OSTEOPATHY 50 YEARS OLD

Dr. Andrew T. Still Discovered Method, in Baldwin, Kansas.

Just fifty years ago this summer, the discovery of osteopathy was announced, and that event is being celebrated by thousands of osteopathic physicians and by hundreds of thousands of their patrons throughout the civilized world.

For the first eighteen years of its history, the practice was confined to the family for its discovery, Dr. Andrew T. Still, so that it is

only within the past thirty years that it has spread over the country and out into the rest of the world.

The first announcement was made in Baldwin, Kansas, but within a year Dr. Still removed with his family to Kirksville, Missouri, and so that city is known to this day as the home of osteopathy.

It is as hard for us today to picture the beliefs and the practices prevalent in the medical world of that day, as it is to understand what life was without telephones, or without railways. And so it must be impossible to realize what a shock was caused by Dr. Still's announcement that he had found a way to treat sickness without drugs.

In thaat day, disease was just beginning really to be studied. The world's best scientists knew far less about it than does the average intelligent layman of today, who reads the popular magazines. Germs as causes of sickness were unknown. All kinds of skin eruptions were believed to be due to "impurities" in the blood, and people took "blood purifiers" by the barrel. Patients with fevers were not uncommonly bled, and purging and vomiting were the usual practice.

The quantities of mercury salts sold both with and without prescriptions were unbelieveable, and quinine was handled commercially by the ton.

It will be seen, then, that Dr. Still's claim that the normal living body contains all the medicines necessary for the cure of disease, ran contrary to every belief then current in the medical world.

This fact of chemical immunity was his prihary discovery. His next most important finding was that unless the machinery of the body is in proper adjustment, the body can not make these defensive substances as needed, or cannot send them where they are needed, in proper quantities.

The parts of the body most commonly at fault in this regard, are the joints of the spine, and those where the ribs attach to the spine. Now the normal function of a joint, is movement. When for any reason a joint loses some of its power of movement (becomes stiffened in even the slightest degree) there is interference with the other structures adjacent to it, including arteries and nerves.

The master tissue of the body (the nervous system) holds sway within the bony structure of the skull and spinal column, and its function is easily interfered with at the point where its communicating branches leave the skull or the spine.

The theory of osteopathy, then, as announced by Dr. Still in 1874, was that the normal body makes its own substances to cure its own sicknesses, and that it cannot make them and send them where they are needed unless the body machine works smoothly. This theory has stood the test of time and is the heart of osteopathy tpday.

Yet it is by no means all of osteopathy. Osteopathic physicians recognize the fact that abuse of any organ or its function will lead to trouble. They know also that overwork, overeating, undernourishment, age, climate and many other things enter into the question of health and disease.

Therefore, in the care of the sick, they observe the laws of hygiene, diet and so forth, careful nursing, and sanitary surroundings. Back of that, in the diagnosis of disease, they utilize the recognized tests of other scientific physicians and in addition their own methods of determining the condition of spinal and other joints.

The x-ray has had its place in the practice of osteopathic physicians since its discovery, and surgery was recognized as a part of the training and practice of these people even in the original articles of incorporation of the first osteopathic college.

And so, when osteopathy's followers gather at Kirksville this summer for a great home-coming and convention, they will know that they have had a goodly part in bringing about the revolution in medical theory and practice, which has taken place in a very few decades.

South Sea Expedition Plans To Film Tree-Climbing Fish

CHICAGO (AP) — A species of fish which climbs trees and jumps into the air after grasshoppers and bugs is the unsuspecting all-star cast of a prospective movie thriller, which "The South Sea Island Research Company," headed by former Mayor William Hale Thompson, expects to find on Duat Island, north of Australia.

The expedition is scheduled to leave here July 4 for the announced purpose of putting this and other South Sea animals into a feature picture.

Duat Island before the war was owned by Capt. Albert J. Duken, of German birth, who will pilot the 14,000-cruise, and whose story was responsible for the company's organization.

The craft to carry the expedition is of the Norwegian lifeboat type, with a 50 h.p. gas engine. The crew will consist of six men. The route will be through the Chicago River to the Mississippi, New Orleans, and the Panama Canal to the Pacific Ocean.

If old dad has "something lighter for spring wear" it will be because he has worn it thin.

"Pen" Is Mightier Than Lawmaking

Lady Phillipson, who shares honors with Lady Astor as a woman pioneer in the British parliament, photographed on her farm to which she will soon retire, according to a recent announcemeent.

London's Chinatown Vanishing Under Activities of Police

LONDON, (AP) — Chinatown or that part of the east end of London long the haunt of Orientals and known only to the majority of Britishers through the eye of the novelist, is rapidly vanishing thru the activity of the police.

Magistrate J. A. R. Cairns recently spoke in this regard as follows: "Chinatown, so far as its old associations and vices are concerned, will very soon have passed away. As to its "romance," there isn't any left; there is nothing now but dirt and squalor.

"In cleaning the place of its drug-traffickers the police have done a fine piece of work. Quietly, but very thoroughly, they have gradually eliminated the masterminds of the "dope" gangs, and those who worked under them are now unable to carry on their terrible trade."

All-German Auto Show.

BERLIN, (AP) — The German automobile manufacturers have decided to hold a national exhibit this fall, and during the same week it is planned to arrange a race for the grand prix of the Automobile Club of Germany. It is quite likely that this will be the last exclusively German auto exhibit, as in September or October the government's embargo on the importation of cars probably will be lifted.

Selective Emigration Proposed For British Overseas Areas

LONDON, (AP) — A scheme to extend the system of emigration by nomination is outlined by the Overseas Settlement committee in its report for 1923.

It is intended to establish collective nomination by churches, philanthropic societies and other organizations overseas. These will appoint local committees to obtain guarantees from local residents of employment and accommodation for settlers in their districts. They will send nominations to the church or other organization in this country to which they are affiliated, for selection of emigrants, who, on arrival in the dominions, will be cared for by the local committees.

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Too much rich food forms acids which excite and overwork the kidneys in their efforts to filter it from the system. Flush the kidneys occasionally to relieve them like you relieve the bowels, removing acids, waste and poison, else you may feel a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, the stomach sours, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine is cloudy, full of sediment, the channels often get irritated, obliging one to get up two or three times during the night.

To help neutralize these irritating acids and flush off the body's urinous waste, begin drinking water. Also get about four ounces of Jad Salts from any pharmacy, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys may then act fine and bladder disorders disappear.

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