conservatively stated, too, that a vast majority of those who followed the study or who are doing so have taken it up because they themselves or friends near and dear to them, have been cured of disease thru its agency.

RECOGNIZATION OF OSTEOPATHY

Question—Has the question of its legality as a healing system ever been decided?

Answer—The question of its recognition as a complete and independent system of healing has already been before the legislatures of every state in the Union; and it has up-to-date received full recognition from two-thirds of these. In some, Osteopathy has a seperate board of seperate examiners in others it is represented by one of its own practitioners asa member of the state board of medical examiners. It also has received favorable court decisions in several of the other states.

Question—Well, doctor, to come back to what you were saying about these misadjustments of the bodily parts causing disease. How do they do it?

Answer—Simply by their effect on the circulation of blood and nerve force.

There is a place for everything and to have proper order everything must be in its place. If a vertebra is ever so slightly out of its right position the little blood vessels at that part of the spine are crowded into smaller space than properly belongs to them, proper nourishment is witheld from the spinal cord and nerves. Nerves even frequently suffer from strong direct pressure.

TROUBLE AT NERVE ENDS

Question—But all of these things should make trouble at the spine, should they not?

Answer—Sometimes they do. But the first results which are felt from pressure on a nerve are almost always in the parts to which the terminal branches of the nerve go. For instance, if there is a misadjustment at the spine which causes pressure upon one of the strands forming the great sciatic nerve, you are likely to know about it by a pain in your leg or foot. You will understand this when you think of what happens when you have been seated too long in one position—your foot goes to sleep, while the pressure is usually at the hip or above the knee.

Question—But suppose the pressure is on blood vessels, as you have stated that it sometimes is?

Answer.—Nerves which get their nourishment from those blood vessels may suffer in consequence and the trouble seem to be caused directly by nerves.

But you must understand too, that every organ of the body gets its nourishment chiefly from blood vessels and that is drained by other blood vessels. Does not that make it clear how interference with blood vessels will make organs become weakened and suceptible to disease.

CORRECTION OF MISADJUSTMENT

Question—How does the Osteopath go about curing the disease after he has discovered the physical defect which he holds to be responsible?

Answer—He has been splendidly trained in a system of manipulations which is adequate for every emergency. These manipulations consist chiefly of a force to the part that is adjusted with a view to restoring it to its correct place.

Question—It is rather a rough treatment then, is it not? A delicate woman or a child would not be strong enough to stand it?

Answer.—On the contrary. When I say force I do not necessarily mean brute strength, applied without judgement or knowledge. Beginning with child-birth, and from that time on, through all the possible vicissitudes of life, there is no physical trouble in which the Osteopath is not qualified to do work that will do and benefit the patient more often, we are certain, than any other treatment The treatment can be as gentle as required or as strong as the need may demand.

Question—What are the limitations of Osteopathy, for of course you do not claim to cure always?

LIMITATIONS OF THE TREATMENT

Answer—I am glad that you asked the question. The limitations of Osteopathy are identical with the limitations of the patient's vitality. In fact the Osteopath does not claim to cure anything, any more than does the intelligent physician of any other school. It is generally admitted today that cure in every case depends upon vitality. If the patient has not the the vitality necessary to over come the disease he connot live.

Question—Why not give the patient a good dose of medicine when his vitality happens to be at so low an ebb?

Answer—There speaks the voice of tradition, the voice of generations of your ancestors who have been accustomed to "take something" for every ill. As a matter of fact, practically acknowledged by the best minds of every school of healing today, drugs never do increase the vitality of the patient but lowers it instead. That is just one of the great points which Osteopathy registers its superiorty.

Question—What does Osteopathy do then, when the vitality of the patient is very low?

DIRECTING THE VITALITY

Answer—It does the only rational thing. Seeks to build up the vitality thru proper nourishment. There is no other way possible, for food and water and air are the elements, and the only elements, that the body needs from which to make itself strong. But is the vast majority of cases the vitality of the patient is ample. ALL THAT IS NECESSARY IS A NORMAL AND INTELLIGENT DIRECTION OF THAT VITALITY.

Question—And can the Ostepath direct the vitality in such a way as to overcome disease?

Answer—He can, simply by restoring adjustments, so that Nature, which has become impeded in her work, may take up the task and accomplish it as it was intended that she should.

Question—But suppose the misadjustment found is an old established one and that correction will take some time—what can the Osteopath do then for the relief of his patient?

Answer—He is fully equipped for emorgencies of this character also for his knowledge of the centers of bodily control enables him, thru his system of manipulations to increase or decrease activity at critical points. He can relieve the patient in this way almost unfailingly yet without grave danger which always accompanies the use of strong drugs upon weakened bodies.

HOW TO DEAL WITH MICROBES

Question.—What about the modern and scientific theory that nearly all dieases are caused by microbes? Your doctrine would seem to deny all that scientists have proven in that direction, would it not?

Answer—Our beliefs about microbes are practically identical with those of other schools, with the exception that we place our emphasis upon a point which is almost wholly negiected by others although fully acknowledged by them.

Question.—And what is that point?

Answer.—That point is that dangerous microbes cannot live and thrive in a healthy tissue. They enter the system and pass from it again without doing any harm unless they chance to find a suitable area of weakened tissue in which to nest and multiply. When there is evidence of the presence of microbes in great numbers, as there is in so many diseases, it simply indicates to us that the point upon which they have made their attack had been in a previous condition of low vitality, through some interruption in its supply of blood nourishment or nerve force. We hunt for the obstruction, remove it by mechanical correction, and the body forces are thus given their chance to fight the foe—that is all they ask. Soon the white blood cells, the defenders of the body, are found with numerous microbes inclosed, which they have seized and killed. The restoration of the natural blood flow places the army of defense at its best, and the sooner enables it to overcome the microbe invasion.

Question.—And do you cure what are known as germ diseases without administering anything to end the lives of the germs?

Answer.—We most assuredly do. The body is fully equipped with means for ousting evil germs and microbes of every kind. All that is required is that the vital forces be properly directed to the seat of the trouble. The process of elimination then begins at once and the patient's chances of recovery are naturally more favorable than if, besides microbes, his body forces had the effects of deleterious drugs to contend with.

Question.—But may not the recovery be expedited by the giving of some drug to aid the blood cells in disposing of the germs?

Answer.—Your question should properly be answered by a medical doctor. But I will answer, no. The ieternal use of medicine for such purpose is not claimed by intelligent medical doctors, although such claims are sometimes made by medical doctors, who are ignorant or are deceiving their patients. Any drug capable of destroying the germs will destroy the cells of the body with which it comes in contact, to say nothing of the changes undergone when it is absorbed into the blood.

Question.—How about surgery?

Answer.—Surgery is indorsed by Osteopathy, but is advised only as a last recourse. Osteopathic corrective work avoids the necessity of many operations.

The Right Way.

NOTE—For information on particular diseases call on or write your local Osteopaths. See Dr. Moore's card in this paper.

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The Lonely Life

The Tragic Confession of a Spinster, Who Realizes That No Fame or Wealth Can Compensate for the Solitude of Her Life.

In this article the author, whose name for obvious reasons we are not at liberty to disclose, drops for once the mask which she in common with other "Bachelor Maids," is accustomed to turn to the world.

Though no longer young, she frankly says she longs for the companionship of a husband and the care of children. The circumstances which have kept from her the happiness which these blessings bring are stated with the same directness which characterizes the whole article. It is the life-story of a "successful" woman, a drama of real life in which the last act is a tragedy.

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