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

$50,000 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 deadl in earnest in the matter and determined that the plans shall not fail.

The precise location of the new plant has not still 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.

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 physical-therapy. As a matter of fact, Des Moines Still College is truly a college of the whole profession. Its interests (Continued on page 3)
WITH OUR STUDENTS
FROM THE PRESIDENT OF THE SENIOR CLASS.

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

It is fitting now 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.

As a class, we 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 This College is going to be and is a big factor. It must be a leader in the field.

Our class stands one hundred percent, strong, for a new school building by next January. Our goal is to graduate from the college in its new home! This is no idle dream. It is a real possibility. Osteopathy is a big factor. It must be a leader in the field.

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 till 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 bone-setters fell short of tying the score by three points, and the visitors scored an other field goal at the final whistle.

The first period was featured by close guarding and much loose ball 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 asserted, 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 bone-setters 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 field—three being of the sensational variety. Nicholas and Meyers 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:

HASKELL-24
Nicholas, r/.....1 3
Thomas, t/.....5 2
Mannes, e/.....3 2
Meyers, r/.....0 3
Wielh, lg/.....0 1
Wiemers, l/.....0 1
H. Hannan, lg. 0 0

TOTALS, 8 3 13

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-President—R. R. Tornell. Secretary-Treasurer—L. H. Kuchera. With these men holding office and another wonderful year in the making, in our class, we have one of our best semesters ahead of us.

(Continued on page 3)

HASKELL-24
Carpenter, r/.....3 2
Skunkneck, l/.....5 2
J. Levi, c/.....1 0
A. Murdock, rg/.....1 0
Dunen, lg/.....0 2
F. Murdock, lg/.....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 causes 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 is abnormal, what is normal, and how to find the cause." —A. T. Still, Philosophy of Osteopathy.

THE LOG BOOK

AN OPEN LETTER FROM THE DIRECTOR GENERAL.

The Campaign for the New College Building is on and we are off with a hip, hip, hurray! 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.

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 the schedule within a short time, both games being away from home.

Vitamins are substances about which we have not much to say, but any display of the modern go-getting druggist shows us samples of certain laboratory products which contain liberal quantities of vitamin "P", 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 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, liver 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.

STILL-19

G FT F
Nicholas, r/.....1 0 3
Thomas, t/.....5 0 2
Mike Hannan, c/.....3 3 3
Meyers, r/.....0 3
Wielh, lg/.....0 1
Wiemers, l/.....0 1
H. Hannan, lg/.....0 0

TOTALS, 8 3 13

HASKELL-24

G FT F
Carpenter, r/.....3 2 1
Skunkneck, l/.....5 2 3
J. Levi, c/.....1 0 0
A. Murdock, rg/.....1 0 2
Dunen, lg/.....0 2
F. Murdock, lg/.....0 0

TOTALS, 10 4 8

Referee—Christy McCormick of Drake.
Des Moines their education. Send us your good young men and women—we need them and they need us.

WITH OUR STUDENTS

(Continued from page 2)

This is attributable to the fact that one of our members, the bowlegged 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.

Last semester was a successful one as far as our class was concerned. We took the back seat for no one—especially when it came to the program for "Stunt Day." With the assistance of the junior class, 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. and Mrs. Spring. It has been the tradition 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 enjoyable one, everyone enjoying the games, etc. During the evening we discovered the champion "sucker" of the class, our little blonde hairied 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 Hanel and Bob Tornell—who had swallowed too much milk earlier in the evening. Then just before the members departed, Mrs. Earley, the speaker for the evening, 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 greener stuff.

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

"Red" Manley has spent much of his time with the type 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." Lynne see Johnson and Cleo We- do are thus planning, because their wives will do that hereafter.

Tom Van De Grift, 

SOPHOMORE A

The following, once upon a time concerned 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 think a thousand years And rest myself, bygosh.

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 educating the public as to its many virtues.

SELECTING A LIFE'S WORK.

(Continued from page 1)

It seemed as if the new school had presented something that was tangible, real scientihc and out of the ordinary. Then in some day the entire world would be benefited directly or indirectly through the teachings of the Founder of this new school called Osteopathy.

Well do I remember the first copies of the Journal of Osteopathy, the first osteopathic publication 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 he were the real truth that had been given to the people after all these centuries 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-

New Building for D. M. S. C. O.

(Continued from page 1) have never been narrow or p

in the true sense of the word. Representativeness is the keynote, and it is of primary importance that the representatives of osteopathic colleges be selected so as to best represent osteopathic ideas. It is most important that the osteopathic interest be fostered and increased among the osteopathic colleges.

Each Doctor of Osteopathy is approached individually, given an opportunity to invite D. M. S. C. O. in order to take matters, however, and end that construction may ally begin at the earliest possible moment, the directorate will appreciate the favor if interested physicians will make use of the coupon found elsewhere in this issue. Full particulars will be taken care of. Just fill out the amount, sign and send us 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.

It 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 OSTEO-

PATIC 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 the practice of a science that deals with the most intricate 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 built, 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 ridicule 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 foresightedness 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.
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 thorough 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 thorough 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. Thus 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 thorough 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 any of the things we can do if we but take the time to work out the great principles that form the basis of osteopathy.

Alabama, Dr. Percy H. Wood; 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)
Injury usually accompanies inflammation, a condition into which tissues enter when they are irritated. The rise in temperature which you note with fever 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, we were not on the alert for receiving the heat, often higher than the famous "fever" of Gilroy, because, in their efforts to lengthen our days to three and a half and keep them at fever'temperature hot and throbbing, we have not observed "fever" as it really is.

It is only during the past sixty years that we have really tried to know something about the 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 expressed in all sorts of ways, which are usually ascribed to the daily change of the body's system. 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 whitishness, 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 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 and poisons which are everywhere about us, get under it. Consequently, the quick rise in temperature about the injured spot makes easy the production of substances by the body to make the sullen 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 or from these nerves according 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 run 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 superseded. The 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 fires in the family room? Father might lower the dampers tightly; and that heat would be going out of the chimney. Yet the fire burned cheerfully, the stove was hot and throbbing, yet the chimney was wide open and the air in the room was 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 tighter. Quickly the stove becomes red hot, 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 produce as much 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 keep its proper level. If the thermostat is set too low, as it is in small children, the heat becomes more rapid, and 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. Lasatives 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

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 be all of the more important to 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 clinics 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 to possess the American Spinal Curvature League or our imitators have 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 next year they will stand back of us. This means a better generation in the near future; a stronger race of people; less nervousness, anxiety 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 Scotch Department, were 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 travler on his way.
With just a pleasant smile.

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
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

THE passport to poverty is "Charge it!"

A MAN who does not know how to profit by his mistakes is 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 Eliot

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 profession 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 subscription blank again in this issue to give you another opportunity to aid Des Moines Still in her great campaign for a new building. As time goes on we will give you many reasons for your continued support of the new building. Take our word for it now and fill out the blank, enclose a check and give us your assurance of the plug, thus aiding us to get the work materially under way as soon as Spring opens up.

ALONG with a strong faculty, D. M. S. C. O. has another feature 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 last patient case, 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 recommending a student to an osteopathic college. In a few weeks we will give you some definite information concerning the clinics 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 result was almost nil. Now, doctor, while this is fresh in your mind, take your pen, in hand or pull out that typewriter and get the word around out of those enterprising young men and women of your acquaintance and send them to us. We are just as anxious to boost for Osteopathy as a profession, and enlist students merely to the cause. 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 because we believe that, we allow you to think of 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 hundred dollars. This covers all general and special instruction in the art and science of osteopathy as well as in the proper use of all legitimate adjunctive therapies.

A very great majority of graduates are successful in practice, in the sense that they are able to manage their time and to enjoy the gratification of successful practice. Of course the graduates are always 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 majority of her alumna feel thus. And 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 directorate, therefore, turn the best teachers they will give you many reasons for your continued interest in the welfare and wide.

Alma Mater. Give us a chance for the best interests of his students and to her professional friends and to her professional friends and wide.

State Directors Chosen

(Continued from page 1)

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 graduates will be 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 technique.

STATE DIRECTORS CHosen

(Continued from page 1)

Dullesware, Dr. George F. Nolan, 200 W. Ninth St., Wilming-

ton, Delaware, Dr. George F. Nolan, 200 W. Ninth St., Wilmin-

go, Florida, Dr. Lucien E. Turner, St. Petersburg.

Florida, Dr. Lucien E. Turner, St. Petersburg.

Georgia, Dr. S. D. Richards, National Bank Bldg., Savannah.

Idaho, Dr. W. S. Kingsbury, 14 Pierce St., Boise; Illinois, Dr. August Geis 3 O'Beirne Bldg., Elgin, Dr. John Lewis Callahan, J. M. S. Bldg., South Bend; Iowa, Dr. Bert Rice, Cedar Rapids.

Kansas, Dr. Guy E. Owens, 609 Mills Bldg., Topeka; Kentucky, Dr. Frank A. Collyer, Pope Bldg., Louisville.

Louisiana, Dr. Earl McCormick, National Bank Bldg, Shreveport.

Maine, Dr. Glen C. Hicks, Vaughn Hall, Portland; Maryland, Dr. Aicha Kirkpatrick, 319 Charles St., Baltimore; Massachusetts, Dr. M. V. Bridges, 361 Essex St., Lawrence; Michigan, Dr. Frank E. Wood 311 F. Smith Bldg., Flint; Minnesota, Dr. William H. Albertson, Hersh Bldg., Austin; Mississippi, Dr. James R. Kidwell, 326 N. State St., Jackson; Missouri, Dr. J. S.

Bennett, Independence; Montana, Dr. S. W. Bailey, Billings.

Nebraska, Dr. C. K. Struble, Hastings; New Jersey, Dr. E. A. Sturgis, Bldg., Hackensack; New York City, Dr. A. Wheeler, 123 San Francisco St., Santa Fe; New York, Dr. Ralph H. Williams, 808 Chamber of Commerce, Rochester; North Carolina Dr. Elmer G. Hornbeck, Phillips Bldg., Rocky Mount; North Dakota, Dr. M. W. Eggers, 56 Security Bldgs., Fargo; Ohio, Dr. Ada S. Davenport, Park Ave., West Mansfield; Oklahoma, Dr. Claude D. Hanley, Tulsa; Oregon, Canada, Dr. J. S. Bach, 604 Temple Bldg., Toronto; Oregon, Dr. E. T. Parker, Corbett Bldg., Portland.

Pennsylvania, Dr. Irving Whaley, 1215 Land Title Bldg., Phila-delphia or Dr. Thomas E. Slater, 515 Poplar St., Steelboro; Rhode Island, Dr. W. C. Shepard, 305 Francis Bldg., 146 Westminster St., Providence.

South Carolina, Dr. T. C. Jones, 1206 Main St., Columbia; South Dakota, Dr. J. H. Cheney, Sioux Falls; Tennessee, Dr. Richard H. Boyd, Tallahassee; Texas, Dr. J. F. Bailey, Providence Bldg., Waco; Utah, Dr. Morton K. 512 Scott Bldg., Salt Lake City.

Vermont, Dr. E. E. Wals, 40 College St., Burlington; Virginia Dr. Jerome Knowles, Newport News.

Washington, Dr. Ada L. Dean, 150 S. St., Tacoma, West Virginia, Dr. Olyve Ailes, 231 Capitol St., Charleston; Wisconsin, Dr. L. H. Noordoff, 187 Main St., Oshkosh; Wyoming, Dr. Frank I. Furry, Cheyenne.

Arizona, Connecticut, Nevada, New Mexico and Missouri, no School of Osteopathy is currently supported by the field. Each osteopath, then, cannot lose interest in his college if he
BONESETTER TEAM HAS PROSPEROUS TWO WEEKS

Win Two Games and Lose One By A Single Free Throw

During the past two weeks, the Bone setter team has been on a roll, having won two games and lost one by a single free throw. The Providence game was of the single point margin, 14, to 13. The battle to Buena Vista by a single free throw, the Catholics by a 22-17 score, and losing a heart-breaker of a game to Central and St. Ambrose game were met away from the home floor, but Central and St. Ambrose are met away from the home nest. Coach Sutton is expecting a hard battle at Des Moines U. gamine, and not only at吸引了, but the stubborn five-man defense of the invading osteopaths, coupled with a flashy attack led by Captain Nicholas, rolled up enough points to win a big margin.

A Union, in particular, and a fast and rangy squad, happened to tangle with the visiting Catholics in an attempt to break up the Still team-work, but although they managed to cut down the Bone setters 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 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 Wierners 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 "Miko" 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 outcome 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-hard remedies they own to get their wind-pipes 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 freshmam 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.)

THE WAY

Name ____________________________
City ____________________________
Street __________________________ State ____________

Amount of loan ________________

Detach and Mail.
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 lucky 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 thin Catholic floor, and was nip and tuck from the top of the game. Handicapped by lack of practice, through sickness, the switch was trailing during most of the first half, but spurted 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 tenaciously 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 bravest plays of the entire season was executed.

After a short battle back and forth in the middle of the floor, Raffo got loose for a long shot at the backboard, with Nichols following it in like a jackrabbit. Against a thousand-to-one chance the long-legged Nick grabbed the rebound and flipped 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)
WE HAVE PROBLEMS, TOO

By C. Co. Harzy, 23.

We have serious problems with which to grapple. The number of students in our college is unusually small. Too many villages, towns, and cities are without osteopaths. Too many doctors have small practices. The number of prospective students is not as large as it should be. The same is true of medical and chiropathic propaganda still flows. The same lack of interest in attending conventions persists and many doctors feel it their duty to get together. They get only when they have a written guarantee from the committees that they will be able to receive something which is highly rewarding. That’s why there are so many half-assigned conventions in various sections of the country.

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

Many osteopaths are those who disparage the reform he brought about 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 teachings 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 reports made upon an outsider would be the bewildering variety of views and beliefs held today by our various factions. From the extreme radicals to the ultra-conservatives there are all imaginable shades 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 reasons caused by a lack of cooperation, such one “leaving George do it,” commutes with me 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 excelling 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 in bringing this end about.

I simply want to state the reasons as I see them for a concerted 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) You, Army and Navy drafts will be much more manageable, 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 will be much more acceptable in any one of the professions. You can confide in your own means of realizing greater returns from that investment.

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

(f) Your osteopathic training 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 the last war the backwoodsmen in the most remote sections of the country would be able to give an intelligent definition for osteopathy and would tell you wherein it exceeded the old method. Think it over and let’s have some united action.

Ask it So!

A sock on the foot is just a two on the jaw.

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

Answer from room—“That’s in the dissecting room, Doc.”

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 growing at the roots 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 beginning of the profession, we have been made up largely of individuals. We have not learned to work together. This is to be expected in a new and therefore unpopular profession. Usually only individuals 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 future. To that end when our time comes we shall be ready.

Time 3 a.m.—Tired Senior: “never have any consideration?”

THE NEW LEAF

(From the Country Gentleman)

“Many years I have persevered and continued to innovate without regard to my attitude,” grimly confessed old Philander Fogy. “Long ago I denounced in no uncertain terms the blue-glass evo which was raging at the time, and everybody was cajoled by it until they turned to some other foolish fad. I declined that first obsolete lights, but they came to stay, and, in fact, I wouldn’t be without them at any price. I scooped at the phonograph, and now the number of them is as the sand on the sea-shore.

“I smelled at the appendix, and hot very much later it removed from my midst a relative I had been supporting for several years. I considered that if I, a wise and benevolent one patient had only had a common sense, I should have flown through the air they would have been equipped with wings and tails, and now all planes are a common sight going by hundreds to and fro and occasionally down. I laughed sarcastically at golf, and now it is played under my very nose by men whom I never knew, as well as others. Lately I have railed against the wireless telephone as a transitory toy and a piffing glibble, and only last night, my fourteen-year-old nephew gave me all a chance, by means of conversation he had made out of his own head, a mess of wire, and so forth, to hear in a room 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 unutterably opposed, and all I have accomplished has been mildly to amuse my fellow citizens. So now I proceed the only way in which I can cut any figure is to turn right around and point with pride to, and heartily indulge, 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 one Of the diarrhoea.
DAYS BY DAY.

(Comments by A. Stillite)

Strange how few know how to pass romance by. Even in this impersonal day there's Jim Cox and Gale Had- die and Cy Claybourne—or—that is, perhaps, who knows.

... Today Poucher's fountain pen leaked in a ghostly spot on a lovely shirt Bosom. The offender having been clamped to the left-pocketskirt, the spill gave ye starting effect of a heart fail to overflowing and then bunged. A full sized, adult, completely equipped L. T. S. pin rested near by; one wondered he didn't push it over into service. Maybe there were two spots. I can't look at Poucher but I smile over "Fat" Matthew's epigram:

"Poucher in American, / In French it is Posay, / 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 50 pounds in ten days, dieting. That isn't funny. It's a statement of "useless 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 engrossed were clustered about the scales in Main Hall. They were guessing weights and everything, some where verifications were permitted. While I looked on they guessed Sara Jone Young Schwartz at 130 and Ava Johnson as 120. I deduce those young gentlemen know where their tuition receipts and physiology grades come from! 130—120! Shades of the Amazons!*

* On second thought the changes must have been pretty well paid up and passed up for. For with the lost weight their duty, section, on 90, they eth the upper to unusually proportions, and Sara was guilless and believed them.

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

... When Oscar Samuelson appeared at the freshman B smokers with his forlocks brilliantly shined, they introduced all around again.

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

With the prospect of a college building and possibly an athletic plant of our own, we should make 'em all sit up and take notice long before.

Government experts with a bent for figures have found that an average of more than eighty days each year is lost on account of illness by the 42,000,000 men and women gainfully employed 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-day Osteopathy, let's reduce that terrific waste to the vanishing point.

BONESETTERS CLOSE WITH VICTORY.

(Continued from page 1)

that wobbled off the floor, beaten by one point.

But in the usual gang of supporters that turned out to watch, the boys, whether win or lose, it was the best exhibition in two years. Before the game the locals were consulted only half a chance on account of their poor condition, but to the whole squad we give the credit for one of the gamier fights in the history of that rally.

No one man out-shone the rest of his team, but every single one of the for posters turned out to graduate, and the boys, whether win or lose, it was the best exhibition in two years. Before the game the locals were consulted only half a chance on account of their poor condition, but to the whole squad we give the credit for one of the gamier fights in the history of that rally.

Osteopathy and Missions.

Eames: M. Schaeffer, June '92

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

It must not be stated that such schools is the Alpahat. Self-denying is their faith that even the homeopathic doctor is barred.

The present system is mainly controlled by the Rockefeller Institute. Besides this, the Mission 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 Missionary Board for Osteopaths. This can only be brought about by sufficient number of conscientious Osteopaths making application for mission work.

That osteopaths should be accepted as missionaries can be better understood when we know that Doctor John R. Martin head of the world-wide organization said in a personal letter to the writer: 'Osteopathy 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 its rightful place in both school and Foreign Missions.'

Of, when we realize that the leading missionary sur- geon in Turkey, who was protect by the Turkish government throughout the war because he had performed a very delicate and successful opera- tion on the wife of the ruler of Turkey, in a personal inter- view with the writer, after having been retired as a missionary: "If I were to go back as a missionary, I would deem it the best advise policy to have a good osteopath on my staff. The only reason this condition is not possible is because 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 who he or she may be elected by the following doctors and students who have already expressed a desire to do that kind of work:

Dr. John Styles, Dr. B. S. McVicker, Dr. H. W. Sachs, Emmet M. Schaeffer, Olaf Garret, C. Evan E.sey, Floyd Marrold.

QUACKERY IN THE PROFESSION.

"And now, not to give the regular members of the profession a swelled head, not to convey 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 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 I advise an operation. An operation is inevitable. The man was suffering from impotence, he was treated by a general practitioner without result. He had been in the hospital for another month and then said he could not do anything for him with treatment, but he needed an operation, for which he would charge him two hundred and fifty dollars, and we would own 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 deploy- able sort. And when I see or hear of a thing like that, I do not feel justified in having the quacks outside of our ranks so very visibly."—Wm. J. Robi- nson, M. D., in Medical Grille and Guide.

Another Good Mechanic Gone Wrong.

Prof. — "What is a garage poisoning?"

Precocious—"A form of auto-injection, "

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

Craig—"I didn't know bad that many patients, Doc."
PAST SEASON WAS VERY SUCCESSFUL

The annual persecution of old man "Jim" 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 backcourters, managed after a late start, to win eight of the fifteen equablet. That the offensive system has improved is shown by the total of 226 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 osteopathic guards been outplayed.

Coach Sutton's five-man system of defense has time and again proven its visiting teams dead in their tracks.

Eliot Miller, who holds the honor of being high point scorer of the season, the tall forward, greatly heightening the shooting power of his line, and Howard Hinson, with sixty-one and sixty points apiece, were next in line, while Wimmes rolled up a total of forty-one 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:

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OBSTETRIC NOTES

Case No. 1581-D

Labor apparently at a standstill.

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

The membranes were ruptured thereby reducing the descending wedge.

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

Case No. 1549-D

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

Local examination showed membranes over lower uterine segment preventing dilatation.

Membranes were ruptured. Labor was over in less than an hour with so little pain that no anesthetic was used.

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

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

Stu dent—"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 unsolicited propositions for his services.

Since almost the beginning of the school year he has been in the employ of one of the popular downtown 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 week he gets three meals a day and a cash consideration. Lucky? You'll say no, won't you, Comm.

"I have prescribed alcohol."—Says.

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

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

With Our Students

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

Advice to Freshmen A: Don't take that quips conspired too seriously. It is not infallible."

AINT IT?

When the prof. sees you a question. And you can't think of a thing. C'est another fire of questions that you've avoided. And you feel your courage fledge. Then the bell goes ting-a-ling. And once again your reputation's saved, "Aint it a grand and glorious feeling."

And you've spent four years in college. And you managed to squeeze through. And you've come to graduation day at last. And you hand your President, with congratulations, too. And tell them they're mighty glad you've passed. "Aint it a grand and glorious feeling."

When you've treated your first patient. And he's lived to tell the tale. And he's handed you a tempart for your doc. Then you think you're up in heaven.

Ford beyond this scary vale. You spread that tempart upon your knees. Say, "ain't it a grand and glorious feeling."

-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 pennmanship and took up ERA? Dr. Synder would get real angry? Dr. Johnson ever wrinkled his other eye? Dr. John Swarts became big and fat? Dr. Styles became skinny?

THE LOG BOOK

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 ____________________

State ____________

Amount of loan ____________

American Medical Association, 535 North Dearborn Street, Chicago, Ill.
ENTERPRISE EVOES STRONG SUPPORT

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

The following letter is typical of a large number received from all parts of the country commenting on 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 Shaeffer'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 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 University of Medicine 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 reaping 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 flight for an appointment solely as an osteopath. A.B. and M.D. teacher to what extent with osteopathy as a mere adjunct."

"This year I have met with no success and very little encouragement from any source whatsoever-including fellow Student Volunteers some of whom I feel now convinced are somewhat of a "quitter." Using my convictions concerning osteopathy as a mere excuse for changing my mind about foreign work. Mr. Barton St. John, candidate secretary of the S.V. movement, while having stated concerning my ultimate success, is not uncon-
THE LOG BOOK

SOME CLINICS!

Des Moines still college Excels in Every Branch of Practical Work.

Dena Deale, June '26.

The clinic conducted by Des Moines still college of Osteopathy is constantly growing. They are acquiring greater and greater 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 unheard of value to them 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, treatment 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, 1922-1923, reached the satisfactory total of 2,800. With the increasing enrollment, some 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. L. L. Taylor, anatomy; Dr. A. B. Taylor, pediatrics; Dr. G. C. Taylor, eye, ear, nose and throat; Dr. W. C. Johnson, nervous and mental diseases; Dr. R. B. Bachman, obstetrics; Dr. J. P. Schwartz, general diseases, and Dr. J. J. Style, gynecology.

The surgical work done by Dr. Taylor included minor and major operations from tonsilectomies to serious abdominal work. Assisting in the operating cases at the 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 greater number of cases which come for attention there. Three thousand and four hundred cases were handled during the year by Dr. Taylor and his assistants.

Dr. Lela 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 200 children in the practical work in pediatrics. This most worthwhile and interesting branch of clinical activity renders splendid service to the children needing it.

The clinic for mental and nervous diseases gave assistance to 200 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 D. G. Grant's work in treating such patients—makes the work doubly valuable to the students.

In the field of obstetrics—the clinic was the student's first assistant in 300 successful cases. The husky youngsters thus trained on their journey through life will become great boosters for osteopathy and D. M. S. C. O.

Dr. J. P. Schwartz, in charge of the general-ordinary clinic handled 200 cases which came for examination and treatment.

The 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.

The 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 by 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 gowns of that tropical clime;
Those sweet little Annexes,
With their leis and bandanas
And palms, in languorous rhyme.
But early and late
Just give me the Corn State
With its blistering cold and its snow;
And thereto John
A school in Des Moines—
Dear old D. M. S. C. O.
—M. V. A.

SURTOUT EARS.

"Peat" Hampton—"Do you mean to tell me that I look like that egg Millions down there?" Dr. Taylor—"Hum! Well, I wouldn't cheer say.

Note—What got the hoot?

ORTHOPEDIC.

Dr. J. Heckert—"Spasmodic Torticollis? Well, put the patient to bed—and if it's a woman, apply the electronic theory."

A lot of the girls are finding out that they can't unhook it as easily as they hooked 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 facilities. 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 the 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, 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 in a convenient 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 benefited if the new, well equipped building shall 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. And 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 with the best. It is the industrial world this principle has been demonstrated by a good doubt. If we wish to advance the best interests of the osteopathic profession, we should neglect nothing that contributes to the industrial, mental and spiritual fiber of our students.

If properly equipped and atractive 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 traits of osteopathy in a desirable way. We should conform to modern standards of progress and equip our school on 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 and

(Continued on Page 4)
THE LOG BOOK

The Log Book
The Calvert Bulletin

Director: C. H. Robinson
Business Editor: R. H. Morrison
Editor: Lida B. Robinson

MAY 19


TRUE freedom to live is not by a thorough conquest of self.

DOUBT shrinks in osteopathy; but true faith works.

LIFE is all too short for playing 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 pathway.

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

PERFECT motion is perfect rest. The reason so many osteopaths wear out before their time is doubters because their planning and doing is imperfect.

THE opinion 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. Dimas promotes atrocity.

EXPERIENCE

"MANK has not lived until he has suffered; history has not lived until he has known grief, and has not loved until he has felt the pangs of sorrowing in silence."

"YOU cannot walk upon the mountains. You cannot feel like singing all the time. We are so strangely wrought of soul and body that such existences are sure to pass. It is wise to pray when the gates of heaven are open. It is sweet to serve when every one 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 place in all the sky that is the way to strength of character; that is the avenue to inward peace."

—G. H. Morrison

USA-JOHN WALKER SAYS:
"YOU can't get down on fixed rules for conduct in this free life. Look at how Shannon got into trouble because he got his hair cut, how Absolon got into it because he didn't.

SAM Jones once said: "message is no more like osteopathy than carrying a horse is like playing the piano." The famous Southern evangelist was one of the first to notice the relations of osteopathic science and was said to have taken great pleasure in giving testimony to its merits whenever the occasion permitted.

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

Some students enter an osteopathic college with the sole aim of acquiring rich social things and with comparative ease. Others, a small minority, lack only to the service end. Many are the stories that have been dedicated to the physicians of the world who have given their lives for the dispensing of the gospel and aching of the earth. Few are the stories that have been written of the other class.

Between these two extremes stand the majority of osteopaths. Self-preservation is the first and fundamental law of life. True comfort in living is to be desired 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 that he is serving his fellow, he is indeed in luck.

Osteopathy offers just that opportunity. Consider Osteopathy, then, before deciding as to your life work.

Pick up any osteopathic magazine or paper these days and you will find that every college in the country is making an appeal for more students. The appeal is usually made to the high school seniors. The reason for this is that our colleges do not yet demand more than a training that is given in a first grade high school.

In spite of these appeals and the fact that our colleges do not 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 received only a high school training?"

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 training has had a chance to sublimate to will and grace and make a matter that depends upon the mind. If the college man has learned no more than the principle of concentration and how to study he may consider his time well spent. When he enters a profession his mind is prepared to grasp the essentials and grasp them with ease and understanding. Very few high school students have found them in this regard.

As further proof of this point we know one and probably many osteopathic professions, law, medicine, theology and such have universally stipulated a college training as a prerequisite. If our profession is to stand shoulder to shoulder with other professional worldly, we must look to the time when our colleges will turn out more men who can stand on an equal plane with the best intellectually.

That thought leads to the places in the community that all professional men hold. Look at your own community. Are not the doctors, the lawyers, the college men, leaders in all civic and community affairs and enterprises? Are we to be outdone by our medical brothers? Are we to be a back seat in the civic affairs of our community?

DAY BY DAY

By Ann Onymous

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

Notice Jim Coulter's novel method for keeping his ankles warm. There's been nothing like it since the days of the real sprig and flexible flappers.

Bob Mortonson, on the other hand, is strictly concrete and admits it. He lets the top fastener flop and all those intricate details.

The Things They Do Best
Mrs. Robinson: "Smile as you say, "No until to-day."
C. M. Conn: "Ask questions in class whether they pertain or not.

Hummert: "Twinkle his eyes.
R. Staples: "Salt down the stairs and ask for mail.
French: "Tell us how it was at Kirkville.
Lise Irwin: The tango.
Mary Donovan: Tell us at the office.

Mrs. Milliken: "Pretty good at it herself.

The Dean: Refuse admission."

The Great We Have With Us: Gold Dust Twins—Rosamond.

Barney Google—"Ode'" Olsen.
Buffalo Bill—"Shaped" Reed.
Arthur Middleton—Engburg (architecture and all).
Rachmannoff—"Jazz" Hoffman.
Ted Shaw—H. P. Hone.
Isodore Duncan—"Pat" Mathews, on states.
Old Dutch Clesner—Angula.
Touchstone, Court—Jester.

A. M. "Feel there was—have made his prayer."—"Red" Professor.

The Vampire—Irène Bashman.
Fallstaf—Doc Styles.
The Little-Doll.
Sailor-made man—St. Louis.
"Pill" Byrnes—M. Conn.
Orphant Annie—Wade Hampton.

Merry Widow—B. Hensmissions.
Mary's Hero—OH BOY!

Need Any Help, Doctor?

The Department of Professional Assistance, started in the last issue of the Log Book, will be of great assistance to anyone in the profession we believe.

Do you need a man to take charge of your practice while you take your vacation this summer? Do you not intend to attend the National Convention in New York in July? If you let us know of your wants, we will attempt to furnish a 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 which need an osteopath. Let us help you, Doctor.

Address all communications to: Dr. W. R. Cregg, c-o The Log Book, 425 Locust, Des Moines, lowa.

One anthropomorphic pessimist observes that in these dark days of investigations, many are probed but few enough has any information."
APPROACHING TRACK
PROGRAM ANNOUNCED

(Continued from Page 1)

... attempt to win the decision, but Clybourn 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.

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

Points may enter as many men as desired in each event.

Officials will be selected from our own able faculty, and it will be interesting to watch these flowery exponents of home-laying and kick-flying, 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 first having highest number of points, sworn by its members will also receive recognition upon the trophy.

SENIORS WILL ENTER EIGHTH MEN.

Laying their ideas with trophy again in view, the Senior class will send a well-balanced squad of tracksters to the coming Intercollegiate meet. At least eighteen men of more or less experience will be thrown into the fray. The 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, Metcalf, Laird and Lydic having the call to start these events. The hurdles should give points, with Clybourn figured to place high and Reed, Metcalf and Laird at least scores. The weights and jumps will also receive expert attention—Craig, Prather, Parks, Loeche, Campbell, and Herzen pulling down the points.

The cross country run is a big possibility, with Stobbsburg, Kirk, Lydic 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.B.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 endorsing Rev. Rev. G. Dietz an energized volunteer in Evansville missionary work in our study of Osteopathy in Philadelphia, so he will be able to do more efficient work.

Dr. Shoie, Bloomington, Ind., suggests that we should include all 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. G. C. Myers, 103rd 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.

Several 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 any news of any progress that might be made.

D. Dietz M. Schaefer, '21

WE SAIL AN UNCHARTED SEA.

We moderns are like mariners on a ship sailing an uncharted sea. We cannot by our course in the light of experience of our ancestors. None of them improved these waters that it is to say, before we are told by some practical machine production, let her daughters work away from home-bastowed leisure upon multitudes of its wives, saved its

babies, inured by disease, and worked its fires by mechanism, to the extent that we do. So study of the past cannot assure 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 a chart before our eyes, and shout "Order!" We luxuriously can. So the best we can do is to set ourselves to sail the horizon.

The sociologist is just a man in the crowd's nest who knows no more of this sea than his fellows. But from his position he will catch sight of coming dangers—hurricanes, storms, rocks, reefs, etc., from others 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 boast it.

Are we boasting osteopathy when we allow such men to continue to struggle along in its present building? Can we expect others to value our profession any higher than we do? Let us remember that osteopathy deserves the best and let us try to give our about of all possible opportunities for becoming more widely and favorably known.

Let's have some immediate action and put that new building ready before another winter.

"BONECRACKER PETE" — "Tales of a Freshman" — No. 2.

Our freshmen are restless, —
Inquisitive, too,
And always are looking for trouble, — 'too fun
Of them realize they mimic
The gods.

When they invade the clinic
And tackle such odds —
With never remorse
And flinty their nuns

Till they leave by back door
And it be going to some on
That the freshmen are still
Fresh —
And should know their place.

By LITTLE, '21.
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.

Mr. A. Sawyer and Watrous have undertaken their task with an astonishing insight into the mode 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 115. 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 included 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 around 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 clinical 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 student's 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. Access to the lobby from 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)

OH LORD—I rejoice THAT I AM BETTER THAN ANYONE ELSE

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 and said he wanted to see me and talk to me, and he had some money in the bank for us. If he had any students with a real interest he very much wanted to talk to them. He had just seen Doctor Roberts of Ames.

Doctor Williams was out and

(Continued on Page 4)
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 Miss Angur 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 knew the most of their names now. My nurses name is Miss Horton. She wears a white still dress and cap and did not want her to mail this letter. My appendectomy was cut out by the doctor two days ago and they left a big boil 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 piano 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 estar which is the stuff they gave me to go to sleep on. They took me into the 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 doctors. Miss Horton had to come down and take my roots at 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 laughing so it sounds like a school house. My nurse just came in to take my temperatute. 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 appendectomy was. I had ice cream for lunch and we have our little traps where the girls brings in and there is everything 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 wheelchairs 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 appendix cut out and I never have saw so many things I didn't see before. I remember how brown hair would be good. Uncle Char lie used to have and us kids

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.

NEW BUILDING PLANS DRAWN

(Continued from page 1.)

The new building, a magnificent structure, is being erected at a cost of about $1,000,000. The building will be complete and equipped, and ready to occupy by next fall. The plans for the new building are the result of a careful study of the needs of the profession and of the College. The building will be of the latest architectural style, and will be equipped with all the latest appliances. The building will be located on the same site as the present College, but will be of a much larger and more imposing character. The new building will be a three-story structure, with a basement for storage purposes. The main entrance will be on the first floor, and will be flanked by large windows, through which will be visible the beautiful grounds and gardens of the College. The interior of the building will be tastefully decorated, and will be equipped with all the latest comforts and conveniences. The classrooms will be spacious and well-lighted, and will be provided with all the necessary equipment. The library will be large and well-stocked, and will be equipped with the latest books and periodicals. The laboratories will be equipped with all the latest apparatus and instruments, and will be under the supervision of experienced instructors. The patients' rooms will be large and well-appointed, and will be equipped with all the necessary apparatus and instruments. The operation rooms will be large and well-lighted, and will be equipped with all the latest apparatus and instruments. The X-ray rooms will be large and well-lighted, and will be equipped with all the latest apparatus and instruments. The laundry rooms will be large and well-appointed, and will be equipped with all the latest apparatus and instruments. The dining rooms will be large and well-appointed, and will be equipped with all the latest apparatus and instruments. The recreation rooms will be large and well-appointed, and will be equipped with all the latest apparatus and instruments. The hallways will be wide and well-lighted, and will be equipped with all the latest apparatus and instruments. The grounds will be beautifully landscaped, and will be equipped with all the latest apparatus and instruments.
**The Log Book**

**The Official Publication of DES MOINES STILL-COLLEGE OSTEOPATHY.**

Director General. - L. Taylor
Business Manager. - M. D. Cramer
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 have money enough to pay your board.

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

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: "I wish kids were a young feller finds a female woman that nobody's too good for, he wants her to take him!"

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

JOHN Bunyan wrote: "There is nothing like faith to help a man in his grief. Faith dissolves doubts as the sun drives away the mists. There are times when one guesses 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 whatever 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 Bertha Gates-Roberts, of Ames. The amount is a gift from Dr. Roberts to the new building fund and not a loan.

The Heard deeply appreciates 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 97." 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 ship 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 squash 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 mine 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. Kachera, 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 confronted by our blind-sight. We might avoid many of our mistakes, ailments and heartaches if our actions were properly thought out.

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 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 not God-given faculty to attend to the needs of the heart? Now are we to wonder why there is a great joy and satisfaction in thinking.

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

Anyone, no matter who, can do to think.

"Let's not go along by guess, But rather to ourselves confess. It would help us more or less IF WE'D THINK."

**"EVEN SO"**

A Parable of Prospects

By M. W. 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 spoke unto the people, 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 eves of the roof, a smoking room, that men may no longer blow forth the smoke pelleted in the Ladies' sitting 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 make thin sight, and many other words of good promise spake he, no, that the hearts of the multitude was uplifted.

Then arose a voice from the depth of the hall and spoke 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 will, when ye will, where ye will, and when ye will. Hearken then unto me and pray ye. If ye will work diligently, if ye will stand back of me and strive worthily for this object; then shall the new building rise up with the New Year, and by the Spring Semester shall it be ready. This shall we accomplish, or fail. As for the matter of where? That, oh my children, is a secret between myself and the bricklayer."

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. Materiess.
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, Nichols, 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, Welch, Lustig, Odell, Wiemers are laying 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 Beakes to fill in. The hurling corps is slowly hitting its stride, with Owen, Bone and Laird tossing ten-over-the-platter. The squad as a whole stacks up as a gang of free-swinging chieftains, 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 Bonneville 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 grid-tossers 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 unscary 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 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 DISTURBED

Doctor—How long is the course of this disease?

Student—I can't recall.

Doctor—Don't you remember—about 30 days ago?

Student—Surely sounds familiar.

Pumping 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 us to use?

That is a silly 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 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, unqualified classes and a great school.

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

CLASSES ARE EVENLY MATCHED

(Continued From Page 1)

The 100-yd. dash will bring together a first list of starters, with Burger, Mertens, Reed, Marlow, VandeGrieff and Nicholas. The 880 and mile are doped to go to the Juniors, with Sechrist and Wedell 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 the 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 Froshy feeling that they are the infants of the institution, and therefore need all the edification and tender care possible. Come out and see the closest battle in this old school in years.

Dr. Secretary Honored.

The Omaha Bee has the following to say of Dr. Angela McCready, formerly Greely:

Dr. Angela McCready of Omaha is president of the Nebraska Osteopathic Women's Association, recently affiliated with the Nebraska Federation of Women's Clubs. Dr. Minnis 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 3,000,000 women.

The object of the organization is to promote the welfare of women and children, to cooperate with other women's organizations and to stimulate state and local organizations.
VARIOUS MEDICAL CULTS OF HEALING

By Dr. H. C. Engeldrum

The Allopathic and Homoeopathic Schools

(Reminded 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 homoeopathic cults have surpassed medicine. The explanation lies in the analysis of the different schools of medicine, representing the healing art.

There are two general divisions of schools of medicine representing the art of healing. Actually the orthodox school, represented by the Allopathic or regular school of medicine, and the homoeopathic学校, electric, physto-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 attrition. But for the element of truth evolved in each case none would have lived to add to our store of remedial agencies.

Mr. Greta considers the historic period, apart from the illusions of legend, as commencing in Greece with the first Olympic. 776 B.C. the present era. In other countries this 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 Icarians at Salerno, in Italy. It was founded under the authority of Emperor Charlemagne in 802. Du Bois claims to give it a much 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. Gran introduced the Homoeopathic 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 variam Contras ricariur." 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 impression as to the real condition and progress of the patient. Because beneath the drug-induced function or drug-stimulated function remains the true state 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 these began to be manifest 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 Homoeopathic School, the first Homoeopathic school was founded by Samuel Christian Friedrich Fahnemann. Dr. Fahnemann was born at Meissen, Saxony, April 16, 1776. He received the degree of Doctor of Medicine from the University of Erlangen, in 1799, settled in Leipzig. In 1790 he translated W. Cullen's "System of medicine, or Theory and Practice of Physic," issued by Dr. Cullen, Edinburgh, 1790, and 1792. The homoeopathic cults have surpassed medicine. (Continued on page 4.)
The Annual Track Meet of Still College lived up to expectations with lots to spare, and furnished the large crowd with plenty of thrills. The Seniors, last year's champions, lost a bitingly contested battle with the Juniors, and failed to repeat last year's sweeping victory. (Must be the four years of this restaurant fare taking it out of the boys.) The Sophs and Fresh fell 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 competitors, collecting 35. Both first and second places went to the ITS in the relay, with the Phi Sigs coming third.

Lack of condition slowed down the time in the last events, although that fact didn't hinder Sechrist in grabbing the half-miles 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. Clyborne 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, capped the high jump without much trouble, clearing the bar at 5 feet, 6 inches. The shot put was close, Parish of the Seniors barely beating Wedel of the Juniors with a heave of 35 feet, 5 inches.

**SUMMARIES**

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

40-yd. Dash--1, Clyborne, Sr.; 2, Reed, Sr.; 3, McWilliams, Jr.; 4, Richardson, Fresh; 5, Vande Grit, Jr. Time: 5.6 seconds.


880-yd. Run--1, Sechrist, Jr.; 2, Stohberg, Sr.; 3, Laird, Sr.; 4, Richardson, Fresh; 5, Higdon, Jr. Time: 2:19.


One Mile--1, Sechrist, Jr.; 2, Marlow, Fresh; 3, McWilliams, Jr.; 4, Lee, Sr.; 5, Skidmore, Fresh. Time: 5:50.

440-Class Relay--1, Juniors; 2, Seniors; 3, Sophs; 4, Fresh; 5, Sophs.

Seniors. (Second squad.)

Shot Put--1, Parish, Sr.; 2, Wedel, Jr.; 3, McWilliams, Jr.; 4, Sweeney, Jr.; 5, McNish, Soph. Distance: 35 feet 6 inches.

Standing Broad Jump--1, McWilliams, Jr.; 2, Marlow, Fr.; 3, Mertens, Soph; 4, Laird, Sr. Distance: 5 feet 2 inches.

Running Broad Jump--1, Olsen, Soph.; 2, Nicholas, Soph.; 3, Mertens, Sr.; 4, Benten, Fresh; 5, Laird, Sr. Distance: 13 feet 3 inches.

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

Ball Throw--1, Nicholas, Soph.; 2, Wedel, Jr.; 3, McWilliams, Jr.; 4, Higdon, Jr.; 5, Laird, Sr. Distance: 158.5 feet.

Fratersinity Relay--1, Iota Tau Sigma, 2, ITS; 3, Phi Sigma.

**OFFICIALS:** Chief Umpire, Coach Sutton; Starter, Dr. Robt. Buchman; Scorer, Staples; Judges, Dunn Near anybody.

**FINAL STANDINGS**

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<th></th>
<th>Juniors</th>
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<tr>
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<td>Freshmen</td>
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<td>L. T. S.</td>
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<td>Phi Sigs</td>
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<td>Non-Frat.</td>
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**INDIVIDUAL POINT WINNERS**

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<td>14</td>
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<td></td>
<td>Lustig, Juniors</td>
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<td></td>
<td>Wedel, Juniors</td>
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**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 thus to Simpson a few days ago and took the pride of Indianola into camp by the score of 3-1. It was a close game all the way, until Olsen's long scene run with bases crowded, sewed up the verdict in the old bat bag. Sechrist expected an easy game, but the bopper 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 lose fielding at the critical moments. Four men were tagged asleep off the snaks 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 the 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 wallowing 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 more 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, while 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 the police station, "Simon 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 abhorrence): "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 His essential needs, go on. Science widens our horizon, but the more truly scientific men are men of faith. There will be religion on the earth when the last trump shall sound some, 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 which 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 saying: "From the foot of the mountain many are the paths ascending to the cloudless summit all who climb behold the sunshine more."—Bruce Barton in Collier's.
The Log Book

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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.

SPREADING OF BREAD and other things is quite apropos to rewar — that a profitable religion never wants for prosectes.

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 bowls and grows at his wife every time she well's, marryher in a rosewood coffin.

JUST LIKE TODAY

AS soon as Sam 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 did 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 MOYER

OUR readers have appreciated mightily the Parables of Miss Mollie Moyer who signs herself MOWER. They will be interested to know that Miss Moyer 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:

"The TELLER who does the most shouting is generally the man who is put off with the other fellow to do the most work."

A MIGHTY spineless cuss is he And always on the rack regard and has, from curiosity To put him on the back.

ALTRUISM is 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 constancy." — 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 being capable of giving him.

Des Moines Still College of Osteopathy has always recognized its essential obligation in this respect, and from its very beginnings, made private proffering 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 percent 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-lesioned 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

Pine

This is the story of Johnny Mccord, who ran through the town with his trousers on fire. He went to the doctor and faintened 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 Neillie. She finally called on Johnny Jones. He rose embarrassed:

"There was a preety little girl named Neillie, 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

Weilh—Finds a quarter in the corridor.

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

Weilh— "(With emphasis) I have it, so I keep it, and Brady—Well, do you 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 MO WEB

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

"Oh master, often are 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 what of us would succeed and bring glory unto Osteopathy and unto our Alma Mater, and which of us would return again to the hash slugging and the hell hopping in which we have striven for gain these past years. Wherefore 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 doth look askance at us and our aims. Therefore do we beseech thee, how shall we 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 spoke:

"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 fish; and some will find the way hard, because 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 othors who shall use their hands even if they do mighty deeds without and the end thereof shall be health and get death. And lo, I say unto ye, little hand, go forth and prosper, for though ye go into a strange world which knoweth not ye 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 pneumonia.
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 diseased body, and 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 prepared to gain this knowledge requires the student to learn both the symptoms of disease and the symptoms produced by the drug administered, for the drug symptoms must exactly fit the disease symptoms.

Dr. Hahnemann's Fight With Established Interests.

Dr. Hahnemann promulgated his new doctrine in 1825, but it was not published in Germany until 1828. The United States was the first country to recognize the principle of Homeopathy, and Hahnemann's book on the subject was translated and published in 1828.

The college of Homeopathy teaches all the fundamental sciences, presents all the facts and principles of medicine in a practical and didactic manner. In addition, it gives the student detailed knowledge of the Materia Medica Purap. The hospitals under Homeopathic control apply in a practical way the didactic teachings of the colleges. Both the colleges and hospitals recognize the limitation of Homeopathy and confine the application of its principles to the home and small hospitals. 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 medicine, chemical antidotes, physical therapeutics, or even the physiological dosage of the modern physician. It is but one of the many methods of treating illness. It admits the possibility of eliminating, by other means, the evidence of illness. Properly understood, Homeopathy is nothing more than a method of therapeutical application. Its aim and only claim 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 in its peculiar way the dose prescribed and the repetition of the remedy have little to do with the Homeopath. Whether a given prescription is in its peculiar way the dose prescribed and the repetition of the remedy have little to do with the Homeopath. 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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 in securing 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 neighborhood that are in need of good, true blood, osteopathic physicians. We want you 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 employed 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. GEIER,
% The Log Book,
1454 W. Locust St.,
Des Moines, Iowa.

Russia now has a commissioner for minorities. His duties, we judge, are those of a censor.
VARIABLES MEDICAL
CULTS OF HEALING

By Dr. H. C. Engeldrum

(Continued from Last Issue)

The Thompsonian School (Physio-Medical School) in this country, as named from Dr. Samuel Thompson, its founder, was the natural successor to the "Bromonian" 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 discussion rent the association sundry.

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 Allopathia 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 it the "Bromonian System," in honor of its founder. The system was based upon the hypothesis of excitement. Diseases were either organic (Strength, Strong, Active) or aesthetic, 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 practices found favor upon the Continent, Brusseal, 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 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 Allopathic 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 3)
VARIOUS MEDICAL CULTS OF HEALING

(Continued from page 1) much difficulty for the reason, 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's Beach and now has its headquarters in Cincinnati, Ohio. In 1846 (twenty years after Dr. J. B. Granum started the first Homeopathic college in the City of Boston in 1826), it was incorporated and named the "Eclectic Medical Institution." The charter of the "Eclectic Medical Institution" in 1846, contained the following clause: "Our college will be strictly that which its name indicates—Eclectic—excluding all such medicines and such remedies as the ordinary circumstances of their plying will, by any natural process, remove 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 diseases, 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 restore the means of doing this work more advantageously and under circumstances in which she would otherwise fail. The excluding of all permanently depressing and discouraging agencies, by the proper and medication of a dangerous tendency; but no system of hallucination, ... and no objectives of a mineral except from the conviction of its injurious effects."

Surgery has not sprung up the above system; we find that it is wedged 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 objects of the body are 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 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 body as a magnifying glass and absorbs the body through which it exposes 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 conveying sound to a telephone system, and brings all other tissues into coordinate functional activity. This tissue is called nervous tissue and is composed of countless numbers of units all connected, "nerve roots," visible sensory impressions, while the remainder receive and transmit the impulses from the sensory nerves and conduct them to the muscles tissues to effect motion.

The other basic tissue is the circulatory apparatus, which carries the food supplies to the tissues and ensures the wants of 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 interdependent or interrelated. They recognize this endless stream of involuntary as well as the voluntary nervous impulses which cause all motion.

They contend that, with the whole human machine in a perfect adjustment as regards its component parts, or as regards its environment, it is must in a normal functional condition and as a result health must exist; whereas if 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, become strong. Surgery is the common heritage of all the aforementioned cults of healing. The Osteopathic Physician, however, decrying minimus surgery, but utilizing surgery when necessary to cure disease is entirely 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 derived of two Greek words "Osteo" (which means "bone") and "Pathy," our English equivalent for this word, by urge has come to mean "a system of treatment for suffering of disease." This word was considered by its founder to be the most appropriate from the fact that bones are always at the root of the trouble 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 the unsatisfactory 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 have so 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 narcotics, antiseptics and disinfectants to maintain normal 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. Surgery in the last resort is utilized as a mechanical operation. Anxiolytics or purgatives in cases of emergency. Sedatives in cases 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 sure that the means are 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 5,880 hours; each school hour consists of sixty minutes.

When you can't get to sleep, just try 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 MEDITATION

Some Thoughts from the Old

"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.

"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 the osteopathic method, let me tell you 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 Osteopathic reason, it begins 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 mind or action, and use, all the time. It would be good advice never to enter a contest without your subject is out of the proper state of habit of cut your way to the magnification of truth."—Andrew T. Still.

"The medical world opinion of Osteopathy in the eye 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 $11,000,000.00.

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 hole is fully covered by insurance.

BOILING THE BOILS

By Dora Dietz, '25.

Even boils may succumb to the Saturday night soap. It recognized and treated at stages, boils yield to hot water and soaps. 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 who usually tells him so, at the same time hoping inwardly that our turn never comes. When we know that the germ 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 Greek name which in good English means bunch 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 number of the invading germ, the infection between 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, the blood vessels swell and the injury spreads. At the infected area, the center which is commonly called the "core." The "white" blood cells, which are the first part of the great army that the process of boiling them should begin. Of course, the doctors order the body rush to the spot, it becomes swollen and hot, but the resistance of external heat makes the work of the defenders more difficult.

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 number of the invading germ, the infection between 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, the blood vessels swell and the injury spreads. At the infected area, the center which is commonly called the "core." The "white" blood cells, which are the first part of the great army that the process of boiling them should begin. Of course, the doctors order the body rush to the spot, it becomes swollen and hot, but the resistance of external heat makes the work of the defenders more difficult.


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THE CHILDREN'S DISEASE

A test recently concluded by Dr. E. C. Schroeder of the United States Department of Agriculture traced tuberculosis in a herd of bovine tuberculosis. The history of the case is as follows: During the latter part of October, 1922, a tuberculosis test was applied to a herd of 12 dairy cows. The test was made at the owner's request under conditions as described 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-month-old baby girl had recently developed a swelling in her throat which was being treated by their family physician. The child had been in the herd during this time. The veterinarian decided that an operation for 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 experimental station of the Bureau of Animal Industry, United States Department of Agriculture, located at Beltsville, Maryland. Microscopic examination showed that the test animal was infected with tubercle bacilli. As a result of the examination it was found that the tissue was infected with tubercle bacilli. The report of the examination was that the tubercle bacilli were not killed by the treatment. The diseased tissue was not killed by the treatment. The diseased tissue was not killed by the treatment. The diseased tissue was not killed by the treatment.
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 closely 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 alright baseball all the way.

At Pella it was another story. Bone run 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 Dr. V. 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 one of the best men. Olson and Schaefr 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 Cliftonian of Des Moines Still, has resigned his position. He became the Associate Editor of this Osteopath, a professional magazine published by Dr. A. R. 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. will miss him severely in his new field of endeavor.

**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 Osteopathic 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 loyalty supported 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. Woodellon
Editor of 1924 Osteoblast.

**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 informed us that the article appeared in the February 1928 edition of the Osteopathic Magazine. Mr. Kuchera regarded the article of great value and wanted it to us, overlooking the embodiment of the sources of the article. We are sorry due credit was not given the Osteopathic Magazine and take this means of adjustment.

Or Ye Editor's Blue Pencil.

Miss Bess (exuberantly) - I've been to three balls this week!

Mr. Potter (nonchalantly) - Does anything of my watch, old chair?
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, "Thome" by Adams and "Rosie of Pickford." Mr. F. A. Hoffman accompanied the solos.

Miss Ava Johnson was called upon as the first of the faculty to address the class and responded with a nonsense poem, called, "Comment Onviewing The Banquet, a la Edgar Allen." which read as follows:

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

"Just because it's May and springtime,
Just because it's always done
I must burst in frothy phrases.
Have you thought "Ain't We The Fun?"

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

"Spread ourselves for one grand party
Buy your seats and all that row,
All us cranks, quick set 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
But our best, and worst, and shoe shine
If you cared to tell us so.

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

"We're the same old goops and goop-sees
Settin' pretty in a row,
Grinnin' like a bunch of nooses,
Swopping yarns that we all know.

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

"Spring is cooling with a four course
Wishing it was plain ham and
Rogers talks in high brow discourse
Longing for a four dish banquet.

"Dunes were thrown out of city banks
Hours were sleep on sping hair
Creases pressed to ride on pens' mouths,
This is some blow out for fair.

(Continued on Page 3)
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 sobs, although they are not visible until some time later. It is consequently quite important that something be done to square us that these teeth are in the best possible condition, fully developed, strong and vigorous, if they are to be with us throughout "life’s gambit.

A baby starts cutting his 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 check 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 when abscesses are formed at the root, they may cause much suffering. This is indeed a serious matter, and the time to knock it dead as Hector is while the irritation is slight. Better to check the abscesses before they become infected, because the abscess at the root remains as a constant 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 appendicitis, heart disease, kidney disorder, 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. But the verdict that the tooth must go, is no joke, and as the saying goes, "when the mouse is out of the barn, the cat has its work to do."

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. Cramér was elected in her stead. It was with much regret on the part of the student body and members of the faculty that the offending tooth, or rather the first deciduous tooth, was called for. 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.

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 Fifth 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, which should 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.

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
taking 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.

The Log Book
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 counselors 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. It hitchets 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 cooperation 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 cooperation 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 "Tackles" 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 is 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 Sutin 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. O. instructors 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. Schooler, 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 bolestrist is a man who has nothing and wants to starve it with everybody else.

A grammatical point to remember: frens set and lay; folies sit and lie.
Seniors Are Honored At Banquet (continued from page 1)

"Jim should be at church rehearsing,
Jazz six 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 down all this hot shot,
Just to tell you fools goodbye.

"Making all this fuss and bother
Just to tell you fools goodbye
When there isn’t a use whatever,
‘Tain’t as if you’re like to die.

"You’re just steppin’ out to battle
And to show what books we’ve been,
We’ve been licensed to candid—
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 win ’em when you have need,
And remember ALL WE’VE SAID.

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

Judge Hubert Utterback answered in 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 generously included appreciation of the evening’s courtesy and efforts of the faculty throughout the past four years.

"Opportunity" (continued from page 1)

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

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

Lyssippos.

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 in a well cultured, as these things enter as a large factor into his success.

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 in a well cultured, as these things enter as a large factor into his success.

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 sweet
heart with the nerve killed.

There is no time like the pleasant.

Synonyms — Renovate Cutters

One way not to make headway is to be knock on yourself.
TAYLOR CLINIC AND
D. M. G. HOSPITAL

The Taylor Clinic is maintaining its record, thereby keeping the DES MOINES GENERAL HOSPITAL check 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 someday 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 fifty-five patients have gone through the operating 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 campaign 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 Jack 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 25 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 thus hard earned professional accomplishments and not by political maneuvering. He worships at the shrine of achievement and not at the altar of the false gods of politics.

(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 rapid-ly becoming an age of introspection. National temperaments are becoming more sharply defined, and both national races and the social currents of the world are suffering from a sense of isolation.

We Americans have always been self-conscious from the time when our ragged Continental troops were made so much fun of by the Turks in the Revolu-tionary War. Nor has this coming to statisticians and biologists be-soon, everywhere, as 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 high, and we ought to be, that our literature is going 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 in prohibition are getting on our nerves.

Similarly, Englishmen know that they are taicturn. The Japa-nese are beginning to pride themselves on their sense of hu-mor; the Russians on their lack of it. The Italians are begin-nin to realize that they are taking themselves seriously. And so on through the list.

This is getting to be an Ingrowing world.

Is psychoanalysis responsible? Perhaps. Other factors are the Offense and the Condemnation. 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 observa-tions go, the same kind of introspective stuff that is going on in the world is being multiplied 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 is to be used 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 stom-ach, you go to a psychological expect, he makes you repeat, a few sabbatical 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 pyromagnetoic never; you didn't know it as the time, now you remember. That caused the pain in your stomach and the sense 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 get a feebble 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 amnesia, one foot in the grave substance that sits covering 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 theory over Self by losing it in others and not by a lot of morbid sleuthing for it inside of us. It is in for-gottenness of what the scientists call the Self that our salvation lies. If we have got to pass most of our waking hours in wonderment of the Self we would, as Mark Twain once remarked, get off at the next station.

'Forget yourself' is the best rule for both countries and individ-uals.—Thomas L. Mason 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, in which she expresses satisfaction 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 1906. She gratefully com-mends 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 begin-ning and bequeath a noble ex-ample.—Salley.

Election of Officers

The annual meeting of the Corporate Board was held at the College Building at 8:00 P. M. on May 22nd, 1924, at which time the business of interest 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 has been conducted for several months for the building campaign. It cannot be denied that this campaign has become well known in the hearts of the members of the Corporate Members as well as the student body. A new spirit has been manifested and a dogged deter-mination to carry the campaign on to a successful issue was indicated by everyone present. Not one dared to express a doubt of the ability of Dr. Craner, our secretary, to triumph in his eastern efforts for funds. In person he hand you heard the expression "Now the old institution is do-ing something. We have been looking long and have waited weary hours for this occasion to arise in some sense of the institution's readiness for it. Our vigor, our energy, and our money will be given freely in the interest of our Alma Mater." Many ques-tions were asked about the new location of the college as it will be moved from Locust street to another section of the town over a double car line where better residential environment will be af-forded the students.

The old college building as it now stands will probably be used for a part of next year, but the Board de-sires thereby much money to be acquired for the purpose of getting 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 unbearable 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, and 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 reverent old buildings as the heart of our school, the friends of the old college shall find a new heart in 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 win new friends and 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 and morning faces in the happy machine of a new institu-tion.

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 remains as happy and spritely as ever, having a happy spirit and earning good cheer which characterized him during his many years connection with the osteopathic institutions. One happy expression of Colonel Shaw ought to be heralded throughout the land, that during all the time of his connection with osteopathic institutions and associations with the osteopaths and also with his work and results, he has never wavered in his faith 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 hard-won victories have much to do with osteopathy because of its rank in the profession. These are words of wisdom and narrow and selfish and unworthy are those who do not heed them, for everyone recognizes that "push and punch" can only come from cooperative effort.

The Colonel carries back to his home in California the heartily good wishes of his many friends of DES MOINES STILL COLLEGE OF OSTEOPATHY.

After four years of study, work at D. M. S. C. O., Dr. M. Francis of Muscat, Iowa, to-gether with his mother with her for a little outing at the lakes. The Doctor incidentally mentions that he expects to do a little fishing while on the site. It appears that the tumble of the upper arms upon the book holds no fear for the Doctor.

The "Log Book" hopes you have a fine vacation, Doctor.
THE CURRICULUM

The Fundamental Osteopathic Branches—

First Year

First Semester
Anatomy, Descriptive
Chemistry, Inorganic
History
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

Third Year

First Semester
Anatomy, Regional and Special
Gynecology
Pathology V, Laboratory Diagnosis
Public Health and Sanitation
Osteopathic Diagnosis
Physiology I

Second Semester
Clinical Demonstrations and Practice

Osteopathic Therapeutics
Eye, Ear, Nose & Throat
Obstetrics
Clinical Demonstrations and Practice

FIFTH YEAR

First Semester
Surgery
Obstetrics
Nervous and Mental Diseases
Eye, Ear, Nose & Throat
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. Drink a hot bath every day.
4. Wear thick woolen underwear.
5. Sleep at least six hours and never more than seven and one half.
6. Keep windows open and rooms dark.
7. Do not say all that you know, but always know what you say.
8. Avoid excessive brain work and everything that arouses anger.
10. Do not say all that you know, but always know what you say.

FOR LONG LIFE

Dr. Mary Schwab is a booster. She lives in Winton, 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 his enthusiasm, because she left a check for $500.00 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 correct 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 OSTEOPATHY and 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 since the old DES MOINES STILL COLLEGE OF OSTEOPATHY 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 cooperation with him in all his efforts. It is safe to say that everybody around DES MOINES STILL COLLEGE OF OSTEOPATHY who receive his letters are happy. This campaign shall not fail. Do you know Dr. Schwab? Get acquainted with him. You will forever have more respect for your Alma Mater. Mingle your respect with the chink of coin and we will start a Jazz Band of Jubilans for Old Des Molins.
Arrangements have been completed for the scheduling of a football game with the James 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, and the most important game they have ever scheduled with. Des Moines Still College expects to wipe out the defeat of our basketball team last season with Haskell's, by putting over a decisive victory on November 9th.

Our foot-ball field will be the scene of a great game 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 Sweeney is staying in Des Moines during the summer. He intends to put up 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 say 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.

Well 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 Kokomo, Indiana. For more particulars, write either of these men.

Des Moines University, as yet, has not been scheduled for football this coming season. It is not, because Des Moines Still College has refused it. 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.

**Athletics**

**Comparative Hours of Study, Medicine and Osteopathy as Opposed to 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.

<table>
<thead>
<tr>
<th>Educational Requirements of Practitioners in Medicine and Osteopathy</th>
<th>Educational Requirements of Practitioners in Chiropractic</th>
</tr>
</thead>
<tbody>
<tr>
<td>High School:</td>
<td>Medicine</td>
</tr>
<tr>
<td>English</td>
<td>540 hours</td>
</tr>
<tr>
<td>Algebra</td>
<td>270 hours</td>
</tr>
<tr>
<td>Latin Grammar</td>
<td>270 hours</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>540 hours</td>
</tr>
<tr>
<td>History</td>
<td>360 hours</td>
</tr>
<tr>
<td>Physics</td>
<td>180 hours</td>
</tr>
<tr>
<td>General Science</td>
<td>180 hours</td>
</tr>
<tr>
<td>Chemistry</td>
<td>190 hours</td>
</tr>
<tr>
<td>Physiology</td>
<td>190 hours</td>
</tr>
</tbody>
</table>

**Fundamental Studies in the Healing Arts**

Common to all Schools

<table>
<thead>
<tr>
<th>Course</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histology</td>
<td>150 hours</td>
</tr>
<tr>
<td>Anatomy</td>
<td>150 hours</td>
</tr>
<tr>
<td>Physiology</td>
<td>150 hours</td>
</tr>
<tr>
<td>Embryology</td>
<td>75 hours</td>
</tr>
<tr>
<td>Chemistry</td>
<td>120 hours</td>
</tr>
<tr>
<td>Pathology</td>
<td>120 hours</td>
</tr>
<tr>
<td>Radiology</td>
<td>120 hours</td>
</tr>
<tr>
<td>Diagnosis</td>
<td>120 hours</td>
</tr>
<tr>
<td>Hygiene</td>
<td>120 hours</td>
</tr>
<tr>
<td>Gynecology</td>
<td>120 hours</td>
</tr>
<tr>
<td>Gastro-Osophy</td>
<td>120 hours</td>
</tr>
<tr>
<td>Surgery</td>
<td>120 hours</td>
</tr>
<tr>
<td>Obstetrics</td>
<td>120 hours</td>
</tr>
<tr>
<td>Gastro-Enterology</td>
<td>120 hours</td>
</tr>
<tr>
<td>Eye, Ear, etc.</td>
<td>120 hours</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>120 hours</td>
</tr>
<tr>
<td>Dermatology</td>
<td>120 hours</td>
</tr>
<tr>
<td>Orthopedics</td>
<td>120 hours</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>120 hours</td>
</tr>
<tr>
<td>Symptomatology</td>
<td>120 hours</td>
</tr>
</tbody>
</table>

**Total:** 2,908 hours 7,978 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 at this and other schools, when only a two weeks' correspondence course or a six weeks' 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**

We have just received a letter from Dr. LeRoy French, graduate of the May '28 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 238 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 by the first of November. 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 hired all the way from Des Moines. The next morning they left for New York City where they intended stopping over for the convention.

**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 any other 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 enthusiasm is always on the subject features of his subject.

It is his faculty to inspire with the humblest aspirations. The students who sit in his classes are imbued with the feeling of the profound importance of the splendid scholarship and his personal integrity. Every one who walks in his footsteps knows a misapologist. Educationally his influence are the best and socially his conduct is exemplary.

In his own words "We have a true friend, Des Moines Still College a loyal president, Iowa's great surgeon, and the profession a source of great pride."

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**Children and fools tell the truth—but that doesn't prove a thing senseless speech. —Dutch Proverb**
THE DRUG PROBLEM

By Hines N. LaMotte
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 went into effect, 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:

Holy, 1 grain; Germany, two grains; Portugal, 2½ grains; France, 3 grains; Holland, 5½ 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 physician (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 liberally stokes his subjects. 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 1897, 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 Cystoscopic to the Taylor Clinic, has lost 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 men". Service and efficiency is his motto.

Dr. Cash is a graduate of D. M. S. C. O. He was an intern at the Des Moines General Hospital and took laboratory courses 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.—Longfellow.

The great thing in the world is not so much where we stand, as in what direction we are moving. He 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)

They were, of course, a few cases of the 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 inclusion 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 another fifth of them while under 25. These young people, therefore, must not be considered as desperate persons who take to drugging when their alcoholic suppliers are cut off, as the opponents of prohibition would have us believe. No, the two questions, drug treatment and when, are interwoven, interdependent, and except for this, have not much else in common.

Another important fact brought 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 revolting 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 morphine or heroin that ranged from 18 to 50 grains per day 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 injects his victim, then creates 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 quantities 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 particularly easy for smugglers, with its 8,000 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 morphine and heroin are obtained, comes from the opium-producing countries of Persia, 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 dispensary of a large hospital containing 8,000 patients and 130,000 out-patients, had used in one year less than thirteen pounds of opium and five ounces of morphine. On this basis, the world's medical needs are infinitesimal, as compared with the immense output put 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 or from their city.

Name
Address
City
State

UP IN A TREE

The following poem was written by Rev. Alan W. Connell, D. D., of Warren, R. I.

In a letter that accompanied the poem, Rev. Connell explains that he is not an Osteopath but a sympathizer—being a brother of the Osteopaths in New England States.

Rev. Connell 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, 18th, 1923.

"The Log Book" wishes to thank Rev. Connell 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 month.

Up in a Tree

A Young M. D.'s Prayer.

"O Lord," said a doctor, "I am getting the 'creeps.'

The 'creep flesh' is over my back,

I have read that a doctor of "bones" don't you know,

is camping right here on my back.

I thought it was ascending 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.

Plain Doctor de Osteopathy! O. D. 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 a.I'm in the quiet.

Please Doctor de Osteopathy, O. D. 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.

"Dear Doctor de Osteopathy," I'm sure on the run,

I have taught to do but 'appeal,'

If you come, I am dead, a disability 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 values in public administration and also from a legal and social standpoint. Stillbirths, like deaths among very young children, represent a dollar 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 illnesses such as typhoid fever and pneumonia, and abortions induced to save the life of the mother as in eclampsia, tuberculosiis and heart disease. The health hazards 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 reports for various civil and criminal actions. By the term "stillborn" we mean that the child did not live any time whatsoever 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 which result in death are reported. 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 reported

(Continued on Page 4)

Moral:

O Doctor, dear Doctor, why so fearful my man.

The terrors are never all dead;

There are patients a-plenty for you every day;

There's money for meat and for bread;

Just welcome progressions, with wide open arms,

And see if we can all 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 Curing Process**

The other morning while I was working, I took an awful pain, hit me in my middle, then clear up to my brain. It wavered round and up and down, played kick-tack on my heart, till I thought my life was ebbing, to another foreign part. But I hollied down to Dr. Jones and told him, and he took care of me, one of the boys that was there, to get a real remedy and send me home. It seems there's a local paper that has been in 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 Summer High School of Tacoma. It was his fitness and aptitude which won him this scholarship. 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.

**Another Good Man Gone Wrong**

The numbers of the late graduating class will be pleased to learn that Eugene G. Herzog has at last taken unto himself a wife. The marriage announcement shows that the lucky woman was Miss Ada L. Schneider. The festivities lasted June 19, 1929. Their future home will be 1411 Collins' Street, Austin, Minn.

The Doctor has the dearest 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 D. M. S. C. O. while a member of the famous "Burlesque 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.

The college officials are glad to give out the good news that our main endeavor will be better the course given by this Institution is Special attention will be given in the Department of Osteopathy and the Department of Clincics.

SIGNED,
M. D. CRAMER.
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 concealed.

Classifying the stillbirths according to the birthplace of the father: the record shows that in 909 cases the father was born in Wisconsin; in 238 cases the father was born in other states in the United States, and in 238 cases the father was foreign born.

The record of birthplace of mother shows that 1,658 of the mothers were born in Wisconsin, 261 in other states of the United States, and in 238 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 16 to 19 years old; in 734 cases the mother was from 20 to 29 years of age; in 406 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 still-born 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 the particular mother who was attended by a midwife had 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 1 cases 4 stillbirths; and in 5 cases 5 stillbirths. In 519 cases it was not stated whether the mother had given birth to more than one stillbirth reported.

The important element of syphilis in 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 physician 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 the time of birth the record shows that 1,473 were attended by physicians and 98 by midwives or others. Approximately six per cent of the stillbirths reported as births for 1923 were attended by midwives or others. For 1921 the record shows that nine per cent 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.
Doctors Are Interested in "Truth" Serum

Findley Says It May Be Useful in Solving Crimes.

Des Moines physicians are divided in opinion as to the so-called new truth serum being experimented with in California. Many of them frankly say it is the "bunk."

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 applied to criminology.

Dr. H. M. Eklund, pathologist, stated that it is not by means a new discovery, it is similar to hypnotism 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. I. 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 connection with criminology have been achieved before with different forms of anesthetics, especially ether.

Notice

Dr. W. H. Vincent of Red Oak, Iowa, is moving to Colorado 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.

Dr. M. E. Bachman

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 enrichen his thoughts. He shies of wit and humor, though they pierce, never sting or leave a scar. "Daddy Bachman" is his cognomen. He is known everywhere as the student's friend.

Dr. Bachman graduated at D. M. S. C. O. in 1911 and located at one in Des Moines where he has a most enviable practice.

For a good many years and is very learned in this field. As a technician, he has no superior. 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 spirit, long may his influence prevail.

A $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 users. 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 natural visitation of a Divine Providence.

Lots of folks thought that a bucketful in the pocket would prevent rheumatism. Some mothers knew that a red flannel undergarment and a string of sentinales around the neck would protect children from diphtheria and other contagious diseases.

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, containing partly of alcohol under a thick veneer, 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 branch of Des Moines—Tommie plays the "Sachystone." 

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 tonsillectomies.

Dr. Hunsinger, 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 Kirts 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—enduring to use her hands as a rock cracker 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 was doubtless greatly appreciated by all who took the work. The laboratory 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 persistently won. If the Dr. 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 Delta Creek Hall, at Versailles, Ohio.

Mrs. K. M. Robinson, shamal 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 Osteopath, reports that Sunday July 19th was a good day for babies. Coming in the 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. Hannel 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 Ayr, 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 hands that you received the education that has helped to form the basis of your success. Boost Osteopathy upward and onward. Build up 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 all D. M. S. C. O. with students as we never was filled before. A little time and encouragement from you may be the means of making that one hundred freshman class this fall.

Reputation is in itself only a fishing tackle of weaving and uncertain force and easily blows out; but it is the light by which the world looks for and finds merit. —Lord.

Mud 'n Everything

Mr. and Mrs. Augur, students of D. M. S. C. O., who graduated 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—bad grade 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,—from 30 and all that goes with it.

"It is funny when we think and talk about it. A 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. Ide'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 Rozeman, 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 God STILL!!

Myrtle and Morris Augur,

(Jan. 34)

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 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 these baby hands that call you For its good-night lullaby Is like the calling of the flowers For sunshine from the sky.

And that little smile that greets you And that Coong, going 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 fly to carry on Work, that's left behind unfinished By their elders—aged and gone.

—F. O. 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 mental hand, constants 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 Enamalers 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

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

Osteopathy Without Limitation

The contributor of the following articles, Mr. R. E. D. H. Jr., is a student of A. O. A. He is in cooperation with E. B. Gordon, who is soon to be graduated 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.

Dear Dr. Taylor:

While attending the New York Convention of the A. O. A. I was fortunate enough to obtain the encloses interviews with Dr. Goode, Gravetti, and Gilmore for the "Log Book".

During the convention several meetings were held of the organizations of the Associated Colleges, at which 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. Wisher, of Boston, newly elected a director of the Associated Colleges, I learned that the other officers were: President, Dr. S. H. Kerner, of Kansas City; Vice-President, Mrs. George Still, of the A. O. A. Dr. Wisher was too much in a hurry to get away to give me further particulars, but he promised to send me additional information about the business done and discussions had at the meetings, so that I might send them to you within the closing of the next few 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, Horst, French, the Baurerts, the Hecker, McFall, Gordon and myself.

Cordially yours,

MILTON CONN.

Enclosures (3).

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Interview with Dr. R. E. Gilmore, of Sioux City, Iowa, head of the

Department of Education of the A. O. A., obtained at the New York Convention, July 6, 1926, exclusively for the "Log Book".

"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 programs. 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 single thing before the profession today is to help all 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. Gravetti, of Dayton, Ohio, newly elected president of the A. O. A., obtained July 7, 1926, 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 more than satisfactory to osteopaths.

"You may well be proud to belong to the osteopathic profession, and you may be assured that a welcome awaits you in 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 nothing 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 in the different schools of medicine 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. Gravetti. 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 the A. O. A., exclusively for "Log Book", July 6, 1926, 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 physiological concept 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 496 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 papers 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

There are two very good locations for osteopaths in Nebraska, one at Callaway and one at Cozad.

Callaway is in a rich farming district near the Union Pacific, west of Lexington, Nebraska. 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.

FAMILIARLY YOURS,
Byron S. Peterson.

OSTEOPATHIC CREED

I will be true to myself, my ideals, my ambition, and my belief.

I will give my patients 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 has no desire to give the man our money. 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 earnest 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 1933 firing line. Mr. Sutton will leave with Dr. Bob Bachman and family. Being with Dr. Bob 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 football and basketball trips. We hope Dr. Robert and Coach Sutton, with their families, have a "Whaling Big" vacation. (We will all be waiting on their stories when they return.)

Capt. Weimers is summerring in Des Moines. We are wondering whether it is a girl that is keeping him here or if he is getting in all his treatments so that he will be able to have free afternoons all winter to devote to making a 1933-34 undefeated basketball team.

The steel mills of Niles, Ohio, have claimed another victim.

Davie 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. Davie no longer has any use for a "Chiro." It seems that "Distance makes the heat grow fonder." (For the other fellow.)

Our football schedule to date is as follows:
Sept. 28—Graceland College at Lamoni—(tentative).
Oct. 5—Pella College at Osialena.
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—Haskell 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. 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 'believer' for the profession which I have chosen.

"Dr. J. J. Schwartz, 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 23% 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 GENTLEMEN.

TIME TO LEAVE.

Lecturer—"Allow me, before I close, to repeat the words of the immortal Webster."

Hayseed (to whil.)—"Land sakes, Maria, I'dt go out o'here. He's a gon' to start in on the dictionary."

Princeton Tiger.

ARE YOU IN THIS PICTURE?

A group of D. M. S. C. O. students, long ago, "holding forth things".

It will be noticed that several of the gentlemen are wearing "true Indian" as known in society today but at that time called mustaches. The present day law of the student body is, that any student is found wearing a mustache, except a Senior, he will be in the 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 witnessed the storms of early Osteopathy. 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.
HOW VACCINE IS MADE
By Dr. H. C. Englehardt.

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 supplicative disease matter. This disease matter contains the germs of human smallpox, cowpox or "vaccine" 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 vaccine which it is almost to preserve in more or less viable condition. The glycerine and virus mixture pass through various tests to free them from 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 hemolytic and septicemic group. (Continued on page 4)

"Embodiment of the finest influence" 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 classwork there is clearly manifest the most friendly mutuality.

Dr. Lola graduated from D. M. S. C. O. in 1909 and from the Woman's Medical College, Baltimore in 1909. She came directly from Baltimore to Des Moines in 1909 and from the Woman's Medical College, Baltimore in 1909. She came directly from Baltimore to Des Moines in 1909 and has been a teacher in D. M. S. C. O. ever since.

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 at which Dr. Lola has attained is attested to 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.
Here and There

Mr. Scott Wiener of Hugo, Colo., and a student in the Laufighter 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 Norwalk, Okla., where she begins her Osteopathic practice with Drs. Sievek & Sievek. 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 predicts for a man of his shown ability-Success.

Doctor Thomas G. Bu, of An- ton, Iowa, was a visitor at the Des Moines General Hospital on July 21. He came with a patient. Doctor Bu, 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 looks good and that he believes that Dr. S. L. Taylor will have a chance to break that old cow-bell.

Dr. Cecil Reel, (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. Reel's clinical work in college was very satisfactory and we feel that his patients will find him in 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 calves as he had expected that he would. This is simply 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 sake, 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 stopped 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

The Official Publication of DES MOINES STILL COLLEGE

Osteopathy

President: S. L. Taylor
Business Manager: M. D. Crasean
Editor: C. L. Bellenger

Osteopathic 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 Hoftess, 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 have been invited to speak to groups 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 handled 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 any place 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 downtown. 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, janitoring, 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.

SCHILL College is after. You can bring your trunk, load it in your Tin Lizzys 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 whom to take. 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 of that canned 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 Schoffer to quit his railing.

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 every 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 profession and get money with which to erect a new school building. There is only one avenue by which your schools can be petrusted. 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. 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 it to 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 Stanislau 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?" asked stylishly, as they sat on the parlor sofa. "I'd look straight ahead, but said nothing. After a few moments of silence she nudged him and said, "Didn't you hear my question?"

"Moyer looked around apprehensively. "I thought you were addressing the guy." --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 started going up a hill. The other 150 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 hear 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 Burton Brown.

With doubt and dismay you are written:

You think there's no chance for you, son!

Why, the best books haven't been written.

The 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,

To store up true wealth is still

more secure.

More laughter and love and romance,

More loyalty, labor and duty.

No chance? Why there's nothing but

change.

For the best verse hasn't been

recorded 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.

The best book hasn't been

started.

The first verse hasn't been

written yet.

Circus Proprietor—Yes, we

want a lady who can handle wild

animals. Have you had any

experience?

Applicant—I have been a sales-

woman at bargain counters for

years.

Old Lady (to newsboy)—You

don't chew tobacco, do you, little boy?

Newsboy—No, mum; but I can

give yer a ciggret 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 the typhoid fever germs and urine germs entrance into the body of another person or persons. In this connection it is 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, esophagus and stomach, or small bowel or intestines, certain glands of which become the place of abode of these typhoid germs. It is, 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 intestinal tract 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, animate objects and animals, particularly insects; second, foods, notably milk; third, water and other drinks.

The order of discussion will be to make 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 Shocks," Walter Mo Williams, finally bowed to his fairhaughty blonde head before the marriage altar.

The Shocks of his hunting grounds, extending from Columbus Junction to Valley Junction, was struck a terrible blow 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 boy ought not to be blamed for being a boy, 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.

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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 hundreded or more ulcerative or suppurrative wounds and saturetated 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 small-pox or any other disease, let us imagine how well pleased an animal would be with a hundreded or more ulcerative or suppurrative wounds and saturetated with the septic poison which cannot help but be in the animal's system.

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 M. 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.

Schedule

Continued from page 1)

Obstetrics. Osteopathic Therapeutics.

Dietetics. Clinical Demonstrations and Practice.

Second Semester

Letter from Dr. E. G. Herzog

Aug. 13, 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 "burst out in print." This inclination is not entirely un mixed 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 huirago," but mere 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 itch started. 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 her 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 magnetism 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.

It happened on the 19th of June, and I feel that I "Got away Fig." Those of you who have had the experience know how it is, that dignified "match up the center also, with Ma and Pa and everybody looking on. A fellow never realizes how many people's hands and feet he has until he finds himself "dressed up" 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.

At Portage I "met up" with one of our men. Just as we were leaving the city someone shouted, "Hey, Buck" and O'Keefe came running up and slipped me the glad hand. He said Parish Fig (Continued on page 4)

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It must be true that environment molds the thoughts of man, for no sooner were Still and Des Moines out of sight when that itch started. 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 magnetism 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.

It happened on the 19th of June, and I feel that I "Got away Fig." Those of you who have had the experience know how it is, that dignified "match up the center also, with Ma and Pa and everybody looking on. A fellow never realizes how many people's hands and feet he has until he finds himself "dressed up" 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.

At Portage I "met up" with one of our men. Just as we were leaving the city someone shouted, "Hey, Buck" and O'Keefe came running up and slipped me the glad hand. He said Parish Fig (Continued on page 4)

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, able, and intellectual, 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, Iowa—August 15th, 1923.
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, and in other ways to water supplies and to food, in 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 to about double that of the excreta to be disinfect ed. Wipe the soiled parts of the patient first with dry paper towel, 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 clothes 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.

The excreta and disinfectant solution and let it stand for about one hour before emptying. The disinfectant solution 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 sources 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 chloroform in solution made by adding one-half pound of the disinfectant, while thoroughly mixed with 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. A ample quantity of the disinfectant solution should be kept in the patient's room for several days. Many of the prepared 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, wait patiently by stirring and covering the vessel and let stand for one-half hour before emptying. Excreta may also be disinfected by milk of lime 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 the lime will settle to the bottom.

(Continued Next Issue)

Somebody wants to know why John took those first two silver coins to the arctic 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 Eddie Price, who is quite popular in the sport world as the "Featherweight" boxer, also a member of mine came to me with the old gag about getting off for his grandfather'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 grandfather'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 Smith.

"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 I think he's bringing her back."

Doctors! Make one more effort to send as many more new students as possible. Help the undecided to decide.

When a man is in earnest and known 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."

"Hi, 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. Fairbairn.

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. Disease.
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 Clinics are the largest of any Osteopathic Colleges. There's a reason. Why?
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 "mating" around the old school and that you do not hear as much 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.

TAYLOE CLINIC

The Tayloe Clinic is a busy institution of its kind and there is no saying this to scold you or to irritate you, but to stimulate you to more active cooperation.

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THE LOG BOOK

Letter from Dr. E. G. Herzog

Continued from page 1) (tired on locating in 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 two 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 pickerel, black bass and crappies. 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 pickerel. As for myself, I never saw such particular-fish. I cannot say with the Hon. Andy Gump that "every time I fish 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 running wild. Those of you who remember some of your geography will recall that Lake Itasca marks the origins of our mighty Mississippi. We spent some time at Minnewagagabah, 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." Vold 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 vision of God's world is on earth marks 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 $65.00 per ton 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, Ely,leased, 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 definitively 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 was 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

Violin—"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."}

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
VACCINATION

Dr. H. C. Engler found 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. H. 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 palatable (nutrition or God) 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, the very creature, 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 Declarator) 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 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 1886, though compulsory vaccination had been in effect since 1786 (Report of John Pitcairn, member Pennsylvania Vaccination Commission, page 18). If vaccination could prove immutably, 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 (1899-1908) 20 years ago, when the figures are available, the cases numbering 171,500, or an annual average of 8,650, 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 26.)

(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 on the outside at D. M. S. C. O last year. As it was not the number—it should have been 5000.

In this issue of "The Log Book," we are happy to state that these cases were operated on 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 motion 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, the greatest city of 400,000 population in the United States is located near the center of Iowa, which comprises one of the most fertile agricultural 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 food 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 $65,000,000 with over 10,000 operatives. Pay rolls amounting to $15,000,000. Des Moines has 60 publications with an annual monthly output of over 12,000,000 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 $6,000,000.

Des Moines has over 850 acres of park; 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.

G. 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 Merleus 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 athlete coach of Salina, Kansas, is contemplating taking up Osteopathy at D. M. S. C. O. this fall.

Fred N. J. Dubie and Robert J. Landry 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. Francis, a graduate 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 1,900,000 people unable to speak the English language. There are 3,000,000 more who cannot read it.

There was 53,000,000 dollars lost in 1922 through the alteration of checks.
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.

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 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 own sense 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, has 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 Principles

Osteopathic Principles have been taught by Dr. Claude Spring for a good many years, very acceptably. He has had his vacation and we 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 waited 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.

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 over 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 if the hands of experienced men and women 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 foodstuffs from quarantined premises. The sale, exchange or distribution in any manner whatsoever of milk or other drink or food-stuffs produced, handled or sold on premises quarantined for typhoid or paratyphoid fever 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, free from typhoid forms and any forms dis-
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 premises to which a case or
suspected case of typhoid fever
may be removed shall be made
thoroughly proofed by close fit-
ting, self-closing lids, and the
seats and by elimination of all
cracks and crevices that may per-
mit 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 Health
be altered, remodeled or
entirely abolished as directed by
such authority or such represent-
ative.

House Fly as a Typhoid Carrier
The possible role of the fly and
other insects in the transmission
of typhoid fever is of such im-
portance as to deserve brief sep-
ard consideration under contact
infection now being discussed.
By virtue of general prevalence in
great numbers, and their dirty
habits, flies may be guilty not
in-frequenty of carrying on their
legs, mouths, etc., human filth
containing typhoid germs. In
this way food, particularly milk,
can be frequently infected by
flies with typhoid and other dis-
case germs.
The first typhoid outbreak in-
vestigated 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" in which 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 pasteur-
ized, cooled and bottled. The
milk house itself was of very poor
construction and most inadequately
screened so that flies could travel
un molested 'between privy vault
and all parts of the milk house,
carrying with them disease con-
creta reeking with germs which
should never be permitted in milk
intended for human consumption.

As a result of the inexorable
conditions which existed on this
insanitary "Sanitary Dairy" farm,
fifty cases of typhoid fever,
with seven deaths, occurred dur-
ing 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 it really
was. The remedy was of course obvi-
ous and its application resulted in
the immediate prevention of
further cases of typhoid fever.
The responsibility for conditions
which made possible such a seri-
sous catastrophe lay primarily at
the door of the local health au-
thorities and justices would have
demanded their indictment on a
charge of wilful neglect leading to
untold suffering and death.
Such apathy on the part of both
public and their officials is
always a common and
prevalent evil 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, suc-
cess. 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 ab init.
It. They have acquired a habit.

That habit—the habit of making
good—was gained by hard work
and the unsparring expenditure
of energy.
The successful conduct and de-
velopment of the large and diversi-
"fied 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
person has to be unfit, he is
dropped. If he proves himself fit
for a higher post, he gets it in
due course.
The opportunities are practic-
ally without limit. Given a nor-
mal brain and the desire and
energy to develop it, there is no
man whom 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 de-
mand. 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 a few weeks
after his High School Auditorium
with his diploma in hand, which
marked the successful termina-
tion of his preparatory and ini-
tial 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 con-
sidered. What am I best fitted
for? Will I be able to be effec-
tive in this or that line of work? If
I decide on this line of work is
there any chance for me to ad-
cend? And so on, he stumbles
blindly.
This is not a new problem at
all, but one that we have all had
and that must be solved 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 ques-
tion but the individual himself.
So Des Molins 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 consid-
ser 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 pro-
fession in which as much real
good can be done for humanity
as that of an Osteopathic Physi-
cian. To be a good physician you
must know the difference in dis-
 ease 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
in their profession. That there
is no one that can solve the ques-
tion but the individual himself.
Smallpox was made compulsory in 1807,
and that in 1871 there were 30,742
and that of Berlin 2,000,000.
Smallpox in Bavaria, from 'a
Vol. 2, No. 29, Aug., 1912 --. En-
lish translation published by the
National Anti-Vaccination League
London.
Seventh: During the two epi-
demics in the City of Berlin in
1804 there was a death rate of
a little under 1,000 per million,
while in 1871 it rose to 6,150 per
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million, for smallpox.

VACCINATION
(Finished from Page 1)
Fourth: In Germany, the second
most vaccinated city in the world
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.
(Finished from Page 3)

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 McCormie, page 25.)

Sixth: After the epidemic of
1904-1912, in all of Germany
occurred in Germany in 1880-1882
when there were 25,000 cases and
2,700 deaths. (Testimony of Carl
Runia, M. D., Professor of Mate-
ria Medica, University of Peru-
gia, Italy, before the Proctor’s
Court, Perugia, July 31, 1912, and
printed in “Vita e Mallattie,”
Vol. 2, No. 29, Aug., 1912—Eng-
lish translation published by the
National Anti-Vaccination League
London.

Ninth: The conditions which es-
pecially favor smallpox, plague
yellow fever, puerperal fever,
measles, scarlet fever, dysen-
ymia, etc., are foul air and wa-
ter, decayed organic matter, over-
crowding and other unwholesome
surroundings. If vaccination has
any bearing on smallpox, why is
it that its results in the existing
diseases as a whole decline and fluctuate
with smallpox?

THE LOG BOOK
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 sixty-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 sixty-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 tells him when dinner time comes. The bowels will form a habit just as the stomach does if it 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 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 damnum 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.

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. Oster-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 further 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.
CONSTITUTION

(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 it is necessary to add 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. Plenty of fresh fruits and vegetables and acid cider and sour milk tone up the sluggish muscles 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 white bread and white rice, as white breads, from patent flour, rice, 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 reading 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 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 1855, 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 (1888-1908) 20 years, for which the figures are available, the cases numbering 171,600, or an annual average of 8,800 with 48,000 deaths; a mortality of 28 per cent. (Official statistics by Dr. 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. (Official statistics by the director of the Senate.)

"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 Bavaria in 1873. There were 25,000 cases and 2-700 deaths. (Testimony of Mari Rusta, M. D. Professor of Materia Medica, University of Perugia, Italy, before the Prentor's court, Perugia, July 31, 1912, and printed in "Viteae Maullatte," Vol. 2, No. 28, June, 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, Fink 9-21-23 mission by Dr. Hopkirk for the purpose of showing the results of long continued compulsory vaccination, showed that smallpox made compulsory in 1897, and that in 1871 there were 30,742 cases of smallpox, of which 96.7 per cent were vaccinated. (The Wonderful Century.)

"If vaccination renders one immune, why should individuals and re-vaccinated from one generation another, to the most thoroughly vaccinated countries in the world, contract smallpox? The conditions, which especially favor smallpox, plague, yellow fever, typhus, enteric fever, mesenteries, scarlet fever, diphtheria, etc., are foul air and water, decayed organic matter, overcrowing and other unwholesome surroundings. If vaccination has any bearing on smallpox, why is it that the other syphitic diseases as a whole decline and fluctuate with smallpox?"

Business Before Pleasure

"Yes, we have 'goes' of toasts 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 when nothing more than help 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 "crow" that dinner is ready and to step right this way before it gets cold. "Oh Boys! Then Dr. D. S. Taylor's delicious dinners 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 avoided. The dishes 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.
THE FRESHMAN CLASS.

As president of Des Moines 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 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.

Nothing损坏 our desire to see everyone prosper, our first duty is to D. M. S. C. O.

Now as the clamar 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 Certainties." 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 the fundamentals. The ideal teacher is the one that has the experience. We rejoice to learn that other institutions who have persuaded a number of graduates of other schools to come to D. M. S. C. O.

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.

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 private practice, taken charge of Dr. Marshall's Physio-Clinical Laboratories, recently located at that place.

If you can dream and not make dreams your master;
If you can think, and not make your ad,
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,
Twilight by twilight to make a trap for fools,
Or watch the things you give 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 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 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—what 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, Leeland 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., congratulates 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.

"Boots," 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!"

"And by 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."

"Some 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 boil 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 hastened, "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 Sun-Diet and Hygiene, College of Medicine and Surgery, and 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.

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 of 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 Graaff, 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, Tym, 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.

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 Gillian

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 over—name and time and place—Say: "Here a blessed influence came," or "Here is evil's trace?"

From each cut 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—does it sweeten with its touch, Or does it more embitter those embittered overmuch?

Does love through every handclasp flow in sympathies' cares?

Do those that I have greeted know a newborn hopefulness? Are tolerance and charity the keynotes of my soul's song?

As I go piloting 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 love help other lives it touches by the way.

—from Osteopathic Magazine.
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 libraries 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 through 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 prescription (which is prepared by a nostrum) mail order supply is shipped to the hospital.

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 beheld in his travels he came to an osteopath and sayeth unto him, "My land, I see but hear not—I pray thee heal me," but he was not healed. He journeyed on 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 physical: and said: "How comest 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 ivoried out the wax, sent the patient forth well and proclaiming the virtues of osteopathy.

From which parable may deduce:

May wax full of enthusiasm—but few enucleate full of wax.

PRIVILEGE IN FRIENDSHIP.

If ever a man is to be a real anything, the sense of privileges 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.

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 a great joy to me. I have been in Brainerd, Minnesota, for the past few weeks. I have been teaching the Doctor of the classroom, and have been happy to see him recently. To his classes, mighty happy time, telling stories that have taught me this, that, "Folks are so happy that the day was spent-and in digestion of our appetites and we surely have experienced another shock when the headline did not tell the story of the game. Curtis and Wells of the Graceland line did some good work.

The lineups:

**The Log Book**

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 98, 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.

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 against the odds. 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 intermin (or any other part of their anatomy) they trotted out on a heavy field at seven 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:

**Graceland—6**

Cudworth — L. E. Walker
Franklin — L. T.
Walden — R. G.
Curtis — R. T.
Wells — R. E.
Leeka — Q. B.
DeLong — L. H.
Butterworth — F. P.
France —
Substitutions—Burgie 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 football 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?
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 heard" 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.

So with this indomitable spirit which seems to characterize 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 after him.

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 pompadour.

Lack of space here prevents any further comment. Those interested in spooks can gain further information by applying to Joe, 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'Connor, 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 per cent 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 the 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.

He who 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 OSTEO-PATHY.

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.—Loisia 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.

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.

HEARING MEASURE.

If we take the good we find, asking no questions, we shall have hearing 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 between $1200 and $1500. This year will equal or surpass. Largely office practice. Office treatment $3.50. Practice can easily be built to $10,000 if Doctor can take care of.

Office equipped with McManus DeLuxe Table, Ears, Nose, Throat operating chair, diagnostic instruments such as Holmes Nasal, Pharyngoscope, tuning forks, etc., Aloet Lighting Electric Cabinet and many other instruments. Office so treating can be continuous and no waits for dressing. Equipped will invoice between $1200 and $1,500. If I can sell to give possession at once I will take $1,000 cash. This includes every-thing except books.

Fraternally,

Dr. L. Upton Miller.
What would you do in a case like this?

"Say, dot mattress you sold me was full of bed bugs. Yell, vat ya want for 2 bucks, gan 2 birds?"

\[ \text{LET'S GO STILL} \]

MEXICAN ATHLETE STUFF by Jerry Lauck

\[ \text{Say, Pilot stop this plane a minute, please. My Willie just climbed over the side.} \]

\[ \text{Seen at the Hershey Receipt} \]

Shocked spectator: "They wouldn't catch me looking like that."
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 six-seven members present and a number of visitors, making about ninety-five in attendance.

The two days were filled chuck full from 9 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 seem 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 Heins 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 Variety. This is truly si gnificant 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 YOW!!!!

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 razz-back hawg, suh.

Tourist—Why is he rubbing himself against the tree? Native—Just stopping himself, suh. Just stopping himself.

If Lang 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, Kirkville, 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 Kirkville. 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...
THE LOG BOOK

The Official Publication of
DES MOINES STILL COLLEGE
OSTEOPATHY.

President          S. L. Taylor
Business Manager  M. D. Gracner
Editor          Jack Hansel

Osteopathy Without Limitation

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 bones 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 perfection.

All of last year's Varsity is in college, with the exception of Weil, 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 rushies of the season with a theatre party, after which they went to the Shops, where dainty refreshments were served. 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 rushies with a waffle party at her home on 53rd 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 cur.

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—(saying) 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, he said, "As I endorse prevention of diphtheria, this antitoxin from a horse should kill some bad bacteria."

"This vaccine virus from a cow (And I endorse it fully) should help along, and anyhow 'twill make the child feel 'bully.'"

"Of make-life 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 pigs 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 desirable. 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 short And badly mixed with guineas."

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, Caring 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, still, Cut 'em up, hash 'em up, what's the diff? Humerous, numerous H30, 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. Rib's raised, bones set, We cure you yet, Osteopaths.

Head like a tack, Belly like a tub, Osteopath, Osteopath, rub, rub, rub.

Rah, Rah, rah, rah, (15 times) Team, Team, Team, sssss—ssssss—B-O-O-M, W-H—T—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 turrling 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 causes, 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. KIWUNGUC
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.

Hey, Mister, start
it up. I want to

Rudolph, where
have you been?

"A NEW BUILDING
or BUST."
Yes, Bo; We Want IT.

This space reserved for
Angus. Whatchasay?

GETTING A KICK?
Always be Collegiate
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 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. Anyone 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 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.

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 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 McNelis, as center, played the games of their lives, both offensively and defensively their position was an impregnable wall. Capt. Sweeney, O'Keefe, Staples and O'Connor 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 two house backs that they are, were up to their usual stellar form. Time and again, either of these tackies 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 152 pounds of solid muscle, showed his football ability and fight throughout the time he was in the game. We
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 end 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 Elsen, 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. Elwood 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 Donnell McKay 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 as pleasant as possible, as well as profitable. To say that they succeeded is putting it mildly.

IOTA TAU SIGMA NOTES

Sunday November 11th, a Fellowship dinner 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 Krafk Block, as guests. Friday evening the pledges appeared in a very original skit during the Anchorage Section of the Majestic Theatre. The pledges with their "Polkies" capped off season prize, the first going to a girl act on the same bill presented by pledges of the Phil 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 Minneapolis was guest at lunch Friday, dinner Saturday evening and Sunday noon while in the city placing orders for jewelry with the different fraternity and sororities.

Dr. Neva Moss was a guest at lunch on the 14th and 16th during her visit in Des Moines. "Ding" White and "Mac" McClure 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 said 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 very 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 sex.

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 a private physician to Henry Ford or at least to some of his fellow towns-men, 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 unfortunate whose future has been decided and circumstance 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.

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, don't know you, 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 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 till 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" Pagan.
The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OSTEOPATHY.

President .................. S. L. Taylor
Business Manager... M. D. Cramer
Editor .................. Jack Hamel

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 practitioners. 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 their bodies 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 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.

THE CURRICULUM

The Fundamental Osteopathic Branches—The first portion of this 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 History
  - Embryology
  - Pathology
  - Urology and Proctology
  - Physical Diagnosis

**SECOND YEAR**

- First Semester
  - Anatomy, Descriptive
  - Chemistry, Organic Histology
  - Embryology
  - Pathology
  - Urology and Proctology

- Second Semester
  - Anatomy, Descriptive
  - Chemistry, Organic Histology
  - Embryology
  - Pathology
  - Urology and Proctology

**THIRD YEAR**

- First Semester
  - Anatomy, Regional and Special Gynecology
  - Pathology V, Laboratory Diagnosis
  - Public Health and Sanitation
  - Osteopathic Therapeutics

- Second Semester
  - Obstetrics
  - Neurotics
  - Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**FOURTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

- Second Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**SIXTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

- Second Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**SEVENTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**EIGHTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**NINTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**TENTH YEAR**

- First Semester
  - Surgery
  - Neurotics
  - Mental Diseases
  - Osteopathic Therapeutics
  - Dietetics
  - Clinical Demonstrations and Practice

**THE LOG BOOK**

The Log Book
The Official Publication of
DES MOINES STILL COLLEGE
OSTEOPATHY.

President ........... .. ... of the strong teams of
the country a good run for their
money.

When it comes to football dope and comparative scores, Still ranks among the leading teams of the middle west. In fact, if we want to use 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 Bulldogs and completely upset the would-be Missouri Valley champions. However, the Bulldogs 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 tangible 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.
THE LOG BOOK

STILL DEFEATS LUTHER 6-0

The Vikings from Luther descended upon the stronghold of the Stillonions, 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 Sheets 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, Oswood 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 right tackle for 40 yards, and the Luther line held and Cartwright punted, Sheets catching the ball. A split back made 9 yards and Luther punted to Brown, who returned the ball 60 yards, and Still tried several line drives, at which Murphy proved the best groundgainer. However, the Luther line held and Cartwright punted again. Luther tried the center line twice and Walker smothered them. Otte punted 46 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 leaped 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 30 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 opponent's 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, replacement 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 out 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 an effort to turn the tide. 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 eighty yards.

The Lineup

STILL HOLDS HASKELL INDIANS

Continued from page 1) look for him to do big things in our next contest. Sheets 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 being made entirely through their line 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 that have been provided by the study of the elementary works by James, Wundt, Titchener, and others towards the treatment of abnormal states. It can be said with certainty that hundreds or thousands leave their work in their field 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 lazy 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, and the other one is the inside and 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 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 disarrangement, and who need 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 Osteopathic? 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 country, and is not an osteopathic 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. Rent $25.00 per month, with heat and water furnished. Hot water heat and electric lights, several water closets, full length mirrors, and a complete bathroom.

If you know of anyone desiring 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.
Commencement Address
May 22, 1924

By Rev. C. A. Bash, 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 remembered, and Dr. Wedel was second good man at the affair.

I prize my association with the college very much for a good many reason. 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 do not recognize that what they are doing is wrong.

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. Treenery and Mr. Milton Conn, of the college faculty, attended the A.O.A. convention at Kirkville, 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. Bachmen 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.

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?

(Senior Banquet)

Twenty-seven members of the June, 1924, graduating class were guests at a banquet tendered them by the college on Monday, 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, directed the Chaumauqua 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 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.
Commencement Address
(Continued from page 1)

...tion for high standards. Before you came you had certain ideas of the profession you entered. 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. It 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 a great deal of money and 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. "If I never go there again," he said. 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 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-

Phil 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 three 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. Dr. Tornell expects to return to California this fall and to take a position as a medical doctor.

Kirkville Convention
(Continued from page 1)

(Continued from page 1)

...g and splendid 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. 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 will enjoy the spare time at the house — or elsewhere.

Overboard 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

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 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 vow your little vanities and envies, and vices 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.

You do not have to be careful. You can abuse him, neglect him, and he does not hate you. 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 you. He can laugh with him, laugh 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 gib 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 have 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 Mal-

lerton, Nebraska, is contemplat-

ing a change for personal rea-

sons, and 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 payable to the college.

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 "up" 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 can't.
20%—I don't know how.
30%—I wish you would.
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.

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 analogous 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.

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 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 political 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 on 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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**CLIP OUT COUPON BELOW**

**JOIN NOW! Do “Something!”**

| Amount | To the Editor of the Log Book: | $5.00  
To 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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Dr. H. V. Halladay

THE GREAT ANATOMIST

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 headed the anatomical department of the A. S. O. for many years and is very well known for his many splendid dissection work. His work has won prominence through the medical fraternity, development of the dissection manual now widely used in 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 Anatomical Research Laboratory for the past several years.

The trustees of Des Moines Still College of Osteopathy have elected Dr. Halladay to the faculty as associate professor of anatomy.

"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.

"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. Halladay is known by his friends as "Virgil Halladay," has cast his fortunes with the Des Moines Still College of Osteopathy. Dr. Halladay is 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 technique 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.

"THE FOUNDER OF OUR SCIENCE"

Letter from an Alumnus

17 Brady St.
Detroit, Mich.
June 11, 1924.

Dear "Still-

I have just heard from your students that

the coming

C.
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)

The Log Book

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 Ternell 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.

A New Member of the Board of Trustees

Mrs. S. L. 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

I want to congratulate the Still College Trustees in this new move to make the "old school" hum with Osteopathy. Dr. Woods and 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 to 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.

Fraternally yours,

Mark Herzfeld, D. O.

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.

Iota Tau Sigma

We have heard from Dr. Gus Wimmers to the effect that he is taking over Dr. James A. Bowler's practice at Marietta, Ohio. Dr. Bowler 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. Gels. Fifteen to twenty-five patients a day are taking off some of the superfluous avoidopisia.

A letter from Dr. Sechrist tells us how good an internship Dr. Halladay 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 Parmer 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...
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 15th and 14th, a short time before the national convention at Kirkville, making the attendance a little smaller than it would have been had 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 Technique 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 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 un-antagonizing 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 establishments 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.

Facts Which All Students and Prospective Students Ought to Know

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<tr>
<td>Freshman, Registration Fee</td>
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<td>Upper Classmen, per year</td>
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<td>Entire Tuition, if paid in advance</td>
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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...
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.

"Spine" Halladay
"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 Homes.

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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Defeats Penn College By 36 to 35
Score in Last Few Minutes of Play

Equaling its early season contest at Oskaloosa, the Still college basketball 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 the 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 36 lead the Osteopaths gave one final spurt which boded the margin of victory. Hannan, Nicholas and Thomas hitting the ring three times in three attempts making the score 36 to 38 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 captured the ball and 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

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"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 "Zebras" have the (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 un fair.
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 buff.
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 up 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 inanimate,
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."
—Oliver Matthews.

---

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 lineup:

St. Ambrose—13
West— F.
Costello— F.
Lawler— F.
Murphy— C.
Hippel— G.
Green— G.
Kelly— G.

Still—18
Weimers— F.
Nicholas— F.
Friend— F.
Hannon— C.
Davis— C.
Meyers— G.

Financial Arrangement of the Revolving Fund

The checks and money received as "Membership dues" in this "Greater 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." Lecroy and Dave Skidmore were guests for the evening.

Dr. Johnson's talk was a most interesting and instructive one and was thoroughly enjoyed by everyone present.

Dr. M. E. Bachmann and Dr. Taplan of Boston were dinner guests 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 delivered to him a package which contained a complete array of baby clothes, from the hide out, believes 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 rear of the schoolhouse. 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 avid admiration at the articulated skeleton in the closet.

"When 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 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 make it as a safe institution.

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.

He 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
Frydend rf
Weimers if
Hannan if
Nicholas c
Pyleman c
Davis rg
Olsen rg
Myers lg

17 2 6

Penn—35

GT. FT. F.

Muhl rf
White color
Hauzer c
Patterson rg
Anderson lg
Macey lg

6 0 2

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.

Delta Omega Notes

The Students' Rubaiyat

(With humble apologies to Omar Khayyam)

O, Johnson, Dean of wisdom and wit,
Couldst thou but be with us today and sit
Beneath the roof of old Still College Place
Listening to our shadows as they pass and fit.

Hark to a tale of mingled grave and gay,
Facts, thoughts and fancies of their 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
Met a feminine Nemesis within the office cried,
This is Still College, whaddya want?
Are you registered in clinic, or why me haunt?

But no success comes to those who stand before
The office shouting, 'Open then you 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 the 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 applications, 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 drained out 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 happiest hour 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 impostor."—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 Log Book
The Official Publication of
DES MOINES STILL COLLEGE
OSTEOPATHY.

President ... -- I- I-- ·CI

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 peaceful 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 dews 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,
Ca'n little now avail to them.
Or comfort to the mourner brought—
These hands a richer meed shall claim,
Than all who wait on Wael or Fame.

V. Avails it whether bare or shod,
These feet the path of duty trod?
If from the bowers of ease they turn,
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 Münsterberg)

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 organization 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 excitations 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 or the one or other idea to preponderance, as soon as the balance turns to the one side, a completely new adjustment must set in.

To be suggestible 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 hysterical 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 hysterical, 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 misconception 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 consciousness, 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 struggle of existence than those who are intellectually and emotionally 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.

"Not me go this minute."

"One more yank and I'll have it out," conselled the dentist.

Send an "annual subscription."
**INTRODUCING**

**ELIZABETH ANN**

Who will tell about the Little Folk's Department of The Greater Still College Revolving Fund

**IN THE NEXT ISSUE**

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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 first half put Still in the lead by a margin of six points. The score was tied 18 to 18 when the Catholics 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. Myers hit a basket and put the ball on ice. The Catholics 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 locals 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.

Wiemer 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 did everything to make only four field goals, one in the first half and three in the second half. The locals scored two points on free throws. Hoffman was the high point maker for the Catholics. Morasco and Fitzgerald were other star players for the locals. Morasco played a great defensive game until he was put out for rough play. Hanlan 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.

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 26 to 12, at the Drake gymnasium Friday night. Both teams played a strong floor game.

The Irish drew first when Kippel threw a free shot. From that point the half was full of fast break and 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 passes that advanced the ball to where the matter of tossing was easy. The first half ended 0 to 7 with Still on the losing side.

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. Hanlon, the Still pivot man, led his team in scoring during the second half of the game. He made eight counters out of six tosses. The steady, fast attack of the Bonesetters proved too much to the Irish, and they scored only one field goal during the last half.

Hanlon with his tossing ability was played for all the game. Weimers and Nichols played good ball, both, on the defense and offensive. Cotello, Green and Kippel 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 quintet here Thursday night by a score of 14 to 8. The game was closer than the score indicates. The Osteopathites were leading at half time, 16 to 8. Weimers and Nichols performed creditably for the visitors as far as scoring is concerned. The defense team played a brilliant floor game and cacked two field goals for the Telegraphers. The Bonesetters were unable to penetrate the five-man defense of the Still team with consistency.
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 vital truths. Coach Stan- ton also honored the gathering and spoke short and to the point as he remarked that the Van 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 confusion of his mind, the boys are considering very seriously pooling their funds and installing a Radio for D. B.'s exclusive use. It is 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 program and all know Tom and the best was none too good. So we had Sere- sae and his orchestra and everybody said the dance was the best ever. Eighty couples participated.

In anatomy, Art Smith has 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."

Iota Tau Sigma Notes

Beta Chapter of Iota Tau Sigma announces the pledging of Leroy and David Skidmore. "Red" 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 19.

Brother F. J. Treenery, D. O., Superintendent of Des Moines General Hospital, 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, Mr. Treenery, 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 Des Moines College of Osteopathy and Surgery will be the guest of the Chapter on Monday evening, March 5, when he will give a talk taking as his subject "Successes or Failures."

Osteotechnical Notes

Dr. M. E. Bachman loves technique. No student goes out from Des Moines Still College of Osteopathy and Surgery without an inspiration potential-lll to carry him through a long professional career. Enthusiasm is Dr. Bach- man'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

Patience: "There is an awful rumbling in my stomach, doctor, just like a wagon going over a street car track."

Doctor: "If! 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 train really was long and beautiful, Dave laughed 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 discussing on nerves and axis cylinders, he might not have wondered that some of the ci-

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 (?) workers 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 girlie, 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 Hansell

Osteopathic Without Limitation

Every one conversant with Osteopathic life today, is cognizant of the fact that the Osteopathic profession faces a vast array of problems which it must work out on the state of professional experience, in order that this great profession may maintain the recognition and standards already won, and raise the same, standards to other planes than that of any other school of the healing art. Perhaps the chief group of its early osteopathic practitioners, was that of legislative recognition, and although we have won our 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 that I have looked at, the little wooden structure now relegated to a back lot, as a relic of early Osteopathic school days, I can not but look at the progress Osteopathy has made educationally— from one room, second hand did institutions; from three or four students to two thousand; and best of all, from one course of study in anatomy, physiology and osteopathic therapeutics to a four year course, covering all 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 I grew its present position has been substantial and worthy of its science. Had the osteopathic profession held its educational repute as a normal educational institution, every student who was admitted would have been able to fill in one of the applications for admission to the college. 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 can be turned down, 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 Chieftan Dandirine fair Buick's daugh-ter She was loved by Instant Pos-ter, Sympathy 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 I cannot be able to fill in one of the blanks pain 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. Kohley, D. C.

NOTICE

Herefore 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 can be turned down, unless it is accompanied by a fee of $2.50 payable to the college.

Dr. S. L. Taylor, Des Moines, Iowa,

Dear Doctor:

I was certainly shocked by the discovery of the 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 I cannot be able to fill in one of the blanks pain 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...

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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 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.

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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. G. 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. 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.

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 communication 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 much 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: “Ise 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 tonsillectomy. 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 in the job.

Dr. Martha Hansen, now Dr. Hansen-Olson, of Cedar Falls, writes us a long 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 bear 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 eatives will give a Formal House Dance on March 14th in honor of pledges Dave Skidmore, Roy Skidmore, Jerry Lauck and Lawrence Reiter.

“Hoyle” Gephart says: “If you get the last card when dealing you have dealt right.” (The correct number of cards does not matter.)

Our own funny-paper characters:

“Hoss” Oilell walked out of Dr. Schwartz’s class at the wrong time.
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 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 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 afternoon, March 7, and after Augus 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 Douglas had darkened the the windows. Let us know of your needs, Doctors.

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, Never 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, lifted 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 going;
In the days that are coming to be,
Though we bid thee farewell and our longing we tell,
Though these halls we may never more see;
Yet our life’s widest range shall we never strange.
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.

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.

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.

Autumn and Life

When the early frost of autumn crisp the leaves to rusdy 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 hears 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 soil
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!

This 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.”

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Radio Program

Through the generosity of the BANKERS' LIFE broadcasting station, W H O, Des Moines, 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 Committee. The full schedule will appear in this issue of the Log Book. It will be worth your while. Get your hatters removed, 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 525 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 listen in and tell us what they think of the program.

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. E. C. Herzog, Dr. J. P. Schwartz, 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 selected 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, and Mr. Miller introduced. Report of committee of 16 and report of chairman of student body were received. Then Dr. Steffen introduced Rev. Mr. Reeman of the Unitarian church, who in a short talk pointed out some of the interesting features of our work, but 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.

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 April 19th, Saturday, the team will go after Central's Bobcats. However, if the weather is good, a return game is scheduled for May 3rd.

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 the members during the summer months. Most of the field members are in the habit of taking a two weeks vacation off each year during this time their offices are closed.

Such a condition need not be! Just send a small notice in the paper saying you will be gone for a few weeks, and during your practice your patients can 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 been an osteopaths and a large clinical experience and the many outdoor pleasures which abound so splendidly in this region. If interested, write Dr. E. C. Herzog, at Brainerd, Minnesota.

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Tag Day for Benefit Of Ball Team Success

We had an old-fashioned Tag Day at school on April 14th, for the benefit of the baseball team. Of course all the students bought a ticket for the field who have sort of been giving the whole thing the "go-by" and some of you the "good-ye," wouldn't it be quite the nice thing to have a part in this athletic expense program and not have to put it up to the folks in school to do it. We will gladly supply the lots, and sell to members of the profession at actual cost.

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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, using 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. Messerschmidt and son, Miss Marion Trimble, Mrs. Cleo Wodol and Miss Helen Mrs.

Easter Sunday the chapter will host 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.

An announcement has been made of the engagement of Miss Marion Trimble of Des Moines, Iowa, and Mr. Charles H. Potter, of Emmetsburg, Iowa, of the 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. Part of his talk concerning a heart murmur was particularly good.

The club gave a dance in honor of the pledges last week at the Rose Lorenzo Studio. Everyone had a good time, especially Joe Koscals. He was, as usual, the object of joshing.

Dean Johnson was present at the last meeting and addressed the club on Ethics. Some fellows there were to hear how the experienced physician solves the ticklish problems that arise in his practice. A few cake and ice cream finished the evening.

Ten pledges rode the go-karts 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 too proofed 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.

Grojean—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 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. Add. P. O. Box 34, Maitland, Mo., for further particulars.

Hunt 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 gougies 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, Kassen, 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.
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 indifferently nourished 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 furnish 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 various 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 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 the way out is of the kind, "I 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.

9:45 Complete Your Examination. Dr. Oscar T. Buffalow, Chattanooga, Tennessee.

10:00. Cancer of the Cervix. Dr. Myron B. Barstow, Boston Massachusetts.

10:00. Treatment of Throat and Neck in Some Acute Conditions. Dr. James M. Fraser, Evanston, Illinois.

11:00. The Ilio-Costal Lesion. Dr. Edgar D. Heist, Kitchener, Ontario.

12:00. Acute diseases. Dr. Herbert D. Mill, Lebanon, Ohio.

12:00. Nouritis and Burnouts of the Shoulder Joint. Dr. Charles H. Spencer, Los Angeles, California.

12:00. Bone and Joint Surgery. Dr. John M. Hiss, Columbus, Ohio.

12:00. Osteopathy and the Various Cults of Healing. Dr. H. C. Engeldrum, Chicago, Illinois.

12:00. General Form and Questionnaire. Dr. Harry L. Chiles, Orange, New Jersey, leader.

12:00 to 1:30 P. M. Visiting exhibits and luncheon.


FRIDAY

(Continued from last issue)

8:00 to 9:00 A. M. Clinics at hospitals and colleges.

9:00 to 12:30. Osteopathic Diagnosis, Physical Diagnosis, Treatment, Clinics, Actual Cases. Dr. Clarence V. Kerr, Cleveland, Ohio, and Dr. S. V. Robuck, Chicago, Illinois, supervisors, assisted by prominent interns of the profession.

SATURDAY

8:00 to 10:00 A. M. Technic day. Dr. A. O. A. Convention. Dr. A. C. Johnson, Louisville, Ky., Chairman. Assisted by the various professors of technics in the osteopathic colleges and prominent technicians.

10:00 to 12:30. Osteopathic Diagnosis, Physical Diagnosis, Treatment, Clinics, Technique, Actual Cases.

4:30 to 5:30 P. M. Visiting exhibits, and luncheon.


3:00. Border Line Cases and Osteopathic Surgery. Dr. Harold M. Herring, New York, N. Y.

3:30. The Cancer Problem. Dr. Robert D. Emery, Los Angeles, California.


4:00. Graves' Disease. Dr. W. T. Cox, Biddeford, Maine.

4:30. Cervical Technique. Dr. J. Oliver Sartwell, Dean of M. O., Boston, Massachusetts.

4:30. Technique and Its Fundamentals. Dr. C. Harrison Downey, Kansas City, Missouri.


Of course you may logically prove to yourself that you cannot do as much this year as you did last. It happened naturally and logically is a mighty dangerous thing to rely on. I heard of a perfectly logical little girl who, after her conclusions were wrong. Her teacher asked her what a furlough was, and she said it was a meal. On inquiry it was found out that the girl had seen a picture of a soldier riding on a mole, and under the picture read the label, "Off on a furlough." The little girl was logical.

You are not dressed for work until you put on a smile.
THE REVOLVING FUND means that Osteopathy will keep on going if we furnish the power

Do You Owe Anything to the Osteopaths of Tomorrow?

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Still Brings Home the Bacon in 2 Slug Fests

All that saved the Ames varsity 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 Stilsonians turned themselves with a little batting practice at the expense of the Ames seconds. A cold northwest wind that concealed the narrow of the spectators made the day far from ideal for baseball, but the bonestrians were “hot” across the platter in the initial frame, enough to put the game away safely. As a ball game, the spectacular was a good winter sports carnival, but it served to show the fans that Still has an excellent ball team, albeit very much the rough as yet.

Walker rolled on the mound, and acquitted himself very creditably, besides pulling off a nifty pilfering of second base. “Carrie’s” work behind the bat was all that it should be, while Thomas’ stick work and high light of the contest. The defense wobbled on two or three occasions, although the rough infield no doubt contributed to the erratic work.

When the last howling blast had swept down from the Siberian steps and the final count ascended, 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 bit 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-margie than he did. The work of the Still infielder 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 much as fun 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 “Plash” of Des Moines, and Lustig and Nicholas for Still, hit homers. Still players made six errors and the Tiggers made three.

The Bonestrians took an early lead in the first inning by scoring two runs, four more came in the second, and the Tiggers 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 Tiggers 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. 4-0 0-0 6 0 0-0 0-0
D. M. U.—111 2 0 0-0 0-0 0 0
Walker and Cartright; Hansen and Eseling.

Walter McWilliams is traveling on this day 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 Wolfenden, Mrs. Wolfenden 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 REGULAR 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 14, at the West High Stadium. All the standard events will be included except the hurdles and 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.

Dr. 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. Magic? Well, nothing else but. Angus favored with songs all the way from “Mary Don’t You Weep, Don’t You Moan” to “Just Because She Made Den 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 picture, the 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, not self conscious, glad for the opportunity to render a wholehearted 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 Hamann, 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 “pardin” 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 say the old one aside. How come? Did you know you 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 good swimmer, first water, performing on the guitar and singing thereto in a high lyric tenor. He sure sings a wick- ed mit on that instrument, as you would admit if you were privileged to enjoy a performance. Did you see has a “pardin” who pulls the accordions, 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 Broline of Beloit College, Beloit, Wisconsin, were entertained by W. R. Marlow and H. B. Poucher.

J. C. Cochran entertained Laurence Romine of Cedar Rapids, Iowa.

Dr. J. L. Craig, ’23, Cresco, Iowa, accompanied by Norman Brandt 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 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

“Bagdad Four,” a male quartet that will appear over one of the Redpath-Vawter Chau- tauqua 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 11st 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 Illinois.

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, to make 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 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 Lusek, E. J. Kades, M. D. Warner, Ray Price.


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 mad, as well as 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.

Hear 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 a freshman.

Fresh.: If you had a few more brains you’d be a half-wit.

Soph.: If you have a few more brains you’d be narrow minded.

Fresh.: You’re so narrow minded there’s no room on the top of your head for the dust to settle.

Soph.: 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.

Soph.: 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 moans when he gets a cold, who is too short to be a star, and walks ten blocks in the middle of a busy day to save car fare.
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 not?

Wasn't it a bit gratifying to see how some of the student boys 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, LaPorte, 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 terrified 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 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 consumption, 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 as alcohol habit as there was, and it is growing rapidly less, but habits that enslave and injure are all subject to cure, even the morbid 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 darky when asked why so few colored people ever committed suicide answered, "A niggah's worried en' sits when a nigghah's worried en' sits down ter think, why, he jest mackerly goes ter sleep." Moral: Don’t worry.

Turn to page 4 and mail your coupon, now.
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!

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If you cannot pay now, join now and pay later.


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, Humboldt, Ill.; Eastern III., State Teachers' College; A. S. O., 2½ years; D. M. S. C. O.; Illinois.

Herma A. Early, Axis Club, Waukegan, Ill.; Waukegan H. S.; Wooster U.; D. M. S. C. O.; Des Moines, Iowa.


Sam H. Leibov, I. T. S. South Bend, Ind.; Erasmus Hall, New York City; South Bend H. S.; D. M. S. C. O.; Ohio.


Paul H. Sweazy, Atlas Club, Marietta, Ohio; Decorah, H. S.; Marietta College; A. S. O., 1 year; D. M. S. C. O.; Ohio.


Lyman A. Johnson, Atlas Club, Norfolk, Neb.; Norfolk H. S.; D. M. S. C. O.; Nebraska.


M. F. R. Merrit, 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. Breeze, 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.


S. J. Herst, P. S. G. Warren, Ohio; Warren H. S.; A. S. O., 2 years; D. M. S. C. O.; Ohio.

Thomas O. Vaner Giff, 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. Leivich. Punch was served throughout the dance, and at intermission, entertainment was afforded to those present by different individuals. Brooches, crepes, and sundries were guests of the fraternity at this time.

Saturday evening the final degree work was given to the three pledges to Iota Tau Sigma--D. A. Glass and Errol Skidmore and Lawrence Better, at the chapter house after, the entire membership of the chapter removed themselves to the Kirkwood hotel, where the senior banquet was held.

The singers who were thus honored and their future destinations follow:

H. W. Sachrist--to Detroit Ophthalmic hospital for an internship.

J. E. Weimers--East to see if they know what he is talking about and then to Dear Old Illinois (7) 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 custom of hony moon, and then to Colorado to make money.

S. H. Leibov--back to South Bend, Indiana, and then someplace to practice osteopathy.

J. O. Breese--stop-off in Ohio for introduction to the "boozers" with Pennsylvania as the destination for future practice.

S. J. Higemire--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 "Hawston" for a brief but much-needed rest.

Throughout the banquet was interspersed with toasts to the seniors. Brother C. C. Wedel acted as master of ceremonies. After-dinner speeches were made by Brother Nowlin, speaking for the "Worms;" Brother Benien, speaking for the "Bantos;" Bro. Oedel, speaking for the "Near Mights;" and Bro. Kent, speaking for the "Mighties."

Bro. A. G. Pratcher, D. M. S. C. O., "23, was present and gave a few well-chosen remarks on "Iota Tau Sigma--Past and Present."

Bro. Staples, Oedel and Olsen left Sunday in Staples' Rolls-Ruff for South Bend, Indiana. Following a few days' visit in South Bend, Bro. Staples and Olsen will drive to Kirkville, 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. Walkins leaves on Wednesday for Pittsburgh, where he will attend the "Pitt Relays."

Bro. Walkins' brother being one of the members of the Pitt Relay Team and a student of the college of dentistry of the University of Pittsburgh.

Bro. Gephart; Russell, Benien and Skidmore leave Wednesday for their homes in Ohio; Bros. Poucher, Marlow, and Nowlin for Illinois; Bros. Dave and Jim Buron for California; Bro. Richard- son for Minnesota; Bros. Green for Sac City, Iowa; Bros. Bell 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-Watser Chautaugua 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, who 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 bro. Oedel 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 in 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 Youngers'. Dr. Johnson and Dr. Schwartz were speaker-guests; Pledges Elsea, Holtman 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. Cornellius is a candidate for Coroner of Marion county.

Dr. Johnson: Did you folks take Physics?
Sorp: 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. Woff 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 6:30 o'clock, when Miss Marion Trimble, daughter of Mr. and Mrs. H. L. Trimble, of 655 Thirty-eighth Street, Des Moines, Iowa, was united in marriage to Dr. Charles J. Potter, son of Rev. and Mrs. E. V. Potter, to 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 Saltzberg singing, "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. Dr. 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, put 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!
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. Schwaiz, M. E. Bachman, U. M. Hibbetts, 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 Sponch, of Marengo, Iowa, for the summer months.

ARE YOU INTERESTED IN A REAL COURSE IN MAJOR 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 had a cent,
It's gone for board and rent.
Oh boys, we'll say our money goes.

Oft 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.

Place Yourself on Record Now! If You Cannot Pay Now, Join Now, and Pay Later

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