

# The Log Book

PUBLISHED FORTNIGHTLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

February 1, 1923

Number 1

## A NEW BUILDING FOR D. M. S. C. O.

**\$250,000 CONSTRUCTION PROGRAM LAUNCHED BY BOARD.**

**To be Most Modern and Best Equipped College of Osteopathy in America.**

After careful consideration of the problems involved, and due deliberation on ways and means for successfully accomplishing so extensive an expansion of physical equipment, the Board of Trustees of Des Moines Still College of Osteopathy has completed its plans for the financing of a new and greater D. M. S. C. O. Dr. S. L. Taylor has been named Director General of the project; Dr. M. D. Cramer, Business Manager, and Dr. J. H. Styles, Jr., Publicity Director.

Friends of Des Moines Still College will be happy to know of this proposed program of achievement. The institution is at present cramped for room and in need of larger and more modern quarters. Not that the quality of its clinical and didactic work has ever suffered from this cause, for the College has steadily maintained its place in the van of osteopathic progress regardless of all handicaps. However, the consensus of opinion for some time has been that an up-to-date building and new equipment would greatly increase the usefulness of the school and offer added attractions for prospective students. To meet this need and demand, the Board, Faculty and Student Body are unanimously pledged. Each individual directly connected with the institution is deadly in earnest in the matter and determined that the plans shall not fail.

The precise location of the new plant has not definitely been decided upon. Several splendid sites are available. When the final choice is made, it will meet all the requirements of accessibility and quietude. As soon as the matter is settled, full announcement will be made through the Log Book.

"SPARKY, d' boy, where is this new  
**STILL COLLEGE** goin' t' be?"



In general, the Board will draw its financial support for this undertaking from alumni and professional friends of the College. A preliminary survey of the field indicates that the response will be cordial and substantial. Influential osteopathic physicians in every state, regardless of where they graduated, have already signified, in response to a general letter addressed to the profession, that they will loan the institution an average of \$500 per man.

The Board is not asking gifts. It desires to pay each financial supporter an equitable rate on his money. Although the College is and always will be strictly an eleemosynary institution, a corporation not for profit, the desire of its administrative officers is that it shall be independent and self-sustaining. That is not to

say that gifts will not be acceptable. Sympathetic philanthropic support will always be welcomed and the funds thus donated wisely administered. But for the most part the building project must be financed by members of the profession who can afford to lend but not to give outright.

State directors have been appointed in every Commonwealth in the Union. An organized, intensive campaign is under way. Every member of the osteopathic profession will be given an opportunity to participate in this worthy cause and thus materially aid in a larger and more successful propagation of true and unlimited physiotherapy.

As a matter of fact, Des Moines Still College is truly a college of the whole profession. Its interests

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## SELECTING A LIFE'S WORK

(We are printing herewith an excerpt from that splendid and thrilling inspirational book, — PRACTICAL VISIONS, by Dr. F. P. Millard, of Toronto, Can. This fine commentary on the achievement of professional success in Osteopathy should be in every osteopathic physician's library and be studied constantly.)

(Copyright, 1922, F. P. Millard.)

"Exactly a quarter of a century ago, Dr. C. C. Reid, now one of the best known osteopaths in the world, wrote me, at Denver, Colorado, where I had gone to study medicine, that I should personally investigate osteopathy at once and that he was at Kirksville, Mo. studying osteopathy instead of medicine, as he had formerly planned, and that everything was lovely and the goose hung high.

At that time I was only in my teens, and very keen on becoming a physician. I had made up my mind to study medicine, to specialize in surgery, and practice surgery the rest of my life.

Somehow or other, the letter seemed so full of inspiration, as he seemed so deeply convinced that he had found the better way of treating human ailments, that the expression used in his letter, "everything is lovely and the goose hangs high," thrilled me through and through.

Well do I remember the osteopathic treatment I ever given. Also, I remember well the first patient that I ever treated who had been cured by osteopathy after going about on crutches quite a long time and considered incurable.

Investigation regarding the new science stimulated me to such an extent that I realized the absolute truth of the statement made by the Old Doctor, that the body is a machine, and that if we would make any headway in handling diseases we must consider the body from a mechanical standpoint and treat accordingly.

There seemed to be so much pure logic about osteopathy that I could not persuade myself to

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## WITH OUR STUDENTS

### FROM THE PRESIDENT OF THE SENIOR CLASS.

We, the Class of January, '24, number fourteen sturdy, new-born seniors, all set for our best year in the best school in the osteopathic profession. We expect to have our pedigree ready for a later issue. Officers recently elected for the semester are as follows: Pres., Kirk; V.-Pres., Blauvelt; Sec'y.-Treas., Mrs. Augur.

It is our privilege to help boost and to introduce to the profession this new publication which goes forth as a representative of the splendid work, the high aims and the urgent needs of Des Moines Still College of Osteopathy.

We as a class, are backing this paper to the limit, for we believe our school is teaching the principles and practice of real osteopathy and sending out doctors second to none. We are convinced that you alumni of this and other schools will agree with us and become better boosters when you learn more of the spirit and ideals of the school.

The present outstanding physical need of the institution is a new, completely equipped building. The school spirit is making great forward strides each year, and with prospects of a new building and a new hospital our future looms bright indeed. We are entering upon a wonderful era of progress, when Osteopathy is to come into its own; Des Moines Still College is going to be and is a big factor. It must be a leader in the field.

Our class stands one hundred per cent. strong for a new school building by next January. Our goal is to be graduated from the college in its new home!

This is no idle dream. It is a practical possibility. Osteopathy will not stand still any longer. It will go up and on or die. We have caught the vision and with the loyal support of alumni and true friends of Osteopathy everywhere, we shall make the vision a reality. Is Osteopathy worth fighting for? Then let us go up and at it. If each one will boost in money and in spirit the dream will come true. The school belongs to the profession. Let's have a good one!

Elisha T. Kirk.

### Vitamins to Date

Vitamins are substances about which we hear so much. Almost any display of the modern getting druggist shows us samples of certain laboratory products

### AN OPEN LETTER FROM THE DIRECTOR GENERAL.

The Campaign for the New College Building is on and we are off with a hip, hip, hurrah! On us the responsibility lies. But we expect every alumnus to do his duty. Des Moines Still college is first, last, and all the time. It is your college. It is our college. This campaign shall not fail. Put your shoulder to the wheel and all heave, that it may be said of Des Moines Still College of Osteopathy:

"Great is our Alma Mater."

S. L. TAYLOR, President Des Moines Still College of Osteopathy.

which contain liberal quantities of vitamin "B", accompanied by placards urging the public to invest at once.

Vitamins are also substances the composition of which is unknown. They exist in small quantities in natural foods and are necessary to normal nutrition and growth. Their absence from the diet produces deficiency diseases such as beriberi, exophthalmia, probably rickets and scurvy.

Three vitamins have been demonstrated and commonly accepted and it is to their absence in food that the conditions named have been ascribed.

It has been left for Dr. Herbert Evans and Dr. K. Scott Bishop of the University of California, thru a series of experimentation, to discover what may become the fourth firmly established vitamin—and which they have designated as vitamin X. They ascribe to it the control of reproduction in animals. They have shown by experiments that none of the three known vitamins have any control over this function and that none of them produce the effect of vitamin X. It is found in fresh lettuce or alfalfa leaves, fresh meats, in egg yolk and the germ of wheat. Orange juice, cod-liver oil, milk sugars, cornstarch, lard and casein contain no vitamin X, and butter has very little of it, but they all contain one or more of the three previously known vitamins.

Dora Dietz.

### JUNE, 1923.

The recent election of class officers gave the following men the honor of holding the reins for this semester.

President—A. O. Breese.

Vice-Pres—R. R. Tornell.

Sec'y.-Treas.—L. H. Kuchera.

With these men holding office and another woman, Mrs. R. Morgan, in our class, we have one of our best semesters ahead of us.

(Continued on page 3)

## STILL FIVE TO BE BUSY

The coming few weeks will be strenuous ones for the local Osteopaths, a home game being scheduled with State Teachers for Tuesday night of this week, and a trip to Northwestern Iowa in which Buena Vista and Le Mars will be met on their home floors.

St. Ambrose and Victor Independents follow on the schedule within a short time, both games being away from home.

field,—three being of the sensational variety. Nicholas and Myers also shared honors with Thomas, and Wiemers played a "blinger" of a passing game during his short stay in the mix-up. The whole team failed to hit the hoop regularly, however,—many a shot rolling off the rim into the hands of the redskins.

Drake and Nebraska U. fought a stiff battle in the other half of the scheduled double-header,—Drake emerging the winner after a rough-and-tumble scrap which nearly turned into a grudge fight at times. Summary:—

### STILL—19

	G	FT	F
Nicholas, rf	1	0	3
Thomas, lf	5	0	2
Mike Hannan, c	2	3	2
Meyers, rg	0	0	3
Weihl, lg	0	0	1
Weimers, lf	0	0	1
H. Hannan, lg	0	0	1

Totals, 8 3 13

### HASKELL—24

	G	FT	F
Carpenter, rf	3	2	1
Skunkneck, lf	5	2	3
J. Levi, c	1	0	0
A. Murdock, rg	1	0	2
Dugan, lg	0	0	2
F. Murdock, lg	0	0	0

Totals, 10 4 8

Referee—Christy McCormick of Drake.

### A NATURAL CURE

"Your Osteopathic knowledge has surely taught you that, with an intimate acquaintance with the nerve and blood supply, you can arrive at a knowledge of the hidden cause of disease, and conduct your treatment to successful termination. This is not by your knowledge of chemistry, but by the absolute knowledge of what is in man. What is normal, and what abnormal, what is effect and how to find the cause."

—A. T. Still, Philosophy of Osteopathy.

## HASKELL WINS HARD BATTLE

### Redskins Go On Warpath Late in Game and Capture Verdict.

Playing before a monster crowd at the Coliseum floor last Friday night, Still College tasted a bitter defeat at the hands of the famous Haskell Indian team of Lawrence, Kansas.

The game was a nip-and-tuck affair from the first whistle, and the outcome was in doubt until near the end of the second period, when the superior training and stamina of the speedy Indian squad began to tell. A last minute spurt by the bonesetters fell short of tying the score by three points, and the visitors scored another field goal as the final whistle blew.

The first period was featured by close guarding and much loose floor work by both teams, Haskell taking the lead early, only to be tied up at half time at a score of five-all. With the opening of the second half the redskins spurted, and at one time had a lead of nine points. Neither team displayed enough punch on the offensive to make the outcome decisive, although the visitors lived up to their reputation for speed and aggressiveness. Still rallied and was going strong for awhile, but a time-out period checked their rush, and the Indians managed to hold their own from then on.

Skunkneck was the scoring star of the game, caging five goals from scrimmage and two from the foul line. Carpenter and A. Murdock worked like squaws in holding the bonesetters score, however, the floor work of the whole aggregation being exceptional in the last period.

Thomas was the big gun for the locals, with five baskets from the



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Pub. Director.....J. H. Styles, Jr.  
Editor.....C. L. Ballinger

Application for entry as second  
class matter at the Post Office at  
Des Moines, Iowa, pending.

## Osteopathy Without Limitation

INSTITUTIONS, as men, are  
known by the quality of their  
product.

\* \* \*

ELSEWHERE in this issue will  
be found an announcement of a  
new building for Des Moines Still  
College of Osteopathy. Read it  
well. It is epochal in its signifi-  
cance.

\* \* \*

UNANIMITY of purpose is one  
of the finest attributes any co-  
ordinate group may attain. Never  
has the student body at Des Moines  
Still College been possessed of  
such enthusiasm for common in-  
terests as at present.

\* \* \*

"WHERE there is a will, there  
is a way." The practical value of  
the old aphorism is nowhere bet-  
ter illustrated than by the initia-  
tion of the campaign for a new  
building at D. M. S. C. O. Lead-  
ers in the movement are thor-  
oughly persuaded as to the feasi-  
bility of the undertaking and  
fully determined that the new col-  
lege shall be.

\* \* \*

IT will be the purpose of this  
publication to chronicle all mat-  
ters of general interest pertaining  
to the progress of osteopathy in  
Des Moines, to keep the profession  
posted as to student activities in  
the College, and to publish only  
such matter as will honor the Old  
Doctor. There is no place for  
anything but his science and its  
legitimate and proven adjuncts at  
D. M. S. C. O. Osteopathy Tri-  
umphant is the watchword by  
which all college policies are  
judged.

\* \* \*

WE wish you to send us the  
names and addresses of young men  
and women who would be inter-  
ested in a scientific course

Des Moines is a center of edu-  
cation. It has two universities  
and several colleges. Des Moines  
has more money to spend than any  
city its size in the United States.  
Our students always have plenty  
of work for their spare time and  
when they leave—feel they owe

Des Moines their education. Send  
us your good young men and wo-  
men—we need them and they  
need us.

## WITH OUR STUDENTS

(Continued from page 2)

This is attested by the fact that  
one of our members, the bowleg-  
ged man with the bright red hair,  
was chosen as the goat at one of  
our recent assemblies—"Ain't it  
Red?" All good men know when  
they are well off.

Last semester was a successful  
one as far as our class was con-  
cerned. We took the back seat for  
no one—especially when it came  
to the program for "Stunt Day." With the assistance of the Junior  
A class of last semester, we staged  
a knockout performance of the  
spectacular type. Some of our  
most handsome members posed as  
such celebrities as "Spark Plug,"  
"Romeo and Juliet," "Cupid" and  
"Hercules." It was something new  
in the way of entertainment, but  
we will try to change scenes the  
next time.

On January 10th, the class was  
entertained at the home of Dr.  
C. F. Spring. It has been the cus-  
tom for a number of years for Dr.  
Spring to be the host of each  
class when the students finish  
their course.

The evening was a very enjoy-  
able one, everyone enjoying the  
games, etc. During the evening we  
discovered the champion "sucker"  
of the class, our little blonde  
haired man, Bob Tornell. The big  
"blow" was also unmasked, while  
the balloon blowing contest was  
in session.

Refreshments were served by  
Dr. and Mrs. Spring, which were  
enjoyed by all, except the four  
little ones—Harry Elston, Jack  
Rogers, Jack Hansel and Bob Tor-  
nell—who had swallowed too much  
milk earlier in the evening. Then  
just before the members departed  
Mrs. Earley, the speaker for the  
class, told the Doctor, in a few  
well-chosen words, how we, as a  
class, had enjoyed and appreciated  
his work. We are all sorry to finish  
our work under Dr. Spring, but  
the Doctor thinks we had better  
move on and make way for green-  
er stuff.

During our class sessions we  
have discovered the ambitions of  
several of our members. Dr. Jack  
Hansel, eminent physician, is  
seeking the position of Chief  
Clinician in the New College.

"Red" Manley has spent much of  
his time with the rubber band  
and paper wads, using anybody  
as a target. He has a keen eye.  
Ain't it, Red?

Seymour Higelmire plans to

manage a Ford Plant along with  
his practice.

Frank "Juliet" Heckert, if his  
brother does not object, will join  
"Billy Watson" and his "Beef  
Trust Beauties."

Lyman Johnson and Cleo We-  
del are thru planning, because  
their wives will do that hereafter.

Tom Van De Grift.

## SOPHOMORE A

The following, once upon a time  
completely expressed our feelings:  
I wish I was a little rock

Asettin' on a hill,  
And doing nothing all day long,  
But just asettin' still.  
I wouldn't eat, I wouldn't sleep,  
I wouldn't even wash.  
I'd sit and sit a thousand years  
And rest myself, b'gosh.

With apologies to Coue it now  
goes like this:

I used to think I was a rock  
Asettin' on the hill,  
And doin' nothing all day long  
But just asettin' still.  
That tired feeling now is gone  
And day by day I say,—  
"No rock for me, for don't you see  
I'm getting better in every  
way."

Free medical advice by radio is  
furnished ships at sea by the U.S.  
Public Health Service. Seems to  
us that Osteopathy should make  
more use of this medium for edu-  
cating the public as to its many  
virtues.

## SELECTING A LIFE'S WORK.

(Continued from page 1)  
continue the study of medicine. It  
seemed as if the new school had  
presented something that was  
tangible, real scientific and out  
of which some day the entire  
world would be benefited directly  
or indirectly through the teach-  
ings of the Founder of this new  
school called Osteopathy.

Well do I remember the first  
copies of the Journal of Osteo-  
pathy the first osteopathic pub-  
lication that was ever printed;  
and in my library today I believe  
I prize the early copies of the  
Journal of Osteopathy more than  
any other osteopathic literature  
that I have in my possession.  
There seemed to be something  
about those early journals that  
stimulated and thrilled one to  
such an extent that he felt as if  
the real truth had been given to  
the people after all these centur-  
ies of therapeutic study.

When a young man decides his  
course in life, the subject that he  
is going to study, the profession  
that he has chosen; the next  
thing he thinks about is what  
particular branch or phase of the

subject will interest him most,  
and what part of the work seems  
most practical and most adapted  
to use throughout his career.  
Every young man wants to make  
the most of his life; his great de-  
sire is to select some calling or  
profession into which he can put  
his whole soul and do his best  
work.

It was a shock to me to give up  
my early dreams, in which I pic-  
tured myself in white robes, op-  
erating in some hospital in a large  
city; but, on looking back over  
the twenty-five years since I first  
started the study of osteopathy,  
have no regret, and were I to  
choose my special work again  
along the healing line, I would  
walk boldly out and enter some  
one of the colleges of osteopathy,  
and with enthusiasm go through  
the range of subjects and secure  
all the information that I could;  
then go out, proud to be called a  
disciple of Dr. A. T. Still.

Strange it is how some-  
times comes into our lives and chan-  
ges our entire program. This is a  
common occurrence, and if we are  
diverted in the right direction,  
and the vision is a practical one,  
we follow our work through-  
out life with the greatest of pleas-  
ure and thrill with the thought  
that we have found the work best  
adapted to our needs and tem-  
perament.

I have ever been glad that Dr.  
C. C. Reid came to my assistance  
at the time when I most needed  
guidance."

## NEW BUILDING FOR D.M.S.C.O.

(Continued from page 1)  
have never been narrow or provincial.  
It proposes to be the most  
representative osteopathic  
school and consistently to put the  
interests of osteopathy above com-  
petitive and commercial consid-  
erations.

Each Doctor of Osteopathy  
be approached individually  
given an opportunity to in-  
vestigate matters, however, and  
end that construction may  
all begin at the earliest possible  
moment, the directorate will  
greatly appreciate the favor if  
interested physicians will make  
use of the coupon found else-  
where in this issue. Full particu-  
lars will there be given. Just fill  
out the amount, sign and send in  
to the legal custodian of building  
funds.

Do not delay. The new building  
must be ready for occupancy by  
January first, 1924.

Time spent with the spade pays  
better than time spent with the  
hammer.

## OSTEOPATHY

By F. D. Campbell, '23.

If searching for a concise definition of the term Osteopathy, I find none that seems to do it credit. Aside from saying that it is a natural therapy, we might add that it is a science which deals with the normal and abnormal position of the bony structures of the body and with a more or less systematized method by which abnormally placed bones may be brought back to their normal relations, one to the other.

This brings us to another important phase of the subject, the **OSTEOPATHIC LESION**. I think that it would be useless to try and improve upon the definition given by Dr. J. H. Styles, Jr., in which he states that, "AN **OSTEOPATHIC LESION** is any deviation from the normal movement of an articulation within the normal anatomic range of that articulation."

Sometimes I feel that we do not appreciate the immensity of our science. It is a privilege to be participants in the study and practice of a science that deals with the most intricate of structures—an organism whose parts are more delicate, more sensitive, more perpetual and regular than any contrivance conceived by the

human mind or made by human hands.

Osteopathy has restored health and happiness to thousands. It has, because of the firm foundation upon which it is builded, slowly but surely ascended to the plane of recognition, until today, we can scarcely go into any part of the world without seeing the pathways made by its progress, thanks to the fighting spirit of our predecessors.

Osteopathy is no longer a myth or a passing fancy of some faddist. It is a reality, a fact and a fixed science. We should feel proud to be able to say that we are followers of that one great man, who, through ridiculed and condemned as crazy, yet had the courage to stand by his convictions, until today his students are proving to the world that Dr. A. T. Still was right. By his farsightedness and knowledge of the mechanism of the human body, he gave to the world a science of healing that is unexcelled and which deals with healing as it seems the **ALL WISE CREATOR** of our bodies intended that they should be healed. For have we not read in the **SCRIPTURES** of the healing of the blind, the sick, and distressed by the simple laying on of His hands? In Biblical times as well as now, they called that miraculous, but might it not have been a modified form of our science?

Due to the fact that we are students and practitioners of **OSTEOPATHY**, we have placed our stamp of approval upon this science. Let us, then, be ever alert and progressive. May we feel, breathe, live and practice our profession to the best of our ability. May we always be on guard to protect it against those who would destroy it!

With "Osteopathy Without Limitation," as our motto, and by a thorough knowledge of our work, let us stamp **OSTEOPATHY** and its truths indelibly upon hearts, lives and minds of the populace.

Let us stand pat and give to **OSTEOPATHY** all we have. Mark each day well spent by not permitting that day to pass without acquiring more knowledge of our work and of the mechanism of the human body.

A chain is no stronger than its weakest link, and likewise, **OSTEOPATHY** is no stronger than its weakest and most careless practitioner.

Let us fly our banners to the breezes and impart to our patients and friends the truth of our science. In short, may **each student** and practitioner be on the firing line at the dawning of this new year. Go over the top and carry **OSTEOPATHY** to its rightful goal.

Make this year, 1923, the greatest year in all history for **OSTEOPATHY**.

It's hard to believe, but once upon a time the Spanish Government forbade the export of platinum from South America and ordered it thrown into the sea to prevent its use as an adulterant for gold.

The man who says it can't be done, is interrupted by the man who is doing it.

Cold cash is often the means of expressing warm sympathy.

Good men and bad men are each less so than they seem.

Knocking shortens life, boasting lengthens life.

He who talks without thinking runs more risk than he who thinks without talking.

A thing done right today means less trouble tomorrow.

"Beyond the supply of direct or indirect nutrition, human skill is powerless to add a single nerve-throb to the vital stock of any organism. There is no substance in the universe, call it what you will,—medicine, mystery, or moonshine, which can be made to add a single moment to life, or a single jot or tittle to the strength of the organized being.

—Dr. A. T. Still.

## DES MOINES STILL COLLEGE OF OSTEOPATHY BUILDING CAMPAIGN

### THE PLAN

The method of our campaign is strictly a business proposition. We are asking members of the profession to loan us from one to five hundred dollars each at six per cent interest annually for ten years. We shall be able to pay this back in five years. If you believe in your profession back it with your money and all will be benefited.

Make checks payable to: Clyde E. Frazier, Treasurer, Commercial Savings Bank, Des Moines, Iowa.  
(A properly executed note will be sent upon receipt of loan.)  
Detach and Mail.

### THE WAY

Name \_\_\_\_\_

City \_\_\_\_\_

Street \_\_\_\_\_ State \_\_\_\_\_

Amount of loan \_\_\_\_\_

# The Log Book

PUBLISHED FORTNIGHTLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 1

February 15, 1923.

## ANATOMY AND OSTEOPATHY

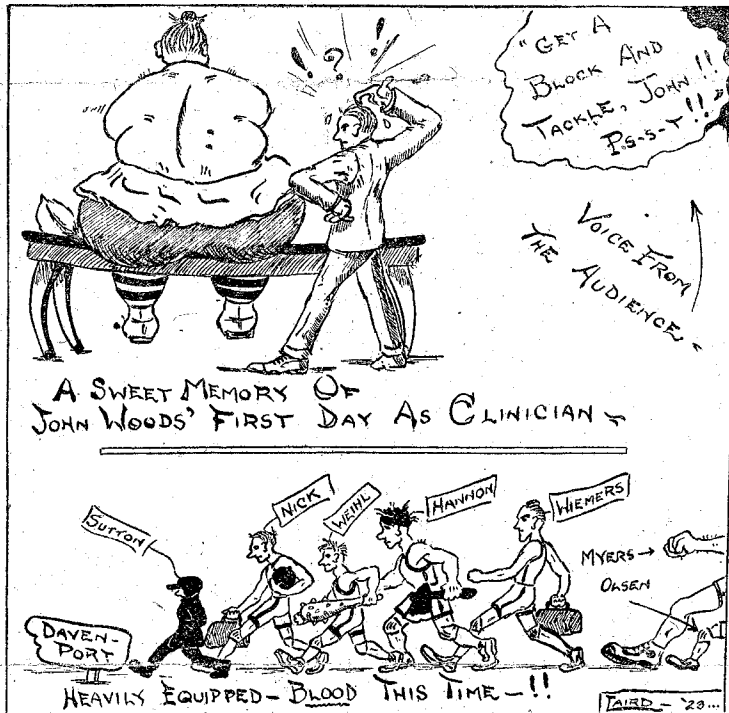
By John M. Woods, D. O.

Osteopathy is founded upon the theory that any deviation from the normal structural integrity of the body results in abnormal functioning. A thoro knowledge of anatomy, the science of the structure of the normal body, is, therefore, imperative for the understanding and successful practice of the science of Osteopathy. We all are aware of the fact that it was upon a wonderful knowledge of the anatomy of the human body that the Old Doctor, Andrew Taylor Still, founded the theory of Osteopathy. It was probably because of this exceptional knowledge that he was able to achieve the remarkable results which we endeavor to imitate but so often fail to obtain because of our insufficient knowledge of the human body.

A thoro understanding of physiology, histology and pathology are other prerequisites, not only for the student's clear conception of the theory of Osteopathy but also for the successful practice of that theory. However, the basic principle upon which these subjects must depend is anatomy in its broader sense. Thus we must visualize anatomy as involving the living, functioning bodies in which various physiological and pathological processes are continually being carried on.

Anatomy is not an end in itself but only means to an end. Thru it we have a knowledge of the structure and function of the human body thus enabling us to recognize abnormalities and disease.

It behooves all of us then, to acquire and maintain this viewpoint. For the beginning student it should furnish an incentive. With this concept the more advanced student should constantly keep these sciences fresh in his mind in order that he may more perfectly grasp the advanced branches of the curriculum. From time to time the dimmed



memory of the busy practitioner should be revamped in order that he may the more successfully accomplish the results that come from a thoro understanding and ever ready knowledge of these sciences. Thus, and thus only, can we be true disciples of the therapy instigated by Andrew Taylor Still.

### Success.

Success is a magic word. It thrills the blood and clears the mental deck for action. But remember—it is an effect, not a cause. It is the reward of industry, of patience, of initiative. It is the tangible embodiment of an earnest dream, the realization of a steadfast hope. It is compensation.

Clear ice taken from polluted water may often contain as low as one per cent of the number of bacteria in the water. This is due to the fact that most microorganisms are killed by a temperature of 0°C.

The recording angel is never influenced in the least by the epitaph on the tombstone.

## STATE DIRECTORS CHOSEN

### Organization Heads For States Are On The Job

Plans for the new building project that was announced in the first issue of The Log Book are fast taking form and by the next issue it is hoped that more definite plans may be announced.

The complete list of state directors has been chosen. It will be their duty to handle the campaign in their respective states. Below is listed the group. If you wish further information on the campaign and care to have any information on D. M. S. C. O., get in touch with the director of your state or with the main office in Des Moines.

Alabama, Dr. Percy H. Woodall, 615 First National Bank Bldg., Birmingham; Alberta, Canada, Dr. M. E. Church, 801 First St., Calgary; Arkansas, Dr. Arthur W. Berrow, 322 Central Ave., Hot Springs.

California, Dr. Elizabeth McLaughlin, Black Bldg., Los Angeles; Colorado, Dr. Madolin Breckenridge, Wayne Hotel, Denver.

(Continued on page 3)

## NOTED D. O.

Dr. C. H. Downing, Master Technician, Addresses Student Body.

The entire student body was greatly honored on Wednesday morning, February 7, when Dr. Downing, the eminent Boston technician, addressed the chapel. Dr. Downing was in Des Moines the week of February 5th, giving his great work in technique to the osteopaths of Iowa, and many of the students of the College.

In his talk at chapel he outlined briefly the principle of his technique. It was an inspirational chapel for he imbued the entire body with his enthusiasm and gave all who listened insight into osteopathy and tremendous influence. To listen to one so young in years, an alike in practice, who is recognized thruout the world as the greatest osteopathy technician of all time, was inspirational itself.

The nearer one comes to day of his graduation, the doubtful he becomes of his ability to combat with the many diseases that the human flesh is heir to. To the seniors, then, Dr. Downing was a great balm. His very success is an example of the things we can do if we but take the time to work out the great principles that form the basis of osteopathy.

Often has it been said by the graduating osteopath that he feels poorly equipped with technique. Dr. Downing was one of that class. But in three years he has mastered a technique that is known wherever osteopathy is known. Does this mean anything to you students or those of you who are already in the field? Think it over. If you find that you do not get results in some cases, get out your Grey or Cunningham and brush up on your anatomy, and then, apply your knowledge of physics to the case and note the results.

D. M. S. C. O. graduates have been more fortunate than those

(Continued on page 3)

Then  
ark  
your  
giving  
hold-  
ed, if you  
the high seas  
ark belt around you,  
e powder from your  
ocket and sprinkle it  
the life saver shoulder  
straps because you knew that in  
time the powder would eat thru  
the canvas straps which hold the  
life saving belt in place? Well,  
hardly! But that's what you do  
every time you take medicine  
that "breaks" a fever.

Fever usually accompanies inflammation, a condition into which tissues enter when they are irritated. The rise in temperature which you note with fear and trembling following an injury, is not the result of an actual increase in heat production, but of an unusual retention of the heat which is always present and upon which our bodily comfort depends. In the past, physicians have been kept busy strating the pellet or s which knocks the offending ever higher than the famous ite of Gilroy, because, in their efforts to lengthen our days to ee score and ten, they have sed fever to be a harmful ss.

is only during the past ty years that we have really in to know something about e perfection of the body's response to the need for protection against the advance of harmful or injurious processes. Injuries of greater or lesser severity are experienced by all of us in our daily chase after the pot of gold at the rainbow's end. If the skin, a covering designed by wise old Dame Nature to protect us from injuries of all sorts, becomes bruised and torn, we are first aware of a momentary whiteness, due to the injury received by the underlying blood vessels, reducing for the time the amount of blood given to that part. Just as soon as this upset can be righted, the injured area becomes red, it begins to swell and to feel hot and throbbing. This process actually takes place much more rapidly than it has taken to explain it, so that you are not aware that so much has actually happened. Just as soon as the skin is broken, harmful germs of all sorts which are everywhere about us, get under it. Consequently the quick rise in temperature about the in-

jured spot makes easy the production of substances by the body to make the sojourn of the germs and their poisons of the shortest possible duration. In greater injuries following the invasion of typhoid, diphtheria and scarlet fever germs, the heat becomes very much more noticeable, because of the greater necessity for it.

The rise and fall in the heat of the body is under the control of the nervous system. The blood vessels have their own particular supply of nerves and a greater or less amount of blood goes to a spot as these nerves respond to outside conditions. Remember how chilly you feel in going from a warm to a cold room? That is because the blood vessels under the skin are suddenly decreased in size by the vigilance of their nerves and less blood is, for an instant, supplied to the skin. A brisk rub or a return to the warm room restores that comfortable feeling of well being. If, however, there is an alarming increase in temperature, the nerve control may again be suspected of activity. This result is due not to an over production of heat but rather to keeping within the body the heat which should be given off because it is in excess of the requirements. Do you recall the old hard coal burner in the family living room down on the farm? Remember that it is controlled by means of drafts and dampers which admit the proper amount of air, or, shut it off entirely, according to the need. When the fire is burning cheerfully, the stove throws out heat making everything warm and comfortable, some even going out of the chimney. Just as the fire has reached the proper stage of burning, you suddenly close the drafts and dampers tightly. Quickly the stove becomes red hot, not because it is producing more heat, but because the heat is all directed against the sides of the stove which glow with satisfaction.

During the fever the body gives off more heat than it does when all is going well with us. Even then it does not give off as much heat as it does during exercise when it may be increased 200% or 300%. Because our bodily thermostats are so perfectly adjusted, enough of this increase in heat is lost to make our temperature stay where it is accustomed to staying. In fever, heat increases only 20% or 40% but the loss of heat is not rapid enough to prevent a rise in bodily temperature.

Heat is given off but the thermostat has not been adjusted to the new condition. Hence a different kind of bodily heat.

It is now perfectly plain why the body persists energetically in keeping up a fever in spite of the administration of drugs which are given to pull it down. The most careless of us can hazard the guess that these drugs do no good and that taking them is all wrong. In large doses they are dangerous, because of their effect upon the heart, and in small doses they do no good.

In fever, the patient must perspire. The greater the intake of water and cooling drinks containing fruit juices, the greater will be the amount of perspiration. Laxatives should be used and the kidneys stimulated to action. The patient should have rest and quiet in order to enable the heart and other organs of the body, whose business it is to

(Continued on page 3)

## A GOLDEN OPPORTUNITY

By Dr. F. P. Millard  
President of the National League  
for the Prevention of Spinal  
Curvature.

Spinal Curvature Week, March 12 to 17 (inclusive), offers a golden opportunity to establish a number of new clinics. We have received letters from many presidents of state osteopathic associations, and so far they have all been most enthusiastic.

This special week is most significant, and if handled properly, will continue year after year and eventually all of the mothers in North America, wherever osteopathy is known, will become interested in having their children's spines examined through the information they will receive during this special week.

Any number of circulars can be printed. All of the various journals may contain articles, and, most important of all, the doctors in each town and city should have a public lecture given one night during the week, in which doctors from neighboring towns and cities may be invited to address the audience.

Let us enter into this with a whole-hearted spirit, as it means more to osteopathy than possibly any one thing that has happened in a long time. It is a novel idea, and we are fortunate in putting it across before the Posture League or our imitators had a chance to think of it. We will make this week so well-known that it will become established on such a permanent basis that

although every other week during the year is taken up by some organization, we will have our SPINAL CURVATURE WEEK established in the minds of the people so that the newspapers will stand back of us. This means a better generation in the near future; a stronger race of people; less nervousness, insomnia and mental disturbance; and better students in our schools and colleges.

Here is a golden opportunity for any amount of publicity, and it depends upon each osteopath practicing to secure ethical publicity and attract the attention of the mothers to the fact that there is a possibility that their children may be growing up with spinal curvatures. This connects up with the idea we gave out last year, — that all children should be examined twice a year. Eventually, we are going to have established in the schools a Scoliosis Department, where children will be handled much the same way that the dentists are handling them.

Rally around the idea! Stand by your state president, and you will find that you will have established yourself much better in each community if, through Spinal Curvature Week and the Best Rib and Spine Contest that is being put on, a number of new clinics are added to our list.

Dr. Swope is doing wonderful work, and we want to help him in every possible way.

## SMILES.

The world looks good to me  
When I can see it through a  
smile;  
For then I see the things worth  
while,  
That otherwise I would not see.  
And this you'll find is true:  
When in a smiling frame of  
mind  
Look at the world, and you will  
find  
The world smiles back at you!

And life looks good to me,  
When I a helping hand can lend  
To lighten the burdens of a  
friend;  
And help that friend to see,  
That life is not worth while,  
Unless he tries, from day to  
day,  
To cheer some traveler on his way  
With just a pleasant smile.

—Olive Matthews, '25

Speaking of "the meanest man in the world" there comes to mind that southern Iowa farmer who sharpened all the stumps on his farm to prevent the hired man from sitting down to rest.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOAPHY

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Pub. Director.....J. H. Styles, Jr.  
Editor.....C. L. Ballinger

Application for entry as second  
class matter at the Post Office  
at Des Moines, Iowa, pending.

## Osteopathy Without Limitation

THE passport to poverty is  
"Charge it!"

\* \* \*

A MAN who does not know  
how to profit by his mistakes  
turns the best teacher he will  
ever have out of his life.

\* \* \*

"ACTIVITY is only beautiful  
when it is holy; that is to say,  
when it is spent in the spirit of  
that which passeth not away."—  
Amiel's Journal.

\* \* \*

"THE only worthy end of all  
science, of all learning, of all  
life, in fact, is that human  
beings should love one another  
better."—George Elliot.

\* \* \*

A WORTHY cause has nothing  
to fear from its active foes. It  
is the slacker within the ranks  
who withholds himself or his  
money in the hour of need who  
blocks the wheels of progress.

\* \* \*

THE LOG BOOK welcomes  
contributions from the field. If  
you have anything of interest  
you wish to say to the students  
of the College or to the profes-  
sion at large, write it out and  
send it in. The only requirement  
is that you make your copy brief  
for our space is limited. Every  
osteopath in the world is on our  
mailing list.

\* \* \*

WE are publishing the sub-  
scription blank again in this  
issue to give you another op-  
portunity to aid Des Moines Still  
in her great campaign for a new  
building. As time goes on we  
will give you many reasons for  
the new building. Take our word  
for it now and fill out the blank,  
enclose a check and give us your  
assurance of the plan, thus aid-  
ing us to get the work materi-  
ally under way as soon as Spring  
opens up.

\* \* \*

ALONG with a strong faculty,  
D. M. S. C. O. has another fea-  
ture that has always been a  
great drawing card for the  
school. Located in a city of

150,000 the students here have  
a limitless amount of clinical  
material at their disposal. It  
means a heap, when you get out  
and your first patients come to  
you, to be able to tell them that  
you have seen, or perhaps have  
treated, just such a case as  
theirs. It gives you confidence  
in your power and the patient  
confidence in your ability. Do  
not forget this feature of D. M.  
S. C. O. when you are recom-  
mending a student to an osteo-  
pathic college. In a few weeks  
we will give you some definite  
information concerning the clin-  
ics we enjoy here.

\* \* \*

THE response to our request  
in the last number for the  
names of prospective students of  
osteopathy was very poor. In  
fact, it was so poor that the re-  
sult was almost nil. Now, doctor,  
while this is fresh in your mind,  
take your pen in hand or pull  
out that typewriter and jot  
down, or pound out, the names  
of those enterprising young men  
and women of your acquaintance  
and send them to us. We are  
just as anxious to boost for Os-  
teopathy as a profession, and en-  
list students merely to the cause  
as we are to fill our class rooms  
to overflowing. If this paper  
fails to do that it has failed in  
its purpose. Of course we think  
that D. M. S. C. O. is the best  
school of the lot. We should not  
be here if we did not. And be-  
cause we believe that, we allow  
you to think the same of your  
Alma Mater. Give us a chance  
to spread the glad tidings far  
and wide.

\* \* \*

THE average amount paid by  
an osteopathic student directly  
into the treasury of the school  
from which he graduates in no  
case exceeds seven or eight hun-  
dred dollars. This covers all gen-  
eral and special instruction in  
the art and science of osteo-  
pathy as well as in the proper  
use of all legitimate adjunctive  
therapies.

A very great majority of grad-  
uates are successful in practice,  
thanks to the training they re-  
ceived at their Alma Mater. The  
influence of their college days  
goes with them down through  
the years, broadening and deep-  
ening as time goes by.

Therefore, when a physician  
leaves a school, he has not dis-  
charged his full duty to that  
school. As the educational forces  
in osteopathy are at present  
constituted, they must be con-  
tinually supported by the field.  
Each osteopath, then, cannot  
lose interest in his college if he

has the interests and perpetuity  
of his profession at heart.

Des Moines Still College of  
Osteopathy believes that the ma-  
jority of her alumni feel thus.  
And for that reason, in her hour  
of need, when the construction  
of an adequate physical plant is  
imperative, she confidently turns  
to every loyal son and daughter,  
and to her professional friends  
and well-wishers, everywhere.

The members of the directo-  
rate in charge of the program of  
expansion ask that every alum-  
nus and every friend go the sec-  
ond mile with them. They offer  
a safe, sound, well protected in-  
vestment for your surplus funds.  
Money loaned to the College for  
building purposes is adequately  
secured. An equitable rate of in-  
terest is offered. All that is yet  
necessary is a general response  
to the appeal.

## NOTED D. O. HERE (Continued from page 1)

of many of the other schools of  
the profession in having Dr.  
Styles as their instructor in  
technique. In the future, Des  
Moines Still grads will be even  
more thoroly equipped, for Dr.  
Styles has been absorbing Dr.  
Downing's work, and will be  
prepared, henceforth, to add  
many features of Dr. Downing's  
art to his already noted tech-  
nique.

## STATE DIRECTORS CHOSEN. (Continued from page 1)

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ton.

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sin, Dr. L. H. Noordhoff, 187  
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Frank I. Furry, Cheyenne.

Arizona, Connecticut, Nevada,  
New Hampshire and District of  
Columbia will be handled from  
the central office here.

## FEVER

(Continued from page 2)

restore to its former state of  
health, to work unhampered by  
any unnecessary strain. Recov-  
ery will be much more rapid and  
there will be a smaller loss of  
vitality than otherwise.

The physician, who is striving  
for the best interests of his  
patient, which is to quickly re-  
store him to good working order,  
lets fever have its course. He is  
working with Nature and not  
against it, when he does those  
things which aid the bodily  
forces to protect their charge  
against disease and which build  
it up and restores his accustomed  
pep and energy with as little  
delay as possible. Drugs are  
worse than useless in those cases.  
Why use them?

# BONESETTER TEAM HAS PROSPEROUS TWO WEEKS

## Win Two Games and Lose One By A Single Free Throw

During the past two weeks, the Bonesetter team's troupe of basketball players, have been on a little spree all their own, and have cut quite a swath through the other college teams about the state. As the scores of the past two weeks show, the boys have been going at top speed every minute, and seem to have reached top form of the season. Journeying out into the corn-stalk jungles to Storm Lake and Le Mars, the fighting Osteopaths took Buena Vista and Western Union into camp by the same top-heavy score, 22 to 12. Both of these games were hard fought, but the stubborn five-man defense of the invading bonesetters, coupled with a flashy attack led by Captain Nicholas, rolled up enough points to insure a big margin.

At Buena Vista, in particular, the Bonesetter team had a fast and rangy squad, but happened to tangle with the Catholics while the latter were in their stride, and went down to a decisive defeat on their own floor. St. Ambrose and Buena Vista were met a week later on the local floor, Still walloping the Catholics by a 22-17 score, and losing a heart-breaker of a battle to Buena Vista by a single point margin, 14 to 13. The St. Ambrose game was of the "knock-down-drag-out" type, Nicholas and Thomas being ejected from the fray via the personal foul route. Blocking, tackling, tripping, slugging, in fact everything contrary to

"Hoyle" was employed by the Catholics in an attempt to break up the Still team-work, but although they managed to cut down the Bonesetters lead to three points in the second half, the latter spurted again and romped in to a well-earned victory.

The ability of the Buena Vista team to make their free throws count, won them the verdict in the other game played here, with a total of ten points out of a possible twelve tried. Still was unfortunate in this line of attack, only sinking three out of their ten attempts. Otherwise, the visitors were outplayed, although the use of the five-man defense system by both teams slowed the game up considerably.

In these four games Coach Sutton's proteges have rolled up a total of seventy-nine points as compared to fifty-five for their opponents. Much of the inconsistency and ragged teamwork of the early season has disappeared, and the rest of the schedule should show a big percentage of victories. The "Fighting Osteopaths" are fast making a name for themselves, and if they can but hold their present stride, this may be the biggest season we have enjoyed in years. Of course the outcome of the schedule as a whole simmers down to our annual clash with the hated Des Moines U. team, and if we can but hand them a little tap on the "koko" we will gladly

lay down our work for a month if necessary, to celebrate.

The outstanding performance of Nicholas with Wiemers and Thomas assisting in the offense, and the capable guarding of Davis and "Hank" Hannon, has been steadily pushing the Osteopaths ahead. Substitutions have been made often, and at last the right combination seems to have been found. Absence of the team's official "wrecker," Truck Myers, has made a hole, to be sure, but "Swede" Olsen and "Mike" Hannon make a specialty of filling holes and at present things are going merrily on.

A stiff quartet of games are arranged for the coming fortnight. The Bonesetters meeting Penn College, Central, Des Moines U. and St. Ambrose. Penn and Des Moines U. play on the home floor, but Central and St. Ambrose are met away from the home nest. Coach Sutton is expecting a hard battle at Davenport with St. Ambrose, as that team played a strong game here. However, we are expecting the spurt of the last two weeks to continue, and hope to see the scalps of four more victims attached to the old scalpel. Let's get two hundred wild, raving maniacs out to watch the Des Moines U. game, and not only attempt to out-shine them on the floor but out-yell them so far that it will take all the vaseline and turpentine-lard remedies they own to get their windpipes back in shape.

Dr. Gregg—"Give the chemical composition of bacteria."

Soph. — "Sodium, Potassium, Sulphur and Magnesium."

Dr. Gregg—"And what else?"

Soph—"I guess that's all the chemistry I know."

Another bad feature of the cheaper hotels is that the towels are seldom worth stealing.

## With Our Students

With the second semester came nine new freshman to D. M. S. C. O. and already they are pulling strong for all the things that the college is undertaking in these reconstructive and progressive days.

As is true of all the classes in the college, these embryonic osteopaths come from the four winds. Two are from Des Moines and two others from other cities in the state "where the tall corn grows." Ohio, Nebraska, Michigan and Pennsylvania claim the remainder of the new class.

According to Miss Buckallew, the first class president, the function of the group is, "Every movement to aid and first to get a new college building." Miss Buckallew is a Des Moines product and Mr. Schaeffer, secretary-elect of the January class of '27, claims Grove City, Penn. as his native heath.

### Shake After Taking.

"Well," said Smith, "I've taken a powder for my headache, a pill for my liver, and a capsule for my rheumatism. What puzzles me is how all those things know their right place now that they are on the inside."

Dr. Geo. Carr Taylor—"And I've noticed that those students who sit in the front row are 100% students. Those in the second row 80% students. Those in the third row 70%, etc.

Who sat in the back row?

If you want to make a horse take a bit, don't try to force his mouth open with a crowbar. Tell him a funny story. Then, if you are quick enough, it's a cinch.

## DES MOINES STILL COLLEGE OF OSTEOPATHY BUILDING CAMPAIGN

### THE PLAN

The method of our campaign is strictly a business proposition. We are asking members of the profession to loan us from one to five hundred dollars each at six per cent interest annually for ten years. We shall be able to pay this back in five years. If you believe in your profession back it with your money and all will be benefited.

Make checks payable to:

Clyde E. Frazier, Treasurer, Commercial Savings Bank, Des Moines, Iowa.  
(A properly executed note will be sent upon receipt of loan.)  
Detach and Mail.

### THE WAY

Name \_\_\_\_\_

City \_\_\_\_\_

Street \_\_\_\_\_ State \_\_\_\_\_

Amount of loan \_\_\_\_\_

# The Log Book

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

March 1st, 1923.

Number 3

## SCHOOL SPIRIT AND CO-OPERATION

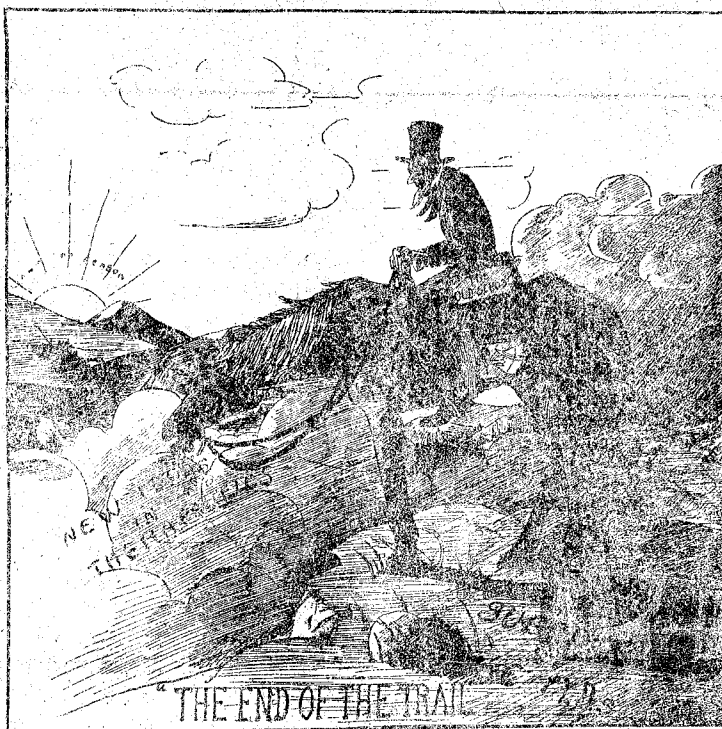
Elisha T. Kirk, Jan. '24.

We have all heard of that indefinable something called school spirit. Some of us who have spent the last two or three years at Des Moines Still College of Osteopathy have seen this spirit in a wonderful process of growth and development. It has been only a few years since there was "no such animal" in the institution. Each fraternity, each sorority and each clique and clan in the school had its own particular brand of spirit. And some of them, to say the least, were far from admirable.

We are very glad to see the marked improvement that has come about in this respect. While there is room for more improvement and we expect the school spirit to grow better and better as time goes on, a visitor to our assemblies would not recognize the group as belonging to the same institution as the assemblies of even two years ago. We are learning the great lesson of team work, and co-operation. We are beginning to see that no one group or individual has a monopoly on any of the things that are worth while. We all have some good qualities and also many ways that need to be bettered.

This is an essential lesson for everyone to learn. No school or other institution can endure or make any real progress as long as it stands divided. Our country learned that lesson in Civil War times. But some of our people need to learn it over again now. When we once realize that the important thing is to learn to work together, to further the common interests of mankind, and that we are all brothers and sisters whose best welfare is our one greatest achievement, then we shall be ready to accomplish something.

(Continued on page 3)



## BONESETTERS CLOSE WITH VICTORY

Capture Closest Game of Winter By Rally in Last Minute of Play.

Playing a heady and consistent game, in spite of a weakened lineup, Coach Sutton's lanky squad of hoopsters pulled the bacon out of the fire in the last thirty seconds of the game with Penn College—and incidentally at the same time relieved numerous cases of heart failure and prickly heat among the spectators.

The game was played on the tiny Catholic floor, and was nip and tuck from the tap of the gong. Handicapped by lack of practice, through sickness, the locals were trailing during most of the first half, but spurred before the period ended and tied the score up at eleven-all. With the opening of the last half both teams steamed up, and from then on it was a slam-bang race

with the lead changing hands every few seconds.

Penn fought furiously to retain the lead and made numerous substitutions, while the sweating bonesetters had only one extra man, due to the ravages of the "Grippe."

With one minute to play, the Dutchmen hooped a lucky shot from the middle of the floor, giving them a single point margin. Immediately they called time out, to get set for a stubborn defense. Things looked black, with only a few seconds to go, but it was right here that one of the brainiest plays of the entire season was executed.

After a short battle back and forth in the middle of the floor, Hannon got loose for a long shot at the backboard, with Nicholas following it in like a jackrabbit. Against a thousand-to-one chance the long-legged Nick grabbed the rebound and slipped it over the rim without even slowing up as he crashed into the wall. As the referee started back for the tip-off, the whistle blew—and it was a sore bunch of Dutchmen

(Continued on page 3)

## 30 STATES REPRESENTED

Cosmopolitan Group Studying Osteopathy at D. M. S. C. A.

The graduates of Des Moines Still College of Osteopathy in the next few years will exert an influence that will not only be nation wide, but cosmopolitan as well. A glance at the statistics recently compiled by the registrar shows an even 200 students enrolled here. They represent thirty of the forty-eight states in the union and likewise three foreign lands.

Naturally, Iowa leads the list in numbers with 40 of her sons seeking the light at D. M. S. C. A. Minnesota is second in the list with 30. Other states represented are Wisconsin, Illinois, Michigan, Kansas, New York, South Carolina, South Dakota, Colorado, Maryland, Massachusetts, Mississippi, Montana, New Jersey, Texas, Vermont, Virginia, Washington and West Virginia. California, Missouri, Oklahoma, Rhode Island and Wyoming have but a single representative.

From the Northland, beyond the Great Lakes, three of our Canuck cousins have wandered into the fold. One lone Englishman is preparing among us to join the forces in the Empire and become a pioneer there. The enticing beaches at Honolulu have sent two bronzed Hawaiians to us.

Not only is this factor of interest to Still College but to the osteopathic profession in general. It sounds the advance of the original drugless therapy.

Teacher: "Name two of the world's greatest deserts."

Pupil: "Sahara and the United States."



## WE HAVE PROBLEMS, TOO

By E. C. Herzog, '23.

We have serious problems with which to grapple. The number of students in our colleges is entirely too small. Too many villages, towns and cities are without osteopaths. Too many doctors have small practices. The number of prospectives is not as large as it should be. The same tide of medical and chiro propaganda still flows. The same laxness in regards to attending conventions persists and many no longer feel it their duty to get together. They go only when they have a written guarantee from the committee that they will be sure to receive something which is highly rewarding. That's why there are so many half-attended conventions in various sections of the country.

The osteopathic profession has many problems. We are somewhat divided and it is only the continued astonishing results gotten by ol' A. T. STILL's boys that are holding us together.

There are those who disparage the reformation brought about by the old school and would not to affiliate with the old school. There are others who are one with A. T. STILL and to whom any deviation from his teaching is a perversion from the osteopathic concept.

The two schools are alert and energetic, and there seems small likelihood of them ever being brought together.

I think, however, that the old school has a more uniform concept of their particular line of endeavor. If the proceedings of our various assemblies were reported, the deepest impression made upon an outsider would be the bewildering variety of views and beliefs held today by our various institutions. From the extreme radicals to the ultra-conservatives there are all imaginable grades and shades of opinion in regard to every subject which comes up for discussion. I imagine the report of such discussions would sound like a report of the proceedings at the tower of Babel.

This lengthy introductory is merely to point out to you the results caused by a lack of co-operation, each one "leaving George do it," remaining self-satisfied and caring not for the

advancement of the profession as a whole.

The purpose of this article is to interest every osteopath in the matter of securing recognition of our science by the Army and Navy, so that the next war, not far off, will not find you enlisting as a buck private, as you were forced to do in the last one.

I must appeal to the politicians in our ranks to point out the strings to be pulled and outline the tactics to be employed to bring this end about.

I simply want to state the reasons as I see them for a concentrated effort to obtain this recognition.

(a) You should secure this legislation because you will be better off in many ways.

(b) You can be of greater service to your country by functioning in the capacity in which you are trained.

(c) Your Army and Navy hitch will be much more agreeable, better quarters, better food, which contribute to better health. You must give self-preservation a thought, for it is from this motive that our armies and navies come.

(d) In becoming an osteopath you make an investment, being commissioned is your only means of realizing greater returns from that investment.

(e) You will be in a position to increase your experience along therapeutical lines, rather than forget all you knew. It will give you authority and influence.

(f) Your community will hold you in higher esteem giving you a better reputation.

These are but a few of the many reasons why "we should prepare for war while at peace." Think of the prestige this recognition would give us. If we had served in our official capacity during this last war the backwoodsman in the most remote sections of the country would be able to give an intelligent definition for osteopathy and would tell you wherein it excelled the old method. Think it over and let's have some united action.

Aint it So!

A sock on the foot is worth two on the jaw.

Dr. G. C. Taylor, viewing a student sporting a black eye—"Wonder what the other fellow looks like."

Answer from rear—"He's in the dissection room, Doc."



Time 2 a. m.—Tired Senior:—"I never have any consideration."

## SCHOOL SPIRIT AND CO-OPERATION

(Continued from page 1)

If there is any group of people which is in dire need of learning this great truth it is the osteopathic profession. For years there have been all kinds of internal dissensions and disputes gnawing at the vitals of our profession. Even now a great spectre has arisen in the west that threatens to split us in pieces. Hundreds of osteopaths are forsaking their pursuit of truth and have begun to chase the pot of gold at the foot of the rainbow. Since the very beginnings of the profession, we have been made up largely of individualists. We have not learned to work together. This is to be expected in a new and heretofore unpopular profession. Usually only individualists are attracted to such a profession. However, a new era is dawning for osteopathy. It is time to face about, forget our former differences and to work together to build up the structure of the osteopathic profession on a firm foundation of unadulterated truth.

It is up to those of us who are just about to go from school and those who still have a few years in training to learn this lesson well. So that when we go out into practice and begin to take an active part in the profession we shall be prepared to do our part in bringing harmony into the ranks. The most important period in the history of osteopathy lies just ahead. It is going to need the keenest of minds to discern and follow the truth. It will require trained minds and hearts to carry us through the days to come. And now is the time to prepare for the future, so that when our time comes we shall be ready.

## THE NEW LEAF

(From the Country Gentleman)

"For many years I have persistently combated innovations and they have continued to innovate without regard to my attitude," grimly confessed old Philander Foggy. "Long ago I denounced in no uncertain tones the blue-glass cure which was raging at the time, and everybody was cured by it until they turned to some other foolish fad. I derided the first electric lights, but they came to stay, and, in fact, I wouldn't be without them at any price. I scoffed at the phonograph, and now the number of them is as the sands on the sea-shore.

"I sneered at the appendix, and not very much later it removed from my midst a relative I had been supporting for several years. I contended that if Providence had willed that men should fly through the air they would have been equipped with wings and tails, and now airplanes are a common sight going by hundreds to and fro and occasionally down. I laughed sardonically at golf, and now it is played under my very nose by men whom I respect, as well as others. Lately I have rallied against the wireless telephone as a transitory toy and a piffling piddle, and only last night my fourteen-year-old nephew gave us all a chance, by means of contraption he had made out of his own head, a mess of wire, and so forth, to hear a fine concert six hundred miles away.

"I have battled to the last ditch for my opinions, and the world has moved on just the same. My life has been to a large extent devoted to viewing with alarm and being unalterably opposed, and all I have accomplished has been mildly to amuse my fellow citizens. So now I guess the only way in which I can cut any figure is to turn right around and point with pride to, and heartily endorse, everything I can't prevent. It has taken me quite a spell to realize that I can't spank the whole world, but I have finally found it out."

Please, madam, please

If it happen to be

That the teacher

Should say anything about me

Please, madam, please

Just tell her for me

That I have a good dose

Of the diarrhoea.

—M. M. S.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Pub. Director.....J. H. Styles, Jr.  
Editor.....C. L. Ballinger

Application for entry as second  
class matter at the Post Office  
at Des Moines, Iowa, pending.

Osteopathy Without Limitation

## DAY BY DAY.

(Comments by A. Stillite)

Strange how few know how  
to pass romance by! Even in  
this unpropitious dead of winter  
there's Jim Cox and Gale Hud-  
die and Cy Claybourne—er—that  
is, perhaps, who knows?

\* \* \*

Today Poucher's fountain pen  
leaked in a ghastly spot on a  
lovely shirt bosom. The offender  
having been clamped to the left  
pocket hern, the spill gave ye  
startling effect of a heart full  
to overflowing and then bumped.  
A full sized, adult, completely  
equipped I. T. S. pin rested  
near by; one wondered he didn't  
push it over into service. May-  
be there were two spots.

I can't look at Poucher but I  
smile over "Pat" Matthew's epic  
come:

"It's Poucher in American,  
In French it is Pooshay,  
In Yiddish it's Cohen,  
That's all I have to say."

\* \* \*

And now the Freshmen are  
breaking through the high board  
fence at the front of the small  
pit. I wonder is there anything  
can contain them.

\* \* \*

Dr. Styles lost 80 pounds in  
ten days, dieting. That isn't  
funny, it's a statement of "use-  
less but interesting fact." It  
reminds me of the day that  
professors being generally en-  
grossed in the mysteries of D. T.  
(Downing Technique, I mean), a  
group of students accordingly  
unengrossed were clustered  
about the scales in Main Hall.  
They were guessing weights and  
verifying same where verifica-  
tions were permitted. While I  
looked on they guessed Sara  
Jane Young Schwartz as 135  
and Ava Johnson as 120. I de-  
duce those young gentlemen  
know where their tuition receipts  
and physiology grades come

from! 135--120!!! Shades of  
the Amazons!!!

On second thought the chaps  
must have been pretty well paid  
up and passed up tho. For with  
the hundred weight dufunny set  
around 90, they slid the upper  
to unseemly proportions, and  
Sara was guileless and believed  
them.

\* \* \*

The Dean's daughter must be  
in love or out of it. She is  
most certainly out of disposition  
these days.

\* \* \*

When Oscar Samuelson ap-  
peared at the Freshman B smok-  
ers with his forelocks brillian-  
tined, they introduced all around  
again.

None of this year's material  
will be lost by graduation, and  
we look forward to the next  
basketball season with high  
hopes for one of the fastest  
teams among the smaller col-  
leges. A late start handicapped  
the squad considerably in the  
winter just past, but from now  
on things are bound to go better.

With prospects of a new cal-  
lege building and possibly an  
athletic plant of our own, we  
should make 'em all sit up and  
take notice before long.

Government experts with a  
bent for figures have found that  
an average of more than eight  
days each year is lost on ac-  
count of illness by the 42,000,000  
men and women gainfully em-  
ployed in the United States, or  
a little less than a million years  
wasted in the U. S. each year  
from that one cause. All to-  
gether, Osteopaths, let's reduce  
that terrific waste to the vanish-  
ing point.

## BONESETTERS CLOSE WITH VICTORY

(Continued from page 1)

that wobbled off the floor,  
beaten by one point.

But to the usual gang of sup-  
porters that turned out to watch  
the boys, whether win or lose,  
it was the best exhibition in two  
years. Before the game the lo-  
cals were conceded only half a  
chance on account of their poor  
condition, but to the whole squad  
we give the credit for one of the  
gamest fights in the history of  
the school.

No one man out-shone the rest  
of his team, but every single one  
of the Purple squad gave all he  
had. To Captain Nicholas goes  
the credit for the decisive play,  
but he received noble help in  
that last despairing effort.

## OSTEOPATHY AND MISSIONS

Emmet M. Schaeffer, June '26

Under the present regime, due  
to the influence of the medical  
profession, there is only one  
school of practice whose gradu-  
ates are admitted as Home and  
Foreign Missionaries.

It need not be stated that  
this school is the Allopathic. So  
dominating is their influence  
that even the homeopathic doc-  
tor is barred.

The present system is mainly  
controlled by the Rockefeller In-  
stitute. Besides this, the Mis-  
sion Boards are controlled by  
medical doctors as their officers.  
This system will go on as long  
as no outside pressure is brought  
to bear to change it.

At the present time there is  
a movement being carried forth  
to establish a separate Mission-  
ary Board for Osteopaths. This  
can only be brought about by  
sufficient number of conscien-  
tious Christian osteopaths mak-  
ing application for mission work.

That osteopaths should be ac-  
cepted as missionaries can be  
better understood when we know  
that Doctor John R. Mott, head  
of the world wide Y. M. C. A.

organization said in a personal  
letter to the writer: "Osteo-  
pathy has done so much for me  
personally that I can see no  
reason why its practitioners  
should not be missionaries and  
I assure you that I will do all  
in my power to bring about a  
condition when the osteopath  
shall have his rightful place in  
both Home and Foreign Mis-  
sions." Or, when we realize  
that the leading missionary sur-  
geon in Turkey, who was pro-  
tected by the Turkish govern-  
ment throughout the war be-  
cause he had performed a very  
delicate and successful opera-  
tion on the wife of the ruler of  
Turkey, said, in a personal in-  
terview with the writer, after  
having been retired as a mis-  
sionary: "If I were to go back  
as a missionary, I would deem  
it the best advisable policy to  
have a good osteopath on my  
staff. The only reason this  
condition is not possible is be-  
cause of the narrowness of the  
medical profession."

Any osteopath, either student  
or graduate, who is interested in  
Home or Foreign Missions should  
make it known to the editor of  
this paper so that he or she may  
be listed with the following doc-  
tors and students who have al-

ready expressed a desire to do  
that kind of work:

Dr. John Styles, Dr. R. S. Mc-  
Vicker, Dr. H. W. Sachs, Emmet  
M. Schaeffer, Olaf Corseth, C.  
Evan Engberg, Floyd Harrold.

## QUACKERY IN THE PROFESSION

"And now, not to give the  
regular members of the profes-  
sion a swelled head, not to con-  
vey the impression that I believe  
that all regular physicians are  
saints and geniuses, I will say  
that unfortunately this is not the  
case. Unfortunately there is  
quite some ignorance in the  
regular ranks and no small  
amount of quackery also.

"Only the other day—and  
when I say the other day I mean  
just yesterday—a patient came  
to me for advice. The advice  
he was seeking was: should he  
submit himself to an operation  
or not. I often get patients  
seeking just that advice. I have  
the reputation of being a careful  
conservative man, and that when  
I advise an operation an opera-  
tion is inevitable. The man was  
suffering from impotence; he was  
treated by a general practitioner  
without any benefit. He had  
been to a number of other  
doctors and had been treated for  
another month and then said  
he could not do anything for him-  
self with treatment, but he needed an  
operation, for which he would  
charge him two hundred and  
fifty dollars, and which would  
cure him. It was then that the  
man came to me for advice.  
There was absolutely nothing to  
operate for in that man. With  
the most charitable inclination I  
cannot imagine what the doctor  
wanted to operate for.

"This is quackery, this is  
charlatanism of the most deplor-  
able sort. And when I see or  
hear of a thing like that, I do  
not feel justified in lashing the  
quacks outside of our ranks so  
very viciously."—Wm. J. Robin-  
son, M. D., in Medical Critic and  
Guide.

Another Good Mechanic Gone  
Wrong.

Prof.—"What is a garage  
poisoning?"

Preocious—"A form of auto-  
intoxication."

Doc Hampton—"I had but two  
patients die on my hands all the  
time I was practicing."

Craig—"Didn't know you'd had  
that many patients, Doc."

## PAST SEASON WAS VERY SUCCESSFUL

The annual persecution of old man "Jinx" which every team has to contend with, was not at all noticeable by absence during the schedule just finished, but in all justice to Coach Sutton and his squad it must be said that they have "done themselves proud," in spite of sickness, poor practice, equipment and other handicaps.

Playing a total of fifteen games with the best secondary colleges in the state, the bone-setters managed, after a late start, to win eight of the fifteen squabbles. That the offensive system has improved is shown by the total of 320 points rolled up by the team, as compared with 274 by the opponents. While not of an absolutely consistent nature, the defense has been brilliant at times, and in no games have the stocky osteopath guards been outplayed. Coach Sutton's five-man system of defense has time and again stopped the visiting teams dead in their tracks.

Captain Nicholas goes the honor of being high point scorer of the season, the tall forward looping thirty-three field baskets and shooting forty-six baskets from the foul line. Thomas and Mike Hannon, with sixty-one and sixty points apiece, were next in line, while Wiemers rolled up a total of forty-nine points in a fewer number of games. Failure to make good on free throws cost at least three of the games which were close. Absence of personal fouling made nearly all the games faster and cleaner, although the St. Ambrose and Buena Vista games threatened to become rough-and-tumble fights at times.

The individual performances of the entire squad:

	G	FG	FT	PF	Pts	At. Per
Nicholas, F.	15	33	46	23	112	7
M. Hannon, C.	10	26	2	22	60	6
Wiemers, F.	9	21	7	10	49	6
Thomas, F.	12	30	1	18	61	8
Davis, G.	9	5	9	9	10	3
Wehl, G.	8	11	9	16	22	3
Myers, G.	3	2	3	8	4	1.5
H. Hannon, G.	11	0	0	14	0	0
Olsen, F.	2	1	0	0	2	1

## OBSTETRIC NOTES

Case No. 1531-D

Labor apparently at a standstill.

Local examination: Three fingers dilatation. E. O. A. position of fetal head. Membranes intact but all the fluid at side of face instead of anterior to occiput; thus increasing size of descending wedge.

The membranes were ruptured thereby reducing the descending wedge.

Dilatation was complete in five minutes and labor progressed so rapidly that three superficial tears could not be prevented.

Case No. 1540-D.

Two fingers dilatation that was not increased after one hour of hard labor.

Local examination, adherent membrane over lower uterine segment preventing dilatation.

Membranes were ruptured. Labor was over in less than an hour with so little pain that an anesthetic was not used.

That these cases could be handled by seniors without consulting Dr. Bachman only shows the efficient way in which the lectures are presented.

Doc Styles—"Folks I'm afraid I gave you a bum steer yesterday."

Student—"Then we get the old bull today, I guess."

## With Our Students

JUNE, 1926.

Freshman "A" class: Because of fine job of "Exterior Decorating" of the college building will be asked to submit bids for painting and decorating the new college building and new hospital.

Joe Eader has completely recovered from his attack of diphtheria. We are advised that Joe learned to sing that song, "I don't want to get well." We wonder why. How come, Joe! (Joe was at the hospital.)

Freshman A ranks have been increased by the coming of Miss Beatrice Fowler and Mr. E. C. St. Louis. We believe their coming will be to our mutual advantage. *We welcome them!*

A Freshman A enjoying the unique distinction of receiving unlimited propositions for his services. Since almost the beginning of the school year he has been in the employ of one of the popular down town eating houses certain hours each day. Bidding has been so keen for this man's services that his employer retains him to wind the clock in return for which work he gets three meals a day and a cash consideration. Lucky? You'll say so, won't you, Conn.

"I have prescribed alcohol—"

"Good."

"But only to rub with. It contains a poisonous substance which makes it unfit for drinking."

"Rub it in, doc; rub it in."

Heard in Bony Anatomy Exam. "Backward turn in your flight Oh Time, I say. And make me an anatomist Just for today."

Advice to Freshman A in muscle anatomy: "Don't take that quizz compend too seriously. It is not infallible."

AIN'T IT?

When the prof. asks you a question

And you can't think of a thing 'Cept many another fire of questions that you've braved, And you feel your courage falter, Then the bell goes ting-a-ling, And once again your reputation's saved,

"Aint it a grand and glorious feelin'."

And you've spent four years in college,

And you've managed to squeeze through,

And you've come to graduation day at last,

And they hand you your sheep-skin,

With congratulations, too, And tell you they're mighty glad you've passed.

"Aint it a grand and glorious feelin'."

When you've treated your first patient

And he's lived to tell the tale And he's handed you a tenspot for your fee,

Then you think you're up in heaven

Far beyond this weary vale

As you spread that tenspot out upon your knee.

Say, "aint it a grand and glorious feelin'."

—Olive Matthews, June 25.

Wouldn't it be awful funny if: Dr. Taylor ever got to ruin his bell?

Prof. Gregg forgot how to ask embarrassing questions?

Dr. Steffen improved in penmanship and took up ERA?

Dr. Spring would get real angry?

Dr. Johnson ever winked his other eye?

Dr. John Swartz became big and fat?

Dr. Styles became skinny?

## DES MOINES STILL COLLEGE OF OSTEOPATHY BUILDING CAMPAIGN

### THE PLAN

The method of our campaign is strictly a business proposition. We are asking members of the profession to loan us from one to five hundred dollars each at six per cent interest annually for ten years. We shall be able to pay this back in five years. If you believe in your profession back it with your money and all will be benefited.

Make checks payable to:

Clyde E. Frazier, Treasurer, Commercial Savings Bank, Des Moines, Iowa.  
(A properly executed note will be sent upon receipt of loan.)

Detach and Mail.

### THE WAY

Name \_\_\_\_\_

City \_\_\_\_\_

Street \_\_\_\_\_ State \_\_\_\_\_

Amount of loan \_\_\_\_\_

Entered as second class matter, February 5, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

Acceptance for mailing at special rates of postage provided for in section 1103, act of Oct. 3, 1917, authorized Feb. 5, 1923.

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

April 2nd, 1923.

Number 5

## ENTERPRISE EVOKES STRONG SUPPORT

Letters Coming in From All Over The Country Commending More at D. M. S. C. O.

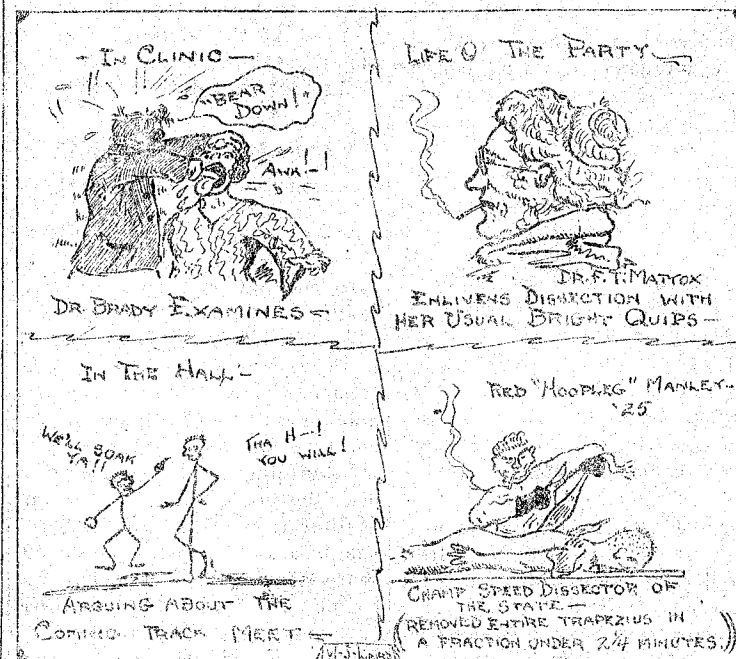
The following letter is typical of a large number received from all parts of the country commending E. M. Schaffer's article in our last issue.

To the Editor of The Log Book,  
D. M. S. C. O., Des Moines, Ia.  
My Dear Mr. Ballinger:

"Altho your paper was opened rather indifferently, all indifference disappeared the instant I noticed Mr. Emmet Schaffer's article. Once again the students of the D. M. S. C. O. deserve congratulations for their progressiveness!

"While a college junior, I decided to change my plans concerning osteopathy and to take a medical course instead, because I felt the call of the foreign field. Subsequently, I signed the declaration card of the Student Volunteer movement. A short time later I was sent to the hospital by the "medics" and was worse afterwards than before, and advised to give up all that of taking a medical course. Then I went back to osteopathy, steadily improved and in the fall, came here with a two-fold purpose: First, the regaining of health; and second, the pursuit of a course which most appealed to me. Before the year ended, I decided to finish the course and make a fight for an appointment solely as an osteopath rather than as an M. D. teacher or what-not with osteopathy as a mere adjunct.

"Thus far, I have met with no success and very little encouragement from any source whatever—including fellow Student Volunteers some of whom I feel sure, consider me somewhat of a "quitter" using my convictions concerning osteopathy as a mere excuse for changing my mind about foreign work. Mr. Burton St. John, candidate secretary of the S. V. movement, while being skeptical concerning my ultimate success, is not unsym-



pathetic, and I am sure, would be interested in hearing about the movement afoot at your college.

"Not two hours after I read your article, I heard indirectly of what is supposed to be a strictly osteopathic hospital in Africa. I am now on the trail of more information concerning that and would be very glad indeed, to hear from you if that movement has been brought to your attention. I would like very much to write an article on this subject for the next issue of the "Axone," the student publication here at P. C. O., but thus far, have been able to find little about which to write.

"Shortly after I came here, I heard a rumor to the effect that some Methodist board has sent out an osteopath, but have been unable to verify that statement. Do you know anything about it?

"After writing a such length upon the subject, it just occurs to me that it might be more fitting to address this to someone more directly interested in the movement, than the editor.

"Let me say in closing, that I am overjoyed by the news that there is to be some sort of concerted action along this line and would be very glad indeed, to co-

operate in any way possible, either directly or through the Student Volunteer movement of America. Might I suggest that since you have a group it might be wise to affiliate with the Volunteers at large and thereby receive the inspiration which invariably accompanies cooperative effort and at the same time, give some worth while publicity to osteopathy?

"With best wishes for the success of this movement and with a great eagerness to advance what is now begun."

I am, very sincerely,  
THELMA G. MAGINNIS, '25  
Phila. College of Osteopathy

## KIRK ON EXPANSION

Why We Must Have That New School Building.

Elisha T. Kirk, '24.

To anyone well acquainted with the school it is very obvious that a new building is urgently needed. But for the benefit of those who do not know the situation, also to bring home more forcibly to everyone the necessity of immediate action, let us enumerate a few of the reasons  
(Continued on Page 2)

## APPROACHING TRACK PROGRAM ANNOUNCED

Schedule of Events Promises Fast Time.

During the past few days interest in the coming Interclass track battle has been rapidly rising, and now that we are able to definitely announce the program as set for May 1st, the four classes can begin to plan for the fracas. Only a few weeks remain before the annual clash, and it behooves each gang to outline their plans right away.

Eleven events have been scheduled, offering a variety that will give each class all possible opportunity to compete to its best advantage. It is a versatile program, ranging from dashes, hurdles and shot put to the high jump and cross-country. The climax of the program will probably occur in the halfmile relay for four-man teams. The four squads appear evenly matched for short-distance men, and a close fight should result.

Competition will also be keen in the "Century," the Frosh are confident that Buirge will cop this number, but according to the upper classmen, the Mason City lad is going to get the surprise of his young life.

The cross country run is a new feature in the program, and will undoubtedly bring to light some good milers. The course will cover one mile, and the Seniors are already planning on annexing the first couple of places in this event. Stahlberg, Kirk, and two others to be selected later, will comprise the senior entry, and the experience of these men is expected to pull down the bacon.

The hurdles will attract a goodly entry, and will be another hard fought race. Nicholas, last year's winner, will again at-

(Continued on Page 4)

Newton was a great discoverer. By the mere fall of an apple he discovered the law of gravity. BUT—by simply biting the apple, Eve discovered the gravity law.



## SOME CLINICS!

Des Moines Still College Excels in Every Branch of Practical Work.

Dora Deitz, June '25.

The clinics conducted by Des Moines Still college of Osteopathy are constantly growing. They are attracting more and more attention not only among the people of the city, but also among those who are contemplating the study of osteopathy. The students already enrolled are getting experience of untold value to them not only now but for all time to come. Think of the immense value to be secured from not only seeing various pathological conditions but of having an opportunity to treat them under the supervision of the heads of the various clinics.

The increase in attendance at the various clinics has grown to such proportions that the facilities of the school, treating rooms and hospital have become inadequate. The students and physicians are kept busy meeting the demands made upon them.

The number of cases handled during the year, 1921-1922, reached the satisfactory total of 9,145. With the increased number of persons who are receiving relief from this source during the current year, the number will greatly exceed those of any other year. The work will be seriously handicapped because of the crowded conditions.

Clinics are conducted by: Dr. S. L. Taylor in surgery; Dr. Lola Taylor, gynecology; Dr. A. B. Taylor, pediatrics; Dr. G. C. Taylor, eye, ear, nose and throat; Dr. C. W. Johnson, nervous and mental diseases; Dr. R. B. Bachman, obstetrics; Dr. J. P. Schwartz, genito-urinary diseases and Dr. J. H. Style, general.

The surgical work done by Dr. Taylor included minor and major operations from tonsilectomies to serious abdominal work. Assisting in the operating room at the Des Moines general hospital is a part of the training of every student. He is taught to administer anesthetics, and give any aid Dr. Taylor may require in handling the great number of cases which come for attention. Three thousand six hundred cases were handled during the year by Dr. Taylor and his assistants.

Dr. Lola Taylor through the gynecological clinic handled 475 cases during the period named. Students have the opportunity to assist in the examination of patients and in making the

diagnosis. These cases are then assigned to them for treatment.

Dr. A. B. Taylor and his assistants cared for 240 children in the practical work in pediatrics. This most worth while and interesting branch of clinical activity renders splendid service to the children needing it.

The clinic for mental and nervous diseases gave assistance to 250 cases, all of which were treated by senior students.

The eye, ear, nose and throat work included 700 cases demonstrated before the students. The many conditions presented gave a splendid opportunity to see difficulties such as will be encountered in the field. The benefit of Dr. Taylor's advice in treating such patients—makes the work doubly valuable to the students. In the field of obstetrics—the clinic was the stork's first assistant in 380 successful cases. The husky youngsters thus started right on their journey through life will become great boosters for osteopathy and D. M. S. C. O.

Dr. J. P. Swartz in charge of the genito-urinary clinic handled 200 cases which came for examination and treatment.

Laboratory work was done at the D. M. general hospital and by the students at the school laboratories. This clinic affords another fine opportunity to do important work under competent supervision.

A grand total of 3,300 cases were cared for by the general clinic. Cases needing special attention were referred to the proper departments. Students were placed in charge of the cases after examination and diagnosis had been made before the students. Dr. Styles the clinician is very much elated over the work done and is enthusiastic over the prospects of a much greater general clinic when the new school is ready for operation.

## EAST—WEST—IOWA'S BEST.

You may sing of your Isle,

Of its beauty and style,

And of queens of that tropical clime;

Those sweet little Annas,

With their leis and bandanas

And palis, in languorous rhyme.

But early and late

Just give me the Corn State

With its blistering cold and its snow;

And thereunto join

A school in Des Moines—

Dear old D. M. S. C. O.

—M. J. A.

## SURGERY CLASS.

"Past" Hampton—"Do you mean to tell me that I look like that egg Mulligan down there?"

Dr. Taylor—"H'm! Well, I wouldn't dare say."

Note—Who'd get the insult?

## ORTHOPEDIC.

Doctor J. Heckert—"Spasmodic Torticollis? Well, put the patient to bed—and if its a woman, apply the electronic theory."

A lot of the girls are finding out that they can't unbob it as rapidly as they bobbed it.

## KIRK ON EXPANSION

(Continued from page 1)

why a new building is almost imperative at this time.

In the first place our present building is wholly inadequate. This means that if D. M. S. C. O. is to continue to serve the profession, either a very considerable sum must be spent in reconstruction and repair of the old building or a new building must be constructed. It is impossible to continue much longer the attempt to turn out our share of properly trained osteopathic physicians with the present equipment. To attempt to repair or reconstruct the old building is impractical for a number of reasons. The location is on high priced business property with no room for expansion. It would cost more to make an adequate structure out of the old building on the present site than to construct an entirely new building in a less expensive and more desirable situation. The school cannot continue, much less grow, without a new building.

This new building is necessary in order to accommodate a steadily increasing number of students. We already have more students than can be properly cared for with the present facilities, and we have every reason to believe that students will continue to come in larger numbers.

We must have more completely equipped and modern laboratories in which to give the students through training in the scientific fundamentals of chemistry, biology, histology, physiology, pathology and anatomy. An adequate foundation of these subjects is absolutely essential to the equipment of a real physician and can be given only by having properly fitted laboratories of sufficient size.

In order to do justice to his patients when he leaves school

the student physician during his junior and senior years should have sufficient opportunity to apply the principles of osteopathy in the actual palpation and treatment of patients. This can be made possible only by having more clinic patients and more treating rooms. While we are more fortunate in this respect than other osteopathic schools our classes are already too large for the number of treating rooms available.

A man, a business or an institution of any kind is judged by the average person largely according to appearances. And regardless of the high quality of training given in the institution the prestige and standing of our college and of osteopathy will be tremendously improved by a modern, well equipped building. Such a building will attract more students of good qualifications. If osteopathy is to grow and advance we must attract more well trained students. We need more college men and women. How many such students, having spent one to four years in a well equipped college or university will be attracted to our school in its present home?

A new building will inspire students to do better work and to keep up a better morale. In the industrial world this principle has been demonstrated beyond a doubt. If we wish to advance the best interests of the Osteopathic profession, we should neglect nothing that contributes to the physical, intellectual or spiritual fiber of our students.

If properly equipped and attractive in every way the new building will bring us many new patients. Our clinic will be larger and better. With new and up-to-date equipment we can have a greater number and variety as well as a better class of patients.

If for no other reason we should have a new building in order to advertise the great truths of osteopathy in a desirable way. We should conform to modern standards of progress and equip our school in such a way as to show that we believe in it. If osteopathy has the real value that is claimed for it, then it deserves a home and a setting commensurate with its value. And if we of the profession do not think enough of our school to back it to the limit in securing a new and modern home, then we deserve all of the lack of recognition and appreciation which has been our lot in the past. Osteopathy as a separate

(Continued on Page 4)



# The Log Book

The Official Publication of  
DES MOINES, IOWA, COLLEGE  
OSTEOPATHS

Director, General: J. H. Taylor  
Business Manager: M. D. Cruser  
Pub. Director: H. Styles, Jr.  
Editor: C. L. Baillinger

## Osteopathy Without Familiarity

TRUE freedom in life is won  
by a thorough conquest of self.

DOUBT shirks in osteopathy;  
but true faith works.

LIFE is all too short for play-  
ing the fool.

WHEN the days are easy, lay  
up strength for the time of  
hardship.

TO turn one's back toward the  
light is to shadow one's path-  
way.

YOUTH has a splendid king-  
dom of its own. It has power,  
courage, enormous possibilities.  
Don't waste them.

"PERFECT" motion is perfect  
rest." The reason so many osteo-  
paths wear out before their time  
is doubtless because their plan-  
ning and doing is imperfect.

THE opinions of other folks  
are worth considering; but it is  
a very great mistake to fall into  
the habit of accepting all our  
views "ready made". Individual  
brains are for individual use.  
Disuse promotes atrophy.

## EXPERIENCE

"MAN has not lived until he  
has suffered; has not tasted joy  
until he has known grief, and  
has not loved until he has felt  
the pains of sorrowing in sil-  
ence."

"YOU cannot always walk up-  
on the mountains. You cannot  
feel like singing all the time.  
We are so strangely wrought of  
soul and body that such exultan-  
cies are sure to pass. It is  
sweet to pray when the gates of  
heaven are open. It is sweet to  
serve when everyone is grateful.  
But I will tell you something  
that is not so sweet, and yet  
may be worthier in the sight of  
God—it is to pray when the  
heavens are as brass; it is to  
serve when nobody is grateful;  
it is to do one's work, and do it  
well, though there is not a star  
in all the sky; that is the way

to strength of character; that is  
the avenue to inward peace."

—G. H. Morrison.

## UNC' JOSH WIGGINS SAYS:

"YOU can't set down no fixed  
rule fer conduct in this here life.  
Lookit how Samson got inter-  
trouble because he got his hair  
cut, an' how Absalom got inter-  
it because he didn't."

SAM Jones once said: "massage  
is no more like osteopathy than  
carrying a horse is like playing  
the piano". The famous South-  
ern evangelist was one of the  
first lay boosters for the Old  
Doctor's science and was said to  
have taken great pleasure in  
giving testimony to its merits  
whenever the occasion permit-  
ted.

Why be an osteopath? If you  
possess average ability and in-  
telligence you may easily be-  
come independent financially and  
at the same time render a great  
service to suffering humanity.

Some students enter an osteo-  
pathic college with the sole aim  
of becoming rich in material  
things and with comparative  
ease. Others, a small minority,  
look only to the service end.  
Many are the eulogies that have  
been dedicated to the physicians  
of the world who have given  
over their lives for the diseased  
and ailing of the earth. Few are  
the eulogies that have been writ-  
ten of the other class.

Between these two extremes  
stand the majority of osteopaths.  
Self-preservation is the first  
fundamental law of life. Thus a  
comfortable living is to be de-  
sired by all. If one can choose  
a profession or a vocation, the  
practice of which will earn him  
the comforts of life and by  
means of which he can feel at  
the same time that he is serv-  
ing his fellows, he is indeed in  
luck.

Osteopathy offers just that op-  
portunity. Consider Osteopathy,  
then, before deciding as to your  
life work.

Pick up any osteopathic maga-  
zine or paper these days and you  
will find that every college in  
the country is making an ap-  
peal for more students. The ap-  
peal is usually made to the high  
school senior. The reason for  
this is that our colleges do not  
as yet demand more than a train-  
ing that is given in a first grade  
high school.

In spite of these appeals and  
the fact that our colleges do not  
as yet require college training,  
there are college men and women  
in our schools. The question

then, arises, "Will these college-  
trained men and women make  
better osteopathic physicians and  
surgeons than those who have re-  
ceived only a high school train-  
ing?"

We must answer the question  
in the affirmative. There are  
many reasons for this stand.

In the first place the college  
man is more mature. His mind  
has had a chance to submit to  
will and grasp more readily any  
matter that depends upon the  
mind. If the college man has  
learned no more than the prin-  
ciples of concentration and how  
to study he may consider his  
time well spent. When he en-  
ters a professional school his  
mind is prepared to grasp the  
essentials and grasp them with  
ease and understanding. Very  
few high school students have  
found themselves in this regard.  
As further proof of this point  
we simply ask why the other  
professions, law, medicine, the-  
ology and the like, have univer-  
sally stipulated a college training  
as a prerequisite? If our pro-  
fession is to stand shoulder to  
shoulder with the other profes-  
sions we must look to the time  
when our colleges will turn out  
more men who can stand on an  
equal plane with the best intel-  
lectually.

That thought leads to the place  
in the community that all pro-  
fessional men hold. Look at your  
own community. Are not the  
doctors, the lawyers, the college  
men, leaders in all civic and  
community affairs and enter-  
prises? Are we to be outdone  
by our medical brothers? Are  
we to take a back seat in the  
civic affairs of our communi-  
ties?

## DAY BY DAY

By-Ann Onymous

In case of more snow of the  
knee deep variety, we make the  
following fashion suggestions:

Notice Jim Cochran's novel  
method for keeping his ankles  
warm! There's been nothing like  
it since the days of real sport  
and flexible flyers.

Bob Mertons, on the other  
hand, is strictly collegiate and  
admits it. He lets the top fast-  
ener flop and all those intricate  
details.

The Things They Do Best:  
Mrs. Robinson: Smile as she  
says, "No mail to-day."

C. M. Conn: Ask questions in  
class whether they pertain or  
not.

Grovel: Same as Conn,—es-  
pecially not.

"Hummer" Thomas: Twinkle  
his eyes.

R. Staples: Sail down the  
stairs and ask for mail.

French: Tell us how it was at  
Kirkville.

Lois Irwin: The tango.

Mary Donovan: Tellum at the  
office.

Mrs. Milliken: Pretty good at  
it herself.

The Dean: Refuse absence ex-  
cuses.

The Great We Have With Us.  
Gold Dust Twins—Bonanmons-  
ish.

Barney Google—"Ole" Oleson.

Buffalo Bill—"Shapes" Reed.

Arthur Middleton—Engburg  
(architecture and all.)

Rachmaninoff—"Jazz" Hoff-  
man.

Ted Shawn—H. Poucher.

Isadore Duncan—"Pat" Math-  
ews, on skates.

Old Dutch Cleanser—Angus.

Touchstone, Court Jester—R.  
Bachman.

"A-fool there was and he  
made his prayer"—"Red" Pief-  
fer.

The Vamp—Irene Bachman.

Falstaff—Doc Styles.

The Shiek—O'Dell.

Sailor-made man—St. Louis.

"BHT" Sykes—M. Conn.

Orphant Annie—Wade Hamp-  
ton.

Merry Widow—B. Messer-  
schmidt.

My Hero—Oh Boy!

## Need Any Help, Doctor?

The Department of Profes-  
sional Assistance, started in the  
last issue of the Log Book, will  
be of great assistance to every  
man in the profession, we be-  
lieve.

Do you need a man to take  
charge of your practice while  
you take your vacation this sum-  
mer? Do you not intend to at-  
tend the National Convention in  
New York in July? If you  
let us know of your wants, we  
will attempt to furnish a good  
competent man to take care of  
your practice while you are  
away.

Also, we would like to have a  
list of all the towns in your  
vicinity who need an osteopath.  
Let us help you, Doctor.

Address all communications to  
Dr. W. R. Gregg, c-of The Log  
Book, 1424 Locust, Des Moines,  
Iowa.

One misanthropic pessimist  
observes that "in these dark  
days of investigations, many are  
probed but few cough up any in-  
formation."

## APPROACHING TRACK PROGRAM ANNOUNCED

(Continued from Page 1)

tempt to win the decision, but Clybourne of the Seniors, Wedel of the Juniors, and several others who failed to run last year, will be in the scrap, and the unexpected is always liable to develop.

50-yard dash.  
100-yard dash.  
440-yard dash.  
Low hurdles.  
Running broad jump.  
Standing broad jump.  
Cross country run.  
Shot put.  
Running high jump.  
Ball throwing contest.  
Half-mile relay.

Classes may enter as many men as desired in every event, and points will be given for five places in each event of the program.

Officials will be selected from our own able faculty, and it will be interesting to watch these flowery exponents of bone-busting and rib-cracking, debating among themselves upon a winner when three or four men cross the wire practically "under a hat." Dr. S. L. Taylor will act as official starter.

Besides declaring an individual class winner, the officials will also decide upon a victor from the fraternity standpoint. The frat having highest number of points scored by its members will also receive recognition upon the trophy.

### SENIORS WILL ENTER

#### EIGHTEEN MEN.

Laying their plans with trophy again in view, the Senior class will send a well balanced squad

of tracksters to the coming Interclass meet. At least eighteen men of more or less experience will be shoved into the fray in a supreme effort to carry home the laurels for the second time in two years.

The dashes will be well taken care of, with Reed, Fish, Mertens, Laird and Lydie having the call to start these events. The hurdles should give points, with Clybourne figured to place high and Reed, Mertens and Laird to at least score. The weights and jumps will also receive expert attention—Craig, Prather, Parish, Loerke, Campbell, and Herzog pulling down the points.

The cross country is a big possibility, with Stohlberg, Kirk, Lydie and two others to cover the "hill-and-dale" event.

Two strings will be entered in the half-mile relay, and each team should finish among the point winners.

The Senior squad will hold at least three practice tryouts, and the individual runners will all plan to be in fair condition for the big blow off on May 1st.

The lower classes will have to step some!

## MORE MISSIONS

We are happy to follow up our last item with the good news that we have had many letters and suggestions from Doctors and Students who wish to be missionaries, or are interested because of some Doctor friend.

Rev. John C. Taylor, M. D., D. O., who is now a missionary in India writes regarding some osteopaths who are now missionaries but on a smaller salary because they could not be rated as Professional not having the M. D. degree. Dr. Taylor is

strongly in favor of the Osteopathic board or at least recognition on the regular board.

Dr. Taber A. Darling, D. O., of North Abington, Mass., writes volunteering. Rev. Tos. G. Dietz an accepted volunteer in Evangelistic missionary work is now studying Osteopathy in Philadelphia, so he will be able to do more efficient work.

Dr. Shorb, Bloomington, Ind., suggests that we should include all volunteers from all the Osteopathic colleges in our list in the Log Book. We would be glad to do this as well as other names from our own school that have already pledged.

Each of the colleges should send Rev. C. H. Myers, 150-5th Ave., New York City, a complete statement of the curriculum. Rev. Myers is on the International Mission board and has promised to use his influence to have the board act as soon as possible regarding the matter. Personal letters from Dr. John C. Taylor and from any or all volunteers would surely have a good influence.

We shall endeavor through the Log Book to keep up to date on news of any progress that might be made.

Emmett M. Schaeffer, '22

## WE SAIL AN UNCHARTED SEA.

We moderns are like marines on a ship sailing an uncharted sea. We cannot lay our course in the light of experience of our ancestors. None of them ever plowed these waters; that is to say, before us no folk ever practiced machine production, let its daughters work away from home, bestowed leisure upon multitudes of its wives, saved its

babies, vanquished disease, and slew its foes by mechanism, to the extent that we do. So study of the past cannot reassure us as to how these things are going to work out.

Science and invention have borne us away from the routes followed by any previous society. They have brought us into strange latitudes where we have nothing to go by. And they do not allow us to feel our way deliberately, put out scout boats, take soundings. They hurry us on. So the best we can do is to set watchers to scan the horizon. The sociologist is just a man in the crow's nest who knows no more of this sea than his fellows. But from his position he will catch sight of coming dangers—shoals, sunken rocks, derelicts, cross currents—before they are seen by those on deck.—From "The Social Trend," by Edward Alsworth Ross.

## KIRK ON EXPANSION!

(Continued from Page 2)

school of healing cannot live unless we who practice it believe in it enough to boost it.

Are we boosting osteopathy when we allow a good school such as ours to continue to struggle along in its present building? Can we expect others to value our profession any higher than we value it ourselves? Let us remember that osteopathy deserves the best and let us ever strive to give our school all possible opportunities for becoming more widely and favorably known.

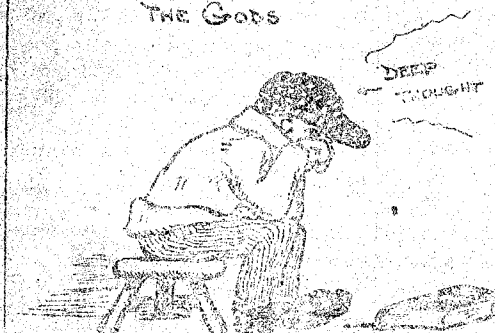
Let's have some immediate action and get that new building ready before another winter!

## "BONECRACKER PETE" — "IDLES" OF A FRESHMAN

No. 2 -

BY LAIRD - '24.

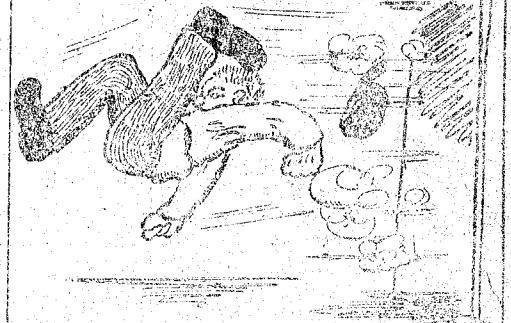
OUR FRESHMEN ARE RESTLESS,—  
INQUISITIVE, TOO—  
AND ALWAYS ARE LOOKING  
FOR TROUBLE.— TOO FEW  
OF THEM REALIZE THEY MIMIC  
THE GODS



WHEN THEY INVADE THE CLINIC  
AND TACKLE SUCH ORDS—  
— WITH NEVER REMORSE  
AND BELITTLING THEIR SINS



— TIL THEY LEAVE BY PURE FORCE  
AND IT BEGINS TO SOAK IN  
THAT THE FROSH ARE STILL  
FROSH —  
AND SHOULD KNOW THEIR PLACE!



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

April 16th, 1923.

Number 6

## NEW BUILDING PLANS DRAWN

Blue Prints of Greater D. M. S. C. D. Shown To Students At Last Assembly

A concrete visualization of the splendid new college building was presented to the student body of Des Moines Still College in general assembly, Friday, April 6th. Dr. S. L. Taylor, president of the institution and Director General of its expansion program and Dr. M. D. Cramer, Business Manager, were in charge of ceremonies. Complete floor plans of the plant, prepared by Des Moines' well known architects, Sawyer and Watrous, were shown for the first time.

Messrs. Sawyer and Watrous have undertaken their task with an astonishing insight into the needs of the institution. They have provided for every possible contingency and given form to a set of building plans calculated to meet future requirements for many years to come.

The new building will have three stories and full basement. Its outside dimensions are 81 by 113. Fire-proof throughout, its construction will be of pressed brick on reinforced concrete, trimmed with Bedford stone.

In addition to the main building, a central heating plant, an adequate gymnasium, and a separate dissection laboratory building will be erected on the new campus. No expense or effort will be spared in making the physical equipment of Des Moines Still College absolutely the finest possessed by any school in the profession.

An architect's drawing of the front elevation of the new main building is not yet available. It is being prepared, however, and will be reproduced in an early issue of The Log Book. A detailed description of the approved floor plans is herewith given and will afford an excellent idea of what the new building will be like.

The basement has a large, airy,



well-lighted central corridor. The rear half of this floor houses twenty four, 8x10 treating rooms, grouped about a roomy men's waiting room. Each treating room will be fully equipped and will contain an individual lavatory with hot and cold running water, locker, etc. Several conveniently located toilets are placed in this section, also.

The front half of the ground floor has a large clinic amphitheater which will seat two hundred. Provision has been made for a roomy printing department in one corner of this space. It will also contain quarters for the plant engineer, a large library room, a students' clubroom and ample storage space for equipment, etc.

The right front quarter of the first floor is given over to the College offices, with a general business office, private offices for officers of the institution and a faculty room. Across the lobby to the left are the clinician's offices and a large reception room. The rear half of this floor is arranged similarly

(Continued on Page 2)

## CRAMER ON MUD AND OTHER THINGS

College Secretary Tours Northern Iowa Over Week End.

If one craves some experience in driving over our wonderful Iowa roads, which ought to be paved according to the taxes we pay, let him start out now. On our trip to Mason City and Waterloo we found some roads that were wonderful and some that were, — well let's not say.

At Ames we found Doctor Proctor and Dr. Roberts in and they certainly gave us a warm reception. Doctor Proctor had to make a call but said he wanted to see me and talk to me, intimating he had some money for the old college.

Doctor Bertha Gates-Roberts was also mighty glad to see our plans and said she had some money in the bank for us. If any student wants a real inspiration he sure ought to visit Dr. Bertha Gates-Roberts of Ames.

Doctor Williams was out and I

(Continued on page 2.)

## CLASSES ARE EVENLY MATCHED

Sixty Men To Take Part In Annual Meet.

The afternoon of May first will see one of the closest and bitterest scraps that Still College has taken part in yet, according to present signs.

West High Stadium at Ingersoll and Twenty-first streets will be the scene of the frolic, and this will offer excellent accommodations. A 440 track and plenty of field space will give the teams plenty of chance to show off, and bleachers for the entire student body will be available. Officials are being selected for their duties, and every symptom goes to indicate that considerable traumatism to hopes and plans will ensue when the lower classes attempt to bump the Seniors off their perch. The question now is whether or not the Seniors can stand the gaff, and two more weeks should bring out a most violent reaction one way or another.

The program has been altered considerably, and will be posted on the bulletin board in a few days.

Juniors Have Biggest Entry

All four teams are evenly matched as to numbers, the Juniors leading the list with twenty. Seniors and Frosh will enter eighteen apiece, and the Sophs will throw fifteen men into competition, expecting to make up in quality what lacks in quantity.

The Seniors seem to be the well-balanced squad of the lot, with plenty of good material for both track and field events. The Juniors are also fairly well set for all the numbers, but slightly topheavy with long distance men and short on sprinters and weight men. The Frosh are "loaded for bear" in the field section, but an unknown quantity in the runs. The Sophs are certain to place high in the sprints, but are doped to fall down on the distances.

(Continued on Page 4)



## CHAMER ON MUD AND OTHER THINGS

(Continued from page 1.)

regretted not getting to see him.

The roads were not bad from Ames into Iowa Falls; at least they were only rough. In Iowa Falls I found Gould in the midst of shirt sleeves, sweat and plenty of patients. In assisting Dr. Carpenter he is kept busy day and night. He sent his regards to all his old friends here at Still. Dr. Carpenter is one of our faithful alumni and a mighty fine man. He feels kind enough toward old Still to do what hurts: that is, produce a little cash. He promised to come and tell the assembly of his old football antics in 1900 and 1901. Doctor Gordon was very much interested in our new building.

On leaving Iowa Falls we felt sure the roads would be good and settled down to the 48 miles into Mason City. Hampton appeared, and by the way this looks like a good location for someone. North of Hampton disillusion met up with us and for 16 or 17 miles we plowed the mud with our crank case and pan. At Chapin we found the worst hole and it happened to be just in front of the garage. Two men were standing in the window and seemed to be looking for business. I thought they were going to find it. Imagine how mad we were when we struck the pavement south of Mason City.

The men at Mason City were mighty fine in their reception of me and all report their kind feeling toward our school. Desart has two hobbies. One is taking care of old folks and the other is being a rebel. He said to ask Johnson.

At Charles City, Hudson's smile and fine office spoke of success that is near at hand. He wanted me to tell the boys "hello".

Let me advise all ambitious travelers going south out of Charles City to ride an aeroplane.

Waterloo brought Mrs. Schwartz and her gang. They sure have good food up there. (I'll bet she'll suffer for that sentence.) Her family is well and it looks as if prosperity is just around the corner. It was so late I did not get to see anybody else even though I used the phone considerable.

The road home need not be mentioned because it can't be expressed in words printable. We crawled in at 2 A. M. and I still feel the effects of driving it.

Yes, the good die young, especially good resolutions.

## FROM DAVID TO DICK

The following letters were written by a youngster to his big brother during his confinement to a hospital bed subsequent to an appendectomy. They are fresh, original and altogether human. We are indebted to Mrs. Augur for them.

My dear bro. Dick:

"When they told me what a hospital was and how the nurses look I thought it was like I imagine the north pole is. I will try to tell you about it. I asked for some paper to write you on. The ward I am in is large and white beds on both sides. Kids about my age in every bed. I know the most of their names now. My nurses name is Miss Horton. She wears a white stiff dress and cap and she didnt have brown hair and smiley eyes. My appendicks was cut out by

take my tempiture. She puts a thing in your mouth that is glass with a silver looking end and says don't bite."

Your brother David.

Dear Dick:

"I am feeling good today where my appendicks was. I had ice cream for lunch and we have our meals on little trays what a girl brings in and there is everything one one plate but dessert. Some of the kids can't eat anything but milk. Gee I'm glad I can eat stuff now. My nurse said I will soon be up in a wheeled chair and she will take me down in the yard. Dick, did you ever see anybody who was blind in both eyes. I never did until I had my appendicks cut out and I never have saw so many things I didnt see before. I remember the old blind horse Uncle Charlie used to have and us kids

## NEW BUILDING PLANS DRAWN

(Continued from page 1)

to the same space in the basement and provides 24 treating rooms like those below, a women's waiting room, toilets, locker and cloak rooms.

Eight well-arranged and convenient class-rooms, quarters for the College book-store and locker and cloak rooms are located on the second floor. The recitation rooms will be equipped with the latest style chairs, and each contains a raised rostrum and blackboards.

The feature of the third floor is an assembly room seating five hundred persons. This has a well-planned stage, dressing rooms, etc., in connection. Another large amphitheater is located on this floor, as are the chemistry, microscopy, histology, bacteriology and pathology laboratories. One corner of it is given over to a smoking room for men.

Taken all in all, the plans and specifications of the greater D. M. S. C. O. call for a superlative building, extremely well planned and provided with every conceivable facility for education and comfort.

Ground will be broken very shortly, and construction work started. Responses from the field indicate that the profession generally as well as the alumni of the College are back of the project to the limit.

The financial plan is unique in that the new-building directorate is not asking gifts but loans. All money obtained is well secured, pays an equitable rate of interest and will be judiciously administered. No osteopathic physician can afford to withhold his support from this signal program of osteopathic progress.

Des Moines Still College is a college of, for and by the profession. Its interests are as broad as the science it teaches, and absolutely non-commercial.

Those physicians who have not yet sent in their loans are asked to do so without further delay that work may be pushed to the limit. It is planned to have the building complete, equipped and available for use by January 1, 1924.

Checks should be made payable to Clyde E. Frazier, Treas. Commercial Savings Bank, 5th & Locust Sts., Des Moines, Iowa.

I got the measels and my stum-mick is flat. My side where the appendicks was is well now. Goodby." Your brother David.

## Address Them Right.

All letters pertaining to college business of any sort should be addressed simply DES MOINES STILL COLLEGE OF OSTEOPATHY, 1424-26-28 W. Locust Street, Des Moines, Iowa. Do not direct your letters to individuals unless they are purely personal.

The attention of prospective students and others writing the College is hereby called to this matter in order that their correspondence may receive prompt attention.

the doctor two days ago and they left a big hole in my side that does not smell very good yet. And I asked my nurse why and she just smiled and said it was to let out the inspection. There is a player pianow in the next ward that is for the kids that are up on crutches. I wish I could be in there with them. I don't feel very good from the eather which is the stuff they gave me to go to sleep on. They took me into the operating room on a big white cart and said I was going to get some nice orange stuff to smell. Don't tell mamma that I was bad in the operating room, 'cause I couldn't help it. I kicked the doctor. Miss Horton had to hold me down and take my pulis as the same time, whatever that is. I wish you was here so I could talk to you instead of write 'cause the kids is talking and laffing so it sounds like a school house. My nurse just come in to

rode him all over, but there is a little blind girl here from Alaska which is a very cold place where there is gold mines. I don't know if she's a eskimo but she looks kinda funny and she can find her way all over the hospitul. She aint never going to see again but she's happy anyway. Now I must close 'cause my nurse is going off duty and I want her to mail this letter. Don't you think I spell good and I asked her how to spell most of the big words."

Your bro. David.

Dear Dick:

"I got the measels and can't write much. I'm all red spots on me. As soon as I git well from this stuff I can come home. I see the mountains out the window in this ward wich is the measely one and I'm happy cause I know you and mama and papa can see them too. I ain't had nothing to eat but milk since



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General...S. L. Taylor  
Business Manager...M. D. Cramer  
Pub. Director...J. H. Styles, Jr.  
Editor...C. L. Ballinger

## Osteopathy Without Limitation

CONTENTMENT is cheap at any price.

NOWADAYS, a candidate is a man who stands for what he thinks the people will fall for.

DON'T refuse to marry a girl because she can't cook. She may have money enough to pay your board.

IF the Germans and Russians didn't make so much money they'd have more.

OSTEOPATHY'S lessons are of little value until they are put into practice.

EDUCATION is not an end in itself. It is not a decoration, but a tool to be used.

THE difficulties of living with others are probably just as great on the other side as they are on one's own.

THE man who always does his best will find a steady demand for the things that he can do.

MODERN parents are somewhat like the couple who took their children to the parade and then spanked them because they wanted to go to the circus.

THE chap who is continually waiting "for something to turn up" usually does all of his waiting at the bottom.

UNC' JOSH WIGGINS SAYS:  
"Jes' as soon's a young feller finds a female woman that nothin's too good fer, he wants her to take him!"

READING modern literature has its compensations. A person can associate with characters in fiction that he wouldn't dare to speak to or be seen with in real life.

JOHN Bunyan wrote: "There is nothing like faith to help at a pinch; faith dissolves doubts as the sun drives away the mists. There are times when some

graces may be out of use, but there is no time wherein faith can be said to be so; wherefore faith must always be in exercise."

IT is impossible to discourage a man who has learned, in whatsoever condition he finds himself, therewith to be content.

NO matter how completely you cover an ass with a lion's skin, he will manage to poke his ears through somewhere.

DR. M. D. CRAMER, Business Manager of the College, has just announced the receipt of a check for five hundred dollars from Dr. Bertha Gates-Roberts, of Ames. The amount is a gift from Dr. Roberts to the new building fund and not a loan.

The Board is deeply appreciative of Dr. Roberts' generosity and extends to her its thanks.

This is a most worthy precedent. While the College does not ask for gifts in connection with its expansion program, it is glad to receive such donations, for every dollar saved on interest and liability makes possible a greater D. M. S. C. O.

## From The Exchanges

Headline says: "She Still Paints at 57." Of course, and passes for half that.

Once upon a time the filling stations in the corner handled alcohol instead of gasoline.

Why do they call it a shipment when it goes in a car, but a cargo when it goes in a ship?

Now scientists say youth can be prolonged by eating cabbage. As between sauerkraut and monkey glands, give us old age.

There are now no English in Ireland, and the indications are that there will soon be no Irish there.

It is said that the good die young. Nowadays, however, it seems more apropos to say that the young die good.

Miners appear confident, for some reason, that the government could run the coal mines better than it ran the railroads.

A Georgia judge says the only safe "triangle" for a man to get mixed up with is a wife, a pipe and a dog. That isn't a triangle; it squares the world.

## DID YOU EVER STOP AND THINK?

By Louis H. Kuchera, '24  
Some one has said if our foresight was as good as our hindsight, we would be much better off.

The same may be said regarding thought.

Most of us do not use our forethought sufficiently and too often as a result we are tormented by our hind-thought.

We might avoid many of our mistakes, ailments and heartaches if our actions were pre-investigation, more reasoning.

There is a great joy and satisfaction in thinking. According to Thos. A. Edison, "Thinking, after while, becomes the most pleasurable thing in the world."

We may not be able to reason every transaction or undertaking through to the final result at the beginning, but there are certain definite rules for attaining success along all lines.

Sufficient knowledge regarding the human body and the laws governing its action has been accumulated to make unnecessary the foundering and fruitless efforts so often observed in the search for health.

According to the scripture, "Ye shall know the truth and the truth shall make you free."

How are we to know the truth unless we use our thinking machinery?

Thought—right thought—is vital to our welfare in every respect. Thought has brought civilization up to its present standard.

Since so much depends upon thought, then why allow this God-given faculty to atrophy from disuse? Why not stop and think?

"It's a little thing to do  
Just to think.

Anyone, no matter who,  
Ought to think.

Take a little time each day  
From the minutes thrown away.  
Spare it from your work and play,  
Stop and think.

You will find that men who fail  
Do not think.

Men who find themselves in jail  
Do not think.

Half the trouble that we see,  
Trouble brewed for you and me,  
Probably would never be  
If we'd think.

Shall we journey hit-or-miss,  
Or shall we think?

Let's not go along by guess,  
But rather to ourselves confess,  
It would help us more or less  
If we'd think.

IF WE'D THINK.

## "EVEN SO"

A Parable of Prospects  
By  
MOWEB

And it came to pass in those days that the secretary called an assembly of all they that strove and studied in the college of Still, and spake unto them in these words, saying: "Behold, we shall build a new habitation for ourselves, that the glory of Osteopathy may shine forth in this town, yea and in this State and even unto the uttermost parts of the earth! And behold in this new habitation there shall be fifty treating rooms, that the seniors may no more fight in the hall for their rooms. There shall be high up, even under the eaves of the roof, a smoking room, that men may no longer blow forth the noxious weed in the Ladies' waiting room. And round about the building shall be a campus beautiful to behold, and in the campus also a gymnasium of fair dimensions, such as has never been seen in the city heretofore." Thus spake the secretary, and many other words of good promise spake he, so that the hearts of the multitude was lifted up.

Then arose a voice from the depth of the hall and spake one word only, crying "Where?" And there arose also another voice out of the multitude asking "When?"

Then the President of the College stood up before the multitude and spake, saying, "My children, ye have heard the fair proposition expounded by the secretary, and ye perceive that it is good. And now ye ask, when and where? Harken then, unto me I pray you. If ye will work diligently, if ye will even stand back of me and strive worthily for this object; then shall the new building rise up toward heaven by the New Year, and by the Spring Semester shall it be ready. This shall we accomplish, or bust. As for the matter of where? That, oh my children, is a secret between myself and the brick layer."

Then did the assembled company arise and with much loud noise and joy returned each man to his labor under the sun.

Unfortunately for our times, nobody has yet discovered a way to rest in a hurry.

Members of the National Woman's party are still demanding equal rights. Flatterers.

## BASEBALL GETS BIG START

Following close on a challenge received from Simpson College last week, a baseball squad has been organized and is now practicing in preparation for a hard schedule. This is the initial plunge into the summer sport at this school, and from all appearances we possess a better baseball team than anything else.

A squad of twenty-four men has been getting rid of charley horses and lame wings for a week now, and Coach Sutton is highly pleased with the present season's prospects. Games with Des Moines U. and Simpson are already on the schedule, and more to follow soon.

The outfield shows up with better class and more definitely permanent form than the other departments. Davis, Nicholas, Thomas, Richardson and others are waging a close battle for varsity places. The infield is, as yet uncertain, being inclined to be erratic at times. Brady, Wehl, Lustig, Odell, Wiemers are leading the way for infield jobs, with Lustig apparently being the only one to have his job cinched. The receiving staff will hold its own anywhere, with Schaeffer as first string backstop, and Craig, Montgomery and Benien to fill in. The hurling corps is slowly hitting its stride, with Olsen, Bone and Laird tossing 'em over the platter.

The squad as a whole stacks up as a gang of free-swinging clubbers; a few days should see lots of improvement in the stick work. The fielding of the first defense is a bit ragged, but practice will remedy this, and two

weeks will see a smoothly running machine.

Let's see everybody supporting the first Bonesetter baseball squad and be out to watch it steam-roller a few of the scrub college teams around this part of the state.

## BASKETBALL AND GRID CAPTAINS ELECTED

Thursday, April 12th, was the date for election of next season's captains, and the whole gang of pill-toters assembled to pick out the leaders.

"Shorty" Sweezy was picked for captain in the grid section, and Gus Wiemers received the honor among the basket-tossers. Both of these men are capable of filling positions at the head of the line, and both have worked hard during the past year.

Sweezy will have a big year ahead,—his last at Still College,—and so will Wiemers. The past seasons have been unlucky in lots of ways, but we look to next year to fulfill our hopes for a pair of first class, rough-and-tumble, fighting teams, that can battle any college in the state on even terms, and come out on top.

We wish both of these men luck, and want 'em to know that the whole gang is "standing by" to push 'em over the top, next year. A new school and athletic plant will furnish the setting for two red-hot schedules. We're expecting big things, that's all.

## ASSOCIATION WAS DISTORTED

Doctor—How long is the course of this disease.

Student—I can't recall.

Doctor—Don't you remember—about 30 days.

Student—Surely sounds familiar.

## Popping The Question

To the Alumni of D. M. S. C. O.

If you know that your \$100 or \$500 would secure a new building for D. M. S. C. O., would you loan it to us? That is a fair question, is it not?

Well, it will do it. It will just take your one to five hundred dollars to put the proposition across. Isn't it possible for you so to appreciate the situation that you will be moved to loan your Alma Mater that small amount.

A new college building, a new gymnasium, one hundred freshmen this fall, three hundred students next year, unequaled clinics and a great school.

This is our vision. Will you help us to make it a realization?

## CLASSES ARE EVENLY MATCHED

(Continued from Page 1)

The 100-yd. dash will bring together a fast list of starters, with Buirge, Mertens, Reed, Marlow, VandeGrift and Nicholas. The 880 and mile are doped to go to the Juniors, with Sechrist and Wedel to carry the baton. The 220 will be a slam-bang affair,—probably the closest on the list. Skidmore, Mertens, Reed, Robertson, Davis, Olsen and Green will fight it out for the points in this race.

All of the other events will be close fought, and on the afternoon of May first should be

the biggest get-together in the entire history of the college. Everybody get out to the Stadium, and root your heads off for your own team. The faculty will probably take sides with the Frosh, feeling that they are the infants of the institution, and therefore need all the solicitude and tender care possible. Come out and see the closest battle in this old school in years!

## DR. MCCREARY HONORED.

The Omaha Bee has the following to say of Dr. Angela McCreary, formerly of Greeley:

Dr. Angela McCreary of Omaha is president of the Nebraska Osteopathic Woman's association which recently affiliated with the Nebraska Federation of Women's Clubs. Dr. Minnie Thompson of Newman Grove is vice president and Dr. Mary Anderson of Omaha, secretary-treasurer.

Dr. Jennie Laird is president of the Omaha association, which will be represented at the convention of the Second district, Nebraska Federation of Women's Clubs, in Papillion, April 27-28.

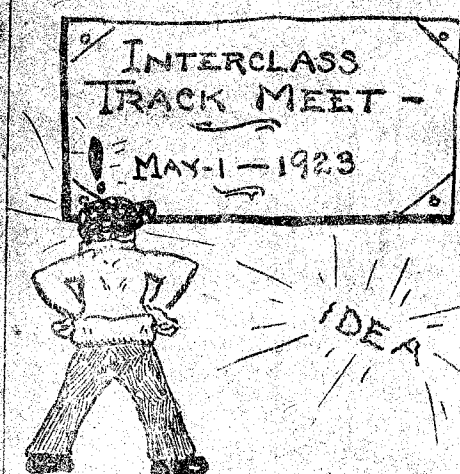
The National Association of Osteopathic Women is federated with the National Council of Women, an organization of 54 national associations of women in the United States with affiliated membership in every country in the world and is also federated with the General Federation of Women's Clubs, which has a membership of more than 2,000,000 women.

The object of the organization is to promote the welfare of women and children, to co-operate with other women's organizations and to stimulate state and local organizations.

## BONECRACKER PETE. —

No. 3

BY LAIRD—24



- OUR HERO LOOKING FOR TROUBLE -



- STARTS SOMETHING -



TRAINING HARD — (SOME FORM — EH?)

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 3

May 1st, 1923.

Number 7

## VARIOUS MEDICAL CULTS OF HEALING

By Dr. H. C. Engeldrum

## The Allopathic and Homeopathic Schools

(Reprinted from Health and Life)

For the past five years or more the writer has been asked hundreds of times what the various cults are, and why the drugless cults have surpassed medicine. The explanation lies in the analysis of the different schools of medicine representing the healing art.

2. There are two general divisions of schools of medicine representing the art of healing, namely, the orthodox school, represented by the Allopathic or regular school of medicine, and the heterodox school, represented by the Unorthodox, Heteropathic, eclectic, physio-medical and osteopathic schools.

It is a significant fact that the principles underlying the practice of heterodox cults have been evolved by orthodox physicians, and in consequence they have been obliged to be criticized by both the laity and fellow physicians, not invariably resulting in professional ostracism. But for the element of truth evolved in each case none would have lived to add to our store of remedial agencies.

Mr. Grote considers the historic period, apart from the illusions of legend, as commencing in Greece with the first Olympiad, 776 years before the present era. In the other countries the period may have been somewhat earlier, but this date will answer the purpose.

The First Medical College.

The first medical college established in Europe was founded by the Saracens at Salerno, in Italy. It was founded under the authority of Emperor Charlemagne in 802. Dunglison seems to give it an earlier date, declaring that it was already celebrated in the eighth century.



In 1764 the Philadelphia medical school was founded by some of our first medical professors. This was sixty-one years before Dr. J. B. Gram introduced the Homeopathic cult into this country.

In taking up the various cults of healing, I will first give the underlying principle of practice of the Allopathic or regular school of medicine, which can be incorporated in the phrase "Contra-ria Contrariis Curentur." In other words, it is the system of counter action. This implies that symptoms of disease must be overcome by drug sufficient in amount to quell the particular symptom.

It becomes apparent that this may often result in misleading impressions as to the real condition and progress of the patient, because beneath the drug-repressed function or drug-stimulated function remains the true status of the patient. This is

not always externally manifested.

## The Drug School.

The Allopathic school has, until recent years, maintained that heroic doses of drugs are most efficacious and accordingly administered them until the point of tolerance was reached; that is until there began to be manifested symptoms of the drug. Scarcely a vegetable organism or compound or a mineral compound exists but what has been included in the role of medical agents, each having its time of trial and then abandoned to be succeeded by some new remedy.

The Homeopathic School, the first Heterodox school, was founded by Samuel Christian Friedrich Hahnemann. Dr. Hahnemann was born at Meissen, Saxony, April 10, 1775. He received the degree of Doctor of Medicine from the University of Erlangen, in 1799, settled in Leipzig. In 1796 he translated W. Cullen's

(Continued on page 4.)

# THE WOMAN OSTEOPATH

Dora Deitz: 25

Osteopathy offers the woman of today the greatest advantages and opportunities of any vocation or profession. Women who have a vision of great world affairs are needed in this work now and will be needed even more in the future as still greater problems confront them. Women with their sympathy, insight and clear moral instinct are helping solve the difficulties encountered in an effort to preserve what is right and worthy in our system of life. In emergencies they must be in position to act unerringly and accurately, making any question as to their ability, sympathy and skill impossible.

A good woman osteopath need not have a great surplus of physical strength, for as the use of her hands is her business is good. Training and skill aid her in the performance of her work and no undue strain need be made on her vitality. There are localities where women osteopaths are preferred to men. They are successful where men fail because of their ability to cheer and encourage sick people. Many patients prefer women physicians and make their success certain. The profession offers a woman in addition an opportunity to grow intellectually, financially and socially.

One of the woman osteopath's greatest fields of activity lies in her work with children. How often are the results of the ravages of disease in childhood seen in mature men and women which could have been avoided attention of a competent physician in infancy. The health and proper development of every baby should be the endless concern of the osteopath. Children are constantly receiving injuries more or less serious, some of which are educational. However, when accidents like falls, burns, abrasions are suffered it is highly important that they be cared for properly and promptly. Of course children are no longer

(Continued on page 2)



## TRACK MEET BRINGS OUT STARS; ALSO LOTS OF 'CHARLEY HORSES'

The Annual Track Meet of Still College lived up to expectations with lots to spare, and furnished the large crowd with plenty of thrills, besides bringing out the material which is held under cover during most of the year. The Seniors, last year's champion, lost a bitterly contested battle with the Juniors, and failed to repeat last year's sweeping victory. (Must be the four years of this restaurant feed is taking it outa the boys.) The Sophs and Fresh failed to score highly, but displayed several classy sprinters in Buirge, Marlow and a high jumper of the "first water" in Stringbean Engberg.

The expected battle of the Frats failed to develop, the ITS scrapping together a total of 106 points, with the Phi Sigs, nearest competitor, collecting 35. Both first and second places went to the ITS in the relay, with the Phi Sigs copping third.

Lack of condition slowed down the time in the last events,—although that fact didn't hinder Sechrist in grabbing the half-mile and mile. The former Grinnell and Missouri Valley champ led the field with lots to spare, and wasn't forced to extend himself at any time.

Lustig was the only man to win two first places,—grabbing the 50-yd. dash and the 220 in good style. Clybourne ran a heady race in the 440, saving a sprint to the last half lap to romp into first place. Reed took second in this event.

Engberg, non-fraternity man, copped the high jump without much trouble, clearing the bar at 5 feet, 6 inches. The shot put was close, Parrish of the Seniors barely beating Wedel of the Juniors with a heave of 35 feet 6 inches.

### SUMMARIES.

100-yd. Dash—1, Buirge (So.); 2, Lustig (Jr.); 3, Marlow (Frosh); 4, Van De Grift (Jr.); 5, McWilliams (Jr.). Time 11 seconds.

40-yd. Dash—1, Clybourne, Sr.; 2, Reed, Sr.; 3, McWilliams, Jr.; 4, Richardson, Frosh.; 5, Vande Grift, Jr. Time: 58 seconds.

50-yd. Dash—1, Lustig, Jr.; 2, Buirge, Soph.; 3, Marlow, Frosh.; 4, Laird, Sr.; 5, Wedel, Jr. Time: 6 seconds.

880-yd. Run—1 Sechrist, Jr.; 2, Stohlberg, Sr.; 3, Laird, Sr.; 4, Richardson, Frosh.; 5, Higelmire, Jr. Time: 2:19.

220-yd. Dash—1, Lustig, Jr.; 2, Buirge, Soph.; 3, tie between Mertens, Sr., and VanDe Grift, Jr.; 5, Laird, Sr. Time: 29 seconds.

One Mile—1, Sechrist, Jr.; 2, Marlow, Frosh.; 3, McWilliams, Jr.; 4, Reed, Sr.; 5, Skidmore, Frosh. Time: 5:10.

440-Class Relay—1, Juniors; 2, Seniors; 3, Sophs.; 4, Fresh.; 5, Seniors. (Second squad.)

Shot Put—1, Parrish, Sr.; 2, Wedel, Jr.; 3, McWilliams, Jr.; 4, Sweezy, Jr.; 5, McNish, Soph. Distance: 35 feet 6 inches.

Standing Broad Jump—1, McWilliams, Jr.; 2, Marlow, Fr.; 3, Mertens and Wedel tied, 5, Nicholas, Soph. Distance: 9 feet, 2 inches.

Running Broad Jump—1, Olsen, Soph.; 2, Nicholas, Soph.; 3, Mertens, Sr.; 4, Benien, Frosh.; 5, Laird, Sr. Distance: 18 feet 5 inches.

High Jump—1, Engberg, Soph.; 2, McWilliams, Jr.; 3, Nicholas, Soph.; 4, Wedel, Jr.; 5, Prather, Sr. Height, 5 feet 6 inches.

Ball Throw—1, Nicholas, Soph.; 2, Wedel, Jr.; 3, McWilliams, Jr.; 4, Higelmire, Jr.; 5, Laird, Sr. Distance 339.

Fraternity Relay—1, Iota Tau Sigma, 2, ITS; 3, Phi Sigma Gamma.

OFFICIALS: Chief Umpire, Coach Sutton; Starter, Dr. Robt. Bachman; Scorer, Staples; Judges, Darn Near Anybody.

### FINAL STANDINGS.

	Pts.
Juniors	75
Seniors	42
Sophomores	40
Freshmen	23
I. T. S.	106
Phi Sigs	35
Non-Frat.	20
Atlas Club	16

### INDIVIDUAL POINT WINNERS.

McWilliams, Juniors	19
Marlow, Freshmen	14
Lustig, Juniors	14
Wedel, Juniors	13½

Nicholas, Sophomores	13
Buirge, Sophomores	13
Sechrist, Juniors	10
Mertens, Seniors	8
Laird, Seniors	8

## Bonesetters Win and Lose

The past two weeks have been busy ones for our ball club, which has won one game and lost one, while old man Weather has caused the postponement of three other games.

Coach Sutton's slugging crew journeyed thru the mud to Simpson a few days ago and took the pride of Indianola into camp by the score of 9—7. It was a close game all the way, until Olsen's long home run with the sacks crowded, sewed up the verdict in the old bat bag. Simpson expected an easy game, but the dope bucket took one more spill, and Still's first game of the season was a victory.

The game we lost was played with Des Moines University on the Tiger field,—and this was lost by our own bonehead baserunning and loose fielding at the critical moments. Four men were tagged asleep off the sacks when in a position to score, and errors galore smeared the box score. Lack of practice by reason of a muddy field, caused this trouble, however, and the next game will show a decided reversal of form. Olsen pitched both these games and turned out a good performance each time.

The hitting of the Bonesetters has been hard and timely, and any pitcher will have a hard time beating us. The fielding has been of a lower standard, but Coach Sutton has been drilling the infield hard this last week, and the battery should get more support the next time out. Several shifts have been made in the lineup, in an attempt to bring out the greatest possible strength, and now we seem to have hit on a good combination.

Our next game is with Des Moines U.—tonight. Friday we go to Pella to tangle with the Dutch again;—last week it was rain that saved the latter from the walloping of their lives. We are hoping to beat our old rivals, The D. M. U. Tigers, this time, and hope that within a year or so we shall have them rather well tamed—not only in baseball but football as well.

## THE WOMAN OSTEOPATH

(Continued from page 1)

expected to have the so-called diseases of childhood, but they do insist on having them in sufficient numbers to make the work of the physician interesting and so much worth while.

Women as osteopaths are in position to serve humanity in their greatest need, they are in a field of useful activity where independence and contentment are to be found, where their aid to the world's sick is demanded and appreciated. As an osteopath a woman is able to serve her home, her family and her community as she can serve them in no other field of endeavor.

## SHOOT THE WHOLE NICKEL.

Dr. Wade K. Hampton—(To man at gas station)—"Gimme about half a gallon."

Chorus (from folks in the car) "For goodness sakes, Hampton, get some gas. What do you think you're buying corn whiskey?"

Dr. Hampton (with abandon): "All right, put in a whole gallon."

## WHEN THE TUMULT CEASES.

There is in the Bible a verse which reads: "When the Son of Man cometh, shall he find faith on the earth?" There can be no doubt of the answer, I think. Lives are short, but life, in its essential needs, goes on. Science widens our horizon, but the most truly scientific men are men of faith. There will be religion on the earth when the last trumpet sounds, but how it will find expression—whether through Sunday church services, and creeds and rituals, or in some wholly different way—this we do not know and cannot tell. My own guess is that the creeds will have become much simpler, if, indeed, they have not entirely disappeared, and that, when the tumult finally ceases, those who have been most tumultuous will discover that they have not, after all, differed on the essential things.

There is an old Buddhist poem, found and translated by Lafcadio Hearn, which I have always liked:

"From the foot of the mountain many are the paths ascending in shadow, but from the cloudless summit all who climb behold the selfsame moon."—Bruce Barton in Collier's.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
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Editor.....C. L. Ballinger

## Osteopathy Without Limitation

IT'S an ill tongue that belittles its own.

NOBODY believes in hell except for the other fellow.

IF a man works hard and gets along, lazy folk say that he is lucky.

MEN look for signs of spring out of doors; but women look in the shop windows.

"I KNOW now," exclaimed the man who had been sued for breach of promise, "why they call it courting."

EMPTY wagons rattle most. And so do — well, finish it yourself.

SPEAKING of ERA and other things it is quite apropos to remark that a profitable religion never wants for proselytes.

WHAT folly it is for the poets To say that love is blind When a man sees more in his sweetie Than anyone else can find!

THE man who howls and growls at his wife every time she wants a little money usually buries her in a rosewood coffin.

JUST LIKE TODAY AS SOON as Esau had smelled the soup he forgot all about his birthright.

NOTHING puts more wrinkles in a face than worrying about things that cannot be helped.

WE MAY laugh at the man who says "I done it", but even at that he has probably accomplished as much as the man who says "I did it".

IT SOMETIMES costs a good deal to do right; but bitter experience teaches that it always costs more not to do it.

THE PARABLES OF MOWEB  
OUR readers have appreciated mightily the Parables of Miss Mollie Webb, who signs herself

MOWEB. They will be interested to know that Miss Webb is a British girl, whose home is in London, England. She graduates this month and will return immediately to London to practice her profession.

UNC' JOSH WIGGINS SAYS:  
"TH' FELLER who does th' most shouting is gin'r'ly th' guy who is puffedekly willin' fer th' other feller to do th' most work."

A MIGHTY spineless cuss is he And always on the rack Who waits for opportunity To pat him on the back.

ALTRUISM has it that we are in the world to help others. And a worthy sentiment it is. But sometimes we can't help wondering what "others" are in the world for.

"TO LOVE is to have justice, truth, reason, devotion, probity, sincerity, common sense and duty welded into the heart. To live is to know what one is worth, what one can do, and should do. Life is conscience."

—Victor Hugo.

BOUGHT AND PAID FOR  
Upon entering a professional school a student has the right to expect a thorough, practical education in return for the tuition fees he pays. When he has discharged his financial obligations as set forth in the catalog of the institution of his choice, he is entitled to the very best instruction each member of the faculty of that institution is capable of giving him.

Des Moines Still College of Osteopathy has always recognized its essential obligation in this regard and has, from its very beginnings, made private profiteering on the part of any physician on its teaching staff impossible by prohibiting outside classes conducted for gain. Each instructor is morally and by contract bound to give the best he has in the course of his regular classroom work.

There are no "special privileges for a price" at D. M. S. C. O. Every member of the student body has an equal chance. When the tuition and other prescribed fees are paid there are no additional charges, private or otherwise, for any of the regular work.

STERLING  
The Sterling imprint on silver is significant of just one thing—

PURITY. Only one hundred per cent metal can be so marked.

What Sterling is to silver, Des Moines Still College is to osteopathy.

A diploma from D. M. S. C. O. stands for high intrinsic worth and splendid professional attainments. When the College thus puts the stamp of its approval upon an individual, society is assured that he is wholly osteopathic, and a competent, thoroughly qualified physician.

Des Moines Still College teaches osteopathy without limitation. Nowhere in all the world is old-fashioned, ten-fingered, bony-lesion osteopathy of the unadulterated A. T. Still variety more consistently practiced. The finest didactic and clinical work available is the absolute rule of its classrooms and clinics.

## From Doctor Spring's Scrap-Book Pome

This is the story of Johnny McGuire,  
Who ran through the town with his trousers on fire,  
He went to the doctor and fainted with fright  
When the doctor told him that his end was in sight.

The teacher asked her class if they could compose some poetry, using the word Nellie.

She finally called on Johnny Jones.

John rose embarrassed:  
"There was a pretty little girl named Nellie,  
Who fell in the water and wet her little feet".  
"Why Johnny, that doesn't rhyme."

"I know it doesn't—the water wasn't deep enough".

And Then

## COLLEGE SPIRIT.

Weihl—Finds a quarter in the corridor.

Williams—I get half of that, I saw it first.

Weihl — (With emphasis) I have it, so I keep it, seel

Brady—Well, what do I get out of this.

Fourth Shamrock — Stick around, you may get to referee.

Doctor—"I have to report, sir, that you are the father of triplets."

Politician—"Impossible—I demand a recount."

While mathematicians are chasing down the fourth dimensions, hopefuls are still trying to decipher why a brown cow that eats green grass should give white milk that makes yellow butter.

## In Hoc Signo Vinces

A Parable of Promise

By  
MOWEB

Now at this time there arose a group of young men and of young women, and they gathered themselves together and sought out a mighty man of learning that is in the land. And they put forth a leader from amongst them whom they had instructed, and he stood before the mighty man of learning and spake, saying:

"Oh master, often ere now, looking down upon us where we sat at thy feet in class, hast thou, scanning the throng, told us that it was given unto thee to know which of us would succeed and bring glory unto Osteopathy and unto our Alma Mater, and which of us would return again to the hash slinging and the bell hopping in which we have striven for gain these past four years. Now therefore we pray thee, enlighten us in this matter, for in a few weeks do we set forth into a world which worships strange gods and follows stranger faiths and which does look askance at us and our ways. Therefore tell us, we beseech thee, how we shall fare, that our hearts may be glad and our spirits prepared."

Then the mighty man of learning nodded his head and winked an eye, and gazing down on the group of young men and of young women, opened his mouth and spake:

"By the great Hocus Pocus, it may be that some of ye should go to the farm and tweak cattle and some to the sea and net fish; and some will find the way hard, because in the past ye have ridden where ye should have walked and slept when ye should have watched. And yet as I look upon ye, I see some who shall cut with knives but not to kill, and others who shall use their hands, even their ten fingers, to do mighty deeds withal and the end thereof shall be health and not death. And lo, I say unto ye, little band, go forth and prosper, for though ye go into a strange world which knoweth naught, yet shall ye conquer because of the light ye carry forth, which is Osteopathy!"

He always wanted something new;

At last he had his way,  
He drove his car without his coat—

And caught pneu-mon-i-a.

## VARIOUS MEDICAL CULTS OF HEALING

(Continued from Page 1)

"Materia Medica" into German. He was struck, during the progress of his work, with the fact that the symptoms produced on the healthy body by quinine were similar to those produced on the disordered body when quinine was administered as a cure. This is the underlying principle of the Homeopathic school, which considers symptoms as vibratory attempts of nature to overcome disease. Drugs are prescribed which, when administered to the normal individual, will produce symptoms identical with those for which the drug is prescribed. The course of study pursued to gain this knowledge requires the student to learn both the symptoms of disease and the symptoms produced by the drugs administered, for the drug symptoms must exactly fit the disease symptoms.

### Dr. Hahnemann's Fight With Established Interests.

Dr. Hahnemann promulgated his new principle in a paper published in 1796 in C. W. Hufeland's Journal. Four years later, convinced that drugs administered in smaller doses than were usually employed effectively, exerted their curative powers, he advanced his doctrine of potentization or dynamization. In 1821 he was forced to leave Leipzig because of the hostility which his new doctrine had provoked among various established interests, particularly those of the Apothecaries. Upon the invitation of the Grand Duke of Anhalt-Coethen, he went to live at Coethen, and after remaining there for fourteen years, he re-

moved to Paris, where he practiced with great success until his death on July 2, 1843.

Hahnemann based Homeopathy on two facts, one, the facts of disease, the subjective and objective symptoms of the naturally diseased patient; the other, the fact of remedy, the subjective and objective symptoms of the drug diseased patient. These two classes of facts were made to serve for the premises of a scientific therapeutic application. Dr. Hahnemann directed the cure of curable medical constitutional diseases by symptoms. The similitude of the effects of natural and drug diseases, together with this method which carries with it all the elements of historic permanency. In other words the Premises are the sciences of Pathology and Pharmacology, and Homeopathy is "The method by which the facts of the science of Pathology and Pharmacology are brought into correspondence for the purpose of cure when disease is possible."

The college of Homeopathy teaches all the fundamental sciences, presents all the facts and theories of general medicine, and in addition, gives the student detailed knowledge of the Materia Medica Pura. The hospitals under Homeopathic control apply in a practical way the didactic teachings of the colleges. Both the colleges and hospitals recognize the limitations of Homeopathy and confine the application of the same to its proper sphere. Thus employed, Homeopathy has a sphere in medical practice that cannot be disregarded.

### Homeopathy a Therapeutic Application.

Homeopathy is not a system of medicine; it does not replace surgery, hygiene, biological med-

icine, chemical antidotes, physical therapeutics, or even the physiological dosage of the modern physician. It is but one of the many methods of treating sickness. It admits the possibility of eliminating, by other means, the evidence of illness. Properly understood, Homeopathy is nothing more than a method of therapeutic application. Its one and only demand for recognition is its peculiar way of determining the remedy for the removal of the symptoms of disease. "The size of the dose prescribed and the repetition of the remedy have little to do with the Homeopath." "Whether a given prescription is Homeopathy or not depends purely and simply upon the means of its selection. Homeopathy then is a method of therapeutic procedure. The Homeopathic method of treatment is founded on this hypothesis."

The school of Homeopathy encountered from the regular school of medicine a stormy path of resistance, but it eventually gained legal recognition, and has for a long time, been protected in its profession. The first physician who introduced Homeopathy in the U. S. A. was Dr. Johannis B. Gram. He began in the city of Boston in 1825, but received little notice or favor except from the German population. In 1835 Dr. Detweiler established, at Allentown, Pa., the North-American Academy of Homeopathic Medicine. It attracted attention but only received moderate support.

Dr. Constantine Hering was a participant in the enterprise, and resolved to extend its operations. Removing some years afterwards to Philadelphia, he procured from the Legislature, in 1848, an act of incorporation for

the Homeopathic Medical College of Pennsylvania. In 1867 a division took place and the Hahnemann Medical College was organized. Other Homeopathic Colleges are, at Cleveland, Chicago, St. Louis, New York, Boston, Detroit, Cincinnati and San Francisco.

(Continued in Next Issue)

### We Want to Help You, Doctor

We have established a "DEPARTMENT OF PROFESSIONAL ASSISTANCE," which we want you to utilize at your will. This department will assist you to secure a full time assistant, a competent man to take charge of your practice while you are away, or we will attempt to furnish, as far as possible, good osteopathic physicians for towns where the need is great.

Doctor, we want you to send us a list of the towns within your acquaintance that are in need of god, true blood, osteopathic physicians. We want you all to attend the national convention and will attempt to find you a competent man to take care of your practice while you are away. If you are crowded with work and require a full time salaried assistant we will do everything in our power to put you in communication with one that will give you entire satisfaction.

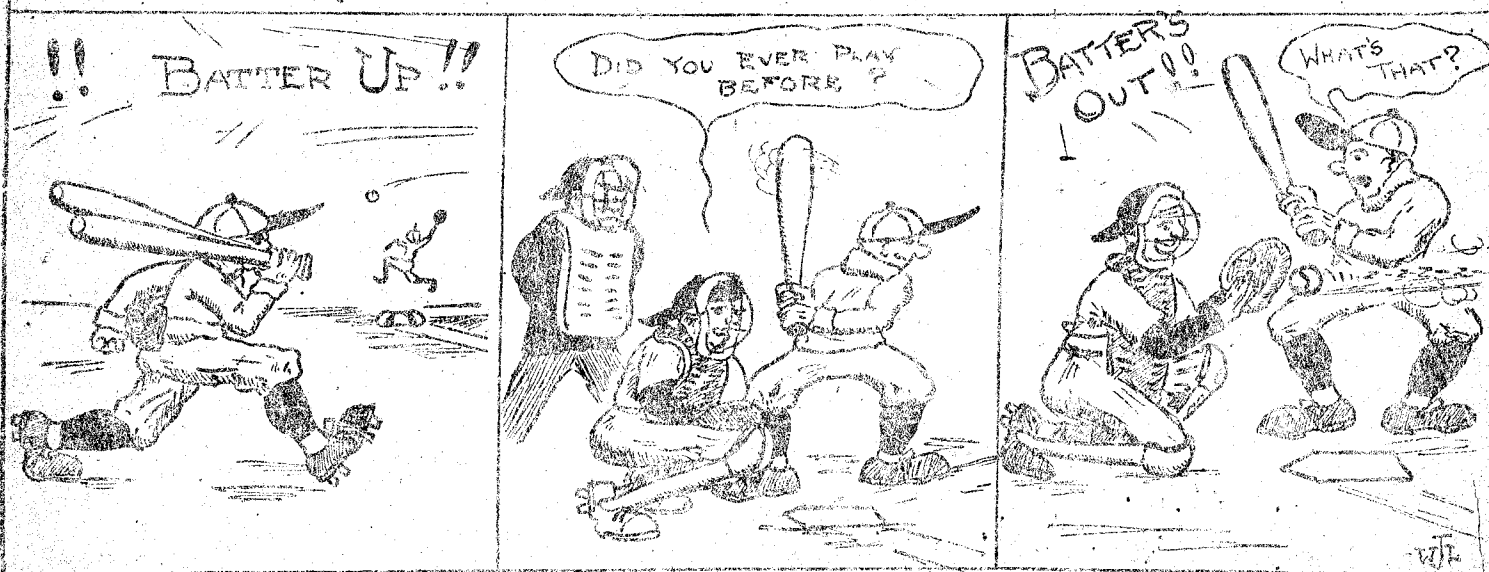
Let Us Know Your Needs, Doctor.

Address all communications to,  
W. R. GREGG,  
% The Log Book,  
1424 W. Locust St.,  
Des Moines, Iowa.

Russia now has a commissar for minorities. His duties, we judge, are those of a coroner.

## BONECRACKER PETE -

BY LAIRD - 245





Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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Number 8

## VARIOUS MEDICAL CULTS OF HEALING

By Dr. H. C. Engeldrum.

(Continued from Last Issue).

The Thompsonian School (Physio-Medical School) in this country, so named from Dr. Samuel Thompson, its founder, was the natural successor to the "Brunonian" in Europe. The virtues of the remedies employed were learned largely from the Indians and from the crude practices of the early settlers. They were generally vegetable rather than mineral products. Thompson encouraged the organization of friendly botanic societies and issued a call for a U. S. Thompsonian convention of delegates for such societies to meet at Columbus, Ohio, December 17, 1832. (This was seven years after the first Homeopathic College of Boston.) Annual meetings were held until 1838 (six years), when dissension rent the association asunder.

Dr. Alva Curtis dropped the name Thompsonian, and it has been generally known since as the "Physio-Medical School." It holds a co-ordinate position in many states with Allopaths or "regulars," the Homeopaths and the Eclectics. Its origin may be traced to Dr. John Brown, for many years professor of the theory and practice of medicine in Edinburgh University. His followers called his the "Brunonian System," in honor of its founder. The system was based upon the hypothesis of excitability. Diseases were either sthenic (Strength, Strong, Active,) or asthenic, the result of an excess or a deficiency of excitement. Bleeding, low diet, and cathartics were the remedies for the former; Stimulants for the latter. Brown's theories and practice found favor upon the Continent. Brussels, in France, promulgated similar doctrines and brought upon himself the hostility of the whole medical profession in Paris. He was the author of the famous dictum, "Bleed the



## DR. C. W. JOHNSON

*Professor, Nervous and Mental Diseases, and  
Dean of Des Moines Still College of Osteopathy.*

The subject of this paper has justly won renown. His education is rooted in the fundamentals, grade school, high school, college and professional training, and has not been neglected in any particular. Having been well grounded in the fundamentals by his preparatory training, he has increased his knowledge by wide and continuous reading along professional lines.

It is said, "no man knows his subject until he has taught it." Doctor Johnson more than qualifies in this particular. He was honor man in his classes in the Osteopathic school and since graduation he has been instructor continuously for sixteen years. He has taught almost every subject in the curriculum. He has given more time and study however, to nervous and mental diseases than to any other branch and has risen to eminence in this field. When he speaks on his specialty, he speaks with authority, for he not only knows his

(Continued on page 3)

patient till he is white," which became the ruling practice in America, under which the life of George Washington was undoubtedly cut short.

The Physio-Medical School is therefore identical with the Allo-

pathic school in principal, but eliminates the use of any drug internally which would destroy a white blood cell or corpuscle by direct contact. Their fight for legal status was not fought with

(Continued on page 2.)

## PRESIDENT TAYLOR on MODERN HOSPITALS

Dr. S. L. Taylor, President of the Des Moines Still College of Osteopathy, gave a talk before the Central States Osteopathic Association at the Baltimore Hotel in Kansas City to a large and very appreciative audience, last Thursday afternoon.

The subject of his talk was the Modern Hospital.

The contents of his discussion were clearly defined and every one in the audience felt that a new day was dawning in the management of our hospitals and that efficiency will be the watchword upon the doors of these institutions.

In substance Dr. Taylor declared that there was no substitute for poor service and that the public is just beginning to declare its attitude and to tell the physician is becoming more and more to realize that when a patient calls him that he wants service.

This service is not only applied to the physician in his private practice but applies to our hospitals. For a long time our hospitals have suffered from morbid sentimentality of the physicians and they have been about as efficient institutions as the lack of application of business principles could make them. But, now our institutions are beginning to show signs of efficiency, for when the business principles were applied and the factors for efficiency or waste, analyzed, it was found that one of the first problems that the hospitals had to solve was how to make hospitals more suitable to men of moderate means.

In order to create this efficiency for our hospitals, great business institutions, other than hospitals were studied as to their methods, efficiency, economics—and it was soon learned that their business was more carefully supervised, concentrated and waste eliminated.

To accomplish this work a few  
(Continued on page 4.)

## VARIOUS MEDICAL CULTS OF HEALING

(Continued from page 1)

much difficulty for the reasons, that the Physio-Medical school is almost identical with the Allopathic school and the Homeopathic cult had already established their legal status.

### The Eclectic School

The Eclectic School, another stray lamb from the fold, was founded by Dr. Wooster Beach and now has a recognized system. The term "Eclectic" had been used long before in a general way, but this was the beginning of its use to designate a school of medical reformers. About 1842 a reformed medical college was organized in Cincinnati, Ohio. In 1845 (twenty years after Dr. J. B. Gram started the first Homeopathic college in the City of Boston in 1825), it was incorporated and named the "Eclectic Medical Institution." The charter of the "Eclectic Medical Institute," in 1845, contained the following clause: "Our college will be strictly that which its name indicates—Eclectic—excluding all such medicines and such remedies as 'under the ordinary circumstances of their judicious use are liable to produce evil consequences, or endanger the future health of the patient,' while we draw from any and every source all such medicines and modes of treating disease as are found to be valuable and at the same time not necessarily attended with bad consequences."

In 1851 the National Eclectic Medical Association adopted a platform of principles which contained the following: "To encourage the cultivation of medical science in a liberal spirit, especially to the development of the resources of the vegetable Materia Medica, and the safest, speediest and most efficient method of treating disease. . . That a departure from the healthy condition interrupts the bodily functions, and only the recuperative efforts of nature can effect their restoration. The object, therefore, of medication, accordingly, is to afford to nature the means of doing this work more advantageously and under circumstances in which she would otherwise fail. . . . The excluding of all permanently depressing and disorganizing agencies, . . . such as depletion by the lancet and medication of a dangerous tendency; but no system of herbalism, . . . and no objections of a mineral except

from the conviction of its injurious effects."

In summing up the above system we find that it is wedded to the idea "Specific Medication" and from a drug medical standpoint seems quite logical, their contention being that the tissues of different organs and other structures of the body have a varying chemical makeup or composition and in consequence have equally varying affinities for drugs administered during sickness. Through varying laboratory experiments and experiments on the sick from an empirical standpoint, they have evolved an array of remedies for their practice. On account of the precedent established by the Homeopathic cult in establishing their legal status, the Eclectics soon gained equal legal privileges.

### The Osteopathic School.

The founding of the Osteopathic School of practice by Andrew Taylor Still, M. D., in 1874, marked a revolution in medical thinking.

The Osteopathic School, the last to be evolved, views the human body from a biological standpoint. This school is unique in its principles of practice, as it has very little in common with other cults of healing. Osteopaths maintain that energy cannot be destroyed, as taught by physics, and that any remedial agent is such by virtue of the fact that the energy represented by the remedial agent is converted into its physiological equivalent. In consequence chemical energy is transformed into physiological energy or uses the tissues of the body through which to express itself without a change in itself. In like manner, mechanical energy applied, with a definite purpose in view, is transformed into its physiological equivalent. The Osteopathic cult is, therefore, a mechanical cult, which views the body as a machine vital in character.

They maintain that through the evolutionary process the human machine has been evolved, and that every structure has its definite relations to neighboring structures, that through the development of all the varying structures in the body, two types of tissues have been developed which are basic in their function, as all other tissues are on them dependent for their function and sustenance.

Of these tissues, one serves the purpose of communication, analogous to a telephone system, and brings all other tissues into co-ordinate functional activity. This tissue is called nervous tissue

and is composed of countless numbers of units all connected, some receiving sensory impressions, while the remainder receive and transmit the impulses from the sensory nerves and conduct them to the muscle tissues to effect motion.

The other basic tissue is the circulatory apparatus, which carries the food supplies to the tissues and also removes the waste to the organs of elimination. They appreciate the fact that the nervous system is dependent upon the circulatory apparatus for sustenance and also that the circulatory system is dependent upon the nervous system for its stimulus two functions not only basic in character of function, but also inter-dependent or interrelated. They recognize this endless stream of involuntary as well as the voluntary nervous impulses which cause all motion.

They contend that, when the whole human machine is in a perfect adjustment as regards its component parts, or as regards its environment, it must be in a normal functional condition and as a result health must obtain. In case of ill health or disease they place more stress upon the structural condition of the body, contending that any error of structural relations will produce its corresponding symptoms.

They therefore seek to correct all such errors as can be corrected, leaving the symptoms to disappear as a natural consequence, where nerve stimulation to any muscular tissue is increased or decreased they attempt to correct same mechanically, or perhaps the correction of some error in structural relation will lessen the irritation.

So it becomes apparent that the greatest stress is laid upon the blood and nerve forces, and all impediments to their normal activity are removed if possible. This, they reason, results in a normalizing tendency for, these functions being normal, tissues dependent upon them for nutrition and stimulation must, as a result, tend toward the normal.

Surgery is the common heritage of all the aforementioned cults of healing. The Osteopathic Physician, however, decries promiscuous surgery, but utilizing surgery when necessary demands it, as when the diseased part is beyond the influence of treatment. Surgery, which is mechanical in nature, comprises with the Osteopathic cult which is in its very nature mechanical.

The name Osteopathy is deriv-

ed of two Greek words "Osteo" (which means "bone") and "Pathos", which means "suffering" (to suffer). "Pathy," our English equivalent for this word, by usage has come to mean "a system of treatment for suffering of disease." The word was considered by its founder to be the most appropriate from the fact that bones are used as levers in administering treatment very often from this word arises the first misconception of the science, but the names of other schools of practice, names of political parties, religious denominations, all are equally insufficient and misleading and have to be explained. Take the term "Allopathy" meaning "other suffering," and "Homeopathy" meaning "like suffering"—what logical connection would these terms suggest to your mind unless familiar with the theories, drugs and practice which they stand for were already in your mind. A name can only suggest some part of a complex work.

The Osteopathic system of healing recognizes the use of some drugs (to be named later) but has as its central point, around which all else revolves, the mechanical aspect of the body and its relation to function.

Osteopathic physicians utilize germicides, antiseptics and disinfectants to minimize bacterial activity and their toxins. Anaesthetics, either in a local or general sense, to control pain incident to operations. Antidotes in case of poisoning, where chemical neutralizing effects are necessary in the stomach or intestine. Laxatives or purgatives in cases of emergency. Sedatives in case of extreme pain, whether physical or mental, but the aim at all times is to get the patient away from the need of such help and to make the organism self sufficient and dependent upon the food which is ingested and thereby promote the automatic capabilities of the body, as was intended by nature.

The course of study includes all subjects usually taught in a medical college, with particular attention given to Anatomy, Physiology and Chemistry. Course of study extends over a period of five years of thirty-six weeks in the school year, with a total of 5,184 hours; each school hour consists of sixty minutes.

When you can't get to sleep, just jolly yourself into the belief that it is morning and high time that you were up and about. If you are normal, this will put you to sleep at once.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

Osteopathy Without Imitation

Some Thoughts from the Old  
Doctor

"Osteopathy walks hand in hand with nothing but Nature's laws and for that reason alone its marks the most significant progress in the history of scientific research."—Andrew T. Still.

"An Osteopath is only a human engineer who should understand all the laws governing the human engine and thereby master disease."—Andrew T. Still.

"As you contemplate studying this science and have asked to know the necessary studies, I wish to impress it upon your minds that you begin with anatomy, and you end with anatomy."—Andrew T. Still.

"The Osteopath reasons, if he reasons at all, that order and health are inseparable, and that when order in all parts is found, disease cannot prevail, and if order is complete and disease should be found, there is no use for order."—Andrew T. Still.

"When we reason for causes we must begin with facts, and hold them constantly in line for action, and use, all the time. It would be good advice never to enter a contest without your saber is of the purest steel of truth."—Andrew T. Still.

"The medical man's opinion of Osteopathy is like my opinion of Chinese grammar."—Andrew T. Still.

In the past eight years the output of radium in the U. S. was less than one-fourth pound. But cheer up, this quarter of a pound is probably worth \$11,000,000.

We can't help wondering how Adam felt when he discovered that Eve didn't know a darned thing about cooking.

When a woman loses her husband it sometimes happens that the loss is fully covered by insurance.

## DR. C. W. JOHNSON

(Continued from page 1)

subject theoretically, but also practically. His clientele has always been large and his experience in actual observation and treatment of cases has given him a basic knowledge of the symptoms and the phenomena of human ailments which serve him well in the class room and make him an able teacher.

His classes idolize him as a teacher and among all the students who have graduated from D. M. S. C. O. not one can be found who does not speak most flatteringly of Dr. Johnson's splendid teaching ability and who does not refer to his instruction in nervous and mental diseases as very, very satisfactory.

D. M. S. C. O. appreciates Dr. Johnson for his splendid educational preparation, for his professional knowledge, and for his great ability as an instructor. If D. M. S. C. O. had no other teacher, and all the students could come under his instructions, it would still be a great college. He is a man, a scholar, a teacher and a real scientist. The profession loves him and cherishes him as among its greatest.

## BOILING THE BOILS

By Dora Dietz, '25.

Even boils may succumb to the Saturday night soapy. If recognized and treated in the early stages, boils yield to hot water and soft soap baths. If, unfortunately, they are not given early care, they go blissfully on in their development until we can all agree with Mark Twain that "the best place to have a boil is on the other fellow". We can fully sympathize with him and usually tell him so, at the same time hoping inwardly that our turn never comes. When we know that the germs causing boils dwell on our skins without the usual formality of "by your leave" or of signing on the dotted line for the privilege, it is not surprising that no individual is fortunate enough to be able to say "there are no germs on me." The germ responsible bears a formidable Greek name which in good English means bunch of worms. It has a habit of growing in clumps and sticking together instead of spreading out so that it can be more readily annihilated.

A scratch or break in the skin gives the germ the opportunity it seeks and the constant rubbing which does break the skin in the region of a collar or cuff, may give an opportunity for the beginning of the familiar boil. Many of us can consequently be thankful that our skins are so hard that nothing can get under them easily. The germs are also able to get deep into the skin about the roots of hairs. Here they are fairly safe from interruption and the lowered resistance of the bodily forces makes it very easy for them to declare a holiday and invite their friends to the party. It is at this stage in their development

that the process of boiling them should begin. Of course, the defenders of the body rush to the spot, it becomes swollen and hot, but the assistance of external heat makes the work of the defenders more successful.

Athletes in training are commonly victims, if they are roughly rubbed down. Persons recovering from wasting diseases such as typhoid frequently have crops of boils. They usually begin about a hair and develop until the hair can be seen standing up in the middle of a small yellow speck. With such a favorable beginning and with the increase in the numbers of the invading germ, the infection burrows deeper and deeper and the surrounding tissues are injured and killed. They are no longer able to withstand the ravages of the disease and add to the confusion. A resisting wall is built about the injured area, the center of which is commonly called the "core". The "white" blood cells, which are the body's soldiers, come by the millions given off by the germs, also contribute their dead bodies to the formation of the "core" and their decomposition supplies the pus.

If the skin in the region the germs select for a playground is tougher than in other parts of the body, the boil may grow to large size before it is "ripe", or ready to open. The soft tissues under the skin make it possible for the process of growth to go on undisturbed. It is quite important that the boil be opened only when it is ready, because a premature opening may cause others to form and make a bad matter much worse. When the germs and dead tissues are all removed, after the boil is opened and thoroughly cleansed, the opening quickly fills with repair tissue and the only thing that

## TAKES TUBERCULOSIS FROM DISEASED CATTLE

A test recently concluded by Dr. E. C. Schroeder of the United States Department of Agriculture traced tuberculosis in a child directly to bovine tuberculosis. The history of the case is as follows: During the latter part of October, 1922, a tuberculin test was applied to a herd of 12 dairy cows. The test was made at the owner's request under the plan conducted by the State and Federal officials working co-operatively. As a result of the test 11 of the 12 cows were classed as reactors, and upon autopsy all revealed lesions of tuberculosis, two being advanced cases. The veterinarian who made the test was informed by the owner that his 8-months-old baby girl had recently developed a swelling in her throat which was being treated by their family physician. The child had been fed on the milk of the infected herd for about 7 months, and the physician believed that the enlargement in her throat was tuberculosis of bovine origin. The attending physician soon afterward decided that an operation to remove the diseased tissue was needed. As a result of the operation the child is recovering.

A part of the diseased tissue was forwarded to the experiment station of the Bureau of Animal Industry, United States Department of Agriculture, located at Bethesda, Maryland. On microscopic examination it was found to contain bacteria which looked precisely like tubercle bacilli, and these were proved beyond question to be tubercle bacilli of the bovine or cattle type.

This case is particularly interesting, not because tuberculosis is of rare occurrence among children, but because the disease in this instance was traced to the very cows from which the infection emanated.

Conservatively estimated, bovine tubercle bacilli, or the type with which the milk obtained from tuberculous dairy herds is apt to be contaminated, are responsible for about 10 per cent of the deaths due to tuberculosis among children under five years of age, and for many cases of tuberculosis which do not end fatally but often leave their victims permanently scarred or crippled.

It remains to remind the victim of a bad experience is the familiar white scar.



## Bonesetters Again Win And Lose.

During the past two weeks the D. M. S. C. O. baseball team has met and conquered the strong Des Moines University team, our most deadly rivals, and lost a loosely played game to Central College of Pella.

For years the Bonesetters have been attempting to smother D. M. U. It was near a whitewashing for the score was 13 to 4 and Des Moines used four pitchers before they stopped the slugging Osteopaths. Olson pitched great ball for Still and held the Baptists to a few scattered hits. He also was the hero at the bat, cracking out three hits and ruining two bats. The team showed the best work that they have this season. Olson was supported by airtight baseball all the way.

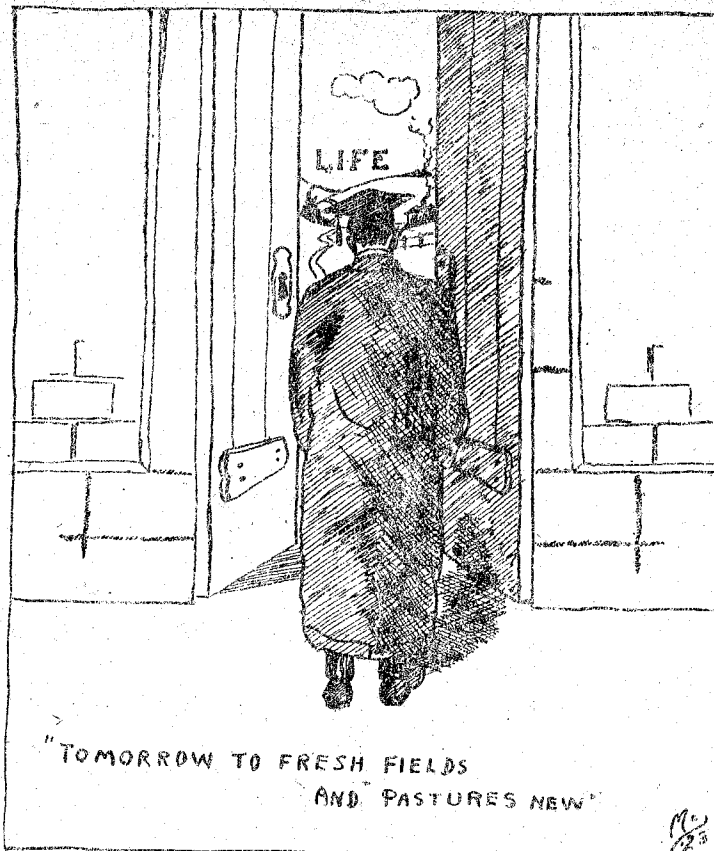
At Pella it was another story. Bone started on the mound for the Osteopaths but retired in the third inning in favor of Olson. Pella played good ball and deserved the 13 to 7 win. The Osteopaths made 10 errors and literally handed the game to Central. Olson and Bone would have won easily had their team mates backed them up. A home run by Davis and a brilliant catch by DeVries, Central's one handed short stop, were features of the game.

The Bonesetters will close the season this afternoon with a game here against the strong Simpson College nine. In the first game of the Osteopath, a professional son by a 9-7 score but since that time the Methodists have been playing better ball and the game promises to be the best of the season. Still will be handicapped by the loss of some of its best men. Olson and Schaeffer will be the batteries for Still.

## Dr. J. H. Styles Leaves D. M. S. C. O.

Dr. J. H. Styles, Jr., for three years the corresponding Secretary and Clinician of Des Moines Still, has resigned his position. He became the Associate Editor of the Osteopath, a professional magazine published by Dr. R. H. Williams of Kansas City, May 1st.

Dr. Styles will be greatly missed in this institution. His ability as an instructor and his knowledge of human anatomy and technique can only be appreciated by those who studied under him. The Faculty and the Student Body of D. M. S. C. O. are wishing him success in his new field of endeavor.



## COMMENCEMENT

Thirty-five men and women will be graduated from Des Moines Still College of Osteopathy on the night of May 24th. After four years of diligent work these men and women will receive the D. O. degree and go out as full fledged doctors.

These men and women will be scattered to all parts of the United States and one goes to London, England to practice. The majority of the new doctors are going into practice on their own immediately. Some few are entering hospitals as internes, while others are going into offices and clinics as assistants.

The names and probable locations of these graduates will be given in the next issue of the Log Book with complete Commencement information.

## NOTICE

Please keep in mind the fact that all mail intended for the college be always directed to Des Moines Still College of Osteopathy, 1424 W. Locust Street, Des Moines, Iowa. Do not direct mail to individuals unless you intend it for individuals.

## STOP! LOOK! LISTEN!

She is attractive—you stop; you look; and after you marry her, you listen.  
(Ask Dr. John Woods.)

## Correction of Statement in 1924 Osteoblast.

Our attention has been called to an error in the Athletic Section of the 1924 Osteoblast. The statement is made there that the A. S. O. Baseball team defeated the Des Moines Still Osteopaths last spring on two occasions. Those games were played by the A. S. O. Baseball team against Des Moines University, and not against the Des Moines Still College of Osteopathy. The latter college did not at that time have a baseball team and the student body of that college loyally supported the A. S. O. team at the baseball games, also entertaining the members of the A. S. O. team while in Des Moines.

We sincerely regret this error in our Year Book and take this means of making a correction.

Grace A. Woodelson  
Editor of 1924 Osteoblast.

She—Did you do well in your anatomy quiz?

He—Not so much. I said there were seventeen vertebrae in the spinal column, but I find these new ballroom styles have uncovered a couple more.—Denison Flamingo.

## COLLEGE SCANDAL.

Notice—Ethyl Chloride and Ben Zene were found in the chemical laboratory with a flask.

## PRESIDENT TAYLOR on MODERN HOSPITALS

(Continued from Page 1)  
of the following points have been proposed:

1. By Abandoning;
  - a. Wards and large private rooms,
  - b. Special duty rooms and general lavatories.
2. And by substituting;
  - a. Toilet and special lavatories in each room.
  - b. Large diet kitchens and serving rooms,
  - c. Central linen closets,
  - d. Pneumatic tube service,
  - e. Dumb waiter service.
3. By saving time;
  - a. Physician,
  - b. The internes,
  - c. Nurses.

Business is also being applied:

1. In selection of the staff,
2. Registering patients,
3. Diagnosing,
4. Treatment of diseases.

In the study of these points of improvement it will be found not only to be economical but the patients will be greatly more satisfied.

Dr. Taylor was royally received and every one seemed enthusiastic. The Doctor met several old students, including Mr. and Mrs. W. D. Fletcher.

The students of the D. M. S. C. O. will be pleased to learn that Mr. and Mrs. Fletcher are contemplating returning to school here this fall.

## A CORRECTION

Our attention has just been called to an article published in our April 15th edition. "Did You Ever Stop and Think" was credited to Louis H. Kuchera but Dr. George W. Reid informs us that the article appeared in the February 1923 edition of the Osteopathic Magazine. Mr. Kuchera regarded the article of great value and handed it to us, overlooking the embodiment of the source of the article. We are sorry that due credit was not given the Osteopathic Magazine and take this means of adjustment.

## Or Ye Editor's Blue Pencil.

Mrs. Moss (exuberantly)—"I've been to three balls this week!"  
Mr. Potter (nonchalantly)—"See anything of my watch, old dear?"

Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

Acceptance for mailing at special rates of postage provided for in section 1103, act of Oct. 3, 1917, authorized Feb. 3, 1923.

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

June 1st, 1923

Number 9

## "OPPORTUNITY"

An Epitome of the Address given to the Graduation Class by the Rev. C. D. Crissman, Superintendent of the Council Bluffs District of the Methodist Church: "I very much appreciate the honor of being permitted to address this body constituted of faculty, graduating class, students and friends on so important occasion. The time was when this school and the branch of healing it represents was poorly esteemed and scoffed at. Powerful influences were arrayed against it and you suffered professional ostracism. But all this has changed. Osteopathy is being practiced wherever there is sickness or pain and the laws of practically all of our states have withdrawn the obstacles which once confronted you."

He then launched into his subject, declaring that "ambitious persons select channels through which to pour themselves into the life of the community in which they live and great men think of life in terms only as to what he can do for it and put into it. Life is not a goblet to be drained, but a measure to be filled."

He emphasized the oft repeated thought that the doctor's profession is a part of the ministry for an avenue through which men may best serve. His high calling demanded the highest type of man for necessarily doctors are trusted with the most sacred interests of family life. Men of the profession therefore must be strong and must take a firm stand on the high principles of their calling and steer clear from fads and quackery. He emphasizes the great opportunity that men in the profession had to serve men, but he wished to have it understood that opportunity was a thing of the present and not of the future. That opportunity is not an open door, but that by sheer force of character you open and that it is of little use to quarrel with the difficulties one may face in the practice. You must fight for your place under the sun in true serv-

(Continued on Page 4)

## Seniors Are Honored At Banquet

The annual faculty banquet, honoring the graduating class was held for this spring's seniors, Thursday evening, May 17. The dinner was given in Younker's Tea Room and the class voiced its appreciation with full attendance.

The toast program was in charge of President S. L. Taylor as Toast Master. It was opened by Mr. J. C. Cochran, who sang two numbers, "Thora" by Adams and "Roses of Picardy." Mr. F. A. Hoffman accompanied the soloist.

Miss Ava Johnson was called upon as the first of the faculty to address the class and responded with a nonsense poem, called, "Comments On Viewing the Banquet, a la Eben Holden," which read as follows:

"Looking 'round in all directions,  
North, South, East, West, up and down,  
Don't it seem like these traditions  
Are the biggest bunk in town?"

"Just because it's May and springtime,  
Just because it's always done  
I must burst in frothy play rime,  
Make you think, 'Ain't We Got Fun?"

"First you do four years of larnin'  
While we drag out every cent,  
Then because for home you're yarrin'  
We, quite suddenly, repent.

"Spread ourselves for one grand party,  
Buy your seats and all that row,  
All us crabs, quick act up hearty—  
But it's kinda late, somehow.

"We can't fool you much, by this time.  
There's not much that you don't know  
'Bout our best, and worst, and shoe shine  
If you cared to tell us so.

"Here we sit like tanned up leather  
Chat in whispers, laugh in low,  
Sortin' forks and talkin' weather,  
Wonderin' when we get to go.

"We're the same old goophs and gooph-ses  
Settin' pretty in a row,  
Grinning like a bunch of mooses,  
Swapping yarns that we all know.

"Dean looks cheery, but it ain't true.  
He's got pains deep in his chest.  
Steffen's whiskers, like they should do  
Shine from brushing them his best.

"Spring is fooling with a four course  
Wishing it was plain ham and.  
Rogers talks in high brow discourse  
Longing for a four flush hand.

"Times were shaken out of kid's banks;  
Hours were spent on curling hair—  
Creases pressed to ride on men's shanks,  
This is some blow out for fair.

(Continued on page 4)

## STILL COLLEGE 'GRAD' EXERCISES

AUDIENCE: The Commencement Exercises, May, 24, 1923, probably attracted the largest crowd we have assembled at *Des Moines Still College of Osteopathy* in many years. This was in part due to the fact that we had the largest graduating class receiving diplomas for several years and in part was due to the stimulated interest in the institution through the campaign for the new college building. All friends seemed to be on their tip-toes and everybody just as jolly as fine spirits could make them. Every seat in the old assembly hall was filled. Chairs were brought in and all the extra space was occupied and even clear out into the hall. It was a wonderful sight and cheered the hearts of any old graduates of the institution to see such an assembly of friends and hear their expressions of interest. Scattered here and there among the audience were old graduates who had returned to listen to the exercises and it is safe to say that from now on they shall have a renewed interest in their Alma Mater.

Osteopathy is firmly fixed in the minds of the people in the city of Des Moines, and can never be replaced by other interests. The speaker of the evening, Rev. George D. Crissman, was more than cordial in his endorsement of osteopathy as a method of healing and of the osteopathic profession as a whole. His enthusiasm was imparted to the splendid audience and the whole evening was turned into an occasion of jubilation. Any one who doubts the fine currents and the insuppressible urge and triumph of *Des Moines Still College of Osteopathy* could not have failed to have been inspired and convinced had he had the opportunity to look inside the doors and to have tarried in the corridors during the hour following the exercises when the new graduates were receiving the congratulations of their many friends.

CLASS: The May graduating class, 1923, consisted of thirty-five  
(Continued on Page 4)

## TEETH

### *Their Care and Consequences of Neglecting Them.*

By Dora Dietz, '25.

To have a tooth or not to have it, that is the question. From the cradle to the grave we are relentlessly pursued by that vigilant member of society known as the dentist. We perhaps often feel that he is entirely too much "on the job", and yet failure to heed his commands often produces feelings of quite another character for which we demand instant relief.

Fully developed teeth accompany us into this vale of tears and sorrows, although they are not visible until some time later. It is consequently quite important that something be done to assure us that these teeth are in the best possible condition, fully developed, strong and vigorous, if they are to be with us at the finish. No one knows just how a tooth is cut. We do know, however, that at the proper time it announces its arrival and that it does not bore its way through like a gimblet.

A baby starts cutting its teeth between four and ten months of age and the process continues until the end of the second year. They may come in rapidly or they may put in their appearance at irregular intervals. About six years of age the second set or permanent teeth begin to push the milk teeth out of the way. If the first teeth have had proper care the second ones should be in good condition to do the work required of them—prepare food for digestion, and give visible evidence of the virtues of various tooth pastes, powders and the like.

Our friends, the dentists, tell us that the mouth is the portal of entry and the lodging place for all kinds of undesirable invaders, microscopic in size. They attack the teeth or make the gums and surrounding parts assist them in their work of destruction, because the surfaces in the mouth are somewhat friendly to them. Germs get down between the teeth and gums, and abscesses are formed at the roots. The worst abscess that ever was, started with a slight inflammation in the gum around a tooth. The time to knock it "dead as Hector" is while the irritation is slight. Later on when it gets under headway nothing stops it. Healing may take place where the germs entered, but the abscess at the root remains as a con-



MRS. J. L. SCHWARTZ, who had been the Secretary of DES MOINES STILL COLLEGE OF OSTEOPATHY for three years and who had been associated as book-keeper and stenographer for eleven years previously, making a total of fourteen years of service, submitted her resignation at the May meeting which was accepted by the Board and Dr. M. D. Cramer was elected in her stead. It was with much regret on the part of the institution that she saw fit to resign, but owing to the fact that she was moving from the city, of course she could not hold the position. She had been secretary for so long as she knew intimately all the "ins and outs" of the institution, so that her help will be missed for some time to come. Many expressions of good will from the student body and members of the faculty have been expressed and she carries to her new home the highest respect of all concerned. We join with her many friends in wishing her success in her new field of labor.

stant menace to the health of the body. Then we have what our medical and dental friends call a "focus of infection". This term causes our hearts to seek a retreat somewhere in the vicinity of our boots and well it may. Such centers send harmful germs to all parts of the body where they produce such ailments as are commonly termed "rheumatism", heart disease, kidney disorders, liver disturbance with its

attendant brown taste, and many others of more or less serious nature.

One dentist promptly recommends that the offending tooth come out, that nothing can be done about saving it. Appeal to another dentist in the hope that the first decision may be reversed brings the verdict that the tooth may remain. Here we are again in serious trouble. Removal of a suspicious tooth makes the

## FROM FOREIGN MISSIONS BOARD

The writer wrote a letter to the national representative of the Foreign Mission Board of the Methodist church, explaining the course of study in osteopathy and the two years extra training to qualify for surgery and also made a comparison of the osteopathic training and the medical training.

Rev. Dr. G. H. Myers of 150 5th Avenue, New York City, is the national representative. He was evidently very much satisfied with the training of the osteopath as it is given in all the osteopathic colleges today. It gives me pleasure to publish here a copy of Dr. Myers' letter. I would strongly recommend that any osteopath interested in missions correspond with Dr. Myers.

Greencastle, Indiana,  
April 23, 1923.

Dr. Emmett M. Schaeffer,  
Still College,  
Des Moines, Iowa.

My dear Dr. Schaeffer:

Your very kind letter with its wealth of information is at hand. I thank you for it. I have studied it carefully. I am writing to California for some additional information and as soon as I can get this all in hand, I shall then present it to our Board.

I cannot see why this will not meet every requirement and having taken the extra surgical preparation, I can see no reason why you cannot go as a Medical Missionary. I will write you again on the subject.

It is strange that your letter did not promptly reach me. It must have fallen into the hands of some new clerk.

Thanking you for your kindness and information, and wishing you the greatest of success in your work and most especially praying that you may have the privilege of taking Christ and His Healing Gospel to His children in mission lands.

Sincerely yours,  
G. H. MYERS.

chewing of our food much less of a pleasure than formerly. Treatment may save it. If an incurably infected tooth is not removed, then all of the ailments already mentioned may claim us as their own, taking much of the joy out of life.

Short debts make long friends.

The fellow who has the "push" carries a "pull" with him.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

**Osteopathy Without Limitation**

## EVOLUTION.

When I was sick in nineteen-one,  
(Oh gee, the whooping cough)  
My Ma sent for the Ost'path,  
It made the neighbors laugh.  
"Good Lord, a rub doctor," said  
they,  
"How can he rub a cough away?"

When I was sick in nineteen-ten,  
(The pox this time I fought)  
The neighbors heard of me and  
said,  
"Well, anyway he's nearly dead,  
An osteopath's a last resort."

When I was sick in 'twenty-three,  
(And thought a grave was made  
for me)  
The neighbors, sighing for my ills  
Said, "Send for Doctor quick."—  
What pills?  
"No, Osteopathy."  
"Old Chappie."

## IT'S UP TO YOU!

Would you like to set the pace?  
It's up to you!  
Would you like to win the race?  
It's up to you!  
Hump along and do your best,  
Don't pick quarrels with the rest,  
Think and hustle with a zest—  
It's up to you!

Would you like to win success?  
It's up to you!  
Simply this and nothing else—  
It's up to you!  
All you are or will be yet,  
All you have and all you'll get,  
Every chance in life, you bet,  
It's up to you!

Say it with smiles, flowers wilt.

**Dry Dock:** One who won't pre-  
scribe it.

Be sure you're right, then—be  
certain you're sure.

The man who goes ahead and  
does it, goes ahead.

If you find it difficult to get  
your wife's attention, try talking  
in your sleep.

A lie can travel around the  
world and back again which the  
truth is lacing up its boots—Mark  
Twain.

# Our New Secretary



Dr. Morris D. Cramer, a graduate of DES MOINES STILL COLLEGE OF OSTEOPATHY, was elected Secretary to DES MOINES STILL COLLEGE OF OSTEOPATHY, May 22, 1923.

Dr. Cramer begins his work at a very auspicious time in the history of the institution. He is enthusiastic and carries with him all the vigor and earnestness of youth.

Here is a man who counsels with his co-workers and when the course of action is laid out, he goes ahead. It is not a question with him how many obstacles, but what should be done. Duty is his magnet and he loves responsibility. He hitches his wagon to the star of achievement and with William Tell accuracy he goes straight to the mark. It is easier for him to succeed than to fail, for he has to work hard to fail, but to succeed is his meat and sustenance. He possesses the art of success.

His one personal characteristic which stimulates universal co-operation is constructive. He is a builder, not to build is a waste of time and energy. His vision is keen and accurate and he visualizes a project as a whole from the foundation to the dome and these visions are blue prints to him and his co-workers. This is the basis for splendid co-operation and makes good leadership. It has made him Secretary of Des Moines Still College.

He has a pleasing personality and a winsome address. His mind is alert and it is easy to prophesy for him a successful career.

## ATHLETIC DEPT.

We are in receipt of letters from "Chief" Meyers and "Cap" Murphy. Both are busily engaged in steel construction work at their homes in Marietta, Ohio. They expect to come back for football season as "Hard" as the material they are working on.

Meyers received honorable mention as all state tackle for 1922.

Murphy was last season's captain and received the same honorable mention for his playing at full-back.

Negotiations are under way for a football game with the famous Haskell Indian team of Lawrence, Kans. This game if scheduled, will probably be the stiffest of the 1923 schedule. Haskell Institute is scheduled to play the Army and Navy this coming season. Scheduling of a football game with this team is the most remarkable advancement Des Moines Still College has ever made in athletics.

Coach Sutton has been going over the athletic field for the past few days and informs us it will be kept in the best of shape during the summer months, so that it will be ready for the coming season.

We received a letter from Simpson College this week asking for a football game. We have tried for a number of seasons to add Simpson to our football schedule without success. The 1923 season promises to fulfill our hopes with our near-by rivals.

## OBSTETRICS.

The Obstetrical department reports a very busy year. This is exceedingly inspiring and only is another proof that the D. M. S. C. O. instructors are efficient and are succeeding in instilling into the minds of the students the vital factors necessary to make them successful physicians.

We are glad to note that, under the instruction of Dr. Robt. E. Bachman and his assistant, Dr. E. M. Schaeffer, our obstetrical clinic is gradually growing.

My dear Mr. Fitz Tripitz, permit us to reiterate a pile driver is not a specialist in hemorrhoids.

Headline:—"Child is born in Moonshine Cave." Question is: Is it a still-born child?

A bolshevist is a man who has nothing and wants to share it with everybody else.

A grammatical point to remember: Hens set and lay; folks sit and lie.

## STILL COLLEGE 'GRAD' EXERCISES

(Continued from Page 1)

members. Promptly at the appointed hour, 8:00 P. M., the march began. The class moved in dignified procession, two by two, to the rostrum, followed by Dr. M. E. Bachman and Rev. G. D. Crissman also Dean Johnson and President Taylor. This triumphal march of the class was cheered along the way which had previously convened in the assembly room. It was an inspiring sight to see these splendid young men and young women march so confidently and vigorously in their final triumph. The high standards of the institution has necessarily eliminated some who might have entered the class of a mediocre sort and this class therefore was of the select, par excellence. For pre-osteopathic preparation, professional training and natural ability doubtless this class equals or exceeds anything that the institution has put out. The profession at large will hail with joy the advent of such a splendid addition to the profession. They cannot help but be a credit and an honor and they will doubtless help to promote the welfare of osteopathy and to increase the public respect for the system of therapeutics. We bespeak for them by reason of their training, a royal welcome into the profession and a most courteous and cordial and business co-operation on their part with the men and women who have preceded them in their field of labor.

**MUSIC:** *Des Moines Still College of Osteopathy* is proud of its exceptional talent in music. The music for the occasion of the graduating exercises was rendered by Mr. J. C. Cochran, a student and member of the Taylor Clinic Quartet.

Mr. Cochran has been a Chau-tauqua singer for a good many years and spends his time during the summer at that work. He has an exceptional tenor voice and a most pleasing personality. His renditions are always highly appreciated. Mr. Cochran won his audience at his first appearance of the evening and received encore after encore to which he graciously responded. *Des Moines Still College of Osteopathy* is happy to have such a wonderful singer in its midst.

**DECORATIONS:** The decorations in honor of the graduating class were beautiful. Nothing was left undone to represent the time of the year and in keeping with the occasion. It looked like an old fashioned flower garden

## Seniors Are Honored At Banquet

(Continued from page 1)

"Jim should be at church rehearsing,  
Jazz sits poking with his knife,  
Wondering if such reimbursing  
Can be all there is to life.

"Each one looks like what he is not,  
Each one sits and wonders why  
He should go thru all this hot shot,  
Just to tell you folks goodbye.

"Making all this fuss and feather  
Just to tell you folks goodbye,  
When there ain't no use whatever,  
'Tain't as if you're like to die.

"You're just steppin' out to battle  
And to show what boobs we've been,  
When we've likened you to cattle—  
Said live folks won't let you in.

"There'll be other Abrams' 'mong us  
With a jazz wave all their own  
That'll make what John D. shows us  
Look just like a two bit loan.

"We're just here to wish you 'God-Speed'  
Knowing lots of fun's ahead,  
Hope you'll write us when you have need,  
And remember ALL WE'VE SAID.

"Member Still is always with you,  
Holds you'll win because you must,  
And sings out the slogan to you—  
A new college, or we'll bust."

Judge Hubert Utterback answered to the toast, "Within The Law" and used as his theme that the law governing the future of the men and women before him was farther reaching than just the civil law; that it included the physicians obligations to himself, his client and his community.

Dr. E. E. Steffen addressed the class upon problems other than the routine of daily practice which they would be called upon to face, and included the present economic problem, the social problem, the spiritual problem and the problem of public health.

The class responded through their president, Mr. Huntzinger, whose talk graciously included appreciation of the evening's courtesy and efforts of the faculty throughout the past four years.

with flowers, palms, ferns and oak leaves. All these were made more gorgeous by the rays of purple and gold which were thrown off by the rising sunset back of the rostrum, and the colored electric lights.

It was a scene never to be forgotten in the minds of those who beheld it. Great credit must be given the senior B class for their hard work, especially must Mr. Laird be commended for it was he who planned and so beautifully arranged the appropriate decorations.

**DES MOINES CLUB:** One of the happiest and most unique features of the graduating exercises was the presentation of the certificates of service issued to eight of the boys by the Des Moines Club for "Hash Slinging" during their school course in *Des Moines Still College of Osteo-*

*pathy*. These certificates were signed by the officials of the Club and was an expression of appreciation of the faithful service these boys had rendered to the Club. The broad smile which wreathed the face of each of these vigorous and one-hundred percent plus Americans as their names were called out, indicated very clearly the inner joy which romped and played over the heart strings of these faithful "Auto-crats of the Breakfast Table." From the vigor with which these young men seized these certificates and folded them kindly and almost fondly to their bosoms you could not help but have the feeling that they frankly admitted they deserved them.

We don't know who invented work, but we do maintain that he should have stayed on the job and finished it.

## "OPPORTUNITY"

(Continued from Page 1)

ice. He illustrated his idea by the old Greek legend:

"What is thy name, O statue?  
I am called Opportunity.

Who made thee?

Lysippus.

Why art thou standing on thy toes?

To show that I stay but a moment.

Why hast thou wings on thy feet?

To show how quickly I pass by.  
But why is thy hair so long on thy forehead?

That men may seize me when they meet me.

Why, then, is thy head so bald behind?

To show that when I have once passed I cannot be caught."

Dr. Crissman also emphasized the need of every doctor to keep up with current events; to make himself familiar with the best magazines and current literature and to give special attention to his personal appearance; show himself well groomed and well cultured, as these things enter as a large factor into his salesmanship. His opinion was clearly stated, however, that while outward appearances were very necessary young doctors should not imagine for a moment that appearances were a substitute for culture and professional preparation. Every man expresses himself and his preparation in his work and that it would be well to master the secrets of making people like you. The general impression made by the speaker was one of the most profound and wholesome that the institution has experienced in many years. Every one felt that Dr. Crissman was pouring out his heart and his great mind in these words of wisdom to the graduating class. His address was truly an inspiration. He seemed to have sensed the atmosphere of the new and greater *Des Moines Still College of Osteopathy* and he spontaneously entered into the great currents of progress which is surging so irresistibly in osteopathic circles in Des Moines.

Too often a husband is a sweetheart with the nerve killed.

There is no time like the pleasant.

Synonyms — Revende Cutters and wholesale tonsilectomists.

One way not to make headway is to be stuck on yourself.



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

June 15th, 1923.

Number 10

## TAYLOR CLINIC AND D. M. G. HOSPITAL

The Taylor Clinic is maintaining its record, thereby keeping the DES MOINES GENERAL HOSPITAL chuck full of patients. This is the busiest institution in the city of Des Moines and it will make for itself a niche and a name which will sometime be good osteopathic history. An effort is being made to keep up the clinic during the summer so when fall comes the large clinics which have been the pride and glory of DES MOINES STILL COLLEGE OF OSTEOPATHY for years will be ready to make busy the students on their return.

Many Alumni visitors pass through the city weekly and they always stop off for the Tuesday, Thursday and Saturday clinics. Many of them are treated to a real surprise and go away delighted. It is always a surprise to the Alumni who come, to see the continuous procession of patients being brought to the operating room. Patients line up from the office to the street outside of the hospital and hold the line until they are registered and taken to the operating room. As many as ninety-five patients have gone through the operative clinic in one day and the way the clinic has kept up during the past year it is very sure that during the days of August there will be more than one-hundred operated in some one day.

This is a record for the states, Medical or Osteopathic. Think you that Des Moines is not doing anything? Let the profession start its great caravan this way. If you want to make Doctors and real Doctors, who get the practical as well as the academic information, send them to DES MOINES STILL COLLEGE OF OSTEOPATHY.

1st Girl—So Miss Luck broke her engagement to that young doctor.

2nd Girl—Yes, and can you imagine he not only demanded his gifts back, but even sent her a bill for 27 visits.—Life.



**DR. S. L. TAYLOR**

President of D. M. S. C. O.

Surgeon-in-Chief of Des Moines General Hospital and The Taylor Clinic.

### A PROFESSIONAL ESTIMATE.

The sum total of the career of the subject of this paper is achievement. "Something attempted, Something done."

His life has been one of toil. He was born on a farm, trained to hard manual labor, cut trees, made rails, built fences, harvested grain with the old fashioned cradle, earned his own money to go to high school, went five years to a College of Letters, and seven years to osteopathic and medical schools.

Learned in the science of therapeutics, trained in the art of general practice, he specializes in surgery and diagnosis. His triumphs are thru hard earned professional accomplishments and not by political maneuvering. He worships at the shrine of achievement and is not found at the altars of the false gods of politics.

(Continued on page 4)

## BACHELOR of SCIENCE

The Corporate Board discussed quite at length, the advisability of offering the Bachelor of Science Degree as a pre-osteopathic course or with the osteopathic course as some of the sister institutions are already doing, and it was recommended that this would be an advisable thing to do. It was thought that by so doing not only the student body would be increased, but that it would create an interest in scholastic attainments which would tend much to improve the educational attainments of the profession at large. It was also thought that by offering this course it could be dove-tailed into a preparatory course for the completion of the high school work as it is recognized very generally among the profession that otherwise owing to the fact that our school is now on the high school basis many young men and young women would be denied the privilege of a professional career and that this would be a means of enabling them to place themselves in a proper position to attain their hearts desire for a professional life. It is a well known fact that some of our best and most successful practitioners are not at all scholastic in their attainments and others such now are excluded unless this opportunity can be afforded them by a pre-osteopathic preparation and I doubt not but that the Board of Trustees at their meeting in June will adopt the preparatory school and make this an integral part of the institution thus adding an academic department to the professional. I am sure that this innovation will be hailed with much approval by the Alumni for it never seemed reasonable that young men and young women of brains should be denied professional opportunities because they had not taken advantage of a high school course during their teens. This is not lowering the scholarship of the institution, but raising it

(Continued on Page 4)



## 'Tis Getting to Be an Ingrowing Old World

Just as the Victorian age was an age of sofas, this age is rapidly becoming an age of introspection. National temperaments are becoming more sharply defined and both nations and races are more self-conscious. People everywhere are getting to be acutely aware of themselves.

We Americans have always been self-conscious from the time when our ragged Continental troops were made so much fun of by the Tories in the Revolutionary War. Now, owing to statisticians and biologists and surveys we are more introspective than ever, because we have tabulated so many facts about ourselves.

We know that we have the richest country in the world, that Europe owes us 5,000 or 6,000 million dollars, that we saved the day for the allies, that the death rate has been lowered among us very much within the last decade, that our taxes are bigger than they ought to be, that our literature is getting better, that our industrial situation is distressing, that the women are putting it all over on us, that some of our text books are very poor and that the jokes about prohibition are getting on our nerves.

Similarly, Englishmen know that they are taciturn. The Japanese are beginning to pride themselves on their sense of humor, the Russians on their lack of it. The Italians are beginning to play golf. The French are taking themselves seriously. And so on through the list.

This is getting to be an ingrowing world.

Is psychoanalysis responsible? Partly. Other factors are the increased means of communication. A new theory of the universe can be conceived, incubated and put on the market for world consumption within a few weeks, where formerly it took years. And as far as my own observation goes I notice that the same kind of introspective stuff that is going on in the world is being duplicated in many individuals. This is natural, as the world is made up of individuals.

But, to reduce the whole matter to the simplest terms, the thing that is being advertised and exploited and dissected and analyzed is really the Self. No matter whether it is a national Self, a racial Self, or an individual Self, the idea is the same. If you have a pain in your stomach, you go to a psychological

expert, he makes you repeat a few cabalistic words, and if you hesitate he's got you. Four or five years previously some girl threw you over; the last thing she did was to wave her hand at your pneumogastric nerve; you didn't know it at the time, but now you remember. That caused the pain in your stomach and the mere telling of it cures you.

Or another way is to suggest to yourself anything you want to do and you will do it later, no matter what it is.

Introspection is the order of the day and night. Fix your eye on a door knob, concentrate on your subliminal self, fix your mind on your mental insides and you become master of everything there is.

Without desiring in any way, however, to set up my own feeble intelligence against the dicta of so many able thinkers I should like to put forth a simple idea which anybody can verify by a demonstration.

And that is that the real Self does not consist of a half baked anemic, one foot in the grave substance that sits cowering somewhere back in the mysterious depths of the consciousness, but that it exists for us in its proper form in all of our outward activities. In other words we really gain the mastery over Self by losing it in others, and not by a lot of morbid sleuthing for it inside of us. It is in forgetfulness of what the scientists call the Self that our salvation lies. If we have got to pass most of our waking hours in wondering what is the matter with us we would better, as Mark Twain once remarked, get off at the next station.

"Forget yourself" is the best rule for both countries and individuals.—Thomas L. Masson in The New York Sun.

Dr. Emmet M. Schaeffer, Assistant Obstetrician, of Des Moines Still College of Osteopathy has just received a letter from Dr. Emma S. Cooper of 34 Nanking Road, Shanghai, China, who is engaged in private practice in that country.

We are glad to note that Dr. Cooper is a graduate of this college in 1902 and went to Shanghai in 1920. She gratefully commends the work that the "Log Book" is endeavoring to do.

Let us hear from you again, Doctor.

We can finish nothing in this life; but we may make a beginning and bequeath a noble example.—Smiles.

## Election of Officers

The annual meeting of the Corporate Board was held at the College Building at 8:00 P. M., May 22nd, 1923, at which time many subjects of interest and importance to the college were discussed at length. It is safe to say that the one subject which surpassed all others in interest was the campaign which is now on and which has been on for some four months for a new school building. It cannot be denied that this campaign has become deep rooted in the hearts of the Corporate Members as well as the student body. A fine spirit of co-operation was manifested and a dogged determination to carry the campaign on to a successful issue was indicated by everyone present. Not a one dared to express a doubt of the ability of Dr. Cramer, our new secretary, to triumph in his eastern trip for funds. On every hand you heard the expression "Now the old institution is doing something. We have been looking long and have waited weary hours for this occasion to arise. It is here and we are ready for it. Our vigor, our energies and our money will be given freely in the interest of our Alma Mater." Many questions were asked about the new location of the college as it will be moved from Locust street to another section of the town on a double car line where better residential environment will be afforded the students. The old college building as it now stands will possibly be used for a part of next year, but the Board desires very, very much as soon as possible to get away from this location as it is now so crowded in the business district it darkens the old building to such an extent that it is considerably undesirable for school purposes. The change into a new residential district will be greatly appreciated by the student body for it will decrease expenses as well as give them a better environment and will doubtless develop a student atmosphere which will contribute much to the wholesomeness of their social life. Of course, many of the old alumni will regret the change of location on account of sentimental reasons but after all while we revere old buildings as well as old friends, it is the heart of the Alma Mater which we hail and which we love and in whatever part of the city of Des Moines the new institution is located it will entwine memories around the hearts of its

many Alumni and it will receive the well wishes of everybody concerned. It will be a joy to approach these new buildings in the healthy, social and residential environment and to go in and out daily with morning hearts and morning faces in the happy sunshine of a new institution.

## Colonel A. B. Shaw,— First Secretary of D. M. S. C. O.

Colonel A. B. Shaw, the first Secretary of DES MOINES STILL COLLEGE OF OSTEOPATHY and who now lives in California, visited the city of Des Moines during the past week and it was a great pleasure to the old graduates of the school to meet and greet him again. The Colonel has changed but little during his twenty years residence in California. He carries with him the same happy spirit and earnest good cheer which characterized him during his many years connection with the osteopathic institutions. One happy expression of Colonel Shaw's ought to be heralded throughout the land. He stated that during all the time of his connection with osteopathic institutions and associations with the osteopaths and also waiting their work and results that he has never wavered in his firm belief in osteopathy and in its just merits of a permanent place in the therapeutic world. He stated that he has never wavered in his belief that osteopathy has no fears from the medical profession, but all its hazards arise from differences within its own ranks. These are words of wisdom and how narrow and selfish and unworthy are those who do not heed them, for everyone recognizes that "push and punch" can only come from co-operative effort.

The Colonel carries back to his home in California the hearty good wishes of his many friends of DES MOINES STILL COLLEGE OF OSTEOPATHY.

After four years of strenuous work at D. M. S. C. O., Dr. Missie Francis of Manson, Iowa, has taken her mother with her for a little outing at the lakes. The Doctor incidentally mentions that she expects to do a little fishing on the side. It appears that through the process of dissection and biology, that the entangling of the angle worm upon the hook holds no fear for the Doctor.

The "Log Book" hopes you have a fine vacation, Doctor.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General—S. L. Taylor  
Business Manager—M. D. Cramer  
Editor—C. L. Ballinger

Osteopathy Without Limitation

## RIPPLING RHYMES

By Walt Mason.

We are indebted to Dr. W. K. Steffen, Wahoo, Neb., for the following article, in which Walt Mason, noted writer, portrays a picture of those that persist in gobbling pills.

### PILLS.

Before I had the Spanish flu, that worst of modern ills, I used to go the long year through and never call for pills. I scoffed at people who would blow their coin for such a fake, who to the pharmacist would go whenever they had an ache. But when the flu had disappeared it left me full of pain, and I had chilblains in my beard and fantods in my brain. And of the doctor I would relief from anguish dire; he me pills to heal my leg, smelch my inward fire. He hat I was but a wreck, dning many woes, and gave pills to soothe my neck, and ills to bleach my nose. The habit fastened on me then, as habits dire will do, and now I spend my iron men for pills of very hue. And some of them have sugar coats, and some of them are bare, and some are good for aching throats, and some for falling hair. And some are sour and some are sweet, some green some pink, some red; I take a dozen when I eat, and when I go to bed. My thoughts were once of things sublime, of birds and babbling rills, but now I'm thinking all the time of new designs in pills. I used to talk of books and art and rainbows 'er the hills, but now I wander 'er mart and price the latest. I'm taking piebald pills pink, and pills of dappled y, and still my health is on ne blink, I'm getting worse each day.

There is more or less sorrow in the word "good-bye" and yet how we love to hear some people say it.

Flowers are the sweetest things hat God ever made and forget to put a soul into.—Beecher

## COLLEGE CALENDAR

### FIRST SEMESTER

September 10 and 11, 1923.....Registration and Matriculation  
September 12.....Regular Classes Begin  
November 29.....Thanksgiving Day  
December 21.....Christmas Recess Begins  
January 2, 1924.....Work Resumed After Christmas

### SECOND SEMESTER

January 21.....Registration and Matriculation  
January 22.....Regular Classes Begin  
May 20.....Annual Meeting of Corporation  
May 22.....Commencement

## THE CURRICULUM

The Fundamental Osteopathic Branches—

The first portion of the course in osteopathy consists mainly of instruction in the fundamental osteopathic sciences. It includes the following branches:

### FIRST YEAR

#### First Semester

Anatomy, Descriptive  
Chemisry, Inorganic  
Histology  
Biology  
Pathology IV, Bacteriology

#### Second Semester

Anatomy, Descriptive  
Physiology 1  
Chemisry, Organic  
Histology  
Embryology

### SECOND YEAR

#### First Semester

Anatomy, Descriptive  
Physiology, 11  
Theory of Osteopathy  
Pathology 1  
Chemistry, Physiological and  
Toxicology

#### Second Semester

Anatomy, Descriptive  
Anatomy, Practical  
Pathology 11  
Principles of Osteopathy  
Physical Diagnosis  
Physiology 111

### THIRD YEAR

#### First Semester

Anatomy, Regional and Special  
Gynecology  
Pathology V, Laboratory Diagnosis  
Public Health and Sanitation  
Osteopathic Diagnosis  
Pathology 111  
Clinical Demonstrations and  
Practice

#### Second Semester

Obstetrics  
Nervous Diseases  
Osteopathic Therapeutics  
Eye, Ear, Nose & Throat  
Pediatrics  
Clinical Demonsrtations and  
Practice

### FOURTH YEAR

#### First Semester

Surgery, 1  
Nervous and Mental Diseases  
Eye, Ear, Nose & Throat  
Obstetrics  
Osteopathic Therapeutics  
Dietetics  
Clinical Demonstrations and  
Practice

#### Second Semester

Surgery, Operative  
Nervous and Mental Diseases  
Urology and Proctology  
Medical Jurisprudence  
Dermatology  
X-Ray and Electrical Diagnosis  
Osteopathic Therapeutics  
Clinical Demonstrations and  
Practice

## JAP COMMANDMENTS FOR LONG LIFE

The Japanese have found a receipt for longevity, provided the following ten commandments are observed:

1. Spend as much time as possible out of doors.
2. Eat meat only once a day.
3. Take a hot bath every day.
4. Wear thick woolen underwear.
5. Sleep at least six hours and never more than seven and one half. Keep windows open and room dark.
6. Dedicate one day of week to absolute leisure.
7. Avoid excessive brain work and everything that arouses anger.
8. Widows and widowers should remarry.
9. Work in moderation.
10. Speak as little as possible.

Do not say all that you know, but always know what you say.—Claudis.

We find in life exactly what we put into it.—Emerson.

Happiness is a perfume you cannot pour on others without getting a few drops yourself.—Emerson.

## DR. MARY SCHWAB, D. M. S. C. O.—1918

Dr. Mary Schwab is a booster. She lives in Vinton, Iowa, where they believe in osteopathy. The Doctor came to DES MOINES GENERAL HOSPITAL for a couple of weeks and evidently did not lose any of her enthusiasm, because she left a check for \$150.00 for the new hospital building and also a check for \$100.00 for the new college building. This is the kind of enthusiasm and loyalty that counts. She is interested in heart and in hard dollars also. We just need 1,000 Alumni of this type to put the biggest proposition over that the profession has ever known. Those on the ground are appreciating deeply that it would be a calamity if the profession did not come across liberally, and at once, to help erect that wonderful new college building which the officials of the institution have visualized. Will we get it? Of course we will. We have got at least 1,000 Dr. Schwab's out of our 1700 Alumni who will give and give at once. Most assuredly Dr. Schwab will continue to receive the literature of DES MOINES STILL COLLEGE OF OSTEOPTHY and of the DES MOINES GENERAL HOSPITAL.

## New School Building Campaign Progresses

Dr. M. D. Cramer, our new secretary, has shown such enthusiasm as has not been surpassed by any Alumnus of DES MOINES STILL COLLEGE OF OSTEOPTHY for years. Wherever he goes he literally plows through mud and water to attain his object. He knows no obstacles and the report of his wonderful reception by the Alumni of the East on his first visit cheers our hearts. These Alumni are showing the real metal; they are wide awake; they appreciate a real man and a real effort and they are reciprocating his buoyant enthusiasm by grateful and cordial co-operation with him in all his efforts. It is safe to say that everybody around DES MOINES STILL COLLEGE OF OSTEOPTHY who receive his letters are happy. This campaign shall not fail. Do you know Dr. Cramer? Get acquainted with him. You will forever have more respect for your Alma Mater. Mingle your respect with the chink of coins and we will start a Jazz Band of Jubilee for old Des Moines.

## ATHLETICS

Arrangements have been completed for the scheduling of a football game with the famous Haskell Institute Football team. Still College will play the Indians on November 9th at Lawrence, Kansas. This is the longest trip that any of our athletic teams have ever made, it is also the most renowned school we have ever scheduled games with. Des Moines Still College expects to wipe out the defeat of our basket-ball team last season with Haskell's, by putting over a decisive victory on November 9th.

Our foot-ball field will be the finest ever for this season. In the past week it has been leveled and the grass cut. From now on the grass will be mowed every two weeks.

The first three weeks in November will be the hardest games for our foot-ball season. November 2nd we journey to Kirksville, to play the American School of Osteopathy. November 9th, Haskell Indians at Lawrence, Kansas. November 17th, Luther College of Decorah, Iowa, will play us in Des Moines.

Captain Swezey is staying in Des Moines during the summer. He intends putting in all of his treatments during the summer months so that he will be able to spend his entire afternoons during foot-ball season developing a winning team.

Nicholas and Thomas star basket-ball men of the past season have returned to their homes at Niles, Ohio. They report that they are hard at work and expect to be in trim for the coming season of foot-ball. Both of these men hold down end positions with speed and skill.

Weil and Williams had a novel experience in their trip home to Marietta, Ohio. They say that they have a warm spot in their heart for Kokohomo, Indiana. For more particulars, write either one of these men.

Des Moines University, as yet, has not been scheduled for foot-ball this coming season. It is not, because Des Moines Still College has not tried. We suspect that last year's game was too much of a surprise.

Dean Johnson tells us that our new gymnasium will outshine anything in Des Moines or the Middle West. We are anxiously awaiting its construction.

Coach Sutton is hearing from new foot-ball prospects every week. His enthusiasm is contagious.

## COMPARATIVE HOURS OF STUDY RE MEDICINE AND OSTEOPATHY VERSUS "CHIROPRACTIC"

A Comparison of the Educational Requirements of Practitioners in Medicine and Osteopathy who are licensed to practice in Alberta and "Chiropractors" who are not licensed to practice in the Province of Alberta.

	Educational Requirements for the practice of Medicine and Osteopathy	Educational Requirements of the Palmer School of Chiropractic
High School:—	Medicine	Osteopathy
English .....	540 hours	540 hours
Algebra .....	270 hours	270 hours
Plain Geometry .....	270 hours	270 hours
Foreign Language .....	540 hours	540 hours
History .....	360 hours	360 hours
Physics .....	180 hours	180 hours
General Science .....	180 hours	180 hours
Chemistry .....	180 hours	180 hours
Physiography .....	180 hours	180 hours
Fundamental Studies in the Healing Art Common to all Schools		
Histology .....	128 hours	180 hours
Anatomy .....	528 hours	722 hours
Physiology .....	280 hours	322 hours
Embryology .....	128 hours	72 hours
Chemistry .....	400 hours	342 hours
Pathology .....	396 hours	260 hours
Bacteriology .....	128 hours	132 hours
Diagnosis .....	128 hours	252 hours
Hygiene .....	32 hours	90 hours
Gynecology .....	324 hours	216 hours
Genito-Urinary .....	96 hours	72 hours
Surgery .....	488 hours	486 hours
Obstetrics .....	152 hours	324 hours
Jurisprudence .....	16 hours	18 hours
Eye, Ear, etc. ....	408 hours	144 hours
Pediatrics .....	208 hours	90 hours
Dermatology .....	96 hours	72 hours
Orthopedics .....	48 hours	72 hours
Psychiatry .....	144 hours	100 hours
Symptomatology .....	340 hours	360 hours
	7,068 hours	7,078 hours
		495 hours

The hours given under the heading of "Chiropractic" are the hours taught at the Palmer School of "Chiropractic" at Davenport, Iowa, and is the standard of education upon which they are seeking legislation to practice in Alberta.

However, the majority of those now practicing studied at this and other schools, when only a two weeks' correspondence course or a six weeks' to a six months' attendance course was required.

"Chiropractors" should be required to qualify by the same regulations by which medical men and osteopaths qualify to practice in the Province of Alberta.

JOHN PARK, M. D.

Registrar

College Physicians and Surgeons, Alberta.

Children and fools tell the truth—but that doesn't prove a liar a wise man.

Speaking silence is better than senseless speech.—Dutch Proverb.

## BACHELOR of SCIENCE

(Continued from Page 1)  
and all these students will be registered in the academic department and will not be allowed to register as candidates for a degree in osteopathy until they have taken their science degree or have received their high school diploma. Our schools are the nurseries of the profession and this fact ought to be recognized and duly appreciated now.

## DR. S. L. TAYLOR

(Continued from Page 1)  
As a teacher he is painstaking and thorough. He has taught diagnosis and surgery for fourteen years and knows his subjects from every angle. His emphasis is always on the salient features of his subject.

It is his faculty to inspire with the noblest aspirations. The students who sit in his classes are imbued with the feeling of the profoundest respect for both his splendid scholarship and his personal integrity. Every one who walks in his footsteps needs no apologist. Educationally his influences are the best and socially his conduct is exemplary.

In him the student body have a true friend, Des Moines Still College a loyal president, Iowa a great surgeon, and the profession a source of great pride.

We have just received a letter from Dr. LeRoy French, graduate of the May '23 class, stating that he is already located at Paragould, Ark. He says that as yet he is not very busy but that prospects for better business looked fine. We are glad to note that Dr. French is starting out strong.

Stanley McFall, of 2038 Emily St., Philadelphia, Pa., student of D. M. S. C. O. is surely doing fine work during his summer vacation. He writes us that he has two and probably three new students to bring here this fall. We are glad of this enthusiasm which Mr. McFall demonstrates and hope that his colleagues will endeavor to make as good a showing.

Mr. McFall also mentions that while walking up the street the other day he had quite a pleasant surprise at meeting Richard Gordon and Milton Conn, both D. M. S. C. O. students, who have hiked all the way from Des Moines. The next morning they left for New York City where they intended stopping over for the convention.



THE

## LOG BOOK

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## THE DRUG PROBLEM

BY EILEEN N. LA MOTTE  
From State Board of Health  
Bulletin, State of Wisconsin.

For many years America has had exceedingly drastic laws to prevent the illicit sales of habit-forming drugs. These have been well administered. However, in spite of them, drug taking was found to be greatly on the increase. This was considered so serious that in March, 1918, a special committee was appointed by the Washington government to investigate the matter, and the report of this committee was published in June, 1919. Note carefully that this occurred two years before the prohibition laws were enacted, and that the increase in drug addiction was already a matter of grave national concern long before prohibition came into effect. This report,—"Traffic in Narcotic Drugs"—shows the United States to be the largest opium consuming country for which statistics are available. This comparison, of course, is not made with those countries in the Far East where the opium trade is established by law, and where drugs are sold to the people through the medium of licensed drug shops and opium-smoking rooms. Those countries, naturally, are in a class apart. But compared with European countries, the figures are striking. The per capita consumption of opium is as follows:

Italy, 1 grain; Germany, two grains; Portugal, 2½ grains; France, 3 grains; Holland, 3½ grains; United States, 36 grains.

In the spring of 1920 the New York Health Department opened up a special clinic for the treatment of drug addicts. It was patronized immediately and overwhelmingly by several thousand patients. Important statistics were obtained. In the first place, the old charge that people became drug takers through the careless administration of narcotics by physicians was completely refuted. The physicians

(Continued on Page 2)



CLAUDE F. SPRING

Professor of Principles and Technique, Des Moines Still  
College of Osteopathy.

If fifteen years of loyal and devoted service to a cause gives a man a right to distinction, the subject of this paper has won it.

The student body has learned to know and love him as one of the most thorough and honestly frank lecturers of the College. He literally sticks to his subject. He announces his subject, lectures on it and ends when he finishes it. While his interest is deep in social and current events, he considers that his duty in the class room is necessarily limited to the subject in hand. "His conscience is his guide."

Dr. Spring graduated from Iowa State College at Ames, Iowa, in 1899. He received his diploma from D. M. S. C. O. in 1901, and has served his Alma Mater in various capacities as teacher and lecturer since graduation.

He is a man of wide culture and experience and thinks in terms of peace and good will. Quiet and unassuming, a thinker with splendid judgment, an excellent practitioner, active and alert; he

## Dr. B. K. Cash Leaves

Dr. Byron L. Cash, Pathologist and Cystoscopist to the Taylor Clinic, has left his position here and has gone to Dubuque, Iowa, where he has a position in the same line of work.

It is with deep regret that Dr. Cash leaves our midst. To know him was to love him and to love him was to know his worthiness. Not only is he a physician of ability but a man among men. His work is never done by halves but is thorough.

The D. M. S. C. O. students have lost a real friend and instructor. His life is that of a good "Samaritan" for he was never too busy to take time to help and explain to the very best of his ability the subject in hand. He believes in "Living in a house by the side of the road and being a friend to man." Service and efficiency is his motto.

Dr. Cash is a graduate of D. M. S. C. O. He was an Internist at the Des Moines General Hospital and took laboratory course in Chicago Post-Graduate Hospital. He was in the United States Army Laboratory Service and was instructor in D. M. S. C. O. in Laboratory Diagnosis.

The doctor has a host of friends who wish him and his family an abundance of good health and success at their new home.

Let us be of good cheer, remembering that the misfortunes hardest to bear are those which never come.—Lowell.

The great thing in the world is not so much where we stand, as in what direction we are moving.—Holmes.

deserves and enjoys the highest respect of everybody with whom he comes in contact.

He has taught Principles and Technique for many years, and is well grounded in the fundamentals of Osteopathy.

It is not only an honor, but a distinction to have him connected with the College.

## THE DRUG PROBLEM

(Continued from Page 1)

were exonerated. They were, of course, a few cases of this kind in which the habit had been unintentionally acquired by too prolonged administration, but these instances were so few and occasional that they constituted no problem. The source of the evil was found to be the deliberate and systematic initiation of young people by drug peddlers or smugglers. These latter are the lesser links in that great chain which encircles the entire world, the international drug ring. These smaller fry, these petty peddlers, are agents for the more powerful interests, higher up, and they operate in every country in the world. None is exempt. In New York, it was found that one-third of the patients had acquired the drug habit while under the age of 20, and one-half of them while under 25. These young victims, therefore, must not be considered as desperate persons who take to drugging when their alcohol supplies are cut off, as the opponents of prohibition would have us believe. No, the two questions, drinks and drugs, have existed simultaneously, and except for this, have not much else in common.

Another important fact brot out at the New York clinic was the impossibility of curing these cases. All patients who were willing were sent into hospital for treatment, and when, after several weeks, they were discharged as cured, 90 per cent of them relapsed within 24 hours, and the rest soon followed. Why? Because, being used to obtaining their drugs through underground, illicit channels, they were followed by the agents of the drug ring and tempted again at the first opportunity. The drug ring is out to make money, and intends to lose no good customers. The drug takers at the New York clinic were taking doses of morphia or heroin that ranged from 15 to 60 grains once in 24 hours. The highest recorded dose was of a man who took 125. Therefore, profitable customers, all of them. Too profitable to be allowed to stay "cured." The drug peddler does his work thoroughly. He first initiates his victims, thus creating a market for his wares, and he sees to it that there is no slipping out of the toils.

One asks: where are the police, where are the laws to prevent all this? All the police, active

and indefatigable as they are, and all the laws on the statute books are worthless, because of the immense quantity of drugs which are annually turned loose upon the world. Drugs are very easy to smuggle, being light in weight and small in bulk. America is peculiarly easy for smugglers, with its 3,000 miles of Canadian border, and a long line of exposed Mexican border, to say nothing of the long coast line east and west. But bad as conditions are in the United States, if any other country chooses to make the same study of drugging that New York has done, and as the Washington government has done, facts very similar will no doubt be unearthed.

Where do all these drugs come from, in the first place? Why is there always an immense output to be sold, legally or illegally? Opium, from which morphia and heroin are obtained, comes from the opium-producing countries—India, Persia, Egypt, Turkey and China. In China, however, opium growing is illegal and is done in defiance of the law. In India, the largest opium-producing country every step of cultivation, manufacture and sale, is conducted as a government monopoly. In India alone the output for 1919-20 amounted to about 971 tons.

The amount of opium required for the proper medical needs of the world is small. Sir William Collins, the distinguished London physician, says that the dispenser of a large hospital containing 3,000 in-patients and 130,000 out-patients, had used in one year less than thirteen pounds of opium and five ounces of morphia. On this basis, the world's medical needs are infinitesimal, as compared with the immense output used for drugging.

Therefore, this gigantic over-production must be stopped before the drug evil can be abolished.

## NOTICE

Editors of "The Log Book" would appreciate very much if the doctors receiving the paper would fill in the blank below giving their correct address and the correct address of any of the doctors who have moved to or from their city.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_

## UP IN A TREE

The following poem was written by Rev. Alan W. Connett, Ps. D., of Warren, R. I.

In a letter that accompanied the poem, Rev. Connett explains that he is not an Osteopath but a sympathizer—being a brother-in-law to five Osteopaths in New England States.

Rev. Connett has been a teacher of Practical Psychology for thirty years. His ability and knowledge of Psychology won for him a place on the program at the Nineteenth Annual Convention of the New England Osteopathic Association held at Boston, Mass., on May 18th, 19th, 1923.

"The Log Book" wishes to thank Rev. Connett for his kind contribution and would like to have more articles from his pen. We shall endeavor to see that he receives a copy of "The Log Book" every issue.

### Up In A Tree.

A Young M. D.'s Prayer.

"O Lord" said a doctor, "I am getting the 'creeps,'  
The 'goose flesh' is over my back;  
I have read that a doctor of  
"bones" don't you know,  
Is camping right here on my  
track;  
The thought is astounding and  
preposterous too.  
That he should have dared settle  
here;  
I will try by entreaty, I'll write  
an 'appeal,'  
Then he'll stay outside of my  
sphere.  
"Please Doctor de Oste'path! O  
do not come here!  
You really would injure my biz,  
I've been off to college, and I've  
polished my brain,  
And nearly went 'gaff' in the  
quiz;  
Please Doctor de Oste'path O  
please do not come!  
I'm a 'grad' with the title, "M.  
D."  
I owe some hard dollars, that I  
do want to pay.  
If you come, you will take 'em  
from me.  
"Yeal Doctor de Oste'path, I'm  
sure on the run,  
I have naught to do but 'appeal,'  
If you come, I am dead, a cadaver in fact,  
I shiver at thought of your  
steel;  
For I know you can heal all your  
patients so quick,  
Without pills, or plasters, or  
knife;  
Your coming's appalling, 'I am  
up in a tree,'  
Without home, a child, or a wife

## STILLBIRTHS FOR '23

The stillbirth statistics are of value in public administration and also from a legal and social standpoint. Stillbirths, like deaths among very young children, represents a serious waste of our most vital resources. This undesirable condition causes very much useless suffering and is indicative of injurious environment or the presence of disease. From a social viewpoint stillbirth statistics are of interest because of the waste of human life, because of the expenditure of money for medical care and nursing of the mother and for the burial of the fetus.

The most important causes of stillbirths are syphilis, too frequent pregnancy, overwork of the mother during pregnancy, febrile illness such as typhoid fever and pneumonia, and abortions induced to save the life of the mother as in eclampsia, tuberculosis and heart disease. The health hazard of certain industries where pregnant mothers are employed is clearly shown by the stillbirth records.

From a legal viewpoint stillbirth statistics are of interest because demand is made for the production of these records in various civil and criminal court actions. By the term "stillborn" we mean that the child did not live any time whatever after its birth. If a child breathes even once after delivery the case should not be reported as a stillbirth. In reporting premature births we require that all births after the fifth month of gestation must be reported. In some states a stillbirth is defined as the expulsion of the product of human conception at any time either before or after full term. Under the Wisconsin law stillbirths after the fifth month of gestation must be reported both as births and as deaths. For the calendar year of 1922 we re-

(Continued on Page 4)

### Moral:

O Doctor, dear Doctor, why so fearful my man,  
The fools are never all dead;  
There are patients a-plenty for you ev'ry day,  
There's money for meat and for bread;  
Just welcome progression, with wide open arms,  
And see if we all can be true;  
Then the new, with its largeness of spirit and life,  
Will open its doors wide for you.  
A. W. G., Ps. D.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

Osteopathy Without Limitation

DR. J. L. CRAIG, Racine, Wis., favored the office with a letter in which he states "That it's a grand and glorious feeling," to stick one's feet under dad's table again. We are wondering if "Jimmie" is waiting tables at home? Altho the Doctor became a very successful "hash slinger" while working his way through college and was one of the boys that received a certificate from the Des Moines Club for Honor and Efficiency, yet we are willing to bet our last old tooth brush that he's a "bear" when it comes to manipulating the silver elevating machinery at the table—especially when Mother is the cook.

DR. A. G. PRATHER, "Mike" for short, drops in at the office occasionally. He is associated with Dr. D. W. Roberts of Des Moines. Dr. "Mike" tells us that he is very busy all the time but that the half has never yet been told—in text books—compared with what one learns from actual experience. Dr. Prather is a very conscientious worker and we predict for him a successful career.

DR. OLAF K. GORSETH, a graduate of D. M. S. C. O. last May, has located in Minneapolis (Swedeapolis) Minn. Dr. Gorseth came to this school from the Boston Osteopathic College. His home is in Norway. Every one around the office has been wondering if the Dr. has embarked upon the rough and turbulent waters of the Matrimonial Sea. Our curiosity is only based upon the fact that on or about May 24, 1923, the circumstances looked rather favorable, especially from our point of view. How about it, Doctor?

MISS ROSEMARY KURTZ, — that bubbling, smiling, ever-happy individual who has been in the office here for the past five months in the capacity of stenographer, is on her vacation. She informs us that she is going to the lakes for awhile. Now, Rosie, be careful. You cannot laugh and talk while swimming. Don't try any of those "vamping" stunts either, cause we want you to come

back here to help us instead of trying to help some man keep house. \* \* Miss Kurtz is a valuable asset to this institution, being very efficient and capable. We wish her a fine vacation and hope she hurries back with that laugh and good cheer that has won for her myriads of friends. If you have the blues or a severe attack of the grumps—send for Rosemary.

A CLIPPING from a local paper of Tacoma, Washington, reached the office here containing an article concerning George Wallace of that city, who received a scholarship in the D. M. S. C. O., awarded by the Pierce County Osteopathic Association. Mr. Wallace is a graduate of this year's class at the Sumner High School of Tacoma. It was his fitness and aptitude which won for him this scholarship.

This interest shown by the Pierce County Osteopathic Association is indeed encouraging. It shows real spirit and determination by the members of this Association to further the betterment of our work and to encourage better quality and material for Osteopathic Physicians.

IT SEEMS from a letter addressed to this office, that O. H. Olsen, a student of D. M. S. C. O., is having a real work out this summer. He tells us he is working six and seven days a week. These Swedish people sure love their work. But hard work is nothing to "Ole" as he worked all day then part of the night while going to school here last year. Mr. Olsen is an excellent cartoonist as many of the Log Book readers who have noticed his cartoons will verify.

We hope that he doesn't work too hard this summer and not have any vacation, for we want him back full of that fine spirit of enthusiasm and good cheer that has made for him so many warm friends.

DR. J. H. ABBOTT of New-castle Va. reports that he has at last arrived at the harbor of his boyhood days. He says it sure seems mighty good to be back home with the wife and kiddies after two years of absence. We are glad that he is with them and never no more to roam, for Dr. Abbott graduated from this College last May and has received his licence to practice. The Log Book wishes to extend congratulations to the Doctor and wishes him the very best of success in his chosen profession.

## The Curing Process

The other morning while I was working, I took an awful pain, it hit me in my middle, then clear up to my brain. It wandered round and up and down, played tick-tack on my heart, till I thot my life was ebbing, to another foreign part. But I hobbled down to Dr. Jones he's the D. O. in our town, and he took me in his office, on a table set me down. The Dr. says, "Now, Mr. Nibbs, what can the matter be," as he histed up his trousers and rolled up both his sleeves. I says, "I don't know, doctor, but I'm all in and out, then the doctor, he suggested that I probably had the gout. He made me take off coat and shirt roll down my B. V. D's, I guess he thot I'd something hidden, he otherwise could not see. And then, Oh Lord! he went to work, with all his might and main. He rolled my liver round a spell, My! how I yelled with pain. He then stepped right round behing — and ran his fingers down my spine, then smiled a smile of sweet relief and says "I found the point," and manifested all he said, by a jab right on the joint. Suffering Lizards! I thot he'd knifed me right, while I rolled right off that table and prepared myself for fight. Then Doc explained his actions which eased my feelings some, tho I couldn't help but thinking that I wished I hadn't come. But I got back on the table, thot I'd make another try, this way as well as another if its sure you got to die. The Doc then grabs me back of the neck and says "Now please relax while I fix this vertebrae that's playing cutty up in your back." Now, friends, I'm the toughest of the toughs from far and near, but when my back went crackety pop my brain went numb with fear. For I was sure he'd broke every bone, in that old spine of mine, but Doc again just smiled that smile and says "Old man that' fine." I paid the Doctor all in full and went my homeward way, a saying to myself, says I, "This has been an awful day." But I am glad, for don't you know, that pain has left for good and I'm giving all the credit to our old home town D. O.

—F. D. C.

## LUCKY M. D.

He had long been suspected of bootlegging, and now that the constable had caught him with a quart of the genuine, things had a dark look indeed.

Well, boy," announced the official somewhat sympathetically, for informally he was a humane, thirsty soul, "Now that I have caught ye, ye'll have to take yer medicine."

"Oh, thank you, officer," cried the culprit, bursting into tears of gratitude. "It certainly isn't every policeman who has intelligence enough to recognize when a man has this sort of stuff for medicianl purposes."—*American Legion Weekly.*

## Another Good Man Gone Wrong

The members of the late graduating class will be pleased to learn that Eugene C. Herzog has at last taken unto himself a wife.

The marriage announcement shows that the lucky woman was Miss Ann L. Schneider. The fatal knot being tied June 19, 1923. Their future home will be 1411 Collins' Street, Austin, Minn.

The Doctor has the deepest sympathy of those who know him and have traveled the same road.

Dr. Herzog was prominent in all College activities and was an excellent student. His colleagues will remember how his melodious voice used to ring thru the halls of old D. M. S. C. O. while a member of the famous "Curbstone Quartette."

The Log Book extends to Dr. Herzog and wife best wishes for a long and happy life. We also wish to add that if the Doctor has any secrets—prepare to tell them now.

## ANNOUNCEMENT

The Board of Trustees wish to announce to the students and friends of D. M. S. C. O. that the plans for the new building are not progressing as well as we would like to have them. The reasons are:

1. Poor financial condition of college.
2. Lack of proper support in Des Moines.
3. Lack of support from profession.
4. Inopportune time.

Our efforts will continue but in a secondary way. Therefore, the college officials are glad to give out the good news that our main endeavor will be to better the course given by this institution. Special attention will be given in the Department of Osteopathy and the Department of Clinics.

Signed,  
M. D. CRAMER.



## STILLBIRTHS FOR '23

Continued from Page 2)

ceived at the state office reports of 1,569 stillbirths reported as births as compared with 1,784 stillbirths reported as deaths. The record of stillbirths reported as deaths is usually much more complete than stillbirths reported as births for the reason that it is necessary to file the death certificate and obtain a burial permit before the fetus can be legally buried or otherwise disposed of. The discrepancy in the number of stillbirths reported as births as compared with stillbirths reported as deaths in Wisconsin is comparatively slight and indicates increasing accuracy in our birth registration. Classifying of the 1,569 stillbirths reported as births by sex the records show that 845 were males, 674 were females and in 50 cases the sex of the child was unknown or not stated. This indicates that male children are more apt to be stillborn than female children and is generally accepted as a fact. Of the total stillbirths reported 92 were twins and three were triplets. There were 40 illegitimate stillbirths reported for 1922.

This total is comparatively small and indicates that we are not obtaining complete reports of either the live births or the stillbirths where the child is born out of wedlock. Statistics of illegitimate births are very difficult to obtain for the reason that secrecy is insisted upon and in many cases the mother takes an assumed name or goes out of the state to be confined.

Classifying the stillbirths according to the birthplace of the father the record shows that in 960 cases the father was born in Wisconsin; in 238 cases the father was born in other states in the United States, and in 338 cases the father was foreign born.

The record of birthplace of mother shows that 1,058 of the mothers were born in Wisconsin, 261 in other states of the United States, and in 243 cases the mother was foreign born.

Considering stillbirths according to the age of the mother the Wisconsin record for 1922 shows that in 6 cases the mother was only 16 years of age; in 101 cases the mother was from 15 to 19 years old; in 724 cases the mother was from 20 to 29 years of age; in 586 cases the mother

was from 30 to 39 years of age, and in 141 cases the mother was from 40 to 49 years of age. The tabulation of stillbirths according to the age of the mother does not indicate that there is any relation existing between the age of the mother and the stillbirth.

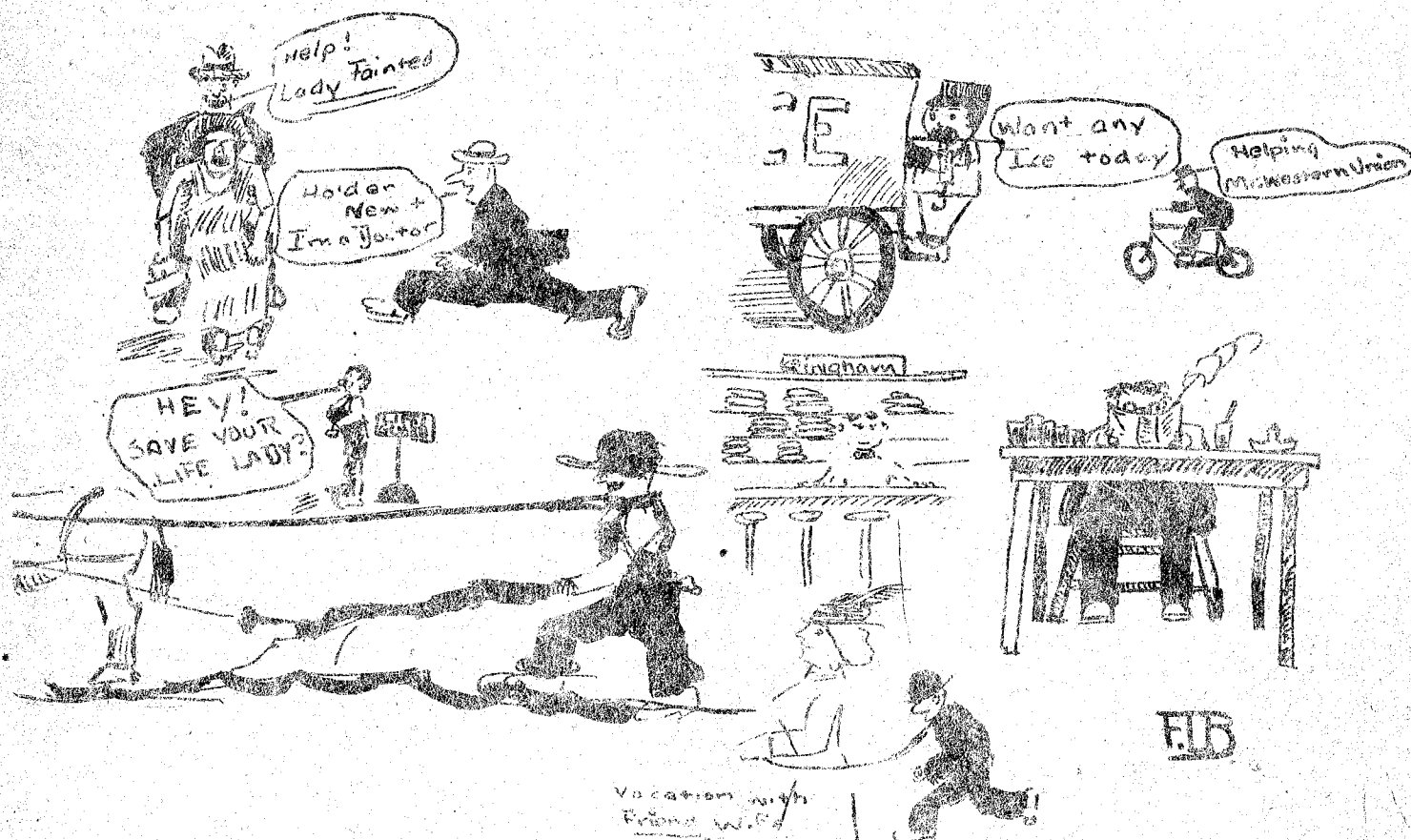
The study of stillbirths in its relation to the number of stillborn children of a mother reveal some interesting facts. In most of the cases where a mother has had at least two stillbirths there were twins in the family and both of them died. These returns show one case where this particular mother who was attended by a midwife has had 7 stillbirths. In practically all of the cases the stillbirth reported was the first stillbirth from this mother, but in 100 cases the mother has had two stillbirths; in 15 cases 3 stillbirths; in 6 cases 4 stillbirths, and in 5 cases 5 stillbirths. In 219 cases it was not stated whether the mother had given birth to more than one stillbirth reported.

The important element of syphilis is causing stillbirths and premature births should constantly be kept in mind and in case of stillbirth from causes ill-

defined the family should collect a sample of blood from the mother and send it to the phychiatric institute at Mendota for examination to determine whether the mother is syphilitic or not. These examinations are made without charge. If this practice is followed it will be possible to discover and properly treat many cases of syphilis which otherwise would not be discovered until serious damage has been done.

Classifying stillbirths according to who was in attendance at the time of birth the record shows that 1,473 were attended by physicians and 96 by midwives or others. Approximately six per cent of the stillbirths reported as births for 1922 were attended by midwives or others. For 1921 the record shows that nine percent of the stillbirths were attended by midwives or others. The classification of stillbirths according to the occupation of the mother shows that practically all of the mothers were classified as housewives with the exception of the illegitimate births where the occupation in five cases was given as factory worker, five cases as domestics and two cases as students.

## Summer Activities of D.M.S.C.O. Students.



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

Acceptance for mailing at special rates of postage provided for in section 1103, act of Oct. 3, 1917, authorized Feb. 3, 1923.

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Volume 1

July 15th, 1923.

Number 12

## DOCTORS ARE INTERESTED IN "TRUTH" SERUM

Findley Says It May Be Useful  
in Solving Crimes.

Des Moines physicians are divided in opinion as to scopoline, the new truth serum being experimented with in California. Many of them frankly say it is the "hunk."

Dr. Granville Ryan confessed his interest in the drug and believes that in the hands of serious minded physicians and psychologists it has great possibilities, especially as applied to criminology.

Dr. H. M. Eisler, pathologist, stated that it is not by any means a new discovery, it is similar to hyoscin used in twilight sleep.

It is hypnotic, he said, because it stimulates the subconscious mind at the expense of the conscious.

Dr. Park A. Findley, sheriff, was interested in the serum and stated that if it can be perfected for practical use in connection with criminology it would be of the utmost value to it.

Dr. S. L. Taylor of Des Moines General hospital, stated that one form of the drug was used considerably in Des Moines in twilight sleep cases, but is now discontinued. He stated that there is undoubtedly some virtue in it, but that the results claimed for in connection with criminology have been achieved before with different forms of anaesthetics, especially ether.

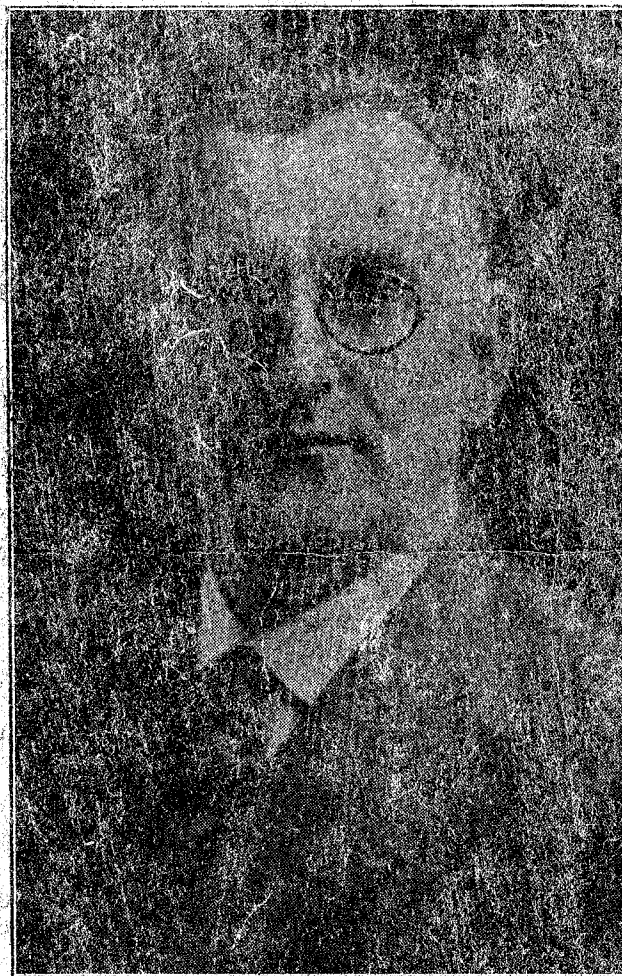
## NOTICE

Dr. W. B. Vincent of Red Oak, Iowa, is moving to California and wishes to communicate with some Osteopath who is looking for a good location. Friends of Dr. Vincent regret very much that he is leaving Iowa, but wish him much success in his new field of work.

Knowledge and self confidence are powers of success.

## DR. M. E. BACHMAN

Prof. of Technique & Osteopathic Practice D. M. S. C. O.



An educator is a leader. He thinks ahead of men. He feels his thoughts and communicates them to other men as living, compelling forces. This faculty is Dr. M. E. Bachman's chief personal asset. His feelings always mellow, soften and enrich his thoughts. His shafts of wit and humor, though they pierce, never sting or leave a scar. "Daddy Bachman" is his cognomen. He is known everywhere as the students friend.

Dr. Bachman graduated at D. M. S. C. O. in 1911 and located at once in Des Moines where he has a most enviable practice.

He has taught Osteopathic Practice for a good many years and is very learned in this field. As a technician, he has no super-

ior. When some difficult lesion is to be corrected the profession has learned where to go. If it can be done, Dr. Bachman will do it.

Some people practice osteopathy for the money that is in it, but Dr. Bachman practices it because he can do more good in it than he can in any other avenue of life. He loves osteopathy. Its life is his life.

Dr. Bachman has the utmost confidence of the student-body. He has won it through his fine personal integrity, devotion to duty and his genial good spirits. Long may his influence prevail.

or \$5,000 was a generous annual appropriation to the state board of health.

—From Illinois Health News.

## DO YOU REMEMBER WAY BACK WHEN—

Everybody drank from the old tin cup that hung on the town pump.

A roller towel in the hotel wash room accommodated all comers.

Two thousand people died in Illinois every year from typhoid fever.

The health officer's chief job was to inspect alleys and back yards for garbage and dead animals.

The state board of health existed principally for the purpose of examining and licensing physicians.

There were no Chiropractors or Osteopaths.

Nobody ever thought of registering a birth anywhere but in the family bible.

Children's diseases were regarded as the angry visitation of a Divine Providence.

Lots of folks thought that a buckeye in the pocket would prevent rheumatism.

Some mothers knew that a red flannel undershirt and a string of asafetida around the neck would protect children from diphtheria and other contagions.

Nearly everybody had smallpox at some time during life. (No you don't and that's probably why you haven't been vaccinated).

Running water in the house, a bathroom and a toilet, were only looked upon as luxuries for the very rich.

Consumption was an incurable disease and folks who had it were advised to go west—which they usually did.

Nobody ever suspected that the application of preventative medicine might save the state a heavy institutional expense.

Milk was milk and nobody cared a hang where it came from.

Soothing syrup and pacifiers were standard home remedies for infants.

Patent medicines, consisting mostly of alcohol under a trick name, were advertised and sold as a cure for everything from an ingrown toenail to appendicitis. The legislature felt that \$4,000

## HERE AND THERE

Mr. Tom Van de Griff of D. M. S. C. O. is spending a short vacation at Temple Park, Spirit Lake, Iowa. He is there with the Hapac Grotto band of Des Moines—Tommy plays the "Sacksyfone".

Dr. A. J. Collard of Coon Rapids, Iowa, was at the Des Moines General Hospital last Thursday. He brought three patients to the Taylor Clinic for tonsilectomies.

Dr. Honsinger, graduate of D. M. S. C. O., for the time being is filling the vacancy of Dr. B. L. Cash in the Laboratory at the hospital. Dr. Cash recently moved to Dubuque.

Miss Rosemary Kurtz returned last Friday from her vacation. She says that aside from trying to swallow most of the water in some of the Minnesota lakes—trying to laugh and breathe under water—endeavoring to use her head as a rock crusher while diving in a shallow place—getting sun-burnt and bitten by mosquitoes—that her "airing" was most pleasant.

The dissection class finished their work for the summer last Monday. This no doubt was greatly appreciated by all who took the work. The olfactory center surely must have been tortured.

Dr. Ross Parish, graduate of D. M. S. C. O. last May, writes us that he is now located in Milwaukee, Wis. He made mention of the fact that he had some difficulty in getting into the state of Wis., but persistency won. If the Dr.'s determination is any way near in comparison with his stature, we are aware of the fact that the Dr. could make some fight. We are glad to know that he is located and wish him a successful career.

"The Log Book" has just received a letter from a party in Versailles, Ohio, asking us to try and get in touch with some osteopath who might be looking for a good location in that state. Any one interested in a proposition of this kind may receive further information by writing "The Log Book" or Della Creek-Baum, at Versailles, Ohio.

Mrs. E. M. Robinson, financial secretary of D. M. S. C. O. has gone on her vacation. She expects to spend most of her time in Minnesota. Mrs. Robinson's long suit is to be out in a boat

with good bait and a fishing rod. We are all waiting with anxiety for her return to hear about the big one that she landed.

Dr. E. M. Schaeffer, assistant Obstetrician, reports that Sunday July 15th was a good day for babies. Coming in Monday morning, looking all tired and worn out, he was asked what was the matter—was it a bad night? The Doctor replied that he had just returned from delivering three O. B. cases. Pretty good for one day's work we say, Doctor.

Mr. J. H. Hansel left Sunday for a visit in Minnesota. It looks a little suspicious — for Jack always had an eye for the fair sex—especially one in particular. We have no proof, but we have a hunch.

Dr. James E. Cox, graduate of last May, has located in Mount Airy, Iowa. Dr. Cox was an excellent student and was interested in all College activities. "The Log Book" extends to him best wishes for a successful Osteopathic career.

Dr. Woods and wife of Des Moines are spending a few days vacation in Nebraska with the Doctor's people.

Both Doctor and his wife are graduates of D. M. S. C. O. Dr. Woods is an instructor in the College here and is an excellent one.

## Stop! Think! Reflect!

Students and Doctors: Vacation time is swiftly passing and soon another page will be opened in the history of our College—your College. Have you done all you could for her? She needs your support. It was within her halls that you received the education that has helped to form the basis of your success. Boost Osteopathy upward and onward. Build anew the fire and spirit of your profession. Your Alma Mater should be a thought ever foremost in your mind.

Let's get together. Co-operate and fill old D. M. S. C. O. with students as she was never filled before. A little time and encouragement from you may be the means of making that one hundred freshman class this fall.

Reputation is to itself only a farthing candle of wavering and uncertain flame and easily blows out; but it is the light by which the world looks for and finds merit.—Lowell.

## Mud 'n Everything

Mr. and Mrs. Augur, students of D. M. S. C. O., who graduate in January, 1924, were very kind and wrote us a letter of their trip west to Colfax, Washington.

"Our trip over the mountains was a miserable one and if I could express my feelings about it, this little missive would be a disgrace.

"We had rain all the way out—mud galore and snow in the mountains. You can imagine what a wonderful time we had pushing the Ford over the top. We hoped the worst was over when we left Mr. Crew but it had only begun. The tourists with Fords stuck together like big brothers all of the way over the worst roads. There were six altogether—one after the other we pushed over the top by man power, while the women and the children walked through mud,—H2O and all that goes with it.

"It is funny now when we think and talk about it because our good visit in this splendid climate has caused us to forget and has fully repaid us for all our trouble.

"We enjoyed our week-end visit with Dr. Inde's people and we still have sweet memories of the delicious lunch his Mother prepared for our lunch box — chicken and everything).

"Lyman Crew has a wonderful home and family, too. They treated us royally when we stopped with them in Bozeman, over night. Mrs. Crew, also filled our lunch box.

"I must not forget to mention our visit with old friends from D. M. S. C. O.—Dr. S. F. Garrison and family in Big Timber, Montana.

"We are now busily engaged in Dr. A. M. Agee's practice for a few weeks while she is away on a trip to the coast.

"Our return this fall will be with much 'pep' and enthusiasm and we hope to see wonderful things happen for the new building project.

"Let's Go! STILL!"

Myrtle and Morris Augur,  
(Jan. 24).

I don't like your heart action,, said the doctor, applying his stethoscope, "You've had some trouble with angina pectoris, now haven't you."

"You're partly right, Doc" the young man said, sheepishly, — "Only that ain't her name." — Picked Up.

## That Little Bit of Sunshine

There's a little bit of sunshine  
That enters most of homes  
A little bit of sunshine  
That you can call your own

That little bit of sunshine  
That fills your heart with joy  
Is just the sublime presence  
Of a baby girl or boy.

It stirs your heart to gladness  
And fills your soul with Love  
For a babe's a bit of heaven  
And from the God above.

Oh! those baby hands that call you  
For its good-night lullabye  
Is like the calling of the flowers  
For sunshine from the sky.

And that little smile that greets  
you

And that Cooing, gooing style  
Makes you wish the more and  
more

They would stay so, all the while.

But the trend of time must  
change them

They must live to carry on  
Work that's left behind un-  
finished

By their elders—aged and gone.

—F. D. C.

## A Real Manager

Dr. J. P. Schwartz, athletic director has been working hard to make the coming foot-ball season a real one. In another column will be noticed the schedule for this fall. It looks good, doesn't it? But it all has meant hard, constant work.

Dr. Schwartz is very much interested in Athletics. He is a tireless worker. A great deal of credit must be given him for his efforts, also co-operation, in putting over one of the largest and best athletic schedules in history of our institution.

The Embalmers School closed Tuesday, July 17th after 10 days of intensified work, prior to taking State Board Examinations. They were a fine group of men and we enjoyed having them with us.

The school was instructed by Dr. Carpenter of Altoona. The Doctor used to be connected with our College here in 1905.

We took pleasure in listening to him relate some of the early incidents around the College at that time.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

Director General.....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

## Osteopathy Without Limitation

The contributor of the following articles, Mr. Milton Conn, is a student of D. M. S. C. O. He is in company with R. B. Gordon, walked from Des Moines to New York City to attend the Convention. We say that this was some "hike" and only those that are thoroughly imbued with the greatness of the science of Osteopathy and so interested in its progress would undertake such a trip.

48 East 34th Street  
New York City  
July 7th

Dear Dr. Taylor:

While attending the New York Convention of the A. O. A. I was fortunate enough to obtain the enclosed interviews with Drs. Goode, Gravett, and Gilmore for the "Log Book".

During the convention several meetings were held of the organization of the Associated Colleges, at which, so I was informed, no representative appeared on behalf of Still College. Those of us from Still who were there were also sorry that no one from the School took part in the program.

From Dr. Buehler, of Boston, newly elected Secretary and Treasurer of the Associated Colleges, I learned that the other officers were: President, Dr. S. H. Kjerner, of Kansas City; Vice-President, Mrs. George Still, of the A. S. O. Dr. Buehler was too much in a hurry to get away to give me further particulars, but he promised to send me additional data as to the business done and discussions had at the meetings, so that I might send them to you within the course of the next two weeks.

I hope that you will not consider that I have done anything improper in getting this information for the school.

Those from Still who were at the Convention were: Breese, Herst, French, the Blauvelts, the Heckerts, McFall, Gordon and myself.

Cordially yours,

MILTON CONN.

Enclosures (3).

Interview with Dr. R. B. Gilmore, of Sioux City, Iowa, head of the

Department of Education of the A. O. A., obtained at the New York Convention, July 6, 1923, exclusively for the "Log Book", thru Milton Conn.

"As a result of my tour of inspection during this past year, I feel that the schools are all building up tremendously in their equipment, and growing in number of students.

"We feel that one of the biggest things the profession can do is actively to aid the student campaign propaganda. The Department of Education has strongly recommended that every member of the profession make it his business to interest himself in the sending of students to the colleges; and full information and aid on the best methods of obtaining the desired results can be secured from the Central Office. I believe that the biggest thing before the profession today is the filling of the colleges with properly equipped students.

"In my report to the Board of Trustees I very earnestly recommended that they do everything they can to aid the Des Moines school, and the other schools, in their campaign for new buildings and equipment."

Interview with Dr. William A. Gravett, of Dayton, Ohio, newly elected president of the A. O. A., obtained July 7, 1923, directly after the close of the Convention, exclusively for the "Log Book", by Milton Conn.

"I wish to convey to the students of the Des Moines Still College of Osteopathy the good news that this Convention was the largest ever held. Over 1700 members attended. The result is greater prestige for osteopathy.

"You may well be proud to belong to the osteopathic profession, and you may be assured that a welcome awaits you into the major organization as soon as you have graduated, and that the President and other executives of the A. O. A. are always willing to listen to any suggestions or any helpful thoughts you may have.

"Any plan which has for its object the enlargement of the institutions of learning of the osteopathic profession is highly commendable. There is not anything which can be more helpful to osteopathy than aggressive, efficient schools, with adequate facilities.

"I have been favored with a copy of the 'Log Book' since the publication of the first number, and I always read it with much interest. Its articles on the dif-

ferent schools of medicines I have made a part of my scrap-book for future reference.

"It was my pleasure to meet the new Secretary of the Des Moines Still College, Dr. Cramer. He was with us at our last Convention at Delaware, Ohio. I extend to him my best wishes for the success of the new building project."

Interview with Dr. George W. Goode, Retiring President of A. O. A., exclusively for "Log Book", July 6, 1923, thru Milton Conn.

"I was out at the Des Moines Convention. The success of this Convention is due largely to what I saw there of the way Marshall, Gilmore and Rice ran things. I tried to emulate their example of a well-oiled machine.

"To the students of Des Moines Still College I can give no better advice for their success as osteopaths than this: 'Learn the osteopathic concept; learn the physiologic movements of the spine'.

"The students of Still College can do their share in aiding us by joining the Student's Auxiliary of the A. O. A.

"I hope the profession will boost every possible endeavor to build new schools and colleges and equip them.

"I believe that the osteopathic profession in your territory, and, in fact, everywhere, should take an active interest in the campaign for the new school."

## CORRECTION

We were misinformed by Dr. Parks in the article of comparison of hours between medical, osteopathic and chiropractic. We gave the number as 495 hours but were informed by the Palmer School that the number is 4103½ hours.

## NOTICE

Editors of "The Log Book" would appreciate very much if the doctors receiving the paper would fill in the blank below giving their correct address and the correct address of any of the doctors who have moved to or from their city.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_

## ATTENTION!

Des Moines Still College of Osteopathy,  
Des Moines, Iowa,  
Gentlemen:

There are two very good locations for osteopaths in Nebraska, one at Callaway and one at Cozad.

Callaway is in a rich farming district some fifty miles north of Kearney, Nebr., on a branch line of the Union Pacific. Anyone interested should write to Mr. J. H. Evans, at Callaway, who is very much interested in locating an osteopath there.

Cozad is on the main line of the Union Pacific, west of Lexington, Nebr. This is also in a very rich farming district and the people are very desirous of an osteopath locating there.

This is brought to your attention, thinking perhaps you may have inquiries for locations in Nebraska.

Fraternally yours,

Byron S. Peterson.

## OSTEOPATHIC CREED

I will be true to myself, my ideals, my ambition and my belief.

I will give my patient the utmost Service; that a thorough understanding of Anatomy, Physiology, Pathology and allied sciences could give.

I will especially study the mechanical and natural method of treatment of disease and apply as my judgement deems best.

I will work—not only to cure disease but to prevent disease—and this with as little expense to the patient as possible.

I will treat fairly and expect fair treatment in return.

I will always be true to the Osteopathic concept.

## GOOD NEWS

We are always glad to hear good reports from our alumni,—especially when it comes from the laymen.

In a letter from Louis Miller of Newburgh, N.Y., who travels about the country considerable, states that he occasionally needs the services of the Osteopath and mentions that he likes the way our men treat. He also wished to procure a directory of our alumni so that he might be able to locate one wherever he might happen to be.

This is encouraging to us and it is our paramount aim to give to the profession the very best equipped physicians possible.

## ATHLETICS

Coach Sutton leaves Tuesday the 17th, for a month's vacation in the Minnesota woods. Coach tells us that he is going to bring back some of the "Woodsmen" for his 1923 firing line. Mr. Sutton will leave with Dr. Robt. Bachman and family. Being with Dr. Robt. means by itself, that he will have one big time. Dr. Robert is the biggest friend of Athletics we have in the College. All he needs is the asking and we have one, two or three of his automobiles for our foot-ball and basket-ball trips. We hope Dr. Robert and Coach Sutton, with their families, have a "Whaling Big" vacation. (We will all be awaiting their fish stories when they return).

Capt. Weimers is summering in Des Moines. We are wondering whether it is a girl that is keeping him here or if he is putting in all his treatments so that he will be able to have free afternoons all winter to devote in making a 1923-24 undefeated basket-ball team?

The steel mills of Niles, Ohio, have claimed another victim.

Davis is now in training at these quarters. He writes that the speed he has in those short legs of his, is carrying his straight thru the mills. Davis no longer has any use for a "Chiro". It seems that "Distance makes the heart grow fonder" — (for the other fellow).

Our foot-ball schedule to date is as follows:

Sept. 29—Graceland College at Lamoni—(tentative).  
Oct. 5—Penn College at Oskaloosa.  
Oct. 13—Buena Vista College at Des Moines.  
Oct. 18—St. Ambrose College at Davenport.  
Oct. 26—Central College at Pella.  
Nov. 2—American School of Osteopathy at Kirksville.  
Nov. 9—Haskall Indians at Lawrence, Kansas.  
Nov. 17—Luther College at Des Moines.  
Nov. 24—Open.  
Nov. 29—Simpson College at Des Moines.

The man or woman who acquire the "big head" by one means or another are only manifesting the great amount of unoccupied space within the bony encasement.

## E. C. St. Louis Goes To California College

We are in receipt of a letter from E. C. St. Louis, 929 Marietta St., Los Angeles, California, in which he states that he expects to attend the Osteopathic Physicians and Surgeons College in California the coming year.

Mr. St. Louis attended Still last year and we found him to be a young man of exceptional ability and we are sorry to lose him. In a portion of his letter he says:

"It is with regret that I find it impossible for me to continue my studies at D. M. S. C. O. It is there that I have met the finest bunch of students and teachers, collectively, that I have ever been associated with. And it is also true that my observations and experience at your school has made of me a sincere, constant and a life-long 'booster' for the profession which I have chosen.

"Dr. J. P. Schwartz, is, I believe, the best and most thorough teacher that I have ever had the pleasure of studying under, and it is from this source that my unbounded confidence springs."

## Clinic Reports

Our records show a decided increase in both our Obstetrical and Private Clinics. The comparison being made between May 24, 1922 and May 24, 1923, to present date.

The Obstetrical Department shows an increase of 230% and the Private Clinic 11.81%, over that of last year.

We are glad to note this increase as it signifies that we are endeavoring to teach and practice real, true Osteopathy and that our students are getting results.

## PREPARED.

"His death was very sudden, was it not?" we asked.

"O, No!" was the reply. "He had been joy riding for nearly two weeks before the accident happened.—Country Gentleman.

## TIME TO LEAVE.

Lecturer—"Allow me, before I close, to repeat the words of the immortal Webster."

Hayseed (to wife) — "Land sakes, Maria, let's git out o'here. He's a-goin' to start in on the dictionary."—Princeton Tiger.



## ARE YOU IN THIS PICTURE?

A group of D. M. S. C. O. students of long ago, "looking for things".

It will be noticed that several of the gentlemen are wearing "zooz schnuers" as known in so-

ciety today but at that time called mustaches. The present day law of the student body is, that if any student is found wearing a mustache, except a dignified Senior, he will be given due warning to

remove same and if same is not removed at the specified time, the lip adornment will be removed by one of many known methods.

Nevertheless, these students are the clean cut material that withstood the storms of early Os-

teopathy. They were pioneers in the profession and whom, we, the younger Osteopaths, are justly proud.

The "Log Book" would like to receive a letter from any of those whose pictures are here shown.



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

August 1st, 1923.

Number 13.

## HOW VACCINE IS MADE

By Dr. H. C. Engeldrum.

A living calf or heifer is bound down on a movable tilting table and its abdomen is shaved, and on the clean, tender skin of the most tender part, a hundred or more cuts or scratches are made. Into these open wounds is rubbed some "seed virus," obtained directly or indirectly from human smallpox, and other known or unknown human infection.

After the calf or heifer has been inoculated, it is taken from the stable to a stall, where it is securely tied and carefully fed for about a week, during which time the hundred or more festering wounds are gradually filling up with ulcerative or suppurative disease matter. This disease matter contains the germs of human smallpox, cowpox or "vaccina" and many other known and unknown germs even more dangerous and fatal than smallpox. The diseased matter is squeezed and scraped out of the many wounds and mixed with glycerine in order to dilute it and to kill many dangerous germs which the complex virus is known to contain to some of which glycerine, in a certain percentage, is fatal, but it is not fatal to the germ of smallpox or vaccina which it is aimed to preserve in more or less virile condition. The glycerine and virus mixture pass through various tests to free the many fatal disease germs from the smallpox germ, which is dangerous enough in itself. But it is impossible to guarantee that the smallpox virus will be separated from the many other dangerous germs. Hence, many dangerous or fatal results follow inoculation of vaccine into the body of a child or adult. Dr. M. J. Rosenau, one of the best authorities in the country on vaccine virus, in his recent work, "Preventive Medicine and Hygiene," says, "Vaccine virus always contains bacteria. There is no such thing as a septic virus. Staphylococci, streptococci, members of the hemorrhagic septicemic group,"

(Continued on page 4)

## DR. LOLA D. TAYLOR

Professor of Gynecology, D. M. S. C. O.



"Embodiment of the finest influences" is the way her friends speak of her. She has a pleasing address and personality, kindly, and always courteous, affable and approachable. Every student is her friend and in all her class-work there is clearly manifest the most friendly mutuality.

Dr. Lola graduated from D. M. S. C. O. in 1903 and from the Woman's Medical College, Baltimore in 1909. She came directly from Baltimore to Des Moines and has been a teacher in D. M. S. C. O. ever since.

She began her work in the obstetrical department, developed it, systematized it, and under her supervision it grew in the four years from a few sporadic cases to 160 cases. Since her resignation others have followed up the good work until today, of all, this department is the most efficient, and enviable, under its present eminent incumbent.

As a teacher Dr. Lola excels. She is direct and clear cut in her statements. Her knowledge of the subject gives force and emphasis to her lucid explanations. She was surgical assistant for four years. This gives her first hand knowledge of the gross pathology of the pelvis and familiarity with practically every disease of women. Therefore, when she teaches, she speaks with authority.

The high professional standing which Dr. Lola has attained is attested by the almost universal commendation of her work by the Alumni of D. M. S. C. O.

Never tell evil of a man; if you do not know it for certain, then ask yourself, "Why should I tell it?"

Freedom consists not in the absence of law, but in the operation of good law.

## SCHEDULE

(This schedule complies throughout with the requirements of the Iowa State Osteopathic Laws.)

### FIRST YEAR

#### First Semester

Anatomy, Descriptive.  
Chemistry, Inorganic.  
Histology.

#### Biology.

Pathology IV, Bacteriology.

#### Second Semester

Anatomy, Descriptive.  
Physiology I.  
Chemistry, Organic.  
Histology.

Embryology.

### SECOND YEAR

#### First Semester

Anatomy, Descriptive.  
Physiology, II.  
Theory of Osteopathy.

#### Pathology I.

Chemistry, Physiological and Toxicology.

#### Second Semester

Anatomy, Descriptive.  
Anatomy, Practical.  
Pathology II.

Principles of Osteopathy.

Physical Diagnosis.

Physiology III.

### THIRD YEAR

#### First Semester

Anatomy, Regional and Special Senses.

Gynecology.

Pathology V, Laboratory Diagnosis.

Public Health and Sanitation.

Osteopathic Diagnosis Technique.

Pathology III.

Clinical Demonstrations and Practice.

#### Second Semester

Obstetrics.

Nervous Diseases.

Osteopathic Therapeutics.

Eye, Ear, Nose and Throat.

Pediatrics.

Clinical Demonstrations and Practice.

### FOURTH YEAR

#### First Semester

Surgery I, Principles.

Nervous and Mental Diseases.

Eye, Ear, Nose and Throat.

(Continued on page 4)



## HERE AND THERE

Mr. Scott Wisner of Hugo, Colo., and a student in the Laughlin College of Osteopathy at Kirksville, Mo., was a visitor at the College one day last week. We enjoyed quite a visit with him and found him to be full of the Osteopathic spirit.

Doctor Neva Moss is leaving the latter part of this week for Nowata, Okla., where she begins her Osteopathic practice with Drs. Stevick & Stevick. Dr. Moss was a graduate of last May. "The Log Book" extends to her best wishes for a successful practice.

Mr. Harry Elston, senior student, is working hard this summer, both at the College and the Hospital. Up to the present time he has given considerable over one hundred anesthetics at the Taylor Clinic. Mr. Elston is greatly interested in the work and we predict for a man of his shown ability—Success.

Doctor Thomas G. Burt, of Af-ton, Iowa, was a visitor at the Des Moines General Hospital on July 21. He came with a patient. Doctor Burt enjoys a large

practice and from the confidence manifested in him by his patients he is very worthy and deserving of their patronage. We wish him success in his field.

Dr. A. N. Simpson of Norwalk brought a patient, July 24, to the Taylor Clinic, Des Moines General Hospital, for diagnosis. Dr. Simpson is a frequent visitor to Des Moines. The Doctor preaches, practices osteopathy and is superintendent of the High School at Norwalk. He is a man of wide influence in his community. We like to have him come often.

There has never been as many patients registered in the O. B. Clinic as this summer. Dr. Schaeffer reports eight cases delivered last week. What student can afford not to come to Des Moines for practical work?

It is not the things which we have done, but the things we have left undone, that gives us the bit of heartache at the setting of the sun.

Mrs. Katherine Robinson just returned after a two weeks motor trip through Northern Minnesota. Outside of four blow-outs

and a puncture, she reports a very pleasant time. She would have liked to have brought back a few of Lake Superior's cool breezes but they proved too elusive.

Mr. Swezey, captain of the 1923 football team is working hard to get his work and himself in shape so that he can produce a winning team this fall. He reports that the prospective material sure looks good and that he believes that Dr. S. L. Taylor will have a chance to break that old cow-bell.

Dr. Cecil Reed, (Shapes) writes us that he is taking a much needed rest and is having one good time. He has not located as yet, but hopes to be in his office by early fall. Dr. Reed's clinical work in college was very satisfactory and we feel that his patients will find in him a physician of ability.

Dr. Irene Bachman is located in with her father, Dr. M. E. Bachman and brother, Dr. Robt. Bachman.

The Doctor reports that she is quite busy, much more in fact, than she had anticipated.

Dr. Irene was an excellent student in College and manifested

that fine Osteopathic spirit which has won for Drs. Bachman the respect and confidence of the people of Des Moines.

Dr. J. W. Abbott expects to locate at Princeton, West Virginia, about Aug. 15th. The Doctor says that W. Va. has just passed her Osteopathic Laws and that they are the best that he has noticed in any state.

Princeton people are fortunate in having Dr. Abbott locate in their city as he is a good physician.

Dr. James E. Cox, Mount Ayr, reports that business is going good and that he is not growing as many calouses as he had expected that he would. This is surely a fine report for Dr. Cox has been located but a short time. It is surely gratifying to know that our Doctors are starting out strong and are getting good results.

"Why for goodness sakes, look who's here! When did you get in anyway, and how are you?" This was the general greeting that was given Gerald Myers, when he unexpectedly stepped into the office Wednesday morning. Gerald is looking fine and seems as happy  
(Continued on page 4)

## IN DAYS OF YORE



Another reminder to those who have finished their work at D. M. S. C. O. Do you see anyone that reminds you of yourself? These were the days when the physical as well as the mental faculties were exercised. We would appreciate an article for "The Log Book" concerning the days as shown in this picture, from any or all.

# The Log Book

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Osteopathy Without Limitation

## Osteopathic Technique

DES MOINES Still College of Osteopathy has been noted for its teachers in osteopathic technique. Among these have been such men as Hofsess, Forbes, Spring, Johnson, Roberts, Ireland, Bachman and Styles. Some of these men have become so widely known to the profession and their practices so large that they had to give up their professorship in Technique and have gone into private practice or to other schools of high position.

Trained in this school of celebrities are a few men who are still with D. M. S. C. O. and one in particular, Dr. M. E. Bachman, whose picture appeared on the front page of the last issue of "The Log Book."

We think the writer of his biographical sketch did not exaggerate. Doctor Bachman has very thoroughly learned his subject and is a master of Technique. His strength is not in theory but in the practical application of the principles of osteopathy. I am sure the professors and students will be happy to learn that Doctor Bachman is to be head of this department for the coming year.

## Student Employment

THE question is often asked in prospective letters: "Can a student secure employment sufficient to defray his current expenses while in school at Des Moines?" We invariably answer yes. The difficulty is not to secure enough places for the students to work, but to secure enough students to fill the places open for employment.

Some of the teachers have been connected with the school for eighteen years and they tell us that during all that period there has never been a time when students could not find employment down town. Not only that, but the business men have learned of the high quality and efficiency of the work of the students of D. M. S. C. O. and each fall they make requests for students in stores, restaurants, shops, banks, churches, etc. Students also find for

themselves odd jobs such as lighting the street lamps, chauffering, and carrying paper routes. Some play football, some do gym work, some sing in choirs, and some play various musical instruments for dances and parties. In fact there is no limit to the variety of opportunity which may be offered to the student body.

Des Moines is a growing city of 150,000 population and opportunities are commensurate with its increase of population.

If you want to attend school at Des Moines and you have not a dollar in your pocket and you can borrow the money to pay your tuition, you can make your way. Hundreds have already done so. Why not you? It just takes a little more energy and a little more speed, but that is the kind of boys and girls Des Moines Still College is after.

Pack up your trunk, load it in your Tin Lizzy and make tracks for Des Moines Still College of Osteopathy.

## Football

FROM the prospective names which are coming in, many of the new students are going to be interested in football. From the records some of them are furnishing us it would seem that Coach Sutton is going to have his hands full to decide whose who. That means that we are going to have a football team second to none this fall.

It seems that there have been no games scheduled with the Des Moines University, "our sworn enemy." Why not? It has been suggested that they are afraid. They may have heard a tinkling of that ruined cowbell that we heard so much about. Oh! how we wish we could have a game with Coach Bell. Oh! ye student body cultivate a softer voice. And tell Schaeffer to quit his rassing.

## New Students

ONE thousand, or more prospective names to draw from.

That is the list of prospective names Des Moines Still College has at the present time. Many have expressed their decision to come to Des Moines Still College this fall.

Alumni and friends, here is your opportunity to put your Alma Mater over this year. Do you know that we had a war and that that war almost impoverished our osteopathic schools? Do you know that we depend upon tuitions for the maintenance of the schools? Do you know that, it is impossible to get out into the pro-

fession and get money with which to erect a new school building?

There is only one avenue by which your schools can be perpetuated. Fill them to the doors with new students. There is no better way for the profession to show their loyalty than by sending on a dozen or more students each year. We believe that if your attention is only called to it and you get your minds centered on it, in a short time you will be co-operating with us in every way possible to secure at least a part of these prospects for Des Moines Still College.

The medium for this article is the student paper, "The Log Book", which is proving itself to be a big item in the profession. Won't you see to it that another student is added to Des Moines Still College this fall?

## Treat Coming Champion

The coming world's champion, Jake Brissler, has his own ideas on methods of training. For the past six months Jake has been taking treatments at Des Moines Still College. Brissler recently won a match from Stanislaus Zybysko, the mighty Pole. He also wrestled Waldeck Zybysko in a two-hour match without a fall. Brissler is especially enthusiastic about taking treatments on the afternoon before an evening match—he says there's nothing like it as a final wind-up to his training. Sport critics predict that Brissler will hold the heavyweight wrestling crown within the next year. Brissler's fine condition and strength is due in no small measure to the Osteopathic treatments taken at the Des Moines Still College of Osteopathy.

"What would you do if I were to turn you down?" Margaret asked shyly, as they sat on the parlor sofa.

Meyer looked straight ahead, but said nothing. After a few moments of silence she nudged him and said, "Didn't you hear my question?"

Meyer looked around apprehensively. "I thought you were addressing the gas."—Exchange.

A schoolgirl was required to write 200 words about a motor car. She submitted the following:

"My uncle bought a motor car. He was out riding in the country when it busted going up a hill. The other 180 words are what my uncle said when he was walking back to town, but I know you wouldn't want me to repeat them."—Boston Transcript.

## Music in the Air

Notwithstanding the fact that we are not going to get our new building this fall, everybody is getting so happy around D. M. S. C. O. this summer over the prospects for the fall class that even Angus, the janitor, strikes up a tune—and say, that is a good one. You never heard Angus sing? Rosemary says she has heard him try and she has not been able to determine what it is as yet. There is work to be done. Who will offer himself as sacrifice?

## OPPORTUNITY

By Berton Braley.

With doubt and dismay you are smitten;

You think there's no chance for you son?

Why, the best books haven't been written.

The best race hasn't been run,  
The best score hasn't been made yet,

The best song hasn't been sung,  
The best tune hasn't been played yet;

Cheer up, for the world is young!

No chance? Why the world is just eager

For things that you ought to create.

Its store of true wealth is still meager,

Its needs are incessant and great.  
It yearns for more power and beauty,

More laughter and love and romance,

More loyalty, labor and duty.  
No chance—why there's nothing but chance!

For the best verse hasn't been rhymed yet,

The best house hasn't been planned,

The highest peak hasn't been climbed yet,

The mightiest rivers aren't spanned.

Don't worry and fret, faint-hearted,

The chances have just begun,  
For the Best jobs haven't been started—

The Best work hasn't been done!

Circus Proprietor — Yes, we want a lady who can handle wild animals. Have you had any experience.

Applicant—I have been a saleswoman at bargain counters for years.

Old Lady (to newsboy)—You don't chew tobacco, do you, little boy?

Newsie—No, mum; but I kin give yer a ciagret if you want one.

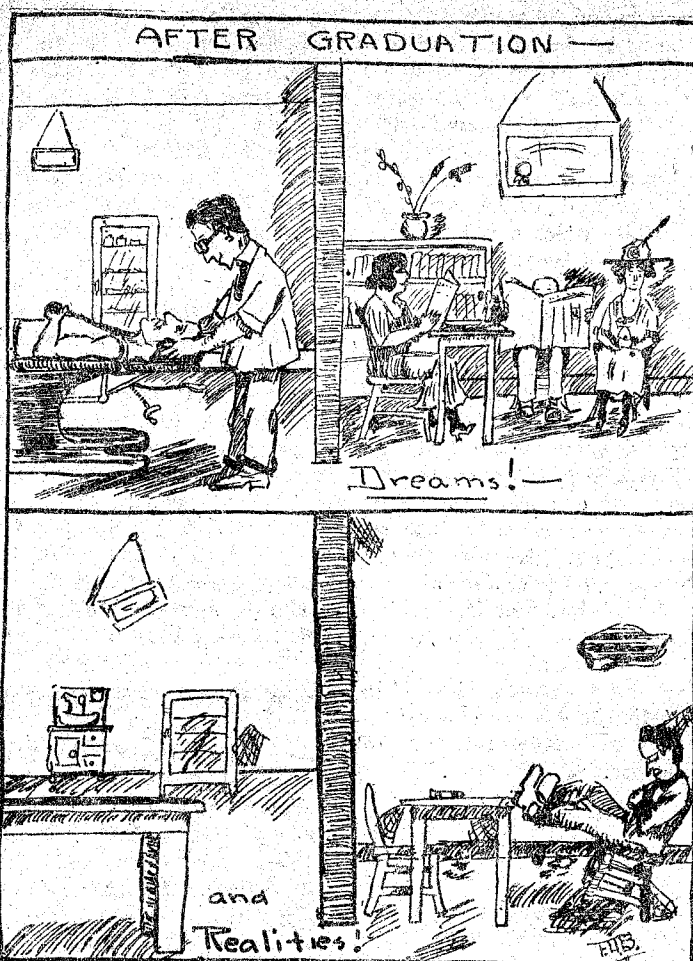
## HOW TYPHOID GERMS ARE SPREAD

Keeping in mind that typhoid fever germs must in all instances ultimately come from a human being (person suffering or convalescing from typhoid fever or a typhoid carrier) and that these germs are shed from the body only through the stools and urine (except rather rarely from the lungs or in vomited material), let us consider how and in what manner this typhoid laden stool and urine gains entrance into the body of another person or persons. In this connection it is most important to remember always that there is but one gateway of entrance for these germs to get into the human body, as indicated in our diagram, and the route followed is the same as that followed by our food and drink, i. e., through the mouth, throat, gullet or oesophagus and stomach, into the small bowel or intestine, certain glands of which become the place of abode of typhoid germs. It should, however, be further explained that typhoid germs living and multiplying in these glands, as well as their excretory products are, during the course of the disease and convalescence, carried in the blood and lymph to various parts of the body, in addition to being shed off from the body through the feces and urine.

With this clear understanding that typhoid germs come, in the last analysis, only in stools and urine from persons suffering or convalescing from typhoid fever or from typhoid carriers, and that in order to produce typhoid fever in another person these typhoid germs must reach the intestine through the gateway of the body, the mouth, we are prepared to begin a detailed consideration of the various ways and means whereby human filth, laden with typhoid germs, may be carried or transported from the typhoid sick, convalescent, or carrier to healthy persons.

Fundamentally these are: first, *contact*, hands, inanimate objects and animals, particularly insects; second, *foods*, notably milk; third, *water* and other drinks.

The order of discussion will be made to follow naturally from a consideration of the more immediate to the more remote and less apparent ways and means of carriage or transfer of typhoid germs from the infected person (typhoid case, convalescent or carrier) to a healthy normal person or persons. Contact transmission, therefore, presents itself



for first consideration and its discussion will constitute the remainder of this contribution. The consideration of food and water as a means of transmission and the important role played by the typhoid carrier, will follow in subsequent articles.

### End of the Rainbow Trail

Cupid cut another notch on his trusty bow when that "Don Juan" of the "Sheiks," Walter McWilliams, finally bowed his haughty blonde head before the marriage altar.

The Shebo's of his hunting grounds, extending from Columbus Junction to Valley Junction, was struck a terrible blow by that event.

In all seriousness, however, we extend to Mac and his lovely bride (Miss Doris Clements) our hearty congratulations.

Intuition: The mysterious instinct that tells a woman she is always right.

There are two sides to every question — your side and the wrong side.

A hog ought not to be blamed for being a hog, but a man ought.

### THIS AND THAT

(Continued from page 2)

as a boy with his first pair of long trousers. But why shouldn't he be happy? You ought to see whom he brought back with him. No, Gerald says that he isn't, so we'll have to take his word for it. Gerald is one of our heavy and mighty football players. He says that old D. M. S. C. O. is going to move some this year and keep the "Pig skin" at our goal all the time. We hope so for there is an old cow bell around this place somewhere that must be broken.

We were pleased to receive a letter from Dr. Wilbur Gregg stating that he had passed the Ohio board successfully and was opening up an office in Oberlin, Ohio.

The Doctor says, "If you know your cats, you need not fear the Ohio State Board. Prospective entrants take warning."

Success to you, Wilbur.

We have just received a letter from Dr. Mabel F. Martin, Meridian, Miss., in which she states that she is on her way to Flint, Mich. We do not know whether the Doctor intends locating there or not. Dr. Martin was a member of the graduating class last May.

### REMINDER

This little Log Book goes out to every student of D. M. S. C. O. If it doesn't, we want to know.

At the last assembly, something was said about writing back to the old school and telling us what is happening during the summer. A few who have responded to the call of the wild have written us letters telling us what they are doing. Many are silent. "Are they dead," is the query around the halls of the school. We do not think they are dead but weary on their long trek. We expect to hear from those who have not entered the elysian fields of resurrection as yet.

Doctor Campbell is busy, but lonely and he feels that something can be done to add good cheer. We know you are having a good time this summer and that your hearts are longing to return. A bright cheerful letter will help us.

### HOW VACCINE IS MADE

(Continued from page 1)

and, in a few instances, tetanus spores and gas bacilli have been found in vaccine virus."

I have briefly described how the vaccine is made. But I have said nothing about the suffering which the calf or heifer must endure. I believe most everyone knows the great suffering often caused to a child with a single sore on its arm, leg, or any other part of its body, and anyone can imagine how well pleased an animal would be with a hundred or more ulcerative or suppurative wounds and saturated with the septic poison which cannot help but be in the animal's system.

If it is necessary for an individual to be vaccinated for smallpox or any other disease, by taking the pus from a wound of a human or animal, then what in the name of common sense is the use of having or being taught to have pure blood in our body.

### SCHEDULE

(Continued from page 1)

Obstetrics.  
Osteopathic Therapeutics.  
Dietetics.  
Clinical Demonstrations and Practice.

#### Second Semester

Surgery, Operative.  
Nervous and Mental Diseases.  
Urology and Proctology.  
Medical Jurisprudence.  
Dermatology.  
X-Ray and Electrical Diagnosis.  
Osteopathic Therapeutics.  
Clinical Demonstrations and Practice.



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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Volume 1

August 15th, 1923.

Number 14.

## Letter from Dr. E. G. Herzog

Aug. 12, 1923.

Dear Mr. Log:—

Unconventional as it may sound, Eugene Charles Herzog, Doc of Osteopathy, has the Itch. It is important and I hasten to explain, that this itch is not of the common, everyday, seven-year variety, but a high-class itch—an uncontrollable, most insistent desire that breaks out all over; the itch to "bust out in print." This inclination is not entirely unmixed with a sense of duty which prompts me to be true to the promise to submit a share of my doings and misdoings since that memorable evening when we tripped up to the rostrum and bore off in triumph, that long-looked-for piece of "sheep." There will be no pretense at "slinging the language," but more as a brief glance at the scenes and incidents which I feel would be of interest to your readers.

It must be true that environment molds the thoughts of man, for no sooner were Still and Des Moines out of sight when that self evolved "doctorial dignity" which had quite overwhelmed me since graduation, became a thing of air, just naturally "oozed" away. No one took the pains to remind me that I was a "Doctor" and I quite forgot for the time that all the worries of the Osteopathic World" were resting on my narrow shoulders. Instead my thoughts were directed to a more serious proposition; the problem of getting some one to share my troubles. While this statement is a bit inaccurate for the "problem of getting" had been settled by the sweet woman's "yes" some time before, there were still serious problems to face and troubles to be overcome.

It happened on the 19th of June, and I feel that I "Got away big." Those of you who have had the experience know how it is, that dignified march up the center aisle, with Ma and Pa and everybody looking on. A fellow never realizes how many useless hands and feet he has until he finds himself on "dress parade" with a large number of admiring relatives and friends present to

"do a fellow honor," as the home town paper put it. Anyway I spoke my piece and got it off without a whimper. The knot was tied and the page was on a new chapter of my existence.

On the evening of the same day we shoved off for Portage, Wisconsin. The famous Dells of the Wisconsin are near at hand, at Kilbourne, and we spent some time here viewing the wonders of God and Nature. Books have been written on this beauty spot and I am sure no words of mine could add anything to the many fine descriptions of the grandeur and magnificence of this resort. Given an opportunity I would strongly urge any and all of you who have not seen this spot to include the "Dells of the Wisconsin" in your outing program. It is well worth your time.

At Portage I "met up" with one of our men. Just as we were leaving the city someone shouted, "Eh, Buck!" and O'Keefe came running up and slipped me the glad hand. He said Parish fig

(Continued on page 4)

## DR. ROBERT BACHMAN

Professor of Obstetrics, D. M. S. C. O.



### Dr. Robert Bachman

Some men are an asset to an institution. This is especially so in the person of Dr. Robert Bachman. He is young, agile, and in tellectual, quick to see a point and with a firm grasp he comprehends his subject.

The department of Obstetrics has had no more eminent occupant. He has probably delivered more babies than any other living osteopath and enjoys the further distinction of being at the head of the largest obstetrical osteopathic clinic in America.

Dr. Robert, as he is familiarly called, is a graduate of D. M. S. C. O., and has taught in his Alma Mater for several years. He is a good teacher, knows his subject thoroughly and is one of the most popular professors in the institution. His courses in obstetrics are being sought especially by those who contemplate practicing obstetrics in the field.

Des Moines Still College of Osteopathy opens its doors to you September 10th, 1923.

## SCHEDULE

(This schedule complies throughout with the requirements of the Iowa State Osteopathic Laws.)

### FIRST YEAR

#### First Semester

Anatomy, Descriptive  
Chemistry, Inorganic.  
Histology.  
Biology.  
Pathology IV, Bacteriology

#### Second Semester

Anatomy, Descriptive.  
Physiology I.  
Chemistry, Organic.  
Histology.  
Embryology.

### SECOND YEAR

#### First Semester

Anatomy, Descriptive.  
Physiology, II.  
Theory of Osteopathy.  
Pathology I.  
Chemistry, Physiological and Toxicology.

#### Second Semester

Anatomy, Descriptive.  
Anatomy, Practical.  
Pathology II.  
Principles of Osteopathy.  
Physical Diagnosis.  
Physiology III.

### THIRD YEAR

#### First Semester

Anatomy, Regional and Special Senses.  
Gynecology.  
Pathology V, Laboratory Diagnosis.  
Public Health and Sanitation.  
Osteopathic Diagnosis Technique.  
Pathology III.  
Clinical Demonstrations and Practice.

#### Second Semester

Obstetrics.  
Nervous Diseases.  
Osteopathic Therapeutics.  
Eye, Ear, Nose and Throat.  
Pediatrics.  
Clinical Demonstrations and Practice.

### FOURTH YEAR

#### First Semester

Surgery I, Principles.  
Nervous and Mental Diseases.  
Eye, Ear, Nose and Throat.  
(Continued on page 2)

## TYPHOID FEVER

(From Illinois Health News)

Typhoid fever is communicable or transmissible from the sick to the healthy. The disease is both "infectious" and "contagious." Every person who has typhoid fever has recently swallowed some typhoid germs which have come in some way from some other person. The germs (the infection) of typhoid fever leave the body of a person sick with the disease, in the stools and urine and occasionally in sputum and vomit. A number of these germs may be contained in a particle of feces or in a droplet of urine too small to be seen by the unaided human eye. Fingers soiled in the slightest with any of these excretions from a typhoid fever patient, and flies which have had access to such excreta may carry typhoid germs directly to human mouths or to beverages and food which are subsequently to be swallowed by persons. If excreta from typhoid fever patients are carelessly disposed of, they may be carried by seepage or drainage, on the feet of animals and insects, such as flies, and in other ways to water supplies and to certain fruits and vegetables. Infection in water may be secondarily transmitted to milk, oysters, and other foods. In these various ways the infection proceeding from the discharges of the typhoid fever patient may be distributed far and wide.

### How to Disinfect.

Disinfect the stools and urine (and expectoration or vomit if there be any) immediately upon their escape from the body. Keep constantly in the bedpan or other vessel used to receive the discharges a small quantity of the disinfectant solution. As soon as the stools or urine are received in the vessel add a quantity (1-2 pints) of the disinfectant solution equal in volume of about double that of the excreta to be disinfected. Wipe the soiled parts of the patient first with dry paper and then with paper or a cloth moistened with a solution made by adding 1 part of the disinfectant solution for use in the bedpan two parts of water. If cloths are used, they should be either burned or thrown into a vessel containing the full strength disinfectant solution and afterwards boiled in the solution. The paper which has been used for wiping should be submerged in the disinfectant solution in the bedpan. The disinfectant solution and the excreta should be mixed

thoroughly, and if there are lumps of fecal matter they should be broken up because disinfectants cannot kill germs unless brought in actual contact with them. Cover the vessel containing the excreta and disinfectant solution and let it stand for about one hour before emptying. The disinfected excreta should be emptied into a water closet or a sanitary privy or else into a hole in the ground at least 2 feet deep, protected against invasion by animals or insects and remote from wells, springs or other source of water supply. If deposited in the ground, the excreta should be kept thoroughly covered with earth. After being emptied, the bedpan should be thoroughly rinsed inside and out with the disinfectant. One of the best disinfectants for the stools and urine is chloride of lime solution made by adding one-half pound of good chloride of lime to 2 gallons of water. A fresh solution should be made up every day, or if a supply for several days is prepared at one time the solution should be kept in a practically air-tight vessel. An ample quantity of the disinfectant solution should be kept in the patient's room, convenient for use at all times. Carbolic acid (1 part to 19 parts water) or formalin (1 part to 9 parts water) are thoroughly efficient disinfectants for stools and urine but much more expensive than chloride of lime. If carbolic acid or formalin solutions are used, they should be applied in the same quantity and in the same way as described above for chloride of lime solution. Only disinfectants of thoroughly recognized efficiency should be used. Many of the patented preparations advertised as "disinfectants" or "germicides" have little or no germ destroying property. If good chemical disinfectants are not immediately available, the stools and urine may be disinfected with boiling water as follows:

Pour into the vessel containing the excreta an ample quantity (a quart or a half gallon, or at least three or four times as much as the volume of stools and urine to be disinfected) of actually boiling (and bubbling) water. After the boiling water is added, mix well by stirring and cover the vessel and let stand for one-half hour before emptying. Excreta may also be disinfected by milk of lime made as follows:

To one quart of fresh unslaked lime, add 3-4 of a quart of water and allow to slake then add four quarts of water and mix thoroughly. This mixture should be

made fresh every 3 or 4 days and should be used in an amount equal to the amount of excreta to be disinfected. Stir thoroughly before using as the lime will settle to the bottom.

(Continued Next Issue)1

Somebody wants to know why Noah took those first two flivvers into the ark with him.

Keeping late hours is said to be bad for one, but it is fine for two.

We hope to meet you at D. M. S. C. O., September 10th.

Think when our one soul understands the great world which makes all things new. When the earth breaks up, and heaven expands. How will the change strike me and you, in the house not made with hands.—Browning

We teach, preach and practice the A. T. Still osteopathy.

### THE AWFUL TRUTH

"You look fed up, old man."

"Yes, I've had a tiring day. That little beast of an office boy of mine came to me with the old gag about getting off for his grandmother's funeral, so just to teach him a lesson I said I would accompany him."

"Ah, not so bad; was it a good game?"

"No, it was his grandmother's funeral!"—The Passing Show.

Become an employer and not an employee.

### The Reason

"I simply cannot stand the sound of a motor horn," said Smithy.

"Why not?" asked an acquaintance.

"Some time ago my chauffeur stole my car and eloped with my wife, and every time I hear a horn toot I think he's bringing her back."

Doctors! Make one more effort to send us one or more new students. Help the undecided to decide.

When a man is in earnest and knows what he is about, his work is half done.—George Eliot.

We have parking reservations here for you, for four years.

## It Sounded Like That to Her

"Mother," said a college student who had brought his chum home for the holidays, "permit me to present my friend, Mr. Specknoodle."

His mother, who was a little hard of hearing, placed her hand to her ear.

"I'm sorry, George, but I didn't quite catch your friend's name. You'll have to speak a little louder, I'm afraid."

"I say, Mother," shouted George, "I want to present my friend, Mr. Specknoodle."

"I'm sorry, George, but Mr. — What was the name again?"

"Mr. 'Specknoodle!'" George fairly yelled.

The old lady shook her head sadly.

"I'm sorry, George, but I'm afraid it's no use. It sounds just like Specknoodle to me."

## Getting Rid of a Suitor

Hint to Girls:—If you get tired of having him around, the most effective way to mend matters is to marry him.—Baltimore Sun.

Eddie Price, who is quite popular in the sport world as the "Featherweight" boxer, also a student at D. M. S. C. O., has returned here ready for another year of school after a delightful vacation.

Exactness in little things is a wonderful source of cheerfulness.—F. W. Faehr.

To smile at the jest which plants a thorn in another's breast is to become a principal in the mischief.—Sheridan.

## SCHEDULE

Continued from page 1)

Obstetrics.  
Osteopathic Therapeutics.  
Dietetics.  
Clinical Demonstrations and Practice.  
Second Semester  
Surgery, Operative.  
Nervous and Mental Diseases.  
Urology and Proctology.  
Medical Jurisprudence.  
Dermatology.  
X-Ray and Electrical Diagnosis.  
Osteopathic Therapeutics.  
Clinical Demonstrations and Practice.

Our Obstetrical and General Clinic are the largest of any Osteopathic College. There's a reason. Why!

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President ..... S. L. Taylor  
Business Manager..... M. D. Cramer  
Editor..... C. L. Ballinger

*Osteopathy Without Limitation*

## Alumni

We have just four weeks more before the opening of the fall term, September 12th. That means four weeks of opportunity for each alumnus to do something for his Alma Mater.

It may seem to you at times that there is undue inertia around the old school and that you do not hear from it as often as you might. But take it for granted, that those at the helm are doing everything they can to make your school live and prosper. We are not saying this to scold you or to irritate you, but to stimulate you to more active cooperation.

D. M. S. C. O., without a doubt has as good a faculty as any other institution of its kind and there is not a shadow of a doubt that it has the best and largest clinics—in the last year there were 200 obstetrical cases, 300 gynecological cases, 2500 osteopathic cases and 300 surgical cases. In this, you, as a member of the profession and particularly as an alumnus, ought to take due pride and, doubtless you do.

It is with this knowledge that we expect you to work a little harder for another new student this fall. Is it not possible for you to secure one more prospective name for our list? We now have 1000 on our roster. We have the largest number already registered at this time in the history of the institution. From indications, we expect 150 freshmen. Won't you help us put it over?

## Our Hospital Clinic

The Taylor Clinic is a busy place on Tuesdays, Thursdays and Saturdays of each week. During the month of July there were 72 more patients passed through the clinic than during the month of July, 1922.

On Tuesday, August 7th, 47; Saturday, August 11, 67, and Tuesday, August 14th, 81, patients passed through the surgical department.

The reputation of the Taylor Clinic has spread far and near, as is manifested every Clinic day

by the addresses of the patients registered. Many come from out of the state to take advantage of careful and thorough surgical work at a minimum expenditure.

The little sketch on Dr. R. B. Bachman, Obstetrician of DES MOINES STILL COLLEGE OF OSTEOPTHY, which appears in this issue of the Log Book is a splendid word picture of the man. D. M. S. C. O. is proud of him for his skill, his knowledge and his interest in his department. His work is a big factor in keeping up the clinical interest of the institution. The profession would do well to point to Dr. Bachman and his wonderful work as an example to young men and women contemplating the course in obstetrics. This is one of the strongest departments of the institution and to those prospective students who have an interest in obstetrics it makes a strong appeal for DES MOINES STILL COLLEGE OF OSTEOPTHY. No student who takes this course may need to feel his deficiencies in the practical work. Many of the students deliver as many as twenty and twenty-five cases. Out of this number they usually have some of the obstetrical complications—the practical experience thus resulting is invaluable to the practitioner.

We are delighted to endorse every word the biographical writer has said about Dr. Bachman and DES MOINES STILL COLLEGE OF OSTEOPTHY.

## Letter From "Ol' Buck"

In a letter from Dr. E. C. Herzog (Buck) he announces that he is opening his office at Brainerd, Minn., on the 20th of August. His letter is as follows: Eh-Doc!

I received "The Log Book" today. It sure is a treat. I read every line. Soon as I get going I'll start working on the natives and see if I can't send a couple students down there.

Eske and Reed are also figuring on coming in here now, I believe.

Regards to Rosemary and Mrs. Robinson and any of the old gang.

"BUCK,"

143 Ransford Annex.

The Husband—"Look here, my dear, won't you want to take some fiction with you to pass away the time?"

The Wife—"No darling—you'll be sending me some letters, won't you?"—Sketch.

## HERE AND THERE

Dr. Laura M. Dysart called at the Des Moines Still College on August 15. The Doctor will enter the practice again this fall in Knoxville, Tennessee, where they have made their home for six years.

Robert Murphy, of Marietta, Ohio, returned her one day last week and brought a new student with him. Mr. Murphy is an excellent football player and when Murph gets the ball in his hands something has got to bend, split or break if he is stopped. His work this summer hardened him until every muscle in his body is like a rope of steel so that we feel confident that when he receives the ball in this season's games that it will take half the opponents' team to stop him.

The coach is anxious that all men who contemplate playing football this fall, be on hand the 10th of next month so that practice work can start as soon as possible. Due to the fact that our first game is called for September 29th, every man must be on his toes and working hard to get in shape for the opening game.

The coach has just returned from his month's vacation and is already working hard on new plays, plans, etc., to make for D. M. S. C. O. a winning football team.

## D. M. S. C. O. Opens

D. M. S. C. O. OPENS SEPTEMBER 10, 1923, FOR THE BEGINNING OF THE FALL TERM. MATRICULATION DATES ARE THE 10TH AND 11TH WITH REGULAR CLASSES ON THE 12TH. WILL YOU BE HERE?

If a man can write a better book, preach a better sermon, or make a better mouse trap, than his neighbor, though he builds his house in the woods, the world will make a beaten path to his door.—Emerson.

And I know that the solar system Must somewhere keep in space A prize for that spent runner Who barely lost the race; For the plan would be imperfect Unless it held some sphere That paid for the toil and talent And love that are wasted here.

—Ella Wheeler Wilcox.

Four years at D. M. S. C. O. will fit you to enter the sick room with confidence.

## Visit from Dr. J. H. Styles, Jr.

Dr. John H. Styles, Jr., formerly professor of Osteopathic Technic, DES MOINES STILL COLLEGE OF OSTEOPTHY, came through our city August 4th on his way back to Kansas City from the South Dakota Convention. The Doctor showed us a little clipping from the Huron local paper which certainly was very creditable. The article thus referred to related to the story of the almost miraculous cure which Dr. Styles effected in the clinic at the convention. It was a remarkable piece of work, as the medical men had been working on this case for years without any results. Dr. Styles gave relief by osteopathic manipulation and the boy walked out of the room to the delight of every one present.

We are always glad to see the happy face of Dr. Styles. He tells us he is a busy man in his new location. We are sure that he will succeed at anything he undertakes. The best wishes of the old school and all of his many friends go with him. Come often!

## Another Name for Them

Mr. Glass, as officer of the day during the World War, was making a tour of inspection of some trenches the Boche troops had only just vacated.

"I was surprised to find this colored American soldier alone in one of the trenches engrossed in scratching himself most vigorously.

"What's the matter, dough-boy, cooties?" I asked.

"No, Sah, Ah ain't got no cooties," he replied. "Dem things what I've got I calls worse'n cooties."

"What could be worse than cooties?" I asked.

"Dem things what I got—math'matical bugs, I calls dem."

"Mathematical bugs! What are they like?"

"Dey am lak' the negro replied, still scratching with all his might. 'Well, boss, a math'matical bug am a bug what subtracts from yo' happintess, divides yo' tention, adds to yo' misery and multiplies like de devil!'"

## Still Awaits a Claimant

Gladys—"Alice declares that she never had a proposal, yet she says that her face is her fortune."

Dorothy—"Gracious! It must be one of those unclaimed fortunes that we read about.—London Tit-Bits.



## Letter from Dr. E. G. Herzog

Continued from page 1)

ured on locating in Milwaukee. I am of the opinion that he has a steady girl in those parts for I can see no other reason why a corn-fed Iowan would go into Wisconsin. Just the same I like the state and find there are a large number of very good openings for the profession.

Shortly after the Wisconsin trip we equipped our "coupe"—it's a Henry—with a camping outfit and in company with another couple we toured the northern part of our own state, the glorious land of the ten thousand lakes. While ours was primarily a pleasure trip, I kept my weather eye cocked in the direction of a suitable location. It developed that Minnesota is more than favorable to Osteopaths and the northern part of the state alone can furnish enough openings for Still's entire output for the next five years.

We made it a practice to spend two or three days at each camp we honored on our schedule and much of the time was devoted to fishing. Our first really good catch was at Gull Lake, ten miles north of Brainerd. Here we caught northern pike, pickerel, black bass and croppies. Friend wife began at once to demonstrate the superiority of the weaker sex by copping all fishing championships of our party, not only as to enthusiasm for and devotion to the art of Isaac Walton, but also as to size and number of fish caught. Among her catch

were two eight pound pike. As for myself, I never saw such particular fish. I cannot say with the Hon. Andy Gump that "every time I threw in my line some pickerel's wife became a widow." Be that as it may, I won "booby" honors at the walk.

Our next stop was at Lake Itasca Park and Game Reserve. Most of the elk and deer that are shot annually in our northern woods are raised here. We had the pleasure of seeing many of them running wild. Those of you who remember some of your geography will recall that Lake Itasca marks the origin of our mighty Mississippi.

We spent some time at Winnegagashish, where we found fish so plentiful that fishing actually grew monotonous. We sat right on the dam and pulled them out, pickerel after pickerel. Most of these were thrown back, as we had more than we could possibly eat. We were fishing for the pleasure of the thing. And this is no "fish story."

Hibbing was next. This is the heart of the iron-rough and at first glance looks like the land that "God forgot." Void of all vegetation, blackened, charred, remnants of burned forests, the first impression of this section belies the proved claim of the richest region of the state, if not of the entire country. It is so much different from the majestic forests we had been traveling through for days—miles and miles of tall pines with green at your feet and green to the heavens and occasional patches of blue as a glimpse of the sky broke through. The vastness of God's world is on

you there. You are glad to be alive. The mining country is different. It depresses. But only for a short time as there are many things of interest to see.

Hibbing itself is the most modern and up-to-date city on the globe, I believe. Things are done on a munificent scale as becoming the richest village of the world. For Hibbing is in reality a village, incorporated under the laws that govern villages, although it has the population and all the earmarks of a coming metropolis. We spent several days here, visiting places of interest, among them the finest high school in the U. S. (this is admitted as a matter of statistics). The open pit mines near the town took much of our time. Man has handled Mother Earth rather roughly, much as great ants would have done. If ever there were holes in the ground they are here. I have in mind one of the mines right at the town's edge. It is five miles across and several hundred feet deep. We stood at the rim and watched the long train of empty cars pass under the giant steam shovels. The locomotive and its load looked like a toy train run by a boy at play. We were told that with each dump of the giant shovel, a ton of ore, valued at \$45.00 per was loaded. The mining costs of this ton were about five cents.

All told, we spent four days visiting the towns on the range, Virginia, Eveleth, Chisholm and others. At Virginia we met Dr. E. Wicker, who gave us a hearty welcome. We thought Hibbing a very fine opening, since it has only one osteopath. Accordingly

we spent a day looking over office rooms and left the city favorably impressed, firm in the idea that if nothing better was found we would hang out our shingle in the World's richest village.

Homeward bound, we again returned to Brainerd, and things so shaped themselves that we definitely decided upon Brainerd as our home. We secured a splendid office suite in the Brainerd State Bank Building and apartments in the Ransford Hotel Annex, and came home satisfied that a location there were few better.

To the faculty of Still College and my classmates I wish to extend an invitation to come to Brainerd when in need of a vacation. I can assure you of a hearty welcome.

I hope to keep in touch with most of my classmates through the college publication. And remember I'll be after you this fall for a letter to our annual paper.

Fraternally yours,

E. C. HERZOG,  
Brainerd State Bank Bldg.  
Brainerd, Minn.

## Paper Work

Victim—"Help! Help! I'm drowning."

Hero—"Courage, my brave man. Just wait until I get a rope, a measuring rod, a Carnegie application blank, two witnesses and a notary public." — *Bohemian Magazine*.

Des Moines business people are very kind and considerate. For your services they will help you make your way through school.



Just a few short years ago.—A few of the faces, marked with determination, who helped to for the destiny of Osteopathy

Entered as second class  
matter, February 2, 1923,  
at the post office at Des  
Moines, Iowa, under the  
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# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

September 1st, 1923.

Number 15.

## VACCINATION

Dr. H. C. Engeldrum briefly sums up a few of the many reasons why *everyone should be AGAINST compulsory vaccination.*

First: As. J. J. G. Wilkinson, M. D., M. R. C. S., of London, author of numerous scientific and philosophical works, makes beautifully clear: "In nature nothing enters the blood and becomes a part of it until it is first selected by the sense of taste. It is then eaten, broken up and carried through long avenues of introduction; along these avenues stand many sentinels exercising their qualifying, mitigating and selecting functions; digestive juices, glandular and lung purifications act upon the blood pabulum (nutrition or food) before it becomes part of the stream of life. This is physiology and divine human decency and like a man's life.

Vaccination traverses and tramples upon all these safeguards and wisdom. It goes direct to the blood, or, worse, the lymph and not with food, it puts poison, introduced by puncture and that has no test applicable to it, and can have no character given to it, but that it is a five-fold animal and human poison, at a blow into the very center, thus otherwise guarded by nature in the providence of God. This is *Blood-Assassination* and like a murderer's knife."

Second: If there is any protection in vaccination, let those who want vaccination be vaccinated. If their own vaccination does not protect them, neither would the vaccination of the entire community. Therefore, as Dr. Zachary F. Miller (New Emancipation Declaration) has stated: "We must defeat the effort of the man who would make sick an entire community of well people in the fear that a small portion of it may become sick. We must denounce the idea that a healthy person is a menace to anybody."

Third: "There are no anti-vaccinationists in Japan. Every child is vaccinated before it is six months old, re-vaccinated when entering school at six years, again re-vaccinated at fourteen years when in the middle school and the men are re-vaccinated be-



**DR. E. E. STEFFEN**  
*Prof. of Pathology, D. M. S. C. O.*

It is his to attain. His library is his head. He carries more in his mind than is usually possessed by man. Such a mentality is of an unusual sort—it fathoms profound depths and soars to greater heights, grapples leisurely, almost playfully with the more abstruse problems of science.

His mind is big enough to grasp his subject—Pathology. He has been at the head of the department for five years and has made his own reputation.

As a man he has many fine qualities. His home is his haven. He loves it, and in it there is manifest the radiant glow of the happy fireside. He is generous to a fault, courteous, critical, yet sympathetic, sarcastic and still his shafts are not poisoned with hate. He has a large place in his heart for all well meaning people.

His department is one of the big departments of D. M. S. C. O., and he is an experienced teacher in it.

fore entering the army, while a further re-vaccination is enforced if an outbreak of smallpox." This was the law from and after the year 1885, though compulsory vaccination had been in effect since 1876 (Report of John Pittcairn, member Pennsylvania Vaccination Commission, page 18). If vaccination could cause immunity, how could an epidemic occur, and why the high death rate in Japan? Japan, the most vaccinated country in the world, had more smallpox and a heavier

smallpox mortality than any "civilized" country in the world in the same period (1889-1908) 20 years, for which the figures are available, the cases numbering 171,500, or an annual average of 8,500, with 48,000 deaths; a mortality of 28 per cent. (Official statistics supplied by S. Kubota, Director of Sanitary Bureau of the Department of House Affairs, Tokyo, quoted in "Both Sides of the Vaccination Question," page 25.)

(Continued on page 4)

## CORRECTION

In the last issue of the "Log Book," the editor made a little mistake in the number of surgical cases operated before the Clinic at D. M. S. C. O. last year. He gave 300 as the number—it should have been 3000.

In this issue of the "Log Book," we are happy to state that there were 635 cases operated in the Taylor Clinic, Des Moines General Hospital, during the month of August, 1923.

It would seem that Emerson's statement is true in regard to the man who would write a better book, preach a better sermon, or make a better mouse trap. The world is certainly making a beaten pathway to the old building, the Des Moines General Hospital.

## The Heart of the West— Des Moines

Des Moines, the Greatest City of 140,000 population in the United States is located near the center of Iowa, which comprises 55,000 square miles of the most fertile agriculture land in America. The value of the farm lands in this territory is over six and a half billion dollars—which is more than the value of the farms of twenty three other states combined. The farms produce agriculture wealth in excess of \$900,000,000 each year.

Des Moines is in the midst of large coal fields and at the junction of two rivers, insuring low-priced and plentiful electric and gas power. She has 400 factories with an annual output of \$60,000,000 with over 10,000 operatives. Pay rolls amounting to \$13,000,000. Des Moines has 60 publications with an annual monthly output of over 11,000,000 copies. Five of these publications are farm journals with a national circulation.

Des Moines has over 200 miles of paved streets, representing an outlay of some \$8,000,000.

Des Moines has over 850 acres of parks; 110 churches, representing all denominations; 5 well-equipped hospitals in addition to one belonging to the city.



# Des Moines Still College of Osteopathy

## Opens for Fall Term September 10, 1923

### Matriculation Dates Are 10th and 11th

### Regular Classes the 12th

#### Personal Mention

I. F. Kirwood, of Iola, Kansas, is reported to have taken unto himself for worse or better, life or death, a wife. We have not learned the name of the lucky woman. Mr. Kirwood will be a senior in D. M. S. C. O. this year.

C. C. Wedel of South Bend, Indiana, has returned to school this fall.

Miss Grace E. Clarkson of Worcester, Mass., is leaving the 6th of this month for D. M. S. C. O.

Miss Alice Burnett of Weiser, Idaho, is returning the latter part of this week to resume her studies here.

Dr. Robert Mertens of Story City, is returning to D. M. S. C. O. the 10th for a short visit with a few of the "boys." From here he expects to go on to Kansas City for P. G. work in the Kansas City College of Physicians and Surgeons.

Jack Bice, brother of Dr. G. F. Bice, who graduated from D. M. S. C. O. last January, also athletic coach of Salina, Kansas, is

contemplating taking up Osteopathy at D. M. S. C. O. this fall. Mr. Bice is an excellent football player and likewise a fine man. It is gratifying to receive men of such character into our college.

Fred N. J. Duble and Robert J. Laundry of Nashua, N. H., are crossing half the continent to take up the study of Osteopathy at D. M. S. C. O. We welcome these gentlemen, and hope, at the end of four years, to present to the State of New Hampshire two excellent Osteopathic Physicians.

Dr. Maisie Francis, a gradu-

ate of D. M. S. C. O. last May, has located at Storm Lake, Iowa. In a letter from Dr. Francis she states that Dr. Charles Alexander had also located in that city. The "Log Book" joins their many friends in wishing them success.

In America there are 1,500,000 people unable to speak the English language. There are 2,000,000 more who cannot read it.

There was 53,000,000 dollars lost in 1922 through the alteration of checks.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

*Osteopathy Without Limitation*

## OSTEOPATHY

Osteopathy has come into its own this year at Des Moines Still College.

The institution has had the honor of having within its walls some of the best technicians the country affords. For many years Dr. M. E. Bachman has been known as one of the foremost Osteopaths of the state of Iowa and of the nation, and is becoming more and more closely identified with the progress of the science. We congratulate the institution in having such a splendid practitioner at the head of the Technique department. He will be ably assisted by field practitioners this year.

Dr. Cramer has already made arrangements with well known Osteopaths in various parts of adjoining states to give the school two or more days of technique.

Suffice to say that we are very happy and the student body is happy over the prospects.

## Around the Circle

Dr. Morris Cramer, our Secretary, has just returned from his swing around the circle.

He has visited some 15 states during the summer and has met many of the Osteopathic practitioners. This personal contact has been of great satisfaction to Dr. Cramer, and has been the source of much information to the authorities of Des Moines Still College of Osteopathy.

All the criticisms, annoyances, piques, dissatisfactions, and alienated practitioners, are known to him.

Three months of official life, by personal contact, has given him a year of experience.

We believe that D. M. S. C. O. has not suffered by the personal contact. We appreciate that many of the criticisms are just, and that some alumni have a right to piques, but in the mad rush of forced circumstances these things inevitably occur, and the profession must be charitable.

All must realize that Dr. Cramer is thoroughly in earnest, that he is a live wire, and that he

is devoted to, and lives for Osteopathy, and that as many mistakes as can be corrected will be avoided in the future. Many thanks to the profession for their frankness. We believe that their criticisms were given only from interest, and prompted by their loyalty to their Alma Mater and Osteopathy.

We welcome criticism of every sort, but particularly constructive criticism.

## Osteopathic Principles

Osteopathic Principles have been taught by Dr. Claude Spring for a good many years, very acceptably.

He has had his vacation and will settle down to another year of hard work.

September 10th will find him occupying the same position as in years past.

Those who know him will appreciate that Osteopathy will have a booster and staunch supporter in him through all time.

Dr. Spring enjoys a large practice and is a very busy man, but we have learned that only busy men make good teachers—all others have either wasted their own time, or the other fellow's time.

Dr. Spring gets right down to business when he enters his class and the roll call is over.

## Dr. C. W. Johnson

Dr. C. W. Johnson, head of the Nervous and Mental Department of Des Moines Still College, has been very busy this summer at his private practice. He probably has the largest Nervous and Mental disease practice of any Osteopath in the country. He is busy from morning till night.

Those who know Dr. Johnson know that he is one of the most careful of men in his practice.

Oft times we have admired his splendid ability and his splendid teaching qualities. He thinks clearly and puts his proposition clearly.

He has but little use for fads of any sort, and gives full sway to his sarcasm in referring to them.

He loves Osteopathy and lives for it. The profession has a great leader and teacher in him. Any young man can consider himself fortunate who has him for his professor in Nervous and Mental Diseases.

## DR. MARY GOLDEN

Dr. Mary Golden, who has taught Pediatrics in Des Moines Still College of Osteopathy for a good many years, but who resigned her position three years ago to go to California, has returned to Des Moines, and has been appointed by the board of trustees again to the chair of Pediatrics.

Notwithstanding the fact that Pediatrics has been ably taught during the interim, the old student body particularly will be glad to know that Dr. Mary has returned to Des Moines and will occupy the same chair. They know her ability and efficiency as a teacher. She gave splendid satisfaction and her experience will contribute much to the institution.

## Osteopathic Clinic

It is remarkable how Osteopathy draws patients, when you give them real Osteopathy. The last few years have been an indicator, and have shown just what can be done osteopathically.

Dozens and dozens of patients seek the treatments of the student body, and there is reason for this. Osteopathy gives such splendid results that ever such inexperienced practitioners as the students are sought, and are giving wonderful satisfaction.

Truly it must be a great science which cures in the hands of a novice. What may we expect of it in the hands of experienced men and women who have given years in preparation.

## TYPHOID FEVER

### Other Sanitary Precautions

Still keeping in mind the patient in isolation under the best conditions which local circumstances will permit, let us note further sanitary precautions which must be observed in and about the quarantined premises if the spread of typhoid fever is to be successfully prevented. These are:

First, *Sale of milk and other foodstuff from quarantined premises.* The sale, exchange or distribution in any manner whatsoever of milk or other drink or foodstuffs produced, handled or sold on premises quarantined for typhoid or para-typhoid fevers is strictly prohibited in Illinois and upon recovery of the typhoid fever patient such sales cannot be legally done until the excreta (stools and urine) of patient have been proven, satisfactory to the

Illinois Department of Public Health, to be free from typhoid germs and until terminal disinfection of the isolation quarters and other parts of quarantined premises subject to contamination have been effectively carried out under the direction of the local health authority.

In the event of typhoid fever occurring on a dairy farm an exception may be made in that the live stock only may be removed to some other premise provided permission so to do is obtained from the local health authorities and from the Illinois Department of Public Health. The udders of the cows must be efficiently disinfected and the milking done and the milk cared for, handled or sold at or from such premises by persons other than those of the household or the patient or by persons other than those residing on the premises where the case exists. With the advent of more adequate and effective local health administration in rural Illinois, which in most cases means the organization of county health departments, supervised by whole-time specially trained medical health officers or commissioners, assisted by an efficiently well trained whole-time personnel, it is likely that a modified form of typhoid fever quarantine could be offered in the supervision of typhoid fever cases or carriers residing on dairy farms. Such would undoubtedly become an economic asset of great importance in those counties where dairying is an important industry and even in the average county the saving to dairymen would be considerable.

Second, *Reception of milk at the quarantined premises.* If milk delivered to the quarantined premises is not bottled, the householder must place a thoroughly sterile container (a freshly scalded bottle or other receptacle) to receive the milk to some convenient place outside the house out of reach of cats, dogs or other animals. The milkman should place the milk therein without handling the receiving container.

Bottled milk must be deposited by the deliverer at a suitable place without the quarantined premises and later taken in by an inmate of the household. However, no milk bottle, basket or any other article whatsoever, may be taken out of or away from the quarantined premises during the period of quarantine. Before milk bottles are removed from the premises after the quarantine is raised, they must be sterilized un-

(Continued on page 4)

**TYPHOID FEVER**

(Continued from Page 3)

der the direction of the local health authority.

**Third, Privies and Cesspools.**

Any privy existing on premises on which a case or suspected case of typhoid fever is found, or on any premise to which a case or suspected case of typhoid fever may be removed shall be made thoroughly fly-proof by close fitting, self closing lids over the seats and by elimination of all cracks and crevices that may permit the entrance or exit of flies.

Any privy or cesspool on any such premises within fifty feet of any well or other source of water supply, or which though at a greater distance is by reason of the geological formation of the contour of the ground, liable to infect such well or other source of water supply, shall upon order of the local health authorities or of an authorized representative of the Illinois Department of Public Health be altered, remodeled or entirely abolished as directed by such authority or such representative.

**House Fly as a Typhoid Carrier**

The possible role of the fly and other insects in the transmission of typhoid fever is of such importance as to deserve brief separate consideration under contact infection now being discussed. By virtue of general prevalence in great numbers, and their dirty habits, flies may be guilty not infrequently of carrying on their legs, mouths, etc., human filth containing typhoid germs. In this way food, particularly milk, may be frequently infected by flies with typhoid and other disease germs.

The first typhoid outbreak investigated by the writer some years ago was milk-borne, the milk apparently being infected during the cooling and bottling process by flies from a nearby toilet which was used by a typhoid carrier. The so-called "sanitary dairy" where this occurred was about as insanitary as a dairy could well be. The contents of the shallow privy vault served both as a feeding and breeding place for multitudes of flies and it was situated not more than thirty feet from the milk house in which the milk was pasteurized, cooled and bottled. The milk house itself was of very poor construction and most inadequately screened so that flies could travel unmolested between privy vault and all parts of the milk house, carrying with them human excreta reeking with germs which should never be permitted in milk intended for human consumption.

As a result of the inexcusable conditions which existed on this insanitary "Sanitary Dairy" farm, fifty cases of typhoid fever, with seven deaths, occurred during mid-summer in a delightful county seat of some ten thousand inhabitants in a far western state. All this unnecessary suffering and death took place because a so-called "sanitary dairy" was such only in name and should have been truthfully advertised as the insanitary dairy. The remedy was of course quite obvious and its application resulted in the immediate prevention of further cases of typhoid fever. The responsibility for conditions which made possible such a serious catastrophe lay primarily at the door of the local health authorities and justice would have demanded their indictment on a charge of wilful neglect leading to untold suffering and death. Such apathy on the part of both the public and their officials is altogether too common and flagrant in many states in our Union and many communities in Illinois, we regret to suggest, are far from blameless on this charge.

**MAKING GOOD**

Consider the men whose names mean efficiency, achievement, success. Notice that practically everything they undertake comes out as it should.

The reason is simply that these men have the habit of making good. There is no luck about it. They have acquired a habit.

That habit—the habit of making good—was gained by hard work and the unsparing expenditure of energy.

The successful conduct and development of a large and diversified industry requires the services of thousands of men who are chosen for their fitness for the positions to be filled.

And in proportion to a man's fitness to his career. If a trial proves him to be unfit, he is dropped. If he proves his fitness for a higher post, he gets it in due course.

The opportunities are practically without limit. Given a normal brain and the desire and energy to develop it, there is no position to which a man in the ranks may not rise.

It is necessary to the progress of industry that men in the ranks should rise. The industry is not a thing of today alone. Products of industry will always be in demand, and the man most fitted will be the man who will lead in supplying the demand. — *Brill Magazine*.

**The Undecided**

One of the greatest problems that the ambitious, energetic American youth has to solve comes to him as he walks proudly from his High School Auditorium with his diploma in hand, which marked the successful termination of his preparatory and initial education in life. But after a short time the feeling comes to him that this education that he has received so far is not enough to carry him through the business world successfully. And he wants to be a leader, a success. And then the struggle begins. Question after question is considered. What am I best fitted for? Will I be able to be efficient in this or that line of work? If I decide on this line of work is there any chance for me to advance? And so on, he stumbles darkly.

This is not a new problem at all, but one that we have all had to solve in the past and which must be solved by all that wish to advance, in the future. But there is no one that can solve the question but the individual himself.

So Des Moines Still College would be pleased to have any High School graduate write to us for literature. Ask us questions concerning the greatest of all the healing sciences. We will consider it a favor to serve you in any way possible. We feel that there is no science greater than that of Osteopathy. That there is no profession in which as much real good can be done for humanity as that of an Osteopathic Physician. To be a good physician you must receive the proper training and sufficient practical experience. You must have a thorough working knowledge of the human anatomy and its functions. You must know the difference in diseases, in the signs and symptoms of disease and the art of making a correct diagnosis and how to treat the cause of the disease, rather than the symptoms.

These, and many more of the imperative subjects are taught in D. M. S. C. O. Our faculty are Physicians that are thorough in their work and are successful practitioners. They know the needs of the young physician when he steps out into the field alone. They are interested in each and every student to the extent that their greatest desire is to see that the student is fully equipped, so that when he enters his practice he will be a capable, efficient and reliable physician.

Five hundred times more narcotics, in the form of opium and its derivatives, are produced than are legitimately needed. The average age of the 50,000 known addicts in New York State is 23 years.

**VACCINATION**

(Continued from Page 1)

Fourth: Germany, the second most vaccinated country, had a death rate for Berlin for the nine years (1904-1912) of 72 per cent, above that of London being 4,500,000 and that of Berlin 2,000,000. (Vaccination and the State, by

Fifth: In all Germany with the oldest vaccination laws in the world, the epidemic of 1871-1873 killed 124,000 vaccinated and re-vaccinated citizens. (Is Vaccination a Disastrous Delusion? by Ernest McCormic, page 25.)

Sixth: After the epidemic of 1871-1873 a lesser outbreak occurred in Germany in 1880-1882 when there were 25,000 cases and 2,700 deaths. (Testimony of Carl Ruata, M. D., Professor of Materia Medica, University of Perugia, Italy, before the Pretor's Court, Perugia, July 31, 1912, and printed in "Vita e Maltatie," Vol. 2, No. 29, Aug., 1912—English translation published by the National Anti-Vaccination League London.)

Seventh: During the two epidemics in the City of Berlin in 1864 there was a death rate of a little under 1,000 per million, while in 1871 it rose to 6,150 per million, for smallpox.

Smallpox in Bavaria, from a table laid before the Royal Commission by Dr. Hopkirk for the purpose of showing the results of long continued compulsory vaccination, showed that vaccination was made compulsory in 1807, and that in 1871 there were 30,742 cases of smallpox, of which 95.7 per cent were vaccinated. (The Wonderful Century, page 265.)

Eighth: If vaccination renders one immune, why should individuals who have been re-vaccinated and re-vaccinated from one generation to another, in the most thoroughly vaccinated countries the world, contract smallpox?

Ninth: The conditions which especially favor smallpox, plague, yellow fever, typhus, enteric fever, measles, scarlet fever, diphtheria, etc., are foul air and water, decayed organic matter, overcrowding and other unwholesome surroundings. If vaccination has any bearing on smallpox, why is it that the other zymotic diseases as a whole decline and fluctuate with smallpox?

Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

September 15, 1923

Number 16

## Constipation

The causes of constipation are many. They range all the way from an impassible obstruction caused by an incurable cancer of the rectum to simple carelessness of an otherwise perfectly healthy person. Some cases of constipation are curable and some cases are not curable. Many cases are curable by the patient himself if he knows what to do. And these cases make up eighty-five cases out of every hundred. The remaining fifteen cases in a hundred are due to diseases of organs other than the intestines and require the expert attention of a doctor, some of which are curable and some of which are not. But the eighty-five cases out of a hundred which are curable are the great majority which cause most of the common ills of piles, hemorrhoids, headaches, and sluggish feelings familiar to the chronically constipated person. This large class of cases is due mainly to faulty habits of living which can be corrected and this, therefore, the class of cases which we give our attention to.

The faulty habits of living which cause constipation come under three groups: (1) Irregularity of going to stool. (2) Improper food. (3) Lack of exercise.

Irregularity of going to stool is the greatest cause of constipation. The bowels are kept from forming the habit of regular movement. It is made hard for them to act properly. If a man should lose his watch, and if there were no 12 o'clock whistle, and if he was also unable to see the sun, he would nevertheless know when dinner time came. He is in the habit of eating then and in the habit of going to the table whether he is hungry or not. So his stomach has formed the habit of acting at that time and it tell him when dinner time comes. The bowels will form a habit just as the stomach does if they are given a chance to. If one goes to stool after breakfast every morning the bowels get the habit of moving at that time. With the few first attempts no movement may occur. Then the thing to do is to remain away from stool all day, take a laxative at night and go to stool the next morning. Go

## DR. G. C. TAYLOR



### *Professor of Eye, Ear, Nose and Throat Department, D. M. S. C. O.*

The large tonsil clinic in D. M. S. C. O. is a great practice builder—developed until it was the largest of the state, even five years ago, when Dr. G. C. Taylor came into the department. The impetus it had acquired has increased in momentum and today the department is the largest and most efficient it has ever been during all the history of the college.

Dr. G. C. Taylor is making good in the department, and by his preparation and his many years of experience, together with his native ability, he is demonstrating what a man may do when he tries.

By the Osteopathic practice which this department enjoys, the professional appreciation is clearly shown. Patients come from widely separated areas, and they come because they have learned that work done here is done well.

Dr. G. C. Taylor is a careful operator, a good teacher, an extensive reader, and has due appreciation of his subject. When the students finish the work of this department, they are well grounded in the fundamentals of the specialty.

to stool every morning whether a movement occurs or not. Soon the bowels will form the habit of moving at that particular time. And a good passage will be possible then, although there may not be any strong feeling of necessity before it. With the formation of this habit the majority of the cases will be cured.

Improper food affects the movement of the bowels in two ways: (1) food may not stimulate the intestine enough to arouse it to sufficient action to carry the

material in it along fast enough to keep it from damming up and blocking the intestine. Or (2) it may over-stimulate the intestine and arouse it to such strong contractions that it holds the material in it so tightly that it cannot move along properly and it dams up and blocks the intestine. In both cases blocking of the intestine occurs and constipation results.

People who eat concentrated, refined foods are those who suffer  
(Continued on page 2)

## VACCINATION

Edited by Dr. David H. Reed-er, D. O. LaPorte, Indiana.

VACCINATION: I dislike to discuss this subject or, in fact, any subject about which there is such a radical difference of opinion by medical men, as well as by the laity.

I feel, however, that I would not be keeping faith with you if I did not tell you what my own observations have revealed, but also what experience has taught to those who really wish to learn.

One of my papers on the subject was published last year in a big New York magazine, and although I condemned the practice in most emphatic terms and gave valid reasons for so doing, I was surprised to receive letters from many physicians, commending me for telling the truth in such a plain and positive manner.

The famous Dr. Wm. Osler advised the medical profession to "Know Syphilis in all its manifestations and relations and all other things Clinical will be added unto you."

Dr. J. W. King goes a step step farther and says "Syphilis is the father of disease." It is my own positive belief based upon many years of personal study of chronic disease that fully 75% of the cases of so-called "congenital syphilis" are caused by vaccination, and I have not yet found a case of tuberculosis, cancer, erysipelas, colitis, locomotor ataxia, or pernicious anemia, that did not give a reaction of congenital or acquired syphilis, and fully 95% of these had been vaccinated.

My observation has also confirmed the opinion that this cause of disease, being in the blood, can only be eliminated by the direct treatment of the blood, with the patient's own blood, through the system known as Auto-Hemic Therapy.

The addition of poison to the poison already in the blood is suppressive treatment and does not cure. Auto-Hemic Therapy plus a correct eliminative diet does cure and thereby removes  
(Continued on page 2)



## CONSTIPATION

(Continued from page 1)

from their first type. So much of the food goes to nourishment, and is absorbed from the intestine that not enough bulk is left to stimulate the intestine to normal action. In such cases there needs to be added to the diet coarser foods such as rye and Graham bread, cabbage, turnip tops and spinach, cauliflower, Brussels sprouts, prunes, dates and figs, and a limited amount of cider and buttermilk. The coarse bread and vegetables and acid cider and sour milk tone up the sluggish muscle of the intestine and stimulate it to move its contents along.

But if one uses plenty of these coarse foods and has regular habits of going to stool and still suffers from constipation he may have a sensitive intestine that is being over-stimulated and which is contracting so hard that it is holding its material tightly instead of passing it along. In such cases the condition is often relieved by making up the diet from such soft bland substances as white breads, from patented flour, rice, fruits, macaroni, oatmeal, eggs, (always soft cooked), fresh fish, all meats except fresh pork, stewed rhubarb, fresh asparagus tips, stewed celery, squash, small white onions, white and sweet potatoes; among the fats, butter, olive oil, cream, cream cheese, and cottage cheese. These will make some bulk, but will not irritate and stimulate the intestine like the coarse foods mentioned for a sluggish intestine.

Lack of bodily exercise allows all the muscles of the body to become flabby and sluggish. The intestinal muscles become sluggish and the bowels become constipated. Since people have begun using their legs only for getting in and out of automobiles constipation has increased. In the days when people used them to walk on and to hold on to horses with there was less. Now it is getting common to find people in their rooms stretching and bending themselves to the music of phonographs in the effort to tighten up their muscles to keep themselves in shape. It would be better to get out and walk or work and use the muscles in doing some natural useful thing. But they should be used in some way, if for no other purpose than that of keeping them in tone.

Sometimes a person is found who is constipated because the intestines are sagging too low and forming unnatural kinks which

hinder the free passage of material through them. These people are usually helped by wearing specially designed belts or bandages, which are put on while the patient is lying down with the organs in place, and which then holds them in place when the patient stands up. They do not always produce a cure, but they often do help.

But the average person who is bothered by constipation has irregular habits and is irregular in going to stool. If he eats the proper diet and takes the proper exercise he will not likely get satisfactory results until he establishes the habit of always going to stool at the same time every day. This one regular habit will do more toward preventing constipation than anything else.

## VACCINATION

(Continued from page 1)

the cause of disease. Nature does the curing, drugs never.

In some instances we use fire to fight fire but not when we have a more efficient agent at hand. So why put the poisonous taint in the blood of innocent and healthy children in order to prevent a disease which may never come near.

Vaccination causes sickness, suffering and sometimes incurable disease. It does not protect against smallpox, as you may judge by the following extract from a paper in the "Log Book" by Dr. H. C. Engledrum.

"There are no anti-vaccinationists in Japan. Every child is vaccinated before it is six months old, re-vaccinated when entering school at six years, again re-vaccinated at fourteen years when in the middle school and the men are re-vaccinated before entering the army, while a further re-vaccination is enforced if an outbreak of smallpox."

"This was the law from and after the year 1885, though compulsory vaccination had been in effect since 1876. (Report of John Pitcairn, member of the Pennsylvania Vaccination Commission.)

"If vaccination should cause immunity, how could an epidemic occur, and why the high death rate in Japan? Japan, the most vaccinated country in the world, had more smallpox and a heavier smallpox mortality than any "civilized" country in the world in the same period (1889-1908) 20 years, for which the figures are available, the cases

numbering 171,500, or an annual average of 8,500 with 48,000 deaths; a mortality of 28 per cent. (Official statistics supplied by S. Kubota, director of Sanitary Bureau of the Department of House Affairs, Tokyo, quoted in "Both Sides of the Vaccination Question.")

"Germany, the second most vaccinated country, had a death rate for Berlin for the nine years (1904-1912) of 72 per cent, above that of London being 4,500,000 and that of Berlin, 2,000,000.

"In all Germany with the oldest vaccination laws in the world, the epidemic of 1871-1873 killed 124,000 vaccinated and re-vaccinated citizens.

"After the epidemic of 1871-1873 a lesser outbreak occurred in Germany in 1880-1882 when there were 25,000 cases and 2,700 deaths. (Testimony of Marl Ruata, M. D. Professor of Materia Medica, University of Perugia, Italy, before the Pretor's court, Perugia, July 31, 1912, and printed in "Vitae Mallattie," Vol. 2, No. 29, Aug. 1912. English translation published by the National Anti-Vaccination League London.

"During the two epidemics in the city of Berlin in 1864 there was a death rate of a little under 1,000 per million, while in 1871 it rose to 6,150 per million for smallpox.

"Smallpox in Bavaria, from a table laid before the Royal Com-Gal 2—Log Book, Frink 9-21-23 mission by Dr. Hopkirk for the purpose of showing the results of long continued compulsory vaccination, showed that vaccination was made compulsory in 1807, and that in 1871 there were 30,742 cases of smallpox, of which 95.7 per cent were vaccinated. (The Wonderful Century.)

"If vaccination renders one immune, why should individuals who have been vaccinated and re-vaccinated from one generation to another, in the most thoroughly vaccinated countries in the world, contract smallpox?

"The conditions, which especially favor smallpox, plague, yellow fever, typhus, enteric fever, measles, scarlet fever, diphtheria, etc., are foul air and water, decayed organic matter, overcrowding and other unwholesome surroundings.

"If vaccination has any bearing on smallpox, why is it that the other zymotic diseases as a whole decline and fluctuate with smallpox?"

## Club Notes.

High Blood Pressure: Mrs. G. M. P. is having trouble.

Dear Doctor Reed: Will you please tell me what kind of diet I should use for high blood pressure? I suffer greatly with indigestion.

ANSWER: Although you did not say so, I believe that you have suffered for years with colonic constipation. That although your bowels may move daily, the movement is from 24 to 60 hours behind time and that you re-absorb poisonous matter which should not remain in your colon. You also probably secrete poisonous pus from some source. Diseased teeth and tonsils are a frequent cause.

Find the cause and remove it if you wish to get well. The diet will help wonderfully. No meat, beans, peas or cheese, few eggs, very little, if any sugar.

Eat freely of fresh raw fruits and vegetables, the less cooked foods the better. Drink lots of water. Don't worry. Fear and anger cause the pressure to rise.

All readers of this publication are at liberty, at all times, to ask any questions pertaining to their health. Address all such communications to Dr. David H. Reeder, c. o. Home Health Club, LaPorte, Indiana, and enclose at least six cents in postage.

## Business Before Pleasure

"Yes, we have 'gobs' of tonsils today." A person would think that this statement might be true if they were to visit the Des Moines General Hospital on Tuesdays and Saturdays. On these days there are no idle moments for those that help in the Clinic. Everybody jumps. If you don't you get stepped on.

The grand and glorious moment to all concerned comes about noon when Dr. Trenery informs the "crew" that dinner is ready and to step right this way before it gets cold. "Oh Boy!" Then Dr. S. L. Taylor says "Thirty minutes for lunch." Now, that may sound like a long while to eat, but when you sit down to the table with all the meat, salads, pie, desserts, pudding, etc., arranged before you, well, boys, it just cannot be done, or at least the writer has always failed to finish in prescribed time.

On Tuesday, August 28, ninety-nine patients were operated on in our Clinic, and the Tuesday and Saturday preceding there were ninety each day. These figures prove satisfactory surgical work.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor.....C. L. Ballinger

*Osteopathy Without Limitation*

## THE FRESHMAN CLASS.

As president of Des Moines Still College of Osteopathy, I want to thank the profession, not only our alumni, but the graduates of other institutions, for their contribution to the present freshman class.

We have personally known of a number of graduates of other institutions who have persuaded young men and young women to take up the study of Osteopathy, and though some of them did not directly influence the prospective student to come to D. M. S. C. O., they have been very fair with us and have shown their appreciation of Osteopathy as a profession by telling the prospective student that D. M. S. C. O. is a good school and that we have some clinical advantages which are not enjoyed everywhere.

The present freshman class, we anticipate, will reach close to the 75 mark. We now have 70 on the ground, and 12 upper classmen from elsewhere, which gives us a bonafide addition to our student body of approximately 87 new students.

This is a handsome addition and we appreciate the good work of all who have made it possible.

We thank you. Fraternally,  
Dr. S. L. Taylor.

## A WELCOME VISITOR.

Dr. Simons, of Grand Rapids, Mich., blew in on D. M. S. C. O. on the 13th.

She could not resist the temptation to come back again to the old school, and take a peek in on the present activities.

Dr. Simons loves her alma mater and though this is the first time since she graduated, she has visited the old school, she has given us many expressions of her interest in the institution.

She has shown her loyalty by sending several students of a high class, some are in the school now, and hardly a year passes over her head, without her

sending a new one.

These are the kind of friends that make the school grow.

May we have frequent visits from the doctor.

Long live Dr. Simons!

## THE NEXT TERM

The registration for this term will be over within ten days. Thus far so good, we must now put behind us our jubilation over this present class, and make early strides for the January registration. It comes in four and one-half months, and we must have fifty freshmen in the January class.

We rejoice to learn that other osteopathic schools have registered big classes this fall, and we wish them the greatest success, because it is only through the success of every school that the profession can grow as it should.

Notwithstanding our desire to see everyone prosper, our first duty is to D. M. S. C. O.

Now as the clamor of the present campaign is dying away let us marshal our forces for the campaign of the next four and one-half months.

We believe in Osteopathy, and we believe in the wonderful work that D. M. S. C. O. is doing, and we are "fighting like mad," to make the osteopathic profession grow in numbers.

Our hat is in the ring, let us go forth for a class of fifty freshmen in January!

## THE QUARETTE.

The Taylor Clinic Quartette made its appearance at the first assembly on Wednesday morning. It made a fine impression upon the student body and received encore after encore.

There are three new members in this organization this year.

Doubtless this Quartette will be called upon by many of the organizations of the city during the coming winter, and we are sure that D. M. S. C. O. will be proud of its representatives.

## WORK.

During the summer correspondence, many requests were made for work, and prospective students were told to come along, that there would be no difficulty in finding places where they could pay a part, at least, of their current expenses.

Fulfillment of promises is always a joy to all concerned, especially are we happy, since as fast as the students appeared on the scene their services were

sought and Des Moines has proven itself big enough, and active enough, to absorb all new comers.

There are no disgruntled students "clumping" in the halls for every body is so busy, he is happy.

Des Moines has long been known as the "City of Certainities." We are glad to say that it is keeping its reputation.

Anybody with a good sound mind and body and with a will to work is "Welcome to our City."

Des Moines can still absorb the services of 150 new students. Help us to find them.

## OUR ALMA MATER.

(By Dr. W. R. Gregg.)

There are some things in this world to be proud of. Many of these things we fail to fully appreciate. But none of us who have taken several state boards and passed them all can fail to appreciate our own DMSCO.

It is a great satisfaction to know that the old school is teaching the real important fundamentals in every subject. It is a great pleasure to know that where ever you go or whatever you do, you will find that the important things that will confront you the most times have been stressed time and time again at school. This makes us all yell for DMSCO.

No DMSCO graduates flunked the Ohio boards this year or any other state boards as far as we know. Why? Because our instructors were all busily engaged in practice. The ideal teacher is the one that has the experience. This is more than ever true of the man or woman teaching therapeutics. In a therapeutical school everything depends on practice. Theories count for little and the man with the greatest experience is the best fitted for imparting his knowledge to others. That is why DMSCO takes the lead in turning out capable physicians. We are indeed proud to be long to the alumni of DMSCO.

## Physio-Clinical Laboratories at Mt. Ayr, Ia.

We have just received an announcement from Dr. James E. Cox, Mount Ayr, Ia., which states that he has, in addition to his practice, taken charge of Dr. Marshall's Physio-Clinical Laboratories, recently located at that place.

## IF.

If you keep your head when all about you  
Are losing theirs and blaming it on you;  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated don't give way to hating,  
And yet don't look too good, nor talk too wise.

If you can dream and not make dreams your master;  
If you can think, and not make thoughts your aim,  
If you meet with Triumph and Disaster,  
And treat those two imposters just the same;  
If you can bear to hear the truth you've spoken,  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken  
And stoop and build 'em up with worn-out tools.

If you can make one heap of all your winnings—  
And risk it on one turn of pitch-and-too,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew,  
To serve your turn long after they are gone;  
And so hold on when there is nothing in you,  
Except the Will which says to them, "Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the earth and everything that's in it,  
And—which is more—you'll be a MAN—My Son.

—Rudyard Kipling.

## HIS BIT.

Conductor—"Change for Marietta! Change for Marietta!"  
Hick Passenger—"Don't know who the girl is, but I'll chip in a dime."

## Carl Fisher Heads College Net List

Carl H. Fischer, of the Philadelphia College of Osteopathy, has been ranked No. 1 in the intercollegiate singles, ranking for the season just closed. This announcement is made by R. Norris Williams, former national champion, who acted as chairman of the committee that ranked the College players of the present year.

Frank Anderson, Columbia University; Phil Neer, Leland Stanford University; Lucien E. Williams of Yale, are placed respectively, two, three and four in singles.

Fischer is a sophomore student at the P. C. O. He also has a brother, Herbert Fischer, practicing Osteopathy. D. M. S. C. O. congratulate Mr. Fischer upon his attainments.

## UNCLE JOE TALKS ON BOOTS.

Several members of congress were sitting on the western steps of the capitol, watching an unusually beautiful sunset beyond the wooded hills of Virginia, according to the National Republican. The talking and looking, however, came to a sudden halt when a stranger strolled by wearing a pair of old-fashioned cowhide boots, with his pants (no, not trousers) stuffed into the tops.

"Boys," slowly remarked Uncle Joe, "that's the first pair of cowhides I've seen in Washington in a dozen or so years. How well do I remember the old days when I wore them and greased them every little while with tallow! And, oh, what a job it was to work up a shine on them out in the woodshed when I wanted to go on a courting trip!

"By and by, do you realize that a considerable affinity exists between men and boots? They both have like weaknesses and good qualities, and are similarly affected under certain circumstances.

"Boots go on feet; so do men.  
"Boots have soles so have men.

"Boots sometimes get tight; so do men.

"A boot will shine, if polished; so will a man.

"Some boots have red tops; so have some men.

"Some boots lose their soles; so do some men.

"Boots are tanned; so are men—mostly in their youth.

"Some boots can't stand water; neither can some men.

"When a boot is well soaked it is a hard case; so is a man.

"A boot to be much account must have a mate; so must a man.

"A boot when well heeled always feels comfortable; so does a man.

"The less understanding there is in a boot the bigger it feels; so it is with a man."

## FOOLING THE BUGS.

A motorist in the South once stopped for water at a dilapidated house where a barefooted man, leaning against a rickety fence, was gazing meditatively across a field that had grown up to weeds. "How is you cotton this year?" the motorist asked.

"Well, sir," replied the man, "I ain't got no cotton. I didn't plant none cause I was afraid the boll weevil might be bad."

"How is your corn?"

"Well," came the reply. "I didn't plant no corn neither, for I didn't know if we'd git rain."

The motorist hesitated. "How are your sweet potatoes?" he asked at last at last.

"Well, now, stranger," the man replied, "you see it's just this way; I didn't plant no sweet potatoes cause I was afraid the bugs might take them. No, sir, I didn't plant nothin' I just played safe."—Youth's Companion.

## GOT AWAY WITH IT.

Verbosity and the "grand manner" will sometimes accomplish marvels. An elderly actor with stately bearing and melodious voice went for a holiday to Sunderland.

Fishing one day in a forbidden stream he was accosted by the keeper, who asked him by what right he dared to wield the rod and line in private grounds.

"By what right?" answered the melo-dramatic one. "By that great right the vast and towering mind has o'er instinct of the vulgar kind."

The keeper stared at him for a moment, then touched his cap and said: "Beg pardon, I didn't know that."—London Tit-Bits.

Dr. J. E. Rogers, student and instructor of D. M. S. C. O. has returned to school here after a pleasant summer with the Midland Sevens Chautauqua Co. Dr. Rogers has been with this company for the last three years as a lecturer.

## Faculty Picnic

September 2nd, the faculty of D. M. S. C. O. had one of the most enjoyable picnics of the season.

The Professors came with all the members of their families and had a regular picnic spread. Each brought his own basket filled with excellent food, prepared by his own household.

The younger members of the faculty seemed to have the advantage, what they lacked in age they made up in "fulfillment."

They played ball, three cornered cat was the favorite. There were evidently no Babe Ruths among them.

After they had worn themselves to a "frazzle" in the various games, they each expressed himself as having the best time of his life, and fully prepared for the work of the coming season.

## SOMETHING NEAT.

O'Connor, coming into the school building with his lip cut and bleeding asked Tom Van de Griff if he had some adhesive tape.

Tom—Yes, do down stairs and I'll fix you up in a minute.

O'Connor started down stairs and when about half way down turned and remarked: "Say, Tom, I want something neat you know."

In another column we have an article from David H. Reeder, Ph. D., D. O., founder of the club and author of the club books and lectures, a graduate of two medical and one osteopathic colleges, formerly Professor of Dietetics and Hygiene, College of Medicine and Surgery and of Natural Therapeutics, National Medical University of Chicago, Fellow of the Allied Medical Association of America, and the American Association for Medico-Physical Research.

## Large Freshman Class

The largest freshman class in years assembled at old D. M. S. C. O. September 10th. They are a peppy, ambitious group of young men and women, and are already awakening the college halls from their vacation nap, with conversation and laughter.

## "The Log Book"

joins the faculty in Welcome to our new freshman class.

## THANKS

D. M. S. C. O. faculty wish to thank all those that have responded to the call for more Students.

We greatly appreciate your efforts. Keep the good work going.

## As I Go on My Way

By Strickland Gillilan

My life shall touch a dozen lives  
before this day is done—  
Leave countless marks for good or  
ill ere sets this evening's sun.  
Shall fair or foul its imprint  
prove, on those my life shall  
hail?  
Shall benison my impress be, or  
shall a blight prevail?

When to the last great reckoning  
the lives I meet must go,  
Shall this wee, fleeting touch of  
mine have added joy or woe?  
Shall He who looks their records  
o'er—of name and time and  
place—

Say: "Here a blessed influence  
came," or "Here is evil's  
trace?"

From out each point of contact of  
my life with other lives  
Flows ever that which helps the  
one who for the summit  
strives.

The troubled souls encountered—  
doess it sweeten with its  
touch,

Or does it more embitter those embittered  
overmuch?

Does love through every handclasp  
flow in sympathy's caress?  
Do those that I have greeted know  
a newborn hopefulness?  
Are tolerance and charity the keynote  
of my sojourn?  
As I go plodding onward with  
earth's eager, anxious throng?

My life must touch a million lives  
in some way ere I go  
From this dear world of struggle  
to the land I do not know.

So this the wish I always wish, the  
prayer I ever pray:

Let my life help the other lives it  
touches by the way.

—From Osteopathic Magazine.

Factory-made grass may now be bought by the yard, and laid down in full velvety growth on golf courses or lawns. A British inventor has perfected a method of sowing grass seed on a special fabric in a "factory" where the temperature is always that of spring or summer. These green carpets are laid down on flattened surfaces, the fabric rots away and the roots become incorporated with the soil.



## U. S. Dept. of Labor, Children's Bureau, Washington

Astounding percentages of under-nourishment and physical defects were found in a group of 6,015 young children of Gary, Indiana, studied by the U. S. Department of Labor through the Children's Bureau.

The Gary study is the first investigation by the Bureau of the "neglected age of childhood" between babyhood and school.

Two reports have been written on the results of this study. The first, called "Physical Status of Pre-School Children," was issued last year. The second, called "Children of Pre-School Age in Gary, Indiana," and dealing with general child welfare conditions, especially nutrition, is now in press.

Results of the second study, made public today, show the poverty of diet among nearly all the children.

The diets of 6,015 children all from two to seven years were classified into five groups, A, B, C, D, and E, according to adequacy and suitability for children of these years.

Of the "A" diet the report says:

"The 'A' diet is not one difficult of attainment. It is merely any diet capable of meeting the body's needs and administrated with some consideration for the child's age and development. Moreover, such a diet need not be an expensive one—milk, whole cereal, and fruit or vegetable daily being sufficient to allow a diet to qualify in this group—and it is the easiest possible kind of diet to prepare. This being the case it might be expected that the large majority of the children would fall into the 'A' diet group.

"These facts notwithstanding, only 25 of the 6,015 children—less than half of one percent of the total number—were thus fortunate. Furthermore, the number classed as having 'B' diets (probably adequate in food requirements though unsuitable in character and including but a pint of milk) was likewise

small, amounting to 85 per cent of the whole group. Less than 10 per cent of the children studied in other words, were receiving diets which appeared adequate to their needs. Almost three times this number (29.2 per cent) had diets (C) whose adequacy was highly questionable; and nearly two-thirds of the entire group (60.5 per cent) were found to have diets plainly incapable of covering all their bodily requirements, 58.4 per cent being in the D group and 2.1 per cent (5 times the percentage of A's) in the extremely inadequate E group."

The report analyzes in detail the use of certain staple foods among the children for instance:

Only 18.9 per cent of all the children were getting a pint of milk a day and 57.2 per cent had no milk at all to drink. Two-thirds of the entire group were found to drink coffee habitually and 40 per cent to have it more than once a day.

"Milk is not the only desirable food which was little used," the report states, "since vegetables, fruits, cereals and eggs were likewise conspicuously lacking.

"The extreme poverty of the diets is further shown by the fact that nearly half (45.5 per cent) of them lacked as many as four of the foods usually included in a child's diet."

Slightly over half of the children studied were given physical examinations. 64.7 per cent were found to have decayed teeth. 14.9 per cent had bone defects which are the result of a deficiency diet. Only 4.8 per cent had no defects at all. Over a third had more than five distinct defects. Children with adequate diets (classed as A and B) made a better showing than the rest of the group. Over four times as high a percentage of these children were free from defects as of the children receiving deficient diets (classed as D and E).

The report also analyzes other conditions affecting children of this age, including community conditions, home and family conditions, housing, economic conditions, child care and hygiene and dental care.

## HOSPITAL SUPPLIES IN SOUTH AMERICA

An active though limited market for hospital supplies and surgical instruments in Peru is reported to the Department of Commerce by Consul N. R. Park, Callao. Public hospitals are owned and controlled by national benevolent societies (Sociedad de Beneficencia Publica) which exist in all the capitals of the provinces of the Republic. They are largely charity hospitals with limited pay wards and are supported by revenue derived from lotteries and real estate donated to the institutions by the government.

The army hospital and subordinate hospitals are under the supervision of the Health Department of the Army and Navy.

Surgical instruments and apparatus are usually purchased direct from the foreign manufacturers by the institutions and individuals by means of catalogs and who generally make arrangements for payments thru some bank. A few local dealers carry surgical supplies and instruments, but their stocks are very small.

There is only a limited market for American hospital supplies in British Guiana through the fact that these are almost entirely purchased from Government funds for use in hospitals which the Government controlled. Practically all orders are placed in England through the Crown agents in London. Two or three firms of chemists and druggists however, carry a small stock of surgical instruments and hospital supplies, Consul Chester W. Davis, Georgetown, informs the Department of Commerce.

There are two modern hospitals in Puerto Castilla. Both are operated by a large American company which purchases its supplies through its office in the United States, says Consul W. L. Beaulac in a report to the Department of Commerce. All equipment is American. With the exception of narcotics, a portion of which are purchased in Jamaica, all supplies, drugs,

etc., are purchased in the United States.

A new hospital in process of construction in the city of Puerto Castilla to replace the one now in operation will have approximately two hundred and forty beds.

## THE PARABLE OF THE WAX EAR.

Once upon a time there was a Pilgrim who became afflicted with deafness in his good ear and behold in his travels he cometh to an osteopath and sayeth unto him, "My land, I see but hear not—I pray thee heal me." But he was not healed. And he journeyed onto a second and a third osteo but was not healed. And his courage being good he cometh to a fourth D. O. and said unto him: "My laird, I pray thee release me from this affliction. Ears I have but hear not." And this D. O. who was a physician said: "How cometh thou retaineth this affliction so long when all about you are so many of my brethren?" And the Pilgrim answered, "Many calls I have made but you have I chosen to give the relief I seek." And said the D. O.: "What did the many find in your ear?" And he answereth, "They findeth not for they seeketh not, but sought only the kinks in my cervicals and snapped them thereupon." Whereupon this D. O. who was a physician, opera glassed the auricle and beheld therein wax in abundance. And he ivoryed out the wax, sent the patient forth health and proclaiming the virtues of osteopathy.

From which parable may deduct:

May wax full of enthusiasm—but few enthuse full of wax.

## PRIVILEGE IN FRIENDSHIP.

If ever a man is to be a real anything, the sense of privilege will be the sign. A physician to whom doctoring is not a privilege is no real doctor. A teacher to whom teaching is not a privilege is no real teacher. A friend to whom friendship is not a privilege is no real friend.—Harry Emerson Fosdick.

## A Letter from "Buck"

Brainerd, Minn.

Sept. 16, 1923.

Dear Mr. Log Book:—

I should like to tell the students of D. M. S. C. O. of a very happy experience that has been my share since I came to Brainerd. I have experienced that a man may be a dual man with a dual personality, each personality being in mood and disposition by environment. By meeting with Dr. M. E. Bachman a few weeks ago at Outing, Minn., has taught me this, that, "Folks are not always what they seem."

Four years with Dr. M. E. Bachman did not teach me to know him as I learned to know him recently. To his classes, Dr. Bachman is always the big, kind, excellent teacher, disciplinarian and friend. I have found out that he is also an "honest-to-goodness" sportsman and an ardent lover of God's great outdoors.

When I learned that "Daddy" and his family were spending their annual outing at their cottage on Lake Washburn, near Outing, Minnesota, you can bet that I lost very little time getting up there to see them. I found them hidden away in one of the coziest log cabins of man's making, located in one of the most beautiful spots our Minnesota Northland has to afford. Folks let me tell you, that the Doctor chose a wonderful site for his summer home because this country is the garden spot of the U. S.—its Nature Wonderland.

Folks, it was great to be met by "Daddy" amid these pleasant surroundings. Dressed in his khakies, with a 38 calibre pistol in his belt, he invited sports, fishing, target shooting, bathing, rowing and a hike through the woods. We followed out his program, missing nothing. Every sport we engaged in was spiced with Osteopathy, however. I had so many questions to ask "Daddy" about. He gave me many little helps and I felt that I was getting a first rate post graduate course thrown in with a day's outing.

You would be surprised to see Dr. Bachman rowing and fishing. I know I was. But when some one suggested bathing and the Doctor swam and got away with the high dives, that would have been a credit to any old sailor and later won over everyone in target shooting, I was dumbfounded. He was so at home in this environment that I had a

hard time seeing this man and the Doctor of the class room as one. When he informed me that he had for a long time past been a member of the National Rifle Association of America, his ability as a marksman was accounted for.

All of these sports gave us healthy appetites and we surely did justice to Mrs. Bachman's banquet. Everything was so inviting and the round table talk so jolly that the digestion of our large portions became an easy matter.

So the day was spent—and in the evening "Daddy," Irene and I built a roaring campfire. With the Doctor's family and mine gathered round, we spent a mighty happy time, telling stories, toasting marshmallows and singing. We tried to duplicate the "Curbstoners" but it couldn't be done. "Skin-a-ma-rink" refused to be done with Cicero J. Shapes, Billix, Mike and Jimmy.

Good times always pass too quickly and home-time always comes before we are ready to go. On leaving, the Doctor informed me that he was teaching technique this year with Dr. Campbell as assistant. I am sure that I envy his classes this opportunity just as I know they envy me the day I spent with the Doctor at his camp.

I was happy to learn that Dr. Mary Golden is again on the faculty and I am more than sure the students of D. M. S. C. O. are more than pleased with the instructors in the various departments.

Come up into this Northland, folks. The woods are full of good locations. I am enthusiastic over the outlook and very much in love with the country.

With best wishes for the success of D. M. S. C. O. and "hello" to all the old gang,

Fraternally,

Dr. E. C. Herzog,  
Brainerd State Bank Bldg.,  
Brainerd, Minn.

## Great Was the Fall Thereof

Jim Brown, one of our foot ball players, had a set-back the other evening while at practice with the pig-skin. They were charging the rope line when Jim's chin came suddenly and unexpectedly in contact with the rope. The result was that Jim's feet defied gravity and started heavenward.

How does it feel, Jim, to have your gluteal region caressed by Mother Earth?

## Graceland Battles Still to 6-6 Tie

But the paper which carried that headline did not tell the half of it.

It is very much to the credit of the boys that they even scored under conditions. Leaving here at eight in the morning and traveling under weeping skies until four o'clock in the afternoon with nothing to eat in the interim (or any other part of their anatomy) they trotted out on a heavy field at five o'clock. Due to the lateness of the hour and the inclemency of the weather the quarters were short.

Both teams showed up poorly under the handicap, but the work of Hannan at quarter was one of the outstanding features of the game. Curtis and Wells of the Graceland line did some good work.

The lineups:

### Still—6

O'Dell	L. E.
Swezey	L. T.
Higelmire	L. G.
Lee	C.
Staples	R. G.
Walker	R. T.
Thomas	R. E.
Hannan	Q. B.
Davis	L. H.
Murphy	R. H.
Graham	F. B.

### Graceland—6

Cudworth	L. E.
Franklin	L. T.
Shank	L. G.
Vernon	C.
Walden	R. G.
Curtis	R. T.
Wells	R. E.
Leeka	Q. B.
DeLong	L. H.
Butterworth	R. H.
France	F. B.

Substitutions—Buirge for Hannan, Bone for Davis, Brown for Murphy, Nicholas for O'Dell, O'Keefe for Walker, O'Connor for Higelmire, Briggs for Shanks, Kelley for France, Shanks for Briggs.

Referee—Scott of Kellerton.

## Hospital Notes

Ted Kapfer is at the Des Moines Hospital convalescing after an operation for appendicitis.

Albert Graham, one of our foot ball players, is nursing an injured ankle. We hope that he will soon be in condition to get back into the game and finish the season.

Hank Hanan, also a foot ball

player, is ruled out of the Romeo class on account of a broken rib. His line is still in good shape so we know his Juliet is being well entertained. Is it still the same Sheba, Hank?

## It Pays to Advertise

A few weeks ago we ran an ad in "The Log Book" for Dr. W. N. Vincent of Red Oak, Iowa, who wished to sell his practice. We have just received notice from the Doctor stating that he has sold his practice and expressed his gratitude. We are pleased to have helped the Doctor and are willing to do the same for others.

"The Log Book" is published twice a month and is sent to Osteopathic physicians in the States, Foreign Countries and Island Possessions. If you have contributions that will be of interest to the profession at large, we will be glad to publish same.

## Freshman Smoker

Phi Sigma Gammas gave a smoker to the freshman class last Tuesday night at their new home at 1109, 18th street.

Iota Tau Sigma also entertained the freshman with a smoker Friday, Sept. 15th.

Other entertainments have been held for the freshmen, but have not as yet been reported to "The Log Book."

## WANTED

An Osteopath with some capital, that would be willing to invest in a health resort. Main building has 104 rooms, four Medicinal Springs. A beautiful place and well located. Present owner wishes to take rest.

Address Box 93, Richmond, Ind.

## D. M. S. C. O. Entertains

On Thursday evening, Sept. 28, Des Moines Still College gave a dance at the Woman's Club building in honor of the new freshmen class. The affair was well attended, there being over 175 present.

## Double Trouble

It is reported that Bobby Tornell fell out of an apple tree the other day (or night). We do not quite understand this but it must be true. Also Bobby experienced another shock when his best "Sweetie" took her picture away from him. "Tuff" luck Bobby, but don't get discouraged.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President ..... S. L. Taylor  
Business Manager..... M. D. Cramer  
Editor..... C. L. Ballinger

*Osteopathy Without Limitation*

## MISSIONS

When some one has done some fine thing for you—you almost invariably right away quick tell some of your friends about it, don't you?

Now just a little heart to heart talk, honestly. How many times during your months this summer at home did you suggest Osteopathy to some one you knew who complained of some disorder?

I sure did that very thing and got them started in the right direction with ailments ranging from a dislocated hip to hay fever, and had some satisfactory reports that "They never knew of the breadth and scope of Osteopathy."

It is as has been said many times a "Process of Education."

How are they going to know except they are told and who will tell them if we who are most vitally interested don't do it?

That fellow who said, "He that tooteth not his own horn the same shall not be tooted," sure said a big thing.

And away back there in Bible times, a fellow by the name of David said, "The Lord has done great things for me, for which I am glad," and he didn't just sit around and be glad and happy himself; his object in telling it was that others might know the Lord and be glad and happy too.

Now let us just pinch ourselves a bit and wake up to the great opportunity that is all around our door and be "Doers and not only Hearers of the Word."

If the way the Freshmen sang (?) in first assembly is any indication of their enthusiasm and pep they should make things hum in more ways than one.

### WANTED BY A SOPH B.

Some lubrication for his trachea so the food could pass more easily. Answer thru The Log Book.

David Skidmore, Soph-B, has been laid up with mumps and a pretty severe case of them, too.

Some wit said, "Dave would most likely feel like substituting one letter for two (sw) and adding the words-of-a. How about it, Dave? We feel for you anyway."

### THE PHI SIGMA GAMMA HAVE MOVED.

The Phi Sigma Gamma have moved into their new home at 1109 Eighteenth street, and on Sunday afternoon, Sept. 30, had "open house."

Despite the very inclement weather a goodly number of the Faculty, Sorority and other Faternity members graced the occasion with their presence. Neighbors also paid a visit and all were loud in their praise of the well appointed and finely equipped house now the home of the Delta Chapter.

The boys are greatly indebted to and greatly appreciate the work of the Sorority members, for their part in the arrangement of the new house for the occasion.

There is but one detrimental feature in the whole scheme. The house is haunted.

Just a few nights after taking the house over, there were heard all over the house, wierd sounds, moans and noises as of a restless spirit dragging chains about.

The boys were very much perturbed to say the least, and it is safe to say that if any of them got a hair cut the morning after one of these periods of unrest, it will grow out pompous.

Lack of space here prevents any further comment. Those interested in spooks can gain further information by applying to Lee, from Paw Paw.

### A FIGHT FOR REPUTATION.

A man going along a lonely road was set upon by two highwaymen. He fought desperately, but was finally overcome and searched. All that the bandits found was a dime. "Search him again," said one. "He would never put up a fight like that for a dime."

They searched him again, but could find no more.

"Now tell me," asked the spokesman, "Why you fought so we nearly had to kill you?"

"Well," answered the victim, "the truth of the matter is I didn't want my financial condition exposed."—Harper's Magazine.

### SHERIDAN, IOWA, COAL DELIVERED IN DES MOINES.

See Davis, Fresh B and O'Conner, Soph. B. Davis does the loading, Bill does the trucking. Suit case loads—Prices out of sight.

See Bill and Dutch.

That D. M. S. C. O. has on the list of its student body, men and women who are fighters and real go-getters, is evinced by the fact that during summer vacation they were busy, some in their own home locality and some staying over in Des Moines; busy, putting it over to make it possible to get back to College this fall term to hit it between the eyes, even harder this year than last.

It is estimated that ninety percent of our student body are seeing themselves thru, either in whole or in part.

Among some of the work which engaged the time of our folks for the summer months were: Farm work, bank work, real estate, mill work, railroad, magazine selling, general office work, hotel and restaurant work, general store, auto factory and one might go on down the list of hard labor, not to mention the work of upper classmen on four professional lines. Some of these spent the time in offices and in looking after the practices of established Osteopaths in the field, all of which is to their lasting credit, benefit and experience.

The man who digs it out for himself and knows how hard it comes and where it comes from, is the man who is going to make the best use of what he gets, whether it be dollars or knowledge.

So with this indomitable spirit which seems to characterize the student body of D. M. S. C. O. we look for nothing but for a big line of Big Successes in this the Biggest of Fields "OSTEOPATHY."

Far away there in the sunshine are my high aspirations. I cannot reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.—Louisa May Alcott.

You have not fulfilled every duty unless you have fulfilled that of being pleasant.—Charles Buxton.

Good intentions are, at least, the seeds of good actions; and every one ought to sow them and leave it to the soil and the seasons whether he or any other

gather the fruits.—Sir William Temple.

No man ever sank under the burden of today, that the weight is more than a man can bear.—George Macdonald.

Just because a horse is willing to pull, it is by no means necessary that he be over burdened.

## Our Own "Ding"

The new freshman class has brought us another cartoonist from Columbus, Ohio. So it is at this time that "The Log Book" wishes to introduce to its readers, Mr. Larry Lauck. With this issue appear the first work for "The Log Book" that has been submitted by Mr. Lauck. We wish to thank him very much for his contribution and to praise him for his ability. We hope we may have more from his pen.

### HEAPING MEASURE.

If we take the good we find, asking no questions, we shall have heaping measure. The great gifts are not got by analysis. Everything good is on the highway.—Ruskin.

## FOR SALE

Winona, Minn.

Des Moines Still College,  
Des Moines, Iowa.

Because of breaking down in health I am selling my practice immediately.

I am located in a town of 20,000 inhabitants in Minnesota. State Normal School, Catholic Boys College, and other schools are located here. Best location in the city, elevator service, good offices.

Collections last year and year before \$7,000 or above. This year will equal or surpass. Largely office practice. Office rentment \$2.50. Practice can easily be built to \$10,000 if Doctor can take care of it.

Office equipped with McManus DeLuxe Table, Ear, Nose, Throat operating chair, diagnostic instruments such as Holmes Nasopharyngoscope, tuning forks, etc., Aloe Lighting Electric Cabinet and many other instruments. Office so arranged that treating can be continuous and no waits for dressing. Equipped will invoice between \$1200 and \$1300. If I can sell to give possession at once I will take \$1,000 cash. This includes everything except books.

Faternally,

Dr. L. Upton Miller



What would you  
do in a case  
like this?

Dear Miss -  
Please don't allow Will  
to slide down the  
chute while the dew  
is on it. I don't want  
him to sit in  
school with  
wet pants  
Yours truly  
Mrs. Bloom

"Say, dot mattress vot you sold me  
was full of bed bugs  
Vell, vat ya vant for  
2 bucks, gan any birds?"

Just another  
sweetheart

LET'S GO STILL

# MEXICAN ATHELETE STUFF by Jerry Lauck



Shocked spectator:  
"They wouldn't catch  
me looking like that."



Say, Pilot stop this  
plane a minute please  
My Willie just climbed  
over the side.

Seen at  
the Fresh. Recep.

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# THE LOG BOOK

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## Post Graduate Course

The first session of the TAYLOR CLINIC field membership was held at Des Moines the 16th and 17th of October. There were sixt-seven members present and a number of visitors, making about ninety-five in attendance.

The two days were filled chuck full from 8 A. M. to 5 P. M. Besides the resident members of the TAYLOR CLINIC who were on the program, the men best known were Dr. Gaddis, National Secretary; Dr. Laughlin, President of the A. T. S. C. O.; and Dr. Downing of Kansas City. Never has there been a meeting of such intense interest and enthusiasm. Everybody had expressions of most cordial endorsement of the innovation and someone said it was a real renaissance.

The profession evidently is ready to accept educational advantages, and it is by this movement that the opportunity is provided whereby Post-Graduate work is made available.

The program consisted altogether of practical stuff. Real lecture work was eliminated from the program as far as possible, and that is doubtless why there was so much enthusiasm expressed by the attendants. The TAYLOR CLINIC STAFF OF DES MOINES GENERAL HOSPITAL were hosts to the field members during both days of the convention. During the dinner hours various members were called upon for little talks and the most enjoyable hours were spent.

It is intended to make this a permanent affair, and the probabilities are another session will be held some time in the spring.

## THREADING HER WAY

"How do you feel?" asked the physician who had been called to attend the seamstress.

"Oh, sew, sew, but I seam worse since you put those stitches in my side."

The doctor hemmed and told her she would mend soon.

## "Gussie" Weimers



"Gus" is to Still College Basketball what Heinz is to pickles.

Captain Weimers will play his fourth year of college basketball this coming season under the colors of the "Purple and White." Of these four years, two of them he has been captain of the Varsity. This is truly significant of his basket-shooting skill and his team work.

Our Captain represents a man of unusual athletic sportsmanship and a personality to be copied by his teammates. Fair play and clean sport is his motto, two requisites often sought but too often found wanting in athletics.

"Gussie" plays as a senior this coming season. He intends to be the captain of the most powerful basketball team ever developed by D. M. S. C. O.

"Gussie!" WE ARE WITH YOU!!!!

## Dr. Hersfelt Honored

Dr. Hersfelt, of Detroit, Mich., was recently elected chairman of the publicity committee of Detroit.

Dr. Hersfelt is a graduate of D. M. S. C. O., and we together with his host of friends, wish to congratulate the Doctor upon his recent success. We know that he will make good.

## Tom Vandegrift



Tom is one of our pioneer football men. When athletics were revived at Still College after the slump caused by the war, Tom was on the first Varsity football team; he has remained there in succeeding years, and has always been a hard fighter throughout his football career. The dignified seniors claim Tom as one of their members, thereby spelling his last year for athletics in old Still College.

We all look with regret to his absence next year on the gridiron. He has always been a model of loyalty to his school, a staunch supporter of all college enterprises, and an excellent student of Osteopathy.

Mistress of Farm House—Yes, I can give you a job. You can gather the eggs if you are sure that you won't take any.

Hobo—Youse could trust me wid anything, lady. I was the manager of a bath house for fifteen months and never took a bath.

Tourist—What's that beast? Native—That's a razuh-back hawg, suh.

Tourist—Why is he rubbing himself against the tree?

Native—Jest stropping hisself, suh. Just stropping hisself.

If Lung Power were wisdom, we know some men who'd never lose an argument.

## Dr. C. B. Gaard Killed in Train Accident

Dr. C. B. Gaard, Fort Dodge, Iowa, was instantly killed Wednesday evening, October 10th, when his car, in which he and a friend were driving, was run into by a passenger train.

The accident occurred at a point between Rockwell City and Fort Dodge, Iowa. Following the crash, the car caught fire and Dr. Gaard was burned beyond recognition. His companion was also killed.

Dr. Gaard was a graduate in the 1919 class of the Des Moines Still College of Osteopathy and a year ago studied the Electronic Reactions of Abrams at the McManis College, Kirksville, Mo.

He was successful both in Osteopathy and E. R. A. His loss will be keenly felt in both professions, for he was an enthusiast and a worker.

It will be a brightly arrayed group of students that will entrain next Friday morning, in company with the football team, for Kirksville. Even Angus and Dr. S. L. Taylor have donned the white and purple caps for the occasion.

The football team is going down there to conquer if possible the honors, or in terms of war times, "Bring home the bacon."

So, Doctors, if you hear a low rumbling sound Friday morning, do not fear an earthquake, for it is only the Des Moines Still College Student Body starting southward to do their part in spurring on to their uttermost our football players. Listen for the music in the air, too. It'll be there, for our band is going along filled to overflowing with music and enthusiasm.

## For Sale

Iowa practice. Established 23 years. City of 25,000, ideal location. Reasons for selling given to inquirer. Don't answer unless you mean business.

Address "Log Book," Still College, Des Moines, Iowa.

## WHO NEXT?

One more victory will be added to our schedule when the D. M. S. C. O. football team enters Kirksville on November 2nd. In our modest way, we have made this prediction. The entire student body will be there to see it fulfilled.

To date, our record is an enviable one. In five games, we are undefeated, we have scored 57 points to our opponents' 6, only one of the five teams having crossed our goal line. Three of these were victories; two of them tie games, both having been played away from home.

Still and Graceland College, the first game of the season, ended in a 6 to 6 tie. The game was played in a sea of mud and in semi-darkness after our players had been on the road from eight in the morning to four in the afternoon.

Next we motored to Oskaloosa. Revenge was ours to the tune of 13 to 0, quite well repaying our three-point defeat of last year.

October 13, we were in a position to show off at home, again victory was sweet over Buena Vista, our conquerors of a year ago. The score of 6 to 0 is an indicator of the battle staged.

The next Thursday, St. Ambrose met us on their field in Davenport, another semi-lake of a gridiron greeted our warriors. The game ended 0-0; a moral victory for D. M. S. C. O.

Once more we entered foreign fields on the 26th of October, Central College took the "0" mark, we took "32." Coach Sutton used the majority of his material in this game.

Last year we played a 12 to 12 tie; Friday the result was decisive.

We ask: WHO NEXT?

"The PONE PUSHERS OF THE A. S. O." is our cry!!!!!!

## THE BEST CLINGERS.

Mrs. Shortley was discussing the latest fashions with a young lady caller. "Did you say your father was fond of those clinging gowns, May?" "Yes, he likes one to cling to me for about three years."—Sheffield (England) Telegraph.

## HE DIDN'T MEAN THAT.

A newly married widow overheard her second husband telling a friend: "Yes, I got a wife and four children to boot."

"You just try booting my children," said the lady with vigor.—Louisville Courier-Journal.

## Atlas Club Notes

The men of the freshman class were given an Educational Smoker Monday evening, Oct. 8, at the old club rooms at 13th and Grand Ave.

Dean C. W. Johnson gave them a very interesting analysis of the present, past and future as "Osteopath," Osteopathic Physician," and "Osteopathic Physician and Surgeon."

Dr. M. E. "Daddy" Bachman was introduced as an Osteopathic Physician and talked as such, in the way we know and love so well. Dr. E. J. Marshall urged on them the necessity of organized co-operation at present as students and later on as practicing physicians. Dr. J. P. Schwartz, owing to the fact that it was the birthday of the announcement of X-Ray by Roentgen, explained something of its uses. Afterward a little cider and a few doughnuts were consumed. Come again freshmen.

The Atlas Club is making extensive preparations for practical work this year for the benefit of its own members. It also expects to bring some interesting things to the student body as a whole, which will be announced later.

The parents of a Louisville baby were seriously considering its condition and after talking together for some time the father said:

"Yes, we must get an osteopath for the baby."

The child, who was sitting on the floor near by, looked up when he heard the remark and replied:

"Daddy, get me a billy goat; I'd lots rather have it!"—Louisville Courier-Journal.

## CHARACTER.

We sow a thought and reap an act; we sow a habit and reap a character; we sow a character and reap destiny.—Thackeray.

The use of character is to be a shield against calumny.—Burke.

You cannot dream yourself a character, you must hammer and forge yourself one.—Froude.

He that respects himself is safe from others; he wears a coat that none can pierce.—Longfellow.

## The Weaker Sex

By Belle Fligeman

My Pa, he says my Ma can't vote 'Cause she's the weaker sex, An' she can't understand the things

That trouble an' perplex The minds of even men like him That's voted all his life— An' bein' weak, she couldn't stand The governmental strife.

I says to Pa: "Pa, you're so strong, An' know so many things— (An' Pa, he smiles. He didn't know My compliment had strings), But while you're sittin' talkin' to The men down at the store, Why, Ma, she's on her hands and knees, A-scrubbin' up the floor.

She does your washin', makes your shirts, An' works hard all day long, An' then she goes to meetin's, when There's talk of rightin' wrong, That's goin' on at the school-house, Or when butchers sell bad meat— An' she has your supper ready here When you come home to eat.

My Pa, he says I talk too much, An' I should hold my tongue— The reason I can't understand Is 'cause, he says, I'm young. But I can't see that Ma's so weak, Nor knows much less than Pa; I think he's SCARED of government

That's managed by my Ma!

The people think they want to run the government when they don't know how. They even think it is a sacred duty to vote when they haven't got a glimmering of an idea as to what they are voting for. They may even think they are running the government, but they are not. They are yanking at it here and there.—Henry Ford.

A character is like a kite. It will never soar unless held by a string of good judgment, and balanced by common sense.—Anonymous.

## Things Work Out

By Edgar A. Guest.

Because it rains when we wish it wouldn't,  
Because men do what they often shouldn't  
Because crops fail and plans go wrong—  
Some of us grumble all day long.  
But somehow in spite of the care and doubt,  
It seems at the last that things work out.

Because we lose where we hoped to gain,  
Because we suffer a little pain,  
Because we work when we'd like to play—  
Some of us whimper along life's way.  
But somehow, as day always follows the night,  
Most of our troubles work out all right.

Because we cannot forever smile,  
Because we must trudge in the dust for awhile,  
Because we think that the way is long—  
Some of us whimper that life's all wrong.  
But somehow we live and our sky grows bright,  
And everything seems to work out all right.

So bend to your trouble and meet your care,  
For the clouds must break and the sky grow fair,  
Let the rain come down, as it must and will,  
But keep on working and hoping still.  
For in spite of the grumblers who stand about,  
Somehow, it seems, all things work out.

## LOVE LIKE LICKER

1. The first drink raises one's spirits.
2. The second increases them.
3. The third makes you dizzy.
4. The fourth makes you more so.
5. The fifth—you know nothing.
6. The morning after — you swear, "Never Again."

## NO CASE

Judge: "What's the charge?"  
Officer: "This man was caught stealing eight bottles of beer."

Judge: "Discharged. You can't make a case of eight quarts."—Lord Jeff.

"There may be a substitute in the world for good nature, but we don't know what it is."



# The Log Book

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## Cripple is Cured

Mendal Hoagland, aged 8, of New Castle, Pa., left McKinley Hospital, Columbus, Ohio, Tuesday, able for the first time in his life to walk on the bottoms of his feet. Born with club feet, the lad had previously been operated upon four times. None of the operations enabled him to walk properly, however. He still had to walk with his toes turned in, resting his weight on the outside of his foot and unable to touch his heels to the ground.

The operation at McKinley Hospital was for the purpose of removing excess bone in his feet. Wedges of bone were removed, several ligaments adjusted, and leaders strengthened. The foot was then straightened, closing the gap whence the bone was taken, and the cut edges of bone were sewed together. The boy spent two months in the hospital. Dr. John M. Hiss, orthopedic surgeon, performed the operation.—Columbus Dispatch, Oct. 11, 1923.

Dr. H. E. Clybourne, who graduated from Des Moines Still College of Osteopathy, May 24 of this year, is practicing with Dr. Hiss in Columbus.

## Basket Ball

Basket-ball prospects have never been better in the history of D. M. S. C. O. athletics. About 22 men are getting in condition to don their basket-ball uniforms. A number of the prospects have started practice in the gymnasium, while many others are already in the prime of condition, due to their football training.

The Freshman class has brought many men basket-ball "reps." they, together with our squad of 12 veterans, should round out a machine nearing perfect.

All of last year's Varsity are in college, with the exception of Wehl, and all intend to play on the hardwood floor again this season.

The basket-ball schedule for

1923-24 will be the hardest ever made by Still College. Most of the larger colleges of the state and several outside will be scheduled for the coming season.

We are expecting big things from the basket-ball team this year.

## Axis News

On Friday night, October 12, the Axis Club entertained the rushees of the season with a theatre party, after which they went to the Shops, where dainty

After the football game, Saturday, October 13, the Axis girls entertained with a chop suey dinner and theatre party.

A number of the Axis girls enjoyed the game at Oskaloosa—among them, Dr. Irene Bachman.

Mrs. Messerschmidt entertained the rushees with a waffle party at her home on 33rd St.

## MAN

When he is little the big girls kiss him.

When he is big, the little girls kiss him.

If he is poor, he is a bad manager.

If he is rich, he is dishonest.

If he needs credit, he can't get it.

If he is prosperous, his credit is solicited.

If he is in politics, it is for graft.

If he is out of politics he is not patriotic.

If he does not give to charity, he is a stingy cuss.

If he gives to charity, it's for show.

If he is actively religious, he's a hypocrite.

If he is not religious he's a sinner.

If he is affectionate, he is a softy.

If he cares for no one, he is cold blooded.

If he dies young, there was a great future before him.

If he lives to an old age, he has missed his calling.

Since the road is so rocky, let's cheer up and make the best of it.

Algy—Dearest, I've often longed to tell you all that's in my heart.

Miss Bright—(yawning) No, Algy; tell me all that's in your head—it won't take so long.

—Boston Transcript.

## A Serum-Comic Tragedy

By J. Edmund V. Cooke

She was a doctor's child, and he  
Embraced the opportunity  
From all disease to make her  
free

With absolute immunity.

"And first," said he, "as I indorse

Prevention of diphtheria,

This antitoxin from a horse  
Should kill some bad bacteria.

"This vaccine virus from a cow  
(And I indorse it fully)

Should help along, and anyhow  
'Twill make the child feel  
'bully.'

"Of snake-bite serum just a  
touch;

We get it from a rabbit  
Which we have bitten up so much  
It really likes the habit.

"Some meningitis toxin, too  
Would better be injected.

A guinea-pig we strain it  
through  
To get it disinfected.

"Some various serums of my own  
I'm rather sure will answer;  
I make them for all troubles  
known,  
From freckles up to cancer."

Alas! Alas! for all his pains,  
The end was scarce desirous.  
She soon had nothing in her veins  
But various kinds of virus.

Part horse, part cow, part sheep,  
part goat,  
Her laugh was half a whinny.  
"Dear me," said he, "she's half  
a shoat  
And badly mixed with guinea.

"A girl who bleats and chews her  
cud  
Will never make a woman;  
I'd better get some good clean  
blood  
And make her partly human."  
—Exchange.

"Hey, papa, there's a fly in my  
soup!"

"Vell Ikey, eat the soup until  
you come to the fly, then tell  
the waiter to give you another  
plate."

WANTED—An inventor who  
will devise some way of taking  
the "din" out of "dinner" and  
putting the "rest" into "restaurant."

## College Yells

We are Osteopaths, Osteopaths,  
Curing every ill,  
Without a single pill.  
We are Osteopaths, Osteopaths,  
We're from the S. C. O.  
Tune—(Iowa Corn Song.)

Well man, sick man, dead, stiff,  
Cut 'em up, hash 'em up, what's  
the diff.  
Humerous, tumorous H2O,  
We're the gang from the S. C.  
O.

Bones and ligaments, blood and  
pus,  
What 'n the hells the matter  
with us,  
Nothing at all, nothing at all,  
We're the gang that cures 'em  
all.

Oska wow, wow, Skinny wow,  
wow, Osteopathy,  
Ribs raised, bones set,  
We cure you bet, Osteopaths.

Head like a tack,  
Belly like a tub,  
Osteopath, Osteopath, rub, rub,  
rub.

Rah, Rah, rah, rah, (15 times.  
Team, Team, Team.  
sssss—sssssh—B-O-O-M,  
W-H-I-S-T-L-E, STILL!

## Help!

Oh Muse, I cry now to thee  
Hear, oh now hear, my plea,  
Incline, your attentive ear  
Toward this turling mundane  
sphere.

Give me, Oh give me a brain,  
That possibly I might retain  
A bit of physiology, or perhaps  
of pathology  
For with me it is raising Cain.

The soldiers' bonus we know,  
The ins-and-outs in detail  
Autos, accidents, autopsies,  
We now know, they prevail.

Obese folks suffer, in fact,  
Their equators are much too  
large,

They can't go by like a skiff,  
But much like a freighter barge.

But as for that dreaded disease,  
And its pathological cause,  
It's certainly not with ease  
We understand its laws.

Mrs. Busy: "What's your husband's average income?"

Mrs. Hank: "Oh, about midnight."

MA'S RESTURANT.  
EAT HERE and YOU  
WILL NEVER EAT  
AGAIN. "PREPARE  
to MEET THY GOD."

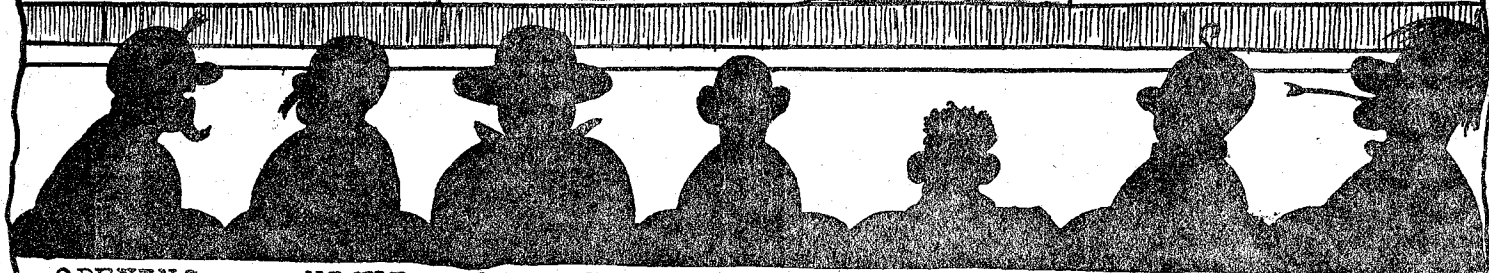
HICK'S GENERAL-STORE  
We Have Everything.  
Socks for the  
Old Man and  
for the Baby.  
Hard Cider & Nails.



DR. KIUMCUIC  
Special Rates to  
Large Families.  
Children Cry for  
ME.

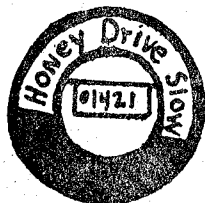
SIMON'S GROCERY

Try Our Eggs.  
They are Birds.

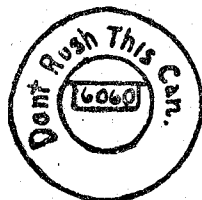


OPENING NIGHT OF THE AUSTIN? MINN. OPERA HOUSE.

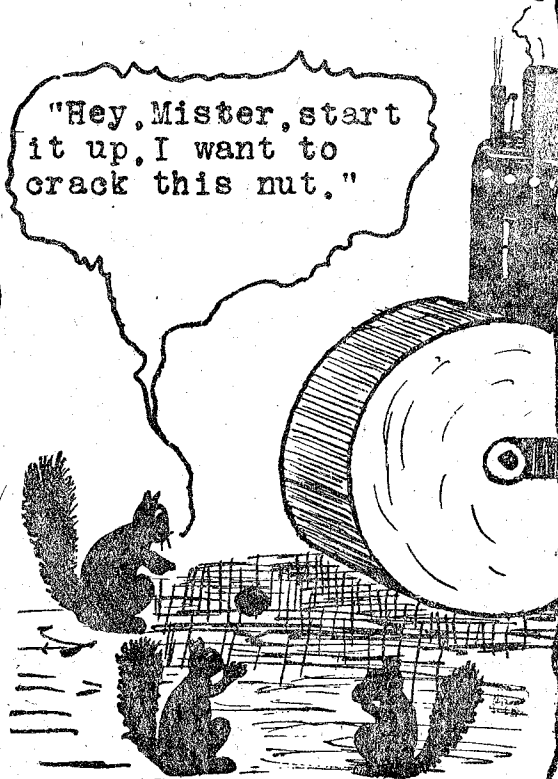
Her lips told us she had  
never been kissed, but  
her eyes called the  
lips a liar.



Did ya/ever  
notice spair  
tires?



"Hey, Mister, start  
it up, I want to  
crack this nut."



Rudolph, where  
have you been?



"A NEW BUILDING  
or BUST"  
Yea, Be; We Want IT.

This space reserved for  
Angus. Whatchasay?



GETTING A KICK?  
Always be Collegiate

By Jerry Lauck.

Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

Acceptance for mailing at special rates of postage provided for in section 1103, act of Oct. 3, 1917, authorized Feb. 3, 1923.

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Volume 1

December 1st, 1923

Number 21

## STILL HOLDS HASKELL INDIANS--34 TO 7

*Osteopathic Athletes Make Name For Themselves at Lawrence, Kansas*

The heaviest game of D. M. Still College of Osteopathy football schedule was completed on November 9th, with the Haskell Indian Institute at Lawrence, Kansas. The game scheduled with a team of national repute was by far the greatest advertisement that Osteopathic athletics has ever received in Des Moines.

The city of Des Moines became aware Thursday night of the presence of Still College in their midst. The student body, 200 strong, accompanied by the Imperial college band, escorted our football warriors to the Union station. A parade was held through the entire business district, students carrying large banners of Still College and large placards calling for a victory from the Indians.

The team entrained in a private pullman which was covered with signs of "OSTEOPATHY," "D. M. STILL COLLEGE," skull and cross bones and also many other sayings of an osteopathic nature. The advertising from our car alone was no small matter, as we passed through, Iowa, Missouri, and into Kansas. Any one seeing the car could not help but remember the word "Osteopathy."

The Haskell Institute football team of this year is the heaviest and speediest aggregation ever turned out by the Indian Institute. John Levi, fullback and Captain of the Haskell Indians, is reputed by the foremost sport writers to be a second Jim Thorp and is slated for a berth on the All-American mythical eleven. Levi's work in Friday's game was of a stellar nature, especially his ability to kick and to throw forward passes with uncanny accuracy. In fact, the whole Indian team was centered around one player—John Levi. The entire Indian team lived up to their reputation for speed. Their line average around 190 pounds.

The first quarter started with

Still receiving the kick-off and bringing the ball down the field by straight football tactics. We reached the 20-yard line, and there lost the ball by a bare six inches on downs. The first period was scoreless, with the Indians considerably on the defense.

At the opening of the second quarter Levi made his spectacular run of the game, taking the ball from the forty-eight yard line, breaking through our line, evading the secondary defense and placing the ball between the goal posts. A place kick added the point, giving the Indians a seven point lead. Again in the second quarter Haskell scored after completing a forward pass for 30 yards. The half ended with the Indians having a fourteen point advantage over Still.

Throughout the entire half, Still's line was like a buttressed wall, time and again breaking through or downing the runner in his tracks.

The second half opened with our secondary defense lacking in accuracy of their tackles, consequently the Indians were able to complete forward passes for long gains and an occasional wide end run. Three touchdowns were scored in the third period with two goals after touchdowns, giving Haskell a lead of 34 points. In the last few minutes of the period, O'Conner recovered a Haskell fumble on their twenty-three yard line. Murphy went through the line for eight yards on the next play and then nipped a forward pass for the touchdown. Cartwright kicked goal, giving Still seven points.

The fourth quarter found our men recovering their first period fight and the Indian warriors were unable to add any more to their score. The game ended with a 34 to 7 victory for the Haskell Indians—a glorious defeat for the D. M. Still College of Osteopathy.

The score is not indication of the quality of football played in this game. It was only an occasional forward pass or a run by Levi that gave the Indians the score indicated. Most of the

## DR. MARY GOLDEN



Dr. Mary Golden has become thoroughly identified with Pediatrics in D. M. S. C. O. She takes the children where the Obstetrical Department leaves them. She not only gathers children from this field, but she has a mighty pulling power of her own. Her private practice is very large, and she culls from it.

This Department is growing, and will continue to grow as long as Dr. Golden is at the head of it. No one is more energetic or intellectual. She is a splendid lecturer, and a most enthusiastic Osteopath. Where she leads, others gladly follow.

game was a "nip and tuck" battle with both teams on even terms. A cleaner game of football was never played by our team. 45 yards was our entire total of penalties, while Haskell's amounted to around 125 yards.

None too much can be said for the stalwart line, Graham and McNeish, as center, played the games of their lives, both offensively and defensively their position was an impregnable wall. Capt. Sweezy, O'Keefe, Staples and O'Conner as guards never showed more fight than in

this game; the four of them gave their Indian friends all they had, and that was enough to stem any play through their sides. Meyers and Walker, the war horses that they are, were up to their usual stellar form. Time and again, either of these tackles broke through and got his man, on the offense the holes they made were sufficient for good gains by the backfield. Frank Thomas, with his 132 pounds of solid muscle, showed his football ability and fight throughout the time he was in the game. We

(Continued on page 4)



## Hear Ye!

Dame Rumor is again at large. It has been reported that another of our worthy seniors has at last reached the precipice known as "Lovers' Leap." Not only has he reached it, but, if reports are authentic, he has also slipped over. Now you must bear in mind that this rumor has not been confirmed as yet, so congratulations are hardly in order, but if circumstantial evidence will convict a man, this party in question is guilty beyond the shadow of a doubt. At least we will have to believe him so until he proves his innocence.

If this has aroused any curiosity in the minds of the readers, further details can no doubt be obtained by consulting Harry Elston.

## "Red" Cartright Does Not Believe in Pads

"Red" Cartright, right half-back on the Still college football team is a rare player. It is very seldom that a player, especially a backfield man, performs on the gridiron in such an attire as Cartright is in the habit of wearing. He does not believe in pads of any kind. In the game against Luther college at the Western League Park Friday, "Red" did not wear any shoulder pads, head gear or knee pads, neither did he have the usual elbow protection inside his jersey. In addition to this, his stockings were rolled nearly one-third the distance to his ankles, leaving his knees almost bare.

Cartright performed in a spectacular role Friday, making many long gains around the Luther ends and through the tackles. One of his runs was for 68 yards through almost every visiting player. Another was for 25 yards. He formerly played with West Virginia Wesleyan and with the American School of Osteopathy eleven of Kirksville, Mo.

Wallace Walker is also moving around with a dignified air, due to an injury of the neck received in the game with Luther College last Friday. Walker is an excellent player, and we hope that he will be in good shape so that he can finish the remainder of the season.

Deane Elsea, one of our football warriors, is in the hospital due to an injury received in one of our games. We understand that he will not be able to play any more games this season.

## SORORITY NOTES

The Delta Omega girls and their pledges were delightfully entertained by the Iota Tau Sigma Fraternity. Their spacious home at 2007 Grand ave., in keeping with the season was decorated with Hallowe'en black cats; pumpkin lanterns and witches. The hospitality of the fraternity was most thoroughly enjoyed by their guests.

Dr. Fern Woods opened her home to the Deltas on Nov. 23, in honor of their pledges, Miss Dodds and Miss Trimble. Eats prepared by the pledges were enjoyed by all present.

Dr. Neva Moss, a Delta of the class of '23, favored us with a visit last week. She has just returned from Nowata, Okla., where she was associated with Drs. Stevick and Stevick. Her stay in Des Moines gave us an opportunity to get together on several occasions, a picnic party at Donald McRae Park being a most enjoyable affair.

The Delta girls accompanied the football players to Kirksville on Nov. 1. The members of the Alpha Chapter met our train and gave us a royal welcome. They did everything possible to make our stay pleasant as well as profitable. To say that they succeeded is putting it mildly.

## IOTA TAU SIGMA NOTES

Sunday November 11th, a fellowship diner was given by the Actives of Beta Chapter, Iota Tau Sigma, at the chapter house at 2007 Grand Avenue, with twenty friends from the student body and Dr. Ben Lan, dentist, from the Kraft Block, as guests.

Friday evening the pledges appeared in a very original skit during the Amateur Section of the show at the Majestic Theatre. The pledges with their "Follies" copped off second prize, the first going to a girl act on the same bill presented by pledges of the Phi Psi Sorority of Des Moines.

Wednesday night Nov. 14th, thirty couples enjoyed a house dance at the chapter house. Phil Hoffmann's orchestra furnished the music. Dr. C. R. Bean of the Taylor Clinic was a guest at this time.

"Dutch" Worrell of the Worrell Jewelry Company of Mexico, Missouri, was guest at lunch Friday, dinner Saturday evening and Sunday noon while in the city placing orders for jewelry with the different fraternities and sororities.

Dr. Neva Moss was a guest at lunch on the 14th and 16th dur-

ing her visit in Des Moines.

"Ding" White and "Mac" McCleary of Alpha Chapter of Iota Tau Sigma at Kirksville, Mo., spent the 13th, 14th and 15th at Beta Chapter house arranging final details for the Thanksgiving dance, which was held on Saturday, Nov. 17th.

The chapter house was robbed of watches and money on Friday night, Nov. 16th. Most of the fellows lost pretty heavily, and to date no clue has been obtained as to the thief or thieves. The city police and detective force have been at work on the case and have promised results.

## SENIOR SPIRITS

In one of our classes we have heard frequent mention of the female sect. There has been some question as to just what this might be. Some have thought perhaps it might be some rare racial division of the human kind. Others have supposed, and not without reason, that it was the designation of some religious organization. I am interrupted right here by the suggestion that this is a mistake and that what is really meant is female sex. Of course that puts a different light on the situation. Most of us being serious students of anatomy and physiology, understand just what is meant by the term female sex, though we confess to being rather in the air, so to speak, concerning the female sect.

But, to turn our attention to more important matters. The greatest problem at present for many of the Senior A students is to decide on a location. Of course there are a few unfortunate members of the class who in one way or another have already decided this question. Two have engaged passage to Honolulu for early February, having decided to give the islanders the benefits of osteopathy. One of our bright and shining lights is apparently hoping to be private physician to Henry Ford or at least to some of his fellow townsmen, and is going to locate in the financial center of Michigan. One or two seem to think the arid plains of Nebraska will furnish them with sufficient patients. Minnesota has been chosen by another of our number who expects to hang out his shingle in the home city of Washburn Crosby flour. Aside from these unfortunates whose future has been decided and circumscribed the remainder of our class are as yet free to choose

Continued on page 3

## Opening for a Lady D. O.

A good opening for a lady D. O. who would like to take a small town practice.

Hagerstown, Ind., is a little place of about 700 or 800 population, surrounded by a rich farming country, all roads good the year round.

This is a good Osteopathic town, and practice could be extended to other places if looked after soon.

Those who might be interested in this proposition write to Dr. M. C. Mammer, New Castle, Ind.

## Notice

A good Osteopath is wanted very badly in Nashua, N. H. Several prominent people are desirous of treatment, and I am sure that expenses could be made from the very start, and in a short time the doctor could have a large practice. Communicate with Mr. A. L. Whitney, 10 Courtland St., Nashua, N. H., for particulars. Mr. Whitney and family have been patients of mine for a great many years, prior to moving to Nashua and they are real, enthusiastic boosters for Osteopathy. Nashua is a city of 33,000 inhabitants and is very prosperous.

Very truly yours  
GEO. W. REID, D. O.,  
Worcester, Mass.  
405-415 Slater Bldg.

## What Mother Thinks You Are

While walking down a crowded city street the other day, I heard a little urchin to a comrade turn and say, "Say, Jimmy, donchyer know, I'd be happy as a clam, If I only was the feller dat me mother t'inks I am."

"She t'inks I am a wonder, and knows her little lad Would never mix with nuttin' that was ugly, mean, or bad. I often sit and t'ink how nice 'twould be—Gee Whiz! If a feller was der feller dat his mother t'inks he is."

So, folks, be yours a life of toil or undiluted joy, You still can learn a lesson from this small, untutored boy—Don't try to be an earthly saint, with eyes fixed on a star, Just try to be the fellow that your mother thinks you are.

—"Noodles" Fagan.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor .....Jack Hansel

*Osteopathy Without Limitation*

## ENDOWMENT OF CHAIR OF NEUROLOGY

Osteopathy has been practiced for more than thirty years. We have now some seven thousand practitioners, mostly on the American continent, but scattered pretty well over the lands of the earth. Our colleges are the source of the future practitioner. Neglect our schools and we neglect the source of the output. Abolish our schools and we abolish osteopathy. Our institutions can live and may live indefinitely, but to live is not the question. To live and grow more efficient is the vital proposition.

Thirty or thirty-five years ago any sort of inferior medical college was licensed to issue diplomas. Times have changed radically since then, and the inferior medical schools have been abolished. Public sentiment is heartily supporting osteopathy and has been for all these years, but just as public sentiment has demanded that the medical schools become more efficient or die, so may they demand that the standards of osteopathic schools be raised and the student body more efficiently trained. Is it not probable that public sentiment will go so far as to demand higher standards of efficiency or that our institutions be abolished? The force back of the medical institutions, which increased their efficiency and raised their standards was the almighty dollar. It is true that the dollar came from taxation of yourself and myself, your friends and our friends, by making their colleges an integral part of our State Institutions. But facts are facts and publicity for higher standards is extant, and we must meet the issue. How can we do it?

We have often talked endowment, but no one seems to have enough money to start such a fund. We have, therefore, cast about for other sources, and it is being discussed whether or not the profession is interested to contribute so much a year to the

## COLLEGE CALENDAR

### SECOND SEMESTER

January 21.....Registration and Matriculation  
January 22.....Regular Classes Begin  
May 20.....Annual Meeting of Corporation  
May 22.....Commencement

## THE CURRICULUM

The Fundamental Osteopathic Branches—

The first portion of the course in osteopathy consists mainly of instruction in the fundamental osteopathic sciences. It includes the following branches:

### FIRST YEAR

#### First Semester

Anatomy, Descriptive  
Chemistry, Inorganic  
Histology  
Biology  
Pathology IV, Bacteriology

#### Second Semester

Physiology I  
Anatomy, Descriptive  
Chemistry, Organic  
Histology  
Embryology

support of our colleges. If every practitioner in the field would give \$10.00 a year to our institutions, the problem would be solved. What do you think of it? The movement is on and we are sponsoring the same with all our hearts to have a chair endowed for Dr. C. W. Johnson, who is head of the mental and nervous department of D. M. S. C. O. He is a school man. He has had the training. He is an osteopath to the core and knows nothing else. This sort of movement will be the salvation of our schools. We want to hear from you soon.

S. L. TAYLOR, President,  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY.

### AN OPEN LETTER

The football game between D. M. S. C. O. and A. S. O., November 2nd, in more than one way proved to be a fiasco. Personally, I deeply regret the misunderstanding between the boys of the two colleges. If there is anything that is unfortunate it is a family quarrel. Personally, I am not asserting who, in my opinion, is right, and who is wrong. It is my purpose in this paper only to use my influence to allay unpleasant feelings. I hope that the officials of both schools will use their influence for harmony instead of fomentation. Would it not be better for professional reasons for all concerned that nothing further be said in our papers?

S. L. TAYLOR, President,  
DES MOINES STILL COLLEGE  
OF OSTEOPATHY.

### SECOND YEAR

#### First Semester

Anatomy, Descriptive  
Physiology II  
Theory of Osteopathy  
Pathology I  
Chemistry, Physiological and  
Toxicological

#### Second Semester

Anatomy, Descriptive  
Anatomy, Practical  
Pathology II  
Principles of Osteopathy  
Physical Diagnosis  
Physiology III

### THIRD YEAR

#### First Semester

Anatomy, Regional and Special  
Gynecology  
Pathology V, Laboratory Diagnosis  
Public Health and Sanitation  
Osteopathic Diagnosis  
Pathology III  
Clinical Demonstrations and  
Practice

#### Second Semester

Obstetrics  
Nervous Diseases  
Osteopathic Therapeutics  
Eye, Ear, Nose and Throat  
Pediatrics  
Clinical Demonstrations and  
Practice

### FOURTH YEAR

#### First Semester

Surgery I  
Nervous and Mental Diseases  
Eye, Ear, Nose and Throat  
Obstetrics  
Osteopathic Therapeutics  
Dietetics  
Clinical Demonstrations and  
Practice

#### Second Semester

Surgery, Operative  
Nervous and Mental Diseases  
Urology and Proctology  
Medical Jurisprudence  
X-Ray and Electrical Diagnosis  
Osteopathic Therapeutics  
Clinical Demonstrations and  
Practice

### SENIOR SPIRITS

(Continued from page 2)

our future homes. We have the wide world before us and the joy of a free will choice is ours. Why miss the thrills of this freedom by arbitrarily limiting yourself to some sordid commercial place before you have to? Anticipation is always sweeter than realization.

Dr. Honsinger to the contrary notwithstanding, we have been notified by our dean that if we have time to do laboratory work when we get our practice started, we might just as well give up and get a job for we are failures as physicians. While the Dean admitted that he had made hundreds of blood counts, yet he said that if we had time to fool away at that kind of work we would not be worth much, as he would not give a cent for all the blood counts we could make in a month. Whenever the Doctor makes a statement like that he always turns around and tells us not to take him too seriously. We suppose this applies also when he speaks of slipping the atlas on the coccyx or tweaking something. Some of us are born short, and we cannot appreciate all of the Dean's little jokes.

## STILL COLLEGE IS EQUAL TO ANY MISSOURI VALLEY CONFERENCE TEAM

When it comes to football dope and comparative scores, Still ranks among the leading teams of the middle west. In fact, if we start using the dope-brush we can take on any team and stand a good chance of winning. To prove this point, I am going to give you the dope on a few of the teams.

Still College defeated Luther, who in turn beat Dubuque; Dubuque defeated Coe early in the season. Then to make things a little more interesting for the dopesters, Coe turned around and defeated the much vaunted Drake Bull-dogs and completely upset the would-be Missouri Valley champions. However, the Bull-dogs had already defeated Ames, a team that had defeated Missouri, while the Show-me team had in turn tied Kansas. The huskies from the sun-flower state had held the Cornhuskers from Nebraska to a 0-0 score.

To tangle things more, Nebraska beat the wonder team of the fighting Micks who had previously defeated such teams as West Point, Princeton and Georgia Tech. Much to our regret, Nebraska had to turn around and beat Ames, but as Ames was not even able to cross Drake's goal line, and Ames scored twice on Nebraska, the dope would make the Stillites the equal of any of the Missouri Valley teams and give many of the strong teams of the country a good run for their money.

# STILL DEFEATS LUTHER 6-0

The Vikings from Luther descended upon the stronghold of the Stillionians, and were carried back on their shields after a merry battle at the Western League Park on November 15th. The conflict was featured by the jack-rabbit dashes of Cartwright, the work of the Still ends, and Captain Owens' work on the line for Luther.

Still scored first on a 65-yard return of a punt by Brown, who made a pretty run through the entire Luther team. Late in the final quarter Luther made a desperate last minute rally and opened up a machine gun barrage of passes that took the ball to within the shadow of the Still goal posts where a savage tackle by Sheetz upset a Luther back for a twelve-yard loss, and the final pass was knocked down on the Still goal line. All the passes were completed by two subs, Orwell to Bauder, and were executed brilliantly. Here is the game play by play as reported by the Log Book special athletic reporter.

## First Quarter

Luther kicked off to Still, defending the west goal. The kick was short. An end run and two line plays netted 8 yards. Still failed to gain appreciably thru the line, and Cartwright punted, Sheets catching the ball. A split buck made 5 yards and Luther punted to Brown, who returned the ball 6 yards. Still tried several line drives, at which Murphy proved the best ground gainer. However, the Luther line held and Cartwright punted again. Luther tried the center line twice and Walker smeared them. Otte punted 45 yards for Luther, Brown received and ran 65 yards for a touchdown. Cartwright missed his try for placement. The pass from center was O. K., but the Still line leaked and Murphy also caressed the ball for so long a time that he was smothered by the Luther forwards.

Capt. Owens of Luther kicked off over the goal line and Still put the ball in play on the 20 yard mark. An off tackle drive by Murphy and Cartwright took the ball to the center of the field, the ball remaining about the center for the rest of the quarter. Cartwright ran 20 yards after first having fumbled the pass from center as the quarter ended.

## Second Quarter

Still outplayed Luther in this stanza, and had the ball on the opponents' goal line when the whistle blew.

Between the halves the Imperial Still Band bestirred itself and serenaded the teeming stands. Fisher ran up a new Still pennant on the north side of the field, amid the lusty cheers of the hundreds of students present. Doc. Rogers, resplendent in a new caribou coat was mistaken for a Luther professor. As soon as the mistake was noticed, the throng ceased to treat him with respect. No, he didn't shoot the caribou.

## Third Quarter

Still received the kickoff and on the first play Murphy romped thru right tackle for 40 yards. The Luther line settled down and the two teams battled on even terms the rest of this quarter.

## Fourth Quarter

Luther went into this quarter fighting to overcome the 6-point lead, and with two subs doing the lion's share of the work, hurled passes to all carriers in the field with the result that the Still fans were aroused to a frenzy of anxiety. The team, momentarily demoralized, standing on their goal line, the Rubbers fought desperately, smearing two line plays before Brown knocked down a pass that would have been a certain touchdown. From here Buirge took the ball on two flashy drives and the game ended with Nicholas returning a punt for eight yards.

## The Lineup

Luther		Still
Stokke	L. E.	Bice
Burkeland	L. T.	Myers
Knutson	L. G.	Swezey
Losen	C.	McNish
Anderson	R. G.	Thomas
Owen	R. T.	Walker
Reishers	R. E.	Nicholas
Otte	Q. B.	Brown
Westby	L. H.	Cartwright
Larsen	R. H.	Murphy
Olson	F. B.	Graham

Referee—White (Simpson).

Umpire—Sec. Taylor.

H. linesman—Carberry (Iowa).

## STILL HOLDS HASKELL INDIANS

Continued from page 1)

look for him to do big things in our next contest. Sheetz and Nicholas as ends were up to their

regular form and gained many a yard through the line in their individual way. It is the opinion of the writer that Nicholas played the greatest game he has ever participated in, throughout his long athletic career.

Brown played his first game in the quarter position. He showed good generalship throughout the game and was always good for yardage through the line. Cartwright and Murphy as halves played like we always expect them to, their consistent gains and hard tackling have become their rule rather than an exception. Bice as fullback was there with his usual accuracy in passing and his ability to break up passes. The Indians were old stuff to Bice, as he has played against them a number of times before. Hannan and Buirge did well while they were in as halves, they really did not get warmed up, however, in the time they played.

The entire team was a credit to old Still College and Osteopathy. Our Science and our School never received a better boost in the sporting field than that demonstrated by our hard-fought, clean football game with the Haskell Indians. The University of Minnesota is the only other college that has crossed the Indians' goal in the eight games played thus far.

## PSYCHOLOGY

The purpose of this article is to call the attention of the students to the importance of a study of psychology in reference to their life work, namely, the treatment of diseased conditions. The doctor needs psychotherapy much more than he needs the knife and the electric current. Can the profession afford to send into the field every year doctors who are unable to use some of the most effective tools, simply because they have not learned any psychology? A study of the elementary works by James, Wundt, Titchener, Stout, Ziehen, or Ladd, would be fine for the beginner. This, followed by James' Advanced Psychology, would give the physician a good understanding of the subject. He could follow this with a study of the methods used by Sidis, Munsterberg, and other leading psychathapists of the day, in regard to the treatment of abnormal states. It can be said with certainty that hundreds or thousands leave the doctor's office every year without relief, where relief

could have been secured by psychotherapeutic methods.

And if the physician haughtily declares that he does not care for methods of suggestion, it might justly be asked whether he can be a physician at all if he does not apply some suggestions; yes, if his very entrance into the sick room does not suggest relief and improvement from the very start. The introduction of psychology is the most immediate need of every curriculum. However, it seems that we are too busy to take up this study in school, and the purpose of these articles will be fulfilled if an interest is aroused to such an extent that the subject will be studied in your spare time.

First, what is psychology? It deals with the facts of consciousness, such as the elements of sensations, feelings, pains, and thoughts, acts of willing, and the like. Physical phenomena are in space, while psychic are not. Mark Twain said "There are two sides to everything the inside and the outside." We might say that the inside were psychology. And again the poet in his poems makes understand the inner life, but he does not describe it and explain it. The purpose of the psychologist is to delve into the inner life and understand and explain it. Now you no doubt can see the importance of the subject to us as physicians, for there will be many who will come to you, who show no signs of pathological conditions, but in whom you could diagnose mental derangement if you had made a study of psychology, and effectively treat them if you had made a study of psychotherapy.

## NEBRASKA LOCATION

Do you have at this time anyone desiring a location for an Osteopath? If so, I believe I can point you to one which offers opportunity.

This location is at Osceola, the county seat of Polk County, Nebraska. A town of about 2,000 people, surrounded by a rich agricultural territory. There is no osteopath in the above city.

I have for rent a modern combination office and living room apartment, located in a brick building in a very good location on the square in this town. Rental \$35.00 per month, with heat and water furnished. Hot water heat and electric lights, city water and sewer, oak floors and a complete bathroom.

If you know of anyone desiring such a location, kindly have them communicate with me and if they will come direct here to David City, I will take them over by auto to Osceola to look the situation over.

G. A. Bryant,  
David City, Neb.



Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

June 1, 1924

Number 23

## Commencement Address May 22, 1924

By Rev. C. A. Rash, Pastor Urbandale Federated Church

I am happy to be here at the college tonight on this occasion. I appreciate the invitation. This is my second association with osteopaths within a week. I officiated at a certain wonderful event. Dr. Potter remembers, and Dr. Wedel was second good man at the affair.

I prize my association with the college very much for a good many reasons. It reminds me of my college days. I remember how Still College looked several years ago. When I came back to Des Moines I could not find it. I found the scenery changed. I did not recognize the building.

I have suffered many times under osteopathic physicians. There is a great variety in osteopathic physicians and in suffering. I will never forget the first osteopath that I suffered under. My father sent me to an osteopathic physician as a last resort. There are a great many people in this world who try this and that doctor and as a last resort and not believing what you practice, they come to you. There is your great opportunity. I'll never forget the sensation when he first operated on me. I have a great respect for your profession. After being treated under this doctor for two years, I went on to college. I have a high idea of what an osteopath can and will do.

Twenty years ago I stood on the platform ready to graduate. We each had to give an oration. It was the day we had looked forward to. With the assistance of friends and osteopaths, I came to graduate. I was to receive my Bachelor of Science degree. I came to the place where I could look on myself as a success. My father and mother and friends congratulated me. I look back on the day with great enthusiasm.

When I came before you tonight I wondered about many things. I wonder what is in your heart and in your mind. This institution has a wide reputation.

Continued on page 2

## THE START

You say it's tomorrow, they will start  
Upon the road of their chosen part?  
What a solemn moment it will be,  
When each receives his D. O. degree.

A physician's badge—a sacred trust;  
But do they know 'twill tarnish and rust,  
Unless upheld in the light of truth,  
Where alone is found the sheen of youth?

Is it to them a banner, or shield?  
An insignia to wear on the field,  
Where ignorance and suffering reign;  
Or, just a shield for personal gain?

What a wondrous service some will see,  
In healing with Osteopathy!  
A few will climb to honor's high seat,  
While some, the struggle will never meet.

But all the road just now is clear—  
An equal chance—but the time is near,  
Each, by his service, must stand or fall.  
Who'll then, answer humanity's call?

(Written by George A. Drew, Des Moines, Iowa, as a special poem to the departing senior class. Read at the senior banquet by Dr. M. E. Bachman.)

## KIRKSVILLE CONVENTION

Dr. M. E. Bachman, Dr. Robert Bachman, Dr. S. L. Taylor, Dr. F. J. Trenery and Mr. Milton Conn, of the college faculty, attended the A. O. A. convention at Kirksville, Mo. Dr. M. E. Bachman was on the general program Wednesday. The Doctor spoke on "Simplified Technique." Dr. Bachman's talk was enthusiastically received, and due to many requests the Doctor repeated it on Friday night to a private audience. Dr. Bachman also had charge of the Iowa Committee for the arranging of the Iowa representation in the Memorial Service on Sunday at the "Old Doctor's" grave. Little Rachel Payne, five-year-old daughter of Mrs. Avis Payne, a senior student at Des Moines Still College of Osteopathy, represented "Iowa." Rachel was dressed as an ear of

corn, her sweet, smiling disposition won favorable comment from the entire assemblage at the memorial service. Rachel's representation of Iowa's greatest product was truly worthy of our great state. Much credit is due Mrs. Payne and Dr. Bachman for the time and effort they put forth to make this part of Iowa's program paramount to all other states.

Iowa won the first prize in the parade on Monday for having the largest delegation. Dr. M. E. Bachman and Rachel Payne in the parade represented "Ding's" famous cartoon of the "Iowa Farmer." This part of the parade added a real touch of talent to the Iowa delegation.

Dr. J. P. Schwartz, of the faculty, was also on the general program.

Continued on page 2

## Senior Banquet

Twenty-seven members of the June, 1924, graduating class were guests at a banquet tendered them by the college on Wednesday, May 21st. The banquet was held in the spacious home of the Des Moines Women's Club. Decorations were carried out in the class colors of blue and gold. The class flower, lily of the valley, was used profusely on the tables. Covers were set for sixty. Each member of the graduating class was presented with a copy of "The Physician's Prayer," a literary masterpiece written by an Egyptian physician of the twelfth century.

In the program following dinner, Dr. S. L. Taylor, president of the college, acted as toastmaster. Mr. J. C. Cochran, a student of the college and director of Chautauqua music, rendered several solos in a pleasing manner. Dr. M. E. Bachman, the "Daddy" of the college, spoke on "Tomorrow." Dr. Bachman's talk was impressive in its appeal for duty and sacrifice of physicians, demonstrating that these self-sacrifices always brought their own reward. An original poem on "Tomorrow," written for this special occasion by one of the Doctor's patients, was also read and received with enthusiasm by the guests of the evening.

Dr. E. E. Steffen spoke on the subject of "Shoddy." Dr. Steffen covered personal, office, business and moral shoddiness. His descriptions were made lasting by relating a number of anecdotes to bring out the particular points he stressed.

From past experience, we have learned to heed the advice of Dr. Mary Golden, Dr. Golden chose for her subject, "Mirage." Many good, wholesome, points were brought out by Dr. Golden in her words to the graduating class, which are always enhanced by the Doctor's sincerity of practice and wealth of experience.

"Mole-hills" covered the context of Dr. J. P. Schwartz's talk. The Doctor demonstrated the old thought of not making mountains out of molehills.

Continued on page 2

## Commencement Address

(Continued from page 1)  
tion for high standards. Before you came you had certain ideas of the profession you were entering. Now you have come to the place where you should be congratulated. You have proved that you have the sort of character that will stay with a thing. You have stayed until you have graduated. Comparatively few stay through the educational grind until graduated. Look around and see graduates and there are many. But compare it with the number who began and did not finish, and it is very few. After years of study you start out and tell the world you are ready to do something. The world can give to professional men and women a crown of honor, not for what they do, but for what they are. I would not be true to my calling if I came to you without that admonition.

What idea was in your mind when you began to study? I wonder if it was, "What is the greatest amount of money I can make in a year? If I became an efficient physician I could make more money than I can now." Did you think you could make so much a year or was that all right in your mind? Or, again, did you think of the position it would give you? The doctor's position is always an enviable one. You decide on a location and have your notice put in the town paper. The people begin to wonder about you and what you will be. How will you approach people? You are going out here and there. I asked one of the boys a while ago where you were going. He said, "Everywhere." You are pledged to the healing science. What kind of doctors are you going to be? Do you want to be the best you can? I challenge you, because I have met many osteopaths. Because you have entered the profession will not make you good. It depends on you. I have seen some fine young men and women who became osteopaths, who would not give it study. They would not keep up with the times of the profession.

Time to begin to be real osteopaths is from this night on. I knew a woman who never went to school after the eighth grade until she was twenty-eight years old. She was a knitter in a factory. She became ambitious and wanted to be something in this world. Osteopathy seemed to be the way. She is a great doctor today. She put in her profes-

sion a great deal of study, work, high ideals and ambition.

I would never have preached a sermon but for a certain good osteopath. There is so much good to be done by this profession as there is good to be done by every profession. I am wondering tonight just what idea you all have in regard to what makes success in your profession. People have different ideas of a profession. You can be an excellent osteopath and a real healer of diseases. There is an opportunity to do more good than words of man can ever tell. There is such a need in these days for real professional service. Do not live for technical success. Do not live for money. Do not think I would not want you to charge what is right, but do not be small in your profession.

I one knew an M. D. who was sick for years. He took all the pills he could find, but got no relief from them. Finally he said he was going to lower himself in the eyes of other medical doctors by going to see an osteopath. The osteopath relieved him greatly and he lived five years after the M. D.'s had given him up.

I love a physician with all the power of my heart. There is a great Doctor I would have you copy. I do not speak of Dr. Still. I speak of Jesus. I have been in the land where he lived. He healed the sick. Go out with admiration of Christ.

## Senior Banquet

(Continued from page 1)

The program was concluded by a talk from Mr. Weimers, president of the graduating class. The class was kept in an uproar of laughter by the relating of amusing incidents that had happened to its members in its four years at Des Moines Still College.

The senior banquet is a semi-annual affair, given to every graduating class of the college. The banquet held this year was no exception to the enjoyable evening always spent by Seniors, Faculty, and guests.

## Life

A little sun, a little rain,  
A little loss, a little gain,  
A little joy, a little strife,  
And this is life.

A little work, a little play,  
Some kind deed done each passing day,  
A few goodbyes, a setting sun—  
And life is done.

## Phi Sigma Gamma Notes

The boys of the Phi Sigma Gamma fraternity have nearly all gone to their respective homes, but there are a few left over for the summer who are staying at the house during the three months of vacation.

Everyone seemed to like the walk to school from 1109 19th every morning, so we decided to hold the house over for the summer months until we decide about our home for next year at the meeting in September.

Those who are staying are as follows: Dr Robert Tornell, who is living at the home for a week or so until he hears from the state board. From Des Moines, Dr. Tornell expects to go to California to see his folks and look for a location. Joe Rader is leaving us Thursday for the Buckeye state. Joe is going out on another Pictorial campaign. Brothers Morgan and Nicholas are staying the entire summer, and both men expect to stay in the house during this time. Brother Steingrabe and wife have taken over the entire first floor, and they expect to make the frat house their home for the summer months.

Bill O'Connor is also staying at the house, but Bill has to sleep in the day time, and if the kids of the neighborhood make as much noise in the daytime as they do in the evening, poor frail Bill won't get much sleep, unless he is a second Rip Van Winkle.

## Iota Tau Sigma Notes

Dr. P. H. Manley, '24, is anxiously waiting to return to the "world-famed town" of Little Valley, New York. He is planning on leaving as soon as the "ship" comes in (via mail).

"Cupie" Staples succeeded in bucking mud to Des Moines along with his "speedster." He carries a mean tan (from his eyes to his "twin chin") and he "says" he had a wonderful time at the convention at Kirksville, Mo.

Dr. Sam. H. Leibov is staying at the house, and expects to leave for South Bend, Indiana, the first of the week.

Dr. Julius E. Wiemers accompanied Dr. Howard Sechrist as far as Toledo, Ohio, and then to Columbus, Ohio, where he is to take the State Board examinations. Dr. Sechrist is going to Detroit, Michigan, to take the State Board and an internship at the hospital there.

LeRoy Wesley Skidmore will spend the summer in Des Moines helping at McDermott's Funeral home plus sending his spare moments with his better half.

Ted Reiter and "Swede" Olsen will enjoy the spare time at the house—or elsewhere(?).

## Kirksville Convention

(Continued from page 1)  
gram and spoke on "Osteopathy and the Kidney." Dr. Schwartz's talk was well received by the convention visitors.

The Alumni meeting of D. M. Still College of Osteopathy was one of the most enthusiastic ever held at an A. O. A. convention. One hundred per cent membership will be the aim of the alumni for the coming year. One of the most encouraging matters brought out at the meeting was the organization in an effort to aid Des Moines Still College of Osteopathy financially and make new college buildings a reality. Enthusiasm, loyalty, college spirit and sincere endeavor were voiced throughout the meeting by the members for their Alma Mater. Never before was such an open-minded meeting held in the interests of Des Moines Still College of Osteopathy. Each and every member present voiced himself as having the keenest interest in the future of the institution and pledged himself to do all possible to make Des Moines Still College of Osteopathy the center of Osteopathic Education.

Dr. F. B. McTigue, of Emmetsburg, Iowa, was elected president of the association, and Dr. Mott Hudson, of St. Charles, Iowa, secretary. The annual dues were reduced to one dollar, and the secretary is anxious that all of the alumni of the Des Moines Still College of Osteopathy who were not at the meeting in Kirksville remit their dues to him at the above address.

The college officers and faculty are whole-heartedly in accord with the Alumni Association and are co-operating with them in every way for the interests and welfare of Des Moines Still College of Osteopathy.

Overheard in the hall:

Cochran: "The other day I went fishing and caught one of those great big fish, let's see, what is it you call them?"

Miller: "Oh, you mean a whale."

Cochran: "No, that couldn't have been it, I was using whales for bait."

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPOTHY.

President .....S. L. Taylor  
Editor.....Dr. Jack Hansel

*Osteopathy Without Limitation*

## Baths for the Baby

**Soda Bath**—The soda bath is of some service in cases of prickly heat, from which many children suffer during the summer. A tablespoonful of bicarbonate of soda should be added to each half gallon of water used. The temperature of the water should be that to which the child is accustomed. From two to four minutes in the water suffices. There should be little or no friction of the skin. The child should be dried with soft towels.

**Bran Bath**—Fill loosely with bran a bag of thin material six inches square. Soak bag in bath water and squeeze frequently until water becomes milky. Useful for prickly heat.

**Mustard Bath**—Mustard baths are useful in cases of nervousness or sleeplessness. To prepare the bath, add a heaping tablespoonful of mustard to six gallons of warm water. The child should remain in the bath two or three minutes, and upon removal should receive a brisk rubbing and be put to bed at once. This method will usually produce restful and refreshing sleep.

## People Who Hurry Die Young

Moderation is the secret of long life. An English physician calls attention to some of the things people hurry about and then die. One of them is bolting breakfast and running for a train. Combined, they frequently make a death bed of a car seat.

Swift exhaustion of nervous energy is the price of hurry. As nervous energy is man's most valuable physical asset, he can do better to cut hurry from his conduct.

Anxiety to catch a train followed by hurry is analagous to stabbing a blood vessel. It throws his digestion out of gear and sometimes spoils the whole day.—Chicago Journal of Commerce.

A college education is supposed to fit you for a position—not entitle you to one.

## What Is a Friend?

What is a friend? I will tell you. It is a person with whom you dare to be yourself. Your soul can go naked with him. He seems to ask of you to put on nothing, only to be what you are. He does not want you to be better or worse. When you are with him you feel as a prisoner feels who has been declared innocent. You do not have to be on your guard. You can say what you think, as long as it is genuinely you.

He understands those contradictions in your nature that lead others to misjudge you. With him you breathe free. You can take off your coat and loosen your collar. You can avow your little vanities and envies, and hates and vicious sparks, your meanness and absurdities, and in opening them up to him they are lost, dissolved on the white ocean of his loyalty. He understands.

You do not have to be careful. You can abuse him, neglect him, tolerate him. Best of all, you can keep still with him. It makes no matter. He likes you. He is like fire that purifies all you do. He is like water that cleanses all you say. He is like wine, that warms you to the bone. He understands, he understands. You can weep with him, laugh with him, sin with him, pray with him. Through and underneath it all he sees, knows, and loves you.

A friend, I repeat, is one with whom you dare to be yourself.

## A Good Creed

You can't make a real success without making real enemies.

You can't hold a strong position without strong opposition.

You can't seem right to any if you don't seem wrong to many.

A useful life can't be entirely peaceful and carefree.

You must do your duty as you see it.

Every earnest man in every generation has paid the price of individuality.

You can't dodge.

The greater you are, the greater the penalty of your progress. The farther you go, the wider your range, the more you increase the points of contact with which you must reckon, and therefore, you multiply your battles against misconception and slander and envy and malice.

You can't avoid or evade your allotted destiny—you can only hold down your share of troubles by holding back.

In every sphere men gibe and sneer—even the peace of the ditchdigger is threatened by the unemployed laborer who covets his job.

So long as you aspire, others will conspire—so long as you try, others will vie.

You'll have hostility to face in every place and at every pace.

Go straight ahead to your goal.

So long as your conscience isn't ashamed to acknowledge you as a friend, don't give a rap for your enemies.

## NOTICE!

Heretofore the college has been put to the expense of filling out application blanks and making transcripts of grades in complying with the request for Board Applications. The amount is not much in any single case, but when it occurs from five to ten times a month it means that the funds are being dispersed at the rate of from ten to twenty dollars a month, which in the course of a year amounts to considerable and it can easily be seen that it does not go to the advancement of the school. Therefore, no application or transcript will be sent out unless it is accompanied by a fee of \$2.50 payable to the college.

## Practice for Sale

Dr. Ernest H. Brown, of Murlerton, Nebraska, is contemplating a change for personal reasons, and is placing his practice for sale. Glad to use our influence to make this sale to the profession.

Again we wish to remind the profession that the Log Book is open for their use. If you have a practice for sale, or are wanting an assistant for the summer months, we will be glad to insert your wants in the Log Book without charge.

## Eyes Front

"Finish every day and be done with it. You have done what you could. Some blunders and absurdities, no doubt, creep in; forget them as soon as you can. Tomorrow is a new day; begin it well and serenely and with too high a spirit to be cumbered with your old nonsense. This day is all that is good and fair. It is too dear, with its hopes and aspirations, to waste a moment upon the yesterday."

There are more real opportunities today than there are real men. P. S. Do you get that?

## Surgery Interest You?

D. M. S. C. O. would like to know how many of the profession are really interested in a POST GRADUATE SURGICAL COURSE which lead up to the practice of major surgery. If you are interested, write us. If you are not interested in surgery, except in some little DINKY, worthless course, do not write us. We would like to hear from you at once, if you want REAL surgery.

## Prickly Heat in Babies

Prickly heat is due to the heat of summer, or to unduly heavy underclothing. It manifests itself in a fine red rash which comes when the baby is overheated, and fades away under cooler conditions. The rash is usually over the arms and shoulders. Frequent tub or sponge baths of cool water will be found beneficial. Prompt relief will nearly always be given by sponging with a solution of bicarbonate of soda or bran water. (See "Baths" for formula.) After drying, dust frequently with any boracic acid dusting powder. A satisfactory powder is made by mixing one ounce each of powdered starch and powdered oxide of zinc with 60 grains of boric acid.

## Hot Shots

If you don't want people to think you are a jackass, stop kicking.

If you are contented, go upstairs and wake up your ambition.

When jealousy gets busy, love takes a vacation.

Be fired by enthusiasm—not by the boss.

Turn "P" upside down in pull and you have "bull," and that's all that pull ever was, anyway.

A bore is a man who has nothing to say and insists on saying it.

## What Is Your Percentage

- 0%—I won't.
- 10%—I cant.
- 20%—I don't know how.
- 30%—I doubt it.
- 40%—I wish I could.
- 50%—I think I might.
- 60%—I might.
- 70%—I think I can.
- 80%—I can
- 90%—I will.
- 100%—I did.



## The Subject of "Nothing"

It is strange but true that one of the principal subjects many people think about is "nothing."

It can be safely remarked that millions of people are thinking about "nothing."

Of course we know a great many people are doing it. Nobody knows how many—but too many.

In some society circles "nothing" is the chief topic of conversation.

Hundreds of people go abroad for it.

Nine-tenths of the magazine stories of fiction are written about it.

Yellow and sensational newspapers are full of it.

Hundreds of motion picture films project it on the screen.

About half the time a man who sits and gazes off into space is thinking about "nothing."

Radio stations broadcast a lot of it.

A lank, disconsolate-looking person stood on the steps of the town hall during a po-

litical meeting. A stranger asked him: "Do you know who is talking in there now, or are you just going in?" To which he replied, "No, I've just come out. Congressman Bluffer is talking in there." "What about?" said the stranger. "Well," continued the man, passing his hand across his forehead in a puzzled manner, "He didn't say."

"Nothing" is a familiar subject with some campaign orators, who dress it up in strange and alluring language.

There is probably more time wasted on "nothing" than any other subject.

And that's what I am perhaps doing by reducing these thoughts to type, but the point I started out to make was that life is too short to waste it on "nothing" and we ought to be thinking and doing things really worth while and of value and not allow our brains to rust out.

What are you doing for your Alma Mater? "Nothing."



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Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 1

June 15th, 1924

Number 24

Dr. H. V. Halladay



Dr. Halladay is a four-year graduate of the American School of Osteopathy. His teaching began as head of the Anatomical Laboratory in the A. S. O. from 1915 to 1916. From 1916 to 1924 Dr. Halladay was on the faculty of the same college, during this time teaching applied and practical anatomy, principles of technic and orthopedics. He also conducted the Anatomical Research laboratory for the past several years.

Dr. Halladay is author of the textbook, "Applied Anatomy of the Spine," and also of a dissection manual now widely used in a number of colleges. The Doctor also conducted the A. S. O. band for a number of years.

The trustees of Des Moines Still College of Osteopathy have elected Dr. Halladay to the faculty as associate professor of anatomy.

## A Great Anatomist

Dr. H. V. Halladay, formerly known by his friends as "Virgil Halladay," has cast his fortunes with the Des Moines Still College of Osteopathy. Dr. Halladay is known the country over as probably the greatest anatomist of the osteopathic profession. He has been head of the anatomical department of the A. S. O. for many years and is very well known for his many splendid dissections. He has won prominence in the medical fraternity for his development of the anatomical department of the A. S. O. as mentioned on page 2

## THE GREAT ANATOMIST



## THE FOUNDER OF OUR SCIENCE

"AS YOU CONTEMPLATE STUDYING THIS SCIENCE AND HAVE ASKED TO KNOW THE NECESSARY STUDIES, I WISH TO IMPRESS IT UPON YOUR MINDS THAT YOU BEGIN WITH ANATOMY AND END WITH ANATOMY."—Andrew T. Still.

"An Osteopath is only a human engineer who should understand all the laws of governing the human engine and thereby master disease."—Andrew T. Still.

"The Osteopath reasons, if he reasons at all, that order and health are inseparable and that when order in all parts is found, disease cannot prevail, and if order is complete and disease should be found, there is no use for order."—Andrew T. Still.

"Osteopathy walks hand in hand with nothing but nature's laws, and for that reason alone it marks the most significant progress in the history of scientific research."—Andrew T. Still.

Dr. John R. Woods



Dr. Woods strengthens the Anatomical Department of our College. The Doctor, together with Dr. Halladay, will have entire charge of this course. Dr. Woods has taught at Des Moines Still College for the past three years, during which time he has confined himself entirely to the subject of anatomy. The combination of Dr. Woods and Dr. Halladay will be a most agreeable one, inasmuch as they have worked together before.

Des Moines Still College recognizes that Anatomy is the very foundation of Osteopathy and for that reason has built up an Anatomical Department that cannot be surpassed in any college teaching the healing art. Much credit is due Dr. Woods for maintaining and increasing this department for the last three years. He is especially well liked by the student body. His ability to instill his knowledge into the minds of his students, and his clear, concise methods of lecturing, make him one of the most popular professors in Des Moines Still College.

## Letter from an Alumnus

17 Brady St.  
Detroit, Mich.

June 11, 1924.

Des Moines Still College  
of Osteopathy.  
Des Moines, Iowa.  
Dear "Still"—

I have just heard from your students that there has been added to the coming

**Dr. F. B. McTigue**  
President Still College Alumni Association



It was a wonderful reunion of the Still College Alumni Association that was held in Kirksville on the evening of May 28, 1924. There were over a hundred present and every one there was of the unanimous opinion that our organization should be made permanent and that every member get back of our Alma Mater and do what we can to make it one of the leading colleges in the profession. Dues were fixed at \$1 a year, and at the election of officers Dr. B. M. Hudson of Charles City, Iowa, was elected secretary-treasurer, Dr. F. B. McTigue was elected president. Everyone present joined the organization and paid their dues. A committee of three was appointed to meet at the college and find out from the officials the condition of affairs and what the alumni organization can do to assist with the program for a greater Still College. The chairman of this committee is Dr. A. W. Clow of Washington Iowa, and the other members are Dr. Mary Golden of Des Moines, and Dr. C. M. Proctor of Ames, Iowa. We hope that if you have not paid your dues for 1924 you will please send \$1 to Dr. B. M. Hudson at Charles City, Iowa, today. If you will do this we will send you reports from time to time and this will be a great assistance in our work.

F. B. McTIGUE, President.

### A Great Anatomist

(Continued from page 1)  
method of preserving the flexibility of the ligaments of the body. This has demonstrated osteo-

pathic lesion in no uncertain way.

Dr. Halladay's gift is best expressed in demonstrative anatomy. His intimate knowledge of the structures of the human body enable him to talk to the students in a pleasing and fascinating manner.

Dr. Halladay comes to Des Moines with a great purpose. He believes in Des Moines and in its future. He thinks that Des Moines is the logical osteopathic center of the middle west and particularly is this a strong pull on him since Des Moines has developed wonderful clinical advantages.

We want to congratulate Des Moines Still College of Osteopathy first, the alumni of Des Moines Still College of Osteopathy second, and the osteopathic profession third. The student body is to be particularly congratulated because of the advantages which will accrue directly to them by having him associated with the college and being able to listen to his splendid lectures. The Alumni should be happy and congratulated because of the great advantage which will accrue to their Alma Mater by reason of his reputation. The Osteopathic profession at large should be congratulated because a great teacher has been saved to the profession by Des Moines Still College of Osteopathy.

Plans had already been made by Dr. Halladay to locate in Georgia, but by timely interview he was persuaded to continue the splendid school work which he has been doing for so many years.

May the work of the great teacher go on forever.

### Fraternity Notes

#### Phi Sigma Gamma

Brother Tornell was married immediately after graduation. Dr. Elston also took the fatal step. We know that these two brothers will be greater successes with the addition of a wife.

We are in receipt of word from Dr. Elston of Girard, Ohio, that he and his wife were badly shaken up in an automobile accident last week. Nothing serious, however.

Brother Yates of the Kirksville chapter is working in Des Moines, and staying at the chapter house for the summer. Brother Yates is a senior at the A. S. O.

Brothers Schneider and Thomas are playing baseball at LeRoy, Minnesota, for the summer.

Thomas is making himself a resident of the town by chopping down the grass in Oakdale Park.

Brother Roy Davis is developing himself in the steel mills in Niles, Ohio. Working nights keeps him away from the fair sex.

Brother Morgan is preparing himself for a job on the fire department. He is able to fall out of a "top-decker" for an O. B. call without going through to the floor beneath.

#### Atlas Club

Brother Rastede spent a fine week at the Kirksville convention. He was the Des Moines representative at the meeting of the grand chapter. Brother Rastede reports an enthusiastic meeting, well attended.

We are all enthusiastic at the news of Brother H. V. Halladay coming to our college next semester. We know that it will mean a big advancement for the college and our own chapter. Brother Halladay was one of the most active members of the Axis chapter in Kirksville, and it was through his efforts mainly that they were able to get a spacious new home.

Brothers Lustig and McIntosh stepped into the marriage line in the past few weeks. Brother Lustig will be greatly aided by his new partner in his senior year. Brother McIntosh has three more years with us.

#### Iota Tau Sigma

We have heard from Dr. Gus Wiemers to the effect that he is taking over Dr. James A. Bowman's practice at Marietta, Ohio. Dr. Bowman is coming to Des Moines to store up some of the lavish supply of obstetrical material during the summer months.

Dr. Manley took the Pennsylvania board last week.

Brother Poucher reports an extensive practice in Elgin, Illinois, with Dr. Geis. Fifteen to twenty-five patients a day are taking off some of the superfluous avoirdupois.

A letter from Dr. Sechrist tells us how good an internship he is getting at the Detroit Osteopathic hospital.

Dr. Sam Leibov has accepted an internship in the Liberty hospital, St. Louis, Missouri. He left June 21st to begin his duties.

Dr. Kent has finished his practice in Farmer City, Illinois, and is leaving for his home in Boston.

Brother Cochran writes that he spent one day in Canada. Why did he go to Canada?

Hoss Odell is helping to man-

**Mrs. S. L. Schwartz**  
A New Member of the Board of Trustees



Mrs. Sara Young Schwartz was elected as a new trustee of the college. Mrs. Schwartz is very familiar with the working of the college board, having been associated with it for a number of years as secretary.

### Letter from an Alumnus

(Continued from page 1)

I want to congratulate the Still College Trustees in this new move to make the "old school" hum with Osteopathy. Dr. Woods and Dr. Halladay will make a department that will be the envy of all of our colleges.

I have only been out of school a few years, but the more I practice, the more firmly convinced I am that anatomy means more to an osteopath than any other subject taught in our curriculum. It is the very foundation of our science. It is a great pleasure to know that my old "Alma Mater" is making great strides in the teaching of pure osteopathy.

There is one other matter that I want to get off my chest at this time, that is, the good clinics of D. M. S. C. O. Every patient who comes to me for treatment, I can refer back in my mind to similar cases seen in our clinics at school. The methods of diagnosis, prognosis and treatment learned at school so easily apply to my patients every day. As a matter of fact I have felt from the time my first patient came to me that I had at least two years' experience in my junior and senior years at College, which gave me the confidence of an "old timer" rather than a beginner.

Once more, congratulations to good old Des Moines Still College of Osteopathy. May it continue to grow and prosper.

Eraternally yours,

(Signed) Mark Herzfeld, D. O.

age Lake James summer resort. Hoss's figure helps the bathing beach.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Editor.....Dr. Jack Hansel

## Osteopathy Without Limitation

At the last meeting of the Corporate Board of Des Moines Still College, Mrs. Katherine Robinson was elected Secretary for the ensuing year. Mrs. Robinson has been with the college for the past two years and has been acting secretary since the resignation of Dr. Cramer in February. Mrs. Robinson has demonstrated her business ability and keen judgment ever since becoming associated with our college. She is well liked by all members of the faculty, and is very popular with the student body. We feel sure that the coming year will prove Mrs. Robinson's worth as secretary of the college.

## Dr. Robt. Bachman Goes to Oklahoma

Oklahoma has a lively bunch of Osteopathic physicians, so reports Dr. Robert Bachman on his return from Enid, where the association held their annual state meeting. The meeting was held on May 13th and 14th, a short time before the national convention at Kirksville, making the attendance a little smaller than it would have been had not the meetings been so close together. Dr. Bachman stated, however, that those present were a good representation of the state's members. He was very much impressed by the practical and scientific character of the Oklahoma Osteopaths. The Osteopaths stand very high in the state.

The program, he stated, was well arranged, giving the members an opportunity to hear discussions on every topic essential to the practicing physician. There were two imported speakers: Dr. George Laughlin and Dr. Robert Bachman. Dr. Bachman spoke on one of his hobbies, "Routine Diagnosis and Technic in Obstetrics," using his three color charts to illustrate his points. The interest was very good throughout the entire convention.

The banquet, he reports, was indeed a sociable hour. Dr. Bachman made a few remarks on the subject: "The Relation of the

## Facts Which All Students and Prospective Students Ought to Know

### TUITION

Freshman, Registration Fee.....	\$ 25.00
Freshman, Tuition .....	160.00
Upper Classmen, per year.....	175.00
Entire Tuition, if paid in advance.....	600.00
An additional \$5.00 will be charged for each week of delay in registration.	
Dissecting material, on commencing dissection.....	20.00
Laboratory, Deposit for each of the first two years of laboratory work .....	10.00
Athletic: Payable at the beginning of each semester. (This fee entitles the student to admission to all local College athletic events).....	5.00
Graduation: Diploma, etc.....	10.00
Refund: No refund of tuition is allowed, except in case of serious illness. If, on that account, a student withdraws before the middle of a semester, one-half of his semester's tuition will be refunded, providing he is in honorable standing.	

Profession to our Colleges," which was enthusiastically received.

The doctors were very sociable and hospitable, and in his few days' stay Dr. Bachman formed some very appreciable acquaintanceships. He reported that the press was unusually favorable and was to be commended for their liberal support. The articles were very well written, and were given first consideration on the front page of all issues. He remarked that he had never seen as many facts about Osteopathy, written up so clearly in an unantagonizing manner as appeared in the Enid publications.

From Enid Dr. Bachman went to Blackwell, where he spoke to a class of graduating nurses of the Osteopathic Sanatorium. His subject was, "Cost, Value, and Discounts." The Sanatorium, he states, is by far the best spoken of institution in that part of the country, having the support of the largest establish-

ments in that district. Their staff of physicians, each a specialist in his line, are the company physicians and surgeons of practically all the manufacturing companies and oil fields of the surrounding territory. At the time Dr. Bachman was there, the Sanatorium was in the midst of moving to Topeka, Kansas, where they will be in temporary quarters until their new building is erected. Railroad accommodations have always been a drawback to the Blackwell institution.

Dr. Bachman says that he was royally entertained both at Enid and Blackwell, having been taken to the oil field in the vicinity of each city, and to other points of interest.

From Blackwell he went to Norman, Oklahoma, to visit some friends and the state university. Dr. Bachman reached home in time to give his classes at D. M. S. C. O. the final shake-up at the end of the term.

## "The Still Match Box"

### McKinney-Elston

Dr. Harry Elston, June graduate, was united in marriage to Miss Ruth McKinney of Des Moines on May 21st. O. L. Wright, fraternity brother of Dr. Elston, acted as best man. Dr. and Mrs. Elston left immediately after graduation to begin practice at Girard, Ohio.

### Bennett-Tornell

A trip to Indiaonla and married was the fate of Miss Faye Bennett and Dr. Tornell. The happy event took place on June 6th. E. L. McInnis was best man. Dr. and Mrs. Tornell will leave for California in a few days to visit Dr. Tornell's parents.

### Curtis-Lustig

Dr. Robert Lustig was married to Miss Evelyn Curtis on June 2nd, at Grand Rapids, Michigan. Miss Curtis was a teacher in the Grand Rapids schools, and is a cousin of Cecil and Max Warner, Still College seniors. The newlyweds will spend their honeymoon in the east, and then come back to Iowa for the summer.

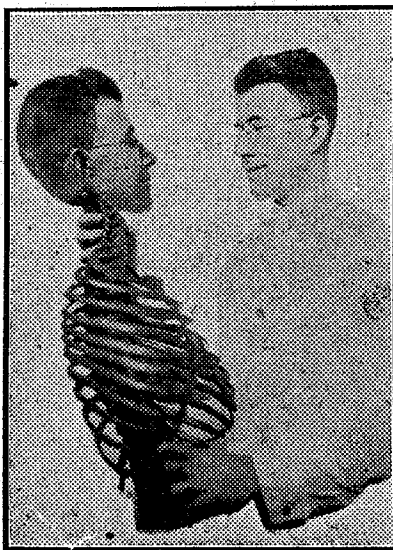
### Duffield McIntosh

Jean McIntosh, sophomore student at Still, was united in marriage to Miss Edith Duffield, of Keosauqua, Iowa, on May 31st, 1924. Mr. McIntosh is also a native of the same town. Dr. and Mrs. F. D. Campbell of Des Moines acted as best man and matron of honor. After an extended western trip, Mr. and Mrs. McIntosh will be at home in Des Moines.

### Wadell-Breese

Miss Stella Wadell, of 4017 Pleasant Street, Des Moines, was married to Dr. A. O. Breese at the bride's home on June 13th, 1924. Dr. and Mrs. Breese left immediately for Chicago, where they will remain until the Doctor leaves for West Virginia to take the State Board. Dr. and Mrs. Breese will later locate in some Pennsylvania town.

Five weddings in 23 days was the record set up by Still College for marriages. Quite a showing, we believe. Des Moines is fortunate in having an institution bringing such dependable men and women into the city. The student body certainly take some of the citizens out of Des Moines, as the above items show.



"Spine" Halladay

Turn to Page Four  
and Mail Your  
Coupon — NOW!

*"I find that the great thing in this world is not so much where we stand as in what direction we are moving."*  
*—Oliver Wendell Holmes.*

Our Direction is **FORWARD!**  
 Still College prospects have  
 never before been so bright.  
 Our aim is for Four Hundred  
 Students in the Fall. ~ ~ ~

**Are You Doing Your Part? IF NOT CLIP OUT COUPON BELOW  
 AND JOIN NOW!**

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Name .....

Address .....

Date .....

**\$-----**

To the Editor of the Log Book:

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Name .....

Address .....

Date .....

Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

Acceptance for mailing at special rates of postage provided for in section 1103, act of Oct. 3, 1917, authorized Feb. 3, 1923.

PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

February 15th, 1924

Number 26

## Still Captures Close Victory

**Defeats Penn College By 36 to 35  
Score in Last Few Minutes of Play**

Equaling its early season contest at Oskaloosa, the Still college basket ball team again took the measure of the Penn college team at the Drake gym Saturday afternoon in a sensational and hard fought game, when a last minute rally game them the narrow margin of a 36 to 35 victory.

The bonesetters started out strong, scoring the first basket in the first ten minutes of play when Davis dropped in a goal from the side of the floor. Penn retaliated immediately when Muhl sank in a long one from the center of the floor. Still again took the lead and had things its own way until the last four minutes of the first half when Penn started to overcome a five point lead. At the close of the first half, baskets by Muhl and Hauser had given the visitors a 23 to 19 advantage.

Beginning with the second half both teams displayed a better brand of ball, fighting hard and sinking sensational shots from all angles. Both teams using the long pass attack. Penn seemed unable to get by the Still defense.

Penn continued to hold its advantage until the last minute of play when Still turned what seemed a sure defeat into a victory. With the visitors holding a 30 to 35 lead the Osteopaths gave one final spurt which brought the margin of victory. Hannan, Nicholas and Thomas hitting the ring three times in three attempts making the score 36 to 36 in the last ten seconds of the play.

Muhl and Hauser were the outstanding players for the losers. Hauser, the big center, seemed to be able to get baskets from any place. He caged seven goals. Muhl was the high point man for both teams. Thomas played his usual floor game and scored 6 goals for Still. Hannan also

Continued on page 2

## "Valentines"

### DADDY (M. E. B.)

To morning class, we come each day,  
To hear what Daddy has to say.  
As with a calm and portly mien,  
He talks of liver, "guts" and spleen;  
Or tells us how to sight a nose,  
Line up their heels and twist their toes.  
He shows us how a rib may slip,  
And how to set a twisted hip.  
And say! His neck technique is great—  
It's just side-bend, ex-tend, rotate.  
Of course we like to hear him tell  
How we may get our patients well.  
But Oh! We love to hear him roar  
When some M. D. has made him sore.  
It makes his Dutch blood fairly boil—  
Those "Kill-o-paths" don't know their oil.  
And yet the "Zebra's" have the brass,  
(A Zebra being a sport model ass.)  
To knock US every chance they get,  
They call us ignorant—and yet,  
When they with all their knowledge great  
Have left some guy to meet his fate,  
And said his soul would drift away,  
No dope they had could make it stay.  
Then we step in with simple means,  
(Just common sense, WE use our beans.)  
And bring him back to Health and Life;  
(They fail with serums, drugs and knife.)  
Then how they rave and tear their hair,  
Their propaganda's most unfair.  
But they know well—and so do we—  
They've nothing on our M. E. B.

### Our Dean

"There in his noisy mansions skilled to rule  
The village master taught his little school."

Oliver Goldsmith.

A man of wisdom and of wit is he,  
He knows all human ills from A to Z.  
Can diagnose them too, nor ever bluff,  
Nor make mistakes, because he knows his stuff.  
The people come to him to tell  
What's wrong with them and if they can get well.  
He tests their reflexes, examines all the spine,  
Stands them with eyes closed upon a line,  
Then tells the wonderful results we'll get  
If we tweak the coccyx or the atlas set.  
Such bunk and hokus pokus as is taught,  
Are stumbling stones, with many dangers fraught.  
For "Sure as — made little apples," he will say,  
"You've got to use your heads in treating such as they."  
"And setting something, even the innominate,  
Will never get you anywhere (except in debt.)"  
Thus to impress his students, he doth use  
Much Biblical language to express his views.  
"Great Caesar's Ghost!" You hear the doctor roar,  
"Some folks will never learn, until — freezes o'er."  
—Olive Matthews.

### 100% Membership

May, 1926, class has set a good pace in the matter of subscriptions to the Revolving Fund of Still College, by placing theirs for \$100.00. This is the first subscription from classes as such, and the example is worthy of duplication by each and all of the several classes now in school.

## Still College Wins Over St. Ambrose Five

**Locals Win by Five-Point Margin**

Davenport, Ia., Feb. 6.—Still college of Des Moines defeated the St. Ambrose five at basketball here last night by the score of 18 to 13. It was a nip and tuck game all the way.

Still won the game in the first half by scoring fourteen points to seven for the locals. In the second half of the play was much rougher and the locals tallied six points to four for Des Moines.

Weimers and Nicholas starred for the winners.

The lineups:

### St. Ambrose—13

West	.....F.
Costello	.....F.
Lawler	.....F.
Murphy	.....C.
Hippeler	.....G.
Green	.....G.
Kelly	.....G.

### Still—18

Weimers	.....F.
Nicholas	.....F.
Friend	.....F.
Hannon	.....C.
Davis	.....G.
Meyers	.....G.

## Financial Arrangement of the Revolving Fund

The checks and money received as "Membership dues" in this "Greater Still College Osteopathic Club" will be mailed to Mr. C. F. Frazier, of Commercial Savings Bank, who, as treasurer of DES MOINES STILL COLLEGE OF OSTEOPATHY will take care of the fund.

The coupon may be mailed to the Editor of the Log Book, Still College, who will send receipt for "membership dues" and will be notified of deposit of the check or money with Mr. Frazier.

Or the check may be mailed direct to Mr. Frazier, Commercial Savings Bank, and a notice sent to the editor, who will acknowledge it and return receipt for the amount.

Send an "annual subscription."



## Iota Tau Sigma Notes

Dean Johnson addressed the members of Iota Tau Sigma on Monday night, Feb. 11th on the subject of "Professional Ethics."

Leroy and Dave Skidmore were guests for the evening.

Dr. Johnson's talk was a most interesting and instructive one and was thoroly enjoyed by everyone present.

Dr. M. E. Bachmann and Dr. Taplan of Boston were guests at lunch at the Chapter House on the occasion of Dr. Taplan's visit to D. M. S. C. O.

Messrs. Harry Newmann and T. Jones of the Newmann Construction Co. were dinner guests at the Chapter House Wednesday evening, Feb. 13th.

## P. S. G. Notes

Lee from Paw Paw, Mich., has given up hunting for the cause of the mysterious rumblings at P. S. G. house, has decided that there is a colored gentleman in the kindling somewhere. He has also changed laundries. Reason? Oh, yes, he has a good one. The other day, instead of receiving his other shirt together with all the other things that go to make up the attire of the dapper young man Alfred is, he had delivered to him a package which contained a complete array of baby clothes, from the hide out. Peelee said it was a darned mean trick to play on a fellow who hasn't a prospect in the world, but we are not inclined to believe that part of it.

May, 1926 class elected officers for second semester, as follows  
President, Doyle Richardson.  
Vice president, A. E. Smith.  
Secretary and treasurer, Anna Doyle.

The class entertainment committee has just about completed plans for a class party, to be held in the near future. These affairs were held monthly last semester, and were very enjoyable, and attended by nearly 100 per cent membership.

The doctor's small son was entertaining a friend in his father's office, and they were looking with awed admiration at the articulated skeleton in the closet. "Where did he get it?" asked the guest in a whisper.

"Oh, he's had it a long time. I guess maybe it's his first patient!"—Life.

## Delta Omega Notes

You folks who missed Mr. Hart's address to students of Still College Friday evening, February 1st, at Hotel Chamberlain Rose Room, are the losers indeed.

The speaker covered a wide range in his remarks, all the way from "How to Go About Making a Loan," to "Pointers for the Busy Professional Man or Woman in Making Investments," all from a banker's viewpoint. Mr. Hart is vice president of the Iowa National Bank, and thoroughly informed on all matters pertaining to banks and banking.

He gave us a tip on how to pick out a bank from its very title, or name, which should mark it as a safe institution.

Well, you should have heard it, that's all. This address was arranged for by girls of the Delta Omega sorority of Still College, and they are to be congratulated on having secured the services of so competent a man on such a timely topic. About 50 students were in attendance.

## Still College Wins Over St. Ambrose Five

Continued from page 1  
had his eye on the basket when he dropped in four counts in the final period.

The lineup:

### Still—36

	GT.	FT.	F.
Thomas rf	6	0	0
Friend rf	1	0	0
Weimers lf	1	0	0
Hannan lf	4	0	0
Nicholas c	2	0	2
Pyleman c	0	0	1
Davis rg	2	1	0
Olson rg	0	1	0
Myers lg	1	0	3
Totals	17	2	6

### Penn—35

	GT.	FT.	F.
Muhl rf	7	0	0
Whitlock lf	0	0	2
Hauser c	7	1	1
Patterson rg	0	2	2
Anderson lg	0	0	1
Macy lg	0	2	1
Totals	15	5	7

Missed free throws—Weimers, Hannan 2, Nicholas 2, Davis 2, Muhl, Hauser 2, Patterson, Macy.

Referee—Dubridge.

### Had Nothing on Him

She: "Sir, do you realize whom you are speaking to? I am the daughter of an English peer.

He: "Not so fast. I am the son of an American Doc."

## The Students' Rubaiyat

(With humble apologies to Omar Khayam)

O, Johnson, Dean of wisdom and of wit,

Couldst thou but be with us to-day and sit

Beneath the roof of old Still College Place

Listening to our shadows as they pass and flit.

Hark to a tale of mingled grave and gay,

Facts, thoughts and fancies of its student heroes,

They who will dedicate to the "Healing Art"

Their lives and toil for others night and day.

While yet a tyro full of hope and pride

Methought a feminine Nemesis within the office cried,

"This is Still College, whadda ya want?"

"Are you registered in clinic, or why me haunt?"

But no success comes to those who stand before

The office shouting, "Open then the door.

"You must know we have great business

"We would transact before 'tis too late. Perhaps there is a letter.

The arbiter of our life and death is she

Who stands 'twixt us and all Eternity,

Who halts our coming and our going speeds,

Whose verdict we must needs accept implicitly.

Her moving fingers write and having writ,

No mortal student can change a word of it,

Except the Dean, mayhap the Board,

So strong hath waxed her power over all.

In spite of this we do our utmost to succeed,

Harrassed and full of bitterness because

For our most cherished hopes we are called down,

While our feminine Nemesis calmly chews on.

### Reason Enough

"Is your father home, little boy?"

"No, he ain't been home since maw caught Santy kissing the cook."

Send an "annual subscription."

## Osteopaths Wanted

We would like to have a live Osteopathic physician locate in our town. Our M. D. is leaving next week. He expects to study skin and specialize, and we think this would be a good time for a D. O. to locate here. Send us one of your students. We will be glad to do what we can for him, and would be glad to have him come for a week end as our guest.

Yours very truly

Mr. Joe Alden,  
Shellsburg, Iowa.

Francis E. Jones, D. O., M. D., of Demarest, Ga., wants woman osteopath to join him in opening offices in Maryland. Write him for further information.

## NOTICE

Heretofore the college has been put to the expense of filling out application blanks and making transcripts of grades in complying with the request for Board Applications. The amount is not much in any single case, but when it occurs from five to ten times a month it means that the funds are being dispersed at the rate of from ten to twenty dollars a month, which in the course of a year amounts to considerable and it can be easily seen that it does not go to the advancement of the school. Therefore, no application or transcript will be sent out unless it is accompanied by a fee of \$2.50 payable to the college.

### Silence is Golden

Mother: "Betty, Sam brought you home very late last night."

Betty: "Yes, it was late, mother. Did the noise disturb you?"

Mother: "No, dear, it wasn't the noise, it was the silence."

A proud young father telegraphed the news of his happiness to his brother in these words: "A handsome boy has come to my house and claims to be your nephew. We are doing our best to give him a proper welcome."

The brother, however, failed to see the point and wired back: "I have no nephew. The young man is an imposter."—Boston Transcript.

### An Awful Reign

Harry: "Quite a Ku Klux demonstration last night, wasn't it?"

Jerry: "Yeah, even the rain came down in sheets."

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor .....Jack Hansel

*Osteopathy Without Limitation*

## The Observer Says:

I had the pleasure of hearing Rev. Craig of the First Baptist church of this city a few weeks ago. The subject of his sermon was "Leanness of Soul." He drew some very applicable parallels to every-day life, one of them on students being conscientious and consistent, and brought out quite plainly that we get out of this life just what we put into it, and that the measure of success we attain will be commensurate with the effort we exert now, and if we just slip through by the skin of our teeth we will have "leanness of soul," and not the full measure of the abundant or plus life that should be our heritage.

## Poor Humanity

More than half a century ago the following lines were found in the Royal College of Surgeons, London, beside a skeleton, remarkable for its symmetry of form. They were subsequently published in the London Morning Chronicle, and a vain effort made to ascertain the author, even offering a reward of fifty guineas.

They were later found in the pocketbook of G. H. Laughlin and published in an osteopathic book, "Anatomy in a Nutshell," by William Ross Laughlin, M. D., D. O.

### I.

Behold this ruin! 'Twas a skull  
Once of ethereal spirit full.  
This narrow cell was Life's retreat,  
This space was Thought's mysterious seat.  
What beauteous visions filled this spot  
With dreams of pleasures long forgot!  
Nor hope, nor joy, nor love, nor fear,  
Have left one trace of record here.

### II.

Within this hollow cavern hung  
The ready, swift and tuneful tongue.  
If falsehood's honey it disdained,  
And when it could not praise was chained;  
If bold in Virtue's cause it spoke,

Yet gentle concord never broke—  
That silent tongue shall plead for thee,

When time unveils eternity.

### III.

Beneath this moulding canopy  
Once shone the bright and busy eye.

But start not at that dismal void!  
If social love that eye employed;  
If with no lawless fire it gleamed,  
But through the dew of kindness beamed,

That eye shall be forever bright  
When sun and stars are sunk in night.

### IV.

Say, did these fingers delve the mine,  
Or with the envied ruby shine?  
To hew the rock or wear the gem,

Can little now avail to them.  
But if the page of truth they sought,  
Or comfort to the mourner brought—

These hands a richer meed shall claim

Than all who wait on Weal or Fame.

### V.

Avails it whether bare or shod,  
These feet the path of duty trod?  
If from the bowers of ease they fled

To seek Affliction's humble shed;  
If Grandeur's guilty bribe they spurned,

And home to Virtue's cot returned—

These feet with angel's wings shall vie,  
And tread the palace of the skies.

## The Brain

(From "Psychotherapy" by  
Munsterberg)

The so-called association centers of the brain are like complex switchboards, between the various mental centers. Their own activity is not accompanied by any mental content, but has only the function of regulating transmission of the excitement from the one to the other. Above all their operation would make it possible that through the associative processes the wonderful complexity of the trains of thought may be reached.

The cortex is the apparatus of transmission between the incoming and outgoing currents, between the excitements that go to the brain, and the discharges that go from the brain, and the mental accompaniments of these transmission processes.

Through the sensory nerves the brain receives; through the motor nerves the brain directs, and

this whole arc from the sense organs, through the sensory nerves, through the brain, through the motor nerves, and finally to the muscles, is one uniform apparatus of which no part can be thought away. We must keep this intimate and necessary relation between the sensory and motor parts constantly in mind, and must understand that there can not be any sensory process that does not go over into the motor response. The opening of one channel of discharge automatically closes the opposite channel. This is the characteristic feature of attention. We can think of a great many things at the same time as long as they are closely associated and not opposite in kind. The attended-to idea does not exclude every other idea, but it does exclude the opposite.

As soon as we see that every action is the result of hundreds of thousands of psychomotor impulses, which are in definite relation to antagonistic energies, and that the result depends upon the struggling and balancing of this most complex apparatus, then we understand more easily how outer influences may help the one or the other idea to preponderance, as soon as the balance turns to the one side, a completely new adjustment must set in.

To be suggestable means to be provided with a psychophysical apparatus in which new propositions for actions close easily the channels for antagonistic activity. This explains why some people are more easily influenced by suggestions and psychotherapeutic methods. Under abnormal conditions such as severe hysteria cases, the dissociated contents may form large clusters of mental experiences, in the midst of which a new idea of their own personality may develop. Considering that through such disconnection many channels of discharge are blocked, while others are abnormally opened, it seems only natural the idea of the own acting personality becomes very greatly changed.

The basis of psychotherapy is an analytical psychology which conceives the inner experience as a combination of psychical elements. The more we abstract from everything which suggests either the mysticism of the subconscious or the moral issue of the mind which is independent of the body, the more we shall be able to answer the question as to the means by which health can be restored. Not a few of

the disturbances that appeared irreparable to an earlier time yield to the treatment of today, and no one can determine whether much which appears irreparable today may not be accessible either to psychotherapeutic or physicaltherapeutic means of tomorrow.

A degenerated brain cell looks differently under a microscope than a normal one; but the ideas of a paranoiac, the emotion of a maniac, the volition of the hysteric, the memory idea of a paralytic, is each in its own structure not different from such elements in any one of us. The total change lies only in the proportion; there is too much or too little of it. The misjudgement and the depression of the insane are only an exaggeration of that which may occur in any man.

You have looked at your watch and certainly had in glancing at the dial a conscious impression, but the next moment we no longer know how late it is. The impression did not connect itself with our continual personal experience, that is with that chief group of our conscious contents which we associate with the perception of our personality. Under abnormal conditions of the brain, larger and larger parts of the completely conscious experience may thus be cut off from the continuity of conscious life

The silly girl and the stupid boy, the man who has the blues, and the reckless creature, are certainly worse equipped for the struggles of existence than those who are intellectually, and emotionally and volitionally well balanced. The criminal is never born as such. He is only born with a brain that in some directions is inefficient and which, thus under certain unfavorable conditions will more easily come to a criminal end than a normal brain.

W. E. LUDWIG.

## Scandal

There were muffled sounds of a struggle in the other room, and a girl's voice squealed, "Stop."

No response.

"Oh, please don't. Mother said—"

No response.

"Oh, wait just a minute, please."

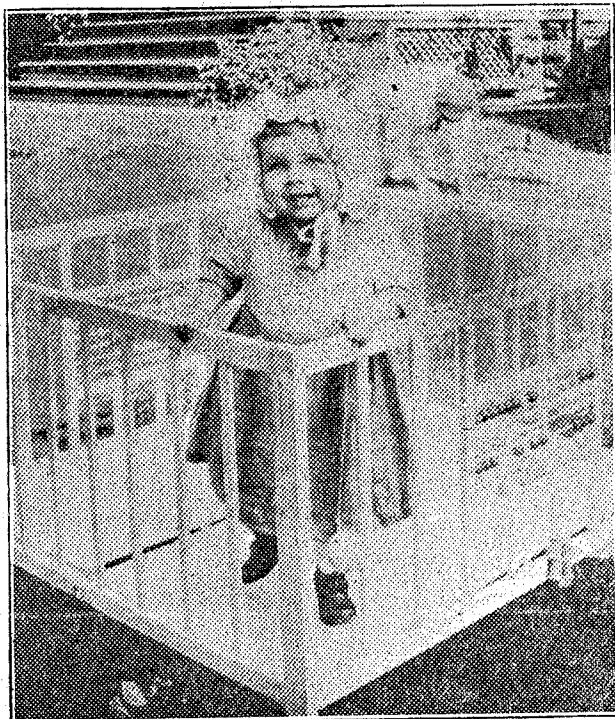
No response.

"Let me go this minute."

"One more yank and I'll have it out," consoled the dentist.

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# THE LOG BOOK

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Volume 1

March 1, 1924

No. 27

## STILL DEFEATS CATHOLICS IN HARD STRUGGLE

The Still college basketball team secured revenge for an early season defeat when Coach Sutton's quintet defeated the Des Moines Catholic college five on the Catholic court in a hard fought, rough struggle 24 to 18.

Three field goals in the final minutes of play enabled Still to win by a margin of six points. The score was tied 18 to 18 when the Bonesetters rallied and put the game on ice.

Myers husky Still college guard, was the star performer for the winners, and it was his ability to sink three baskets late in the game that won the contest for the Bonesetters.

With the score tied, 16 to 16, Myers dropped one through the net from close range. The Catholics came back and tied the count when Fitzgerald made good on two free throws.

Myers again put Still in the lead when he made another field goal from under the basket. He came back with a long goal from near the center of the court, the basket putting Still in the lead by four points.

The contest, which was a hard struggle all the way, gave the fans many thrills. Still started out with a rush and managed to pile up a 9 to 2 lead at the end of the first quarter. In the second period the Catholics scored five points while Still made only two markers and the score was 11 to 7 at half time.

The losers came back with a rush in the third quarter and soon tied the score, 11 to 11. The score was later tied at 14-14, 16-16 and 18-18.

Wiemers and Thomas were also good performers for Still in addition to Myers. They made three field goals each.

The Catholics were guarded closely by their husky rivals and they managed to make only four field goals, one in the first half and three in the second half. The losers scored ten points on free throws. Hoffman was high point maker for the Catholics. Morasco and Fitzgerald were other star players for the losers. Morasco played a great defensive game until he was put out for rough work. Hannan was also ousted in the mixup with Morasco.

Our new assistant clinician, Sam H. Leibor, says he will see that no one is cheated out of his or her patient.

## Big Pit Restored

Dr. C. W. Johnson showed his old form when he appeared before clinic last Wednesday in the big pit which has been recently restored after the fire. Our recent graduates would hardly know the big pit now, for it is just as it was the day it was built. Everything is fresh and clean. Even the odors from the dissection room have been removed. Many of our old graduates would be pleased to return and see where they got their education.

## Our Envious Clinic

The D. M. S. C. O. clinic, as conducted last semester did not work out as successfully as was expected; therefore, the old time clinic, the clinic that made Still College famous, has been re-established. By the old time clinic, we mean a real clinic conducted by some of the best Osteopaths of the country.

The doctors from the field found it difficult to leave their practices to come to the college in the afternoon for clinic. But after one semester of the new clinic arrangement, they decided that it would be well worth their while to come back. The doctors who are giving us their time so willingly are: Drs. S. L. Taylor, C. W. Johnson, M. E. Bachman, who are the regular clinicians; Drs. E. E. Steffin, C. F. Spring, J. Woods, Mary Golden, Lola Taylor, who acts as alternates.

All of the students who attend clinics consider themselves fortunate in having these doctors give them the best they have. And we would like very much to have the doctors in the field make this fact known to all prospective students. By having these different doctors, we don't get the same "stuff" each day, but there is always a change. On Monday, Dr. Bachman has the floor and lets nothing be omitted which is included in general osteopathic examination and treatment. On Wednesday, Dr. Johnson, who knows nervous diseases from A to Z, always gives us something we will be sure to use in our practice. Just because he specializes in reflexes is no reason why he should not know osteopathy. He knows it—and also technic. And on Friday, we get everything, even those things which might have been omitted on the other two days. Dr. Taylor never leaves anything for guess work.

Besides these three clinic sessions each week, Dr. Johnson holds his clinic for "nerve cases"

during the regular class hour on Monday. Then on Friday afternoon, Dr. Lola Taylor conducts "gyn" clinic, either private or general. Dr. Mary Golden and Dr. A. B. Taylor are always glad to see the little children brought in. These two doctors seem to have a way about them that always makes a crying child change the cry to a smile. Dr. G. C. Taylor's clinic for eye, ear, nose and throat, and Dr. Robt. Bachman's O. B. clinic are going on as before.

We are all proud of the Still College clinics and are always glad to tell about it. There are always patients waiting for each clinic and frequently are compelled to wait several days for their appointment which is sufficient evidence of the good service rendered at D. M. S. C. O.

## D. M. General Hospital

The hospital is keeping up its reputation for surgery. Time and again patients who have been "muddled" over for a series of years without a diagnosis, clear understanding or a definite treatment of their cases, come to Des Moines General hospital, and go away satisfied. The institution is proud to have such an organization as the Taylor Clinic connected with it.

## Birthday

Dr. Lola D. Taylor, professor of the department of gynecology, had a birthday recently. Some one said that she was a year older than she really is and that made her red-headed. Strange. Suffice it to say that due apologies were made and there will be no hangings demanded. A little party was held at her home and some little presents were given as a peace offering. It may take a year for things to be properly adjusted. The Log Book offers its services.

## Foot Ball Captain Elected

At a meeting of the Athletic Board and foot ball letter men, Robert Murphy, 3 year letter man in foot ball was elected as captain for the season of 1924. Murphy's fighting spirit and excellent generalship will lead the gridiron warriors through a successful season. Fifteen RaHS for the team. Fifteen RaHS for Capt. Murphy. RaH! RaH! RaH!

The following men were awarded letters for season 1923: Swezey, Graham, O'Connor, O'Keefe, Higelmeier, Myers, Staples, Walker, Sheets, Nicholas, F. Thomas, Brown, Dice Buirge, Murphy, Hannan, McNish.

## SNAPPY PLAYING BY STILL QUINT BEATS THE IRISH

By a constant barrage of short passes and fast floor work, the Still College quintet defeated St. Ambrose college of Davenport by a score of 28 to 13, at the Drake gymnasium Friday night. Both teams played a strong defensive game.

The Irish drew first when Kippler threw a free one. From that point the half was full of nip and tuck play. The score first favored the Bonesetters and then the visitors. The remarkable five-man defense employed by the Irish kept the Still five from a close shot at the basket and Still then resorted to short passing that advanced the ball to where the matter of tossing was easy. The first half ended 9 to 7 with Still on the long side of the score.

St. Ambrose came back for the last half with the same style of play used in the first half. The Osteopath team opened up with a volley of snappy underhand passing and were soon leading the visitors by a safe margin. Hannan, the Still pivot man, led his team in scoring during the last half of the game. He made four counters out of six tosses. The steady, fast attack of the Bonesetters proved a strong defense to the Irish, and they scored only one field goal during the last half.

Hannan with his tossing ability played in the limelight for the local team. Weimers and Nicholas played good ball, both on the defense and offensive. Costello, Green and Kippler were the outstanding stars of the St. Ambrose team.

## STILL DEFEATS WESTERN UNION

LEMARS, IA., Feb. 15.—Still college of Des Moines, defeated the Western Union college cage quintet here Thursday night by the score of 31 to 14. The game was closer than the score indicates. The Osteopaths were leading at half time, 16 to 8.

Weimers, Thomas and Nicholas performed creditably for the visitors as far as scoring is concerned. Rockwood played a brilliant floor game and caked two field goals for the Telegraphers.

The local collegians were unable to penetrate the five-man defense of the Still team with consistency.

Send an "annual subscription."

## Phi Sigma Gamma Notes

The new fraternity house sign shows to advantage in the big window in front. It is of gold letters on beveled plate glass.

An open house smoker in honor of the January Freshmen was held at the Chapter house on Friday evening, Feb. 15. "Daddy" Bachman was there and gave us some fine points on "Things That make for success" and in his own unimitable style drove home some plain truths. Coach Sutton also honored the gathering and spoke short and to the point as he knows how, on "The Value of Fraternal Association in One's School Life."

Pledges Bebe and Jacobs contributed to the evening's program by staging a three round boxing bout. Ralph Davis was referee.

Everybody ate of apples, pie helped hide a lot of cider

If Donald Weir don't let up on the monopoly of the phone the boys are considering very seriously pooling their funds and installing a Radio for D. B's exclusive use, to be known as Station W. A. T. (Weir All the Time.)

The house recently acquired a brand new punch bowl and glasses. A gift from a sister of one of the members.

The fraternity has gone on record as being among the 100 per cent bodies in favor of the Greater Still College Revolving Fund. They placed initial subscription at \$1.00.

## School Notes

The College dance put on by the Masonic Club of Still College of Osteopathy held at Grotto Hall on Feb. 22nd, was a pronounced success, despite the number of counter attractions.

Tom Van DeGrift was chairman of the committee. You all know Tom and the best was none too good. So we had Serenade's orchestra and everybody said the dance was the best ever. Eighty couples participated.

In anatomy, Art Smith had told Dr. Woods that a certain nerve supplied the knee joint. When Dr. Woods asked what other joint this same nerve reaches, Art said right quick: "The other knee."

## Osteopathic Principles

Dr. Claude F. Spring has spent years teaching principles. He probably understands principles as well as any teacher in the profession. The fire did not consume his enthusiasm. He comes back with new energy. The more students he has in his classes the better he likes it.

Send an "annual subscription."

## Senior A Notes

Officers for this semester:

J. E. Weimers, Pres.  
Herma A. Earley, Vice Pres.  
A. O. Breese, Secy Treas.

We are glad to have Dr. Kent from Boston with us because of the new ideas he brings to us. There are sections of the middle west in which the water contains much alkali, but according to Dr. Kent's report, water (evidently in the east) contains much protein. Lyman Johnson somewhat doubts Kent's statement.

Most of us were glad when the time came when we didn't have to roll out of bed at 2 a. m., stumble around in the dark and answer the call of the stork. Harry Elston is different. He likes it so well that he accepted the title of assistant O. B-ist for this semester. All reports are favorable so far. Keep it up Harry.

At the rate the lower classmen are treating and appropriating things in general, it won't be long until all that the seniors will have to do is to read their text books and attend lectures. The Freshmen will answer all O. B. calls.

We are all glad that our clinic is again conducted as it was last year. We are always on hand to get what the clinicians have for us. Drs. S. L. Taylor, C. W. Johnson and M. E. Bachman are the clinicians for this semester.

## Atlas Club Notes

Rags was the style at the Hard Time Dance, given by the Atlas Club the night of Feb. 15, at the Rose Lorenz studio.

Of all the ragged clothes that were worn, Lustig's were the worst. The Club decided to help him out and presented him with a pair of pink suspenders to hold his dilapidated trousers together.

A "Floating Balloon Dance" was the feature of the evening. Mr. and Mrs. Ghost. Messrs. Lyddon and Howe were among the guests.

The Freshman A Class elected their officers at a special meeting last week. They are:

President—W. E. Ludwig.  
Vice President—L. J. Essex.  
Secretary—Miss Trimble.

Louie Kuchera is suffering from a broken second rib. No, he says a Freshman did not try to "set" it.

## Thoughtlessness

Dr. E. E. Steffen, pathologist, committed a very great act of thoughtlessness the other day when he neglected an opportunity to offer criticism. All Doctor Steffen's friends have already forgiven him, knowing that he will not be remiss at any future time.

## Iota Tau Sigma Notes

Beta Chapter of Iota Tau Sigma announces the pledging of Leroy and David Skidmore, "Ted" Reiter, and "Jerry" Lauck to Iota Tau Sigma.

Mrs. Katherine Robinson and Miss Rosemary Kurtz were guests at dinner at the Chapter House on Sunday, February 25.

Brother F. J. Trenery, D. O., Superintendent of Des Moines General Hospital was with us on Monday evening, February 19, and following the regular meeting, gave a talk on "The Value of the Hospital to the Practicing Physician". Following his talk, Dr. Trenery, at the request of some of the members demonstrated the use of the hypodermic and explained the use and misuse of same.

Dr. M. E. Bachman of the faculty of D. M. S. C. O. will be the guest of the Chapter on Monday evening, March 3, when he will give a talk taking as his subject "Successes or Failures."

## Osteopathic Technique

Dr. M. E. Bachman loves technique. No student goes out from Des Moines Still College without an inspiration potentially adequate to carry him through a long professional career. Enthusiasm is Dr. Bachman's watchword.

Not long since, in pathology class, Dr. Steffen asked, "Now, Smith, in case we do thus and so, what do we get?"

Smith: "Search me."

Dr. Steffen: "I'm going to do that very thing some fine day."

And, by gosh, he did.

## Cause Enough

Patien: "There is an awful rumbling in my stomach, doctor, just like a wagon going over a street car track."

Doctor: "H'm! Probably it's that truck you ate last night."

Albert Graham says: "Walker has such enormous 'dogs' (meaning feet) on him, that if he ever wore white shoes to a dance people would think the floor was whitewashed."

## Deep

Rose: "Did you have the porch seat painted yesterday?"

Mother: "Yes, why?"

Rose: "Well, Nick and I sat on it last night and Nick got paint on his trousers."

## No Mother to Guide Her

—and so she hung up her sheerest silk stocking, and it was so invisible that Santa never even saw it.

Dave Skidmore in Nervous Anatomy class the other day gave us an exhibition of a case he saw on the train recently, as to how the lady held her arm straight out from the shoulder, elbow bent, hand dropped (about the position one would have the arm on the back of a seat). When questioned by Dr. Woods as to whether the lady was young and beautiful, Dave blushed and admitted the truth. Dr. said, "It looks like a case of occupational paralysis." Then Dave was sorry that he spoke.

If Dr. Johnson had only seen the wide-eyed, open-mouthed expression on the dark complexioned sons of toil (?) when he was discoursing on neurones and axis cylinders, he might not have wondered that some of the cl were so much interested in the job of taking the paper off the assembly room walls preparatory to painting. Those black boys sure did get their money's worth.

While Dr. Taplin was going through his stunt of showing the merit of his pneumatic table he said, "I never work on a man over 135 pounds," and reached for the mobilizer. While his back was turned, Red O'Connor and a couple of other light(?) weights beat it. Bill is center on Still football team, and was next in line for "treatment" by Dr. Taplin.

Sprague: "Smith, I hear you are not going back to Youngstown this summer. How about it?"

Smith: "You heard wrong sure enough. I have three good reasons to take me back to Youngstown."

Sprague: "Three?"

Smith: "Sure—my wife, little girle, and—a job."

Sprague: "Oh!"

During rabbit season Ralph Stone spent several week ends at Perry or thereabouts. But now rabbit season is out and still Ralph makes the visits. Wonder if there could be a "dear" up there that Ralph is trying to catch up with.

The best little brother story I ever heard is the one of little Charley telling his sister's beau he'd just as soon stay home and watch them as to spend a quarter to go to "The Shiek."

\$4,000 practice for sale. Write Dr. J. A. Barnett, Booneville, Missouri.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Business Manager.....M. D. Cramer  
Editor .....Jack Hansel

*Osteopathy Without Limitation*

## Osteopathic Endowment

Every one conversant with Osteopathic life today, is cognizant of the fact that the Osteopathic profession is confronted with a vast array of problems which it must work out on the slate of professional experience, in order that this great profession may maintain the recognition and standards already won, and raise these standards to a higher plane than that of any other school of the healing art. Perhaps the chief problem confronting early Osteopathic practitioners, was that of legislative recognition, and although we have won and secured laws in most states placing us on an equal footing with our medical friends, we still have much to do in the legislative field. But the problem of paramount importance to the profession today is the school problem, for assuredly we must have schools of first rank to supply the increasing demand for Osteopaths.

A few days ago, I was permitted to view the first Osteopathic school building, and as I looked at the little wooden structure now relegated to a back lot, as a relic of early Osteopathic school days, I could not help but marvel at the progress Osteopathy has made educationally—from one room shack to eight splendid institutions; from three or four students to two thousand; and best of all, from one year course of study in anatomy, physiology and osteopathic therapeutics to a four year course, covering all the fundamental sciences necessary to a thorough knowledge of the healing art; each institution requiring a high school diploma or college work for entrance and maintaining a high standard of scholarship.

Osteopathy has not had a mushroom growth, built on a financial basis of high tuitions, inadequate entrance requirements and correspondence or short residential, unscientific courses of study, but its growth has been substantial and worthy of its science. Had the osteopathic profession held its educational standards to the low level of our imitators, there would be no question as to the number of practitioners that would now be flooding the field. Osteopathy merited educational standards equal to that of any other school of therapeutics, and it is the realization of this standard that has placed Osteopathy on a high plane in the therapeutic world.

But how many Osteopathic practitioners realize the tremendous amount of work and

responsibility that has been shifted on the shoulders of a few loyal men, who have labored and given freely of their time and money, that osteopathic students might have a course of instruction worthy of the profession for which they were preparing? Probably the great majority of the practitioners in the field today have never given one penny or one hour of their time, or even a thought, since graduation, toward osteopathic education, unless it be postgraduate courses for themselves. They are too busy gathering in the golden shekels to bother their heads about schools. They paid their paltry \$150 tuition (looks big to us students) while in school and their duty was done. Oh, yes, they send a few students back to the old school, which brought in a few more tuitions. Our splendid educational growth has been attained almost entirely on meager tuitions and the loyal support of a few men.

Faculty members give their time gratis, and in many instances dig down in their own pockets for books and supplies necessary to furnish proper instruction to their students. Those faculty members, who are paid are very inadequately paid and could do much better for their families financially, if they gave their entire time to practice instead of instruction. Why do they do it? Because they love the osteopathic profession and realize that its growth depends entirely upon growth of the schools. It ought to make every man and woman in the field ashamed to see any osteopathic school with an unpaid or inadequately paid faculty.

Why are faculties unpaid or inadequately paid? Because there never was an educational institution, especially of a scientific nature, which could build and equip buildings and laboratories properly on tuitions alone. Every large, well equipped scientific school in the country is liberally endowed. The tuitions (and in nearly all but State Universities, they are more than in our osteopathic schools) do not even pay all of the running expenses. The endowments not only build and equip the buildings but furnish permanent incomes, which help defray current expenses.

We have at least one splendidly endowed institution, that given to the profession by Dr. Geo. Laughlin. There is not a better equipped college building anywhere than the new ATSCO, but its possibilities are limited by the size of the town in which it is located. Every osteopathic school should be as fully equipped and as liberally endowed, and above all, should be a non profit institution, owned by the profession as a whole rather than by private individuals and run for private agin. Privately owned osteopathic schools have served their purpose and served it well, but the time has come when they are a stumbling block in educational progress. Each institution must necessarily have its own local governing board, but all institutions should be un-

der the control of one central board, representing the profession as a whole.

We have an American Osteopathic Association with its various bureaus, a society for the Prevention of Spinal Curvature, a Society for Lymphatic Research, a Society for the Advancement of Osteopathy, a National Advertising Association, and several others. Why not a Society for the Advancement of Osteopathic Education, with the slogan, "Five million dollar endowment for Osteopathic schools and Research institutions?" Every Osteopathic schools needs a substantial endowment. Would eight separate and distinct campaigns for funds realize as much as one national campaign for all?

As long as there are privately owned institutions, divided interests and bitter rivalry between schools, we cannot expect great results from endowment campaigns. Repeated solicitations tend to weary the profession and thus yield unsatisfactory results. A united campaign conducted by a national organization, composed of nationally known men from our schools and profession, for one large endowment would tell a different story. We do not have the privilege of levying taxes like our medical friends, but surely a campaign of proper magnitude, conducted by the right men would gain the support of the profession and attract some of the moneyed friends of Osteopathy.

—M. D. WARNER.

The above is an idea worthy of consideration, but one necessarily requiring time to perfect. Meanwhile we must look after present needs, and as no national organization for endowment exists, we wish to remind you of our campaign for the Revolving Fund, with which we hope to establish a Chair of Osteopathy to be filled by a man who is at once an Osteopath and schoolman and everyone knows what it would mean to Still College and Osteopathy for such a man to spend his entire time at the college. But it necessarily requires considerable remuneration to induce a man of calibre to renounce his practice and give his entire attention to school work. The students, to a man, are behind this movement both morally and financially. How about the alumnae and other friends of the school? We need your moral support but spice it up with a monetary subscription and boost for a "Greater Still College."

Did the Freshies take the gentle hint in the recent issue of the Log Book and jump in and do the work incident to putting the next issue in the mails? Yes, they did. NOT.

Some of us are of the opinion that they are waiting to take the place of the Sophomores when they have moved on and some of them are Sophomores. Can't tell; nothing surprises us anymore.

## Sympathy

Dr. S. L. Taylor,  
Des Moines, Iowa,  
Dear Doctor:

I was certainly shocked to learn of the disastrous loss, by fire, which the school sustained. It grieves me more than I can tell, primarily because I have not been able to assist my Alma Mater in the manner in which I hoped. I left the school with the firm determination that I would do all within my power to assist; but reverses have prevented me, and, while I still have the determination, I am not able to demonstrate it. The Log Book which I enjoy so much comes to me regularly and to not be able to fill in one of the blanks pains me indeed. I want you to know, Doctor, that I am most sincere in this and I look forward, expectantly, to the time when I can do a little at least.

PAUL D. KOHLMAYER, D. C.

## NOTICE

Heretofore the college has been put to the expense of filling out application blanks and making transcripts of grades in complying with the request for Board Applications. The amount is not much in any single case, but when it occurs from five to ten times a month it means that the funds are being dispersed at the rate of from ten to twenty dollars a month, which in the course of a year amounts to considerable and it can be easily seen that it does not go to the advancement of the school. Therefore, no application or transcript will be sent out unless it is accompanied by a fee of \$2.50 payable to the college.

## HIAWATHA UP TO DATE

By the shores of Cuticura  
By the sparkling Pluto Water,  
Lived the Prophylactic Chiclet—  
Danderine fair Buick's daughter,  
She was loved by Instant Postum.  
Sun of Sunkist and Victrola;  
Heir apparent to the Mazda,  
Of the tribe of Coca-Cola,  
Thru the Tanlac strolled the lovers,  
Thru the Mapleine Groves they wandered,  
"Lovely little Wrigley Chiclet,"  
Were the Fairy words of Postum,  
"No Pyrene can quench the fire,  
Nor any Aspirin still the heart-ache,  
Oh! My Prestolite desire,  
Let us marry, little Djer-Kiss."

## Ye Knights of Old

Squire: "Did you send for me, my Lord?"

Launcelot: "Yes, make haste, bring me the can opener; I've got a flea in my knight clothes."



# How Do You Do, Folks!

I certainly enjoyed being introduced to so many of you in the the last Log Book.

The Log Book comes to our home regularly and I thought I would like to add my bit as a subscription to the Revolving Fund of Still College.

I have heard that as yet there are no other little folks who have subscribed, and I feel awfully lonesome being in such big things all by myself.

Now I wonder if I couldn't have some company, a whole lot of company; for the more the merrier, and the more good we can do.

Would you not like to belong to the LITTLE FOLKS DEPARTMENT of the REVOLVING FUND for a GREATER STILL COLLEGE?

Of course if you are a little boy or girl in the home of a Real Doctor, or a student who is going to be a Real Doctor soon, you will want to be a subscriber. Then too, wouldn't it be nice if we could interest folks who believe in Osteopathy and have been benefited by Osteopathy to take out a membership for their Little Folks, so that our gift might be the means of helping some other children who do not have the strong, healthy bodies we have.

Send in your subscription and we will acknowledge it in the next issue of the Log Book and tell all the folks your name and where you live and how old you are.

ELISABETH ANN,

Of the LITTLE FOLKS' DEPARTMENT of the REVOLVING FUND.

\$5.00

To the Editor of the Log Book:

Enroll my name as a member of the "Greater Still College Club." I agree to pay the amount indicated on this coupon annually, upon receipt of a "payment due" notice from your office until such time as I may notify you of my desire to cancel or change the amount of my subscription.

Name .....

Address .....

Date .....

\$10.00

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\$50.00

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Address .....

Date .....

\$75.00

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Name .....

Address .....

Date .....

\$.....

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# THE LOG BOOK

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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

March 15, 1924

No. 23

**TO THE PROFESSION:** It comes to us through different sources that the rumor has it that D. M. S. C. O. was so wrecked by the fire she is not yet recovered. We would like to announce that all our loss was fully covered by insurance and was adjusted at once and all repairs have been made. The entire building has been restored to its original condition. In this issue of The Log Book, we are giving a picture of the big pit as restored. Students of twenty years ago will have a warm feeling and a sympathetic recollection of this old pit where so many of their interesting clinical sessions were held. The pit had grown gray with age, but now it is bright and clean, and teems with old memories.

Turn to page 4 and mail your coupon, now.

## Taylor Clinic Graduate Session

Field membership of the Taylor Clinic has announced its next post graduate session for March 19th and 20th. Some distinguished men of the profession are to appear on this program, including Dr. C. B. Atzen of Omaha, Nebraska, Dr. A. Becker, of Kirksville, Missouri, Dean of the Laughlin School, Dr. Hugh Conklin, of Battle Creek, Michigan, and Dr. J. W. Macklin, of Anita, Iowa.

Dr. Conklin is well known for his treatment of epilepsy. Probably no one of the profession has given more time and has had greater success with the treatment of epilepsy than he. We hope he will have time to appear before the student body while in the city.

## Attempted Hold-Up of Dr. R. Bachman

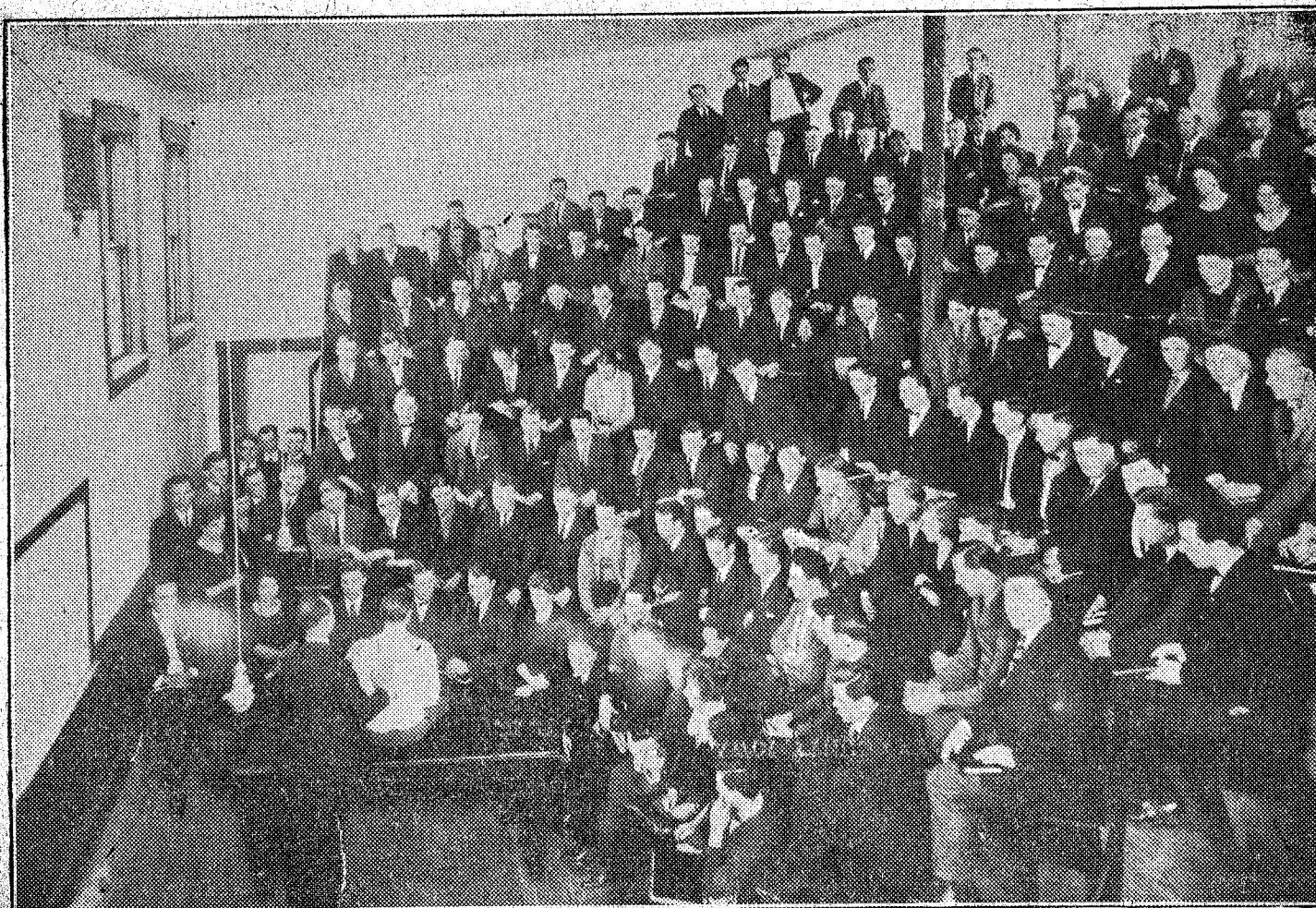
**Completely Recovered Now**  
Dr. Robert Bachman, obstetrician, met with a robbery mishap. He was returning to his home one night about 1 o'clock from an obstetrical call, and was just closing the doors to his garage when someone stepped from behind the building and approached him. He had his revolver in his left hand, but the robbers were too quick for him, and struck him over the head with some soft instrument and knocked him senseless. They ran away, and Doctor Bachman does not know how long he lay there, but thinks he must have been unconscious thirty minutes or so. He crawled to the back door and managed to make noise enough to awaken his wife, who was terrified. The police were notified

and came out, but found no trace of the robbers. They got no money or valuables of any sort. Dr. Bachman suffered considerably from the injuries. For some days he was bothered with dizziness, but he is practically recovered, and is back at his lecture work.

## Announcement

The members of the Greater Omaha Osteopathic Association desire to express through The Log Book, their sincere appreciation to all the agencies that so splendidly co-operated with the members of the Greater Omaha Osteopathic Association in making the Radio Program of February 18th the splendid success that it has proven to be. The address by Dr. Gaddis will appear in either the March or April issue of the O. M.

## DR. C. F. SPRING CONDUCTING CLINIC IN THE NEW "BIG PIT"



## Atlas Club Notes

At the last meeting of the club, Dr Campbell was present and delivered a lecture on "colds." His talk was supplemented by demonstration of his method of procedure. If you want relief from colds, see Dr. Campbell.

The club wishes to announce that Lustig is wearing his pink suspenders only on Sundays. This shows that he appreciates the gift of the club and is saving the suspenders.

## Phi Sigma Gamma Notes

A typographical error regarding the fraternity subscription printed in the last issue of The Log Book had it \$1.00, whereas it was \$100.00. This is to the revolving fund of Greater Still College.

The house now supports a one (high) chair barber shop. Lee from Paw Paw is the tonsorial artist, and he operates a strictly open-shop business. Any time, just so you don't ask him to get out of bed. Lee says he can't keep a stock of Stacomb.

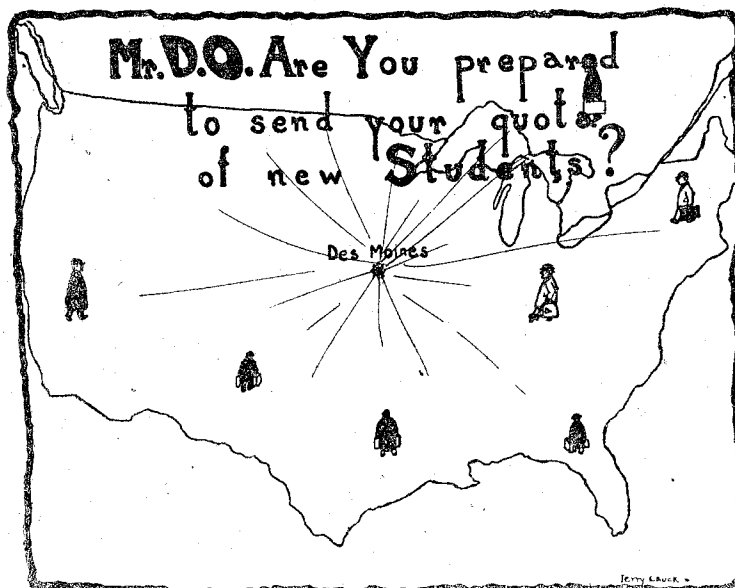
Open house was held on the evening of Saturday, March 8. A good percentage of members were in attendance, and a number of invited guests were there also. There are now semi-monthly parties.

The sophomore A class party at the Y. W. C. A. on Friday evening, March 7, was a most enjoyable affair. Music for dancing was furnished by the Blue Bird Harmony Boys orchestra. Novel and unique games and pastimes engaged the attention of those not dancing. A lunch was served in the cafeteria, and all those who attended say it was the best yet. Dr. and Mrs. Woods, Dr. and Mrs. Schwartz, and Mr. and Mrs. Frank Sutton were guests. Anna Doyle, Chas. Baker and Joe Rader were the committee.

## Correcting a \$999.00 Mistake

The fraternity has gone on record as being among the 100 per cent bodies in favor of the Greater Still College Revolving Fund. They placed initial subscription at \$1.00.

This should have been \$100.00. Thanks.



D. M. S. C. O. is fast becoming the center of scientific Osteopathy. Line up your prospective students now—send us their names and urge them to come to Des Moines.

### A Dublin Bargain

Some time ago a genial Irishman needed an empty bottle to contain a solution he was preparing, and went to an uptown drug store to make the purchase. Finally selecting one that suited his purpose, he asked the clerk how much it was. "Well," responded the clerk thoughtfully, "if you just want the empty bottle it will be five cents, but if you want anything in it, you can have it free of charge."

"Begorra, an' that's fair," said the grinfal Pat, "Put in a cork."

The following are the rules posted in a hotel in a western city: Guests are requested not to speak to the dumb waiter. Guests wishing to get up without being called can have self-rising flour for lunch. Guests wishing to do a little driving will find hammer and nails in the closet. If the room gets too warm open the window and see the fire escape. If you are fond of athletics and like to see jumping lift the mattress and see the bed spring. Baseballists desiring a little practice will find a pitcher on the stand. Anyone troubled with a nightmare will find a halter in the barn. Don't worry about paying your bill; the house is supported by its foundations.

**Turn to Page Four  
and Mail Your  
Coupon — NOW!**

## Football Material Wanted

FOOTBALL season was such a success last fall that we have visions of greater achievements for the coming year. We are very desirous of getting into oommunication with available men who are not only interested in football, but who are interested in osteopathy as well. We appreciate that anyone can play football who has the physical prowess and ability, but he who is interested in osteopathy can make a more efficient part of a football machine for us. He will not only be interested in football, but will also be interested in the reputation and prestige of the college. Doubtless the same policy in athletics will prevail the coming year that was in force last season. Let everyone who has a good man in view send his name to the desk.

### This Was Imported

Sam: "What am you doin' now?"

Bo: "I'se an exporter."

"An exporter?"

"Yep, the Pullman Company just fired me."

### I Love Me

He: "Last night I dreamt I was married to the most beautiful girl in the world."

She: "Oh, George! Were we happy?"

North—Has Marjorie any education along musical lines?

West—I should say so! Name any record and she can tell you what's on the other side!

## Field Notes

Dr. Lola D. Taylor, professor of gynecology at the Des Moines Still College of Osteopathy, had her tonsils removed March 8th at the Des Moines General Hospital. She is convalescing nicely. She says she does not have much respect for the man who invented local tonsilectomy. No doubt her expression is impulsive, for it won't be long before she will recommend someone to have tonsils removed and that they be removed locally.

Dr. Fannie S. Parks, Winterset, Iowa, is spending the winter in Los Angeles, California. We received a letter from her this week in which she says she is enjoying the flowers of that great western state.

Dr. H. A. Coulson of Ottumwa, Iowa, states in a letter that he has just returned from a two months stay in the Sunny South, where he hunted and fished to his soul's content. His health is much improved, and he is back on the job.

Dr. Martha Hansen, now Dr. Hansen-Olson, of Cedar Falls, writes us a long an interesting letter of her activities, and among other things sends us the name of a prospective student. I am sure her old friends will be glad to hear Doctor Hansen is married and that she retains her personal interest in Still College.

Dr. L. H. Eske also sends us the name of a prospective. Dr. Eske is one of our successful practitioners in Columbus, Ohio. Many good men either come from or go to Ohio.

## Iota Tau Sigma

The actives will give a Formal House Dance on March 14th in honor of pledges Dave Skidmore, Roy Skidmore, Jerry Lauck and Lawrence Reiter.

"Hoyle" Gephardt says: "If you get the last card when dealing you have dealt right." (The correct numebr of cards does not matter.)

Our own funny-paper characters:

Joe Quince, James Peter Kent, Moco, "Johniocious" Benien, Pewee, "Runt" Russell.

"Hoss" Odell walked out of Dr. Schwartz's class at the wrong time.



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President .....S. L. Taylor  
Editor .....Jack Hansel

*Osteopathy Without Limitation*

## Little Folks Department

### Revolving Fund for a Greater Still College

At time of going to press we have not heard from many in response to our invitation to become enrolled in this department as contributors to this most worthy fund.

Perhaps your Log Book outlining the plan was delayed a bit, or perhaps you are debating about the amount you would like to subscribe.

Now we have no age limit in this department, and if you think it should be called "The Young Folks' Department" rather than "The Little Folks' Department," somebody please say so; or shall we start a new department?

Would it not be a great thing, a big surprise to many, to have a half of the back page given over entirely to names and addresses of those who want to see a Greater Still College of Osteopathy? Names will be published in the order they are received. See if yours won't be among the first.

Elisabeth Ann.

## Massachusetts Osteopathic Hospital

Knowing the interest of every osteopath in the new Osteopathic Hospital soon to be constructed in Boston, we will pass along from time to time such information as comes o our desk.

In the last mail we received a letter telling o fthe meetings of the eighty charter members and the exchange of ideas and ideals which are to be the warp and woof of the new struceure.

Such enterprises that have no other interest than to help enlarge the opportunities of Osteopathy to give its benefits to the world have been an inspiration to all of us who have met with them.

Turn to page 4 and mail your coupon now.

## Don't Close Your Office for the Summer

There is no question of a doubt in the minds of any osteopath about the need of a vacation for a few weeks during the summer months. Most o fthe field members are in the habit of taking a certain time off each season and during this time their offices are closed.

Such a condition need not be! Just insert a small notice in the paper saying that you will be gone for a few weeks and during you absence your practice will be conducted by Dr. So and So.

We will gladly supply the last named from our senior class and you may rest assured that he will conduct himself and the practice in a way that will prove he has had a large clinical experience. Let us know of your needs, Doctors.

## Where to Spend Your Vacation

The school as a whole was assembled in the Big Pit Friday forenoon, March 7, and after Angus had darkened the the windows we were treated to several reels of movies, showing the beauties of the Canadian woods and inland waters, lakes and streams.

Rex Beach, the writer, was shown in action, and if pictures count for anything, he is a master in the art of handling both rod and gun.

Nothing like hunting and fishing to make even an osteopath forget his troubles, and these pictures were enough to arouse the blood of all the Nimrods and disciples of Izaak Walton and make them long for free air.

The showing of these pictures was through the publicity committee of the Department of the Interior of Canada, and we were fortunate in being included in their list of places in their itinerary. The freshmen are sure they will spend a month every year at these spots after they get into the field. The seniors hope they will have a couple of weeks at some such recreation spot, and the practical D. O. wishes he could take the time off and enjoy nature in all her beauty.

If you want to know how soon "possible" is, ask O'Connor. Maybe he will tell you Bill knows, but Dr. Johnson don't; Bill wouldn't tell him.

## Loyalty Song

Tune: Fair Harvard.

Words by Howard Charles Gale, D. O.

There's a college unites all our hopes and delights

In a friendship that's noble and strong.

It's a college that guides as it truly provides

For our work in the years that are long.

As it holds a high place, may it so, by God's grace,

Ne'er be sullied by aught that is wrong.

And as years come and go may it ever be so—

That our college shall live in our song.

There's a calling that binds all our hopes and our minds;

A profession that's noble, yet new.

We're united to serve, and, we pray, never swerve

From the "concept" we know to be true,

May the memory we love; that great name shrined above,

Be our guide and inspirer anew.

By the great name of "Still" we press on with a will—

Pioneers through untrod ways to hew.

Alma Mater, speed on, in the years when we're gone;

In the days that are coming to be.

Though we bid thee farewell and our parting we tell;

Though these halls we may never more see;

Yet our life's widest range shall us never estrange

From the place where stands knowledge's fair tree.

Thus we bid thee "adieu," with our pledge to be true,

Alma Mater, dear college, to thee.

## Surgery Interest You?

D. M. S. C. O. would like to know how many of the profession are really interested in a POST GRADUATE SURGICAL COURSE which lead up to the practice of major surgery. If you are interested, write us. If you are not interested in surgery, except in some little DINKY, worthless course, do not write us. We would like to hear from you at once, if you want REAL surgery.

D. M. S. C. O. says now is the time to send in the name of that new prospective student. Do not forget to attend to this at once.

## Alumnus of D. M. S. C. O. Notice

Still College of Osteopathy, Des Moines, Iowa:

I am a graduate of Massachusetts College of Osteopathy, and of course my main efforts are used to help my own alma mater, but I am enclosing a small contribution because of your recent loss by fire. I wish I could make it many times as much.

Dr. Anna Louise Hicks,  
Portland, Maine.

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## Autumn and Life

When the early frosts of autumn  
Crisp the leaves to ruddy brown,  
And the squirrels, tireless workers,  
Store their treasures in the ground,  
When the birds are wheeling southward,  
Gathering numbers as they fly,  
Then the voice of nature calls me,  
To her freedom I must hie.  
Like the migratory blackbird,  
I shall seek a comrade soul,  
One who in the woods of autumn,  
Reads her words as on a scroll;  
To the one who heeds her calling,  
I shall give a gift most rare,  
Give the power of deeper living,  
Give the heart that knows no care.  
Gifts to bird and beast are numbered,  
Fixed by nature's frugal measure,  
But to man there is no limit,  
His is life's abundant treasure,  
Health and strength to reap the increase,  
From the earth's most fruitful sod,  
Grace to love his fellow creatures,  
More than all—to love his God.

# At \$25 a Year It Would Take 16 Years for a Graduate of D. M. S. C. O. to Repay the Principal Alone!

**T**HAT is what we owe, in dollars and cents, to our college. If you graduated from D. M. S. C. O., the records in the office show that the college invested in your education between \$100.00 and \$150.00 a year. At the minimum \$400.00 was the cost to your Alma Mater over and above what you paid her for your education. It would take you sixteen years at \$25.00 a year to repay the principal and you would still owe compound interest on the investment. The total figure would be approximately \$1000.00 by the time you finished repaying the principal. These are not only interesting but "fact figures."

If you are an alumnus, who has received unstintingly of the aid and benefits provided by the college—it matters not where you live now—ask yourself the question: "What do I owe my Alma Mater should I not do my best to repay her?"

Let us hear you say, "Here's my membership in the Greater Still College movement."

**\$5.00**

To the Editor of the Log Book:

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Date .....

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Date .....

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Volume 1

April 15, 1924

Number 30

## Radio Program

Through the generosity of the BANKERS' LIFE broadcasting station, W H O, Des Moines, Iowa, the TAYLOR CLINIC QUARTETTE will put on a program April 30th, 7:30 to 9:30 P. M.

A short talk will be given by Judge H. H. Sawyer, president of the Des Moines General Hospital Building Association. The full program will appear in this issue of the Log Book. It will be worth your while. Get your batteries renewed, your aerials up and your ground wires connected, and turn on the juice.

The Des Moines broadcasting station is one of the best in the country and has a 526 meter wave length. It can be heard from ocean to ocean. It is expected that this will put Des Moines General Hospital on the map. We would like to have you notify all your friends to "tune in" on that night and as many as possible write us and tell us what they think of the program.

### Personnel

Taylor Clinic Quartette:

Thomas Mann, 1st tenor.  
Doyle Richardson, 2nd tenor.  
Ross Robertson, baritone.  
Louis Miller, bass.  
Rodney Carlisle, accompanist.  
Dr. Bean, saxophonist.  
Sam H. Liebov, popular songs.  
Judge H. H. Sawyer, speaker.

### Program

1. Marching Song, Taylor Clinic Quartette.
2. (a) The Barefoot Trail, (b) Turnkey Song, Louis Miller.
3. (a) To a Wild Rose, (b) From One Till Two, Rodney Carlisle.
4. I Love a Little Cottage, Taylor Clinic Quartette.
5. Selected Popular Melodies, Sam. H. Leibov.
6. The Gypsy Trail, Taylor Clinic Quartette.
7. Address, Judge H. H. Sawyer.
8. Indian Lyrics (a) Pale Moon, (b) By the Waters of Minnetonka, Thomas Mann.
9. Selected, Taylor Clinic Quartette.
10. (a) Valse Bluette, (b) Caprice, Dr. Bean.
11. (a) Song of India, (b) Say, Say, Sadie, Rodney Carlisle.
12. Selected, Taylor Clinic Quartette.

Turn to Page Four  
and Mail Your  
Coupon — NOW!

## Regular Assemblies From Now On

The committee of sixteen members of the different classes in the college, after several meetings and much discussion and careful consideration elected the chapel or assembly committee, Dr. J. P. Schwartz as faculty member and Mr. Lustig and Mr. Miller as student body representatives. This committee has full charge of assembly meetings, which are held each Wednesday following the third period, periods being cut correspondingly short so that all are worked in and no classes missed.

The committee also elected Mr. Warner, Mr. Leonard and Mr. Ludwig to formulate plans for a student council and present same at assembly meeting for consideration of the student body.

## Rev. Mr. Reeman Addresses Students

Wednesday, April 9th, was regular assembly day, and we had an ideal meeting. Dr. Steffen presided. Mr. Miller led singing. Report of committee of 16 and report of chairman of student council committee were presented. Then Dr. Steffen introduced Rev. Mr. Reeman of the Unitarian church, who in a few happily chosen remarks gave us some of his observations of what preachers and physicians have in common. We would not presume to attempt a resume of the speaker's remarks, but can pass it on to you that he had the subject well in hand, and at no time until the gong sounded did he lack the attention of his audience.

If we are any judge of age by personal appearance, we would say that Rev. Mr. Reeman must have started at the preaching game early, considering the number of years he has been associated with it. We hope to have an opportunity of hearing him again.

Someone has said—"He has achieved success who has lived well, laughed often and loved much; who has gained the trust of pure women and the love of little children; who has filled his niche in life and accomplished his task; who has left the world better than he found it, whether by an improved poppy, a beautiful poem, or rescued a soul; who has looked for the best in others, and given the best he had; whose life was an inspiration; whose memory is a benediction. This constitutes success."

Always leave them smiling when you say "goodbye."

## Osteopathic Colony

To develop an osteopathic vacation colony on one of the many lakes in Crow Wing county, Minnesota, is the hope of Dr. E. C. Herzog, of Brainerd. In a letter to members of the profession, Dr. Herzog sets out some of the advantages to be gained by such a colony aside from the recreative features. Only those familiar with the beautiful lakes with which the region abounds can appreciate what a permanent vacation camp for osteopaths and their families can mean. Dr. Herzog has secured a option on a forty-acre tract on a beautiful lake, which he proposes, if there is any encouragement, to cut into lots, and sell to members of the profession at actual cost. His plan is comprehensive, and should interest those who like fishing, hunting, swimming, and the many outdoor pleasures which abound so plentifully in that region. If interested, write Dr. E. C. Herzog, at Brainerd, Minnesota.

## Don't Close Your Office For the Summer

There is no question of a doubt in the mind of any osteopath about the need of a vacation for a few weeks during the summer months. Most of the field members are in the habit of taking a certain time off each season and during this time their offices are closed.

Such a condition need not be! Just insert a small notice in the paper saying you will be gone for a few weeks, and during your absence your practice will be conducted by Dr. So and So.

We will gladly supply the last named from our senior class and you may rest assured that he will conduct himself and the practice in a way that will prove he has had a large clinical experience. Let us know of your needs, doctors.

## Notice

Heretofore the college has been put to the expense of filling out application blanks and making transcripts of grades in complying with the request for Board Applications. The amount is not much in any single case, but when it occurs from five to ten times a month, it means that the funds are being dispersed at the rate of from ten to twenty dollars a month, which in the course of a year amounts to considerable and it can be easily seen that it does not go to the advancement of the school. Therefore, no application or transcript will be sent out unless it is accompanied by a fee of \$2.50, payable to the college.

## Baseball Season Opens With 2 Games at Ames

The "bonesetters" traveled to Ames Wednesday to play the opening game of the 1924 season. With three good pitchers to alternate on the mound, and a fast infield to pick up the scrubby ones that will be allowed the batters, we know we will have a great season. A game will also be played there Thursday.

April 19th, Saturday, the team will go after Central's scalp. Many plan to drive there if the weather is good. A return game is scheduled for May 3rd.

Des Moines University wants two games with Still. The dates will be announced later. Looks as if we might get a chance to beat them in baseball, even if they wouldn't take us on in football.

## Tag Day for Benefit Of Ball Team Success

We had an old-fashioned Tag Day at school on April 10th, for the benefit of the baseball team. Of course all the students bought a tag. Now you folks out in the field who have sort of been giving the whole thing the "go-by" and some of you the "good-bye," wouldn't it be quite the nice thing to have a part in this athletic expense program and not put it up to the folks in school to shoulder the whole thing. Still College is on the map in athletics. You can help keep it there. Send your contribution along with the Revolving Fund subscription, and we will see that it reaches the proper spot.

Do it now. No time like the present. You know what one fellow said about old friend Procras. We'd hate to tell you.

## Introducing the Next Polk County Coroner

Dr. Charles W. McCutchen, a Still College alumnus now practicing in Des Moines with offices in the Kraft building, announces his candidacy for coroner of Polk county.

It may be of interest to know that Dr. McCutchen has the support of some of the medical brothers, who believe him to be the man fitted for the place, and in his ability to administer the affairs of the office as they should be. He should, of course, have the hearty support of every osteopath who has a vote or influence.

ARE YOU INTERESTED IN  
A REAL COURSE IN MAJOR  
SURGERY? WRITE D. M. S. C. O.



## Iota Tau Sigma Notes

Monday evening, April 7th, Dr. J. P. Schwartz addressed the members of the chapter, and the pledges. Dr. Schwartz chose as his subject at this time "The Kidney," and explained in detail the presence of the osteopathic lesion present in any kidney affliction, proving the supremacy of osteopathy in the treatment of all such cases.

As is Dr. Schwartz' custom, his remarks were brief and concise, and in the short time he spoke, covered more territory than many would have done in several hours' time.

His evening with the chapter was greatly appreciated, and it is hoped that another visit may be made by the Doctor before the end of school activities this year.

Sunday, April 13th, the following were guests of the chapter for dinner: Mr. and Mrs. Fellows, Mr. and Mrs. Messerschmidt and son, Miss Marion Trimble, Mrs. Cleo Wedel and Miss Helen Moore.

Easter Sunday the chapter will have as their guests for dinner Drs. S. L. and Lola Taylor and family, Dr. and Mrs. George Carr Taylor and Dr. and Mrs. A. B. Taylor.

Announcement has been made of the engagement of Miss Marion Trimble of Des Moines, Iowa, and Mr. Charles H. Potter, of Beta chapter of Iota Tau Sigma, which will culminate in a wedding at the chapter house of Iota Tau Sigma at 2007 Grand avenue on the afternoon of May 16th.

On the evening of May 16th, the farewell dance honoring the members of the chapter graduating this spring from D. M. S. C. O. will be held at the chapter house.

Saturday night, May 17th, the banquet honoring the graduates

of the chapter will be held at Cesar's Cafe on Fourth street.

Friday, April 25th, is the date set for the next house dance, when guests who are in the city for the Drake Relays will be honored guests. Ray Harrison's orchestra will furnish the music.

## Atlas Club Notes

Dr. John Woods spoke to the Club on Physical Diagnosis. He started at the head and went down to the feet, emphasizing the most important things. The part of his talk concerning heart murmurs was particularly good.

The club gave a dance in honor of the pledges last week at the Rose Lorenz Studio. Everyone had a great time, especially Joe Koscalc. He was, as usual, the shiek of the evening. Doc Eades, who claims he never dances, was whirling some girl every dance. He told the writer the next morning that he dreamed of dancing all night.

Dean Johnson was present at the last meeting and addressed the club on Ethics. Some fifty men were there to hear how the experienced physician solves the ticklish problems that arise in his practice. A feed of cake and ice cream finished the evening.

Ten pledges rode the goat at the first initiation last Thursday. They all promised to show up next week for the second trial. Those who were too crippled to walk were hauled home in the club's ambulance.

## Practice For Sale

At Ripon, Wisconsin, I have a well established practice which I would sell for \$300 with equipment. This practice has been established about thirty years.

Dr. Alice R. Wills,  
State Bank Bldg.

Nothing is improved by anger except the arch of a cat's back.

## Phi Sigma Gamma Notes

The open house parties held at the fraternity house on Friday nights are now quite a part of our regular routine, and participants report that interest and numbers are on the increase, and each week end is fittingly celebrated with proper entertainment.

We are in receipt of a note from Dr. Mark Herzfeld from Detroit saying that things are breaking well for him, and that he could report same for Laird and Schaefer. Dr. Herzfeld is secretary of the Detroit Osteopathic association, and is doing his part to put osteopathy properly before the people. He knows his stuff, and believes in advertising.

Grosjean—Any abnormal students in your class?

"Pat" Matthews—Yes, indeed, two of them have manners.

Mary Jane Porter—Do you take me for an imbecile?

Poucher—Not at all, but you will admit I'm not infallible.

Vande Grift says that some of the roasts in this column are about as fresh as the multiplication table.

In all probability we should never have known the reason for Capt. Murphy's enthusiasm about his church work if we had not been enlightened by Rev. Mr. Reeman the other day in assembly.

## For Sale

Practice in an excellently located Missouri town, forty-five miles from osteopathic hospital. Present D. O. has been located in this town for three years and has had all he could do to handle both town and country practice. Address P. O. Box 14, Maitland, Mo., for further particulars.

## Hint to the Wise

A man went into a bakery the other day. "I'm getting married next week," he began, "and I want to buy a wedding cake." "I suppose you know," said the girl behind the counter, that it's the latest thing to choose wedding cakes which harmonize with one's business or profession. For instance, an athlete would have a cup cake, a man who gouges his friends a sponge cake, and so on. What, may I ask, is your calling?" "I am a doctor," the bridegroom answered. "In that case, then," said the girl, smiling, "we would, of course, prescribe an angel cake."

When I meet one of these inquisitive fellows, I am reminded of the old dog that was moving her family across a railroad track. One inquisitive pup stopped to stick his nose against the third rail. While he found out all there was to know about electricity, it never did him much good.

## Planning Class Reunions

If you are a member of the class of 1911 or 1919 of D. M. S. C. O., write to either Dr. F. B. McTigue, 1911, Emmetsburg, Iowa, or Dr. S. A. Helebrant, 1919, Kasson, Minnesota, and say you will be with the gang at the class reunion in Kirksville during the convention.

D. M. S. C. O. says now is the time to send in the name of that new prospective student. Do not forget to attend to this at once.

Don't worry when you stumble. Remember a worm is about the only thing that can't fall down.



Des Moines Still College of Osteopathy

April 15, 1924

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPOTHY.

President ..... S. L. Taylor  
Editor ..... Jack Hansel

*Osteopathy Without Limitation*

## Help! Help! Help!

A few short, terse sentences in the last issue of the Log Book brought some comment, but no contributions.

Are you one of those who comment and criticize and are forever riding on the band wagon and enjoying the result of some other's effort, or will you be one who digs in and sends us some stuff for the sheet and will toot a horn and lend a hand and make a bit of effort to put this paper in the class it should be. You have the news and talent; let us have a sample of your work along this line and let your paper show that you have a part in its make-up.

## List of Vitamines You Need for Good Health

Malnutrition is a subject that has received a great deal of attention recently since the discovery of vitamins or the vitamin theory has been expounded. It has been discovered that while there may be a sufficient quantity of food, it is quite possible to be undernourished with a full stomach three times a day. The reason is the absence of vitamins, according to the vitamin theory, and the other end of the argument is the absence of mineral salts necessary for the proper nutrition of the body. Which ever it may be, vegetables fur-

nish the needed factor in proper nutrition.

The vitamins which are classed as A, B, C and D, are contained in milk and leaf vegetables, particularly the leaf vegetables or those the leaves of which are food articles. It is also known that the vitamin content and value is greater when they are eaten raw.

The A vitamin is a promoter of growth, and its absence is the frequent cause of malnutrition, particularly in children who are backward in growth and subject to various ailments. Vegetables furnishing this element are string beans, cabbages, carrots, corn, Swiss chard, beet greens, lettuce, green peas, spinach and tomatoes.

The B vitamin is important in that its absence from the diet induces stomach and intestinal troubles, neuritis, and other ailments. It is supplied by cooked vegetables as well as raw, beans, beets, cooked cabbage, carrots, cauliflower, raw onions, peas, potatoes, in short, most of the cooked root crops.

Vitamin C has considerable to do with the temper. Its absence leads to irritability and in extreme cases leads to scurvy. Cabbage and the cooked root crops also furnish this vitamin. The vitamin D is a yeast growth.

Green and cooked vegetables if eaten as a regular part of the diet will furnish the vitamins necessary for good health and development. If the vitamin theory is not accepted they furnish the mineral salts which are equally essential, and without which the human machine cannot be kept in repair and in efficient working order.

One of the first yelps that comes from a failure who is on his way out is "They wouldn't give me a show." Nobody gave Barnum a show, but he had the biggest on earth.

Let a shave and a shine be the first morning investments.

## A. O. A. CONVENTION

(Continued from last issue)

### THURSDAY

8:00 to 9:45 A. M. Clinics at hospitals and colleges.

9:00. Complete Your Examination. Dr. Oscar T. Buffalow, Chattanooga, Tennessee.

9:20. The Kidneys. Dr. Myron B. Barstow, Boston Massachusetts.

9:40. Treatment of Throat and Neck in Some Acute Conditions. Dr. James M. Fraser, Evanston, Illinois.

10:00. The Ilio-Costal Lesion. Dr. Edgar D. Heist, Kitchener, Ontario.

10:20. Acute diseases. Dr. Heber M. Dill, Lebanon, Ohio.

10:40. Neuritis and Bursitis of the Shoulder Joint. Dr. Charles H. Spencer, Los Angeles, Calif.

11:00. Bone and Joint Surgery. Dr. John M. Hiss, Columbus, Ohio.

11:20. Osteopathy and the Various Cults of Healing. Dr. H. C. Engeldrum, Chicago, Illinois.

11:40. General Forum and Questionnaire. Dr. Harry L. Chiles, Orange, New Jersey, leader.

12:00 to 1:30 P. M. Visiting exhibits and luncheon.

2:00. Pilgrimage to Still-Hildreth Sanatorium, Macon. By special Wabash train.

Barbecue. Addresses by president of A. O. A. and others.

Swimming contest, Athletics, Sports and Dance.

### FRIDAY

(Memorial Day)

8:00 to 9:00 A. M. Clinics at hospitals and colleges.

9:30 to 12:30. Osteopathic Diagnosis, Physical Diagnosis, Treatment, Clinics, Actual Cases.

12:30 to 2:00 P. M. Visiting exhibits and luncheon.

2:00 to 4:00. Osteopathic Diagnosis, Physical Diagnosis, Treatment, Clinics, Technique, Actual Cases. Dr. Clarence V. Kerr, Cleveland, Ohio, and Dr. S. V. Robuck, Chicago, Illinois, supervisors, assisted by prominent internists of the profession.

### SATURDAY

8:00 to 12:00 A. M. Technic day. Dr. aCrl J. Johnson, Louisville, Ky., Chairman. Assisted by the various professors of technic in the osteopathic colleges and prominent technicians.

8:00 to 9:30. Clinics at hospitals and colleges.

12:30 to 1:55 P. M. Visiting exhibits, and luncheon.

2:00. Fibro-Cartilages and Spinal Lesions. Dr. W. H. Albright, Edmonton, Alberta.

2:20. Applied Osteopathy. Dr. Carl P. McConnell, Chicago, Ill.

2:40. Diseases of the Colon, Rectum and Anus. Drs. Charles A. and Grace Dodson, Little Rock, Arkansas.

3:00. Border Line Cases and Osteopathic Surgery. Dr. Harold M. Herring, New York, N. Y.

3:20. The Cancer Problem. Dr. Robert D. Emery, Los Angeles, California.

3:40. The Physical Principles of Osteopathic Adjustment. Dr. J. H. Styles, Jr., Kansas City, Mo.

4:00. Grave's Disease. Dr. W. T. Cox, Biddeford, Maine.

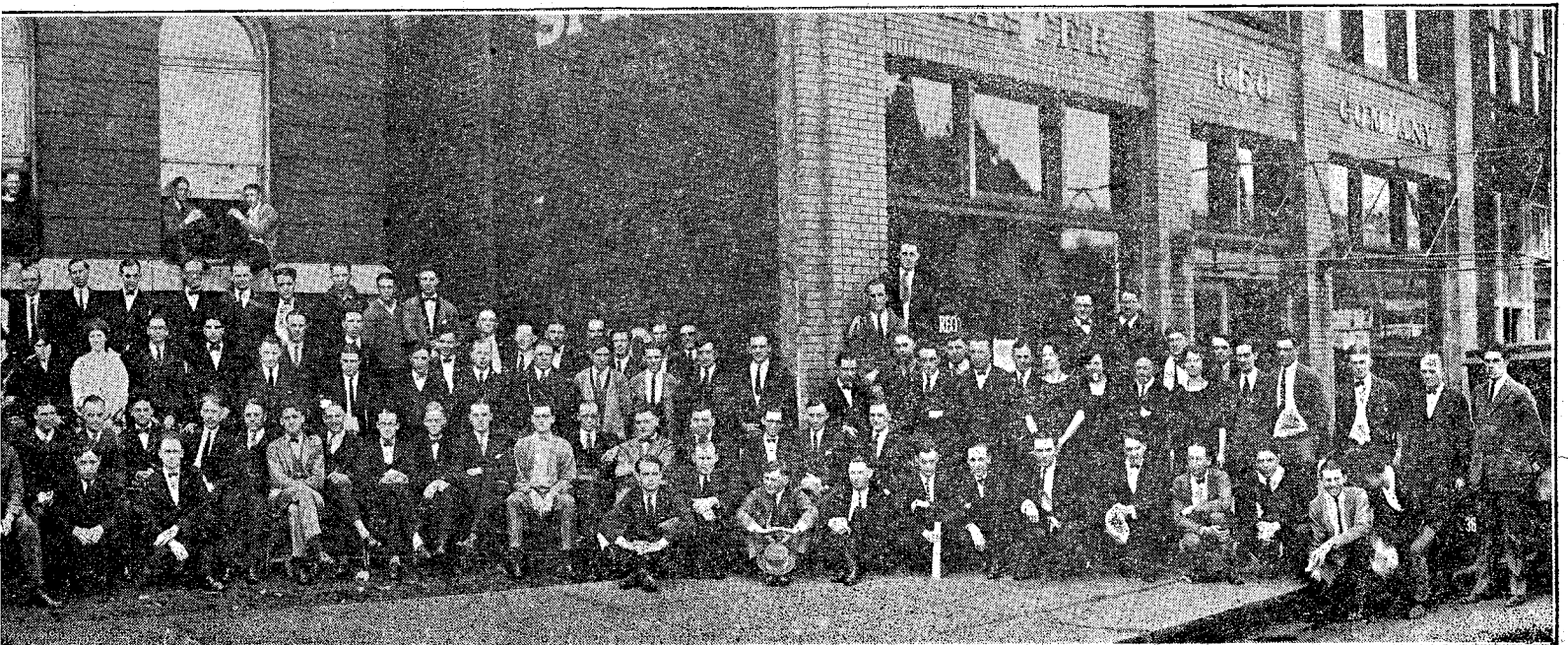
4:20. Cervical Technique. Dr. J. Oliver Sartwell, Dean of M. C. O., Boston, Massachusetts.

4:40. Technique and Its Fundamentals. Dr. C. Harrison Downing, Kansas City, Missouri.

5:00. Gallstones. Dr. John N. Waggoner, A. S. O., Kirksville, Missouri.

Of course you may logically prove to yourself that you cannot do as much this year as you did last. I have done it, but logic is a mighty dangerous thing to rely on. I heard of a perfectly logical little girl, but her conclusions were wrong. Her teacher asked her what a furlough was, and she said it was a mule. On in query it was found out that the girl had seen a picture of a soldier riding on a mule, and under the picture was the label, "Off on a furlough." The little girl was logical.

You are not dressed for work until you put on a smile.



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Entered as second class matter, February 3, 1923, at the post office at Des Moines, Iowa, under the act of August 24th, 1912.

# THE LOG BOOK

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Volume 1

May 1, 1924

Number 31

## Still Brings Home the Bacon in 2 Slug Fests

All that saved the Ames variety from defeat at the hands of the Still sluggers last Thursday was the fact that the parties of the first part were en route to St. Louis for a game with Washington U. Consequently the Stillionians contented themselves with a little batting practice at the expense of the Ames seconds.

A cold northwest wind that congealed the marrow of the spectators made the day far from ideal for baseball, but the bonesetters were "hot" across the platter in the initial frame, enough to put the game away safely. As a ball game, the spectacle was a good winter sports carnival, but it served to show the fans that Still has an excellent ball team, albeit very much in the rough as yet.

Walker toiled on the mound, and acquitted himself very creditably, besides pulling off a nifty pilfering of second base. "Cartie's" work behind the bat was all that it should be, while Thomas' stick work was the high light of the contest. The defense wobbled on one or two occasions, although the rough infield no doubt contributed to the erratic work.

When the last howling blast had swept down from the Siberian steppes and the final count ascertained, it was discerned that Still had the long end of a 13 to 4 count.

The next outfit to cross bats with Still was Central College. The game was played on the D. M. U. field Saturday, April 19. The day, although a little warmer than on the date of the initial contest, was very windy and not conducive to good baseball.

Olsen hurled for Still, and although not in control of his usual stuff, he should have emerged victor by a wider score-margin than he did. The work of the Still infield was either sublime or ridiculous, there was no happy medium. Two or three bad bobbles when hits meant runs, contributed materially to the Dutchmen's score, but two brilliant double plays, one McIntosh to

Lustig to Nicholas and another, Olsen to Nicholas to Mc-Intosh, were good to look upon.

Thomas did some good work in center garden, but didn't have as gala a day at bat as he did at Ames. The team as a whole, however, hit more consistently, and Central used three pitchers in the course of the game. The Dutchmen made nine errors as against Still's five, but their clumping of hits when hits were needed made for evening the score, which resulted finally in a 13-10 win for Still.

## Still Nine Beats Tiger Team 10-8

The Still college baseball team won a seven-inning game from Des Moines university on the latter's field Wednesday afternoon, April 22, by a score of 10 to 8. Craven and Flaharty of Des Moines, and Lustig and Nicholas for Still, hit homers. Still players made six errors and the Tigers made three.

The Bonesetters took an early lead in the first inning by scoring two runs, four more came in the second, and the Tigers made one each in the second and third frames. In the fifth each team made a pair of markers and Still added two more in the sixth. The Tigers threatened to tie up the game in the sixth with three runs, and again in the seventh with one.

Score by innings— R. H. E.  
Still .....240 022 0 —10 11 6  
D. M. U. ....011 023 1 — 8 7 3  
Walker and Cartright; Hansen and Esslinger.

Walter McWilliams is treading on air these days and answer to Why? "It's a girl, and we have named her Hazel Elizabeth." "Mac doing well as could be expected" was announced on the bulletin board the next day.

Lloyd Woffenden, Mrs. Woffenden and Margaret are rejoicing in the addition to their family circle of a brand new 100% boy, who has been named Stewart.

**ARE YOU INTERESTED IN A REAL COURSE IN MAJOR SURGERY? WRITE D. M. S. C. O.**

## 5th Annual Track Meet

The annual interclass track meet will be held this year at 2:30 Thursday afternoon, May 15, at the West High Stadium. All the standard events will be included except the hurdles and the javelin, due to the lack of this equipment.

Much interest is being shown in this meet, and daily work-outs are now in order. A few trophies, and at least ribbons to winners of each event is doing much to stimulate this good competition. According to the dope sheet, the freshmen, with their numerous athletes seem to be most likely contenders for first place. The Seniors, who won this meet last year, still have many of their strong point-winners, and should place high. Funds will be raised if possible to finance the getting of a cup trophy for winner of the meet, and ribbons bought and printed for first, second and third place in each event.

Coach Sutton has complete charge of the meet, and a committee of five has been selected to help him, arranging the details and running off the meet. Br. Robert Bachman will probably be the official starter again this year.

## Assembly April 30th

This period was given over to a performance by Angus and Company. The "company" end of the organization is Patrick Robinson, an ebony-haired Irishman. Born, bred and brought up in Missouri, used to play in a string band with Angus and his brothers away back there. Music? Well, nothin' else but. Angus favored with songs all the way from "Mary Don't You Weep, Don't You Moan" to "Just Because She Made Dem Goo-goo Eyes." Angus plays the guitar and Patrick the accordion, and both artists are masters of their instruments.

As a minor attraction, Mr. Warner announced that polls were open until noon for the election of representatives on the student council.

## Dr. Smith of Iowa Methodist Hospital Addresses Students

Dr. Smith, superintendent of Iowa Methodist hospital was the speaker, and if there is anything that Dr. Smith can do as well besides run a hospital, it is to tell a group of embryo physicians the magnitude of their chosen work, picturing to them the very bright side of the work because of a satisfaction of an unselfish service to humanity as well as the somber side incident to ingratitude of those who are benefited.

Dr. Smith's remarks abounded in short, snappy witticisms, showing that he has the happy faculty of being of the optimistic temperament, and as he said, "it is not the fellows who try to smile trouble away who are the ones who best succeed, but the fellow who meets trouble squarely and works with a happy disposition, confidence in himself but not self conscious, glad for the opportunity to render a whole-hearted service to a big job."

The gong sounded all too soon, and the doctor promised to come back some time and give us the "main address." The rounds of applause were indicative of the appreciation of the student body.

Dr. Schwartz, faculty representative of the assembly committee, and Still College Athletic director, then gave out letters awarded by the college to men who had by their effort and performance signally distinguished themselves on the basketball floor this past season. Gus Weimers, Russell Nicholas, Harry Hannan, Roy Davis, Gerald Meyers, and Homer Thomas were the recipients.

The student body then gave a demonstration of the calibre of pep possessed by Still College men and women. Leading off with 15 rahs for Dr. Smith, the speaker of the morning, and then all the way through the line to "Bones and Ligaments."

Miss Trimble performed at the Piano.

Do what you have to do and do it now. Spell "now" backwards and you have the answer.

## Phi Sigma Gamma

Angus and his assisting artists, together with Doctors Abner, Graham and Walker, furnished a very entertaining program of guitar and accordion music. The doctors acquitted themselves most creditably and we all were remarking that we didn't think it was in the boys. Elsewhere in this issue the performance of Angus and his "pardner" is reviewed.

Dan Weir and Dick Gordon are going to spend the summer months in Europe. Someone slipped it to us the boys are going to earn their way as they go. Isn't it fine to enjoy walking and not care particularly about regularity in eating?

Did you see Smith's new cap? Neither did we. Must be some sentiment connected with that old cap, A. E., for we have heard at least two offers to buy you a new one. Still you refuse to lay the old one aside. How come?

Did you know that we have in Angus a very versatile man? In addition to his being a very efficient housekeeper, custodian, landscape gardener and all that goes with the job of keeping Still College buildings, campus and grounds in A-1 shape, Angus is an artist, a gem of the first water, performing on the guitar and singing thereto in a high lyric tenor. He sure swings a wicked mit on that instrument, as you would admit if you were privileged to enjoy a performance. Angus has a "pardner" who pulls the accordion, and though the combination is good, Angus is the big attraction.

## Iota Tau Sigma Notes

Doyle Richardson had as his guests for Drake Relays, Kenneth Richardson and Mr. and Mrs. J. M. Johnson of Austin, Minnesota.

"Pete" Barnes and Carl Brolin of Beloit College, Beloit, Wisconsin, were entertained by W. R. Marlow and H. B. Poucher.

J. C. Cochran entertained Lawrence Romine of Cedar Rapids, Iowa.

Dr. J. L. Craig, '23, Cresco, Iowa, accompanied by Norman Bradley of Cresco, Iowa, spent the week end at the chapter house and took in the Relays.

Dr. and Mrs. E. E. Steffen and daughter, Dr. and Mrs. G. C. Taylor, Mr and Mrs Skidmore and son, and Mrs Higelmire were Sunday dinner guests on April 20th, at the chapter house.

Dr. Robert Bachman, wife and

two children, Dr. Irene Bachman, Mrs. Katherine M. Robinson, and Miss Rosemary Kurtz were guests of the fraternity for dinner on Sunday, May 4th.

Forty couples enjoyed a Relay Dance at the fraternity house on April 25th, with Ray Harrison and his orchestra furnishing the music.

## Still Students Follow Bill Bryan's Pastime

"The Bagdad Four," a male quartet that will appear over one of the Redpath-Vawter Chautauqua circuits this summer, will have in its personnel two students of D. M. S. C. O., J. C. Cochran, first tenor and manager, and Louis Miller, basso. The other two members of the quartet are students at Drake Conservatory. May 31st at Sandstone, Minnesota, is the opening date for the quartet, and the season will extend over fourteen weeks, covering Minnesota, North and South Dakota, Iowa and Missouri.

The name of the organization has been adopted on account of the second part of the program, which depicts a desert scene with the members of the company in Arab costumes and the music used carrying out further the Arabian idea.

## Student Council

For a long time the institution has felt the need of an active student council to assist in the carrying out of the rules and regulations, to promote a better feeling between the classes, to protect the interests of our college, to cement the good feeling between the students and the faculty, and to make such suggestions to the Dean or Executive Board as seem worthy and beneficial to the college, the student, and osteopathy.

On April 23rd, the Constitution of The Organized Student Body of D. M. S. C. O. was presented to the students in assembly and later ratified by the signature of one hundred and eighty-three students. According to the constitution it was necessary for one hundred and forty-four, or two-thirds of the student body to ratify the constitution for acceptance.

One week later the members of the student council were elected and are as follows:

Upper Classmen (4)—Bob Lustig, E. T. Eades, M. D. Warner, Ray Price.

Lower Classmen (3)—W. E.

Ludwig, A. E. Smith, John H. Voss.

The Council became active at once, and appointed a committee for our annual picnic to be held on May 9th; also elected officers for the coming year, with M. D. Warner as president, Bob Lustig as vice president, and W. E. Ludwig as secretary and treasurer.

The student council has a great deal to accomplish in the few short weeks that are left of this term, among which are the making of rules governing the conduct of students within our halls; regulations for the incoming Freshman Class; and offering such suggestions as will be beneficial for the student, the college and osteopathy.

Thus everything should be in fine working order before the close of the school year, and we are all looking forward to the next year, which with your assistance will be the biggest and best year D. M. S. C. O. has ever known.

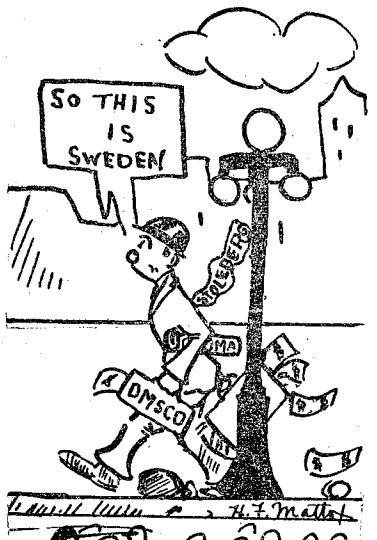
When you join a club with the thought of having some place to go to spend your lunch hour in rest and relaxation, doesn't it make you madasell to have some fellow member take advantage of a club acquaintance to solicit you for business?

Confidence is the backbone of all business. Don't do or say anything that would tend to destroy.

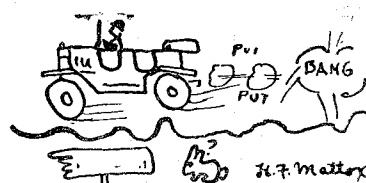
When you hear a man boast "I say just what I think"—just put it down that he doesn't think.

Win a man's confidence as quick as you can, and hold it as long as you can.

Always be courteous in the face of discourtesy.



Vande Griff's Entrance Into Minneapolis



Doc Hansel Enroute to West Va. One Minute After Graduation

## Heard in the Cloak Room

Sophomore: Freshie, atrophy and disappear.

Freshman: I'm not that dumb.

Soph.: If you had a few more brains you would be dumb.

Fresh.: If you had a few more brains you would be a freshman.

Soph.: If you'd have a few more brains you'd be a half-wit.

Fresh.: If you'd have a few more brains you'd be narrow minded.

Soph.: You're so narrow minded there's no room on the top of your head for the dust to settle.

Fresh.: You're so narrow minded you can't see for the dust I make.

Fresh.: By the dust you make, your occupation must be confined to the business end of a broom.

Fresh.: By the dust you make, your occupation keeps you in the city streets, dressed in white overalls.

Soph.: By the dust you make, you can't see far enough ahead to see how far behind you are.

Fresh.: By the dust you make, you are so far behind you never will catch up.

Soph.: By the dust you make you are as dead as mummy dust.

Fresh.: By the dust you make, you are as dead as a mummy.

Soph.: You're so dead you owe the undertaker for your funeral expenses.

Fresh.: You're so dead the undertaker has forgotten you.

Soph.: You're so dead your folks have collected your insurance.

Fresh.: You're so dead you couldn't take out insurance.

Soph.: You're so dead—it's published in the Log Book.

Fresh.: You're so dead you never get your name in the Log Book.

Soph.: You're so dead you can't put the Log Books in the mail any more.

Fresh.: You're so dead you're—

Soph.: You're so dead it's too late to hold a post mortem.

Et cetera ad infinitum.

We have all met men who were too little to be big. You know the fellow I mean, the one who mooches lunches, smokes, gum, etc., and walks ten blocks in the middle of a busy day to save car fare.

# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPOTHY.

President .....S. L. Taylor  
Editor .....Jack Hansel

*Osteopathy Without Limitation*

## Sympathy

Dear Ed:

Your kick reminds me of the Hebrew boy who had lost his family through sickness, his business through adversity and was even forced, in the end, to carry a pack on his back to make a living.

One day in his desperation he approached the Rabbi, recited to him the trials and tribulations he had to endure, and asked if there was anything he should do to remove the stain on his name that was causing the bad luck.

"Father," he said, "I have always been a good boy and contributed to the support of the church, was good to my family. Why should I be thus punished? What is there for me to look forward to for hope?"

"My son, it does seem hard to bear all this, but you will have to carry this pack for seven years."

"What then, Father?"

"My son, you will be so used to it that you will not mind it any more."

Keep a stiff upper lip, Ed, and even though the burden is hard to bear, you will be like the boy in the above, it will cease to get under the skin after a while, and you will get a deal of fun out of the work.

Yours osteopathically,  
A. B. Stoner,  
Phoenix, Arizona.

The above was received to help cheer up the editor. The story is so applicable to almost all jobs in life we pass it along. The first 100 years are the hardest—sure nuf!

Wasn't it a bit gratifying to see how some of the student body jumped in and put the Log Book into the mails in response to a special appeal the last issue? It feels good to see a piece of work tackled in the spirit of "Let's all lend a hand and put the cleaner on it," now doesn't it?

In surgery:  
From a freshman:  
"I have a patient."

## Smoking

(By Dr. David H. Reeder, La-  
Porte, Indiana)

As I sit here writing to you I always feel an earnest desire to tell you something that will be of real benefit to you.

During the thirty or more years that I have been teaching self help, I have seldom written about tobacco. I feared always that I might let my personal feelings influence what I had to say. Many times I have been asked by women if I did not love the odor of a good cigar, and I have always been forced to answer that "I do not know, I have never smelled one." I admit that some cigars or kinds of tobacco are worse or more vile than others, but, to me at least, none are good.

I believe that 95 per cent of the non-users of tobacco, and that includes women and children, not only find it very offensive, but injurious.

I found a number of cases of so-called "tobacco heart" in women and children, who were compelled to inhale the fumes of burning tobacco in small, ill-ventilated rooms, where they must live, eat and sleep.

My reason for talking about tobacco is that in the next room there lies on a treatment table, a splendid business man. A trained nurse is watching him constantly while a prolonged application of the red rays of the spectrum are penetrating his throat and lungs.

When he came in this morning, and before he could say a word, he was seized with a severe fit of coughing which so exhausted him that he staggered to a chair, then sat and gasped for several minutes before he could say a word.

He had three more "spells" before we got him quieted, and I just now heard him tell the nurse that he would like to lie there all day. She told him to go to sleep and she would call him in time for a business appointment.

He has been taking osteopathic treatments whenever he thinks he can spare an hour or so for nearly two months. I could have removed the cause and nature would have cured him in two weeks, if he had been willing to quit the use of tobacco at the start.

He can only get temporary relief now, as I am forced to treat symptoms instead of causes.

Most of his friends and some physicians think he has con-

sumption, but I can find nothing of the kind.

Autogenous therapy would remove the cause if it could be used. The secretions of his throat contain the antigens, the aggressions that would, when properly used, give him quick and permanent relief, but those secretions are so saturated with tobacco that they are neutralized and innocuous.

Much as I like the man, I shall be forced to tell him that unless he will do as I tell him to do and stop the use of tobacco, I will refuse to treat him. Perhaps when he fully realizes that it is a choice between tobacco and choking to death, he may summon sufficient will power to quit it and get well.

It seems unthinkable that anyone would allow themselves to become a slave to a habit, and yet it is true. People get the drug habit, coffee and tea habit, even the candy habit. Not so much alcohol habit as there was, and it is growing rapidly less, but habits that enslave and injure are all subject to cure, even the morphine habit, if the victim is willing to co-operate enough to even try.

## Sounds Good

Dr. E. M. Schaeffer delivered a dandy girl in Detroit the other day. Of course that happens often, but the thing that we like about this delivery wasn't the delivery at all, but there was a medical nurse of twenty years' experience on the case, and after the Doctor left she told the mother that she had never witnessed a case handled any better. She meant it, too, as is proved by the fact that in a few days after the daughter of the nurse engaged Dr. Schaeffer to deliver her.

Sounds good for the Obstetrical course in the Des Moines Still College of Osteopathy.

The above comment has a universal application and can be made so by high standards all along the line. Individual work and individual discipline and study only can accomplish this end.

A southern ducky when asked why so few colored people ever committed suicide answered, "As I gits it, Boss, it's worry w'at makes people kill 'emselfs, en' when a niggah's worried en' sits down ter think, why, he jist nacherly goes ter sleep." Moral: Don't worry.

Turn to page 4 and mail your coupon, now.

## For Sale

Well equipped office and practice in Montana town of 5000 located in the heart of the Rockies. Live business town, fine climate, high elevation, wonderful scenery, camping, hunting, and fishing.

Only osteopath in the county. Price \$1250 cash.

Dr. L. E. Tichenor,  
Red Lodge, Montana.

## Surgery Interest You?

D. M. S. C. O. would like to know how many of the profession are really interested in a POST GRADUATE SURGICAL COURSE which lead up to the practice of major surgery. If you are interested, write us. If you are not interested in surgery, except in some little DINKY, worthless course, do not write us. We would like to hear from you at once, if you want REAL surgery.

The young fellow who has a coffee and doughnut breakfast in town, an armchair lunch, and eats a delicatessen dinner out of paper bags when he gets home in the evening, nine times out of ten has married some fool girl because she was a good dancer.

Keep in touch with the world, with all right activities, with fresh air and sunshine, with good natured and contented human beings, and you will be a long time getting old.

A man's personal appearance has much to do with his business success. And, a man's business success has much to do with his personal appearance.

Seeing is not always believing—I've seen a lot of people I wouldn't believe.

SOMETHING YOU WILL  
NEVER SEE—

LADIES GENTS AND  
OTHER WISE



M. F. Mott

Swezey On a Lecture Tour



## *Did you Join your Church, Club or Lodge for only a year or to be a member as Long as You Live?*

You did not say to your minister: "I will be a faithful member for a year or two and drop out." Neither did you join your club or lodge on the basis of paying dues every five or ten years.

Is it not reasonable to assume that you will continue your association and support of Osteopathy along with the other worth-while organizations? Is there any reason why you should not be considered a "life member" of the Greater Still College organization?

## *Join the Greater Still Club For Life!*

**Place Yourself on Record Now! If You Cannot Pay Now,  
Join Now, and Pay Later**

**\$5.00**

To the Editor of the Log Book:

Enroll my name as a member of the "Greater Still College Club." I agree to pay the amount indicated on this coupon annually, upon receipt of a "payment due" notice from your office until such time as I may notify you of my desire to cancel or change the amount of my subscription.

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**\$75.00**

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Name .....

Address .....

Date .....

**\$-----**

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Address .....

Date .....

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# THE LOG BOOK

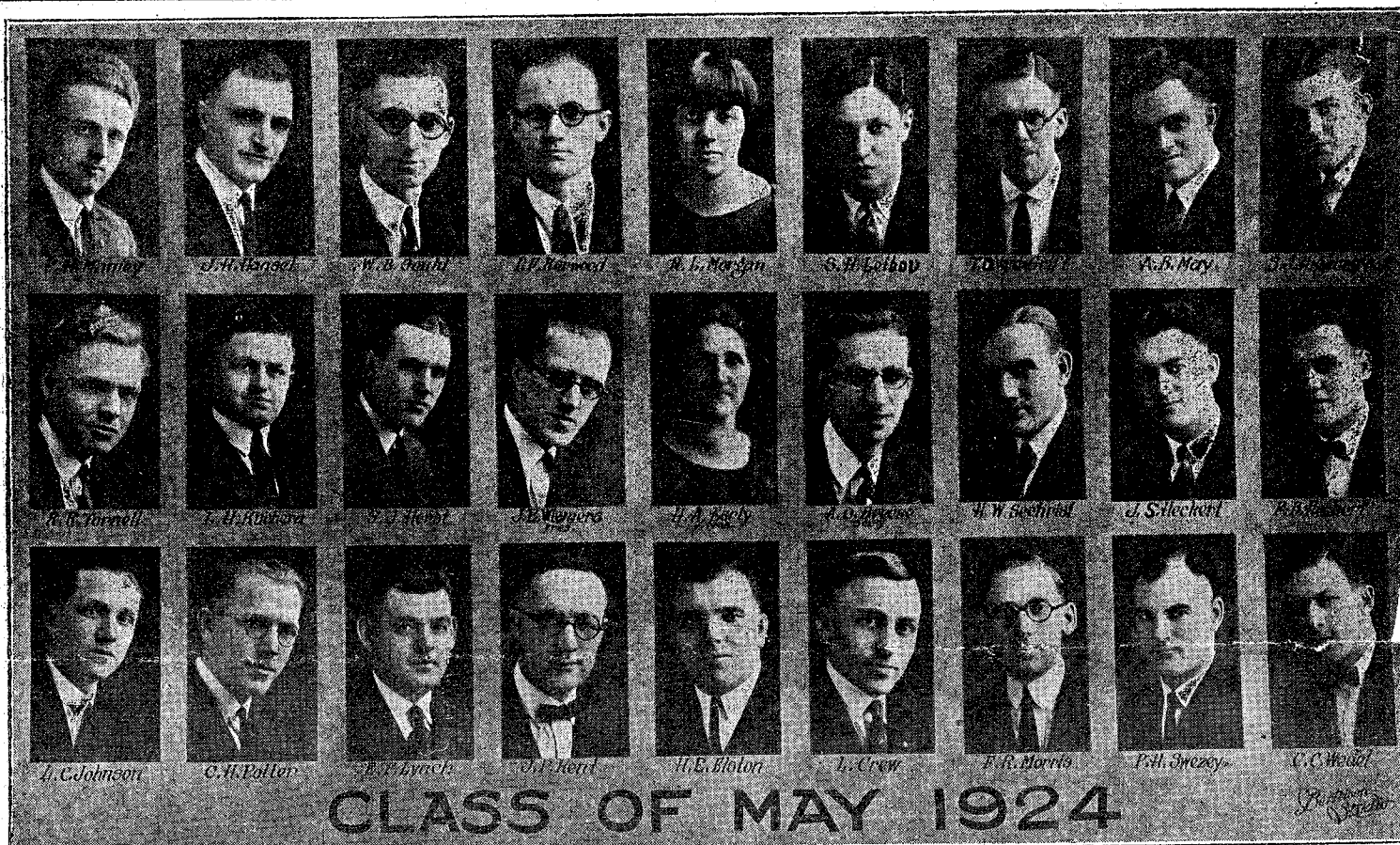
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PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY.

Volume 1

May 15, 1924

Number 32



## "Want Ads"

Stop for a moment and glance over this list of soon-to-be doctors. They are members of the May, 1924, class, the "best" class that ever finished their work at D. M. S. C. O. (It took lots of nerve to write that.) This being a real fact, we thought it well to inform the readers of the Log Book where they will find any of these doctors—either for treatment or consultation.

The following list is of the graduates, their home town, high school, college, and where they intend to practice.

Robert R. Tornell, P. S. G. Estherville, Iowa; Estherville H. S.; Iowa State College; D. M. S. C. O.; California.

Howard W. Sechrist, I. T. S. Shenandoah, Ia.; Shenandoah H. S.; Grinnell College; D. M. S. C. O.; Interne, Detroit Osteopathic Hospital, Detroit, Mich.

Cleo C. Wedel, I. T. S. South Bend, Ind.; South Bend H. S.; D. M. S. C. O.

E. F. Lynch, P. S. G. Clinton, Mass.; Marlboro H. S.; Cornell Prep. School; Mercersburg Prep. School; McLane Training School; Mass. College of Osteopathy; D. M. S. C. O.; Australia.

Julius E. Wiemers, I. T. S. Bunker Hill, Ill.; Bunker Hill H. S.; Ill. State Normal Univ.; D. M. S. C. O.; Ohio.

Louis H. Kuchera, Atlas Club. Glenville, Minn.; Albert Lea H. S.; Iowa U.; D. M. S. C. O.; Albert Lea, Minn.

Dora S. Morgan, Axis Club. Humbolt, Ill.; Eastern Ill. State Teachers' College; A. S. O. 2½ years; D. M. S. C. O.; Illinois.

Herma A. Early, Axis Club. Wauseon, Ohio; Wauseon H. S.; Wooster U.; D. M. S. C. O.; Des Moines, Iowa.

Lyman A. Crew, Atlas Club. Bozeman, Mont.; Gallatin Co. H. S.; D. M. S. C. O.; Montana.

Sam. H. Leibov, I. T. S. South Bend, Ind.; Erasmus Hall, New York City; South Bend H. S.; D. M. S. C. O.; Ohio.

Charles H. Potter, I. T. S.

Blackwell, Okla.; Blackwell H. S.; D. M. S. C. O.; Pagosa Springs, Colorado.

Paul H. Manley, I. T. S. Randolph, N. Y.; Randolph H. S.; D. M. S. C. O.; Pennsylvania.

J. P. Kent, I. T. S. Boston, Mass.; Slyod Normal, Mass. College of Osteopathy, 3 years; D. M. S. C. O.; New England.

Walter B. Gould, Atlas Club. Portland, Me.; Corinna H. S.; Shaw Business College; D. M. S. C. O.; Colorado.

Paul H. Swezey, Atlas Club. Marietta, Ohio; Decorah, H. S.; Marietta College; A. S. O. 1 year; D. M. S. C. O.; Ohio.

Seymour J. Higelmire, I. T. S. Eaton Rapids, Mich.; Eaton Rapids H. S.; D. M. S. C. O.

Lyman A. Johnson, Atlas Club. Norfolk, Nebr.; Norfolk H. S.; D. M. S. C. O.; Nebraska.

Ira F. Kerwood, P. S. G. Iola, Kansas; Iola H. S.; Baker U.; D. M. S. C. O.; Iola, Kansas.

F. R. Morris, Atlas Club. Grove City, P. A.; Grove City College; Perry H. S.; D. M. S. C. O.; Pennsylvania.

A. B. May, Atlas Club. Lebanon, Ohio; Kings Mills H. S.; D. M. S. C. O.; Ohio.

Alvin O. Breese, I. T. S. Marietta, Ohio; Marietta H. S.; Ohio Wesleyan; D. M. S. C. O.; Ohio.

Harry E. Elston, P. S. G. Niles, Ohio; Niles H. S.; Carnegie Tech.; D. M. S. C. O.; Girard, Ohio.

John S. Heckert, P. S. G. Bakerstown, Pa.; Slippery Rock State Normal; Duff's College, Pittsburgh; D. M. Univ.; D. M. S. C. O.; Interne, D. M. G. Hospital.

J. H. Hansel, Atlas Club. Parkersburg, W. Va.; Parkersburg H. S.; Marietta College; A. S. O.; D. M. S. C. O.; Des Moines General Hospital.

Frank B. Heckert, P. S. G. Bakerstown, Pa.; Sharpsburg H. S.; D. M. Univ.; D. M. S. C. O.; Des Moines General Hospital.

S. J. Herbst, P. S. G. Warren, Ohio; Warren H. S.; A. S. O., 2 years; D. M. S. C. O.; Ohio.

Thomas O. Vande Grift, Atlas Club. Austin, Minn.; Austin H. S.; Minnesota U.; Austin, Minn.

## Iota Tau Sigma Notes

The farewell dance to the nine senior I. T. S.'s who will graduate this year from D. M. S. C. O., was held at the chapter house on Friday night, May 16th. Thirty-five couples danced to the strains of music furnished by the "Serenaders," under the able direction of Al. Levich. Punch was served throughout the dance, and at intermission, entertainment was afforded to those present by different individuals. Brothers Trenery and Bean and Dr. J. P. Schwartz were guests of the fraternity at this time.

Saturday evening the final degree work was given to the three pledges to Iota Tau Sigma—David and Leroy Skidmore and Lawrence Reiter, at the chapter house, after which the entire membership of the chapter removed themselves to the Kirkwood hotel, where the senior banquet was held.

The seniors who were thus honored, and their future destinations, follow:

H. W. Sechrist—to Detroit. Osteopathic hospital for an internship.

J. E. Weimers—East to see if only knows what he is talking about, and then to Dear Old Illinois (?) to practice.

P. H. Manley—back to Little Valley, New York (or something like that) and later to Pennsylvania to take the state board and practice.

C. C. Wedel—to South Bend, Indiana, for a brief visit, and then to parts unknown "west of the Mississippi" to practice.

C. H. Potter—accompanied by the new MRS. to Kansas and Oklahoma for the customary honeymoon, and then to Colorado to make money.

S. H. Leibov—back to South Bend, Indiana, and then some place to practice osteopathy.

A. O. Breess—stop-offs in Ohio for introductions to the "home folks," with Pennsylvania as the destination for future practice.

S. J. Higlemire—with Mrs. S. J. by his side in his trusty Ford coupe, to the "west" to find the most promising location.

J. P. Kent—to Farmer City, Illinois, to take over a practice for a month and then back to "Bawston" for a brief but much-needed rest.

Throughout, the banquet was interspersed with toasts to the seniors. Brother C. C. Wedel acted as toastmaster, and after-dinner speeches were made by Brother Nowlin, speaking for the

"Worms;" Brother Benien, speaking for the "Goats;" Bro. Odell, speaking for the "Near Mighties;" and Bro. Kent, speaking for the "Mighties."

Bro. A. G. Prather, D. M. S. C. O., '23, was present and gave a few well-chosen remarks on "Iota Tau Sigma—Past and Present."

Bros. Staples, Odell and Olsen left Sunday in Staples' Rolls-Ruff for South Bend, Indiana. Following a few days' visit in South Bend, Bros. Staples and Olsen will drive to Kirksville, Missouri, to attend the annual A. O. A. convention. From there they will return to Des Moines and remain at the chapter house throughout the summer.

Bro. Wadkins leaves on Wednesday for Pittsburgh, where he will attend the "Pitt Relays," Bro. Wadkins' brother being one of the members of the Pitt Relay Team and a student of the college of dentistry of the University of Pittsburgh.

Bros. Gephart, Russell, Benien and Skidmore leave Wednesday for their homes in Ohio; Bros. Poucher, Marlow, and Nowlin for Illinois; Bros. Dave and Jim Burton for California; Bro. Richardson for Minnesota; Bro. Green for Sac City, Iowa; Bro. Belf for Detroit, Michigan, and Bro. Shaw for Minneapolis, Minnesota.

Bro. Cochran leaves May 27th for Cedar Rapids, Iowa, to begin his summer season with the Redpath-Vawter Chautauqua system.

## Taylor Clinic

Dr. Nichols of Boston has been secured as a lecturer for five days at the next post-graduate session of the field membership of the Taylor Clinic, which will be held at Des Moines October 20 to 24, inclusive. Dr. Nichols is only one of several men who will speak at the post-graduate course in October. A wonderful boost for Des Moines and Des Moines, Still College, as these men will all give at least one lecture to the student body.

It was left to the Axis Club to take the first step in supplying anything of a memorial nature honoring Dr. A. T. Still. The girls caused to be hung on the assembly room wall, back of the platform, a good sized picture of the Father of Osteopathy. Mighty fine of the girls.

## Phi Sigma Gamma Notes

Harry Elston, J. S. Heckert, F. B. Heckert, R. B. Tornell, and E. F. Lynch, graduates, have settled down to a few days' rest, preparatory to taking up work in their respective fields. Harry is going back to Niles, Ohio, and establish practice, specializing O. B. John and Frank are taking internships in Des Moines General Hospital, and Ed. is going back to Boston. Bob is going to stay in Iowa. The influence of these men has been a factor in the fraternity, and will be surely missed.

The semi-annual dinner for the graduating members was held at Younkers'. Dr. Johnson and Dr. Schwartz were speaker-guests; Pledges Elsea, Hellman and Friend were also guests. Dr. A. D. Cornelius from Knoxville hospital, was in attendance, and gave glowing accounts of his operations in the field. Dr. Cornelius is a candidate for Coroner of Marion county.

Dr. Johnson: Did you folks take Physics?

Soph: Yes, but not since taking up Osteopathy. Isn't necessary.

Joe Rader and Ralph E. Davis are going to sell Pictorial Reviews again this summer. Homer Sprague is going to help out the Board of Education at Cleveland, having charge of a playground for the summer months. A. E. Senitt will keep his eye on Harry Elston, Homer Thomas, Owen Wright and Roy Davis at Niles this summer, in capacity of real estate salesman for the steel mills there.

Doyle Richardson will do the rounds for Uncle Sam in that Minnesota town where they thought the first mail man was a Confederate soldier.

A. J. Smith sells fruit during summer months. Ross Roberts will continue his old line, meat and groceries salesman. Rusty and Thell will again put the Pictorial into hundreds of homes where it never was before.

Lloyd Woffenden is going to keep Henry Ford's ship from sinking this summer. Woof says since the acquisition of Stewart he has to turn out a few more Fords per day, now.

**ARE YOU INTERESTED IN A REAL COURSE IN MAJOR SURGERY? WRITE D. M. S. C. O.**

## Trimble-Potter

The Iota Tau Sigma fraternity house at 2007 Grand Avenue was the scene of a very pretty wedding on Friday, May 16th, at 5:30 o'clock, when Miss Marion Trimble, daughter of Mr. and Mrs. H. L. Trimble, of 653 Thirty-eighth Street, Des Moines, Iowa, was united in marriage to Dr. Charles H. Potter, son of Rev. and Mrs. E. V. Potter, of Blackwell, Oklahoma.

Rev. C. E. Rash of the Urbandale Federated church officiated, in the presence of 80 guests, after which the bridal party and friends repaired to the home of the bride, where the wedding supper was served.

The fraternity house was profusely decorated in ferns, palms and roses, and music was contributed by Miss Elsie Harris, who played the wedding march, Miss Bernice Russell, who sang, "I Love You Truly," and James C. Cochran, who sang "Because."

The bride's gown was of orchid georgette and lace over blue crepe, and she carried a bouquet of orchids and lilies of the valley. She was attended by Mrs. C. C. Wedel, who wore orchid taffeta and carried a bouquet of lavender sweet peas and sweet-heart roses. Mr. Wedel served the groom as best man.

The groom is one of the graduating class of this year at D. M. S. C. O., and after a trip through Kansas and Oklahoma, the pair will reside in Colorado.

## Curious Reflex

"The human anatomy is a wonderful bit of mechanism."

"Yes, pat one kind of man on the back and you'll make his head swell."

D. M. S. C. O. says now is the time to send in the name of that new prospective student. Do not forget to attend to this at once.

"Go to a friend for advice, a stranger for charity, and a relative for nothing," is a little piece of advice an "old timer" gave me years ago.

Show a man you are interested in his business, and he will become interested in yours.

**Turn to Page Four  
and Mail Your  
Coupon — NOW!**



# The Log Book

The Official Publication of  
DES MOINES STILL COLLEGE  
OSTEOPATHY.

President ..... S. L. Taylor  
Editor ..... Dr. Jack Hansel

Osteopathy Without Limitation

## Successful Year

We oftentimes speak of the weather coming in like a lion and going out like a lamb. The school year, 1923-24, came in like a lion and went out like a lamb. Our great difficulty and "bugaboo" was our debts. The officials of the institution wrote all over telling the said financial status and predicted dire events, but as usual, the old school, like a cat of nine lives, lived through it all. Here must be mentioned several professors who have given their time this year for "a scrap of paper," and due credit must be given to them for their generosity. They deserve all the commendation the profession can give them. It is not an easy matter to give of your life and strength and also make a living, for this is a practical world, and people do not appreciate as a rule the things you do and the sacrifices you make until you begin to push up the daisies. We think the institution should have as its insignia a black cat, for it spells both good luck and continuation. It is not a question of whether or not we will have enough students to fill the institution, but our problem is to find room enough to accommodate them. This fall will find our building chuck full. Can the profession suggest anything in the way of relief? Let us hear from our old alumni who are vitally interested in the institution.

## Prospective Students

Do not forget to send every prospective student name to D. M. S. C. O. The efficient office force will see that the get literature. This is a real bee-hive at Des Moines. Students and everybody are working for the biggest class in the history of the institution, and there is no doubt at all that this will be accomplished.

A number of Axis girls will attend the convention at Kirksville. Anna Doyle is the authorized delegate.

## Corporate Board Meets

The Corporate Board had its annual meeting May 20th, 1924, and officers for the ensuing year were elected. Dr. S. L. Taylor, President, Mrs. K. M. Robinson, Secretary, C. F. Frazer, Treasurer, Trustees; S. L. Taylor, K. M. Robinson, S. L. Schwartz, M. E. Bachman, U. M. Hbbetts, Bertha R. Crum, E. E. Steffen.

More than the usual number were represented at the meeting. The financial report made by the president showed a marked increase in the income that the institution received during the school year 1923-24. This, of course, was due to the large increase in the student body. Much of the old-time determination was exhibited by members of the organization, and there was a full expression of sentiment for the old school.

The new organization is a determined bunch, and it is to be expected that the school year 1924-25 will be the most successful in the history of the institution. The expressions from the different members indicate a determination to make the school the foremost osteopathic institution in the country, and utilize to the fullest the wonderful advantages the Des Moines Still College of Osteopathy has over similar institutions in its splendidly developed clinics.

Announcement has been made of the engagement of Miss Stella Waddell, of Des Moines, Iowa, and Mr. A. O. Breese, of the 1924 class of D. M. S. C. O., to culminate in a June wedding.

## Surgery Interest You?

D. M. S. C. O. would like to know how many of the profession are really interested in a POST GRADUATE SURGICAL COURSE which lead up to the practice of major surgery. If you are interested, write us. If you are not interested in surgery, except in some little DINKY, worthless course, do not write us. We would like to hear from you at once, if you want REAL surgery.

## Practice for Sale

Dr. L. L. Cornell, osteopathic physician, Falls City, Nebraska, has notified us that he has a splendid proposition in a town of 6,000. We will be glad to see some worthy young physician take this practice.

## School Closes

Des Moines Still College of Osteopathy held its commencement May 22 at the college building. Thus closed one of the most successful years in the history of the institution. Notwithstanding the fact that there were many discouragements in the early part of the school year, the latter part closed with a wonderful burst of enthusiasm.

Many students as they departed to their respective homes bade the office goodbye with the remark that they were bringing one, two or three back with them in the fall. Indications are for a large class. If you have any prospective names, see to it that they get to the desk, so that we may co-operate for the advancement of osteopathy.

Any man might conquer the world if he had half as much perseverance as a female book agent.

Dr. Moore says: "Housemaid's Knee seems to be more prevalent every fourth year" (leap year).

Mrs. Messerschmidt is taking over the practice of Dr. Margaret Spence, of Marengo, Iowa, for the summer months.

**ARE YOU INTERESTED IN  
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SURGERY? WRITE D. M. S. C. O.**

## We'll Say Our Money Goes

Tune—"That's Where My Money Goes"

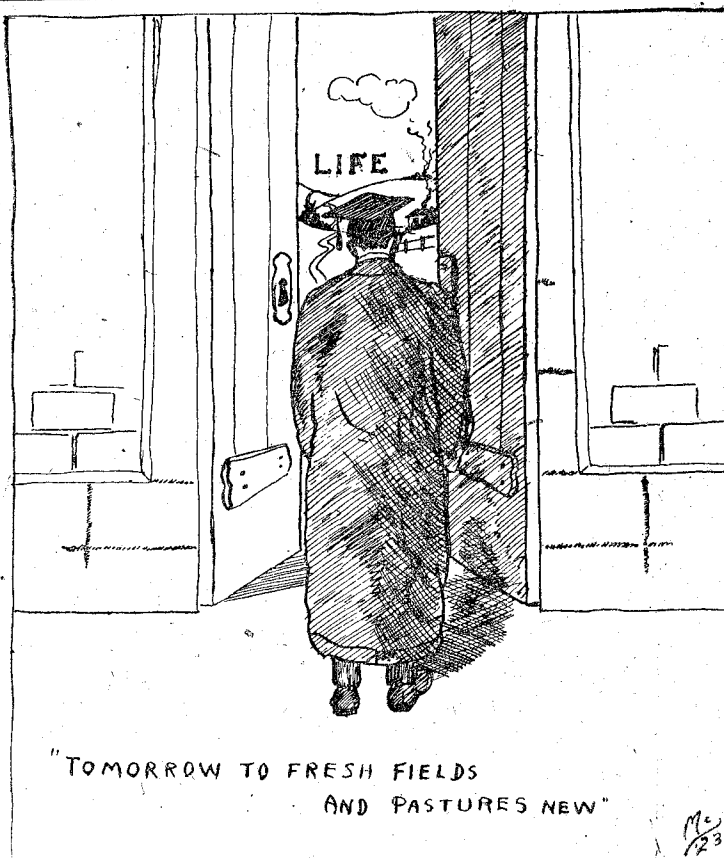
Where does our money go  
At D. M. S. C. O?  
We'll tell the world we know  
Money has wings.  
You'll hear the students tell  
It simply goes like—Well?  
Oh boys, we'll say our money goes.

Oh how our money goes  
To pay for books and clothes,  
To buy our shirts and hose,  
And pay our dues.  
We never knew a frat  
Could keep us broke so flat.  
Oh boys, we'll say our money goes.

When all our jack is spent,  
Then to our friends we went,  
Foolishly their cash they lent  
Now they're broke too.  
We never have a cent,  
It's gone for board and rent.  
Oh boys, we'll say our money goes.

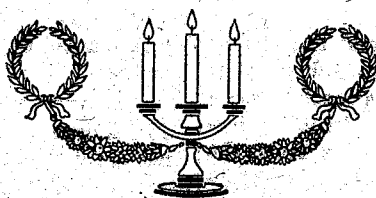
Off in our dreams we roam,  
Back to the dear old home,  
Back to the care-free days  
We knew of yore.  
Now though we laugh and joke,  
Oft are we sadly broke.  
Oh boy, we'll say our money goes.

—Cecil Warner.



# Let Us Arouse Ourselves

From the Rip Van Winkle sleep we have indulged in for so many years and salute our Alma Mater with a few dollars at least once each year.



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