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THE LOG BOOK

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

Volume 3

July 15, 1925

Number 1

D. M. S. C. O. Approved by U. S. Bureau of Education Under Immigration Act

Following is a copy of the letter received by our Secretary from the Commissioner General:

U. S. DEPARTMENT OF LABOR
Bureau of Immigration
Washington

July 8, 1925.

Mrs. K. M. Robinson, Secretary,
Des Moines Still College of
Osteopathy,
1424 Locust St.,
Des Moines, Iowa
Dear Madam:

It gives me pleasure to advise you that your institution has been duly approved by the Secretary of Labor as a school for immigrant students under the Immigration act of 1924. The Department of State has been notified of this action for the information of American consular officers, who will then be in a position to consider applications for the required non-quota student visas.

Very truly yours,

HARRY E. HULL,
Commissioner General.

Two Enter Still From Foreign Countries

Miss Gladys Cowens of London, England, has already matriculated in our college and will enter with the new class in September. Miss Cowens became interested in Osteopathy through her personal friend, Dr. Mollie Webb of England, who graduated from D. M. S. C. O. in the class of June, 1923. Miss Cowens follows in the footsteps of Dr. Webb who was a very capable student and popular with the student body.

Mr. N. F. Nunez of Madrid, Spain, has also signified his intention of entering our college in the Fall class. Mr. Nunez is now taking special work in the University of Edinburgh which he will complete the latter part of August, following which he will come directly to Des Moines.

Act truthfully, make things beautiful, live well—there are no other means by which any of us, even though he should happen to have the largest brain on earth, will ever find out what Truth, Beauty and Goodness really are.

Dr. Steffen Newly Elected Still Treasurer



DR. E. E. STEFFEN

Dr. Steffen was elected treasurer of Des Moines Still College of Osteopathy at the recent meeting of the Board of Directors. Dr. Steffen's election to the office of Treasurer follows many years of capable, faithful service in our college.

Toronto Meeting A Record Breaker

The 29th annual convention of the American Osteopathic Association was one of the most successful, from every standpoint, the association has ever sponsored.

A remarkable attendance of approximately fifteen hundred Osteopaths from all corners of the United States caused the residents and business houses of Toronto to take a "second look" at Osteopathy.

The mornings of the week were taken up with General Sessions. Excellent papers on subjects of timely interest to the profession were read and discussed. Section meetings held attention of the physicians during the afternoon while social events were scheduled for the evenings.

The Ear, Nose and Throat section enjoyed the largest attendance. An extremely well-balanced program and well conducted clinics were the attracting elements. Each afternoon would see two hundred or more patients anxiously awaiting their turn for examination by some of the foremost specialists of the profession. In fact the amount of clinic material available for all section work was amazing in view of the legislation recently passed by Canadian parliament.

Exhibit space was completely sold out long before the convention opened, and additional space was required for late arrivals. Three of the colleges

(Continued on page 2)

Dr. Honsinger Enters the "Doubles"



DR. E. S. HONSINGER

Miss Mary Rice, surgical supervisor of The Des Moines General Hospital was married to Dr. E. S. Honsinger the latter part of May. The wedding was kept secret until their honeymoon departure on July 1st. Dr. and Mrs. Honsinger left by automobile for a tour of the New England States. The faculty and student body of D. M. S. C. O. unite in wishing the newly married couple a most happy and successful future.

Three New Prospective Osteopaths

Born: June 22, a boy, Jerry Fred, to Mr. and Mrs. J. H. Louck, Toledo, Ohio. Weight 5½ lbs. Jerry Louck is a Junior student in D. M. S. C. O. and frequently graces the pages of our Log Book with his cartoons. Here's to the boy, Jerry.

Born: June 11, a girl, Elizabeth May, to Dr. and Mrs. C. H. Potter. Dr. Potter is a graduate of the June 1924, class and is now practicing in Wyoming.

Luck to you both and daughter, Doctor.

Born: July 13, a boy to Dr. and Mrs. John Woods. Weight 9 lbs., at Des Moines General Hospital. The new boy bears out the reputation of his father of being a "handsome Johnny."

Love your enemy; then he will come up close and you can take a good swat at him.—Elbert Hubbard.

"Blood is thicker than water," remarked the influenza germ as he crawled out of the gutter and jumped into a human lung.

Every day is Judgment Day—Use a lot of it!

D. M. S. C. O. Summer Clinics Booming

The summer clinics at Des Moines Still college of Osteopathy are reaching large proportions. During the month of June, the obstetrical clinic has averaged ONE NEW BABY FOR EVERY TWO DAYS OF THE MONTH. So for during the month of July there has been ONE NEW BABY EVERY DAY. In the surgical clinic for June, it has averaged 7.3 minor operations each day or a total of 219 for the entire month.

The students and post-graduates attending Des Moines Still College of Osteopathy during the summer months are extremely fortunate in having the opportunity of handling all of these clinic cases.

Coach Sutton Leaves For Notre Dame

Coach Frank Sutton with his family left for South Bend, Ind., where he will take special work under the famous Knute Rockne at Notre Dame.

Coach Sutton has made an enviable record with the teams he has coached at Still College. It is to make them even better that he is spending the time during vacation to take this special work.

Be It Said!!

The "K" in K. M. Robinson stands for Katherine. As such, from all analysis, it is a name peculiar only to that species known as woman. In addressing a woman the salutation, Dear Sir, or Sirs, or Gentlemen, is no longer in good form in these United States. Therefore, you who are writing inclined, who have seen, heard and spoken with the aforementioned K. M. Robinson, our versatile Secretary, begin not you letters:

Mrs. K. M. Robinson,
Dear Sir:

Warning Ye of the Town of Niles

Elgin, Illinois, is after your scalp. The boasting assertion has been made that Elgin, the home of the seventeen jewel timer, will far outrank Niles in the number of matriculations to D. M. S. C. O. in the Fall. This is a friendly warning; muster your forces, let not the eternal tick of Elgin watches overshadow your town of Cleopatric fame. Egad! Ethelbert! Nay!

Dr. Abegglen Writes From Tekoa, Wash.

Editor The Log Book,
Des Moines, Iowa,
Dear Sir:

I read every issue of "The Log Book," and enjoy it.

You may add my name as being medical examiner for the Mac-cabees. I received my appointment May 19, 1925. I have examined several applicants already and not one has been turned down. The chief medical examiner was told very specifically that I was an Osteopathic physician and surgeon. There is an M. D. in this town who examines for them also. I get nine out of ten examinations.

For the past year and a half I've had no trouble collecting from the State Industrial Insurance. They tried to bluff me but I would not take the bluff.

I have never had any trouble in my examining teachers either. In this state all teachers are required to have an examination each year for any infectious or contagious diseases. The state issued cards for this purpose and have M. D. and county and city health officer all over them. I just scratch them out and put D. O. after my name. I get by with it.

Fraternally yours,

W. E. Abegglen, D. O.

Dr. George Hurt Writes From Texas

Dr. Hurt writes us that he is through the Texas State Board and is now anxiously awaiting his grades. Of course, we are not in doubt a moment as to the outcome of the Doctor's examinations, however he seems to feel a little worried. Dr. Hurt says that he is in communication with ONLY twenty prospective students for the Fall class. Here's luck to the Doctor.

Dr. Hurt is some fisherman. He can catch them "where they ain't." In his letter he relates: "I've caught some fish since my arrival, but unfortunately the sun was always under a cloud and I never had a chance to take a picture of the larger ones to send back as evidence of my successful Walthonian pursuits."

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.

PERSONALS

Dr. S. L. Taylor who was unfortunate enough to break one of the metatarsel bones in his foot, now has the cast removed and is back to the office again. He will leave in a few days on his vacation at one of Minnesota's many lakes. We are promised a box of fish and are anxiously awaiting its arrival. For that reason we are hoping that the Doctor is as apt with the pole as he is with the knife.

Dr. Robert Bachman and family toured to Toronto to attend the National Convention. On his way back he will stop in the wilds of northern Minnesota to replenish his large supply of fish stories.

Dr. F. J. Trenery, Mrs. Trenery and daughter, Marion, returned July 12th from the Toronto convention. They have been gone for three weeks prior and have enjoyed fishing in the Minnesota and Canadian lakes. It seems as though California and Minnesota are reaping quite a harvest on Osteopathic transients from Iowa.

Business is evidently good in Des Moines as we look around at all the new cars sported by the city Osteopaths. Dr. Marshall has a new Reo sedan. Dr. Klein has a new Rickenbacher sedan. Dr. Trenery a Maxwell sedan and Dr. Taylor a Packard sedan. They are all sedans, so when you visit the city you may expect plenty of rides.

Dr. Cox, graduate of June, 1923, class, is in Des Moines for a few days. He is now practicing in Canton, Ohio, and reports prosperity.

Doctor Gets It "Coming and Going"

Every physician knows that the life of a doctor is a hard one. Now, brothers, take cheer from the fact that it is also a short one!

Reliable statistics, quoted by Dr. Haven Emerson, of New York, from the records of the Metropolitan Life Insurance Company, show that, after the age of forty-five, there is a higher death rate for physicians than for persons of any other occupation. As to the causes of death, the medical profession follows the same general trend as the rest of the population.

The doctor, because of the rigid requirements of his calling necessarily starts to practice his profession at a relatively late time in life. Now, we find that, as a result of the hard life which he is forced to lead, a large slice is cut off the earning period of his life at the far end also.

While doctors have increased the average length of human life by about ten years during the last century, they have at the same time shortened their own lives.

Toronto Meeting A Record Breaker

(Continued from page 1)

were represented by well appointed booths in the exhibit hall.

From the standpoint of publicity the convention was exceptionally well covered. Toronto papers seemingly vied with each other as to the amount of space given the event. One of the large dailies broadcasted Dr. Chester Swope's (the retiring president), address and also the first of the series of Health Talks given by Dr. Gaddis and Dr. R. M. Nichols.

The series of Daily Health Talks, conducted for the first time as a part of the program, were crowded at each meeting and succeeded in bringing the truth of Osteopathy into countless Toronto homes.

All in all the convention was a huge success in every department and should give an inspiration to the physicians in attendance to return home and enter into their work with a greater zeal than ever before. Highest praise is due the small group of Ontario Osteopaths who, by untiring effort in the face of great obstacles, made the meeting possible.

Louisville, Kentucky, was chosen as the 1926 meeting place.

(A more detailed account of D. M. S. C. O.'s representation at the convention will be published in a subsequent issue).

Unusual Pennsylvania Practice For Sale

Practice in northeastern Pennsylvania, established 23 years. City of 80,000 with 150,000 population from the suburbs. In the hub of the anthracite coal region. The finest offices and equipment in northeastern Pennsylvania. \$10,000 invested in equipment with X-Ray, various electric modalities including, electric and hot air bath cabinets, therapeutic lamps, concussors, vibrating chairs, Campbell coil and six treating booths finely equipped, including tables. Best location in the city on Main St. Lowest rent in the block.

Reasons for selling: "Nervous breakdown. Am going to retire."

This is an unusual opportunity to get an established practice with the good-will of 23 years of practice, together with a completely equipped plant.

The price is right. For further information inquire care of The Log Book.

This Doctor wants to get out of practice as soon as possible on account of his health. Write immediately if interested.

Dr. "Hummer" Thomas, recent graduate of Still, has opened his office in Independence, Ia. The Doctor has a bright future before him, we are sure. Dr. "Hummer" was one of the all around athletes of Still, that put it on the map in athletic circles.



Hard-Hearted Doc. LODGE UNDER KNIFE AGAIN Senator's Condition Pleases His Physician —Headline in the Boston Trans- script.

"She was deceived in him, poor girl."

"Deceived in Jack?"

"Dreadfully! She thought it was love that was making him so pale and thin, and it was only going without food so as to buy her presents."—Boston Globe.

THE INSULT

"Why did you strike the telegraph operator?" the judge asked the dorky.

"Well, yo' honah," said the culprit, "it was jest like this: I hands him a telegram for mah girl, an' he starts in readin' it. So I jest nachurally ups an' hands him one."—American Boy.

Pastor (addressing church fair)—My dear friends—I will not call you "Ladies and Gentlemen," since I know you too well.—The Pathfinder.

"What can I preach about next Sunday that will please the entire congregation?" asked the new minister.

"Preach about the evils of riches," replied the old deacon. "There isn't a member of this congregation that is worth over \$2,000."—Chicago News.

The man who rides in a car with ambition for motor has a trope he needs a road map and strong controls.

Please Have Enough Respek for Our Meat Market Not to Use Any Profannity on the Sidewalk in Front of It.—(Sign on meat shop in Wheatley, Ark.)

Sure, c'mon inside where we all can hear it.

BACK IN 1890

A millionaire hotel owner was hopping bells.

America's steel king was stoking a blast furnace.

An international banker was firing a locomotive.

A President of the United States was running a printing press.

A railroad president was pounding a telegraph key.

Ther's always room at the top—where'll you be in 1954?—Insurance Field.

Irate Lady (to neighbor in subway)—Sir, your glass eye has broken my hatpin!—Harvard Lampoon.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President _____ S. L. Taylor
Editor _____ Don Baylor

Osteopathy Without Limitation

Student Enthusiasm Is At a High Pitch

Never before in the history of the institution have so many students written back to our office during the summer vacation.

Every mail brings many letters telling us of their work and fun, and never failing to send from one to several prospective students names. Strange to say, they all feel the pull of D. M. S. C. O. and after they were home for a few weeks were all anxious to get back to the college halls. Here are a few clippings from some of the letters:

Ole Olsen writes:

"I have taken over a Doctor's practice for the summer. Have eight patients scheduled for tomorrow. Between times I'm talking D. M. S. C. O. to all of those looking like A-1 material. Here's hoping things are going with a 'BOOM'."

Ross Richardson says:

"Boys from Detroit are working hard. Send catalogue to the following:"

Shopes expostulates:

"Better come up and see me in Minnesota. Brainard is a 'city' not a village."

Versatile Jo Bowman:

"I'll sure be glad when school starts. Vacation is fine but I'll be glad to get back."

Dr. Jim Cochran:

"Dear Comrades in Misery:— You don't know how far away you all seem—especially when I get down to the realization that I will not be back in the fall. Send the Log Book, I need it! Remember me to all in Des Moines—they don't know how lucky they are to be there."

Dr. J. Verne Hodgkins:

"Send catalogues to the four prospectives below. They are all good students. I am working with Dr. Montgomery in McCook, Nebraska. Received my Nebraska license today. The board is a very fair one, very practical and no catch questions. Anyone from D. M. S. C. O. need have no fear of passing the Nebraska board. I certainly miss the spirit of school. I sometimes wish I had another year to spend there. The Log Book is like a letter from home. Keep it coming."

L. C. Scatterday writes:

"Had a good visit with Leon-

SCHEDULE OF CLASSES

FIRST YEAR First Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Chemistry, Inorganic	Prof. Frank Sutton
Histology	Dr. John M. Woods
Biology	Dr. John M. Woods
Bacteriology	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Physiology I	Dr. E. E. Steffen
Chemistry, Organic	Prof. Frank Sutton
Histology	Dr. John M. Woods
Embryology	Dr. J. P. Schwartz

SECOND YEAR First Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Physiology II	Dr. E. E. Steffen
Theory of Osteopathy	Dr. C. F. Spring
Pathology I	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology	Prof. Frank Sutton

Second Semester

Anatomy, Practical	Dr. John M. Woods
Anatomy, Descriptive	Dr. John M. Woods
Orthopedics	Dr. A. B. Taylor
Pathology II	Dr. E. E. Steffen
Principles of Osteopathy	Dr. C. F. Spring
Physiology III	Dr. C. W. Johnson

THIRD YEAR First Semester

Anatomy, Applied	Dr. H. V. Halladay
Gynecology	Dr. Lola Taylor
Laboratory Diagnosis	Dr. E. S. Honsinger
Public Health and Sanitation	Dr. E. S. Honsinger
Osteopathic Diagnosis, Technique	Dr. John M. Woods
Pathology III	Dr. E. E. Steffen
Symptomatology	Dr. C. F. Spring
Clinical Demonstrations and Practice	

Second Semester

Obstetrics	Dr. R. B. Bachman
Nervous Diseases	Dr. C. W. Johnson
Osteopathic Therapeutics	Dr. H. V. Halladay
Eye, Ear, Nose and Throat	Dr. E. S. Honsinger
Pediatrics	Dr. Mary Golden
Physical Diagnosis	Dr. A. B. Taylor
Clinical Demonstrations and Practice	

FOURTH YEAR First Semester

Surgery I, Principles	Dr. S. L. Taylor
Nervous Diseases	Dr. C. W. Johnson
Eye, Ear, Nose and Throat	Dr. E. S. Honsinger
Obstetrics	Dr. R. B. Bachman
Osteopathic Therapeutics	Dr. H. V. Halladay
Dietetics	Dr. E. S. Honsinger
Clinical Demonstrations and Practice	

Second Semester

Surgery, Operative	Dr. S. L. Taylor
Psychiatry	Dr. C. W. Johnson
Urology and Proctology	Dr. J. P. Schwartz
Medical Jurisprudence	Judge Hubert Utterback
Dermatology	Dr. Lola Taylor
X-Ray, Radium and Physiotherapy	Dr. F. J. Trener
Obstetrics	Dr. R. B. Bachman
Clinical Demonstrations and Practice	

Laboratory Technician _____ Dr. G. E. Hurt

and Jacobs, Sunday. Am back to work at the Bank in Worthington, Ohio. Send your catalogue to Mr. _____, an old school mate of mine."

Dr. Poucher of Elgin, Ill., says: "I'm right on the job doing Osteopathy. How does this sound to you? I have seven (7) students that will be in D. M. S. C. O. for the Fall class. May have more before vacation is over."

erous investigations being made elsewhere must also be brought to light before any opinion is warranted as to the future of this method of treating disease. Certainly the individual physician who purchases such apparatus and uses it in his practice must do so with the distinct understanding that he is using an unestablished method.—Journal of the American Medical Association.

The Facts About Chlorin for Colds

When the announcement first appeared in "The Journal" last March, that Vedder and Sawyer of the Army Medical Corps had been able to devise a method for administering chlorin, in the treatment of respiratory diseases, which seemed to have a distinctly beneficial effect in this class of ailments, it was received with exceptional interest. This interest was stimulated, no doubt, by the fact that high officials of our government, including even the President of the United States, had submitted to treatment by this method and had expressed satisfaction with the results.

Immediately, individual physicians, as well as hospitals and health departments, undertook to test chlorin administration on a large scale, with a view to establishing finally its actual adequacy.

In New York City, Health Commissioner Monaghan established two clinics under the direction of Dr. L. I. Harris, in charge of the Bureau of Preventable Diseases. These clinics began active work June 1, and continued until August.

The results of the experiment have just been made available through the health bulletin of the Department of Health of the City of New York. According to the report, only 6.5 per cent of 506 persons with various respiratory diseases reported themselves as cured, in contrast to 71.4 per cent of 931 patients reported cured in the original paper of Drs. Vedder and Sawyer.

Fifty-three per cent of the patients treated by the New York clinics reported improvement but the physicians in charge do not attach much importance to such reports, since it is well known that patients with minor respiratory infections tend to improve, by the very nature of such diseases. As is mentioned, the report of the New York investigators concerns only acute cases, and the conclusion is that in such instances at least the claims are justified.

Much has been said of the use of the method in whooping cough, but 18 cases of this disease studied with 12 controls failed to show any appreciable advantage of the chlorin method of treatment over that previously used.

The method was without apparent benefit in asthma and in hay-fever; indeed, three patients with asthma became decidedly worse under treatment.

The results of this controlled investigation are, therefore, such as to deprecate definitely the claims originally made for the method by the Army medical investigators. The physician is confronted with a situation in which the original investigators, whose work seems to have been conducted in a scientific manner, report excellent results which other investigators working independently have failed to confirm.

Obviously, the results of num-

Notice!

As a result of the recent increases in Postal Rates it is IMPERATIVE that the number of Log Books now being returned because of incorrect address, be materially reduced.

Field Men

Co-operate with the College in stopping this heavy Financial Loss every two weeks by notifying us of your change of address.

USE THIS COUPON AT ONCE

If your address has been changed during the past six months.

Date	_____
Name	_____
My Present Address Is	_____
Town	_____
State	_____
Please PRINT name and address clearly	

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Volume 3

August 1, 1925

Number 2

Epidemic Still Ravages

The dread epidemic of "Sedantitis" that has been ravaging the membership of the local Osteopathic profession has recently claimed two more victims. Dr. A. G. Prather, who has been directing the activities of the Obstetrical clinic this summer, was the first to succumb to the horrible scourge and blossomed forth with a new Oldsmobile sedan.

Dr. J. L. Schwartz, brother of the famous "Pinkey," followed suit a week or so later with a Cleveland coach.

A few of the remaining practitioners have been exposed and are expected to "break out" in the near future.

More power to you, Doctors!

"Physical Soundness Breeds Mental Alertness"

No other profession requires as sound a physical body as does that of the osteopath. Our very science is a physical one. Students entering Still College are given the opportunity to build up the physical side of their education. With the proper amount of athletics mixed into his school work, the student is always more mentally awake and able to assimilate with greater ease the subjects making up his science.

Athletic prospects for the coming year are greater than ever. We expect to exceed the enviable records made in the past, and, under the capable coaching of Mr. Sutton, the name "Still" will be found high in the ranks of sport.

A Bargain

According to the Rocky Mountain Baker, Pat was another person who had his own ideas about mistakes. In fact, he couldn't recognize a mistake when he saw one. He got a job in a department store and was fired the first day. When he went home for supper that night he told his wife about it and seemed to think she should try to console him.

"All I did," he explained, "was to take a sign from a lady's shirtwaist and put it on a bath tub while I was moving some things around for the boss."

"Well, Pat, that wasn't so awful, was it?"

"I don't know, but the sign read, 'How would you like to see your best girl in this for \$2.98?'"

O. B. Clinic Flourishes

The annual summer rush on the Obstetrical clinic has manifested itself with renewed vigor. Throughout the month of June the cases averaged nearly one every 2 days; during the month of July the average was practically one a day.

Comparatively few students are registered in the clinic this summer and the few that are on hand are more than kept busy and prospects for abundance of New cases are registering daily material for the coming semester's clinic are exceptionally bright.

Dietz and Munger Abroad

Two recent graduates of our honored institution are seeking surcease from four years hard study before entering upon the strenuous task of opening an office, by joining the Osteopathic Crusaders on their European tour this summer. The following was received by the college, purported to be a "week" from Dora Dietz' diary.

Monday—Everybody came down to see me off. Everything is lovely.

Tuesday—Am having a fine time. Met the Captain of the ship.

Wednesday—Captain tried to kiss me. I indignantly refused.

Thursday—Captain is wild with anger. He says that unless I consent, he will blow up the ship.

Friday—I saved the lives of 500 passengers.

Female Physicians

The following article, under the above caption, appeared in the Nov. 23, 1867, issue of Harpers Weekly. Familiar as we are today with the "Female Physician," it is interesting to read of the attitude of sixty years ago toward a modern commonplace.

"A grave question has been agitated for a long time in this country which is beginning to move the social elements in Europe, respecting the propriety of having medicines prescribed by female medical practitioners. While some argue against it as a monstrous perversion of professional custom, others have the independence to say a dose of medicine may produce its specific effects just as well when given by a doctress as a doctor. Very much the same kind of warfare has been proclaimed by medical colleges against the med-

Continued on page 4)

The Philosophy of Osteopathy

Osteopathic hands, more sensitive and skilled than a surgeon's, will detect, diagnose, and adjust slight or gross disturbances, whether in a lame foot, hip, or mind, and send them up the path with freedom, ease and gaiety. It will correct a rib or vertebra that has been the primal cause of pain and disease for years.

As with the power plant in the hills, if it is to turn the wheels of commerce and afford heat and light, there must be a free and generous amount of water coming to it and racing through it; there must be no damming back nor congestion. So with the human machine, there must be a freedom of the circulating fluid to nerve centers and all parts, if there is to be power function in normal measure. The osteopathic physician does not heal, he just works with these natural forces as an expert engineer of that house of a thousand wonders, the human body.

Fundamental are all of these body mechanics, but osteopathic administration do not stop there. Food, natural food, for natural folks, naturally combined and rationally eaten, sunshine that activates, stimulates and heals, exercise that overcomes, develops and fortifies, rest that restores and rebuilds, play that adds chance, change, and diversion, thinking that quickens and keeps alive—these are all part and parcel of osteopathy; they all play in the normal functioning of the man.

Prophylaxis—preventing trouble, keeping folks fit, saving them from nervous breaks, heart failures and the factors that make for cancer—this also is its field.

Osteopathy means living to the fullest measure of life's possibilities, and to do this it must somewhere contact infinite sources of power. It means mind, body, and spirit in right adjustment within, without; growing, developing, functioning in happy order—creating, achieving, receiving and giving, enriching, rejoicing—the whole being crowding into full bloom and fruitage.

Osteopathy, or any science, cannot overlook any of these vital factors or stop short of them, if it is to be a complete system, or science, equal to humanity's needs.

This, then, we declare, is the theory and practice—the aim and philosophy of osteopathy.—(An O. M. Editorial in August Issue).

PERSONALS

Dr. and Mrs. Gerald Loerke of Ottumwa, Iowa, are the proud parents of a baby girl. Dr. Loerke graduated in the May '23 class.

Mr. and Mrs. W. A. Ghost are also the parents of a baby girl. Ghost is a member of the Junior "B" class.

Dean Gruelle and Don Weir have returned from their summer's vacation; both are rarin' to go.

The Krug sisters' father has been very seriously ill following an apoplectic stroke. The students and college hope for the early recovery of Mr. Krug.

Dr. Alice Burnett has opened an office at Nampa, Idaho.

Dr. C. W. O'Dell has purchased a practice at Hawarden, Iowa.

Drs. Frank and John Heckert, recent interns at the Des Moines General Hospital have opened an office in Youngstown, Ohio. They report having visited with Owen Wright and Smith, the former being occupied in the painting business and the latter in Real Estate.

Earl Shaw, Junior B class, was a visitor in the city over Sunday. Tooter is playing a mean sax with a road show orchestra and brushing up on Osteopathy on the side. He is more than anxious to be back in school after his illness last spring.

O. H. Olson is looking after an osteopathic practice in South Bend, (the capital of the world), Indiana, this summer and writes that he is bringing back three new students with him.

C. B. Gephart is working hard in Dad's shoe store this summer.

Dr. S. L. Taylor is taking a much-needed vacation up in the lake district of Minnesota. The Doctor threatened to send back a box of fish, but to date the only member of the finny tribe to arrive in the city was composed of leather and adorned an ornate post card received by Dr. A. B.

Drs. Mary and W. O. Fletcher have opened an office at Kemmerer, Wyoming, a town of 4,500 inhabitants, located about 7,000 feet above sea level in the heart of the coal, oil and sheep raising country.

Dr. Len Hurt is interning at the Des Moines General while brother "Gawge" has been summering in Texas.

Judging from recent arrivals, there will not be a shortage of dissection material this fall.

Dr. and Mrs. Ted Reiter are successfully holding down the house this summer.

Lonnie Facto has developed a great interest, in fact a perfect

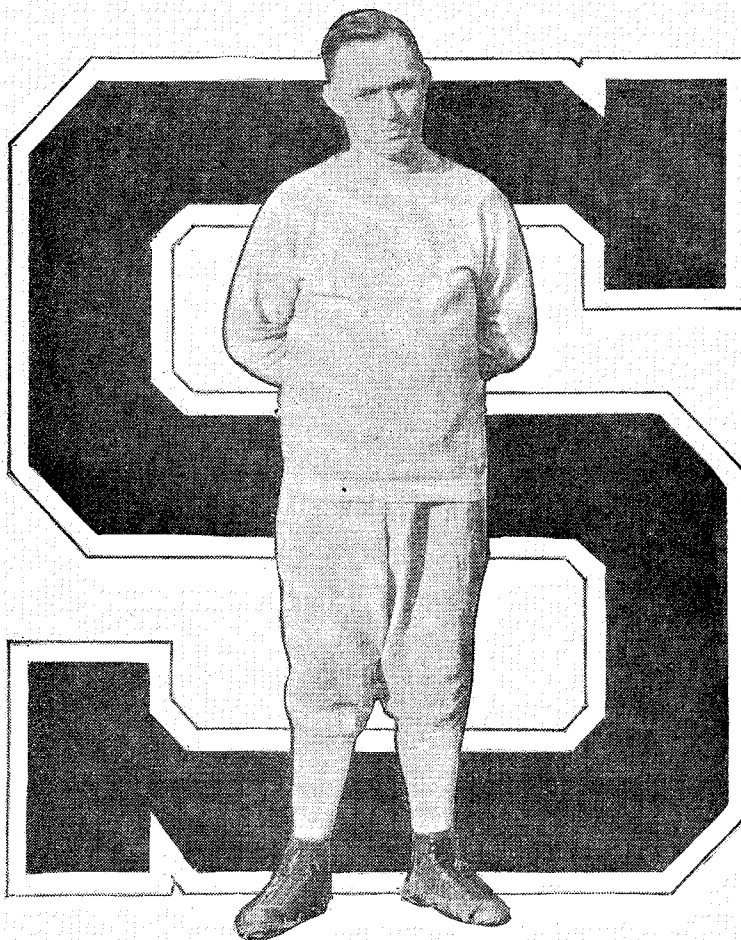
Continued on page 4)



BASKETBALL - - F

RELAY TEAM

S



COACH FRANK R. SUTTON

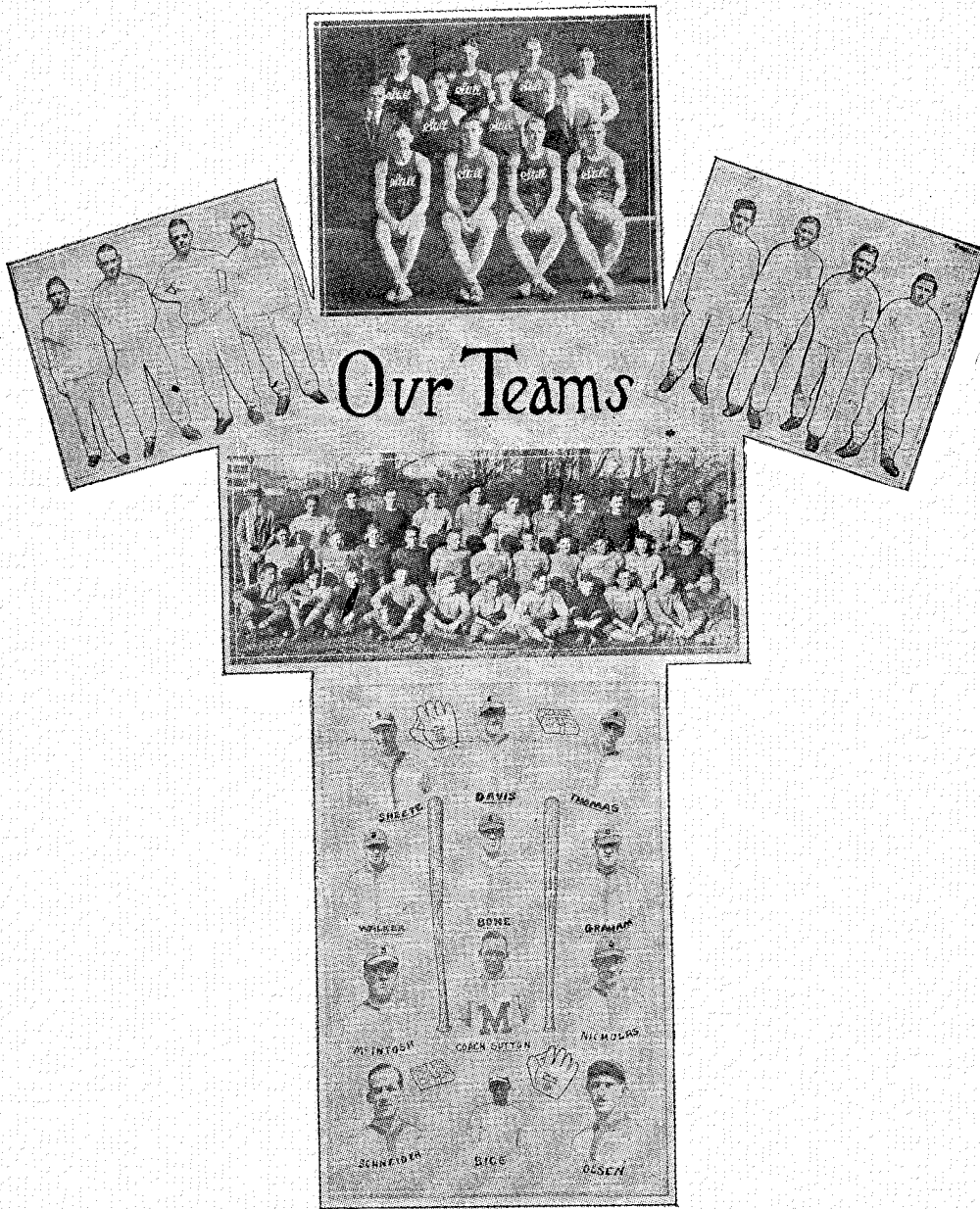
The Peerless Mentor of D. M. S. C. O.'s Athletic Organization.

Coach Sutton is spending the summer attending Coach Knute Rockne's coaching school at Notre Dame brushing up on new "thunder" for the coming season.

All indications point to the 1925-26 season being the banner year in Still College Athletics.



FOOTBALL - - BASEBALL CROSS COUNTRY



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Hats Off to the Past, Coats Off to Future

Last convention featured a great celebration—an anniversary, rich in history, progress and good work. There were home-comings and reunions; reminiscences and eulogies, especially of him who had a great vision, discovered, developed, sacrificed, and followed unfalteringly the star set before him. And withal, a remembrance of the heroic co-workers—some of them deceased—who helped to carry on to successful achievement. It was a week unforgettable and inspiring, with a program to fit.

But in this, our twenty-ninth annual convention, we came to a new center outside our domain, under a new flag. Here we emphasize first the missionary interest that must reach around the world. With this we shall endeavor to educate osteopathically a great sector of our neighboring country. We shall not be so many in number, but with a scientific program unexcelled, the whole work will be given over to the making of better doctors.

But We Must Do Something More

Too often there have come to our very door great opportunities for the enlargement and the fulfillment of our plans, but because of some petty jealousies, narrowness, selfish bigotry, or sloth within our ranks, these opportunities that would have placed a college, a clinic, or a hospital on a high plane for rich and broadening service have been discouraged and driven away.

But what concerns us now isn't the water that has already gone over the dam without turning a wheel, but the present opportunities which were never more hopeful.

Our colleges are getting nicely under way, our hospitals, clinics and sanitariums are beginning to take on definite and permanent form. East, west north and south we are awakening to the fact that our own men and institutions are able and equipped to care for our own, or our patients' needs. As a result, we are beginning to give these institutions more generous support, which will make for their growth and permanence.

Because of our renewed vision, sense of self-preservation, and the readiness to co-operate, these lighthouses for osteopathy over the land are beginning to grow and increase in number. Where petty-mindedness still obtains, general progress is nil, except for a whine or a wail which perhaps is better than desuetude. Our friends and the public in general are not slow to note our status and there are and will be other Philip Grays, who hungrily wait to serve in no small way the cause we represent. First we had to do something ourselves; and now are we not ready, as officials, state and national, and the general membership to begin to venture a little farther? As an example of what can be done, note New York's clinic and other like efforts; Los Angeles with

her new hospitals; also Kansas City; Lancaster with a lay society of five hundred women; and Kirksville with her civic awakening to the tune of nearly \$50,000 for the next three years, this sum to come from the citizens of that city, and be spent in advertising osteopathy. These are signs of the times not to be ignored. Less than three years ago there was a \$12,000 deficit in our national association, and now we are more than \$50,000 to the good. A 10,000 circulation for our lay magazine and now 100,000, this accomplished with a comparatively small percentage of co-operation from our profession. Shall not these things begin to awaken and stimulate the other segments of our battle line?

What if we are only 6,000 to 8,000—that's enough to make a Gideon Band and tear down old walls of ignorance and prejudice and build better ways of life and health.

First An Enlarged Research Institute

Here lies the great need—suppose we could knit up most of the activities already started in our research work. There would be little difficulty in securing men and money necessary, for there are in our organization those who have achieved and accumulated for themselves who have friends to join in and support them in whatever they are back of. Most of these activities at the present time are in the West. With this nucleus we should be able to put on course after course of graduate work, or a post-graduate research college which would give us more internal strength, unity, and publicity than any venture undertaken.

We have lines of influence reaching out to other sources and to other institutions which would no doubt co-operate with us in a way to make us more than we have ever been—a recognized factor in humanity's welfare. These scientific fundamentals studied and worked out will very readily bring recognition from the men who are turning their minds toward our field and asking for our evidences. While we have much to present to them, yet we have all too little that is proved, with which to answer their inquiries.

Whatever else we do, this we must do, not simply to meet the inquiries of science, but to hold that fine body of thinking minds in our colleges and fortify our own understanding as well as making us all better osteopathic physicians. This forward move should now be undertaken on a larger scale, or we begin to drift as a few in our organization have already shown disposition to do.

Country Doctors

Dr. William Allen Pusey of Chicago called attention to a real and important problem in his address before the American Medical association in Chicago recently, but what he urged as a solution is no solution at all. To supply small towns with a prop-

Concerning Examiners

Quite inadvertently, the Log Book uncovered a mass of interesting and valuable information. In a recent issue, a clipping from the A. O. A. Journal was printed under the heading "More Insurance Examiners." Since that issue was mailed the Editor has received numerous letters from all parts of the country stating that "so and so has acted in the capacity of examiner for such and such a company for some time and has met with considerable success."

It is indeed gratifying to learn of the vast inroad the profession is making into this "sacred" field of endeavor of our Medically inclined brothers, and the editor would urge every Osteopath to write in stating the company for which he is examining and also the length of time he has been with that company.

By the collection of facts of this nature, company after company will come to recognize the Osteopath as a competent and worthy examiner.

er number of physicians but sending them out half-baked by lowering the standards of training would only be an exchange of evils.

The fact of the matter is the fund of knowledge has so increased that adequate preparation in four years is more improbable today than was relatively adequate preparation in three years before present standards were established.

The larger rewards of specialization are depleting the flow of recruits to the field of general practice. The small town field particularly is suffering, for here the general practitioner has been in special demand. The hours of such a physician are long, his life is irregular and the demands upon him are as broad as the bounds of the whole medical profession. It is not surprising that many young doctors avoid the country entirely while others use it merely as preparation for city work. But lowering the medical school standards is not going to result in any real improvement.

Dr. Pusey may be right when he says that medical service is tobogganing toward breakdown or revolution. Revolution may be the solution. The country practice probably needs to be reorganized into a clinical service which can utilize fully the young men under direction of the older and more experienced. The early years which often have a high percentage of lost time thus would be turned to practical account. The older men could be relieved of some of the complexities, detail and exactions of practice and a degree of specialization would be possible. The larger rewards justifiably hoped for in mature years could be readily available. The country practice in this way could be made more inviting and more serviceable.

The solution of the problem is a reorganization of service, not retrogression in the standard.

Female Physicians

(Continued from page 1)

ical education of ladies, as the allopaths have practiced toward the new school of innovators on the good old monopolists, by the homeopathic brotherhood. "Off with their heads," is the cry; "no one has any business to be progressive in our department of science." That was the objection to Gallilee. He disturbed the learned expositors of the Mosaic cosmogony when he announced the sun to be a common centre about which the earth revolved.

Notwithstanding the most determined hostility to the demands of the age for female physicians, institutions for their educational preparation for professional responsibilities are rapidly multiplying. The ball first began to move in the United States, and now a female medical college is in successful operation in old foggy medieval London, where the favored monopolizers of physic and surgery were resolved to keep out all new ideas in their line by acts of parliament. But, alas! The ice-walls of opposition have melted away, and even in Russia a woman has graduated with high medical honors. Female physicians are increasing rapidly, and their services are sought for by their own sex, as they should be, with thankful hearts for such balm in Gilead."

PERSONALS

(Continued from page 1)

mania, for dressing the new arrivals in O. B. clinic.

Mrs. Robinson and Rosemary have both taken a brief respite from their arduous summer work. From the way prospective new students have been coming in, it will be necessary to put on a new steno to handle the correspondence. Ten were in the first mail delivery this morning.

Drs. J. P. Schwartz, Steffen, Spring and others of the all-star faculty are on the job daily as usual. It seems they cannot find time for a much-needed vacation.

From all indications, the year 1925-26 is going to be the record breaker in the history of the college in all departments. All the students who have written in during the summer express the one thought that they are anxious to get back to work. All are exceedingly optimistic in regards to new students. If one-half of the aforementioned prospects materialize, the building will be packed.

Insult Supreme

The great editor was dying. The physician leaned over him with a stethoscope, listened a few moments and then rose sadly.

"Poor man," he announced. "Circulation almost gone." With an effort, the editor lifted his head.

"You're a liar!" he proclaimed weakly. "Over four hundred thousand, and gaining every day."

"Hey, bozo, why don't you brush your shoes once in awhile?"

"There's no hair on my shoes!"

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THE LOG BOOK

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Volume 3

August 15, 1925

Number 3

Freshman Class To Be a Record Breaker

A conservative estimate of the possible Freshman enrollment for the coming year has been placed at one hundred. Without doubt, the actual matriculation figures will go above that mark, judging from all angles.

Never before in the history of the school has the "prospective" mail been so heavy—nor so enthusiastic and positive. The above estimate is based on actualities and not guesses. Field men write in and state, "My man Jones will arrive in Des Moines such and such a day, please see that he gets located in good shape." Students write that they are bringing this or that new student with them.

Nothing could be more encouraging than the letters of the above type. The life of the school, and the profession, depends upon "new blood" in the form of new students. Each successive year the freshman enrollment has shown a marked increase over the preceding year, which indicates the advancement of the profession, the loyalty of the alumni, the reputation the college is building for itself, and the spirit of the student body.

Such growth will undoubtedly demand expansion, and expansion means a new building. With a new building the college would boom! Field men—send a new student from your home town! Students—bring back a new student with you!

Cupid Wallops Two D. M. S. C. O. Students

It has just come to light that Mike Hannon, stalwart captain of the basket ball team, was ensnared into the bonds of matrimony on April 19th. Miss Bernice Wetrich, of Dexter, Iowa, a nurse at the Methodist Hospital, drew the lucky (?) number. Congratulations, we'll look for the "smokes" the day school opens.

Dr. William Everett Montgomery, more commonly known to friends and associates as "Monty," the popular assistant in the O. B. Clinic, has returned from a varied summer's activities in Grove City Pa. On his return Monty brought back Gladys with him. Gladys is Mrs. W. E. Montgomery in private life. Monty took the fatal step on June 4th. More congratulations!

Jones: "I hear your wife had an accident with the car. Anything damaged?"

Smith: "Oh, no, just a little paint scratched off both."

Extensive Student Activities Planned For 1925 - 1926

With the functions started last year as a working nucleus and the new features already in process of formulation, the coming school year will be replete with student activities.

Student functions are one of the most important factors in crystallizing student spirit, and while we are confident that the school spirit that was in evidence last year cannot be surpassed by any of the other Osteopathic colleges, we are confident that the coming year will bring the student body into even a greater unification.

Aside from athletics, the Annual Stunt Days, regular chapels, Freshman-Sophomore Pushball Game, Homecoming, Freshman-Sophomore Party, Junior-Senior Prom, Post Exam Jubilee and Stillonian Day, are the features of the calendar of student activities that are at present planned and worked out for the benefit and enjoyment of the student body.

The Pan Hellenic Council, Sigma Sigma Phi, the women's sororities are the organizations that are backing the work.

There is no reason why D. M. S. C. O. should not have as complete a program of student events as any other college, and if the student body will get behind the idea with the same indomitable spirit as manifested last year, we will have them.

New Custodian

The Secretary announces the appointment of a new custodian of the building and campus for the coming year. Mr. George Leidy is on the job already, and—a word to the wise—get acquainted with George!

Hillery Honored

One of the men behind the big Toronto Convention was Dr. W. Othur Hillery. As secretary of the Ontario Organization Committee he worked like the proverbial "galley slave" to put things over big—and he did, as all the delegates at the convention realized.

At the election of officers for the A. O. A., Dr. Hillery was elected a member of the Board of Trustees, a position of honor and responsibility. He deserves the honor, and we have no doubt he will faithfully shoulder the responsibility.

The Ontario Association of Osteopathy evidently believe in giving Dr. Hillery lots of work, for they elected him vice-president, secretary of the Legislative Committee, and chairman of the Publicity Committee.

Treatment of Seasickness Perfected on Crusade

According to a letter recently received from the D. M. S. C. O. alumni who are members of the Osteopathic Crusade, Dr. Joseph Swart of Kansas City has developed the following treatment for sea-sickness:

"Sea-sickness is due to a disturbance of the semi-circular canals. Ordinarily they are not used to any great extent. The motion of the boat throws an extra load on them which they were too delicate to bear. The sub-occipital muscles are found to be contracted, tilting the head upon the Atlas. Correction of these lesions produces instant relief."

No doubt the Doctor had ample opportunity to try out his method of treatment on acute cases during the passage over.

All Star Faculty Are 'Rarin' to Go!



DEAN D. W. JOHNSON

Under the generalship of Dean C. W. Johnson, the famous all-star faculty of D. M. S. C. O. is impatiently awaiting the whistle which will start them off on another semester of pounding the truths and fundamentals of Osteopathy into our hard heads, which, believe me, is some job.

The faculty of D. M. S. C. O. has no outstanding individual or group of individuals. It is not a one or two man organization, but a group of serious minded, highly trained men and women, each a specialist in their department. The members of the faculty are sincere in their desire to teach the kindred subjects of Osteopathy and the Physicians graduated from the college are monuments to their endeavors.

The faculty remain intact with the same personell as last semester with the addition of Dr. M. B. Lovegrove who will have the department of Public Health and Sanitation and Dietetics.

Dr. Lovegrove comes to us with the highest recommendations and qualifications. She is a woman of broad intellect and high ideals, with a number of years practical experience to fortify the didactic phase of her work.

We welcome Dr. Lovegrove and are confident that she will soon find her niche in the hearts of the student body.

Bad will be the day for every man when he becomes absolutely contented with the life that he is living, with the thoughts that he is thinking, with the deeds that he is doing, when he is not forever beating at the doors of his soul some great desire to do something larger, which he knows that he was meant and made to do because he is still, in spite of all, the child of God.—Phillips Brooks.

IMPORTANT NOTICE

The Log Book again calls the attention of the student body and all prospective students to the matter of registration. The regular day for beginning registration is **SEPTEMBER 8**. Class work will begin the following week. The college officials are urging upon the students to take advantage of early registration owing to the fact that new rules and regulations are in effect this Fall. There is no necessity for anyone to be caught napping and have delinquent fees to pay.

CONSOLIDATED TUITION

The Board of Trustees announce that the tuition for the college year 1925-26 will be \$225.00, which will include all fees, with the exception of breakage and damage to property.

This is the first time that the Board have attempted the consolidation of fees and tuition and it is predicted that the plan will meet with extensive favor throughout the profession.

The above sum is practically the same as last year, considering that it covers all laboratory, athletic, dissection, and other numerous fees which heretofore have been assessed individually.

Are You Looking For a Location?

Dr. H. R. Pease, of Steubenville, Ohio, is desirous of securing some D. M. S. C. O. graduate to take over his practice in the above city. The Doctor describes Steubenville as a "prosperous and growing city of 35,000 population in southeastern Ohio." Anyone interested may secure further information by addressing the college.

There is a practice available in St. Louis that according to the owner should net three to five thousand a year. Equipment, first class, locality 11,000 people. Detailed information may be had from Dr. Barrett, 110 N. 8th St., St. Louis, Mo.

An excellent opportunity is awaiting some Osteopath in the form of a practice that is available in a town of 4500, terminal of the U. P. railroad, State Normal school, only Osteopath in radius of 80 miles, good farming and ranching country. Will sell for value of equipment. Anyone wanting further information write the Secretary of the college.

We are in receipt of a letter from Dr. W. V. Shepherdson of Minneapolis, stating that there is a strong demand for an Osteopathic Physician at Manistique, Michigan, no one within a radius of eighty miles. Anyone interested write Mr. Walter Moon, c/o Manistique Lime & Stone Co.

Drops of Spinal Fluid

When I meet a man with a given name that would be more appropriate for a Pullman car than a real human being, I can easily guess who had the say at his home about the time he was born.

For your own good, get it out of your head that this world owes you a living.

Think more, earn more, and get more out of your life.

Too much celebrating has kept many a man from becoming celebrated.

Nearly everyone remembers what Sis Hopkins said about—"there ain't nothin' in doin' nothin' for nobody that ain't doin' nothin' for you." That is the reason a lot of Osteopaths never have very large practices.

It's too darn bad that men are not what their wives and photographers make them out to be.

So long as you are well-dressed, carry your head up, walk erect and fast, wear a pleasant smile, choose well your associates and don't talk too darn much, the world will invoice you at all you are worth.

Look trouble in the face and laugh at it. —P. S. Forget this advice in case your wife happens to be your trouble.

PERSONALS

"Red Ball" has departed hence in his powerful black Hudson speedster for a brief vacation at his home in Princeton, West Virginia, after a hard summer in the O. B. clinic.

Roy Skidmore, the erstwhile "Bookstore Bandit" has returned to assume the obligations of another year's education and also to preside over the text book necessities of the student body.

Jack Bice has left for a brief visit at his home at Hays, Kans.

John Devereaux has returned from a summer's vacation at his home in Port Huron, Michigan.

We received a clipping the other day from an eastern paper and were agreeably surprised to find the following three-column head lines on the sports page.

Loghry's Winning Homer, Seat Collapse Thrills Fans; Former Hobart Football Star Ends Exciting Battle.

Eleven Innings Required to Decide Winner After Falls Team Led During Early Innings — Only to Have Geneva Forge Ahead and Then Allow Visitors to Tie Score in Ninth With Errors—Loghry's Drive in Eleventh Epochal.

We sincerely hope that when Peel returns this Fall he will be able to tell us all about it.

Dr. J. P. Schwartz is taking a much-needed vacation, touring thru the northern lake district of Minnesota. Dr. Pinky reports the ensnaring of many large and palatable "denizens of the deep."

The following excerpt is taken from a letter from Dr. E. T. Eades, graduate of the May, '25, class.

"I passed the Iowa, Virginia and West Virginia boards O. K. and recently received my certificate to practice. At present I'm looking after my brother's practice as he and his family, Dr. Jas. Bowman and family of California, are driving to Florida and brother will be away until September first. Dr. Bowman will continue on to California. Have been pretty busy since he left. "Red" Ball was in to see me yesterday. He states that the boys are pretty busy handling O. B. cases in the clinic out there. More power to 'em.

Dr. Louis Miller, also of the last May class is interning at the Mercy Hospital, St. Joe, Missouri. Louis reports that he is getting some mighty good work.

In a letter from Dr. W. A. Bone, '25, he states that Harry McNeish, Bert Dunn and himself have successfully passed the West Virginia board. McNeish having located in Elkins, W. Va., and himself in Buckannon, which he describes as a real nobby little town of seven thousand. Power to you, Bony!

The Gold Cure for Tuberculosis

Dr. Mollgaard of Denmark has reported some apparently satisfactory results from the use of a salt of gold termed sodium auric thiosulphate, the trade-name of which is "Sanocrysin."

This remedy is being investigated by the United States Public Health Service and in a number of scientific centers. Little can be said about it at present except that men of high scientific reputation in Denmark believe that it has value, but it is still in the experimental stage and should not excite any false hopes. Indeed, the use of this remedy is fraught with considerable risk of damage to the heart, lungs and kidneys, following the injection of the salt. To overcome this effect—which is thot by some to be due to reaction from destruction of large numbers of tubercle bacilli—a serum has been prepared. It has been suggested that the favorable results reported from some of the experiments are due to a combination of these effects rather than to the effect alone of the gold salt.

The preparation cannot be sold in this country until it is licensed by the United States Public Health Service, and all those interested should await the preliminary report from that source.

Further reports from Denmark and England with regard to the effect of this remedy will doubtless also be shortly forthcoming. In the meantime, people suffering from this trouble should follow the lines of treatment that have been so successful in cutting down the tuberculosis rate; namely, fresh air, sunlight, rest, and proper nourishment.

Whooping cough cause a greater number of deaths in Denmark than any other infectious disease. Danish physicians and scientists therefore have devoted much time to the study of this disease. Dr. Thorvald Madsen of the Danish Serotherapeutic Institute, lecturing at Harvard, said that the institute has perfected a means of establishing a diagnosis of the disease in its early stages. Its studies have also shown that after five or six weeks practically no whooping cough bacilli are found. As a result Danish children are now kept from school only four weeks after the beginning of the spasmodic cough. A whooping cough serum was found to have little preventive effect, but vaccination was found to lighten the infection and decrease the mortality to a considerable degree.

Ray MacFarland, of the Freshman A class has just completed a pleasant two weeks at the annual Iowa National Guard Encampment.

Mrs. K. M. Robinson, Secretary of the College, is back "on the job", after a brief vacation of two weeks.



The Unaccommodating Pill

A doctor brought a dyspeptic farmer a big brown pill. "I want you to try this pill at bedtime," he said. "It's a new treatment, and if you can retain it on your stomach it ought to cure you."

The next day the doctor called again. "Did you manage to retain that pill on your stomach?" he asked eagerly.

"Well, the pill was all right as long as I kept awake," said the farmer, "but every time I fell asleep it rolled off."

No Half-Way Measures

A colored woman entered a department store and asked for some black underwear.

The clerk told her that she had none of this somber hue in stock, but could supply her in almost any other shade or color.

"It's black or nuthin', young lady," declared the dusky customer. "It's jus' gotta be black, das all. You see, my man jes' crossed de river Jordan, and when I mourns—why, I mourns all over."

A man who had been brought up in a country village, but who had moved to the city, was visiting the scenes of his childhood. He happened to meet a boy who was considered a little "off," and thought that here was a good chance to find out from him about the people he used to know. Among others he chanced to mention the name of an old schoolmate. "Why," said the boy, "he has been married seven years and has twelve children."

"Twelve children!" exclaimed the man. "How does that come?"

"Oh," said the boy, "they had three to oncet, two to twicet, and one a good many times."

First Englishman: "Charley, did you hear that joke about the Egyptian guide who showed some tourist two skulls of Cleopatra—one as a girl and one as a woman?"

Second Ditto: "No, let's hear it."

We had a guest for dinner the other night, and all of us were talking about how we loved good coffee. Father was especially enthusiastic and said:

"I make it fresh every morning. I get up early and build a fire in my pajamas."

"They must be warm for summer," said the guest without a smile. "What are they made of—asbestos?"

NERVE. The greatest human asset. It puts a whistle on the lips, "pep" in the blood, strength in the vertebrae, and spunk throughout the homo.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President ----- S. L. Taylor
Editor ----- Don Baylor

Osteopathy Without Limitation

Pull vs. Push

Where one man succeeds thru pull ninety-nine succeed thru push.

The driving wheels of a locomotive are not the front wheels. The front wheels of an automobile guide, but the back wheels push. Wherever power is found, something is found pushing.

The blade of corn does not come into this world because some person pulls it in; but it gets here because it pushes. A good way to kill corn is to pull it up by the roots. Many a man has been injured by too much pull.

The steam that moves the piston rod does not pull it, but gets behind and shoves. A crowbar does not pull an object—it gets under it and pushes. All life is a pushing thing. Press down a sapling, torture it in any conceivable way, and instead of giving up, it will proceed to push its way 'round or over the obstacle.

Put a plant in a cellar and it will not complain about lack of pull but will do its best to push its tendrils in the direction of the sunlight.

Push is the sun of human endeavor. It made Edison, Roosevelt, Mark Twain and a thousand others. Pull never made any man. Push is the Almighty in man!

Smoke This One

More than thirty years ago, I heard Col. P. Watt Hardin say in a political speech down in Kentucky: "I'm for my country, against any country, my state against any state in my country, my county against any county in my state, and my town against any town in my county, my street against any other street in my town, and for my side of the street against any other side." If you don't feel just that way about the branch of therapy you are practicing — about the college you are attending — GET OUT!

A story is told of a judge who announced his intention to sentence a culprit to at least eight years at hard labor in state's prison, but was ready to listen to anything he might say in his own behalf. After a moment of consideration the offender spoke. "Well, I don't know ez I've got anything to say, only this: It strikes me you folks round this here Cote House air purty tolerble libeal with other people's time."

SCHEDULE OF CLASSES

FIRST YEAR First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Chemistry, Inorganic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Biology.....	Dr. John M. Woods
Bacteriology.....	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Dr. E. E. Steffen
Chemistry, Organic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Embryology.....	Dr. J. P. Schwartz

SECOND YEAR First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology II.....	Dr. E. E. Steffen
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology.....	Prof. Frank Sutton

Second Semester

Anatomy, Practical.....	Dr. John M. Woods
Anatomy, Descriptive.....	Dr. John M. Woods
Orthopedics.....	Dr. A. B. Taylor
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Physiology III.....	Dr. C. W. Johnson

THIRD YEAR First Semester

Anatomy, Applied.....	Dr. H. V. Halladay
Gynecology.....	Dr. Lola Taylor
Laboratory Diagnosis.....	Dr. E. S. Honsinger
Public Health and Sanitation.....	Dr. E. S. Honsinger
Osteopathic Diagnosis, Technique.....	Dr. John M. Woods
Pathology III.....	Dr. E. E. Steffen
Symptomatology.....	Dr. C. F. Spring
Clinical Demonstrations and Practice.....	

Second Semester

Obstetrics.....	Dr. R. B. Bachman
Nervous Diseases.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Eye, Ear, Nose and Throat.....	Dr. E. S. Honsinger
Pediatrics.....	Dr. Mary Golden
Physical Diagnosis.....	Dr. A. B. Taylor
Clinical Demonstrations and Practice.....	

FOURTH YEAR First Semester

Surgery I. Principles.....	Dr. S. L. Taylor
Nervous Diseases.....	Dr. C. W. Johnson
Eye, Ear, Nose and Throat.....	Dr. E. S. Honsinger
Obstetrics.....	Dr. R. B. Bachman
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Dietetics.....	Dr. E. S. Honsinger
Clinical Demonstrations and Practice.....	

Second Semester

Surgery, Operative.....	Dr. S. L. Taylor
Psychiatry.....	Dr. C. W. Johnson
Urology and Proctology.....	Dr. J. P. Schwartz
Medical Jurisprudence.....	Judge Hubert Utterback
Dermatology.....	Dr. Lola Taylor
X-Ray, Radium and Physiotherapy.....	Dr. F. J. Trenery
Obstetrics.....	Dr. R. B. Bachman
Clinical Demonstrations and Practice.....	

Laboratory Technician..... Dr. G. E. Hurt

EDUCATION

Education does not mean teaching people what they do not know. It means teaching them to behave as they do not behave. It is not teaching the youth the shapes of letters and the tricks of numbers and then leaving them to turn their arithmetic to roguery, and their literature to lust. It means, on the contrary, training them into the perfect exercise and kingly continence of

their bodies and souls. It is painful, continual and difficult work to be done by kindness, by watching, by warning, by precept, and by praise, but above all — by example. — John Ruskin.

"Look! There's a car parked in this lonely road. Can it be motor bandits?"

"Nope, that's the old parlor sofa two generations removed. — Judge.

Crusaders Having Enviably Trip

The following letter was received from Drs. Dora Dietz and Zoa Munger, two D. M. S. C. O. graduates who have been enjoying the Osteopathic tour of Europe. THE PEBBLES HOTEL HYDRO-PATHIC

Dear Editor Log Book:

The party of 114 Osteopathic Physicians, who left Montreal, Canada, on the Metagama, arrived in Glasgow on July 22, having had a voyage of eight days down the noble St. Lawrence and the Atlantic. For their benefit, the briny deep was quiet and calm as the old Des Moines river, and no casualties were reported. A few unfortunates felt a bit groggy when we actually got into deep water, but they soon adjusted themselves and fully enjoyed their trip.

So far we have visited Glasgow, the Lake country, the Trossachs, Peebles, Edinburgh, passing through the small villages on the route.

Cathedrals dating back to 1181, castles which have withstood the ravages of centuries, houses hundreds of years old, customs having been handed down for generations, all arouse our admiration and awe.

The guides are all good Scots, and we must follow closely in order to understand them when they tell us what it is all about.

Since landing in Scotland we have seen rocks enough to pave every road in Iowa. Our only regret is that it is not near the place where it could be used to such good advantage. The result of so much material so conveniently located is the best system of roads we have yet seen. It is a joy to ride over them.

Today in Edinburgh we had our first welcome from the British Osteopathic Association. Dr. MacDonald met us at luncheon, and we had a very inspirational half hour before leaving on the afternoon trip. Dr. Gaddis responded in his usual happy manner.

The big occasion of our journey has been reserved for our London visit. We are promised something good.

So far the trip has been interesting. We have seen Scotland from so many angles. We are impressed with the neat cleanliness of the towns—the prim flower beds which are set with great care by one who has a definite purpose in planning for a wide variety of brilliant color. The generous supply of moisture from Scotch mists makes for beauty of color that is not excelled in the states.

In the party is a 74-year-old mother of one of our Osteopaths. She is an inspiration to those of us who become weary. Her stock of pep is unlimited. Three small girls about six years of age, all left orphans and each adopted by a different family in our party, are very lively, interesting members of our crusade.

One-third of the party is composed of men. Five women and one man are from Iowa. This

Continued on page 4)

Crusaders Having Enviably Trip

(Continued from page 3)

One man is Dr. Graham of Marshalltown. Five members of the party are graduates of D. M. Still College.

This Hotel Hydro, as it is called, has a well-equipped hydrotherapeutic department, which our party was given the privilege to visit. Electricity is used, as are massage, lights, and bath cabinets.

It has occurred to me that the letter I mailed you earlier today had no signature on it. It was written in sections and sealed before the finishing touches were put on.

Just now we are speeding on a train between Ambleside and Birmingham. We visit Stratford-on-Avon for two days and land in London on July 28 for a ten-day stay.

Rain has interfered some with our trip, but we all brought umbrellas and are happy. We are seeing everything that is to be seen and are having a great time.

While we are enjoying beautiful scenery and nice cool weather, we are wondering whether you are having the usual swelter of an Iowa summer.

We have just passed through Wigain, the home of Miles Standish. The entire trip has been full of just such points of interest.

DORA DIETZ,
ZOA MUNGER.

TORONTO OR BUST! (WE DID BOTH)

To recite all the events of our trip to Toronto to attend the International Osteopathic Convention would require too much time and patience on the part of both of us, so for the benefit of those who made the trip this year and those who contemplate a similar trip, we will follow our usual custom in traveling or writing, that of hitting the high spots.

Sunday, June 28. Left Des Moines with five good tires and five good passengers, the Halliday family and Don Baylor, student and famous editor of the Log Book. Iowa City furnished a stopping place at noon for lunch. Don ate two sardine cans and accidentally swallowed the top of the thermos bottle, after drinking the contents. We all passed at the Palmer School later in the afternoon. Crossed the river and spent a restful night among friends in Fulton, Illinois. Let us add here that Dr. and Mrs. B. J. Snyder, the above mentioned friends, earned the eternal gratitude and high esteem of the writer for their hospitality. It would take pages to cover our thanks for the food consumed by our wife and Don Baylor. Egad! Methinks they acquired in some uncanny manner, stomachs of india rubber. Lest I forget to mention it again may I add that this eating stunt became a regular part of our

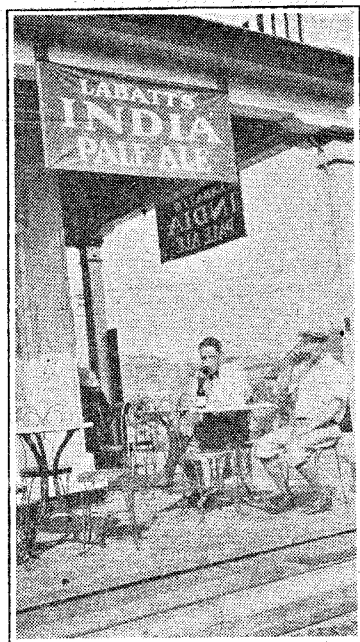
act, as others along the road who offered us food will readily affirm.

Monday, the 29th. Arrived in DeKalb, Illinois, in time to put the feed bag on at the home of our uncle and aunt, Dr. and Mrs. W. L. Shank. Dr. Shank is an M. D., but he poisoned neither our bodies nor our minds with his drugs. His good wife provided us with much food and we were on our way. The night found us in South Bend, Ind.,—(the Capitol of the World).

Tuesday, the 30th. Dr. Lon Rousch spied us early and we were soon joined by Dr. Olsen, much to his regret. Oly wore out four pair of shoes going back after more flapjacks for Don. After wedding Don into the car by means of a shoe horn and a crow-bar, we were on our way. The car sagged badly on that side but we arrived at Toledo late in the afternoon and hunted up another uncle and aunt, Mr. and Mrs. George Brennehan, who took care of us and as usual,—food disappeared.

Wednesday, the 1st. We had a hunch it was to be a bad day. We had some bad luck in Loraine, Ohio, and Euclid avenue, Cleveland, held us up. We have driven over the Rockies, but Euclid avenue has the world beat. Stay away from Cleveland until about 1932. They tell us that they will have the road in condition by that time. We refused Dr. Dale Pearson's hospitality at Erie, Pa., for the night, and sped on to Fredonia, N. Y.

Thursday, the 2nd. An early start put us in Springville, N. Y. in time for a train on which to park the Mrs. and children, bound for Bradford, Pa. Don and the writer hauled anchor and turned our wearing threads towards Buffalo. Here we picked up some baggage and made for Niagara. The late afternoon and



evening were spent (together with some small change), seeing the sights, sighting the seeing, and at the wet end of the bridge—see illustration. Instead of being called "four point four" it should be "four disappoint four."

We are still sore about that 60c we spent there. We were fortunate in seeing the Falls illuminated by colored lights. They are beautiful at any time, but their enchantment is marvelous as they are painted in every color combination. Those viewing the falls at night stand silent. Words fail. We rested that night at a hotel in Lewiston on the banks of the Niagara.

Friday, the 3rd. A clear, cool morning made the early boat trip across the lake ideal and we just lounged back and relaxed. The boat arrived at Toronto at noon.

May we here pay tribute to Drs. Jaquith, who so kindly turned their home over to us during our stay. We were given a key to the house and told to make ourselves at home. Don insisted on spitting on the floor the first couple of days, complaining that the ceilings were too high. We refuse to comment on his style of snoring, except that it begins with an imitation of the water leaving the bath tub, rises to a high-pitched Ford chatter and ends somewhat like a peanut wagon whistle.

We went to work in the afternoon. Collected material for the booth for the college and started a three-round battle with the Customs for possession of our Log Books. The fight ended in a draw. We drew the Log Books and they drew about thirty berries from our fast-dwindling exchequer.

Friday night we attended a performance of "A School for Scandal." Don stood up with the rest of us at the end of the show and sang "My Country 'Tis of Thee" and still wonders why the old woman next to him gave him such a dirty look.

Saturday, the 4th. Not a sound except the ordinary busy city ones. Believe us, we will take our Fourths not in 4.4 but in U. S. A., after this. That is one day we still agree should be celebrated on the home field. Amen.

During the convention week we were busy at the booth and in various parts of the convention. If you were not there you missed a fine program, both from the standpoints of instruction and entertainment. We met many old friends, quite a few of our students were present and were delighted to make the acquaintance of many new ones, all of whom contributed to our enjoyment of the week.

Friday, the 10th. Don's ball and chain wires him. Exit Don via R. R. This leaves us alone.

Saturday the 11th. Starting at noon we made Sarnia, Ont., by night.

Sunday the 12th. Hesitated at Mt. Clemens, Mich., and saw Blondy Hain and Sherwood Nye. Spent a delightful hour with the internes and Dr. Trimby at the Detroit Osteopathic Hospital. Some chicken dinner they put out there. Left soon to try to make Battle Creek by night. Four miles north of Ypsilanti our steering gear broke, and we were aided by the presence of an ad-

jacent bank rather than the usual ditch. After getting hauled in we made the acquaintance of Dr. Garret.

Monday the 13th. Took all day to get a new part from Detroit.

Tuesday the 14th. Out of Ypsi. Said "Hello" to Dr. J. J. Newman at Jackson and on to Battle Creek. Entertained royally by Drs. Manby and Riemann at noon. Landed at a Roadside Home at Frankfort (on-the-main), Ill. Aside from the sputtering of a one-lung gas engine trying to keep up with a nickel-in-the-slot pianny until about 1 A. M. we were not disturbed.

Wednesday the 15th. Left early and pulled into Fulton, Ill., the home of Dr. Snyder of earlier mention, about 2 P. M. Talked ten minutes and assured him that we would be in Des Moines that night. Two miles west of Clinton, Iowa, which is just across the river from Fulton, a Ford coupe driven by a decidedly unsteady hand, picked off our left front wheel. This carless threw us over to the left side of the road, but as our good luck would have it, we remained upright. Not a scratch physically, but Oh Boy! what a dent it made in our religion. The driver of the Ford was not so fortunate. His car nosed into the ditch and he suffered a bad horseshoe cut on the scalp. We immediately applied bandage and sent him in to the nearest hospital for repairs. Evidence was collected, a witness secured, two photos taken and other precautions. We were hauled in again and the damage repaired. And so, we were the guests again of Dr. Snyder for two and a half days. We have a wide acquaintance in both Clinton and Fulton now, especially among city officials, lawyers and reporters.

Friday the 17th. Left Clinton in the early afternoon and spent the night in Iowa City.

Saturday the 18th. Arrived home about noon with one good tire and one fair to middling passenger.

And so closes the log of our trip. We accomplished what we planned. Even more than we planned. The "bust" part of the trip was not primarily on the program. We did advertise the D. M. S. C. O. all the way across the country and we brought home the bacon in the way of some good prospects and some actual students. We enjoyed the trip and will see you in Louisville next year. We are having some trouble in classifying the trip. It was avocational, for touring is our hobby. It was vocational, for Osteopathy is our business. It was vocational, also, so it must have been all three.

P. S. The Editor gets the last cut at this and will probably add a note to the effect that the writer is all that the writer says the editor is. The editor is all that the writer claims he is, if not more so. But after all he makes a wonderful cigaret lighter, and we missed him greatly on the return trip.

VIRG. HALLADAY.

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Volume 3

September 1st, 1925

Number 4

Osteopathy at the Iowa State Fair

The Des Moines branch of the O. W. N. A. with the assistance of the Des Moines Still College worked up one of the best exhibit booths at the state fair this year.

The booth, located with the other colleges of the state, under the amphitheatre, was tastefully decorated with the college colors, photographs of classes and pennants of the various Greek Letter organizations in school.

On the table at the front of the booth were ample supplies of various pieces of Osteopathic literature, the Osteopathic Magazine, the Log Book, the catalogue of the college and the 1925 Stillonian.

Miss Ava Johnson, daughter of Dean Johnson and former member of the D. M. S. C. O. faculty, was in direct charge of the booth and was assisted in the mornings by Dr. H. V. Halladay of the college and in the afternoons by a member of the O. W. N. A.

It is surprising the number of inquiries concerning Osteopathy and the college that were received at the booth. A number of prospective students were secured thru this medium which probably would not have been reached otherwise. Numerous inquiries relative to the good to be derived from Osteopathic treatment of different conditions, particularly nervousness and pneumonia. The attitude of the public at large was highly favorable.

The Halladay Spine was the main drawing card at the booth and many and sundry were the questions Miss Johnson had to answer, truthfully or otherwise, regarding same.

As this is the first time Osteopathy, the college, or the local organizations, have had an exhibit at the fair, those responsible for the booth are to be congratulated upon the success attained by the endeavor and it is hoped the precedent they have established by their industry will continue and that in the future no opportunity for such a display will be overlooked.

The fellow that turns over in bed when the alarm goes off and sleeps away the thirty minutes he should make use of in refreshing himself with a bath, a shave, shoe shine, should for the good of his firm permanently remain in bed.

You've got to be a straight shooter if you expect to hit the mark.

Back Once More---



Baylor
after H. Johnson

IMPORTANT NOTICE

The Log Book again calls the attention of the student body and all prospective students to the matter of registration. The regular day for beginning registration is **SEPTEMBER 8**. Class work will begin the following week. The college officials are urging upon the students to take advantage of early registration owing to the fact that new rules and regulations are in effect this Fall. There is no necessity for anyone to be caught napping and have delinquent fees to pay.

Consolidated Tuition

The Board of Trustees announce that the tuition for the college year 1925-26 will be \$225.00, which will include all fees, with the exception of breakage and damage to property.

This is the first time that the Board have attempted the consolidation of fees and tuition and it is predicted that the plan will meet with extensive favor throughout the profession.

The above sum is practically the same as last year, considering that it covers all laboratory, athletic, dissection, and other numerous fees which heretofore have been assessed individually.

Clinics Busy; Pre-School Rush Now On

There has been no let up on the clinical activities of D. M. S. C. O. as the time comes for opening of the school year. Throughout the summer the handful of students staying over have been kept on the jump handling the largest summer clinic the college has experienced for some time.

The Obstetrical Clinic under the direction of Dr. A. G. Prather has more than flourished during the past few months. Ordinarily the month of August is fairly "light" in this particular department, but not so this year. Almost every other day would find somebody hitting for the "sticks" with the kit.

The surgical clinic at the hospital has also been extremely busy. Especially at this time of year, when the parents are anxious to have the children's tonsils and adenoids out before the school year starts and yet want to put it off as long as possible. Approximately thirty to sixty cases go through the clinic every Tuesday, Thursday and Saturday.

The General Clinic has also come in for its share of the summer burden, the hot weather seeming to have no effect on the patients. By the time school opens this particular department will be more than ready for the return of the student physicians.

Second Annual Home-Coming Date Fixed

The second annual home-coming of the alumni of D. M. S. C. O. will be held October 16. The main feature of the day's entertainment will be the annual football battle with the strong Buena Vista aggregation.

In view of the success of last year's home-coming it is expected that the attendance will be doubled this year. While it is impossible to make announcement of program at this early date—start to make your plans to attend NOW! Dr. "Pinky" Schwartz will be in charge of all details and arrangements, so you may be confident that the event will be the best ever staged.

Mark the date on your calendar—**OCTOBER 16, D. M. S. C. O. HOME-COMING!**

Will you **BE THERE?** Yea BO!

I encountered a barber the other day who knew about the cause of strikes and the politics of the world, but he knew very little about barbering. I'm not going there again.

The Doors' Open

Yea Bo! The door is open — steps are polished, all in honor of the returning students.

The office force are wearing their best smiles—receipt books handy and pencils sharpened.

The faculty are chuckful of ambition and have spent the entire vacation period perfecting a new and unequalled repertoire of ancient, yet honorable stories with which to regale classes.

In fact, everything is in readiness for the opening of the greatest school year old D. M. S. C. O. has ever experienced. A number of students have already arrived and others are coming in daily. Everyone is full of enthusiasm and anxious to get "at it" again after the summers' vacation.

Many and varied are the reports on summer's activities. Doc Green, senior A, has been working in his father's office for a part of the time.—Joe Rader, senior B, has been telling the world about Pictorial Review as the library table center piece.—Jones, of junior class and Steingrabbe have been coaxing wheel barrows at the new electric plant out south of town during the warm weather—Jones looks very much like old Johnny Levi,—haven't seen Steinny but hear he is just about the same shade.—Ole Olesen has been taking care of some doctor's practice in Souss Bend, Ind.—Butcher, senior B, has been holding down the meat market as per usual.—"Red" Groves has been cutting meat for the Red Ball stores.—"Red" Ball has been herding a Yellow Cab around the city in addition to his Obstetrical proclivities.—Lonnie Facto and Jack Bice have been playing with the children and also treating a few patients in clinic.—Armstrong and Krull have been holding up the public at two of our local gasoline emporiums.—Pinky Marlow and Bob Ross are helping make watches at Elgin.

Several others have reported their activities for the summer but the one thing that they all agreed upon was the fact that they were more than ready for school to open.

Cupid Wings Another

Old Man Cupid "did his stuff" again this summer on another unsuspecting D. M. S. C. O. student when John A. Wadkins of Aurora, Ill., and Miss Roma Miller of Dodge City, Nebr., were united in the bonds of holy matrimony July 15 at Council Bluffs, Iowa.

Johnnie is a member of the Junior class and promises to be on hand for the opening of the semester, in spite of the newly acquired boss.

So long as you are well dressed, carry your head up, walk erect and fast, wear a pleasant smile, choose well your associates and don't talk too darn much, the world will invoice you at all you are worth.

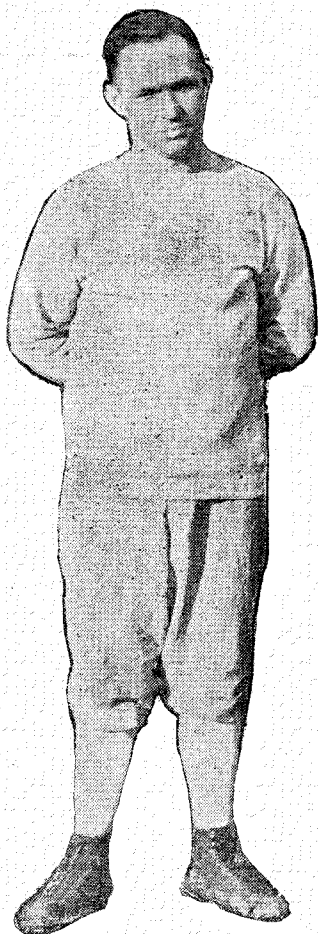
The sheriff puts many a salaried man on his feet—by taking away his car.

1925 Football Schedule

September 26	Parsons	Here
October 10	Grace and	Here
October 16	Homecoming—Buena Vista	Here
October 23	Ellsworth	There
October 31	Central	Here
November 21	Trinity	There

Games are also scheduled with Western Union and Kirksville but the dates have not been set as yet.

Rarin' to Go



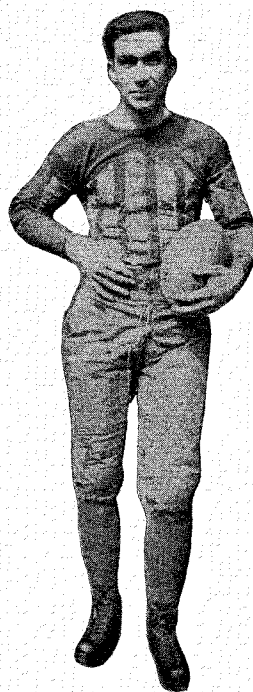
COACH F. R. SUTTON

With the actual opening of the 1925 football season drawing near, Coach Frank Sutton and Captain "Race" Meyers are rarin' to go!

A squad of at least seventy gridiron aspirants should greet the coach on the first night out, considering the great amount of material returning from last year's squad. Some high school stars of the first magnitude will register as soon as the books open and will give the veterans a battle to retain their position on the Varsity.

Manager "Pinky" Schwartz has doled out the hardest possible schedule for the coming season, not an easy nor practice game in the list.

The season will open with a home game with Parsons College,



CAPT. "RACE" MEYERS

ones of the strongest college organizations in the state, on Sept. 26th. Coach Glenn Devine of Parsons reports the prospects of an all-star aggregation which will make the Purple and White go some to come out with the long end of the score. However, with the available amount of experienced material to start out with, Coach Sutton is confident that the Bonesetters first battle will be a real one.

Stop, look and listen when you come to a railroad track,—but quit doing it when you come to work.

A real boss is a man it's hard to tell from the fellows that are working for him.

I hate to have some people give me their advice, when I know how bad they need it themselves.

You are not through work when you have done that you were told to do—but when all is done there was to do.



Can't Depend On It!

Doctor—I suppose, Mrs. Johnson, that you have given the medicine according to directions?

Mrs. Johnson—Well, doctah, I done mah bes'. You said give Sam one o' dese heah pills three times a day ontill gone, but I done run out o' pills yistadday an' he ain't gone yit.

Down in Virginia a Negro was brought before the Judge for chicken stealing or some similar offense. The Judge asked him if he had any children.

"Yas sir, Judge," replied the Negro, "I'se got a boy."

"What's his name?" asked the Judge.

"His name is Weatherstrip, Judge."

"Weatherstrip? Why where did you ever get that name, Sambo?"

"Well, Judge, it was disaway. Dat boy was born just before de war and he kept me out of de draft."

Due to an accident, Mrs. Spreaditt was spending a few days in the hospital.

"Yes," the nurse told her husband, "your wife can see you, but she can't talk much."

Mr. Spreaditt winked slyly.

"Don't try to kid me sister," he said.—American Legion Weekly.

A Yale player was teaching some cowboys to play football. He explained the rules and ended as follows:

"Remember, fellows, if you can't kick the ball, kick a man on the other side. Now let's get busy. Where's the ball?"

One of the cowboys shouted: "Never mind the ball! Let's start the game!"—Helena (Montana) Independent.

Uh Huh!

A student had been spending somewhat too freely and was short. It was near the holidays and he hated to write home for money. As a last resort he decided to pawn his dress suit.

When the time came to leave for home, the suit was still unredeemed. He hurriedly scraped up cash enough to get it back, packed it in the grip, and was off.

At home his mother was helping him unpack.

"Henry," she asked, "what is this ticket on your coat for?"

"Why, mother," he replied, "I went to a dance the other evening and had my coat checked."

She continued putting away his clothes. Finally she lifted his trousers. They, too, were ticketed.

"Henry," she exclaimed, "what kind of a dance was that?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President _____ S. L. Taylor
Editor _____ Don Baylor

Osteopathy Without Limitation

In-Between

"Be not the first by whom
the new are tried
Nor yet the last to lay
the old aside."

Poe was engaged in his favorite pursuit of rule making when he wrote those lines; he was tilting his lance at the impudent encroachment of new words upon literature. But his lines are not only applicable to a choice of words, they are exactly descriptive of a widespread and greatly valued creed. They might have been uttered by the goddess of the In-Betweens, herself.

For the In-Betweens make up the vast expanse of mediocrity that lies between two pinacles. They are never to be found with the courageously new or the courageously old. They never risk ridicule and failure to realize a new idea, and they have never been so filled with enthusiasm for an established conception that they defend it spiritedly against an upstart theory.

They pursue a far more cautious course. When the pioneer has braved the pitfalls and has smoothed the way, they follow in his tracks and make their little harvest. When the strongholds of the old regime begin to totter, they unobtrusively make their getaway and so escape the disaster of the final collapse. In fact, nothing in life means so much to them as their own safety.

Obviously, it is futile to protest against the supine In-Between. He has his little part to play. But it is difficult to ignore the hardily growing tendency to glorify him. When the man who "plays safe" is voted a smart and worthy citizen, and the man who has never differed from his neighbors is voted a sound one, spiritless mediocrity seems to be getting more than its due.

Better Late—

"Good heavens! Who gave you that black eye?"

"A bridegroom—for kissing the bride after the ceremony."

"But surely he didn't object to that ancient custom?"

"No—but it was two years after the ceremony."

Musta Been Marietta

A man dashed up to the ticket office at Sausalito with just one minute to catch the Eureka Express. He made the ticket window in a series of slides, skids and jerks.

"Quick! gimme a 'round trip ticket!"

"Where to?"

"B-b-b-back here, you poor dumb-bell!"—Exchange.

SCHEDULE OF CLASSES

FIRST YEAR

First Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Chemistry, Inorganic	Prof. Frank Sutton
Histology	Dr. John M. Woods
Biology	Dr. John M. Woods
Bacteriology	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Physiology I	Dr. E. E. Steffen
Chemistry, Organic	Prof. Frank Sutton
Histology	Dr. John M. Woods
Embryology	Dr. J. P. Schwartz

SECOND YEAR

First Semester

Anatomy, Descriptive	Dr. H. V. Halladay
Physiology II	Dr. E. E. Steffen
Theory of Osteopathy	Dr. C. F. Spring
Pathology I	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology	Prof. Frank Sutton

Second Semester

Anatomy, Practical	Dr. John M. Woods
Anatomy, Descriptive	Dr. John M. Woods
Orthopedics	Dr. A. B. Taylor
Pathology II	Dr. E. E. Steffen
Principles of Osteopathy	Dr. C. F. Spring
Physiology III	Dr. C. W. Johnson

THIRD YEAR

First Semester

Anatomy, Applied	Dr. H. V. Halladay
Gynecology	Dr. Lola Taylor
Laboratory Diagnosis	Dr. E. S. Honsinger
Public Health and Sanitation	Dr. E. S. Honsinger
Osteopathic Diagnosis, Technique	Dr. John M. Woods
Pathology III	Dr. E. E. Steffen
Symptomatology	Dr. C. F. Spring
Clinical Demonstrations and Practice	

Second Semester

Obstetrics	Dr. R. B. Bachman
Nervous Diseases	Dr. C. W. Johnson
Osteopathic Therapeutics	Dr. H. V. Halladay
Eye, Ear, Nose and Throat	Dr. E. S. Honsinger
Pediatrics	Dr. Mary Golden
Physical Diagnosis	Dr. A. B. Taylor
Clinical Demonstrations and Practice	

FOURTH YEAR

First Semester

Surgery I, Principles	Dr. S. L. Taylor
Nervous Diseases	Dr. C. W. Johnson
Eye, Ear, Nose and Throat	Dr. E. S. Honsinger
Obstetrics	Dr. R. B. Bachman
Osteopathic Therapeutics	Dr. H. V. Halladay
Dietetics	Dr. E. S. Honsinger
Clinical Demonstrations and Practice	

Second Semester

Surgery, Operative	Dr. S. L. Taylor
Psychiatry	Dr. C. W. Johnson
Urology and Proctology	Dr. J. P. Schwartz
Medical Jurisprudence	Judge Hubert Utterback
Dermatology	Dr. Lola Taylor
X-Ray, Radium and Physiotherapy	Dr. F. J. Trenery
Obstetrics	Dr. R. B. Bachman
Clinical Demonstrations and Practice	

Laboratory Technician _____ Dr. G. E. Hurt

Former Faculty Member to Cornell

Miss Ava Johnson, daughter of Dean C. W. Johnson and former D. M. S. C. O. faculty member, is to return to Cornell University in New York to teach in the Departments of Bacteriology and Physiology.

Miss Johnson has spent the

last year at the Iowa State College at Ames, securing her Masters Degree in Science.

The Faculty and student body of D. M. S. C. O. wish Miss Johnson all possible success in her new work, and trust that in the excitement and thrills of the big city she will not overlook and forget the small gang of well-wishers at 1422 Locust St.



The Observer Says:

Back again
To the
Halls of Learning
Come
The howling Mob
Freshmen
Verdant
Sophomores
Lugubrious
Juniors
Exalted
Seniors
Fearful
Faculty
Hopeful
The whole bunch
Full o' pep
It is rumored
That
Dean Johnson
Has a substitute
For his
Time-honored
Brick
Can't imagine what
It can be unless
He's found
Great Ceasar's
Ghost's
Night-shirt
With the great
Number of
Newly-weds
In school this year
It might be
Well for the
Board of Trustees
To declare a
Two-day recess
For the purpose of
Apartment hunting
For the Benefit
Of the
Student body
The Observer
Solemnly
Prays
That no
Banks bust
During the
Festivities of the
School year
The Great Unfed
Of the city
Are anxiously
Awaiting
The influx
Of D. M. S. C. O.
Students
And the White Horses
With the gold chariot
Are champing
At the bit
For the Triumphal
Parade
Let's Go
Period

The Germ's Own Germ

"Small fleas have other fleas to bite 'em," declares the poet. And in like manner, the germs that produce in us the symptoms of disease may have fatal diseases of their own, produced in turn by smaller parasites. Obviously it is worth our while to cultivate the acquaintance of these enemies of our own foes, and this has been done by their discoverer, a French bacteriologist, and by others. Writing in L'Echo de Paris (Paris), Dr. R. de la Vaulx gives interesting particulars of this discovery and its possible results. We read:

"What is the smallest size that a living being may have? It seems that we are far from an answer to this question, and that every day should bring new surprises. The time is far gone when the ameba was considered as the most simple of living forms, and the bacteria themselves are now dethroned. A considerable obstacle, it is true, seems to limit the field of discovery. The most powerful microscopes do not allow us to distinguish an object less than two ten-thousandths of a millimeter long, and the wavelength of light forbids all hope of going further. We should then have to give up all hope of knowing living beings smaller than these dimensions, if the ingenuity of scientists had not succeeded in avoiding the difficulty. We now not only know of beings smaller than a wave-length of light, but we may study them, cultivate them, count them, and measure them.

"Of all these infinitely small creatures, the most curious and interesting, on account of the services that it may render us, would seem to be the bacteriophage, discovered and studied by

D'Herelle, of the Pasteur Institute. The facts that led this eminent bacteriologist to his discovery were these: If we form an emulsion with bouillon of some of the discharges from a patient recovering from bacillary dysentery, for instance, and filter it, we obtain a limpid liquid devoid of visible germs, but if we add several drops of apparently sterile filtrate to a culture of dysenteric bacilli, we find that in 18 to 24 hours, the culture becomes clear—the bacilli have disappeared; they have been killed, 'bacteriolized.' Several drops of this clarified culture bring about, in their turn, the bacteriolysis of a new culture, and the series may thus be indefinitely continued.

"Note that despite the successive dilutions of the initial filtrate, the bacteriolyzing action, instead of weakening, increases strongly at each passage. This proves that we are dealing not with an inert chemical principle, but with something alive, that multiplies and increases in strength progressively.

"By ingenious experiments, M. d'Herelle has shown that the bacteriolyzing action is due to living beings that may be counted, which he has named 'bacteriophages' (bacteria-eaters). If we spread over a gelatinized culture of bacilli a drop of solution of the bacteriolyzing filtrate, properly diluted, we observe, at the end of a certain time, the formation of sterile spots. Each of these, where the bacilli have been killed, indicates the presence of a colony of bacteriophages; and as we know that every colony originates from a single germ, the number of spots enables us to calculate that of the bacteriophages contained in the filtrate. According to the con-

ditions of culture, this number varies from fifty millions to three billions per cubic centimeter.

"By carrying the dilution sufficiently far, we may obtain a solution such that bacteriolysis takes place only in one culture out of ten. This crucial experiment proves that we are surely dealing with discontinuous elements—with beings—for in the case of a liquid we should have a homogeneous product all of whose drops would produce the same action.

"The bacteriophage is an internal parasite of the bacterium, and can not be cultivated in pure bouillon. The attacked bacillus swells, becomes spherical and finally bursts, freeing the parasites that have developed within.

"The discovery of the bacteriophage enables us to understand many facts that have hitherto been obscure; we now see that a convalescent carrier of bacteriophages may transmit his cure to others, just as a patient may transmit his disease.

"From the purely biological point of view it is especially interesting to show that such tiny bodies may present all the characteristics of life—assimilation, reproduction, variability. Prausnitz has calculated that the bacteriophage is only about two hundred-thousandths of a millimeter in diameter. Now we know of ultramicrobes smaller still, that of aviary plague passes through collodion filters whose pores, according to the calculations of physicists, measure only two millionths of a millimeter! And when we recall that chemists give the molecules of albumin a diameter six times as large, we ask in wonder, what may be the constitution of such a living being as this!"

Sightless Osteopaths Organize

Another event of interest at the national convention was the organization of the sightless Osteopaths. Following a luncheon given by the Canadian National Institute for the Blind, Dr. E. J. Gray of St. Thomas, Ont., spoke on the subject, "The Sightless Members of The Osteopathic Profession."

Dr. Gray pointed out the great advance which the blind have made during the last ten years, so that now through schools, workers' associations, libraries, etc., new fields and new opportunities are daily opening, the real affliction of blindness is being removed, and sightless men and women are becoming a real asset to the nation.

In Dr. Gray's opinion, this was the first occasion of a national professional association giving official recognition to the sightless among its members, and he expressed the belief that Osteopathy has probably opened the greatest field yet placed before sightless men and women. An organization was formed with the following officers: President, Charles Carruthers, Vice President, Clara Owens, Secretary-Treasurer, Murial Anderson, Executive Committee, in addition to the above officers, David Little and E. J. Gray.

Measures were taken to establish a Bureau of Information to be associated with the American Foundation for the Blind and the American Osteopathic Association, through which any school, association, or individual in any country, might receive authentic information concerning Osteopathy as a treatment for Blindness.

Coming! Coming!

Something New - - Something Different!

"As Their Wives Know Them"

A Series of Intimate Closeups on the
Lives and Activities of Our Peers

Watch for the First Installment

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

THE LOG BOOK

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

Volume 3

September 15, 1925

Number 5

D.M.S.C.O. Draws From All Four Corners

All four corners of the United States are represented in the Freshman class whose registration at this early date has passed the fifty mark. Washington and California on the west coast, and Massachusetts and Florida on the east form the outlying boundaries of the drawing power in the states of D. M. S. C. O.

On investigation it is found that a majority of the new students were attracted to the Des Moines school by the exceptional clinical facilities and the strong faculty. They have not been disappointed in either instance since their arrival and even during the short time that they have been with us are already remarking on the wonderful school spirit that prevails amongst the student body.

Beta chapter of Sigma Sigma Phi assisted the Secretary in taking care of the new students, helping them to find desirable rooms and securing work for the semester. It is said that there has been less difficulty in this particular work this year than ever before. Practically every member of the new class is "self-supporting" and the business men of Des Moines are worthy of a vote of thanks for the excellent manner in which they have co-operated with the college authorities in providing work for the students.

The Fair Sex are also represented in this record breaking gang of freshmen—three of their number to date being women. Miss Gladys Cowan holds the record of being from the greatest distance, her home being in London, England.

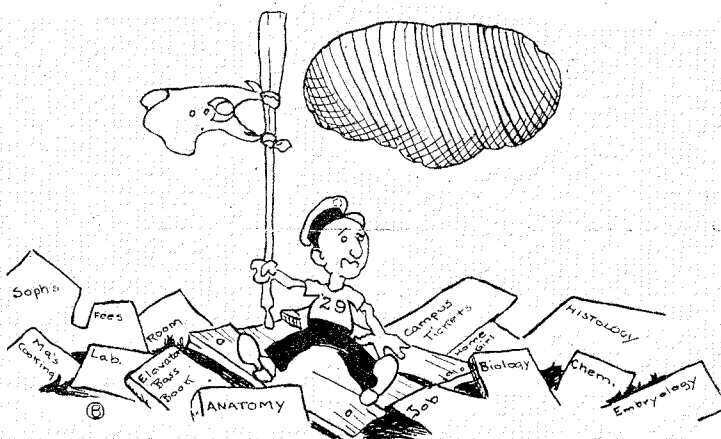
D. M. S. C. O. is justly proud of its new students and wishes to extend a most cordial welcome to them.

Cupid Miss-Fires

Old Dan Cupid misfired in the announcement of the marriage of John A. Wadkins and Miss Roma Miller of Dodge City, Neb. Although we regret very much that we are unable to smoke on Johnny at this time, we believe in Santa Claus and trust that in the near future, (before we all graduate), John will have to pass the Bull Durham.

An open mind, like a good road may be abused. Keep a "detour" sign handy.

All At Sea ---



As Their Wives See Them—

THE DEAN

Arranging for a wives' eye view of the facultatum is a precocious notion on the part of ye editor. It is far-seeing quite beyond what might legitimately be expected from one of his tender years. The situation leads one to ponder whether he has had occasion to meet up with a wife's viewpoint that he felt in the depths of a riotous and indignant soul was somewhat divergent from the public opinion of the same personata.

For, beyond a glimmer of a doubt, a model wife devotes a lifetime to seeing her husband NOT as others see him. This is the result, largely, of effort on the part of both. There are those first glamorous years in which she contends hotly her prefer-

(Continued on page 2)

Class Reporters

Each class, while electing officers for the coming semester are urged to either elect or appoint a member to act as reporter. The duties of this individual will be to report for the Log Book all happenings of the class—jokes, class room occurrences, etc.

Copy for each issue must be in the hands of the editor by the seventh and twenty-second of the month, respectively.

The class are urged to co-operate in this matter and help in making the Log Book the best Osteopathic student publication in the profession.

All organizations are requested to have their reporters abide by the above and eliminate the necessity of late copy.

Football Squad on the Job

Approximately thirty gridiron aspirants greeted Coach Frank Sutton in response to the call for Football material issue Sept. 8th.

Of this number four were letter men from last year's aggregation. Wallie Walker, Ab Graham, Don Sheetz and Frank Thomas were the veterans on the job. Other seasoned material that answered the call were: Bill Russell, Parks, Jones, Clark, Lee, and ten others. Of the new men out, several have had previous college experience and a few have made quite enviable reputations for themselves.

Captain "Race" Myers has not arrived in the city as yet but is expected to be on the job Monday. Also several men from last year's squad are expected to be out in uniform before the week is out.

The first work-outs consisted of rudiments of the game for the beginners and some light signal work for the older men. Intensive training is expected to start next week.

With the first game of the season only two weeks away, Coach Sutton will have to drive the boys at a fast pace to whip a true Bonesetter aggregation into shape. Parsons the season's first opponent is one of the strongest teams in the state and under the tutelage of Coach Glen Devine, a former backfield star from the University of Iowa, can be depended on to put up a real battle.

Only the greatest amount of real hard work with the maximum number of men out will enable Coach Sutton to turn out a team in the next two weeks that will down the Parsonites and produce a brand of football equal to the record Still college enjoys.

Every man in school who has football inclinations, or experience is urged to turn out in a suit and help Coach Sutton and Captain Race Myers BEAT PARSONS!

We have a friend who is so kind and generous that he is constantly thinking up ingenious, helpful schemes for the benefit of humanity. For example, he has observed that most smokers leave about an inch of their cigars unconsumed. To eliminate this waste he proposes that cigar makers make all cigars an inch shorter!

1925 Football Schedule

September 26	Parsons	Here
October 10	Grace and	Here
October 16	Homecoming—Buena Vista	Here
October 23	Ellsworth	There
October 31	Central	Here
November 21	Trinity	There

Games are also scheduled with Western Union and Kirksville but the dates have not been set as yet.

2nd ANNUAL HOMECOMING OCTOBER 16th

As Their Wives Know Them—

(Continued from page 1)



DR. C. W. JOHNSON

ence for that particular glow of red hair over any other shade, tint, tone or glory in the universe. Indeed it doesn't HAVE to kink back on itself atop the dome like that, we comb it so, as an investment in dignity. And into WHOSE heart do those fearsome whiskers of the walrus variety strike terror? Not here!! (For of course, all wives of the decade of which we speak, washed a mustache cup three times daily). Ah, those were the blissome days, when she traveled the world blithely, richer than all others because of the deft picture her heart and first hand information had drawn of the man whom some passed on the street as unmoved as they would pass any other. Here passed a superior party—some were dull and blind and did not see, but she—SHE knew!!

The years pass, the husband builds and develops into his work and in time rumor filters in of the position he holds in the estimation of his co-workers. Curious tales come to her and suddenly she faces the proposition that whereas, she may possess a portrait never compassed by others undoubtedly the members of his world drew a picture scarcely recognizable to her.

Compare the likenesses, bit by bit. "His lectures are delightfully concise and terse," they say. CONCISE and TERSE! This man who cannot mildly refer to a patient without including her middle name, from which stair case she fell; on exactly what step she slipped; or perhaps it was another; why she slipped; what her condition is now; what it is likely to be; and what will probably be done about it?

"Oho," they go off into gales of laughter to recall it, "he is so funny, he has such a sense of humor." Funny? That's curious. He has seldom been known in

Continued on page 4)

Fraternity Notes

ATLAS CLUB

We are back to get Osteopathy, to co-operate and keep alive and increase the Still Spirit that was manifested last year.

We extend to Brother Finney our sympathy in his recent bereavement.

A word of encouragement from Field Brother Kuchera and Van Degrieff is—"Osteopathy is great stuff, and we are doing fine." Dr. Kuchera also wants another copy of the Stillonian.

Doings of the Boys this Summer.

Brothers Ward, McIntosh, Van Ness, Shaefer, Doyle Mitchell, Lindbloom, Park, Thomas, Evans and Jameson spent the summer in Des Moines, being employed at various occupations and enjoying the COOL breezes.

Brothers Richardson, Warthman and Woofenden entertained Henry Ford at Detroit with sixteen hours of labor per day.

Frank Spencer served for ten weeks at Battle Creek, Michigan, as attendant and nurse.

"Dutch" Nelson is so fond of slinging hash that he worked at it all summer at Humboldt, Ia.

Walt Damm spent most of his time keeping the engines in tune in the power house at Austin, Minn.

Jack Voss enjoyed a successful six weeks in taking care of Dr. Kuchera's practice at Albert Lea, Minn.

Brothers Reed and Reed Irwin and Montgomery removed themselves back to the sticks of Kansas and were not heard from until they re-appeared on the scene recently.

The Bryson brothers held their own at Iowa Falls the last ninety days.

To Atkins and Walker go the cup. Tracy worked a week and Wallie three hours.

Brother Wise says he played ball for pleasure, worked as a painter for seventy cents per hour and watched Pittsburg lead the Nationals for pastime.

Matt Thill is still chasing Pies for Pictorial Review.

A. J. Smith lead a road oiling crew thru most of Iowa, Missouri and Minnesota.

Mac McNaughton and Jim Humphrey consumed part of Canada's Canadian Club the last three months.

Brother Wire spent most of his time "playing 'round" Yellowstone National Park.

The brothers we have not mentioned were so busy that we didn't hear from them in time, and we have also been so busy that we have not had time to see them.

Our congratulations go to those we know were married and also to those that will tell us about it later.

PHI SIGMA GAMMA

The P. S. G.'s did their bit toward helping Dad send them to

school in ways requiring both brain (?) and brawn. Note the following:

Ralph Davis, Mack Friend, Jack Stafford, Johnny Thellman and Joe Rader talked their way back to school by selling the Pictorial Review magazine.

Pee Lee Lee from Paw Paw, Michigan, dug sewers. He is a Union man.

In a Niles, Ohio, steel mill, Johnny Jones shouldered a heavy responsibility bossing.

Homer Sprague prepared for winter by building stoves in Cleveland.

Michigan is noted for its summer resorts, so Gerald Beebe vacationed in his home town, except for a half day. He admits he worked that much.

Montgomery spent the entire summer honeymooning.

A. E. Smith practiced Osteopathy on his family in Youngstown, Ohio, but sold real estate to pay expenses.

Two of the Iowa members plowed corn back home. They were Gay Howland and J. Shaffer.

Between working in an oil station and being sick, Oscar DuBois had an otherwise successful summer. He was one of the star patients of Dr. John Schwartz. Oscar experienced a tonsilectomy.

Greiner returned looking pale and thin. Not love, no, but the flu. He did manage to work some in a paper factory.

Another Ohio member, Gladieux, worked in an office, then followed his calling practicing Osteopathy for an Iowa D. O.

The P. S. G. house was under the stewardship, during the summer, of Lowell Morgan. During odd hours Lowell peddled papers and vended cigars at a down town club. Morgan also wrote letters for a pastime.

Although from Pennsylvania, Preston Howe, rode the ponies in Wyoming.

Leonard Jacobs sang a song about "working on a railroad." His coat of tan tells the same story.

Business and pleasure was Lon Scatterday's job. He motored to Colorado then worked at his white collar job in Worthington, Ohio. Lon is a banker.

In his home town of Spokane, Wash., Don Weir practiced bone-setting in a local D. O.'s office. Then returned to school early to administer Osteopathy to the summer clinic patients.

Steingrabbe remained in Des Moines. The electric light plant needed his services.

Overland Motor Cars now have radiators that won't rust. Clyde Conn did the paint job on them this summer.

As a hotel clerk Cavanaugh shines. He was so successful the management raised his salary and shortened his hours.

Leland Spencer raised grapes in Michigan. Very unfortunately the crop was not bounteous, so Leland found it impossible to return to school this semester. The

(Continued on page 3)



Barnum Never Had One

For Sale: One registered Jersey cow with bull calf giving four gallons of milk.—Ad in Neosha (Mo.) Democrat.

A member of the fairer sex recently asked Bill Russell if he were a college man or if his hair was naturally curly.

On a farm in South Georgia a sign reading as follows has been seen: Trespassers will be persecuted to the full extent of two meen mongral dawgs which ain't never been none too soshible to strangers and 1 dubbel barled shot gun which ain't loded with no sofy yillers. Danged fi I ain't tired of this trespassin on my property."

The mayor of an Arizona town advertised for a preacher to fill the pulpit of the town's community church. When the clergyman arrived the mayor inquired of him: "Parson, you ain't by any chance a Baptist, be you?" The parson assured him he was not. "Wall, I'm glad o' that," replied the mayor, much relieved. "You see, we've got to haul our water twelve miles."

At the rate automobiles are being turned out, it begins to look like there soon won't be enough pedestrians in this country to meet the demand.

Perhaps it is merely habit that makes a woman think she has to allow a couple of inches to turn in when she orders a screen door.

Hubby—Of course, my dear, it's only a rough idea of mine, but do you think it is possible there was such a thing as a typographical error in your recipe for this pie?

When girls quarreled they used to kiss and make up; now if they kiss the make-up's all off.

A Chinese taxicab driver sent in the following bill for trips made: Ten goes; ten wents; at 50c a went—\$5.00.

To avoid a colorless existence, keep in the pink of condition, do things up brown, treat people white, be well read, and get out on the green under the blue as much as possible.

It isn't enough just to be busy. What are you busy about?

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President ----- S. L. Taylor
Editor ----- Don Baylor

Osteopathy Without Limitation

To Think

It is reported that Harvard is planning a curriculum to make students think. As only about 3 per cent of the people are said to think at all, efforts in the cause of thinking are not to be derided.

Thought — original thought, which plunges boldly into uncharted regions—is distinctly unpopular. We use certain faculties of our mind to go thru prescribed routines, but for the most part we find it easier to live by habit than by thought.

We work by certain methods because others work by those methods. We accept them without question. The method becomes a habit with us, and when it does become a habit, we no longer question the worth of what we are doing or if there is some better way of going about it. If we do it competently by the methods laid down for us we think we are pretty capable fellows and sink contentedly into a permanent lethargy.

The member of the thinking 3 percent is a sworn foe of habit. If he accepts an established theory or method he accepts it with reservations. While he employs it, he plans to reconstruct it, to strengthen its weak points and to shapen its strong ones.

It is true that not everyone can think constructively and originally. But many of us are such dulled slaves of habit that we do not rouse ourselves to follow the advances made by the trail blazers among us.

So, though snickers may arise from the skeptical, we applaud the directing powers of Harvard. If ten undergraduates are taught to think to the extent that they may recognize and profit by the achievements of the mental pace-makers, the game is worth the candle.

Genius, according to another definition, is an infinite capacity for giving pains.

Never mind about theories, opinions and speculations; get the facts. There is no substitute for knowledge.

Success: That which expands the hatband of youth and the waistband of middle age.

A lot of trouble nowadays grows out of someone's insistence on making his conscience your guide.

Fraternity Notes

(Continued from page 2)

P. S. G.'s regret he is not to be with them but hope to see him back in January.

Dr. O. L. Wright, '25, is back for post graduate work after a summer of practicing in Ohio.

Deane "Moco" Elsea was living his boyhood days over again on his folks' farm outside of Findlay, Ohio. Besides doing his chores there he worked for the Ohio Good Roads Commission.

IOTA TAU SIGMA

Once more the clan has gathered for the year's drive with all of the manifestations of having had a very good summer. There are still a few boys at large but within a few days all will be within the fold.

Marlow and Ross, the watch-makers, on the face of things, seemed to be good hands in the Elgin watch factory.

Puss Richardson proved to be the exception to the old bromide: "Many times a best man but never a groom." Hooray for Listerine.

Olsen has taken up temporary quarters with us until the next Pilgrimage of which he has already given us notice.

Reg Platt is back from the land of long horns without a brand on him. This proves that he is still a maverick.

"Gloomy Gus" Nye has returned and is still monkeying around.

"Pee Wee" Stenniger has acquired the usual run of stories that are evidenced in traveling salesmen. They seem to be part of his "line."

Gephart has returned with a baby Lincoln. May the Brothers ride long and often.

Nowlin, Wadkins and Jones have been swinging a mean brush during the summer months and they say that it was not on a street or alley.

Tiny Benien has put in the summer back on the farm in Napoleon, Ohio. Sure had some marcel when he arrived in the big city.

Bill Russell put in his customary hard summer's work. Bill did his best to foster better relations between Cuba and the U. S. A. He also reports that Florida is a mighty fine place for such work.

Harold Belf is back from the City of Tin Lizzies after a summer of hard work.

Clark Hovis from the same city is again in our midst and all he brought back was a new catcher's mitt.

Ted Reiter held down the fort at 2007 Grand this summer and varied his activities with carrying papers, treating in the clinic and O. B.

The Skidmore twins arrived in the City of Certainties at different times together and may be found at any hour counting their money in the book store of which the more handsome (account of mustache), or Leroy, is the proud manager.

Osteopathic Crusaders Storm London

The following is another very interesting letter from two D. M. S. C. O. graduates, Dr. Dietz and Munger, who are enjoying the European tour being conducted by a large group of Osteopathic physicians:

THE BONNINGTON HOTEL
London

August 5, 1925.

Dear Editor Log Book:

American Osteopaths have invaded London. Their advent was officially celebrated at a banquet at the Savoy hotel, given by the members of the British Osteopathic Association. We arrived here on July 28th and were at once shown the famous landmarks by Frames Tours. After several hours in the Tower of London and after the recital of many gruesome tales of intrigue, execution and murder we were glad to get outside, even if it were raining, and thank our lucky stars we were citizens of the good old U. S. A., living in an age when the prevailing and popular indoor sport was not the separation of a man's body from his upper cervicals.

Tate's Gallery, Westminster Abbey, British Museums, Bart's the mother hospital of the Empire, Guy's hospital, Hamstead Heath, Wembley Exposition, Oxford, House of Parliament, are but few of the attractions which made our visit attractive. Shopping between times, hunting the elusive bargains, has whiled away time when Frames were not taking us about in their large charabancs.

Fortunately for us, we arrived in time to participate in the annual convention of the B. O. A. Their membership consists of 43 Osteopaths. Among them is Dr. Ethel M. Webb who graduated from old Des Moines Still in 1923. They are well organized and are busy on legislation which will give them legal recognition and protection. The King, Queen and Lord Mayor of London sent telegrams of welcome which were read at the banquet. These messages were considered great aids in the furthering of Osteopathy by the B. O. A. The newspapers are giving them every courtesy and are generously allotting space to the reports which are generally very accurate.

Our members of the A. O. A. are finding themselves very busy in demonstrating treatment and lecturing before the convention. The time of meeting of the B. O. A. has been extended several days in order to give a better opportunity to hear them all.

The Osteopathic women later met with members of the O. W. N. A. to discuss the advantages of organization. The result was the British Empire Osteopathic Women's Association. Officers have been elected. Dr. Dora Sut-

Continued on page 4)



The Observer Says:

Extra Extra
30 Freshmen
Reserve
Campus Tickets
Last week
Ole Olsen
Started the new year
By getting sick
On cigars
At the Freshman Smoker
Montgomery
Who brought back a wife
Remarks
She used to be a
School Teacher
But
She ain't got
No class now
Professional dignity
Has blossomed forth
On a few
Upper-classmen's
Upper-lips
Slim reports
Puss Richardson
Only joined the
Salvation Army
So that he could
Play his cornet
In public
F. O. Harrold has
A little
Flea hound
In his home
And Homer Sprague
Tells his girl
You get another girl
And I'll
Bring another
Good-looking
Fellow
However
Walter Damm
Sold his
Clarinet
So the prospects
For a band
Has gone asunder
The Freshmen Class
Have a President
Who when properly
Urged
Can make
Dandy speeches
Give him a try
Anyhow
A dog
Is only
A tale bearer
Period.

Osteopathic Crusaders Storm London

(Continued from page 3)

liffe Lean of Manchester was made President, and Dr. E. H. Barker, also of Manchester, was elected Secretary-Treasurer.

On August 7th, the Osteopaths paused long enough in their sight-seeing to place a wreath of flowers on the base of the centopath, commemorating the "Glorious Dead" of all nations. The occasion was quite impressive and will be long remembered. Below is a brief statement which appeared in the London Express on August 9th. It was written by Dr. W. C. Dawes, the famous American Osteopath who has been very favorably received by the British press. The caption: "Give up cooking and Live 100 years" attracts attention at once. The doctor has eaten nothing but unfired foods for four years. He says he is now ten years younger than he was four years ago. He gives his heart an annual vacation. On the regular diet the heart rate is seventy-two, on an unfired food diet the rate is sixty. The saving is 6,307,200 beats a year or a rest period of two months. The preservation of good looks should make the eating of unfired foods popular with women.

Just finished the trip across the famous English Channel with never a qualm. The water was as smooth as that in the Des Moines river. We all enjoyed the passage.

DIETZ and MUNGER.

At the B. O. A. banquet in London a curious custom was followed. All coming events on the program were announced in a stentorian voice by a gaily attired gentleman. He made the work of the chairman of the oc-

casion more easy by calling for order and then giving the reason for it. After the dinner he proclaimed a toast for the King and Queen and another for the President of the United States. When this had been done, this master of ceremonies told us that we had the permission of the chairman to smoke.

We were very fortunate in being permitted to visit several of the British hospitals which are supported by the people without aid from the government. The College of Physicians and Surgeons contains a very extensive and complete museum of anatomical, histological and pathological specimens. We spent a very profitable morning in getting an idea of it. Weeks could be spent there to very good advantage. St. Paul's, the oldest hospital, with the largest medical school, 700 student enrolled, was opened to us. Guy's hospital was also visited. It contains some remarkable anatomical models done in wax. They are very old and in excellent condition. The coloring used had been preserved, unchanged; the work looks like fresh tissues. Unfortunately the secret for doing this work was lost, one man being the sole possessor of it.

D. & M.

As Their Wives Know Them—

(Continued from page two)
the bosom of his family to tell a funny story without the point first, or wrong, or gone.

"He's delightfully human." Um, yes, we'll agree on that IF you like that sort of thing. A recent seamstress-in-the-home resented his "humanity" tremendously and thought him fresh. To the

ghoulish glee of the "children."

"He has sympathy and understanding." Can this be? Are we comparing notes on the tired business man who regularly makes one dinner a month a miserable affair with his lack of sympathy and understanding of telephone bills and billet deaux from cleaners and pressers?

"He's so proud of his children." Well, perhaps, but mildly, not SO proud. He struggles for a monthly payment into the fund which is to support the daughter 25 years from now in a home for "respectable but indigent females." That being, in the fullness of his pride, his judgement of the outpost of her financial negotiations in a hard, cruel world wherein she is particularly incapacitated to collect funds. And as for the boy—good friends, he is not even sufficiently competent, as we see it, to be entrusted with the watering system of a Ford.

"How wonderfully he tends to his own business and respects the domains of others," we hear. How wonderfully he WHAT? Do you speak of the one whose activities in the kitchen domain are not even approximated by the mere matter of cooking? He turns screws and tightens nuts; he produces marvels of home-made plumbing; he cleans out gas burners and adjusts heat regulators, such work being done preferably when a large meal is in process of preparation; he arranges spice shelves in laboratory precision with all tall bottles to the back, totally disregarding a fact of physical law that only men of six feet or thereabouts can reach the back of that shelf, and the salt is in a tall container; he cleans and pushes and arranges. There's a special spirited, whispered whistling of Turkey-in-the-straw sub-

tley arranged in medley with Arkansas Traveler, which the lady members of his family recognize as a warning as faultless as a young child's extreme silence. Let the hushed but snappy strains of the one time favorites waft to their ears and they fly to the kitchen to rescue essentials from a vigorous and, without vestige of logic, rearrangement. At least they can stand on the side lines and mark things where they go for future need.

And now the most severe of blows. They proclaim him as a Sunday School teacher! Him, whom the family has trailed to his lair in the nether portions of the house, thru a lifetime of Sundays, if they fain would bid him good-bye when they depart for Sabbath services. During summer season his post is invariably the same. Crouched onto the top step of the back porch, his herculean shoulders hunched into the prodigious folds of a prehistoric gray sweater, swirls of pungent gray smoke issuing from his tried and dependable Milano, the Dean eyes the north 80 sq. feet, that is his garden. There's a curve of expectancy to his back; his ears have a pricked-up look; one foot dangles to the step below in careless readiness. When the family returns he is, without variation, making splashing readiness for the Sunday midday meal. Miraculously weeds do not grow in his garden; his hoe hangs on its peg a marvel of sheen and edge; here corn matures sooner, tomatoes ripen sweeter and sunflowers blossom brighter than any near by; without a stroke of golf he retains a healthy, ruddy complexion. Not a word is said,—and yet they herald him as a Sunday School teacher!

—Miss AVA JOHNSON

Hey! Alumni!

Second Annual Home-Coming

OCTOBER 16th

FOOTBALL - PUSHBALL - EATS

MARK THE DATE ON YOUR CALENDAR NOW!

Be Here October 16th

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

THE LOG BOOK

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

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

Volume 3

October 1, 1925

Number 6

'PARSON'S' Defeats 'STILL' In Season's Opener

Homecoming Enthusiasm Running High

With the approach of the Second Annual Still College Homecoming, student enthusiasm is mounting to a high pitch.

From a preliminary survey of the student body made in last Friday's assembly, it is predicted that this year's attendance will by far surpass last year's gathering.

Several new and attractive features are being planned and the entire day will be given over to the celebration of the event. In the forenoon the activities will be confined to the college and in the afternoon the football game with the strong Buena Vista aggregation with whom the Bonesetters battled to a scoreless tie last year. In the evening the annual banquet and ball will be held. Negotiations are being made to reserve the entire mezzanine floor of the Hotel Ft. Des Moines for the event.

This annual event is primarily an Alumni affair and every D.M. S.C.O. grad who is within traveling distance should be loyal to the college to a sufficient extent to be willing to give one day a year to the school. Let's make this the greatest Homecoming ever staged. To do this we must have a representative Alumni showing! Fieldmen! You know the date—two weeks should prove ample time to plan for a day off! Make your arrangements NOW to attend the Second Annual Homecoming of the Des Moines Still College, October 16th.

Come and ABSORB SOME OF THAT STILL SPIRIT YOU'VE BEEN READING ABOUT!

Weekly Assembly Program Outlined for Year

The first regular Friday morning assembly was held September 18th with the Dean, Dr. C. W. Johnson in charge.

Thomas Mann of the Junior B class acted as the student conductor and lead the student body in several of the favorite songs.

The Dean's talk was of a well- (Continued on page 2)

Introducing—



DR. M. B. LOVEGROVE

Dr. M. B. Lovegrove, the only new member of D. M. S. C. O.'s all-star faculty this year, is one of our own products, having graduated from the Des Moines Still College of Osteopathy in the class of 1912.

Since taking her degree, Dr. Lovegrove has conducted a private practice in the city of Des Moines for a number of years. Recently she was appointed as Staff Physician on the staff of the Des Moines General Hospital and also was retained in the same capacity by the Taylor Clinic.

The Doctor comes to us very highly recommended and will assume charge of the department of Dietetics, and Public Health and Sanitation.

The student body extends a very cordial welcome to the Doctor and feels confident that she will soon become saturated with that "Still Spirit" that is so in evidence with the other members of the Faculty.

Freshman Reception Date Announced

The annual President's Reception for the Freshmen Class will be held at the College auditorium on Saturday evening, Oct 3.

The annual affair always acts as the starter for the college social program and has heretofore proven the success of the year.

Last year the hall was packed to the limit and it is expected that this year the second floor hallway will have to be utilized to accommodate the overflow. All the students are invited and are urged to be present. We're confident that all who were there last year will be at the head of the line waiting for the doors to open next Saturday night.

Streamer Line—Parsons Defeats

On to Kirksville!

After a year, athletic relations have been resumed with Kirksville College of Osteopathy and the Bonesetters will invade the K. O. C. camp on November 7th.

Two years ago the student body of D.M.S.C.O. chartered a train and accompanied the team to the Missouri "Hamlet," backed a real football team in a losing game. This year we want to charter another train and back just as good, if not a better, team in a winning game.

In the three years that have elapsed since the last pilgrimage, the spirit of the student body of old D.M.S.C.O. has more than trebled in its intensity and if every student will follow the advice of Dr. Pinky Schwartz and soak the "old dough" down in the far corner of your sock, Still College will land in Kirksville on November 7th with an aggregation full of pep, and the home town football team will be beaten before the game starts.

Adopt the slogan, "ON TO KIRKSVILLE," save your money, and when the time comes to make reservations for the special train to Kirksville, be at the head of the line!

Forward Pass Downs Bonesetters

Parsons College of Fairfield defeated the Bonesetters last Saturday afternoon in a hard-fought struggle, 12 to 0—a score that does not begin to tell how evenly matched the teams were.

The visitors had an advantage throughout the first half in which they scored their first touchdown, largely as a result of a long forward pass, but the Bonesetters came back in the last half and with off-tackle smashes played Parsons off their feet. Parsons second touchdown came during the last eleven seconds of the game as the result of two completed forward passes.

Standing out as the shining light of the contest was Captain Race Myers of the Osteopaths who mixed in every play on the defense, and was a big part of the offense. The playing of Russell and Shaw in the backfield and Walker and Sheetz in the line was the outstanding feature of the Bonesetters, while Hanks, Lawson, Wise and Maasdam were stars for the Wildcats.

Still's only chance to score came early in the second half when Russell, the diminutive quarterback, made an eight yard gain on a wide end run followed by a series of smashing line plunges by Shaw which netted three first downs. Captain Myers then attempted a place kick which was blocked by Maasdam of Parsons and recovered.

However, on the first plunge, a fumble by Wise in a dash thru center was recovered by Myers. Shaw then plunged thru the line for a sixteen yard gain. Following the unsuccessful attempts at the Parson ends, Hanan kicked to Lawson who returned seven yards to his own 21 yard line. Two attempts on the Bonesetters line netted no gain. Geneva's punt was blocked by Hannan who made a four yard return. A ten yard run by Russell brought the ball to Parson's ten yard line where Still lost the ball on downs and Parsons punted. These were

(Continued on page 2)



From the Field

Pat Matthews Sings Praises of Canada

Dr. Olive "Pat" Matthews, one of our Maple Leaf graduates of the class of 1925 writes from Kitchener, Ontario, informing us that she has permanently located in that city. Excerpts from Pat's letter follow:—

"Kitchener is the most progressive of the smaller cities of Ontario and is growing rapidly as evidenced by the increasing roll in the Public Schools which are beautiful buildings and well equipped. Here over seventy per cent of the people own their own homes and take a pride in keeping them in good condition. In fact, everyone "keeps up with the Jones' "

"This is essentially a manufacturing city and turns out many and varied products such as: leather, rubber goods of all kinds, buttons, slippers, shoes, furniture, boxes, shirts, packed meats, candies, sugar, and so on ad infinitum almost. One of the tanneries is one of the three largest in North America. Factories are scattered all over the city but do not detract from the beauty, as nearly all of them are made very neat and attractive with vines and shrubs and even lawns and flower beds.

"We are looking with a great deal of optimism to the future of Osteopathy in Ontario. Here it is Simon Pure Osteopathy with no frills, and more and more are the people realizing the common sense of it. In one day in a doctor's office here I registered fifteen new patients who had never had Osteopathic treatment. Goitre, Asthma, and heart cases seem to be the specialty. I have what I think, is a very neat little office in the best office building in town, the Weber Chambers, and business is coming little by little.

"And now with these few remarks I'll bid you good year with the best of luck to you and to the old school, 'neverybody.

"Yours sincerely
"Pat."

Dr. Melvin Moyer, also of the May, 1925, class, and a wearer of the Maple Leaf is locating in Hamilton, Ontario.

Dr. Robert Murphy, May, 1925, and captain of last year's football team, has located in Daytona Florida.

The Log Book received the announcement of the marriage of Miss Flo Louise Dickinson to Dr. E. Roy Porter of Detroit, Mich. Dr. Porter is a D.M.S.C.O. graduate and is associated with Dr. Emmett Schaffer, brother of L. E. Schaffer of the Junior class.

Fraternity Notes

ATLAS CLUB

We extend our sincere sympathy to Brother Montgomery in his late bereavement.

The Atlas Smoker was a great success. The house committee will please see that Bro. Halladay keeps out of the box seats, and that brother Voss out of the star's dressing room.

Sheriff Reed has entered the sign painting business and already has several (small) contracts.

A. J. Smith is now thinking of leaving our college. He is studying soda-jerking at a local bowling alley. After he learns that he will study pin-setting. We wish him success.

Brothers Halladay and Meyers spent Monday evening trying out for the Starfish League at Smith's Bowling Alleys. Under the tutorship of Brothers W. B. Damm and Bryson they finally made the grade.

P. S.—Don't send congratulations until you find out just what the Star-fish league is.

Several brothers are looking for good jobs for their wives this year. Any work will be acceptable as long as the wages are satisfactory to the brothers.

The Norwegian club has returned from Minnesota to resume studies.

Brother Woofenden left his wife back home so he could spend his last year at college in unbridled freedom. Bro. Woof will speak to members of the club the first practical work night and tell us just how he works it. All brothers are expected to attend.

W. A. (Bill) Ghost spent the summer making cheese from the sour milk that was returned to the town creamery, and trying to answer questions asked him by Dr. O. O. Bashline, Osteopathic Surgeon. Bill says it surely is an inspiration to see the work that is being done by Drs. Bashline and Rossman at the Osteopathic Hospital, Grove City, Pa.

IOTA TAU SIGMA

Iota Tau Sigma announces the pledging of Paul Gephart, Marietta Ohio, Carl Rorick, Martel, Ohio, Raymond Kale, Warren, Ohio, Robert Herrick, Sycamore, Ill., Eugene Cudden, Sycamore, Ill., John Highland, Lancaster, Ohio, Mark Sluss, South Bend, Ind., Richard Rohde, South Bend, Ind., Lloyd Brenner, St. Johns, Mich. and John Wright of Des Moines, Iowa.

The new McManis table has arrived and has been receiving its preliminary loosening up exercises.

The capacity of the house has been increased by the addition of an extra room on the third floor and the purchase of three double-decker beds. The new room has been numbered 4-Q.

On the evening of Sept. 26th the Fraternity is having a dance in honor of the pledges.

All of the men are back in school but Shaw and Loghry.

Shaw expects to be this semester while Loghry will not be back until the second semester.

Pinkey Marlow has inherited Pouchers' covered wagon. The latter's hand-down should help Pink to think.

Nowlin is holding down his usual ten or fifteen jobs.

With the kind suggestion of the brothers we have finally been able to determine whether we were drinking coffee or tea. It is hoped that the strength will stay with it.

With the present rate of influx of study tables there should be some tall grades turned out this year. Every man for himself.

Weekly Assembly Program Outlined for Year

(Continued from page 1)

coming nature to the new students. He not only complimented them upon the size and quality of their class but also commented upon their good judgement in choosing D. M. S. C. O. as the best institution to acquire an Osteopathic education. He also had the student body render the college song for their benefit and stipulated that they learn same and become sufficiently expert to render it from the chapel platform on the following Friday without urging or direction.

Following the above admonition, the Dean invited all members of the faculty who were present to the platform that they might be introduced to the Frosh. On inviting them to speak the Dean made the ruling that if any should attempt to exceed a time limit of five minutes, the student body should groan vociferously.

As a result when Dr. Robert Bachman, the first speaker, approached the wabbly but honored "pulpit," he was greeted with a prolonged groan. However he was undaunted and gave the gang his customary concise greeting. Dr. John Woods was next and paved the way for Dr. Geo. Hurt, who appeared in an extreme tonsorial smartness with his hair parted in a high degree of geometrical symmetry. Coach Sutton followed and then Dr. Steffen who feared he could not do much in five minutes. Dr. Virge Halladay then introduced all of the new students who are registered in the upper classes and Dr. Pinky Schwartz announced the date of the Second Annual Still College Homecoming and the trip to Kirksville.

In order to comply with the forty-five minute ruling the assembly had to be adjourned at this point.

September 25th was the date of the second assembly and after the song fest indulged in by the student body the Freshman B were escorted to the platform amidst the applause of the upperclassmen and rendered the col-

(Continued on page 3)



Dr. Spring: "Stop that noise!"
Married Stude (absently): "As you say, my love."

Her (as clock strikes two):
"Don't go, Homer. Tell me, how long have you loved me?"

Him (wearily): "For three consecutive hours and I mean to tell you it's darn hard on the arms."

Poultry

After Saturday's mud slinging contest we are forced to produce the following:

Lives of Football men remind us

How they write their names in blood;

And departing, leave behind them,

Half their faces in the mud.

Now He Knows What's What

A boy named Jeremiah Hicks Came from a place they called the sticks;

He was an awkward, lanky lad; His speech and grammar was quite bad;

Of etiquette he had no store— He knew enough to live—no more.

But when a year had passed away, He'd changed a bit—so you would say—

His nonchalance, his easy poise, Amazed and saddened city boys; He knew each passing fad and whim;

The classy girls all fell for him— The secret—have you guessed it yet?

He read the book of etiquette.

It's often the truck a fellow drinks that causes the limousine accident.

Pretty soon the 1:30 a. m. radio will broadcast: "Has anybody seen my husband?"

Parson Defeats Still In Season's Opener

(Continued from page 1)

the only times the Bonesetters were within striking distance of the visitors' goal.

Although defeated, Coach Sutton is more than pleased with the showing the team made in the first game of the season, especially as it was played against an aggregation of veterans whose line averaged 180 pounds. The Bonesetters forward defense proved impenetratable and the contest brought out the weakness of the squad in combating the aerial form of attack.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President S. L. Taylor
Editor Don Baylor

Osteopathy Without Limitation

HEALTH

Under the above caption the following newspaper clipping was handed in:

A splendid suggestion from the Ohio Public Health Association which urges everyone to have a thoro health examination on his birthday.

Railroad equipment is inspected after every run and at certain intervals is given complete overhauling.

The wise motorist is careful to see that his car is gone over from time to time to insure that all parts are working properly.

Yet we do not give our bodies the same degree of care that we devote to machinery.

The Pennsylvania Railroad Co. is first of all a business concern. But experience teaches it that healthy men can convert their labor into profit for the road.

So it has announced that it will pay the expense of having each of its employes put thru a complete physical examination each year.

The work of the above nature and the idea of the article is not altogether new nor is it confined to commercial enterprises. The local Osteopath can, and in a great many instances does, render the same service for the patients in his private practice.

Employes health problems are rapidly becoming of major importance to the large manufacturers and the Osteopath is trained and qualified to render as efficient, if not more so, an examination as his medical brother.

Go to it, Osteo's.

Are You Looking for a Location?

Dr. S. W. Irvine of Beaver Falls, Penn., writes: "Do you know of any fairly smart Osteopaths, (no dumb-bells) recent graduates or otherwise, that are not located or engaged in practice and who might wish to gain some practical Osteopathic experience in a place such as I have where they have a chance to learn the modus operandi of various physio therapy and sanitarium treatment. I could use a fellow now for several months, or longer if satisfactory. Pennsylvania state board not necessary."

Anyone wishing further information may write the college or to the Doctor, direct.

Taylor Clinic Meeting Dates and Program

The annual meeting of the Field Members of the Taylor Clinic will be held at the Hotel Fort Des Moines beginning Oct. 13th and extending through Friday, Oct. 16th.

Last year's attendance passed the one hundred mark and from early indications this year's meet will surpass all previous records.

A novel plan was followed in the formation of the program for the clinic sessions. The local members perfected a questionnaire incorporating all questions pertaining to the coming meeting relative to whom the individual would like to have appear on the program, how long he should talk and what he should talk about. The result is the following program which is one of the best for postgraduate work that has ever been offered the profession.

Tuesday, October 13

8:00 a. m.—Address of Welcome
..... Dr. S. L. Taylor, Des Moines
8:30 a. m.—The Treatment of
Gonorrhea in the Female
..... Dr. J. P. Swartz, Des Moines
9:30 a. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston
1:30 p. m.—Obstetrical Diagnosis
..... Dr. Robert Bachman,
Des Moines

Wednesday, October 14

8:00 a. m.—Technique.....
..... Dr. Joseph Swart, Kansas City
10:00 a. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston
1:30 p. m.—Treatment of Obstetrical Complications..... Dr.
Robert Bachman, Des Moines
3:00 p. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston

Thursday, October 15

8:00 a. m.—Technique.....
..... Dr. Joseph Swart, Kansas City
10:00 a. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston
1:30 p. m.—Technique.....
..... Dr. Joseph Swart, Kansas City
3:00 p. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston

Friday, October 16

8:00 a. m.—Practical Use of
X-Rays in the Diagnosis of
Gastro-Intestinal Diseases
..... Dr. F. J. Trenery, Des Moines
9:30 a. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston
1:30 p. m.—Forceps Delivery....
..... Dr. Robert Bachman,
Des Moines
3:00 p. m.—Diagnosis.....
..... Dr. Robert Nichols, Boston

The annual meetings of this organization are of inestimable value to the upperclass students of the college. It affords them an opportunity of attending the lectures, meeting personally and becoming acquainted with the leading men and women of the profession.

Brenner Out for Season

Lloyd Brenner will be out of the game for the balance of the season because of injuries received in last Saturday's battle with the Parsons Wildcats, is the statement given out by Dr. J. P. Schwartz, the athletic manager.

Although the first game of the season, Brenner had the edge on other aspirants for the pivot position and his loss will be greatly felt by the balance of the Bonesetters front line defense.

Steingrabbe and Wally Walker have been working out in the center position and the ultimate choice will probably be one of these two men. Of the two, Walker has the greater amount of experience, having played a star guard and tackle on last year's Varsity. Steiny is a dependable, hard-hitting lineman and either of the two will tend to strengthen the center of the line.

Weekly Assembly Program Outlined for Year

(Continued from page two)

lege song in true "Still Spirit." Their magnitude was not appreciated by the sophomores until the entire group were on the platform before them. It is rumored that the Sophs are rather reluctant concerning the posting of freshman rules as a result. The freshmen then formed a single rank and each gave his name and home town much to the edification to that portion of the student body that hails from the Buckeye state.

Dean Johnson then spoke on the subject of Inferiority Complexes and Dr. Schwartz gave out some "dope" on the Homecoming and the Parsons football game.

For the benefit of the new students the weekly assemblies that were inaugurated last year proved to be one of the most efficient means of gathering school spirit and loyalty that had ever been tried. The meetings are held following third hour each Friday morning and the faculty member acting as conductor for that day, provides the program. This method was most successful last year and the result was that some of the best speakers and musicians appeared before the student body last year.

In order to take advantage of the entire forty-five minutes allotted for these meetings, the Dean urges that all students pass immediately to the assembly room following the close of the third hour on Friday mornings. Everbody be there and grab a song book as you come in. However, don't take them home with you!

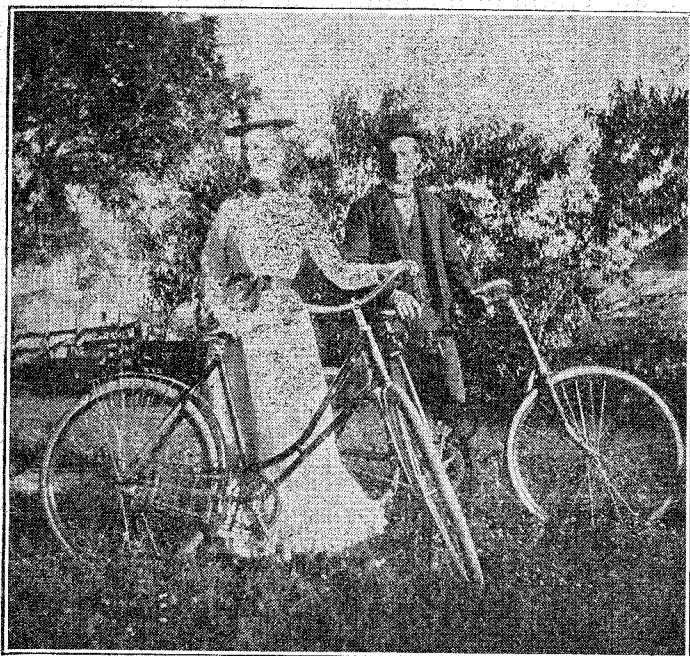


The Observer Says:

It's a safe bet
The Sophomores
Won't kidnap
Shaw
After the way
He tore up
Parsons line
Extra Extra
Casey-Jones combine
Separated
For the first time in
Three years
When Dr. Lola
Assigns seats
The new upper class
Students were
dreadfully schocked
When some
Freshman
Stuck his head
In the Anatomy Room
And yelled Damm
Until Waler B
Got up and
Went out
Judging from
The brand of
Football
The boys put out
In the first game
Nothing in the
State
Could stop them
A Freshman from
Pennsylvania
Said
Why didn't you join
That Frat
And
A Freshman from
Ohio
Answered
What's the use
I can't
Speak Greek
One of the Senior A's
Asked Miss Cowen
Where she was from
And when she answered
England
The Doctor replied
You speak
Good English for
A foreigner
Be truthful now
Has anyone ever
Seen
A porch swing
Period



AS THEIR WIVES KNOW THEM



OUR DIGNIFIED PRESIDENT

Not being the proud possessor of a reputation for being a "wit" or even less, a writer, I was somewhat at sea when asked to prepare the following article for The Log Book. I was somewhat at a loss to know just what theme to develop my "essay" on, when one of my friends mentioned "the grave dignity" of your president and—my husband. So many incidents immediately came to my mind of times when his deportment was anything but dignified, that I at once decided to accept what the gods had bestowed upon me and use the above for the title of my story.

The first time I met my future husband I was very much impressed by his quiet dignity and immaculate dress. I can see him yet in the navy blue "Prince Albert" and gray striped trousers. He has throughout the succeeding years maintained a fondness for being well dressed—but his ideas of good dressing and those of his wife have not always coincided. For instance, I remember giving him a beautiful red necktie for Christmas one year. He put it on immediately and the family all admired his appearance in it. But we lived to regret it. He wore that tie for six solid months and was perfectly happy in it, except when we occasionally beseeched him to make a change.

Continued thought along the line of dignity reminds me of one day in the early days of our married life, I had a little insight into a side of my husband's character I had not seen before, but have many times since.

We were quietly walking down a street in a little town in Illinois and Dr. S. L. was observing all the dignity of manner and dress which his position as the Pastor of the First Universalist Church required, when suddenly he stopped and listened. I could

hear nothing but the barking of some dogs, but those sounds meant more to the dignified preacher. "Wait a minute," he said as down the street he went at break-neck speed, Prince Albert coat-tails and dignity flying in the wind, "I want to see that dog fight."

While we were still living in the same town an incident occurred that will tend to show just the opposite side of the particular individual's nature. In those days you all know there were no electric lights and the residential districts were very dark. One evening we were returning from a call on some friends and as we approached a turn in the street, we saw a lighter area on the ground just ahead, which we mistook for the cement sidewalk. We did not discover our error until the Dr. had stepped into a box of white plaster which some workmen had prepared for the next day's use. Before he could extricate himself, both feet were liberally covered with mortar. The rest of the way home I had to walk behind to protect my skirts from the lime, for in those days skirts hung within an inch of the ground and were three yards around the bottom, and all I could see of my indignant husband was those two white feet as he stalked home through back alleys to avoid a spectacle on main street.

Your President has another out-standing quality that has probably come to the attention of some of you—his tenacity to see a thing through to a finish. In closing I would like to tell an incident that portrays that likeable quality in him so well. Only a few months after we were married, Dr. S. L. and I were taking a cross-country bicycle trip. We were nearing the end of our journey and were getting very tired. Dr. happened to notice a horse and buggy behind us. We had been passing them all

along the trip, but this rig now seemed to be gaining on us which very much annoyed the doctor. He kept turning to look back.

Those of you who have ever ridden a wheel know how fatal that would be when the roads were full of deep ruts. The inevitable happened—Dr. S. L.'s wheel dropped into a rut, began to wobble and over the dignified man tumbled into the ditch. I was riding behind and laughed so hard at the spectacle that I had to get off my wheel to keep from falling in the ditch. Dr. S. L. jumped up, picked up his little brown derby and without even brushing the dust and dirt from his clothing, started on, saying, "Come on, or that old white horse will catch us yet!"

DR. LOLA TAYLOR.

Classes Elect Officers for Coming Semester

All classes with the exception of the Junior A and Senior B have reported the election of offi-

cers for the coming semester. The following students were chosen by their classmates to guide the various "ships of state" thru the turbid waters:

Senior A

President.....M. E. Green
V. Pres.....F. O. Harrold
Sec'y.....Leota Grosjean

Junior B

President.....Walter Damm
V. Pres.....Ross Richardson
Sec'y.....S. J. Montgomery

Sophomore A

President.....Luther Drabing
V. Pres.....Preston Howe
Sec'y.....Harold Devine

Sophomore B

President.....Clark Hovis
V. Pres.....Durward Wire
Sec'y.....Dale Weldon

Freshman A

President.....Ray McFarland
V. Pres.....R. A. Andrews
Sec'y.....Lillian Tracy

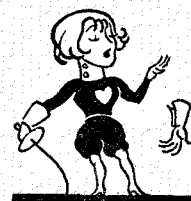
Freshman B

President.....R. B. Kale
V. Pres.....L. A. Sutton
Sec'y.....Elizabeth Pelsma



Hey Alumni!

We Challenge You



To Take Time Out October 16th to

Help Celebrate 2 ANNUAL HOMECOMING



--- BE THERE! ---

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Volume 3

October 15, 1925

Number 7

Annual Homecoming Pep Crystalizes As Date Approaches

With the second annual Homecoming of D. M. S. C. O. alumni only two weeks away, student enthusiasm is mounting to a high pitch. Plans for the handling and entertainment of the old grads are practically completed and are far more extensive than those of previous years.

Column after column of type, tons of paper and countless issues of the Log Book could be used in an attempt to bring the alumni of the Des Moines Still College back to the "halls of learning" once more, without avail. The "Still Spirit" we brag out cannot be described in so many words, the type of student in the college cannot be made clear through the printed page. Alumni, out of loyalty to your college, the instrument that placed you in your present high position in your community, or if you have no spirit of loyalty to your alma mater, out of sheer curiosity, (the heritage of the American people), attend the second annual Homecoming. "Seeing is Believing," as some sage once said, Come and SEE for yourself that old D. M. S. C. O. is doing things, that the chief aim and purpose of this college is training of efficient and competent OSTEOPATHS, that there is such a thing as the "Still Spirit," that we have a whirlwind aggregation of football players and that when we put on a social event, it's HOT STUFF!

Give yourself a treat and take a day off, October 16th, and attend the Second Annual Homecoming of the Des Moines Still College.

"Ang" Is Back

Sure sounds good to hear Angus' highly trained falsetto ring through the building again in response to Rosemary's appeals for assistance. For those who have been at D. M. S. C. O. in recent years, Angus needs no introduction. To the others, Ang is the chief custodian of the Des Moines Still College Campus, and believe me he sure keeps it spotless. Welcome back, Angus.

It's too darn bad that men are not what their wives and photographers make them out to be.

Some things that come to those who wait are terribly shopworn!

Students Awarded Unexpected Holiday

The sudden drop in the mercury, while unexpected and exceedingly uncomfortable, worked wonders to the minds of the student body.

The annual renovating of the college heating plant was well under way when the weather man went on his pre-season spree. As a result the school was so chilly that the Dean didn't have the heart to lecture to a class of Esquimaos so he called off all classes for the balance of the day.

Hurray for the cold weather—Hurray for the Dean!

Girls' Musical Program Feature Third Assembly

The third regular assembly of the year was featured by an extensive musical program given by students from Des Moines University.

The meeting opened with the usual song-feast lead by Tom Mann. The assembly was then turned over to Miss Helen Moore, who introduced the artists.

The piano solo by Miss Goodell was well received and resulted in an encore which was of equal merit. Miss Alice Olsen, contralto, accompanied by Miss Carlson, (both Irish girls), rendered three very pleasing numbers to the great delight of the student body. A descriptive number portraying the moaning of the winds was extraordinarily good with the possible exception that the moaning was too realistic to those who were not in the assembly room when the number was announced.

The D. M. S. C. O. student body and faculty are high in their praise of the talents of the Des Moines U. students and sincerely appreciate their ever willingness to appear at our weekly assemblies.

Following the girls, Earl Shaw rendered a saxophone solo accompanied at the piano by Dr. Fishleigh. Earl's rendition of the vocal chorus of the second number was enthusiastically applauded by the student body. Dr. Fishleigh played two very good piano solos.

Following the musical portion of the program, Dr. H. V. Halladay made a few announcements relative to the Freshman Reception and the band.

D. M. S. C. O. Welcomes Field Members of Taylor Clinic

The Des Moines Still College of Osteopathy extends a hearty welcome to the Field Members of the Taylor Clinic who will be in the city attending the Clinic sessions October, 13th to 16th inclusive, and urges that they take time to visit the college.

On arriving at the college, all doctors are requested to make themselves known to the office, so that proper attention may be given them in showing them the building or in giving any information they might desire.

The college is always glad of the opportunity to be of service to any member of the profession who might be in the city and in order that the visiting doctors may receive every courtesy and welcome due them from the college, the above request must be complied with.

Neighboring Garage In Competition With D. M. S. C. O. Band

The next door garage attempted to make more noise the other afternoon than the D. M. S. C. O. silver cornet band. During the rendition of one of the most popular selections of the band's repertoire, every horn in the aforementioned garage was turned on. The resultant din reminded some of the gang of the wreck of the Hesperus, but the band came out on top because the mechanics were afraid of running down the batteries on all the new cars. As a result band practice has been changed to Sunday morning. There being no churches in the immediate vicinity, there should be no detractions from the music.

D. M. S. C. O. is going to have a band to be proud of. Through the activity of Virge Halladay, the organization has been at work for over two weeks. The music makers will make their first official appearance at Homecoming.

This band is one of the best things ever started at the college. It will do more to amalgamate the student spirit of the school than anything that could be attempted. Every student who ever thought of blowing a horn, mouth organ or anything that even bordered on a musical instrument should be out.

Help—Gang—Help—put that band over for Homecoming and the trip to Kirksville.

Frosh Inaugurate Annual Class Battle

The annual class battle between the two lower classes was formally opened when the yearlings kicked over the traces and decorated the college building with filligree tracings of class numerals and various quotations relative to the merits of the sophomore class worked in the exacting medium of white-wash.

The soph's, of course, were amazed the next morning to find the atrocious mutilations of the hallowed walls of our college. Throughout the morning, small groups of students of the genus sophomore could be seen gathering in deep consultation. Plotting, as t'were, the downfall of the recalcitrant Frosh.

Revenge is sweet, and the sophs, with the aid of the upper classes, reaped the same that night. During the quiet watches of the study hour, many of the freshman rooms were entered and the occupants thereof were invited to take a joy-ride with other classmates. Although they hated to leave their studies they were prevailed upon to relax for a few hours and enjoy the evenings festivities.

During the wee sma' hours the frosh dribbled home in a somewhat weakened state but, Oh, boy, their spirit wasn't dampened a bit!

The next act in this interesting annual drama of college life has not been announced but from the rumors that have been floating around the halls, something is brewing! All members of both the Sophomore and Freshman classes have installed Yale locks on the inside of their study room doors. At 'em Freshmen! At 'em Sophomores!

As Their Wives Know Them

Owing to the change in publication dates on the Log Book, it was impossible to secure the copy for the next article in the series "As Their Wives Know Them," in time for this issue.

A knock-out is in the process of preparation and having been delayed as it has, should prove twice as good on realization.

When a prospect begins to look at his watch—look for your hat.

'Round the Campus

Maybe the boys don't know the various activities of the girl students, so engrossed have they been in their own good times, but lest they overlook this—here goes.

All the girls of the school jointly entertained all new comers at a Princess party, its opening week. To spoil an exceptionally jolly time, it poured down rain a few moments after the show, and nearly all got their "itty footsies" (?) wet.

The A. X. I. S. and the Delta Omegas jointly entertained the new girls at a picnic supper at McHenry park. But—what do you think—it rained again just as the activities were drawing to a close. A number of the field members were present. Despite the damp weather every one had heaps of fun—even the committees.

The Freshman B class report an enrollment of fifty-six on September 11th. Of that number the following states are represented in the order named: Ohio, Iowa, Illinois, Indiana, Missouri, Pennsylvania, Michigan, South Dakota, Minnesota, Washington, Colorado, Rhode Island, Nebraska, Kansas, Maine, Florida, and London, England.

According to the class reporter the Freshman B's are very active and rarin' to go. They are especially interested in finding out the name and address of the architect who designed and built the seats in the big pit. (About three other classes are with you on that point, freshman).

In Physiology class the other day we discovered that Robert Ross, (Bobby) had formerly gone to high school. Bob said in those days twelve per cent of the body was composed of blood. But that isn't so bad—a freshman in Anatomy class told Virge that he had 206 bones in his head.

Coach Sutton asked one of the Sophs where fats were found and Olive Lenhart answered, "in leaves and in such fruits as olives," to which Coach replied, "Yes, and in other nuts too." Tough luck Olive.

Dr. Steffens latest suggestion in regard to the heat problem of Still college is that we dig down in our wardrobes and shake the mothballs out of our red flannels. The suggestion is an excellent one, Doctor, if any member of the student body has such a disease as a wardrobe it might be well to let it remain intact and prohibit the spread of the condition.

If they dance cheek to cheek it is a safe bet they are not married—to each other.

Mr. and Mrs. Ouray Meyer and son Edwin, of Kansas City, spent the week end with Dr. and Mrs. Bailey. Mrs. Meyer and Bailey were roommates at Lombard college.—(Galesburg, Ill., Republican-Register.)

The reporter hasn't been seen since.

Fraternity Notes

DELTA OMEGA

The actives of Delta Omega entertained the new girls at the home of the Moore sisters in the Hanford apartments. The first part of the evening was spent in various games of cards followed by light refreshments which were served in progressive style. Needless to say the new girls were non-plused at this innovation but their appetites stayed with them regardless. All seemed reluctant to go home, so must have enjoyed themselves.

PHI SIGMA GAMMA

Phi Sigma Gamma announce the pledging of the following men:

Ousion, Widmar, Stone, Donaldson, Clark, Jennings and Grinnell.

Pledge Grinnell was called home by business, but will be back with us in a few days.

Brother R. E. Davis is back with us, bringing with him Vernon Schawb. Vernon is one of the most talked of football players in the country, being captain of Stivers high school in 1923. The same year he was picked as guard on the All-American high school team. He is a guest at the house for the present.

Brother Conn has some new boots and is ready now for a journey into the wilds of Ohio. Watch boys and see what he brings back with him.

There is extensive building and redecorating being done in Peelee's barber shop.

All cowboys do not come from the west. This can be proven by using pledge Donaldson as example. He is from Pennsylvania.

Something must be wrong. Brothers Howe and Long have been seen separated twice since school started.

The pledge dance at the house was a big success. Everyone seemed to have a good time and there sure was a good turn out.

Brother Lashier from Kirksville, is now a fixture of the house.

IOTA TAU SIGMA

On the evening of September the thirtieth the Masonic Club held a smoker at the house. After a general business meeting, light refreshments and smokes were served.

The typewriter situation around the house is getting to a place that some measure will have to be taken to limit the amateurs activities. Suggestion has been made that all aspirants including owners apply for a hunting license.

When it gets to the place that a Brother has to carry his or some ones date to a dance let some of the Brothers know about ahead of time. We have a man who is very able and talented along this line.

We want to express our appreciation to the Utica on the behalf of the pledges. The little

tokens of warmth and good fellowship will to the best of our ability be used in the right way. The freshmen speak from the receiving end.

The annual Pledge Dance was held on the evening of September the twenty-sixth. Al Levich and his orchestra played. The color scheme was carried out in green, even to the lights and punch. Not a thing was missed even the Ring Around the Rosy and the Grand Stumble were enacted once more.

The Steward wishes to announce that Mary is back and is ready to combine cooking with photography at any time. Ask Red.

Up to date the bank has not been placed on the table, but it has been rumored that the Steward is just working up a good business.

Brother Russel has been recuperating from the last football game. It seems that he talked a great deal in the last game and it in turn affected his throat. This week he plans to have the trouble removed. Outside of "catching more fever," he is coming along fine.

The Clan of Hair Lips is growing to date we have three actives and five aspirants. One former member could not stand the strain so that his insignia was removed Saturday night.

During last Thursday night's fracas, two of the culprits escaped the hands of the second year men. We are wondering if Gephart and Sluss have learned anything about riding under a Pullman berth. At least there was plenty of dirt and all they missed was the ride.

The sleeping porch has received its annual coat of tar paper.

ATLAS CLUB

Brother Brinkman is convalescing in the Des Moines General Hospital following an appendectomy. We hope to see our brother in our midst soon.

The following men have been pledged by the Atlas Club:

Lawrence Rockhill, Karl S. Harman, John Harvey, Hugh Crawford, Dudley Smith, David McKean, Theodore Rickenbacher, Leon Nicholson, R. Theodore Evans, Cecil L. Musselman, Gaylord Knowlton and Russell M. Wright.

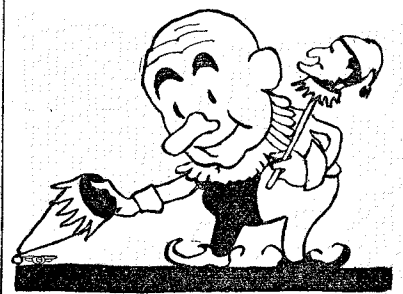
The semi-annual Pledge Dance was held Thursday, Oct. 8th at the Hoyt Sherman Place. An enjoyable time was had by everyone.

Mat Thil has removed to the Atlas apartment. We sure hope he is a good janitor.

The goat is on his annual diet and will soon be wild and hungry. Already it is noted that several pledges are putting on fat in the gluteal region. However, we do a good job in spite of handicaps.

Dud Smith has recovered his bearings and use of his arms following his first street car ride in the big city. We didn't hear

Continued on page 4)



A Long Tale

Telegram to a friend: "Wash-out on line, cannot come."

Reply: "Come anyway, borrow a shirt."

A Rainy Day Ride

Minister (closing Sunday sermon): "And, brothers, don't motor around with other men's wives."

Man in the congregation jumps up and snaps his fingers.

(Later, after church.)

Same man: "Preacher, I'm sorry I made that commotion in church but that sentence of yours just reminded me where I left my umbrella last night."—Bayology.

Applying a Maxim

"What we need is better distribution," said the bald man, as he prepared to shave.—Birmingham News.

First Angel—"How'd you get here?"

Second Angel—"Flu."—Pitts. First.

He Needs Double Indemnity

Life Insurance Agent: "Do you want a straight life?"

Prospect: "Well, I like to step out once in awhile."

They call it "temperament" now. In the good old days it was known as cussedness.

Change in Log Book Press Dates

Beginning with this issue, the Log Book will go to press on the seventh and twenty-third of the month respectively.

In order to comply with the above changes all Fraternity and Class reporters, student contributions, etc., must be in the editors hands not later than the fifth of the month for the issue that is dated the fifteenth and not later than the twenty-third for the issue dated the first. Strict compliance with the above dates will be observed and the student body is urged to cooperate.

The Log Book is a student publication and should carry more articles by the students. When you have the so-called "happy thought," jot it down and hand it in. When your choice prof cracks wise in class, hand it in so the rest of us may have an opportunity to enjoy it.

Studes! Lets have more student writings.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President ----- S. L. Taylor
Editor ----- Don Baylor

Osteopathy Without Limitation

Are You the Captain of Your Soul?

"Give me the authority to enforce unquestioning obedience to my orders—the authority of the officer over the private soldier—and I can cure 90 per cent of my patients with no other treatment than simple exercise."

The speaker was a famous physician who had been studying the effects of compulsory physical training upon soldiers in camp.

"Unfortunately," he continued, "I have no authority comparable to the officers, and few people have the will-power to discipline themselves successfully."

Do you ever practice self-discipline? Do you ever compel yourself to do something against your taste and inclination, even though it requires a struggle to do it?

Or are you the slave of desires and inclinations, satisfied to humor yourself in every whim and fancy, content to travel the easy road that leads to nowhere in particular rather than to struggle up the rugged steps toward the pinnacle?

Character is built upon will-power. Will-power to do what you ought to do rather than to follow slavishly the dictates of inclination.

It may be somewhat hard to conceive, for instance, that your character is very much influenced by your ability to jump out of bed at 6:30 prompt, every morning, summer and winter alike, regardless of how strong may be your inclination to stay in bed just another five minutes.

And yet, that simple little test of self-discipline can be an excellent criterion of your whole character.

If you have your desires and inclinations so well under control that it is easy for you to get up regularly at the right time, every morning, then you will have little difficulty in doing everything else on time. Your business day will be orderly, and carried out according to schedule. Procrastinations will have no place among your characteristics, you will be up and doing while the other fellow is sitting in his chair dreaming of doing.

Self-discipline and self-indulgence cannot live together. One is strength, the other weakness. Would you be strong? It's easy—it all lies in self-discipline. It all lies in whether you exercise your wishbone or your backbone.

Frosh Reception Social Success

Sh—h! Did you hear that wonderful music that was wafted out on the misty night air of October 3rd. The spirits that were abroad that night, they tell me, were not the cadavers, but the Annual Reception in honor of all freshmen and new students of Still college.

The auditorium was very artistically decorated in the school colors by the Sophomore B class.

The evening's entertainment was started off by "Dutch" Schmitt, a local entertainer of repute, with a few remarks of greeting to the freshmen in a new, but pleasing way. The change from the cut and dried method of breaking the ice was greatly appreciated. "Dutch" then presented his entertainers who rendered several solos, piano accordian and vocal.

Then came the dance. And, oh boy! such a dance, everything went from the old time buck and wing to the ultra modern "Charleston." We're not saying who rendered the Charleston. One of the outstanding events of the evenings entertainment was when Dr. Virge Halladay announced that those present who had on clean shirts might remove their coats. Needless to say, many finished the round sans habit.

The excellent music was furnished by the Harmolodians, a local organization which includes some of our own students.

For those who did not dance there were card tables downstairs. Refreshments in the form of cider, doughnuts and apples were served in the lower hall.

All those present said they had a good time and wished that more school dances would be held.

From California

The following clipping from the Christian Science Monitor, issue of September 15, 1925, was sent in to us by Dr. A. S. Dowler of Glendale, Cal. Dr. Dowler is an out and out Osteopathic Doctor and BOOSTER.

"Although, according to the Belgian correspondent of the Journal of the American Medical Association, the Brussels Medical Conference, which has just ended its annual convention, is meeting with increasing success every year, it can hardly be contended, from some of the evidence furnished during its sessions, that present day medical methods are doing the same. For, according to this source of information, the eminent British medical authority who was a delegate to the meetings, Sir Almroth Wright, definitely stated that the complete failure of all forms of vaccine treatment in tuberculosis has been established. If one recalls the extensive advertising that has accompanied some of those methods in the years not long past, and the unqualified claims that have been made for their efficacy, is one not excusable if, in the light of Sir Almroth's confession, one takes the next great medical discovery with the proverbial grain of salt?"

Football News

Our squad was hurt a little in the Parsons game. "Race" Myers, "Wallie" Walker, and "Plug" Brenner were injured. "Race" and "Wallie" will probably be back in the lineup in time for our next game. Brenner will be out for the rest of the season.

Coach Sutton has given the squad easy workouts during the week following the Parsons game, but now he is putting the men back on the grind.

Mott, a self-styled "greenhorn" at the game, is whipping into fine shape and looks like real backfield material.

The guard position has been strengthened in the appearance of one called Schwab (we don't guarantee the spelling of the name) he weighs around 200 pounds and is plenty husky.

"Runt" Russell, our plucky little bantamweight quarterback, has been in bed with tonsillitis for the last week, and will probably be out of the next game. Brown and Platt have been trying hard to fill the big shoes of this little man.

Sheets and Williams are being hard pushed for the end positions by Wright and Ross. Wright is a new man this year, but Ross was with us last year.

Our line will welcome Graham back in his position, at the pivot as soon as his hand is better, at present he is giving the line some excellent work on both the offense and defence.

Davis is back in school and out in uniform again, he will be a great help in the backfield.

Hughes and Lillard, two men from Kirksville, are out in uniform. Hughes is a backfield man and swings a nasty toe. He hasn't played yet but we expect big things from him. Sam Lillard has already proven his ability to play tackle, he did this in the Parsons game.

Due credit must be given to Coach's "truck horses," they put up an excellent fight against the varsity in scrimmage, and occasionally make the first string men step to keep up with them.

With Kirksville in the offing, the men are working hard in order to bring about eleven scalps back to Des Moines on Nov. 8, 1925.

Are You Looking For a Location

Dr. Allen B. Cairne, Marion, Indiana, writes in as follows:

"Do you know of a good man with Indiana license, or the credentials to get one, who might be interested in taking over a practice of fourteen years building?"

"I am selling my practice because of ill health from over work, and would like to get out within a short time, not later than the mid-year class comes out anyway, before if possible, and there is a wonderful opportunity here for a man who can meet the people right and who can deliver the goods."

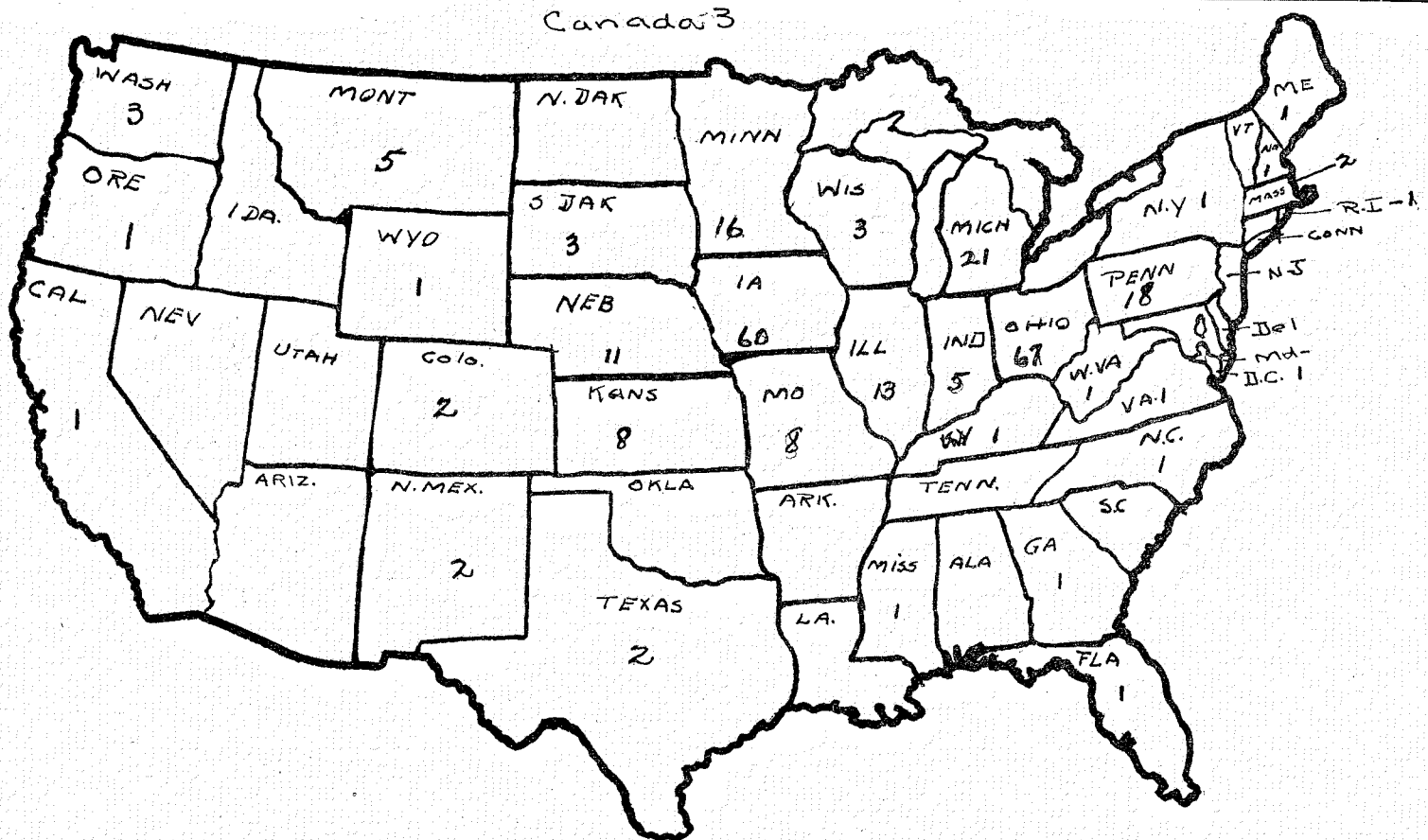
Anyone interested may write to the doctor direct, or to the college.



The Observer Says

Puss Richardson
Is more than
Willing
To buy a
Rattle
For the bird
That is continually
Jingling a bunch of keys
In Phys. Diag.
Now
That the Frosh
Painted the college
And
The Sophs
Took them for
A ride
What comes
Next
Patent Leather Hair
And
Divided skirts
Are becoming
Popular
Amongst the
Male portion
Of our student body
All the upper classes
Are beginning
To wonder
What has become
Of the
Time honored
Green caps
For Freshmen
A pathetic
Incident
Occurred
The other day
Jack Voss
Took Pinky Schwartz
Literally
And hid
Ten bucks
To go to
Kirksville
On and has since
Forgot
Where he hid it
All students
With delicate
Auditory apparatus
Are requested
To keep four
Blocks
From the college
During
Sunday morning
Band practice
Ross Robertson says
If your wife
Drinks liquor
Ten minute
Time limit on
That one
Period.

Where They Come From---



Des Moines Students Stick

The reputation that "Des Moines Students Stick" is one that the college can justly be proud of. The fact that very few if any students are lost by transfer to other colleges, while not detrimental to the other osteopathic colleges, is a decided "feather" in the cap of D. M. S. C. O.

This year only one student was lost by transfer, and in comparison with the number that were admitted to the upper class from the other colleges is in itself indicative of the high type of instruction and clinical facilities of this college.

The accompanying map will give some idea of where D. M. S. C. O. students come from, and it may be noticed that practically every state in the union is represented in our student body.

The figures on the map include the old students, freshmen registered by September 11th, but does not include those students who entered D. M. S. C. O. this fall from other Osteopathic colleges.

The reason landlords are richer than renters is because they pay for a house one time, and then quit.—Walla Walla Bulletin.

A Prime Favorite

Teacher—Name a very popular general.

Bright Boy—General holiday.
—Boston Transcript.

Fraternity Notes

(Continued from page two)

whether or not he was seasick, but he sure can't keep his arms out of the doors.

The passengers missed the first inning of the ball game because he got stuck in the doorway.

ATLAS NOTES

The spirit of brotherly love surely permeates the atmosphere of our Fraternity. Last spring one of the brother's compiled some statistics for the benefit of another frater in re: his chances of getting to Detroit via one Ford of ancient vintage. The compilations set forth showed that said brother, and his can in question, had slim chances of arriving at the metropolis on schedule or even simultaneously.

Now, it happens that we have a very benevolent brother in our midst, inventor of a famous hair tonic. Said brother took compassion and pity on the brother who held the sack containing one worn Ford. He bought the wreck for better or worse and got the latter. The brother who now held the bag undertook to travel home for his vacation in afore-said ark. The boat took him home, much to our astonishment, but the returning was analogous to Sherman's interpretation of war.

The traveling was magnolius on the pavement of other states, but the Iowa mud got the best of the puddler. According to the modern Noah, it rained for forty

hours and forty minutes and the waters prevailed exceedingly upon the face of the roads, which became a sea of mud. Up to the hubs the mud prevailed until the wheels were covered therewith. For ten miles the gears remained in low and upon the eleventh the crankshaft gave way. They were at Grinnell at the time and our brother, feeling very charitable, looked around for a weak minded person and bestowed the car upon him. (You have heard of cars that couldn't be given you as a gift.)

We hope our brother's will continue their charitable policies, at least until we have disposed of our cars.

Dr. Halladay was honored with an office in the Grand Chapter of the Atlas Club at the annual election held during the convention at Toronto.

Brother Leonard reports that things are going nicely at the Detroit Osteopathic Hospital.

Mental House Cleaning

It takes a move or a fire to show us how much stuff there is in a home that is little else than junk. The women discover at house-cleaning time that there is quite an accumulation which each member of the family has saved and which will never be used again, but becomes a nuisance and hindrance as it lies around. Some housekeepers have the nerve to burn a lot of this trash.

In the minds of each of us are a lot of old ideas that we have saved, but which are entirely out

of date. We treasure them as we would old keepsakes. It is because we treasure them we are unable to put them in the discard. We never forget anything, but we can place the stamp of disapproval upon an idea so that it will remain beyond the power of recall. The old saying that wise men change their minds but fools never is another way of saying that wise men clean house mentally.

Professor Victor Holfert has compiled some interesting statistics, recently published in the Scientific American, which give us some very interesting information as to just how our time is allotted to various duties and requirements throughout our lifetime. These figures, as prepared by Professor Holfert which apply to the average man of 72 years of age, are as follows:

Sleep	23 years, 4 months
Work	19 years, 8 months
Recreation	9 years, 8 months
Eating	6 years, 2 months
Travel	5 years
Illness	4 years
Dressing	2 years

There's a pay-day for everybody—even for the fellow who labors under a delusion.

"Some people are afraid to look pleasant," observes Uncle Cyrus Lemon, "for fear somebody will ask 'em to do them a favor."

The fine art of growing old consists of learning new wrinkles faster than time can hand you others of another kind.

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

THE LOG BOOK

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

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

Volume 3

November 1, 1925

Number 8

Nichols Speaks in Assembly October 16

Dr. R. H. Nichols of Boston, one of the most eminent diagnosticians in the profession, delighted the students by appearing in assembly October 16—Homecoming day. The Doctor gave an excellent address and received the undivided attention of the entire student body.

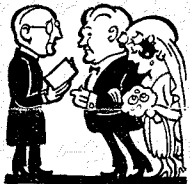
Following, a general song-fest was held with Tom Mann directing. Considerable pep was generated for the afternoon's athletic engagement with Buena Vista.

The D.M.S.C.O. Band made its debut at this time and was enthusiastically received by the gang. They sure put out some hot stuff and with Virge Halladay, with his atrophied saxophone, as a conductor, we should have an organization to take to Kirkville that will make John P. Sousa turn green with envy.

Last week Dr. M. B. Lovegrove was in charge of the meeting. After the customary music, Mrs. John W. Million spoke on the subject of International Law and relations. Mrs. Million is the wife of Dr. J. W. Million, president of Des Moines university and is considered quite an authority on the above subjects.

In another column are given the assignments as conductors for the balance of the semester.

Football Star Marries



Frank Thomas, '27, star guard on the varsity for the past two seasons, slipped one over on the rest of the squad and was married at noon, Saturday, October 24, just before the Graceland game. That probably explains the wagon sized holes the Still line tore in the Graceland defense during the fourth quarter after Tommy got in the game. It is rumored the squad will have to wait until the season is over for their cigars. Congratulations, Tommy!

Everytime I see a "Buy a Home" advertisement, the thought comes to me—it can't be done. You can buy a house, but a home you must make. Some one has said "a home is a roof over a good woman."

Frosh Entertain Sophs

The night before the annual homecoming pushball game, the freshmen class decided that the sportsman-like thing to do, was to reciprocate for the sight-seeing tour of the city given in their honor by the Sophomore class the week previous. As a result immediately following band practice, the freshmen congregated at the college and started after the second year men. Many were reluctantly taken from their studies by the not-to-be-denied yearlings and escorted to the West High School stadium, where they were inoculated against the rigors of the night air by applications of the connective tissue portion of berry pies applied to the facial regions. The limosines were then called and the reciprocal tour started.

Everything was rosy and like all good things, must have an ending. Just as the rejoicing frosh were preparing to retire after the night's activities, the privacy of their boudoirs was broken and the Sophs who had coagulated by some unknown way returned the compliments of the evening with vengeance.

Several of the boys got back in time for breakfast, but a few dribbled in during first and second hours—footsore and weak. However, they apparently regained their "wim, wigor and witality" by afternoon, judging from the outcome of the pushball game.

Sigma Sigma Phi Holds Initiation

Beta chapter of Sigma Sigma Phi, honorary Osteopathic fraternity, takes pleasure in announcing the initiation of Dr. and Mrs. John M. Woods, Doyle A. Richardson, '26 and John P. Jones, '28.

Following the formal initiation, a feed was partaken of at King Ying Low's food emporium at which time and place Dr. Virge Halladay broke all previous records for the consumption of chicken chow mein. The Doctor's accomplishments along the lines mentioned are without peer in the entire Osteopathic profession.

When I see a poor boob leaving a good job to go in business for himself on a "shoestring," I can't help but shed a sympathetic tear.

Now I know why the Standard Oil Company is such a wonderful organization. They tell me that every time an official retires or dies they hire a new office boy.

Crowd Attends Still's Second Homecoming

A crowd of approximately two hundred attended the festivities arranged for the Second Annual Still College Homecoming.

The day was ideal and the program started off with Dr. R. H. Nichols of Boston speaking in assembly. Following Dr. Nichols the D.M.S.C.O. Band made its initial appearance and received the plaudits of the multitude. During the noon hour the various fraternities and sororities held luncheon in honor of returned alumni and the respective alumni associations held their meetings.

The football game in the afternoon was of stellar quality. The aggregation from Buena Vista put up a stiff battle and altho they were outplayed by the Osteo's, came out of the contest with the long end of the score—16 to 0.

During the between halves period the Freshmen and Sophomores worked off all excess antagonism in the Pushball battle. The first was a fair, clean, sportsman like affair and was closely contested from the first whistle. During the final minutes of the game the Frosh called forth an herculean effort and shoved the sphere across for the only marker of the game, leaving a trail of exhausted humanity in their wake. Their winning of the game does away with the Green Caps until next fall.

At six-thirty the "gang" congregated in the Florentine Room of the Hotel Savery III and partook of a most excellent banquet. Dr. Lola Taylor, Dr. J. P. Schwartz and others made appropriate speeches, after which the hall was cleared and the dancing began. The hall was well filled and the music most excellent.

All in all the event was highly successful and is well on its way to becoming an established custom.

D. M. S. C. O. Band Gives First Concert

The 1925 D.M.S.C.O. band made its debut in assembly, Homecoming morning, and believe me boy, it's some band! Such an all-round aggregation of horn tooting, drum beating Osteopaths has never, here-to-fore been assembled in one place. They had pep, harmony, n'everything. They were also in attendance at the football game and the brief concert given between halves certainly sounded good. Everyone will admit that there is nothing like a band to instill pep and end
(Continued on page 4)

Osteo's Lose One and Win Two

Since the last issue, Coach Sutton's gridiron warriors have engaged in three contests, losing one and winning the last two which came on consecutive days.

The homecoming game was lost on fumbles and intercepted passes, the opponents being unable to gain on straight football or by the aerial route. The line displayed its customary impregnability but at the critical times fumbles would prevent the Osteopaths from scoring. Buena Vista put over a thirty-five yard drop kick in the early part of the game which was their only earned tally.

Following a rest of two weeks the Purple and White invaded the Ellsworth camp and pushed over two touchdowns in the first quarter as a result of the first outburst of form of the season. However, Still's scoring stopped at this point and the game was evenly fought through the remaining three periods, with Ellsworth putting the ball over for six points in the last frame. This was D.M.S.C.O.'s first victory of the season and the jinx is finally broken—no more defeats! The squad returned home the same night and were in fairly good shape for the battle with Graceland the following day.

Accomplishing the almost impossible, D.M.S.C.O.'s eleven came back and won the second game on consecutive days, defeating Graceland college on Saturday 13 to 0. The first three quarters were played in a rather listless fashion, the battle developing into a punting duel between Braby of Graceland and Platt of the Osteo's, with favors about even. Fumbles were numerous and neither team displayed and startling ability. However, shortly after the beginning of the last period, Still took the ball in the middle of the field and started the march to the goal line. Repeated line smashes of from five to ten yards each, by Sheetz and Shaw soon put the ball over for the first marker of the game. Captain Myers kicked goal and added the extra point.

Following the touchdown, Still kicked-off to Graceland, who after three unsuccessful attempts at the line, punted to Stafford who made a good return. Again the march was started down the field, with Shaw and Sheetz sharing the honors in gains thru the line. The result was another touchdown. Myers failed at the

(Continued on page 4)

Osteopathy and Football

This year Still college enjoys the distinction of serving within the city, eleven football teams. Even with the varied and extensive experience our college students have in the regular clinic, we felt that they were not completely qualified unless they had had some experience in handling athletes, and last year an effort was made to place them with the various schools in Des Moines. Checking over last year's work and showing its benefits to those interested, opened the door this year to a much more extensive program of this type of work.

At present we have two men working with the coach of the team in each of the following schools: Drake university, Des Moines university, Des Moines Catholic college, Still college, and our five city high schools. In addition, the North and South Side Athletic clubs each use one trainer. This gives us work in eleven different institutions and with athletes from the high school age up into the university class. Altogether, we have under the care of twenty seniors, over four hundred football men. As one set of twenty students completes a specified amount of work others are put in and in this way each senior serves for a time in the capacity of trainer.

The benefits derived from this work cannot be estimated. In the first place, we feel they have a big advantage over those who have not had the intimate contact with this work. It is worth a great deal to the graduate, for he is prepared to offer expert service of this type to the high school or college team where he locates.

It is of great benefit to Osteopathy. It takes only a short time to convince the high school or college student of the value of Osteopathic treatment. Some held back at first. Now two students are not enough to handle the work necessary to keep the average squad in good physical condition.

The reports we have from the coaches and other interested in the welfare of the football boys are complimentary in every way. They are as anxious for our assistance as we are for theirs.

Continued on page 4)

Are You Looking For a Location?

Dr. A. D. O'Dell of Armour, So. Dakota, is looking for some one to take over his practice as he is forced by illness to retire. For further information write Dr. O'Dell, direct.

Dr. Chas. F. Frazer of Escondido, California, is retiring from practice and is desirous of selling his practice and equipment. The Doctor has been located in Escondido for the past ten years and was located in San Diego for fifteen years prior to that time. It is a fine prosperous, growing town of eight thousand, only thirty miles from San Diego on the paved highway. For further information, write the Doctor.

Fraternity Notes

PHI SIGMA GAMMA

The P. S. G.'s want to announce the pledging of two men, Schwab and Heinlen.

Brothers Thomas, Bruins, Nichols, Davis and Wright of last year's graduating class were all here for Homecoming and it sure seemed good and natural to have them around the house again.

Brother Conn had a slight accident coming back from Ohio—but he had good luck, too, judging from his companion of the last few days.

Much trouble is caused around the house from the fact that three of the brothers have girls with the same name. Ask Lee about it.

Brother Lowell Morgan took a trip to Illinois the other day, and we're all very surprised that he returned with his pin. We're not betting though how much longer he will have it.

P. S. G.'s were well represented in the football game Friday, having the following men in the game: Davis, Mott, Jones, Shaffer and Schwab.

Scatterday must have been made an honorary member of the Sophomore class judging from his activities in rushing the Freshmen.

Friend was working against the City Railway Company Friday night, as he took four couples to the Savery in his Covered Wagon, or "Town Car."

Something is sure going to happen, as Pres Howe was seen running the other night. Believe it or not, but I saw it!

Moco Elsea thinks he is a real trainer since Saturday when North High won a football game. He says coaching has nothing to do with it—that it is all the trainer.

ALPHA XI IOTA SIGMA

The Axis club has been noted for her engaged members. Lois, during vacation, put one over on her sisters and now instead of answering in roll call to Irwin, Miss, answers to Richardson, Mr. or Mrs. The happy event took place August 4 at the "Little Brown Church in the Dale."

Thursday, October 1, the club entertained at a Chop Suey dinner in honor of the freshman girls. Dr. Florence Morris, field member from Indianola, was a guest.

Thursday, October 5, the Axis club held its annual freshman banquet at the Woodlawn.

On Wednesday evening, Oct. 21, Dr. Bertha Messerschmidt, May '25, graduate, entertained in honor of Mrs. Doyle Richardson, Mrs. Fay Kimberly and Mrs. Grace Nazarene.

Cards, music and dancing were enjoyed after which delicious refreshments were served. The club presented Lois with a mirror which she was instructed to hang crosswise for her own use and lengthwise for Doyle.

We are glad to welcome into our ranks Miss Harriet Yates from the Odontoid Chapter at Kirksville.

Mr. Nazarene (to his daughter)

"Well, your mother is pledged to Axis."

Daughter: "Well, let's not let her try them out on us!"

We often wonder how our alumnae sisters are faring out in the field. Send us a line, and tell us about your progress.

ATLAS CLUB

Brother Spencer spent the week-end in Milan, Mo., seeing a friend.

Brother Brinkman is with us again—you can't keep a good man down.

Brother Woofenden is open for Sunday dinner engagements.

Pledge Harmon is very careful with his money. Especially when he goes swimming.

Pledge Rockhill sure is strong for nurses. We hope it does not interfere with his studies.

Brother Evans, anatomist of unknown renown, is also quite a diagnostician. Ask him.

Brother Brown claims that the bright lights of the city hurt his eyes.

Brother Finney will be glad to show any of us how to do the Charleston.

Brother Graham was able to go back in the game Friday. He sure put some pep into the line.

Pledge Musselman can give you instructions on how to reduce by walking. The Soph's didn't have any pity on him.

Brother Earl Hoyt Reed describes his girl as "God's Masterpiece." We cannot say, as she is so far away.

The brothers wishing the acquaintance of "keen" nurses, see Brother Nelson.

Brother Frew of the Axis Chapter, Kirksville, was in town over Sunday. Glad to see you, Heinie!

Letters from Brothers Eade and Miller say they wish the club success.

Brother Richardson has nearly completed the book "The Care of the Hair."

Brother Don Sheetz, Still's dashing, crashing, left end is also an authority on the subject, "The Athletic Care of False Teeth."

Everyone enjoyed the practical work on Thursday night.

IOTA TAU SIGMA

Pledge Brenner is recovering in fine shape from his injury suffered in football. The cast has been removed.

Olsen has returned from one of his trips without the usual publicity.

During the last few cold nights the lack of proper coverings for the night have been a serious problem. Pledge Herrick has found that a Vacuum Sweeper serves very well.

Nowlin now has a competitor in the job line. Pledge Kale has almost as many jobs at the present time. We might suggest that Kale and Nowlin open up an employment bureau.

The Annual I.T.S. Homecoming dance was held Saturday evening, Oct. 17th. The music was furnished by Al Levich and his orchestra. During intermission we were entertained with a few specialty dances and songs.

(Continued on page 3)



BRICKTOP

Freshman Kale was walking down town the other day after class with the Dean and in endeavoring to make a little conversation remarked: "Well, the days are getting longer."

To which the Dean replied in true Johnsonian manner, "Umph! When did you get married?"

When Dr. S. L. Taylor started to quiz in Surgery the other day he opened with the remark,—"Well, let's start with some of the strangers today; Mr. Nelson—"

F. O. Harrold—"My wife doesn't understand me. Does yours?"

Butcher—"I don't think so. I've never heard her even mention your name."

Essex—"Officer, I want a complaint of that fellow—he hit a horse on the head."

Officer—"What with?"

Essex—"Me!"

The Cat's Meow

Cavanaugh—"The girl I went out with last night was certainly nice."

Beebe—"Was she? I didn't like the one I was with either."

A fire broke out in a deaf and dumb asylum, and one of the inmates broke his thumb and two fingers yelling "Fire!"

Get Your Iron; Make a Mock-Cherry Pie! A Delicious Dessert.—(Cranberry recipe in Chicago Tribune.)

Why an "iron"? Why not a nibble-lick, or a spoon?

WILL EXCHANGE FULL SIZE brass bed with box-springs and mattress, complete, for twin beds. Address M. M., 339 Tribune.—(Chicago Tribune.)

Now you're talking!

Do what is to be done, whether it be in your particular department or not. Your success and salary depends entirely upon the success and profits of the firm.

Concerning Osteopathy

Miss Gladys Cowen, '29, of London, recently received the following letter from an English girl 12 years old: "Daddy says he would like me to study Osteopathy when I leave school. Is it interesting or a very dry subject? It seems very marvelous to me."

If the youngsters of England are interested and acquainted, as apparently this child is, the future of the science in the Empire should be very bright.

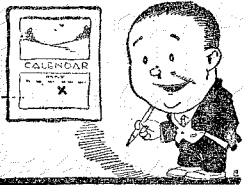
The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President ----- S. L. Taylor
Editor ----- Don Baylor

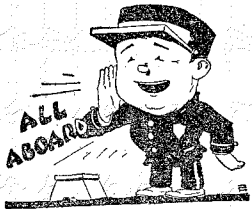
Osteopathy Without Limitation

On To Kirksville!



Let's adopt the above slogan and when the D.M.S.C.O. football team invades the K.O.C., back them to the limit!

We have a team to be proud of, and in the coming game with the Rams, which is going to be one of the hardest on the season's schedule, they will need every atom of student support that is available. They are working hard to develop a machine that will prove unbeatable on Nov. 7 and it's up to us to do our share.



Plans are under way for the chartering of a special train to take the students to Kirksville and in order to make the cost of the trip as low as possible, we must have a maximum number of students go. The Band will be there and D.M.S.C.O. wants to show the K.O.C. what real "Still Spirit" means.

The preparation for this coming battle is not all onesided. Kirksville is not asleep, nor do they underestimate the ability and prowess of our team. They are working hard to perfect their aggregation and in one phase at least will have the advantage—they will be playing on their home field and will have the support of their entire student body.

It is not expected that all the students will be able to make the pilgrimage, but we want as many as possibly can, to go. Close every restaurant in Des Moines, if necessary, but get to Kirksville! Back your team to the limit!

Be one of the gang on that special when she steams out of Des Moines headed south on Friday night, November 6th! ON TO KIRKSVILLE!

Women continue to attend bargain sales, and men keep on buying oil stock, but the question of getting "something for nothing" remains unanswered.

From the Field

Some time ago I was invited by an officer of the school and a member of the faculty to contribute in writing to The Log Book. We are at this time accepting the invitation in writing a note, or letter. We hope the same will be accepted by you, the editor, as constructive criticism.

I think the editor, students, faculty and practitioners in general feel that after they had thoroughly considered and decided to take up the profession of Osteopathy, even as early as this in the beginning and making of the Osteopathic physician, he or she know that the curriculum of all Osteopathic Colleges embrace all subjects necessary to qualify one for the degree of physician. We also feel that all doctors of Osteopathy should, if they do not, resent being called a rubbing doctor, and feel very much uncomplimented when classed as a bone setter. The watchmaker does not care to be called a squinter, yet it is just as proper to call a watchmaker a squinter, for he does squint his eye when examining his work, as it is to call an Osteopath a rubbing doctor, or a bone setter.

A doctor of Osteopathy, or one who is aspiring to be a doctor of Osteopathy, should place his profession that he intends to give his life to, on as high a plane as an Aleopath, who would quickly resent being called a bone setter, pill roller, or dope distributor, much less calling themselves such in their own periodicals. We have repeatedly read in the Log Book which comes to us monthly, "thank you," that the bone setters were defeated, or the bone setters defeated — the term bone setters applied to the students of Osteopathy in my old school.

This I think is very disrespectful and such a habit should be discontinued, for as I stated before, Osteopath physicians and surgeons do not confine themselves to setting bones or rubbing backs. We in this city are considered physicians and do a general practice. Would it not sound better for our Log Book to refer to our men as the physicians and surgeons defeated, or the physicians and surgeons were defeated, rather than the bone setters?

We hope that you will take this in the light that it is intended, as we are always for Osteopathy and our own school, Des Moines Still College of Osteopathy. The past four years we have been out in practice we have been instrumental, directly and indirectly, in sending many, eight or ten, students back, not as prospective back rubbers or bone setters, but as Osteopaths to be trained as we know they will be, for the great profession of Osteopathy.

Yours truly,

C. O. CASEY, D. O.

We sincerely appreciate the interest manifested by Dr. Casey in the above letter, and although we are not responsible for the name, will do our utmost towards securing its suppression. The

Detroit Osteopathic Association

The monthly meeting of the Detroit Osteopathic Association, was held at the Nurses home of the Detroit Osteopathic Hospital, 185 Highland, Wednesday night, Oct. 21, at 8:30.

Dr. W. C. McGregor, one of the instructors of the Chicago College of Osteopathy was the chief speaker. He read a case history on Septic Endocarditis, with Passive Congestion of the Liver, and discussed it. He held a clinic on diagnosis on three patients. He then briefly discussed Reflex conditions caused by Foci of infection, and cercical and perineal lacerations. He spoke on the often missed diagnosis of Renal and uretal calculi and lastly discussed importance of Laboratory findings. His talk was very interesting and was thoroughly enjoyed by the large turnout.

Dr. W. P. Bruer, one of the internes of the Detroit Osteopathic Hospital gave a reading on case histories. This was written very well and was very interesting and beneficial.

The Association is starting a regular clinic on diagnosis every Wednesday evening at the hospital.

Yours truly,

HENRY G. NOBEN, D. O.

Fraternity Notes

(Continued from page 2)

During Homecoming we were very much pleased to have with us the following guests: Brothers King, Brownell, Nichols, Poucher, and Odell and Mr. Cudden and Mr. Jubey.

On the afternoon of Saturday, Oct. 17, Brother Nichols gave a talk at the Chapter House on Applied Psychology, as a result of requests by several of the Bros. His talk was enjoyed very much.

Brother Hovis is recovering from an operation performed on his nose. Incidentally, it was not plastic surgery.

Two of the Brothers have found a non-professional use for the stethoscope. As to particulars, it concerns night work out of Iowa to either Ohio or Michigan. For particulars see Nye or Gephart.

It is commonly known that some people have fur coats given to them, but according to present indications and seasonal dictates, the bath robe is coming into favor very fast.

title "Bonesetters" is the product of the fertile brain of some long-forgotten sports writer on one of the local papers, and is not to be considered as disrespectful any more than the appellation of "Pikers" as applied to the University of Missouri, or "Pirates" as applied to the Pittsburg world champions.

The college is always happy to receive articles or letters from the graduates on any subject of interest, and more than appreciate good, constructive criticism. Let's hear from more of you field men!



The Observer Says:

Some dance
That
Homecoming
Hop
D.M.S.C.O. was
Even represented
In the orchestra
Checking up on
Last year's
Reports
Some of the
Boys
Either have new
Girls
Or have been
Taking
Dancing lessons
The recent
Cold spell
Has gone rather
Hard on the more
Collegiate
Members of the
Student body
Who haven't
Bought
Their winter
Hats
As yet
Some of the Sophs
Appeared
Rather emaciated
After the
Frosh had
Denuded
Their upper
Lips
And Boy
Did you
Notice
The Dean
Blossom forth
In that new
Blue Serge
Last week
One of our
New Freshmen
Is so
Dumb
He took an
Umbrella
To a wet
Party
Ab Graham
Is reported to be
Collaborating
With Don Sheetz
In his new
Book
Entitled
The Athletic Care
Of False Teeth
Period.

Osteo's Lose One and Win Two

(Continued from page 1)
try for a goal. The game ended shortly after with the score remaining 13 to 0.

The Purple and White have hit their stride and are pointing now for the Kirkville battle Nov. 7th. From all indications, the game will be a hard one for both aggregations and only will be won after the hardest kind of a fight.

Hannan, Jones and Jim Brown will probably be out of the line-up on account of injuries received in the last two games.

Press reports on the above games, taken from local papers follow.

OSTEOPATHS WIN OVER GRACELAND

Still Scores Second Victory in Two Days

After battling on even terms for three quarters, the Still college eleven unleashed a powerful offensive in the final period and scored a 13 to 0 victory over Graceland college at the Des Moines Catholic academy field. By trimming the Ellsworth team Friday the Osteopaths scored two victories in two consecutive days.

For more than half the game neither team was able to advance the ball within the scoring distance, but in the fourth quarter, with Sheets and Shaw lugging the ball, the Osteopaths hammered the Graceland line for gain after gain until, with the ball on the 5-yard line, Shaw circled left end for the first touchdown. Captain Myers' placekick was good for the extra point.

Still kicked off. Butterworth received the ball on the 10-yard line and was downed after a ten yard gain. Graceland failed to advance and Braby punted to Davis, who was downed on the Graceland 45-yard line. Taking turns at carrying the ball, Shaw and Sheets again smashed their way to the Graceland goal, where Sheets carried it across on an off tackle play. Myers failed to kick goal.

The strain of playing two games in two consecutive days was almost too much for the Still eleven and resulted in many fumbles and poor interference. Both teams used the aerial attack to great extent but neither was successful. The first three quarters developed into a punting duel between Butterworth and Platt, both men getting their boots off in good shape for about thirty-five yard averages. Captain Myers, Still's 220-pound tackle, was a power in the Osteopath defense, breaking through the line time after time to throw the Graceland backs for losses.

The game was marked by repeated injuries and penalties.

When I see stenographers and switchboard operators on their way to work with library books and sewing baskets, I can better understand why Central gives the signal, "they don't answer."

STILL DEFEATS ELLSWORTH, 14-6

Shaw Scores Two Touchdowns in First Quarter and Kicks Goals

IOWA FALLS, IA., Oct. 23.—In a hard fought contest here Friday, Still college defeated Ellsworth by a score of 14 to 6. All of Still's scoring was done in the first quarter, Shaw making two touchdowns and Myers kicking both goals. After the first quarter Ellsworth steadied and Still was unable to score again. Advancing the ball by short passes and plunges, Ellsworth scored in the final period.

Myers, Shaw and Graham played well for Still. Norton scored for Ellsworth. Still was troubled considerably with penalties. Ellsworth played a good consistent game and was never penalized during the contest.

The lineups:

Ellsworth (6)—	Still (14)—
H. Treasmer.....LE	Sheets
Rominger.....LT	Myers (c)
Hartley.....LG	Bemien
Wood.....C	Blatt
Anderson.....RG	Dornbush
Edgren.....RT	Walker
Espe.....RE	Williams
Northcraft.....QB	Graham
Gaung.....LH	Russell
Norton.....FB	Shaw
Gardner.....RH	Davis
Substitutes — Stafford, Hammond, Parke, Hughes, Ross, Mott, Shaffer, Gaulke, E. Tresmer, Fearis, Breckenridge, Evans. Touchdowns—Shaw 2, Norton. Goal kick after touchdown—Myers 2. Referee—Head (Drake). Umpire—Turner (Coe). Head Linesman Smith (Ellsworth).	

Osteopathy and Football

(Continued from page 2)

stance as we are to give it, and express their appreciation by their complete co-operation.

We are especially proud of our work in the five city high schools. This is done under the supervision of the coach in each school, but is watched very closely by a member of the medical advisory board and the writer. We are working with one idea only in mind and that is to furnish these young football boys with a service that will keep them in better physical condition and give them immediate and proper care if injured. As a result of our efforts the reports show greater endurance on the part of the player, fewer injuries, quicker recoveries and a marked reduction in the injuries that would have a tendency to become permanent. Complete co-operation and understanding between the school authorities and the writer has brought about this mutually beneficial opportunity.—H. V. H.

Never cuss a hundred dollar a month man for not doing a thing just as you would have done it. If he knew as much as you, you might be working for him.

Worry breaks up more men than work breaks down.

Assembly Schedule

Director—The Dean
Conductors

Oct. 30.....	Dr. C. F. Spring
Nov. 6.....	Prof. F. R. Sutton
Nov. 13.....	Dr. H. V. Halladay
Nov. 20.....	Dr. Lola D. Taylor
Dec. 4.....	Dr. George E. Hurt
Dec. 11.....	Dr. A. B. Taylor
Dec. 18.....	Dr. R. B. Bachman
Jan. 8, 1926.....	Pan-Hellenic Day
Jan. 15.....	Senior Class

Music

Directors—Mr. T. C. Mann and Miss Helen C. Moore
Piano—Miss Mildred Trimble and Mr. Ross Richardson
Time—Each School Friday at 9:45 A. M.

D.M.S.C.O. Band Gives First Concert

(Continued from page 1)

thusiasm into a gang on a cold day. It accomplished this purpose in one hundred per cent fashion.

Dr. Halladay reports that by the time of the Kirkville trip, the band will have increased to about thirty pieces. Let's get behind this organization and help them show the K. O. C. what a real Osteopathic Band is like. Virge is quite well pleased with the showing the band has made so far, and the student body is more than enthusiastic.

Some have the idea that the band should function only during the football season, but in reality it should be a year 'round affair. Keep the good work up, fellows!

TYPES

Did you ever think about the types of men that enter College or a professional school. Well to get down to brass tacks let us consider a few. First we must study their derivation, then follow up by a critical but meaningfully kind dissimulation. Should we judge a man by his dress, carriage, associations, conversation or what not. There are some that come with the idea that it is going to be a grand and glorious loaf. Of course in our meandering we must remember that it is the exception that makes the rule. They are as a rule very well dressed to start with, although their taste may be a little outlandish. They have the air of "don't tell me mister, I know my stuff." They are the ones that know how to run the school, the Dean don't know a darn thing. After a while they are missed by their absence. They have the most to say the littlest to do and the most time to do it in. As to a line, the railway systems don't have a thing on them. This type will inform you at any time what fraternity they are going to join and what they will do when they try to make them do any of the crazy stunts. Yes boy they know their stuff.

Then we have a second type that comes to school with very good intentions and means to put out some effort but at the same time does not intend to have any thing interfere with his social ac-

tivities. This type does not seem to have the thorough knowledge of the campusology of the situation as the first, but makes blunders and picks up things as he goes along. He wants to learn the ropes but does not expose himself to any ridicule only through pure ignorance. He is very likely to secretly admire the first type, but in time realizes the folly of such procedure and tries to find another way to get around. To some of the men he may appear to be attempting to "high hatting" them but it is just a form of timid remoteness in which the man can not seem to span the space between good fellowship and his present state of tottering convictions. He will in time fall into some of the ways of the first, but not with the blundering assurance.

As to the third type, he comes to school with no idea at all as to what it is all about, only that after four years of hard work they will give him one of those skins you love to touch. He is willing to do anything that goes along with it to obtain one. He acts like a buck private in the army should act, takes orders from everybody, believes everything and learns the college life in a rambling way. He applies himself to his books as conscientiously as the first type does to his campusology and about for the same length of time that the first type lasts. He is never a sport, but turns out to be a good fellow and just a little more than gets by. He later picks up in both dress and sociability and soon becomes lost in the crowd as one of the crowd.

Now the fourth type does not give a darn about social activities, fraternities or any of these things unless it has a direct bearing upon his scholastic way. He does not care about dress or association, in fact he would rather be by himself. He is the pride of the profs the seat of envy or disgust to many. His ways are his own, his mind is his own narrow way. His tastes are the same after four years, and has these things to learn after he gets out of school.

San Francisco is noted for its hilly streets. One morning as I was coming to my office on a Sutter street car, and like most men silently thinking and worrying about certain problems I was to face during the day, I looked ahead at the hills our car was going to have to climb, and I wondered how power enough was generated to push it over the tops of them. As we came to them, it seemed as though they had disappeared, and we were traveling on level ground. Think this over.

Nice things said to you often cause you to become satisfied with yourself and whenever you get to the point where you think you have reached the degree of perfection, and your employer is too blind to see it, take it from me, boy, you're backing up—and out.

Knock the "t" off of can't.

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

THE LOG BOOK

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

Volume 3

November 15, 1925

Number 9

Pep Meeting Assures Kirksville Crusade

The Tuesday morning "pep" meeting eradicated all doubt as to the possibility of the D.M.S.C.O. special to Kirksville for the football game with the K.O.C. on November 7th.

By special dispensation of the Dean, the meeting was called and presided over by Virge Halladay. Every member of the faculty that was in the building was escorted to the platform and requested to make a speech. All responded in a manner which indicated that the "Still Spirit" had permeated the faculty room as well as the student quarters. Various students were also persuaded to spout a little and help put it over.

At the beginning of the meeting the number of signatures on the book for the special train was forty-three. One hundred and twenty-five were needed. After the first appeal by Dr. Halladay, the enthusiasm began to mount, and with each succeeding speaker it soared higher and higher, until when the meeting closed there was a mad rush for the office, and within fifteen minutes the total had risen to one hundred and fourteen, exclusive of the squad.

Concerted effort as displayed in this instance can accomplish any task placed before it. When the D.M.S.C.O. student body get "het up" and behind a project, its bound to go over, and go over big.

The special, with the team, the band, and approximately one hundred and fifty students will land in Kirksville about two in the morning. At that hour the K.O.C. will begin to realize what we have in Des Moines.

The students of Kirksville are looking forward with great anticipation to the coming of the D.M.S.C.O. gang, and have planned many entertainment features in their honor.

Freshmen A's Step

On Tuesday evening, Nov 3rd, the Freshman A class, the single members and the married ones with their wives, were entertained by Lillian B. Tracy at 1628 Beaver Avenue.

Games were played during the evening and a taffy pull ended the enjoyment. Instructors and students were given the opportunity of sampling the treacherous sweet stuff the following morning. No fatalities have been reported.

Thanksgiving---1925



When the Heart Goes Home

ALMA PENDEXTER HAYDEN

When the days draw near Thanksgiving,
When the leaves are sere and dead;
When the morning air is frosty
And the skies are clear o'er head;
There's a longing for the old place,
And the heart goes home once more
Where the old time kindly greetings
Waited by the open door.

When the faces, long since vanished
Come to us with loving smile,
As we're musing by the fireside
Dreaming of them all the while.
When the days draw near Thanksgiving,
In whatever land we roam,
Something calls us to the old friends—
And its then the heart goes home!



Girls Gather

The girls of the college and Mrs. Halladay and Mrs. Woods, held an informal social evening in the Ladies Room of the college one evening last week.

Games, Victrola dancing and a gab-fest were the constituent parts of the enjoyable evening. Coffee and sandwiches were also served.

Correction

In the last issue of the Log Book, thru error, the names of Pledges Lillian Tracy, Gladys Cowen and Helen Peterson, honor guests at an Axis function, were omitted from the article. Sorry, girls.

DR. MILLARD SAYS:

"Keep up the fight, it is worth it. After twenty-six years of constant practice I am more enthusiastic than ever over the principles of Osteopathy.

The only ambition worth while is the kind that makes you want something so much that you can't hold yourself back from working extra hours to gain it.

Halladay at Washington

The following is a sample of the publicity received by Dr. H. V. Halladay during his recent trip East, to appear before the Middle Atlantic States Osteopathic Association:

HOSE ROLLERS BETTER RACE, DOCTORS TOLD

Varicose Veins Disappearing as Garters Become Passe, Osteopath Says at Hearing.

By FELIX T. COTTEN

Flappers who roll their stockings are establishing a practice in the right direction.

Thus Dr. H. V. Halladay, of Des Moines, Ia., attending the sixth annual convention of the Middle Atlantic States Osteopathic Association at the Washington Hotel, declared yesterday.

The old practice of wearing garters above the knees impeded blood circulation, Dr. Halladay declared. The result was varicose veins and other troubles, he said. Now, he declared, turgid veins are disappearing.

Hope It "Sticks"

His only apprehension is that the fad will go the way of all others, Dr. Halladay said. He declared it should stay, for it is one of the wisest fads ever.

He added, however, that all fads are by no means instinctively right. The "flapper slouch" of two years ago was injurious, and this latter one is conducive to health, he declared. He continued:

"General debility of girls was surprising. Pneumonia developed. Lung troubles, lesions and spine disorders grew to an unusual degree.

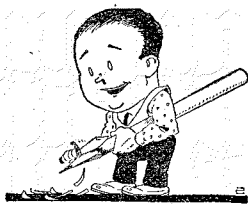
"This style passed because it was an abnormal posture, and because fads pass away. But its passing was to some extent due to education, especially physical education, among women. Too much cannot be said for that."

Dr. Halladay, head of the department of anatomy of Des Moines Still College, declared he and his twenty students have supervision over 450 athletes in Des Moines schools. All are given Osteopathic treatment, he said.

Freedom Is Limited

He declared, however, that "we don't have the freedom that medical men do. We work under their supervision." Dr. Halladay is a booster for his profession, and declared that "it is a coming thing."

Halladay demonstrated with a five-year-old skeleton on which
(Continued on page 3)



Football Dope

After much urging and hounding on the part of the Editor of the Log Book, we have decided that the only way to keep him quiet was to write up a little "dope" for the football squad.

The season is drawing to a close and we have two defeats and two victories to our credit and dis-credit. In the last two games the team has snapped out of a trance and played some football, with results known to all—two wins in as many days.

The squad has suffered from injuries. Hannon is out for the rest of the season with a bad ankle as a result of the Ellsworth game. Schwab has been compelled to quit because of an infected right leg. We hate to lose both of these men for even two games. "Brownies" memento of the Buena Vista game is clearing up and we expect to see him running the team in the K.O.C. game.

Several of the men are driving single and some a team of "Charley Horses." This breed of horses is not indicative of speed, but when inoculated with such spirit as was shown in Assembly on Tuesday, Nov. 4th, we are sure they'll be able to step pretty lively in the two remaining games.

The teams had one day's workout in the snow and the practice was opened with a lively "Fox and Geese" game, after which the boys settled down to learn some new plays the Coach had given out.

The backfield has been strengthened by the addition of Sheetz at one half, Shaw at the other, Platt at full, and Brown at quarter. Davis, Stafford, Russell and a number of others are all ready to fill in the backfield at any time.

The lineup is about the same as it has been all season with the exception of Ross in at left end. We are glad to see this, as Bobby has all the stuff necessary to play real football, and when he gets the chance, he uses this stuff. Highland and Lillard are pushing Ray Williams to a close race for the other end.

With a two weeks rest between the K.O.C. and Trinity games, we will expect the team to bring back another scalp and close a successful season.

ARE YOU WITH US?

R. P.

Are You Looking For a Location?

Dr. F. L. Bush of Wilkes-Barre, Pennsylvania, announces that the practice and equipment of Dr. A. F. Arthur of Hazelton, Pa., a city of thirty-four thousand, is for sale. This is the only Osteopathic practice in Hazelton. For further information, write Dr. Bush.

Fraternity Notes

IOTA TAU SIGMA

Due to the past publicity that Wadkins has been receiving we feel that we should not overlook the fact that he has made one trip home so far this year. It has been murmured that it was two-fold stimulation that took him home.

Pledge Gephart has received his weekly shipment of candy from Ohio.

Again the Crows Nest has been turned into a battle ground. Olsen and Skidmore were the main contestants with Olsen pulling the Big Munn stunt of hurling his opponent out thru the ropes.

Highland, who has been delving into anatomical research of late has discovered a new process on the rib. The terminology that he has given this process is INKLE.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi takes great pleasure in announcing the pledging of Jack Voss, '26, H. C. Belf, '27 and L. E. Shaffer, '27.

ATLAS CLUB

Brother Van Ness is an authority on used Fords. Having been the proud possessor of an ancient vintage from which he escaped near Grinnell, Iowa. Ask Van.

Brother John Voss has been pledged to Sigma Sigma Phi. We congratulate you, Jack.

Brother Lindblom is in the market for an alarm clock. He don't seem to be able to get to school on time.

Pledge Rockhill will be glad to tell you boys how to keep young. His latest accomplishment has been passing for twenty years old. For information on how to handle high school girls, see "Chuck."

Brother Ward is all wrought up on the Canadian election. He's one of those old time "grits."

Brother Halladay is back from another of his tours. As per usual he had an opportunity to use his reputation as an expert on the spine. We sure envy him.

Brother Nelson is not quite sure whether East 14th is too far for an evening's frolic or not. He says she sure is nice.

Brother Irwin has been spending most of his time lately getting ready for the second degree. Now, that the pledges have had their first degree. O, you pledge!

Pledge Harmon seems to be a little cockney. He will change soon.

Brother Phil Bryson claims there is only one girl in the world for him. We notice Phil goes home pretty often.

Brothers Richardson and Spencer are planning to get together and improve on their song—"I LOVE ME."

Brother Jones seems to be very popular with the women. Every time you see him he has a new girl.

Brother Trimble is sure true to that little girl back home. You never see him with any girl except his sister.

Brother Shaffer is feeling bet-

ter after his few days of illness. Brother Wise seems to be interested in a Des Moines girl. We hope he don't break any hearts back home.

There's a rumor that Brother Hoyt Reed is going back to the wide open spaces soon. It must be terrible to be in love.

Brother Evans announces that he is now on the faculty of the Des Moines University. He probably talked them into giving him a job.

Brother Harold Brown is gradually commanding the respect of the girls at one of Des Moines' foremost hotels, "The Aultum." He now has the title of "Daddy" bestowed upon him by all fair sex therein.

Brother Casey is the official draftsman of the pathology class.

PHI SIGMA GAMMA

The first Pan-Hellenic smoker was held at the PSG house Nov. 3rd. There was a very good talk on X-Ray given by Dr. Trenery following the business meeting. After Dr. Trenery's talk we were entertained by the pledges of the three fraternities, who put on some stunts.

A Halloween dance was given at the house October 30th. The chaperones were Dr. and Mrs. John Woods and Dr. and Mrs. Geo. Hurt. Everyone seemed to have a fine time, and here's hoping we have another soon.

Pledge Schwab has been told by Dr. J. P. Schwartz that he must quit football, owing to the great chance of infection in his injured leg.

Cupid has captured another of the Brothers, as Leighton Long has been minus his pin since the dance.

Brother Elsea's extensive night practice cause great trouble, as the Brothers won't keep quiet and let him study in the afternoon.

Brother Friend, we are also afraid, has been pricked by Cupid's dart. Watch your pin, Friend.

Worry, love, study, or something has caused a great decrease in Greiners curly locks. Be careful Howland, or you will lose your exalted position.

Brother Roy Davis still causes great heart disturbances among the fairer sex. Ask Morgan.

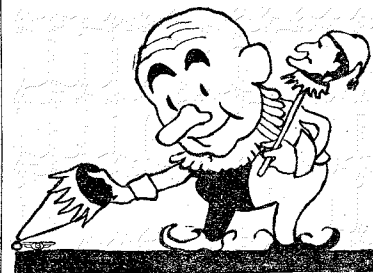
Beebe says he won't take Wright down to treat any more of his patients as he did once and lost a perfectly good girl.

Great and heretofore unknown talent has been discovered in Pledge Donaldson.

Pledge Shaffer has been given his first degree and is now able to be about again.

ALPHA XI IOTA SIGMA

Saturday evening, Oct. 31, the club was delightfully entertained at the home of Miss Helen Peterson, 1139 19th Street, by the pledges. Appropriate contests kept the actives busy for quite a while. Delicious refreshments were served, after which dancing was indulged in, everyone being loath to depart till the approach of the Sabbath.



QUICK, WATSON, THE NEEDLE

Some wise bozo recently remarked that "Football occupies the same relation to education that bull fighting does to farming!"

HEY, MR. BELL!

Coach Sutton in Freshman Chem.—"Can any one tell me something about nitrates?"

Buddy Gephart:—"Yes, they're a lot cheaper than day-rates!"

SILENCE SAFEST

"Sam do you solemnly swear to tell the truth, the whole truth and nothing but the truth?"

"Ah does, sah."

"Well, Sam, what have you ot say for yourself?"

"Jedge, wif all dem limitations you jes' put on me, ah don't believe ah got anything to say."

PLAIN TALK

"We must have evidence which no one dares dispute," said the judge, severely.

"That's what I'm giving, your honor," answered the witness. "It was my mother-in-law who told me."

A PERMANENT GUEST

"I have a new baby brother."

"Is he going to stay?"

"I think so. He's got all his things off."

A FAST WORKER

"Can your girl keep a secret?"

"Gosh, yes. We were engaged three weeks before I knew anything about it."

HASHING IT OVER

Mrs. Skidmore—"I want 10c worth of dog meat."

Butcher and owner—"I don't allow dogs in the apartment."

Mrs. Skid—"Who said I had a dog? I want the meat for my husband."

Butchers wife had neglected to sew a button on her husband's breeches and he was raising old Billy Cane about it.

"Well, I wasn't feeling just right to do any sewing last evening," she said. "Which is most important anyway, your wife or your breeches?"

"There's many a place I can go without a wife," was Butcher's grumbled reply.

John D., Jr., tells how by saving one drop of solder on every can of oil closed in one of his refineries, Papa Rockefeller saved \$50,000 per annum.

Little drops of solder

Saved on all he canned,

Ran dad's chicken fodder

Up to fifty grand!

—The Optimist.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation



The Power of Personality

The power of personality is one of the greatest forces in modern life. The man who would lift himself above the crowd must acquire it.

Personality is not often a God-given quality. It is possible, however, for almost every man to cultivate and strengthen his personality. Study and application will develop this valuable asset.

Charles E. Mitchell, president of the National City Bank of New York, said recently:

"Graciousness of manner, democracy; good fellowship, in the best sense; presence; carriage; the selection of proper language and expression; these and a dozen other qualities are the weather vanes of character that indicate personality and they all can be developed."

A man is judged by his character, and character is indicated by personality.

Avoid being eccentric, queer, moody and temperamental. Industry today is not searching for brilliancy or genius. The level-headed man with good judgment always at his command and sufficient personality to impress those about him that he knows what he is talking about, will rise above the erratic genius who is constantly reaching into the clouds for "the ideal."

Men with "strong personality" are in demand in every line of modern business as well as in the social world, but there are few calls for the genius who can look into the crystal ball and work commercial miracles.

Let the other fellow talk occasionally—you can't learn much listening to yourself.

Some people have an idea that to prove themselves optimists they must go around grinning like idiots.

Love at first sight may be all right, but my advice is, to take a second look before calling a minister.

You can do what you want to do, if you want to do it hard enough to do it.

Even As You and I

He was merely and average man.
His height was the average height;
He followed the usual plan,
And came from his office at night.

He had been just a freckle-faced boy,
Who made average marks at his books.
He matured with the wonted alloy,
And the common allowance of looks.

His wife and his children, of course,
Were about what the average had;
He lost out in stocks on the bourse,
And swore when his golf score was bad.

He kicked at the taxes he paid,
He voted the regular way,
He grumbled at every new maid,
And shaved off the stubble each day.

His morals were good of a sort,
He smoked two for a quarter cigars,
Kept up, through his paper, with sport,
And never got seats on the cars.

He slept the conventional eight,
He never neglected a meal,
He got bare on the top of his pate—

And was killed by an automobile!—(Maurice Morris in The New York Sun).

Are Our Bodies Immortal?

That death is not a natural event, but in its essence abnormal and accidental, and that bodily persistence through indefinite time is a characteristic of all living cells, is maintained by an eminent French biologist in a recent work reviewed by Lucien Chassaigne in Le Journal (Paris). The indefinite renewal of primitive animal life by division has often been cited by biologists, but until recently it has been believed that this could not be maintained forever. The work of two investigators in Russia, continued for thirteen successive years, during which five thousand generations of one of these creatures were recorded, makes it probable that this opinion is an error and that living matter in itself is not subject to natural death. Writes Mr. Chassaigne: "Under the title, 'Immortality and Rejuvenation in Modern Biology,' Dr. Metalnikov, of the Pasteur Institute, has just published a volume that should be read by those who have deliberately decided to grow old and die. Here is the first sentence of the concluding chapter:

"What we have just written forces us to maintain our conviction that immortality is the fundamental property of living organisms." And further on, 'Old

Halladay at Washington

(Continued from page 1)

all the bone tissue and ligaments had been preserved perfectly. It is declared the only skeleton thus preserved in existence. The process is a secret method he has devised.

The ghostly stranger possessed the supernatural power of being as elastic in the joints as a living human.

CONCERNING WOMEN—

I say unto thee:

It is easier to find a pet fly in a butcher shop than a woman who can sharpen a pencil.

Women are like pins—no good when they lose their heads.

The flapper is the twentieth century form of perpetual motion entirely surrounded by carelessness.

A widow is lucky. She knows all about men, and all the men who know everything about her are dead.

Wife; 1. In good society, a publicity agent who advertises her husband's financial status thru conspicuous leisure. 2. In the sub-merged tenth, a punching bag and something handy for batting up flies. 3. A man's mental mate, and therefore his competitor in the race for power.

CONCERNING MEN—

Men do not vary much in virtue; their vices only differ.

Men in gym suits are all on an equality.

"Men are like chairs," writes a woman in foreign exchange. "They vary in shape and size, but all can be set on. Some men are like mahogany chairs, they lose their polish in a little while. Some are like Chippendales, they need delicate handling. Some are like plush upholstered chairs, one cannot stand them on a hot day. Others are like parliamentary seats, they have to be won. Some married men are like desk chairs—they are always being dragged about. Some are like rocking chairs, they put you to sleep—and finally, some men are like benches, it takes more than one woman to sit on them—a wife and a mother-in-law."

age and death are not a stage of earthly existence.'

"This, I repeat, is set forth under theegis of a scientific establishment that has no equal in the world and of a scientist whose opinion is universally respected. What shall we say of it?"

"Most religious and philosophic systems assert the immortality of the soul. The idea seems contradictory to all that we know, or think we know, of animal life. Animals originate as a tiny germ which becomes an embryo developing into an adult organism that grows old and finally dies. This means the disappearance of all the faculties of life that so clearly distinguish it from an inanimate object. Now there is no scientific evidence to show that at this moment the 'soul' does not disappear with the body, and that it continues its existence

(Continued on page 4)



The Observer Says:

The trip to
Kirksville
Has impressed the
Newly-weds
That two may live
As cheaply as one
But
Not travel
We wonder if the
Officials of the
Game
Will use the same
Set of rules
This year
That they did the
Last time
Angus says the
Young duckling
Must have been
Terribly
Embarrassed
When he discovered
That his first
Pair of
Trousers were
Down
Dr John Woods
Remarks that the
Fact that he always
Takes a
Toothpick
When he buys a
Cupscoffee
At the Greasy Spoon
Across the way
Is merely an outcropping
Of his
Scotch ancestry
While Sheriff Reeds
Lament is
Oh
For the great
Open spaces
Where men are
Silent and strong
And women are
Dumb
Pewee Ewing
Claims to be
The strongest man
In the world
He carries
Twenty Camels
In one pocket
Somebody was razing
Mary Jane
In dissection the
Other day and she
Came back as follows
You may think you're
The answer to a
Maiden's Prayer
But you're the
Missing Link
To me
Period.

Legislation Big Subject at Convention

"Legislation was one of the most important subjects discussed at the recent meeting of the Middle Atlantic States Osteopathic Association," says Dr. Halladay, who has just returned from the East.

The Osteopathic law of the state of New York was the instigating factor in the discussion. It seems that the Empire State practitioners are just beginning to realize that the supposed "high standard" bill has been working to their detriment rather than to their advantage and are beginning to become worked up over the matter. Upon investigation, they find that their position has been much weakened rather than strengthened as was predicted some years ago when the legislation in question was passed. Numerically the number of Osteopaths practicing in the state is lower than eight or ten years ago. They are not attracting sufficient new blood to off-set the number that retire or die during the year. The situation is indeed becoming quite serious. A remedy is needed at once if the profession is to progress in that state as it has in the others.

The present law requires, in addition to the complete Osteopathic course, a year of high school physics, chemistry and biology. Then after completing this augmented course, the doctor is not permitted to practice Obstetrics, Gynecology, nor Surgery. Some suggest the dropping from the college curriculums the three prohibited subjects and replacing them with the three high school requirements, but this suggestion meets with little or no approval because college authorities can not see the advantage of weakening the Osteopathic course, merely to comply with the legislative whims of one state out of forty-eight. Others recommend the addition of the extra requirements of New York, thereby extending the regular course of instruction a year, but this plan does not meet with the college approval for the same reason. Why should the Osteopathic colleges lengthen their courses, increase the financial cost of the course, merely to accommodate one state? Such action would be absurd.

Yet another possible solution would be to drop the three prohibited subjects from the Osteopathic curriculum and in their stead give the three high school requirements to students who were desirous of practicing in that state, but this plan would not be in harmony with the law, as it requires the complete Osteopathic course of instruction, and with the elimination of Obstetrics, Gynecology and Surgery, the Osteopathic training would not be complete.

The remedy must come from a legislative angle. It must come soon or the profession will lose the prestige and foothold they have already acquired.

The Osteopathic Lesion

The following letter was received by one of the students after he had written his father, an Osteopath, regarding an argument he had had with one of the Professors in regard to the advisability of soft tissue work before correcting a lesion, and as to whether the bony lesion was a primary or secondary condition. It is real Osteopathy and we hope that all who read it in these columns will appreciate it as well as we, who have read the original letter:

Dear Son:

Your letter of Monday came in today and we are glad to note that you seemed more satisfied with the last two game of football. We are hoping that you have as good success with the K.O.C. when you play them.

The Doctor you spoke of seems to be like a lot more Osteopaths, who run the primary bone lesion to death. It is hard to imagine a condition in which we have a locking of an articulation that is not maintained by the lesion of the periarticular tissues, and largely the ligamentous tissues at that. If there is an attempt to set the bony irregularity without a reduction of the tissue tension surrounding it first, the bony abnormality will recur in a short time because the lesioned condition will continue. In fact, stretching of the tissues around articulations at fault is the best method I know to use in treatment. When the tissues are thoroughly relaxed the articulation tends to assume its proper relations. It is hard to conceive a joint sticking without outside tension.

A lot of lesions are brought about by a movement that is a little wider than usual, thus straining the ligaments slightly. The reaction of these ligaments is contraction, and this tends not only to limit movement, but to hold the bones in an abnormal relationship. We don't think of nerves to the fascia, but there is certainly some factor there that brings about contraction of this tissue very rapidly in response to certain impulses from sensory system of nerves. A large amount of what we have considered as contracted muscle, I believe, is really the contraction of the fascia of those muscles interfering with the drainage from the muscle tissue.

In the case of the man with the gastritis, you will probably find a tender lesioned area in the lower thoracic. This may be secondary to lesions in the lower lumbar which upset the balance above. Diet in such cases simply means, limit the quantity and variety of food until your work on the lesioned area restores the stomach function. Don't try to find food that a bum stomach can utilize, but fix the stomach so that it can digest anything within reason.

DAD.

While figuring you are entitled to a larger salary than you are getting, it is well to remember that figures often lie.

Are Our Bodies Immortal?

(Continued From Page 3)

separately. Biologists can not even conceive the separation of soul and body, so strong and indissoluble are the bonds that unite all our phisic manifestations with our bodily life. An immortal soul for them would have to mean an immortal body. But what if it were even so? What if our bodies were really indestructible? This is what Dr. Metalnikov sets out to prove scientifically.

"Death is a permanent and tangible phenomenon only in the case of man and the higher animals. It is not so for plants and for the simple animals or protozoans. These last, composed often of a single cell, just observable under the microscope, are nevertheless without the chief faculties that characterize the higher animals. They move about by means of their vibratory cilia, seek their food, hunt creatures smaller than they, react to irritation of various kinds, and multiply. But this multiplication is not effected by means of special organs as in the higher animals, but by the division of the whole organism into two equal parts. The common infusoria that abound in fresh water thus divide once or twice every twenty-four hours. Each daughter cell continues to live like the mother cell of which it is the issue; it feeds, grows, and divides in its turn. And never, in this constantly renewed cycle of their life, do we meet with the phenomenon of natural death, so characteristic and so universal in the higher animals. The infusorium is subject only to accidental death, such as we may cause by the addition to the water where it lives, of some poisonous element, or by heat.

"Experiments on this matter are of early date. The first were by De Saussure in 1679. Having placed an infusorium in a drop of water, he saw it split up before his eyes. Four days later it was impossible to count the number of creatures. Some authors thought that this reproductive facility was not unlimited. Maupas, who forty years since made a minute study of it and succeeded in observing 700 successive generations of a single species, thought that it was finally subject to old age and death.

"But the more recent work of Joukovsky at Heidelberg, of Koulagin at Petrograd, of Calkins in England, of Weissmann, and of others, leads to the contrary opinion. The degeneration observed by these workers was due to auto-intoxication caused by not renewing the culture-medium.

"Decisive experiments were made in Russia in 1907 by Woodruff and by Metalnikov himself. Begun at Tsarkoi-Selo, they continued until the tragic days of the 1917 revolution and were renewed at the University of the Crimea. These investigators took an infusorium found in an aquarium, whose characteristics are well determined, and in thirteen years, in 1920, had obtained

5,000 successive generations. They consequently had come to study minutely the conditions of reproduction and nutrition. They were able to determine the artificial causes that lead to disappearance or enfeeblement and to conclude that they were numerous and often apparently very trivial. Fortunately so, since the reproductive power is so great. A few figures may give some idea of the energy at the disposal of this simple cell in the creation of living matter.

"If we suppose that each infusorium divides once a day (it really does so oftener), in thirty days it would produce 1,073,741,324 infusoria.

"In two months the number would be so great that it is hard to express it in figures. It will be more convenient to do so by dimensions.

"Supposing a cubic millimeter contains about 1,000 infusoria, we shall have in forty days a billion cubic millimeters of infusoria or a cubic meter (about a cubic yd.) of living matter, in two months we shall have a million cubic meters, and in four months the volume of living matter produced by a microscopic creature would be greater than that of the earth itself.

"According to Woodruff's calculations, an infusorium will produce in seven years about 4,473 generations, so a number of cells expross by the number 2 raised to the 3,340th power. This would form a protoplasmic mass more than 10,000 times as large as the earth.

"Some thought is necessary to get an idea of the extraordinary creative force posessed by a microscopic living cell that assimilates and builds up its protoplasm with such marvelous energy and speed.

"In several hundred years, the necessary conditions of nutrition and reproduction being maintained, a single living cell would in its multiplication fill the entire visible universe, including the sun and planets.

"We are thus forced to say that a unicellular body possesses within it the power of immortality.

"Now we, ourselves, are made up only by the juxtaposition of simple cells."—(Literary Digest).

A marriage license is often the best insurance policy against forgetfulness.

Life is full of ups and down—keeping expenses down and appearances up!

A good motto for any married man. "Be sure you're right—then put the soft pedal on that I-told-you-so stuff."

Men are like corks—some will pop and others have to be drawn out. It depends on the stuff they have in them.

If you decide to be clever, you will find lots of competition, but if you elect to be plain, old-fashioned, honest plugger, you will have plenty of room to work out your plan.

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Volume 3

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Number 10

A Round Trip

It is rather difficult to chronicle the events and happenings of one hundred and thirty different students in a strange town, but we will try and do our best, if you feel that you have been neglected, remember that every happening may not be advisable to be put in print.

The D.M.S.C.O. team and pep squad left the school campus shortly before the hour of eight on the evening of Nov. 6th and marched to the Union station, where they embarked upon the two special coaches, Kirkville bound. The band was so winded from playing the march that they decided there would be no further music and we were lulled to sleep by the sweet strains produced by "Red" Maxfield on the gas alarm. He also serenaded each town he passed through.

A gentleman's stag party was conducted in the smoking compartment of the first car. Dominoes and Alabama Mah Jong being the principle modes of entertainment. The latter game predominated much to the enjoyment of some participants.

Arriving in Kirkville at 1:10 a. m. we were greeted with a welcome that was not even second to the one we receive when we arrive home in the spring. This welcome was made up of the greatest part of the K.O.C. student body and their band. We were greeted by the strains of "The Old Gray Mare." Our team was escorted to the Stephenson Hotel by the crowd and there left so that they may secure a good night's rest.

On Saturday morning a parade made up of the students from both schools wended its way thru the thoroughfares of the small but teeming town. The different organizations of the K.O.C. were represented by very pretty and unique floats.

Before the train had arrived at Kirkville, old Jupiter Pluvius had presented us with his calling card in the shape of a slow drizzle. It continued to rain all night, and the next morning we were presented with sleet, hail and a driving blizzard. The latter continued throughout the day, stopping only after the game was finished.

Following the evening meal the K.O.C. students and faculty entertained us with a dance in the Geo. A. Still Memorial Building. The music was furnished by Pete Forsyth's orchestra and was very much enjoyed by everyone.

We are not able to find words of thanks to give the Kirkville students for the way we were received and entertained by them.

(Continued on page 3)

D.M.S.C.O. vs K.O.C.

At 2:30 p. m. Nov. 7th the Still College "Sheepshearers" met the K. O. C. "Rams" in mortal combat on the battle field of the Kirkville State Teachers' College.

A blinding blizzard had been raging since 11:00 a. m. and the field was covered with a two-inch blanket of snow, which had obliterated the lines.

Still kicked off into the wind to the Rams who returned the ball a short distance. An exchange of punts gave the Rams the ball in the Still half of the field, but thruout the first period the teams were unable to score.

With the change of goals Still was strengthened by the strong wind from the north. Still kicked to the Rams' 15 yard line and the Rams tried to run the ball back but on the second down a disastrous fumble by Swain was recovered by Platt and Still had the ball on Kirkville's 10-yard line. From there it was only a few minutes until the ball was carried over the Rams' goal by Sheets. The ball had been advanced by pure old-time football right thru the center of the line. Every man in the back field had his chance on these plunges and each made a gain. Sheets carried the ball over on an off tackle smash, after the Rams had been sucked in towards the center of the line by the headwork of quarterback Brown. Myers failed to kick the slippery oval over the crossbar.

The third quarter started with Still playing with the wind again but after much hard playing the period ended with neither side scoring.

With the exchange of goals, the Rams started an aerial attack which at first was fruitless until Soule, Kirkville's left end completed a toss of Whitesell's and ran for a 40 yard gain. He was stopped from behind by Brown. At this point Still was penalized for tripping, and Kirkville had the ball on the Still one-yard line. In three plays the Rams were able to push the ball over for a touchdown. The attempt for point after goal was unsuccessful, leaving the score tied, 6-6, and the game ended with the same score.

The game was marked by a great deal of fumbling on both sides. This cannot be blamed on the players, as the ball was literally an oval of ice. The players were forced to wear cotton gloves to protect their hands and this also hampered them in handling the ball.

Whitesell and Platt punted to

(Continued on page 4)

State License Renewal Fees Past Due

The annual renewal fee of \$1.00 on certificates to practice Osteopathy in the State of Iowa, are past due.

The State Board of Health informs us that this annual fee is due and payable June 30th of each year, at which time all certificates expire. The fee is to be paid direct to the secretary of the examining board of the profession issuing the certificate or license.

This is the first year this law has been in effect in the state, and there has been some misunderstanding on the part of the practitioners. The fee should be sent in at once to the secretary of the examining board and your certificate will be renewed until June 30th, 1926.

Masonic Club Sponsors Dance

The Masonic Club of the college were the sponsors of an all-college dance held at the Grant Club on November 20th. The music for the affair was furnished by the Melrose Aces and was not lacking in pep.

Dr. A. B. Taylor, Dr. and Mrs. H. V. Halladay and Dr. and Mrs. Geo. Hurt acted as chaperones.

Canada to Pass Law

TORONTO, Nov. 19—(Special) "Too much importance is being placed upon limited 'trade diseases' recognized by the compensation boards," asserted Dr. W. O. Hillery, director of Industrial Health Service of the American Osteopathic Association, who delivered an address before the semi-annual meeting of the Ontario Association of Osteopaths here. "The industrial army of Canada and the United States suffered a loss of 300,000,000 working days last year, one-half of which should have been prevented," he said.

Dr. E. O. Millay, Montreal, talking on behalf of the Canadian Association, stated that a Bill was to be put through the House at Ottawa this winter in the form of an amendment to the Dominion Medical Act, whereby the doctors of Osteopathy would be accorded full recognition, in that they possessed the same qualifications as the older medical profession.—(Montreal Daily Star).

1926 Stillonian Staff Elected

On the strength of her ability and past experience, the Senior class recently elected Lois Irwin Richardson, Editor-in-Chief, of the 1926 Stillonian. As her first assistant, the class chose D. H. Skidmore as Associate Editor.

This year the staff will have the entire year to secure their material, will be guided by experienced hands at the business and will have the whole-hearted backing of the student body. When we consider that the 1925 year book was published in six weeks by a group of students who had had no experience and was such a decided success, it is hard to think what this volume will be.

The subordinate members of the staff and the departmental editors are already hard at work securing their material, and we will no doubt soon be hearing Homer Sprague in chapel raving about "glossy prints" and turning out for class pictures.

It's up to the members of the student body to get behind the staff and give them all the assistance possible. They can not do all the work alone. Start now to save and hand in the jokes of your favorite Profs., good snapshots you take and various other things that all go to make up a real, up-to-date "collegiate" year book.

The balance of the staff selected to assist Mrs. Richardson and Mr. Skidmore, are as follows:

Alumnae and Faculty Editor.....
Photographic Editor.....
Clinics Editor.....
Organization Editor.....
Hospital Editor.....
Humor Editor.....
Sports Editor.....
Art Editor.....
College Editor.....
Business Manager.....
Faculty Advisor.....
Walter Hagman
Dr. John M. Woods

Cupid Wings Two More

The cherubic God of Love and, in the modern version of Mythology, Toughluck, has winged two more D.M.S.C.O. students. Both Don Weir and Clyde Conn, graduation aspirants of the senior B class, have fallen before the wiles of the stronger sex.

Don and Miss Olive Lenhart, '28, were married in Adel, Iowa, on November first. Clyde and his choice have been putting one over on us, as they were married back in Ohio last August.

'25 Football Season Ends With Scoreless Tie

The 1925 Still College football season closed November 21, when the Purple and White battled Trinity College of Sioux City to a scoreless tie.

The team left Des Moines Friday afternoon for the two hundred and fifty mile trip by motor bus. Arriving at Sioux City in the evening the team enjoyed a good night's rest prior to the game, so that when the whistle blew for the opening of the contest, the team was in excellent condition.

From the onset, the battle was hard fought and was close from beginning to end. Most of the play taking place in the center of the field. The game resulted in a punting duel with Platt of Still holding his own with the strong Trinity kicker.

The past season has indeed been a success from all angles, and Coach Sutton is already busy arranging the schedule for next season. Still will not suffer greatly by graduation, in numbers lost. Captain Myers played his last game Saturday, and his loss will be the greatest to the team.

Pan-Hellenic Party

The first Pan-Hellenic party of the year was held November 13th at the Hotel Commodore. The Melrose Aces supplied the necessary musical encouragement and the chaperones were Dr. and Mrs. Geo. Hurt, and Dr. A. B. Taylor.

Pan-Hellenic representatives for this year are Iota Tau Sigma, Jones and Skidmore; Phi Sigma Gamma, Rader and Elsea; Atlas Club, Evans and Reed.

Senior B's Elect Officers

At a recent meeting of the May, 1926 class, officers were elected to guide their ship of state through the turbulent period preceding graduation. For President the class chose John Voss and as Secretary-Treasurer, W. R. Marlow.

Be courteous to all, but intimate with few; and let those few be well tried before you give them your confidence. For true friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation. Let your heart feel for the affections and distresses of everyone, and let your hand give in proportion to your purse: remembering always the estimation of the widow's mite, that it is not every one that asketh that deserveth charity: all however, are worthy of the inquiry, or the deserving may suffer.

Do not conceive that fine clothes make fine men, any more than fine feathers make fine birds. A plain genteel dress is more admired, obtains more credit, than lace and embroidery, in the eyes of the judicious and sensible.—(George Washington in a letter to his nephew, Bushrod Washington, 1783).

Fraternity Notes

ATLAS CLUB

The Atlas Club wishes to thank the Axis Chapter of Kirksville, and also the Accacia Club, for their hospitality to us during our short sojourn in the "Home of Osteopathy."

Brother Woofenden received a very mysterious call not long ago at 2:30 a. m. It was not an O. B. call, either. We hope he will explain things soon.

Any Brother who desires to give a little money for a good cause, see the writer of this column. I am taking up a collection to buy Brother Sheetz a carton of cigarettes. Did you ever meet him but what he wanted a "Camel"

Brother Dam has been thinking very seriously of giving Osteopathy the "go by." He intends to do quite extensive work along the line of "anatomical research."

There is a rumor around that Brother Ward is trying to raise a mustache.

The second degree was given the pledges on Nov. 19th. We congratulate the new Brothers.

Brother Voss is working hard with one of the prominent dancing instructors to improve the Charleston.

The Inter-Fraternity dance was enjoyed by all the Brothers. The Pan-Hellenic committee deserves a lot of credit for its success.

Brother Stan Evans is spending all his spare time trying to increase the speed of his Ford. He claims it will go 30 miles an hour now. Some car!"

PHI SIGMA GAMMA

Two of our Brothers surprised us by announcing their marriage. Both Brothers Conn and Weir furnished very good cigars, Congratulations, fellows.

Brother Moco Elsea still makes his nightly trip to the dormitory to call up his girl who lives across the street.

Our stove and other supplies for the new table have arrived—from the looks of things we sure are going to eat.

Brother Lard Lashlee, our new steward entertained about twenty women one afternoon recently. He said it was strictly business, but who knows.

Brothers Roy Davis, Greiner and Lashlee made a trip over on Sixth avenue in the interest of Beebe the other night. For particulars, ask them.

The pledges all survived "Hell Week" in fairly good condition. Pledge Donaldson has some new playmates in the "Bison" at one of our local parks.

Monday night there were three women who wanted to nurse Bro. Pres Howe, when, being unable to get in touch with him on the 'phone, they thought he was sick. How do you do it, Pres?

Brother Long hasn't fallen in love for the last week or so. You're improving, Long.

IOTA TAU SIGMA

Brothers Shaw and Russel were week-end visitors in the Swede metropolis this week. During Shaw's absence the employment agency was taken over by Bros. Nowlin and Wadkins.

Brother Marlow and Pledge Rhode do not seem to have any trouble in meeting their dates, but the great difficulty has been in keeping with them after they arrive. Tell a story, son.

From now on none of the Bros. are to stand on the registers if they are wearing their damp clothing. This is to aid the firemen in keeping the furnace going.

Brother Benin has purchased a new Snore Cure apparatus for the house. The presentation took place a week ago last Monday night, with all of the fine movements that were appropriate in such occasions. May the apparatus prove to be ever so appropriate.

Pledge Gephart sent a brick to his girl and in order to square himself he told her it was out of the state house.

From the way that Skidmore has been watering things around the house, we feel that he has missed his calling. He should have been a milkman.

By the time Pledge Gephart leaves school he will have spent forty-five days writing letters to one person back in Ohio. Such were the figures after Pledge Sluss had figured it all out.

"Three O'clock in the Morning" is the new tune that Shaw has been singing, accompanied by Pledge Herrick, since the Ford plant put on three shifts.

The Turkey Trot will be held on the evening of Nov. 25. From all indications it will be one of the big digs of the year.

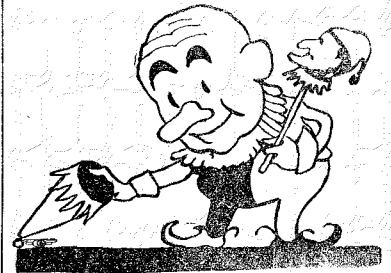
England Appeals For More Osteopaths

In today's mail a letter from a woman in Gloucestershire, England, reads as follows: "We badly need a resident Osteopath in this section. England is ripe for Osteopathy; people are tired of drugs and operations and nursing homes; we need an Osteopath in every large town. London is fairly well provided.

"An Osteopathic physician did more for me in a few treatments than any M. D. or other treatment achieved during fourteen years. It has cured three people I have sent, who would otherwise have been dead, in an asylum, or operated upon.

"I am for Osteopathy and with the magazine help to spread the good news wherever and whenever I can. Those of us who have been cured or benefited by Osteopathy would like to have an overhauling regularly."—O. M., 8-25.

A great deal of the joy of life consists of doing perfectly, or at least to the best of one's ability, everything which he attempts to do. There is a sense of satisfaction, a pride in surveying such a work—a work which is rounded, full, exact, complete in all its parts—which the superficial man, who leaves his work in a slovenly, slipshod, half-finished condition, can never know. It is this conscientious completeness which turns work into art. The smallest thing, well done, becomes artistic.—(William Mathews).



PROMINENT WOMEN

The local Police Matron was being examined in general cliic. Clinician: "Here is a prominent woman—"

Clyde Conn: "Yes; I've seen her lots of times."

Clinician: "She is the matron at the police station."

THE WRONG FORMULA

Mrs. Newlywed (D.M.S.C.O. Graduate)—"I just knew if I kept that old chemistry book around the house I'd get it mixed up with the cook book some time."

NOT SO DUMB

Susie — "I want some fairy tales."

Stude in Branch Library—"Say, lady, you can't fool me, I guess I know that fairies ain't got any tails."

HOME. SWEET HOME!

"Who's the Speaker of the House?" roared the political science Prof. during an oral exam. "Mother," responded the meek looking Frosh in the corner seat.

SERVICE DELUXE

Diner: "I don't like some of these flies."

Reg. Platt: "Well, pick out the ones you don't like and I'll kill 'em for you."

STYLE'S CHANGED NOW

"Why's a lady's veil like a mud puddle?"

"They're both in the road."

GET THE 'BAWL' LATER

Dumb Frosh: "Hey, what's a chain store?"

Don Weir: "A place where you buy a marriage license."

Poor Co-Edna! She thought the doctor was trying to flatter her when he told her that she had acute appendicitis.

Co-ed: "Don't you hate the way this wind blows, Phyllis?"

Ditto: No; I'm not bowlegged."

IN CHAPEL

Houghton: "Why aren't you singing, old boy?"

Cummings: "My mother told me to beware of wine, women, and song. I've given up singing."

Height of Optimism

Our idea of the height of optimism is a 90-year-old gent buying a new suit with two pair of pants.

You've Seen 'Em

Little Boy: "Look, ma, the circus has come to town; there's one of the clowns."

Ma: "Hush, darling, that's not a clown, that's just a college man."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

K.O.C. Hospitality

The K.O.C. faculty and student body are certainly to be congratulated on knowing all the fine points relative to the entertainment and care of visitors.

When the D.M.S.C.O. delegation arrived in the Missouri town at 1:10 in the morning, they were met by a large majority of the K.O.C. students and faculty, and the local team was escorted to the hotel. The Kirksville fraternities and clubs had previously made all necessary arrangements for the night's accommodations for the hords of visitors that descended upon them. As a result, within a very short time after the arrival of the train, the entire gang was snugly "tucked in" for the night.

In the morning the K.O.C. student body staged a "real" parade, composed of student organizations, fraternity floats, bands and everything that goes to make up a parade.

As a fitting climax to the day's success, the dance held in the evening at the Memorial Building was thoroughly enjoyed by everyone.

The entire program could not have been improved upon, and the K.O.C. is to be congratulated upon the showing they made. A true fraternal spirit prevailed, and the student body and faculty of D.M.S.C.O. is anxiously awaiting an opportunity to reciprocate.

EDUCATION

Education does not mean to teach people what they do not know. It means teaching them to behave as they do not behave. It is not teaching the youth the shapes of letters and the tricks of numbers, and then leaving them to turn their arithmetic to roguery, and their literature to lust. It means, on the contrary, training them into perfect exercise and kingly continence of their bodies and souls. It is a painful, continual and difficult work to be done by kindness, by watching, by warning, by precept, and by praise, but above all—by example.—(John Ruskin).

The humblest bit of matter, half real as it is, has more claim on our reverence than the most eloquent unreality that ever got itself decked out in human speech.

All is alive, and it is one life, plainly an immortal life, that animates the whole.

The Man Behind the Smile

I don't know how he is on creeds,
I never heard him say;
But he's got a smile that fits
his face
and he wears it every day.

If things go wrong he won't complain,
Just tries to see the joke;
He's always finding little ways
Of helping other folks.

He sees the good in every one,
Their faults he never mentions;
He has a lot of confidence
In people's good intentions.

You soon forget what ails you
When you happen 'round this man,
He can cure a case of hypo
Quicker than the doctor can.

No matter if the sky is gray,
You get his point of view;
And the clouds begin to scatter,
And the sun comes breaking through.

You'll know him if you meet him,
And you'll find it worth your while—
To cultivate the friendship of
The "Man Behind The Smile."

Men should be judged,
Not by their tint of skin,
The gods they serve,
The vintage that they drink.
Nor by the way they fight,
Or love or sin—
But by the quality
Of thought they think.

A Round Trip

(Continued from page 1)

The different fraternity houses were turned over to us and we certainly appreciate their hospitality. We hope to do the same for them next year when they come to Des Moines.

Our train left at 1:45 a. m. and soon after the dance we were headed back for Des Moines, and outside of a few casualties and minor happenings, the return trip was uneventful. One of the co-eds was frightened so by an apparition of a Neanderthal Man that she slept little on the way back.

We are only waiting until next year to welcome the K.O.C. up here and return their hospitality—and beat them at football.
By "GOSH"

Men who have any considerable amount of money never have much to say about it. Same rule applies to those having religion.

It is the eyes of other people that ruin us. If all but myself were blind, I should neither want a fine house nor fine furniture.—(Franklin).

When you have learned how to be friendly with your employees without having them become familiar with you—you're the real boss.

From the Field

The letter, recently published, from Dr. Casey of Decatur, Ill., has accomplished one purpose at least. It has elicited a reply from Dr. W. T. Thomas, the president of the Washington Osteopathic Association, relative to the title "Bonesetter" as bestowed upon Osteopathic athletic aggregations.

The Log Book always welcomes letters from the field, in fact they're too scarce. We only wish some more of you fellows like Drs. Thomas and Casey, would uncork and let us know what you think about things.

Here's what Dr. Thomas has to say about "Bonesetters":

In the Log Book received today I notice C. O. Casey, D. O., letter regarding to the names applied to Osteopathic physicians, viz: "Rubber Doctors" and "Bonesetters." I well remember the first time I heard the latter name. It was back in Kirksville in 1898, in the Columbian School of Osteopathy. I was assistant secretary when a letter came addressed to "M. L. Ward, L.B.S." I was puzzled and asked Dr. Ward what it meant. He explained to me that he and Dr. Still some years prior to that were called "Lightning Bone Setters." Now Dr. Casey may object to the name, but I would be tickled to be called "Lightning Bone Setter," a name on par with those two most wonderful men as I knew them.

You will please pardon me if I express myself like this: Would not The Log Book do more good for Osteopathy if there was more Osteopathy and not so much sports in the pages? I do not mean long articles, but short ones that the average young man and women would read.

Very truly,
W. T. THOMAS, D. O.

A Comb Ran Thru My Hair
"Yeh, my sister had an awful fright last night. A big black spider ran up her arm."
"That's nothing. I've had a sewing machine run up the seam of my pants."

Some Best Things

The Best Law—
The Golden Rule.
The Best Education—
Self-knowledge.
The Best Philosophy—
A contented mind.
The Best Medicine—
Cheerfulness and temperance.
The Best War—
The fight against one's own weakness.
The Best Music—
The laughter of a child.
The Best Art—
Painting a smile upon the brow of a child.
The Best Science—
Extracting sunshine from a cloudy day.
The Best Telegraphy—
Flashing a ray of sunshine into a gloomy heart.



The Observer Says:

This is the
Final appearance of
The Green Soap Box
The management
Has secured the
Services of
Alkali Ike
A world renowned
Slinger of the
Merry Vitrol
Treat him kindly
Since the last issue
Sheriff Reed
Corrects the
Observers statement
Regarding
Kansas
It should be
Out where
Men are Men
And Women are Safe
In Books
Imagine
If possible
Robinson's
Discomfort
When he realized
After being
Rudely awakened
From his post luncheon
Nap
And had started for the
Door
That class wasn't
Dismissed
But that
Dr. Lola
Was only giving
The customary
Standing up
Exercises
The Seniors
Have finally
Decided
That they need
Guiding and
Have elected
Some officers
Since the last
Chapel
Several students
Have been attempting
Character Analysis
With varied
Results
To alleviate
Missing 8 A M
Classes
All boarding houses
Catering to
D.M.S.C.O. studes
Are to install
Short beds
So the boys
Won't sleep
Long
Period.

D.M.S.C.O. vs. K.O.C.

(Continued from page 1)
and even draw. Frew of Kirksville showed up as a ball carrier and his equal on Still was Sheets with Shaw a close second. On the line, Myers and Dornbush for Still played a real brand of football. Walters and Thompson for K.O.C. also played a good game. Thompson was out of the game in the last half, due to an injured shoulder.

Very few substitutions were made on either side thruout the whole game—Kirksville making four, and Still three.

The lineup:

K.O.C.	Still
Wagnerle.....	Lillard
Thompsonlt.....	Myers (c)
Walterslg.....	Thomas
Bradfordc.....	Graham
Downingrg.....	Dornbush
Nayrt.....	Walker
Soulere.....	Williams
Frewqb.....	Brown
Schielefb.....	Platt
Whitesell (c).....lh.....	Sheets
Swainrh.....	Shaw

Substitutes, K.O.C.: Connor, Jenkins, Shure, Gaskeen. Still: Ross, Stafford and Hughes.
Officials: Referee, Lampke, Northwestern U; Umpire, Mills, U. of Missouri; head linesman, Kistler of Central College.

A party of Leland Stanford students paused on the rim of the crater of Vesuvius. As they peered into the seething mass of horror below them, one exclaimed in an awed tone: "Don't that beat hell?"

Some Englishwomen were standing near and evidently overheard. One of them remarked to the others in her well-bred, distinct voice: "Isn't it remarkable how widely these Americans travel?"

I'd like to be a could-be,

If I could not be an are,

For a could-be is a may-be,

Witha chance of touching par.

I'd rather be a has-been

than a might-have-been, by far,
For a might-have-been has never been.

But the has-been was an are.

The Round-Up

This hyar "Observer Says" person is goin' on an extended vacation, so the editor tells me, and he ast me if I wouldn't ride herd fo' him a little while, seein's how me an' him usta break brones togethah I couldn't very well turn him down on this brandin'. As I get the idea, he wants me to run a little colum' of, this often talked of but seldom heard, constructive criticism. That is what I'll try and do, and I hopes that all will take it in the sperit it is offered. My name is "Alkali Ike" and alkali is purty caustic at some times. Hyar we go—rid'em, cowboy!

The fust thing I want to do is ter comend the three Fraternal o'ginizations on the step they took in movin' theah smokin' room to the basement. There are only a few of the boys who still smoke up stairs, an' we're hopin' to see them change theah fumigatin' headquartahs along with the other men.

Theah is a great possibility that if all this hyar weed burnin' is confined to the lowah regions, that somethin' may be done about the extra loud bell ringin' that announces the end of the assembly houh on Fridays. This bell sounds kinda funny bustin' in on the tail end of a speaker's talk, so loud, and looks like we wanted to shut him up "Pronto," an' we wanter make a good impressun on ouah visitors.

We have noticed a funny lookin' black box hung on the downstairs hall. It reminds us of those theah gum machines we usta see when we was kids. Howevah, we understan' that this contraption is a pay fone. Looks to me like it will get kinder cold standin' out theah in that hall without no shed ter keep it warm. If it had been put in one of the treatin' rooms it could be used ter give patients one of those new kinda radio treatments, but on secon' thot, we come to the conclusion that the doctah givin' the treatment would have ter pay his own fee.

I've got to go out and round up some mavericks fo' next issue—so will leave yu till then—
ALKALI IKE.

Doctors and Panaceas

All the world hunts for the miracle. Each human hopes to rub an Aladdin lamp. Every patient seeks a panacea to cure him easily and quickly of his ills. The physician in the good old days of "the family doctor" taught his trusting patient that wonderful healing powers were stored in every one of his pills, and with his faith untouched by modern insidious doubt, the patient listened to his advice and he performed miracles with his pills and potions.

Cures, even miracles were then, and are now, performed by medicines, but if the doctor promises a cure directly or indirectly and it proves to be only a palliative or a false promise, what then? Will the patient or the public retain confidence in the noble art of medicine so patiently and consistently moulded by that ancient institution, "the family doctor"?

No, the present day doctor is even now reaping the whirlwind of misplaced confidence in his ability. He rebels against the insidious propaganda of the quack, the cultist, the nature curist, and the whatnot. He says, "I am about the business of humanity. My citadel is fortified by prestige and service. My stronghold, at least, will be spared. It cannot be stormed or taken."

But the generals of the opposition look at his fancied security and laugh at his simple faith. The ramparts are old and worn, but the foundation is strong and glorious. Conservative council and satisfied leadership have hindered rebuilding. They have failed to dig beneath the moss of decay for vulnerability.

The surgeon has cluttered surgery with ovaries, appendices, tonsils, and cancers, removed under the plea that the knife was the panacea. But too often the six weeks' waiting of the patients for the promised cure trails along into months and years of misery, worse than before.

They asked for "bread" and were given a "stone."

The referred patient trusting-

ly seeks advice for body ailments. He is told diagnosis is the thing. He drags wearily to the X-ray room, heart, stomach, or other specialists. His anatomy is canvassed thoroughly, yea, written in direful books. The diagnosis is made. What of a cure?

He asked for a panacea. He is too often given a diagnosis. There is disappointment and despair. He therefore seeks the cult, the nature curist, and the quack. Here at least hope is offered. The method is plain. Here is no knife and no gore; no mysterious machinery or threatened death from an overdose. Thus another disastrous shot is fired into the precious facade of faith in the ancient medical stronghold.

Medical leaders are blind or they would change the strategy. Medicine is an art, not a science as yet. A world estranged by disappointment will not believe when the real panacea is found.

Medical strategy for the future will offer prevention rather than panaceas and cures.—S. E. B., in the Journal of the American Association for Medico-Physical Research.

Why is it that a man will pay a dollar to have mud smeared on his face, but will howl like a madman if an auto splashes a drop of mud on his trousers?

Is it merely coincidence that the golf and fishing seasons open at the same time the house-cleaning and garden-planting seasons begin?

"Have you come over to stay permanently?" we asked a German who has come to this country to live. "Oh, yes," he replied, earnestly. "I haf burnt all my britches behind me."

The streets of Hades must be in frightful shape, unless all the good intentions used for paving them, last longer than they do here—(San Diego Tribune).

We often laugh at the contents of a boy's pockets, but did you ever look inside of the miniature traveling bag that the modern girl carries?

FIELD MEN!

NOW IS THE TIME TO INTEREST PROSPECTIVE STUDENTS FOR THE MID-YEAR CLASS! THE LIFE AND SUCCESS OF DES MOINES STILL COLLEGE DEPENDS ON AN UNFAILING ANNUAL SUPPLY OF NEW STUDENTS!

YOU, are our Source of Supply!

The College will gladly mail catalogs and other information to your prospective students!



Character Analyst Speaks in Chapel

One of the most interesting and instructive speakers that has appeared before the student body this year was Mrs. Lemuel E. Gibson, local Character Analyst and Vocational Advisor.

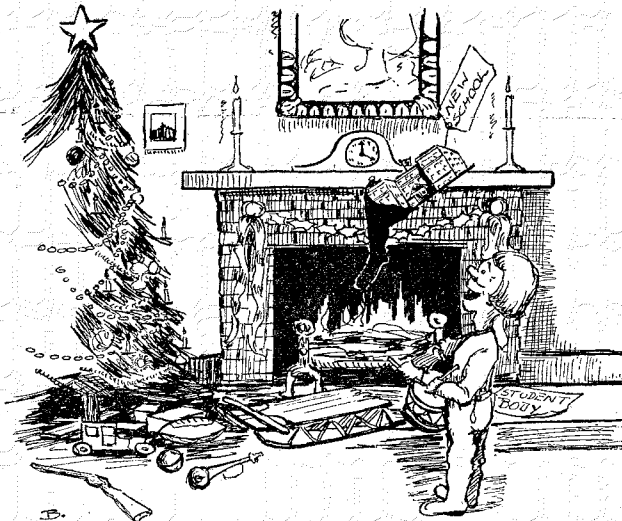
Mr. Gibson's appearance was the result of invitations extended by Drs. H. V. Halladay and Lola D. Taylor who were the assembly conductors for the days on which Mr. Gibson spoke.

As a subject for his discourse, Mr. Gibson chose the old masterpiece by Hoffman entitled "Christ in the Temple" and proceeded to analyze the various characters of the painting.

Various emotions and the character are portrayed by the expressions of the face and the positions of the hands, according to Mr. Gibson. In the analysis of the picture he drew attention to the "Scornful Saducee" which demonstrates what he termed the vital or animal type which is a splendid type of individual if the mind is clean and exercises control over the animal instincts. Next came the "Stern Stubborn Pharisee," who was pictured as sitting erect and stiff in his chair with the open book of laws on his knees intent upon the preachings of the boy Jesus. From this character Mr. Gibson demonstrated how the musculature of the forehead and face indicated the stubbornness of the subject, the strong bony development over the eyes indicative of vision and the leadership quality symbolized by the Roman nose. The "Keen Philosopher" was the next considered and as he stood in the picture literally drinking in every word of the speaker and weighing the thoughts brought forth in this new and striking manner, his actions, position and appearance indicated the type or character of the man. His chin resting upon his hand meant deep serious thinking. His keen eye, Grecian nose, eyebrow development, not so coarse as that of the "Stubborn Pharisee," all pointed to his ability to sit and think, to listen and not to make nor rely upon snap judgment. The next character analysed was the "Ernest Seeker after Truth." This individual had fine features, good chin and clear eyes. The outstretched hand was one of the strongest indicators of the "Ernest Seeker" part of the title given the character. Next he took up the "Mild Rabbi—who was a hypocrit" and even before Mr. Gibson had made any explanation of the character, you would feel distrustful of that in-

(Continued on page 3)

THE BEST PRESENT...



ENGLISH MEDICO'S ATTITUDE SCORED

The following article appeared in the November 2, 1925 issue of "Time," a weekly of high repute. The article appeared under the department of Medicine and the authenticity is above reproach.

"As a matter of fact few persons can have had more or better doctor friends than I. Indeed that is why my utterances have been so well informed."

Jauntily, endearing egotist George Bernard Shaw penned the above statement—plunged straightway into a letter to the London Times wherein he scored the General Medical Council of England* as "a trade union of the worst type—namely, a type in which entry into the trade and the right to remain in it are at the mercy of the union."

After asserting that this body "enjoys powers which no political ruler in the civilized world would dream of claiming," Mr. Shaw proceeded to wax indignant against the Council for blacklisting not only osteopaths but "any physician who dares to assist an osteopath as his anesthetist."

The letter then recounted how the patients of Herbert Barker,

(Continued on page 4)

Ladies Meeting

Tuesday evening, November 23, a practical work meeting and party was held in the Lady's waiting room for all the girls of school. Dr. Lola Taylor gave an interesting and helpful address on the ways and means of conducting a successful practice. An informal discussion followed and then luncheon consisting of sandwiches, coffee and fruit was enjoyed.

Monthly Report of the Detroit Association

Memorial services for Phillip Gray, Detroit philanthropist and Dr. Herbert Bernard, a Michigan pioneer in Osteopathic work, who were instrumental in founding the Detroit Osteopathic Hospital at Highland and Third, Highland Park, Mich., in 1920, were held November 18th, at the nurses home, 185 Highland.

Three speakers eulogized the memory of these two men whose foresight and enterprise gave the Osteopaths of this county a hospital. The Rev. Dr. Edgar DeWitt Jones, pastor of the Central Christian Church spoke on his recollections of Mr. Gray, the first philanthropist to become in-

(Continued on page 2)

General Clinic Affords Wide Variety of Cases

The General Clinic conducted by the college for the upper Junior and the Senior classes, affords the student a wide and varied classification of human ills from which to gain his practical working knowledge of the science.

The following article is a report made by a member of the senior class on one of the cases he treated in his routine clinical work.

"Among the cases that I have treated in the clinic, one has been outstanding and has responded so readily to Osteopathy treatment that I have written this report.

It was a case of "Sleeping Sickness," so diagnosed by the two medical doctors that were on the case before an Osteopath was called. The following is the history of the case.

A little girl, eight years old, on or about January 5, 1925, was suddenly taken sick, became unconscious and talking almost constantly for two days. Soon after she became unconscious a Medical Doctor was called to see the child but was unable to do anything to relieve the condition. Then a "Child Specialist" who is well known Medical man in this city, was called and remained on the case for about seven weeks. During this time several blood examinations were made and he finally pronounced it a form of sleeping sickness. His treatment also failed to secure results.

It was at this time that the mother of the little girl was advised by a friend to try an Osteopath. Being willing to try anything that might give relief, she called Dr. H. V. Halladay, who was in charge of the clinic. I was asked to go with the Doctor and after he made the examination I was instructed how to treat the child. It is impossible for me to describe the condition of the child and when I first saw the case I thought that it would be useless to treat. I made this remark to Dr. Halladay as we left the house and his answer was that we had everything to gain and nothing to lose, because of the medical treatment failed in the first seven weeks surely we would not be severely criticised if we failed at this time.

I treated the case three times a week for five weeks, two times a week for seven weeks and once a week until October 15th. The treatments consisted of a thorough relaxation of all musculature along the spinal column, movement of the spinal column

(Continued on page 3)

Cagers Ready Opener



CAPT. "MIKE" HANNAN

The D. M. S. C. O. basketball team for the 1925-26 season has been hard at work for the past two or three weeks under the direction of Coach Sutton and Captain "Mike" Hannan, preparing for the opening game with the strong Grandview A. C. quintet on the eleventh.

There are between fifteen and twenty men out for practice every night and from all indications this year's aggregation will be of championship calibre.

Several good men from last year's squad were lost by graduation but we have Captain Hannan, Smith, Myers, Friend and Brown as a nucleus of veterans about which to develop a real basketball machine.

The schedule for the entire season has not been completed as yet and it is possible at this time to announce only the first two games. December 11th, the Purple and White battle the Grandview A. C., and on the fifteenth the journey to "Bologna Town," or Pella to meet the Central College aggregation.

The complete schedule will probably be announced in the next issue.

Detroit Association

(Continued from page 1)

terested in Osteopathy. Mr. Gray died in November, 1922.

Dr. Charles M. Overstreet, an Osteopath formerly associated with Dr. Bernard before his death, last spring, told of the fight Dr. Bernard waged to gain recognition of his profession and his final success when he aided in the founding of the National Association of Osteopaths of which he was the first president.

Dr. Chester B. Emerson, pastor of the North Woodward Congregational Church spoke of the relation of the physician to the community.

This comprised the monthly meeting of the Detroit Osteopathic Association for November.
H. G. NOBEN, D. O.

Fraternity Notes

PHI SIGMA GAMMA

The P. S. G.'s announce the pledging of Dale Weldon of Grand Rapids, Michigan.

Twenty-nine were at the house for Thanksgiving dinner and from all reports it was sure some spread.

Much credit for the splendid meals at the house is due to the efforts of our steward, Brother Lashlee.

A special permit to carry a gun has been issued to our Sheik pledge Clark to protect himself from the weaker sex.

Brother Max Friend has joined the Cake Eaters Class with his new Oxford Bags.

Extra, Extra, Brother Long is slipping again as he was out with two new girls in the past week.

Brothers Long and Elsea have been pledged to Sigma Sigma Phi.

Pledge Schwab has been laid up for some time with an infection in his bad leg.

Brothers Steingrabbe and Thellman have moved back into the house.

Brother R. E. Davis and Pledge Stone, "Friend of the Working Girls," entertained a sorority, club, or something, Thursday night.

Rumor has it that Brother Scatterday's new coupe is the cause of his downfall.

There were three very good parties at the house during Thanksgiving vacation. One ended with a four o'clock breakfast. Dr. and Mrs. Geo. Hurt were the chaperones.

ATLAS CLUB

Brother Sheets is planning on cutting a few fancy figures on the ice during vacation.

Brother Schaeffer has been pledged to Sigma Sigma Phi.

Brother Stanley Evans has a new girl. He claims she is the only one of her kind in the country.

Brother Damm's concert at the last meeting was quite a success. The dance by Brother Smith and Thill was very instructive. The evening was enjoyed by all.

Can you imagine Brother Nickelson as a preacher? Brother Graham an evangelist? Brother Walker as a music instructor?

Brother Rockhill is thinking seriously of starting in on his new book on "How to Hold Six Positions at Once Successfully."

Brother Casey is becoming quite efficient on entering his classes late. The rumor is that he spends fifteen minutes in the hall practicing for the grand entry.

Brother Stonewall Jackson Montgomery has been receiving his usual special lately.

Brother Hoyt Reed says he don't care for publicity. We all know he is bashful.

We note but not with a great deal of surprise, that Brother Wise is not wearing his pin. Congratulations seem to be in order.

Brother Bill Ghost was planning on driving home Christmas, but during the recent blizzard his "Rolls Ruff" was snowed under and to date has been unable to locate said method of transportation.

From what we have recently observed, we fear that Brother Trimble is forgetting the girl back home.

Brother Ward is looking forward to Christmas with a great deal of anticipation. We understand that he is going back home. Wonder if there isn't a girl waiting for him in Canada.

Brother Spencer is planning on spending his Christmas vacation in a little Missouri village. We hope he comes back single.

Brother Harmon claims he is a good judge of women. If any of the brothers wish a good looking girl he will be glad to get you one.

Brother Richardson will spend the vacation in Canada. The rumor is he is in search of the lost "hare."

Brother Finney is taking up a new profession now. It's just a matter of time till local dance instructors will be out of work.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi takes pleasure in announcing the initiation of Harold C. Belf, L. E. Shaffer, John Voss, Deane Elsea, Layton Long, and Arthur Lyddon, on Tuesday evening, December 8th.

Axis Sorority

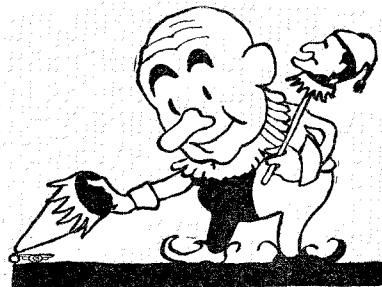
Again Cupid has made an attack on the Axis club, selecting as his victim Olive Lenhart, who became the bride of Donald B. Weir on November 1. We don't think it was quite fair for you to steal a march on us like that, Olive, but we forgive and congratulate you.

Dr. Nellie O. Davis, of Oskaloosa, Iowa, spent the Thanksgiving holidays in the city. Dr. Davis has a flourishing practice in Oskaloosa, being on good terms with the prominent surgeon of the town, and we wish her continued success.

Dr. Bertha Messerschmidt, 814 33rd Street, went to Minnesota for the Thanksgiving holidays and turned over her home to a bunch of Axis girls, who entertained at Thanksgiving dinner. The hostesses were Anna Doyle, Gertrude Jones, Lillian Tracey and Amorette Bledsoe; guests, Dr. Nellie Davis and Mr. Steck from Oskaloosa and Vernon Casey, David Skidmore, A. E. Smith and G. A. Dutt from the college.

Wednesday evening, December 2, Mrs. John P. Jones entertained at her home, 1211 Pleasant Street, in honor of Mrs. Donald B. Weir. The evening was spent in making household articles to beautify the bride's home and to add a bit of color to each room. The feature of the evening was a surprise shower. Mrs. Weir received some very pretty and useful gifts. At 10:30 a delicious lunch was served. Those present were Anna Doyle, Gertrude Jones, Estelle Wise, Mrs. Grace DeWalt, Josephine Bowman, Helen Moore, Elizabeth Roberts, Mrs. Weir and Mrs. D. A. Richardson.

Thursday evening, December 3, the Axis Sorority initiated the following new members: Lillian B. Tracey, Gladys Cowan, Helen Peterson, Mrs. Faye Kimberley and Mrs. Grace Nazarene.



IN ORGANIC CHEM. CLASS

Mr. Sutton (absently): "We might as well take carbolic acid now and get it over with!"

REALLY!

Dr. Lola: What are the indications for the repair of cervical tears?"

Jo Bowman: "Only in cases of injury."

GAME ALWAYS

Preacher, (solemnly), "Rastus, do yo' take dis here woman for better or for worse?"

Rastus, (from force of habit), "Pahson, ah shoots it all."

ALL SET

Casey: "There is a certain question I've wanted to ask you for weeks."

Jones: "Well, hurry up. I've had the answer ready for months."

THE WEEPY PART

Doc. Steffen: "Did I ever tell you the story of the actor who could read a menu so as to make his audience weep?"

Student: "He must have read the prices."

UH—HUH!

Marjory: "Mama were you at home when I was born?"

Mother: "No, darling, I was at grandma's in the country."

Marjory: "Wasn't you awfully surprised when you heard about it?"

DISMEMBERED

"I Want to be a Lady" (in six parts).—Table of contents in the Saturday Evening Post.

OPTIMISM

The birthday of the umbrella was recently celebrated. Many happy returns!—Life.

POPULARITY

"A good chef gets more than a college professor."

"Why shouldn't he? A lot more people take his courses."—Boston Transcript.

SOME BIRD!

PERSIA'S DICTATOR WAS AT ONE TIME A PHEASANT—Headline in a New Bedford paper.

WORTH THEIR SALT

"Do all the women of your intellectual advancement organization make speeches?" "Oh, no, the more useful ones make tea and sandwiches."—The Christian Register.

Doc. Spring: "How dare you swear before me?"

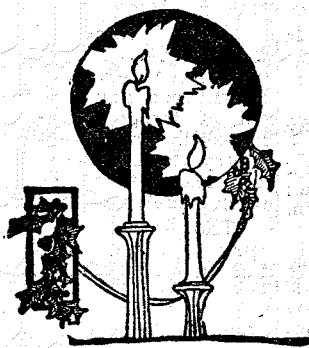
Soph: "How'd I know you wanted to swear first?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation



Wishing You —

We have always contended that there is no season more beautiful than Christmas time. It is the one period of the year when the whole world comes more nearly into perfect accord, and the tenderness of that Divine inspiration "Good Will To All Men," creeps into the hearts of all mankind. It's wonderful—this great holiday season when hates are forgotten, when suspicion is supplanted by perfect understanding, when "love thy neighbor" becomes, instead of a neglected scriptural admonition, the actual heart-thought of the world.

Grandeur still would it be if the people of the earth might come to know this wonderful season with its universal good feeling throughout the entire year and during all the ages to come—rather than for a few weeks only at the end of each twelfth month.

That such a day is fast approaching is our hope—a day when the Golden Rule will be not an ideal alone, but a moral law cheerfully obeyed because the souls of men have become clean and they love virtue for virtue's sake.

Here's our trust then that the Des Moines Still College of Osteopathy in its pursuits of the loftier principles of life and dealings with its fellows may aid in the bringing about a condition so wonderful to conceive and that each of you, its representatives, may do your part, no matter how humble, in hastening its coming into the realm of the things that are.

In keeping with this pleasant thought and the joyful days upon us we wish you all a Merry Christmas, a Happy New Year, and no end of those things which bring peace and contentment to the human heart.

The Joy Killer

In a school of this kind, it seems as though, we always have a few joy killers, wet blankets, gloomy gusses, or whatever term one might wish to use in designating this type of student. Like the poor, they are with us always. As soon as one graduates, unbeknowningly an underclassman creeps in to take his place.

This type of fellow is one who never sees the sunshine. He is the last to class, and the first one out when the bell rings. Always complaining about this, that, and 'tother thing. The professor does not give the right kind of dope in his lecture. The office force is inefficient, and, to add insult to injury, he must take courses on the curriculum he does not think he needs. Regardless of the importance of the subject, or the effort put forth by the instructor in presenting it, the wet blanket sits idly by and practically ignores the whole thing. Then he kicks because he does not get anything out of the course, and immediately proceeds to condemn the school for his own short comings. He is the fellow who is always opposed to anything that would further our common interests. Insists on smoking in the hall, is the last one to support a social function of any kind, and does everything his perverted mind can think of to make himself, as well as those around him, miserable.

This is, indeed, a very uncomplimentary attitude to carry into the field, in case a man of this caliber, stays in school long enough to graduate. Instead of boosting his own profession, and fellow practitioners, he will be heaping coals of fire upon himself and the profession in general. This, we well know, would not attract many patients, and, if by chance, one did drop in, he would not stay long, or return for another explosion.

Now would it not be better for all concerned, if these few joy killers, would get over on the sunny side of the stream, and get in the swim. How much more pleasant it would be, for all concerned, if the wet blankets would suddenly waken up and boost just as hard and persistent as they knock.

Boost and the World boosts with you;
Knock and your on the shelf
For the world gets sick of the one who kicks,
And wishes he'd kick himself.

Boost when the sun is shining,
Boost when it starts to rain,
If you happen to fall, don't lie there and bawl,
But get up and Boost again.

Boost for the school's advancement,
Boost for the things sublime;
For the chap that's found on the topmost round,
Is the Booster every time.

The old saying about being "as crazy as a loon," should be revisited to "as crazy as a Marathon dancer," or "as crazy as a human fly."

General Clinic Affords Wide Variety of Cases

(Continued from page 1)
to free the blood supply and venous drainage to and from the cord. Special attention was given to the upper dorsal and cervical regions.

The child did not show much improvement until after three weeks treatment. From that time on she showed gradual improvement until the present time, gaining eleven pounds and has apparently recovered from the disease.

It would have been of great interest to have treated this case osteopathically from the beginning, but is of greater interest to know that Osteopathy obtained results after medical treatment had failed.

LONNIE L. FACTO, '26.

Character Analyst Speaks in Chapel

(Continued from page 1)
dividual if you were to meet him in life. The long nose, pig eye, and the full protruding lower lip are the things which call to your mind a grasping, selfish individual who although he would appear to be an easy going thoroughly reliable old man, you yourself would not care to trust out of your sight. Then the last character was the Boy Jesus. The characteristics as portrayed by Hoffman on his immortal canvass did not require the aid of an analyst to explain the individual. Gentility, refinement, wisdom, personlity and a hundred and one of the desirable characteristics fairly radiated from this character.

Following the analysis of the characters of the picture, Mr. Gibson gave some demonstrations of his work by analyzing students, picked at random in the assembly room. The little mannerisms, that one effects and never thinks are of the greatest importance in indicating the character of an individual. The correction of irregularities is of greatest importance to the student body because of the profession they are hoping to enter in the near future.

Following the conclusion of his lecture, Mr. Gibson was kept busy for a half hour at least answering the queries of interested students. This lecture has by far been the best we have had this year and we are in hopes that Mr. Gibson may be prevailed upon to lecture again before the student body.

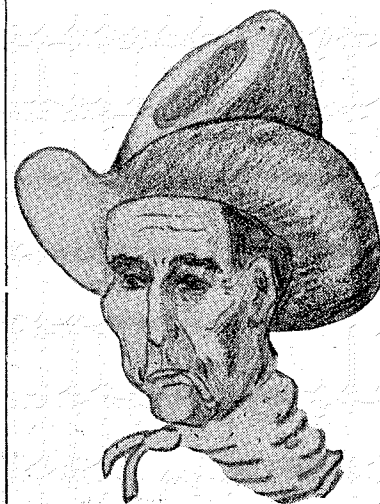
A REST FROM RESTING

Cessation of governmental inactivities for a brief space at eleven o'clock to-morrow, in observance of Armistice day, was recommended to the country today by President Coolidge.—Hartford Times.

CREDENTIALS

Football Coach (to applicant for place on team)—"What experience have you had?"

Applicant—"Well, last summer I was hit by two autos and a truck."—Boston Transcript.



The Round Up

Wall, I see th' Switz Bell Ringers is still with us, an' the fumi-gatin' squad also, more power to 'em.

Along with his heavy red flannel undys, th' Dean got off a good one 't'other day. He got talkin' about th' cost of sleepin', spechully in class. It reminded me of a point brought out by one of two friends that was talkin' about th' assumption of responsibility durin' skule life. One feller said, "While I'm in skule, I'm goin' to enjoy myself. I'll have plenty of time to get to work after I graduate."

"Lissen," says the other Bozo. "When No. 7 on the Rock Island gets ready to leave the stashun, she has got her steam all up, an' ready quite a while befoah pullin' out time comes."

We have heard some fellers sayin' that ther ain't no Osteopathy bein' put out in these classes hear at skule, from what I gather from these birds their definishun of Osteopathy is like whut we all call a Kiropractor, nothin' but bone crackin' an' manipulations. A good Kiro is better than an Osteopath who has that conception of his science. Osteopathy is scientific healin' an' requiahs complete knowledge of all condishuns. When this is known, th' treatment is easy. So get yoah foundation an' yoah Osteopathy will osmose thru yo Bean.

Everybody likes a good joke, but the clinic ain't no place to crackem. These heah pashunts come befoah us fo' our benefit an' many of them put their pride in their pockets to do so, an' when some wiseheimer busts out with a bray these pashunts are liable to think they are bein' laffed at. Th' clinic room should be as quiet as YOU insist yoah roomin' house should be when YOU want to git some sleep.

Lets see of we can't support ouah basketball team an' yaah-book this year jest like we did th' football team!

Yourn til next issue,

ALKALI IKE.

Some students have eaten in restaurants so long that when they get home on Christmas vacation and get their feet under Ma's table, they'll look for the check.

D.M.U. Students Put on Musical Thrill

The students from the Des Moines University treated the D. M. S. C. O. student body to a galaxy of musical thrills last week in assembly. The program was wide in range and included everything from the operas to the latest jazz numbers, vocal and instrumental.

The male quartet, accompanied by Miss Carlson, sang several pleasing numbers and were only permitted to rest by promising to "do some more."

The star performer of the morning, however, was Mr. Neil Garber, who demonstrated, as only he can, the wonders that may be accomplished with a banjo. Mr. Garber's first number was the "Evening Star" from Tanhauser by Wagner. The student body it is safe to say never associated the opera with a banjo but after this demonstration could not get enough. The next selection was Sousa's famous march, Stars and Stripes. In the rendition of this number a slight play on the part of the listeners' imagination was all that was all that was necessary to conjure up visions of the entire band parading down the street.

The ovation given Mr. Garber by the student body, on the close of his part of the program, was by far greater than any ever accorded a speaker or an entertainer in the college.

Following Mr. Garber, Miss Carlson played a piano solo, "Impromptu Fantasia," by Chopin and the meeting was closed by a group of numbers by the quartet.

The college certainly appreciated the interest shown by the students of Des Moines University as manifested by their coming down to take part in our chapel programs. It is hoped that we may be able to reciprocate in some manner.

PERSONALS

Paul Barton, '27, is back in class again after a two weeks sojourn at the Des Moines General Hospital where he enjoyed the ecstasies of an appendectomy.

Mrs. H. V. Halladay, who was recently operated on at the Des Moines General Hospital for appendicitis, is making a splendid recovery.

The Faculty and Student body extend their sincere sympathy to Jack Voss, '26, in his hour of bereavement at the death of his father.

Dr. and Mrs. R. V. Barrick of Blackwell, Oklahoma, are the proud parents of a baby boy, Richard Vernon, born December 5. Dr. Barrick graduated from D. M. S. C. O. in 1913 or '14.

I am asking you to look forward to a time when civilization will have changed its direction from the quarrelsome work of exploiting the material world to the co-operative work of developing the spirit of man.

SCHEDULE OF CLASSES

FIRST YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Chemistry, Inorganic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Biology.....	Dr. John M. Woods
Bacteriology.....	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Dr. E. E. Steffen
Chemistry, Organic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Embryology.....	Dr. J. P. Schwartz

SECOND YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology II.....	Dr. E. E. Steffen
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology.....	Prof. Frank Sutton

Second Semester

Anatomy, Practical.....	Dr. John M. Woods
Anatomy, Descriptive.....	Dr. John M. Woods
Orthopedics.....	Dr. A. B. Taylor
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Physiology III.....	Dr. C. W. Johnson

THIRD YEAR

First Semester

Anatomy, Regional and Special Senses.....	Dr. H. V. Halladay
Gynecology.....	Dr. Lola Taylor
Laboratory Diagnosis.....	Dr. G. E. Hurt
Public Health and Sanitation.....	Dr. M. B. Lovegrove
Osteopathic Diagnosis, Technique.....	Dr. John M. Woods
Pathology III.....	Dr. E. E. Steffen
Symptomatology.....	Dr. C. F. Spring
Clinical Demonstrations and Practice.....	

Second Semester

Obstetrics.....	Dr. R. B. Bachman
Nervous Diseases.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Pediatrics.....	Dr. Mary Golden
Physical Diagnosis.....	Dr. A. B. Taylor
Clinical Demonstrations and Practice.....	

FOURTH YEAR

First Semester

Surgery I, Principles.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Obstetrics.....	Dr. R. B. Bachman
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Dietetics.....	Dr. M. B. Lovegrove
Clinical Demonstrations and Practice.....	

Second Semester

Surgery, Operative.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Urology and Proctology.....	Dr. J. P. Schwartz
Medical Jurisprudence.....	Judge Hubert Utterback
Dermatology.....	Dr. Lola Taylor
X-Ray and Electrical Diagnosis.....	Dr. F. J. Trenery
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Clinical Demonstrations and Practice.....	

Laboratory Technician.....	Dr. G. E. Hurt
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TUITION

The tuition for a semester is \$115.00, which sum covers all fees in connection with the work.

CALENDAR

December 18th, 1925.....	Christmas Recess begins
January 4, 1926.....	Work resumed
January 21, 1926.....	Commencement
January 25, 1926.....	Second Term begins
May 27, 1926.....	Commencement

English Medico's Altitude Scored

(Continued from page 1)

famed "bone setter," "suffered terrible agony under his treatment" until a practitioner, Dr. Axham, through realizing that he would incur the anger of the General Medical Council thought it his duty to offer his services as an anesthetist. . . . The Council found him guilty of 'infamous professional conduct' and deprived him of the right to practice medicine. . . .

"Herbert Barker, for the cures he effected among War wounded soldiers, received the honor of knighthood and obtained practical, if irregular, recognition of his skill while Dr. Axham, now a very old man, being deprived of his means of livelihood, has been in considerable financial straits.

"The General Medical Council (privately) holds that the four famous surgeons who petitioned the Prime Minister to have Sir Herbert knighted, in recognition of his skill as a great manipulative surgeon, are guilty of 'infamous professional conduct' in which they were abetted by the King. . . . But it does not act on its views because the King and his advisors are not so helpless as Axham was."

Mr. Shaw went on to say:

"Leaving that aside, I have my own interests and grievances as a citizen. My wife suffered from laming traumatic dislocation for eight years. Thanks to the obsolete training maintained by the General Medical Council, registered surgeons were unable to correct it. They did not pretend to. Their final verdict was, 'You must go to Barker.' But the General Medical Council said — 'If you go to that blackleg you shall howl for it, as we will ruin any man who dares administer an anesthetic.' And in fact the operation, which was completely successful, was performed without anesthetic, though I hasten to add that this was the effect of my wife's curiosity.

"Later on, in an accident I displaced one of my own bones rather badly and again, though nothing could exceed the kindness of the registered medical gentlemen on the spot, they were unable to replace it for want of perfectly well known technique which every qualified surgeon should have at his fingers' ends. It took me ten days to get to Birmingham, where an American doctor of osteopathy, also classed as a blackleg by the General Medical Council, set me right after 75 minutes of skilled manipulation. . . .

"No wonder I am overwhelmed with requests from medical societies in all the medical schools of London to lecture to them on the situation. But I have nothing more to say than I have already said often clearly enough and I simply dare not use the language that the ablest leaders of the profession pour out on it."

A doctor is a man who, will advise you to rest, and then make you work your head off to pay for the advise.

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

THE LOG BOOK

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

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VOLUME 3

JANUARY 1, 1926

NUMBER 12

FIELD MEN! ATTENTION

D. M. S. C. O. is badly in need of a new batch of students! There is only one source of supply available to the college to meet this need. That is the field men and alumni of the institution. It is your one duty to your alma mater!

In past years you have responded nobly and we are expecting you to do the same this year and help make the class of January, 1930, the best on record.

The one drawback, if you will permit the expression, or the one point on which the profession has failed to equal its record of progress, is the constant, ever-increasing supply of raw material necessary to build up the rank and file of its personnel. If the Osteopathic profession is to continue to grow and expand and it has during the past years, the colleges must receive, twice a year, a new group of men and women to take up the work. The number in the field must increase in greater proportion, each year, than it decreases. Throughout the past, the number of practitioners has practically stood at a stand-still. And if Osteopathic progress is to continue, this state of affairs must cease to exist. To accomplish this purpose, every field man, who has the ultimate success and development of his profession at heart, should make a solemn resolution to send at least two new students per year to one of the seven colleges. In this manner, the profession would enjoy a constantly increasing, healthy growth from natural sources.

Alumni! Now is the best time on earth to start this perpetual growth movement for your college. Send a minimum of one new student for the January class and then begin to look for two for next September's class. Put old D. M. S. C. O. at the top of the list for enrollment, too!

Those Who Stayed

Many and varied are the occupations of those students who remained in the city over the holiday vacation.

A majority of them are kept busy from morning til night, and some during the wee sma' hours, attending the vast horde of clinic patients who recognize no holiday. There has been no cessation to the clinical activities of the college during the vacation period and as a result these eligible who remained in town are getting all the work they can handle.

Others of the stay-at-homes
(Continued on page 4)



Musical Program at Last Assembly

An excellent musical program was arranged and conducted by Dr. Robert Bachman, head of the Department of Obstetrics, on the Friday before Christmas recess.

Although a number of the students had left for home, the assembly room was well filled when the nine forty five second bell rang. The meeting was opened by a few remarks by the Dean and two or three songs by the student body.

Dr. Bachman then took charge of the program and a trio composed of Mrs. Alma Garber Brodges, piano, Earl Shaw, saxophone and Dr. Bachman, cello, rendered several very pleasing numbers. Mr. Shaw played two solos which were very well received and Dr. Bachman also played two solos.

The program was highly appreciated by the audience, moreso because of the fact that the stellar performers were our own folks. Dr. Bachman can always be counted upon for good music.

In the spring a young man's fancy lightly turns to what the girls have been thinking about all winter.

From the Field

The following letter was received from Dr. Leslie S. Keyes of Minneapolis, Minn. After commenting on several general topics the Doctor's letter continues as follows:

"I was particularly interested in the excursion to Kirksville for the football game. It reminded me so much of the first excursion which we conducted twenty-one years ago. At that time it seemed almost impossible to get a corporals guard lined up, but at the eleventh hour we succeeded in filling three coaches.

"I was chairman of the committee on decorations and tied large banners on the cars. To add to the excitement I was called to an "O. B." case in a colored family at five o'clock in the morning. I made my call, helped tie on the banners and left on the train at six o'clock. That is a pace hard to beat for Des Moines Still College. I am enclosing a picture which you may be able to use, if not please return to me for my scrap book."

We have always been afraid to get shaved by a deaf and dumb barber. He might be feeling chatty.

50 Per Cent Subscribe for '26 Stillonian

With the initial call for pledges of subscription to The Stillonian '26, approximately fifty per cent of the total student-body signed their cards. (Let's make it 100%).

During special chapel held recently the staff was introduced and a tentative outline submitted of the plans for the annual. Most everyone understands that it takes more than just the work of the staff to "put over" such work as the publication of a year book, and our staff is taking this opportunity thanking the student body for their early support and continuance of this excellent support until the books are delivered to you.

Now is the time for everyone in the college to look up those snapshots and turn them in to the art director, they are the life of the college and of great importance in successfully producing books such as we anticipate having. Write your name on the back of the prints NOW and turn them in so that the last few minutes will not find many left out.

Several additions have been made in the staff personnel. In the new appointments we have:

Ross Richardson, assistant business manager; P. W. Bryson, advertising department; F. L. Lindbloom, advertising department; C. A. Ward, circulation department; Dean Elsea, circulation department.

Let's have a ONE HUNDRED PER CENT "STILLONIAN."

CAGERS DROP SEASON'S OPENER

The D. M. S. C. O. quintet lost the opening game of the season after a hard fought battle with the "Pella Dutchmen" of Central College. Throughout the first half of the game the Purple and White were playing an open defense through which the Bologna-eaters had little difficulty in shooting the ball for their counters. However in the second stanza, the Osteo's tightened up, changed their plan of attack and demonstrated how D. M. S. C. O. can play the "hard-wood" past-time.

Central was still in the game and the final result was in their favor. The game was fast and clean and gave the coaches of both teams an excellent opportunity to try out their respective teams and plans of defense and offense. The local prospects are exceedingly good for a whirlwind aggregation of basket-tossers.

ARE YOU LOOKING FOR A LOCATION?

Dr. Wm. Meyer of Camden, Arkansas writes as follows:

"Well established practice in southern Arkansas, only D. O. in forty mile radius. Good field for E. E. N. and T. specialist. Reason for selling given prospective buyer. Camden is a growing city of 8,000 population, (1925 census) 9 churches, 9 miles paved streets, 3 railroads, 14 trains daily, modern hospital, golf course, class A high school, Rotary club, 13 miles north of great Smackover district, largest producing territory in America covering 44 square miles. For prices and terms write above."

Arkansas gives reciprocity with Iowa and a number of other states and has quite a liberal law. This should prove a desirable opportunity for some one that is already out in practice or for a member of some January class.

Dr. Geneva Erskine Leader, of the class of '04 writes that she is in need of an assistant and would prefer a D. M. S. C. O. graduate who has been in practice for a few years or would consider a recommended January graduate. Those interested may communicate with the Doctor at 606 Kansas avenue, Topeka, Kan.



BLEDSOE-HODGKIN

Miss Virginia Bedsoe of Des Moines, Iowa, and Dr. J. Vern Hodgkin of Benkelman, son of Mr. and Mrs. C. A. Leach of this city, were united in marriage Thursday morning at eleven o'clock at the M. E. parsonage, Rev. Wm. Kilburn reading the impressive ring ceremony. They were accompanied by the groom's parents. An elaborate four-course wedding dinner was served at the home of Mr. and Mrs. Leach at 3 o'clock. The floral detail of the home was bouquets of narcissus, sweet peas and mums. The newlyweds left Friday morning for their home in Benkelman.

Dr. Hodgkin is a McCook boy, one of our good friends; he has spent most of his life in McCook. A young man of splendid character, a graduate of the McCook public school. Last spring was graduated from the Des Moines College of Osteopathy. During the summer months he had charge for two or three months of Dr. George L. Montgomery's office while the doctor was absent from the city. In the fall he located in Benkelman where he is quite successful and building up a very satisfactory practice. Mrs. Hodgkin is a young lady of pleasing personality. The Tribune joins most heartily in congratulations.

Fraternity Notes

ATLAS CLUB

The annual Christmas dance was held at the Hoyt Sherman Place, Dec. 16th, 1925.

Brother Harmon is getting some pocketless trousers made. The rumor is he wants to have an excuse for leaving his pocket-book at home.

Brother Bob Bryson intends to give the girls of Iowa Falls all a ride in his Ford. The blonds will receive special attention.

Brother Brinkman gave us all a surprise when he turned out to a dance with a feminine partner.

Brother Warthman is trying a new style of glasses. He claims they made him look more professional.

Brother Nelson and Richardson claim there is no girl like the old girl. At least they both had their former girls at the dance.

Brother Musclemann must believe in the saying "Babies must play," the way he was turning the lights on and off Wednesday night at the shindig.

Brother Stanley Evans is showing a lot of interest in Christmas this year. The rumors are some one told him "There ain't no Santa Claus."

Brother Rockhill is spending most of his time now catching up his extensive correspondence. It must be great to have a girl in every town you worked in.

Brother Phil Bryson is going to take up farming after he completes his course at Still. Ask him.

Brother Finney says, "Boys, variety is the spice of life." At least he is never seen with the same girl twice.

Brother Walker is quite the stuff this year. He wears a new suit every day.

PHI SIGMA GAMMA

Good news has been received by the brothers as Brother L. W. Spencer will be back with us next semester. We sure have missed his good natured, humorous remarks and hope the time passes quickly until he gets back.

Among the brothers staying here for Christmas are the following: Sprague, Rader, Jacobs, Lashlee, Cummings, Steingrabbe, Beebe, Cavanaugh, Elsea and Stone.

Brother C. M. Conn is bringing his wife back after the holidays and from all indications some of the other brothers are apt to acquire one and bring her back with them to.

Brother Pres Howe is going to his old home town in PA. for Christmas. Don't know whether there is some special attraction there or not. How about it Pres?

Pledge Grinnell has taken over all of Brother Morgan's work that is possible for him to tend to during vacation.

Brother Greiner is staying over for several days to attend several parties.

Brother R. E. Davis is going to spend part of his vacation in Maryland.

IOTA TAU SIGMA

At last we have the straight of the Waddins affair. We will be able to depend upon John's word from now on. His statements have proven to be true.

All of the men made the annual pilgrimage home for Christmas this year but Platt and Rorick. Green and Olsen helped to hold the house down all of the time with the exception of Christmas day.

The activities around the house have been limited to the two davenport in front of the living room fireplace. Needless to say they were seldom found empty.

In case any of the Bros. wish a chart of their own special design we might suggest that they see Platt as to the details.

Certain excentricities of designated upper classmen seem to have become contagious to the pledges. At an early date one assumed the attributes of a certain Senior at once but the former inclination has been trumped by the actions of one within a recent date. When a pledge starts out to take trips without informing any one of his intentions we feel that some form of (inflammation) should be set up.

The Christmas formal was held on the evening of December the eleventh at the Grant Club. After the dancing for which the Music Masters furnished the music the scene was shifted to the chapter house. Here the Midnight Frolic was held. Refreshments were served in the form of "spunky pups" heated to taste in the open fireplaces. Needless to say the Rent-a-Ford companies had a busy night.

Again one of the rectangular ceramic products has been given a free ride. Pledge Rhode found space to transport the brick and took it home for a real Christmas.

Some men stay around the house to study for state board we can believe at least the anatomy part.

Watch this column in the future editions for extracts of special delivery letters. It has been long felt that with the rapid accumulation of these manuscripts that sufficient subject matter could be obtained to run it as a feature. It is our special hope that the Gephart brothers will start the ball rolling by making the first contribution.

Since Russel and Marlow have left we have been at a loss as to any information on "The case of Alice."

We know a man in this town who is terribly absentminded. The other day he started home after buying some things downtown, when he suddenly felt that he had forgotten something. He stopped the car and carefully checked over the packages in the rear seat. No, he had everything with him. When he reached home his daughter ran out to meet him with a surprised look, and exclaimed: "Why father, where is mother?"

My precept to all who build is, that the owner should be an ornament to the house, and not the house to the owner.—Cicero.



THE CHEMISTRY STUDENTS TWENTY-THIRD SLAM

Chemistry is my sleep-yard; I shall not want a better. It maketh me to lie to my professor; it leadeth me beside distilled water; it restoreth my anger; it guideth my hands into HN03 for my prof's sake. Yea I walk through the shadow of chlorine fumes, and I fear much evil, for they are with me. Thy stirring rod and thy flask, they worry me. Thou prearest unknowns for me in the presence of closed doors. Thou hast annoiined my head with ammonia; my eyes runneth over. Surely precipitates and solutions shall follow me all the days of my life, and I shall dwell in the bug house forever.—Tarkio Phoenix.

"Of all weeds, widow's weeds are the asiest to kill," observes Uncle Cyrus Lemon. "All you've got to do is say 'wilt thou?' and generally they wilt."

(Overheard at the circus grounds): "I say, Nancy you'd better let me carry that lunch basket. We might git lost from each other in this here crowd."

"Is she pretty!" bubbled the ad man enthusiastically. "Why, when that girl of mine gets on a street car, the advertising is a total loss!"

The stingiest man we ever heard of bought his bride a nickel's worth of peppermint lozenges and took her on a trolley-ride honeymoon. When they got off the car he said: "Honey, suppose we save the rest of this candy for the children."

THE YOUNG IDEA

Several teachers in a Columbus school recently decided to write down all the funny sayings of their children and in the course of a week the following list was compiled:

A vacuum is a large empty space where the Pope lives.

Pompeii was destroyed by an eruption of saliva from the Vatican.

Tennyson wrote "In Memorandum."

Typhoid fever may be prevented by fascination.

Parallel lines are the same distance all the way, and do not meet unless you bend them.

An angle as an angle is a triangle with only two sides.

Gravitation is that which if there were none we would all fly away.

Louis XVI was gelatined during the French revolution.

Horsepower is the distance one horse can carry a pound of water in an hour.

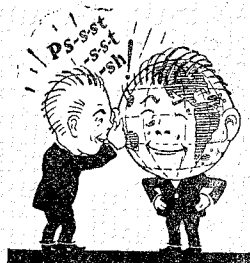
The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

1925—Year of Progress



"I'll Tell the World"

The year just closing, 1925, has indeed been one of remarkable progress and attainment at the Des Moines Still College of Osteopathy. Every department of the college has experienced the upward and onward feeling that has been in evidence during the past year.

The clinics, of which the college boasts, have grown until they are unsurpassed by any of the other Osteopathic colleges. The variety of cases that come before the student body in these clinical sections is remarkable and the increased number of patients that have called on the institution during the past year for osteopathic service have not been disappointed.

The most outstanding instance of progress is the past years developments in the laboratory department. Never before in the history of the college have the students received such thorough and complete instruction in this important branch of the work. Modern equipment, in sufficient quantity, has been placed at their disposal and it is needless to say that it has been in almost constant use.

All the other branches of the college organization have expanded and encompassed the new and most recent developments in their particular lines. The student body is ever-loyal and true. It has grown in numbers during the past year and the continued growth is already evidenced by the prospective number of new students for the mid-year class. From the student angle, the year has also been a success. Several student functions have been inaugurated, a Year Book was published, a chapter of the Honorary Osteopathic fraternity was secured and installed and numerous other features that all tend towards the production of harmony and good will.

The dawn of the New Year will find old D. M. S. C. O. at the head of the list, eager for another year of service and offering a brand of Osteopathy that would make the Old Doctor proud!

Vacation Days



The Exodus

* * *



The Problem

* * *



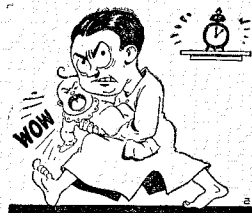
None of This at Home!

* * *



But—Maybe This,

* * *



Or—Even This

* * *



And Oh Boy—Lots of This!

Your Personal Appearance

None of us will deny the importance of light, air, proper food and pure water but we must concede that none of these can exceed in importance the proper grooming of the body.

A successful business man was once asked what he would do if just starting out on a new venture and possessed of only \$50. He replied "I'd buy a suit of clothes." And true it is there is a certain sense of physical comfort and well being that goes along with cleanliness.

The very sensation of it will heighten your spirit and promote your moral courage.

Any physician who carries the air of health and prosperity has half won his professional success.

The story goes the rounds that a very successful ten thousand dollar a year salesman never appears before a prospect without first being shaven, manicured and faultlessly dressed and he gets the order.

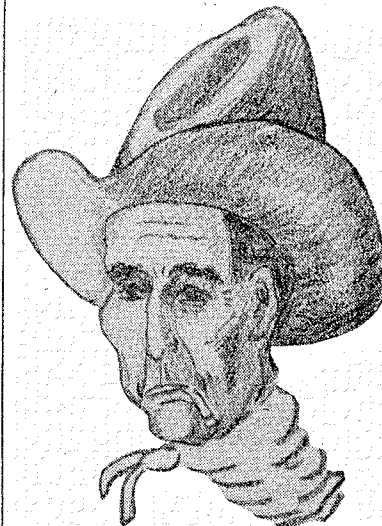
If you neglect your body or your office you give to your patient the outward appearance of shiftlessness and discouragement while on the other hand a neat appearance suggests to your prospect alertness and "brightly burning hope."

If you have been lax, if only a trifle so, decide at once to make part of your daily routine care of your body and remember it will require a little time probably one hour a day. But, take the necessary time and let some less important duty go its way a-begging.

Teeth Need Exercise

The teeth, like every part of the body, were devised for service, and if we fail to permit them to function normally we can expect that the teeth and surrounding tissues will not be in good condition, says Hygeia (Chicago). We read:

"Coarse food will aid in cleansing the teeth and stimulating the gums. Brushing the teeth is purely a mechanical means of removing any deposits that may have adhered to them, but brushing is a good habit. Children should be taught at an early age to brush the teeth at least twice every day. Any means of brushing the teeth which will accomplish a thorough cleansing and will not injure the teeth and gums will suffice. The outer surfaces of the teeth and between the teeth may be scoured by a vigorous rotary motion without lifting the brush from the teeth. No one of the five surfaces of the teeth should be slighted. The gums should be brushed from a position high up on the gums onto the teeth, to prevent injury from the bristles of the brush and to keep from forcing foreign materials under the margins. This brushing of the gums acts as a massage and will aid in keeping them healthy. After the teeth and gums have been cleansed, rinse the mouth thoroughly with plenty of cool water, forcing it through the teeth." —Literary Digest.



THE ROUND UP

This hyar state of Ioway is noted for its corn, th' cob an' bottle types. Naow to go along with th' corn we must hav cribs, the' is 2 types of cribs too; corn-crib an' exam crib, Ioway has plenty of both kinds, th' las' mentioned kind seem tu grow best here in Des Moines and espeshully at Still College.

Naow I dont want y'all tu get me wrong on this hyar proposition, I think that a crib is a wonderful thing, not only the corn-crib but th' exam-crib also, th' last is very valuable because yo sho hav to look up what yoare goin' to take th' exam in, howsomever if yo have to use the crib to take the exam it aint done yo a particle of good, after th' crib has been prepared yo should know th' stuff so well that yo wont need to use it tu write yo paper.

They is a certain class of students which think that they is slippin' somethin' ovah on th' perferer when they can use a crib an' get by without gettin' caught. Th' only person they are foolin' is themselves' y'all want to remember that when yore in th' field practicin' yo caint take a crib along on an emergency case or on any other kind of a case, so yuh had better learn the stuff so yuh can keep it in yo haid and yo can never misplace it.

Th' man what uses a crib caint possibly respect hisself an' he caint expect anyone who sees him usin' one to respect him pussonly I dont feel that the low-down feelin' a man gets from usin' one will pay for th' grade he gets in the subjeck. On state boa'd exams yo caint possibly use a crib because they is a raft of eagle eyes roamin' up an' down the aisles lookin' fo jest sech kind o' goin's on an' if they catch yuh its yo hips, yo can see what yo will be up against if yo are in th' habit o' relyin' on a crib to get yo grades for yuh.

Spect I had better run out an' gather a few ears of corn (pop Corn) so that I can put in my crib an' have them to pop fo next issue until then I'll remain,

ALKALI IKE

We grow when we are green. It's when we think we are ripe that we begin to get rotten.—Upper Cuts.

Those Who Stayed

(Continued from page 1)

are endeavoring to hold down as many of the brothers' jobs as possible, and as a result put in the day chasing from one restaurant to another, and then back again. The department stores were also benefited by the number who are holding the fort, so if you see a profusion of new socks, neckties, etc., don't mention it too loud.

And then to, there is that peculiar type of the "genus homo," who stayed in the city to prepare for the coming engagement with the Honorable Mr. State Board. It would be difficult, indeed, to predict, or even guess at the amount of studying these serious minded individuals have accomplished, but we trust it was sufficient to warrant the effort.

The faculty, as per usual, have been busily engaged taking care of those who either forgot or else completely ignored the capacity of their stomachs on Christmas day and in picking out obscure points for semester exams which come shortly after the conclusion of the holidays.

Lastly we have those few students who remained in Des Moines for mere social reasons. These are seen to flourish only at night and under the dazzling glare of the bright lights. Like the owl, they sleep during the day.

All in all, it has been a very successful vacation from all standpoints, and everyone is anxious for it to be over so that they might get back on the job and "get it over with."

A colored instrumental sextette was riding in a flivver on their way to play for a dance, when it was chased by a yelping dog with a tin can tied to his tail. That evening, as a novelty number, they tried to reproduce the medley of sounds emitted by the flivver, the dog and the can—and thus was "jazz" originated.

"If a man had put a hundred dollars in a savings bank twenty years ago," said the statistician after dinner, "it would amount to over two hundred dollars now, and he could buy almost as much for it now as he could have bought with the original hundred at the time he began to save."—N. Y. Sun.

There are two kinds of discontent in the world; the discontent that works, and the discontent that wrings its hands. The first gets what it wants, and the second loses what it has. There's no cure for the first but success; and there's no cure at all for the second.—Gordon Graham.

The minister suddenly awoke to find a burglar standing by his bed with a drawn knife. "If you stir you are a dead man. I'm hunting for money." The minister sighed with relief and replied: "My dear misguided brother, let me get and and turn on the light, and I'll hunt with you."

SCHEDULE OF CLASSES

FIRST YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Chemistry, Inorganic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Biology.....	Dr. John M. Woods
Bacteriology.....	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Dr. E. E. Steffen
Chemistry, Organic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Embryology.....	Dr. J. P. Schwartz

SECOND YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology II.....	Dr. E. E. Steffen
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology.....	Prof. Frank Sutton

Second Semester

Anatomy, Practical.....	Dr. John M. Woods
Anatomy, Descriptive.....	Dr. John M. Woods
Orthopedics.....	Dr. A. B. Taylor
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Physiology III.....	Dr. C. W. Johnson

THIRD YEAR

First Semester

Anatomy, Regional and Special Senses.....	Dr. H. V. Halladay
Gynecology.....	Dr. Lola Taylor
Laboratory Diagnosis.....	Dr. G. E. Hurt
Public Health and Sanitation.....	Dr. M. B. Lovegrove
Physical Diagnosis.....	Dr. A. B. Taylor
Pathology III.....	Dr. E. E. Steffen
Symptomatology.....	Dr. C. F. Spring

Second Semester

Obstetrics.....	Dr. R. B. Bachman
Nervous Diseases.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Pediatrics.....	Dr. Mary Golden
Osteopathic Diagnosis, Technique.....	Dr. John M. Woods
Clinical Demonstrations and Practice.....	

FOURTH YEAR

First Semester

Surgery I, Principles.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Obstetrics.....	Dr. R. B. Bachman
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Dietetics.....	Dr. M. B. Lovegrove
Clinical Demonstrations and Practice.....	

Second Semester

Surgery, Operative.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Urology and Proctology.....	Dr. J. P. Schwartz
Medical Jurisprudence.....	Judge Hubert Utterback
Dermatology.....	Dr. Lola Taylor
X-Ray and Electrical Diagnosis.....	Dr. F. J. Trenery
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Clinical Demonstrations and Practice.....	

Laboratory Technician.....	Dr. G. E. Hurt
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TUITION

The tuition for a semester is \$115.00, which sum covers all fees in connection with the work.

CALENDAR

December 18th, 1925.....	Christmas Recess begins
January 4, 1926.....	Work resumed
January 21, 1926.....	Commencement
January 25, 1926.....	Second Term begins
May 27, 1926.....	Commencement

The Next Influenza Epidemic

Another epidemic of influenza can not be staved off by methods of quarantine and isolation, according to Dr. E. O. Jordan, head of the University of Chicago department of bacteriology, who discussed the efficacy of various preventive measures before the American Public Health Association in St. Louis recently. Practical difficulties in the way of efficient vaccination on a world-wide scale during an influenza outbreak seem so insuperable, we are told, that we can hardly make it the basis of a protective campaign. Face masks Dr. Gordon characterized as having limited applicability. Chlorin and similar gases he dismissed because they have not yet proved of decisive value. He continued, as quoted in Science Service's Daily Science News Bulletin (Washington):

"I believe, however, that something can be done to lower the attack rate in favorably situated small groups, to protect some individuals altogether and to lessen the virulence on the part of the accessory microbes. Difficult to apply, and uncertain of success as it may be, the minimizing of contact seems at present to offer the best chance we have of controlling the ravages of influenza.

"It is now clear that the first estimates of the loss of life caused by the influenza epidemic of 1918 were too low. The disclosures of the census of British India of 1921, and other data that have since come to hand, make an estimate of 20,000,000 deaths in the whole population of the world probably not wide of the mark. This is comparatively the worst catastrophe of the sort that has visited the human race since the Black Death of the Middle Ages.

"Judging by the past, nothing is more certain than that we shall some day have another visitation of this destructive infection. It is not to be doubted that if it were to descend upon us tomorrow we would, as public-health workers and students of the disease, be little if at all better equipped to deal with it than we were seven years ago. It is conceivable, however, that if we occasionally remind ourselves of the gaps in our knowledge we shall be in a position to study more advantageously the manifestations of the disease. There are certainly also lines of direct investigation which can be prosecuted today with some hope of rendering ourselves better prepared."

If the influenza was not a new disease in most parts of the world it certainly was greeted like one and behaved like one, Professor Jordan continued. In many parts of the world the time of importation of the new disease, into a region where the so-called endemic influenza had previously prevailed, could be specified to a day. "Its introduction into certain army camps in the United States is known to the day and hour," Dr. Jordan stated.

LIFE AS SENIORS SEE IT



Histology Department Making New Slides

As a result of the activity of Dr. John Woods, head of the Histology department, and Dr. Geo. Hurt, head of the laboratory department, the college will soon be the possessor of one of the most complete sets of microscopic slides of histological and pathological specimens in existence.

The material necessary and the mounting and staining is being done by the two Doctors mentioned, and they are being assisted by a few of the students.

There has been a lacking in this particular line of material for some time and the result of their labors will greatly augment the laboratory divisions of the Histology and Pathology classes of the future. The plan is to have a sufficient number of slides of each specimen to supply each individual in the class, thereby eliminating the necessity of three or four students working on one slide at a time. It is hoped to have individual sets for each student in the course.

We prefer to believe that the Lord helps them who help each other.

Senior Chapel Custom to be Renewed

Dean C. W. Johnson announced in the first chapel following vacation that the old time custom of "Senior Assemblies" would be revived this year and that the present out-going mid-year class would furnish the entertainment at a special assembly to be held Friday, January 15th.

The custom was replaced three years ago with the semester stunt days, which were celebrated on the last Friday of each semester, with each class participating in the program.

The balance of the program for the first assembly was taken up with several musical features and some solo dancing. The Music Masters, a local seven-piece orchestra, of which the bass hornist and trap drummer are D. M. S. C. O. studes, rendered several hot numbers. Reg Platt, the aforesaid bass hornist, did some good eccentric dancing, and Mac Friend rendered a few versions of the "Charleston."

Miss Helen Moore, '28, played two very pleasing violin solos, and Dr. Virg Halladay tuned up the old Hawaiian guitar and gave some real music. The orchestra, after this brief respite had regained their wind, and wound up the meeting with three "fast uns."

An optimist is a fellow who believes that whatever happens, no matter how bad, is for the best. A pessimist is the fellow it happens to.

When the boss wants a thing done, it will simplify matters to let him have his own way.

Two More Victims



Cupid, the little round, rosy-cheeked God of Love, who was the original model for the first Kewpie Doll, certainly played havoc with the student body during the recent holiday.

Two romances have culminated to the tune of the "Prisoner's Song" (the one that is so popular on the radio just now), and the boys are back in school with their "Ball and Chain" closely attached.

The famous Osteopathic Student partnership of Casey-Jones have filed Articles of Incorporation under the firm name of Mr. and Mrs. V. V. Casey. Mr. Casey and Miss Gertrude Jones were married at Adel, Iowa, on December 19th.

However, it required two separate and distinct trips to the above metropolis before the aforementioned change could be made. Witnesses are sure necessary articles, sometimes, eh, Casey?

The second victim was Brenner of the Freshman class. It sure is tough to be plucked so early in one's college career, but I don't know as I blame you much, Brenner.

It is rumored around the halls that several others took the fatal step during the holidays, but the facts have not come to light as yet.

A girl is pretty far gone when she begins to pick threads off a fellow's coat, but she comes back to normalcy in a hurry when she finds a long hair on it.

Mid-Year Graduation Plans Materialize

Plans for the Mid-Year graduation exercises, that will be held in the college auditorium Thursday evening, January 21st, 1926, are about completed.

Dr. Chas. S. Medbury will deliver the Commencement address. The Senior "B" class are to be in charge of the decorations.

At this particular time, the members of the class are busily engaged in checking up on treatment credit and time attendance, the two main "bug-a-boos" of all senior classes. Final examinations and study for the various State Boards examinations are also occupying the major portion of their idle hours.



UNDERGRADS

Stillonian Subscriptions Increasing

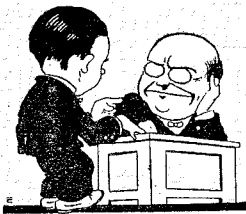


Following a fifty per cent subscription on the first day, the enthusiasm that greeted the announcement of the 1926 Stillonian has not waned. Members of the circulation department have been assigned to cover each class, and an endeavor is being made to secure a one hundred per cent student subscription by the first of February.

The first payments of the subscriptions secured the first day were due Friday, and a great majority were paid. The advantage of this plan is that it affords the Staff a working capital at the very beginning, and greatly facilitates their work. The splendid co-operation so far manifested by the student body will go far in helping to publish one of the best year books in this section of the country.

Immediately following the beginning of the new semester, active work will begin on the actual collection of the material for the book. No doubt, every Friday morning the students will be greeted, on the opening of chapel, with a plea from Homer Sprague, photo editor, for "more glossy print snap shots." You all have some good pictures taken around the school, your home, on vacation, or elsewhere, that would be of interest to everyone, and that would help make the book more attractive. Don't wait until the last minute to hand them in, but have them ready the first day Sprague issues the call for material for the snapshot section. Do your share towards making this 1926 Stillonian the best ever published!

Tuff Luck!



"So you want to become my son-in-law, do you?" snapped the old gentleman, with an eat-em-alive look at the embarrassed young man. "No, sir," responded the suitor, "to be perfectly frank with you, I do not. But if I marry your daughter I don't see how I'm going to avoid it."

Constant Reader wants to know the derivation of the word "Realtor," now so commonly used to designate real estate operators. We are informed that the word "Realtor" is derived from the English real, meaning "genuine," and the Spanish toro, meaning "bull."

Fraternity Notes

Iota Tau Sigma

Pledge Cudden is recovering from an injury received while playing basket ball during the Christmas vacation.

Wadkins has taken upon himself a new field of endeavor. Such is evidenced by the condition of his upper lip.

Pledge Brenner is back with us, but he is hitched double. Congratulations.

Olsen informed us before vacation that he was not going home, but the call seemed to be too strong. Pledge Rorick was the only man to hold the castle down the entire time.

The first installment of the chain letters will be published in a near issue. The Gephart brothers did not return in time for the first edition.

Anyone wishing to get the low-down on any party see Russell. He is very frank in his expressions of types.

Skidmore is in line for an extensive equine practice. He is very well equipped, even to clothes and horsing around.

Phi Sigma Gamma

Well, all the boys are back at last from their trips home, and from the stories, everyone must have had a wonderful time.

Word has been received that Brother Bill Reece will be back about the 19th or 20th. We sure have missed him, and will be glad to have him with us again.

Noon lunch is now being served at the house. There are twelve or fifteen here for lunch, and several more who eat the evening meal at the house.

Several of the boys are having their girls from home here for the Formal Dinner Dance at the Commodore Hotel the night of the 15th.

Mack Friend and his brother were busy doing the Charleston in Waterloo and other places during the Christmas vacation.

Brother McDonald from Kirksville was here for a few days' visit during vacation. It sure seemed good to have him around again.

Pledge Schwab brought a new student back from Dayton with him, and at present he is a guest at the house. His name is Jack Pohlable.

Brother Lowell Morgan has again assumed his many and varied duties.

Atlas Club

Brother Stan Evans spent his vacation in Des Moines. He claims "although he was down he was never out."

Brother Ward has sworn off getting weighed on trick scales. Ask him how much he weighed in Chicago.

Brother Don Sheetz will leave next month to take part in the "national beauty contest."

Brother Sherrif Reed arrived in Des Moines January 5th. He reports that there is no news from Kansas except that the Prune Juice and Cactus company is in bad financial shape.

Brother Bill Ghost decided to come out from behind the bush and shaved his upper lip.

Brother Richardson reports everything is running along fine in Detroit.

Brother Voss claims the Brady apartments are not as handy as they used to be.

It is reported that some of the brothers enjoyed the hospitality of the "mercy nurses."

Brother Spencer is the only Atlas man graduating in the January class. We all wish him lots of success. There is no doubt but what we will miss him.

Sometimes it's hard to tell whether Brother Rockhill is taking a course in Osteopathy or Parlor Athletics. At least he goes out every night.

Will someone please explain why Brother "Woof" looks kinda pale?

Since the increased sale of books on "How to Treat the Old Sailors for Land Sickness" we notice that the author, Brother Montgomery, has a new suit.

Really, when you look over the list of books the different Brothers from time to time have published, it is hard to understand why some of them are taking up Osteopathy.

It was a great surprise to all the brothers to learn of Brother Casey's marriage. We wish him all the happiness in the world.

Sigma Sigma Phi

Beta Chapter, Sigma Sigma Phi, takes pleasure in announcing the pledging of Wesley LeRoy Skidmore, '27, and Clark Hovis, '28.

The Mid-Year Formal was held at the Grant Club on Friday evening, January the eight. The Music Masters furnished the incentive, and many of the more studiously inclined of the brothers stepped out and did a few trick "Charleston" steps.

Of the present active chapter, Bros. Green, Olsen, Montgomery, Harrold, Howland, will graduate in the January mid-year class. We regret very much to see these men leave, but wish them all possible success in the Field.

Axis Sorority

And still they fall! Victims to Cupid's arrows! On Saturday, December 19, Gertrude Jones was married to Vernon Casey, both of the class of May, '27. The wedding took place at Adel and we are told they forgot to take a witness and had to produce a year book, "Stillonian," for identification. Dr. Couzins, an Axis field member, witnessed the ceremony.

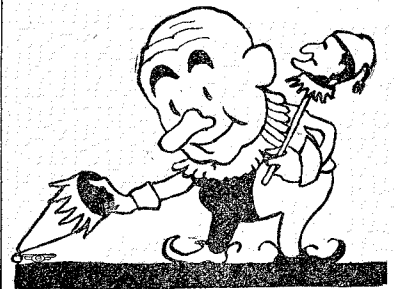
Who'll be next? Don't rush, girls!

Anna Doyle came back wearing a new diamond, so we expect her and Jo Bowman to keep the ball rolling.

Gladys Cowan spent the Xmas vacation with friends in Wiota, Iowa.

Jo Bowman, who went home for the holidays, was detained with a case of measles.

Two benedicts were comparing notes. Said one, "My little wife is an angel; she couldn't tell a lie to save her life." And the other man said: "You're lucky. My little wife is an angel, too, but she can tell a lie before I can get it out of my mouth!"



We know a colored woman who applied some vanishing cream to her face before retiring and the next morning her husband found only an ink spot on the pillow.

"Who was the most popular girl at the dance, last night?"
"I don't know, but her dress looked like it would fall off and minute."

"Johnny has just eaten eleven plums!"
"Good Lord! Call the plumber!"

The one-legged man who tried to play football has nothing on the card shark who had the palsy.

Two may live as cheaply as one, but not nearly as quietly.

Whoever named a certain type of American youth as "shiek" played a low trick on the Arabs.

Ma—Did you dream that you were out riding with Bill last night?

Sis—Yes. How did you guess it?

Ma—I saw you walking in your sleep.

BOSTON

Houghton — "Er — have you heard the song called Saccharine Futurity?"

Sweet Thing—"I don't recollect having heard it. Are you positive that you are calling it by its right title?"

Houghton — "Why—why, I believe it is commonly called in the Sweet Bye and Bye."

Freddy—Grandpa, did you once have hair like snow?

Grandpa—Yes, my boy.

Freddy—Well, who shoveled it off?

Patient—Doctor, don't you find it inconvenient to travel miles to see me?

Dr. Woods—Oh, no; I have another patient near here, so I get the chance to kill two birds with one stone.

Dumb—Have you ever seen a truck farm?

Dumber—Sure, I went through the General Motors factory this summer.

Frat—Gotta pledge that man.

Frater—How come? Last week you said we'd pledge him only over your dead body.

Frat—That's all right! But he didn't owe me ten dollars then.

Buy a davenport and keep your daughter at home.

Olson—Let's go huntin for rabbits.

Stone—I ain't lost no rabbits.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

"As Others See Us"

The following article is composed of excerpts from an article which appeared under the same heading in the December issue of the "Open Forum Bulletin" which is published by the Illinois Osteopathic Association, Incorporated and edited by D. E. C. Andrews. The writer of the original article is a layman, and his observations carry a terse message to the Field Doctor, the new graduate and to the undergraduate student.

Be Proud of Your Profession

"Lincoln once said 'I like to see a man who is proud of the place in which he lives. I like to see a man live so that the place in which he lives will be proud of him.' So with Osteopathy. Be proud of your profession and practice it so that the public will be proud of it and of you as its representative. You have a right to be proud of its accomplishments in serving humanity, in healing many aches, pains, and sufferings that would otherwise go unallayed. You have a right to be proud of future achievements that are sure to come. Healing is not so much a profession as it is an art. An art as old as the race, practiced before the dawn of history, to be sure in primitive ways, but practices to the best of knowledge and ability in that far off day. This art has assumed many forms of expression until at present thru long processes of evolution, both forward and backward, we think of it in terms of medicine.

"Osteopathy, it would seem, is a revival of an all too much neglected and hitherto unrecognized school of the healing art. It recognizes certain evident principles magnifies them, enriches them, analyzes them, and then applies them to humanity's need. The real Osteopath, the one who is true to his profession, physically, scientifically, ethically and psychologically, is doing his utmost not only to help and cure present illness, but in addition bends all his energy to prevent sickness by proper treatment and information. The old idea of keeping the patient ignorant and you keep him humble, is all "bunk" now, for the average individual is reading, hearing, and radioing ideas, notations and information that must be reckoned with. The best way to reckon with it is to frankly impart methods of living that along with proper treatment will keep the individual fit. An ounce of Osteopathic prevention is worth a pound of medicine. Help nature help herself. Help the patient know himself and

help yourself to know your patient. Know your art and you will need to make no apology. You will find success professionally, socially, economically.

Professional Loyalty

"Many centuries ago the Master of men gave to the world the evident truth that a "house divided against itself shall not stand." Lincoln used this same truth most effectively in a time of a perilous national crisis; when he said that a nation divided against itself could not stand. So it is with your profession. There must be a professional loyalty that binds you together for the good of all concerned. Life is a fight for fame, a struggle for success, a survival of the fittest. This law operates not alone in physical life, but in all the varied expressions of life—mental, social, economic. This fact accounts for the present rise of organization—that magic wand used so effectively in the hands of Americans. No matter how great your product, no matter how great the need of the product be, if there is not sufficient organization to take the product to the needy consumer—it avails nothing. Osteopathy is the product, the uninformed but needy public is the consumer. Now, rally the band together as others do in other lines of useful endeavor, and tell the world what you have.

"As far as Illinois, or any other state, is concerned, each and every Osteopath, no matter how successful or unsuccessful, must invest himself in the common organization that will place Osteopathy favorable before the public in a compelling manner.

"The writer knows a man of advanced years, who had achieved phenomenal success in his line and is still actively planning and directing great business enterprises at an age when most men are aging, tottering and dying. He attributes most of his ability to so "carry on" to the fact that he maintains at his constant command, his personal Osteopath, who helps him to "keep fit," and prevent the usual old age infirmities. Poor, suffering humanity is that man—you are the attendant. He must know of your helpfulness—you must know of his need. Get together. Be loyal to your profession, your fellows, yourself, the public. United you live, and serve, and succeed—singly you are prey for those who are organized and against you. In union there is strength—in numbers there is prestige.

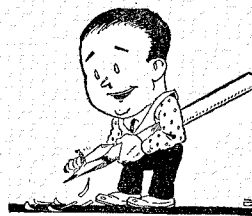
Try to see yourself as others see you, for greater effectiveness. Be proud of your profession and its opportunity. Be loyal to your profession and unite for the mutual good of all concerned."

When you can't get to sleep by counting sheep, "kid" yourself into the belief that it is morning, and high time you were getting up. If you're normal, this will put you to sleep at once!

The only two who can live as cheaply as one, are the flea and the dog.

Worse than a quitter is the chap who is afraid to begin.

Holiday Ends; Semester Exams Next



Sharpenin' Up

The annual holiday vacation period is now a thing of the past and the students are all back on the job preparing for the close of the semester.

As usual, a few were delayed in returning on account of conditions at home, the opposite sex, and in one instance by a Christmas present of a case of Measles. But by now, everyone has returned, bearing evidence of the fact "that there really is a Santa Claus." Some even went to the extent of bringing back a soul-mate to prove this Santa Claus yarn. Power to you!

Semester reviews prior to the final examinations are now attracting the attention of the seekers after knowledge, and a frantic borrowing and copying of notes, by those who are not so inclined during the year, indicates that all realize the importance of coming events scheduled by the Dean for January 19th and 20th.

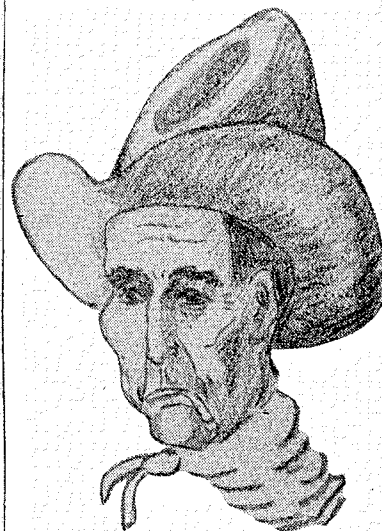
From all indications, the incoming class of Freshmen will exceed, appreciably, the number of Seniors that will be lost by graduation.

Are You Looking For a Location?

SENIOR CANADIANS! There is a fine osteopathic practice and office equipment for sale at Brandon, Man. Clientele covering a period of fifteen years and drawn from a circuit of fifty miles. Only osteopath, none other within one hundred miles. Immediate possession. Brandon is a beautiful, progressive city, completely modern, 10,000 population. Colleges, Normal School, General and Mental Hospitals. Famous summer and winter fairs, surrounding country delightful and prosperous, center of Canadian wheat belt. Any one who is interested in the above location may obtain definite information by writing to Dr. C. W. McCurdy, 838 Rosser Ave., Brandon, Manitoba.

Dr. C. S. Harper of Greeley, Colorado, is planning on retiring from active practice and would like to sell his practice. Any one who is interested in locating in Colorado can write Dr. Harper at Box 1030, Greeley.

You cannot prevent the birds of sadness from flying over your head, but you can prevent them from building nests in your hair. —NuGro News.



The Round Up

Wall naow, I firmly beleive that we must have a new skule, I suppos yo'all are wondering how I happened to arrive at such a conclusion. It's jest this away. We have so many stewdents in this here buildin' that we haven't got enough clothes hooks to go round. I came into the skule buildin' a few days ago and had to hunt for a half hour befo' I found a place to hang muh chaps and sombrero. Now this is a condition that must be changed and a new buildin' is th' only way out.

To git a new buildin', we need some mo' students an' we have tuh look to our aluminuses to send them to us.

Sometimes hunters go out huntin' and shoot till they have mo birds than they need an' until they've wasted mo' shells than necessary. A few seasons like this an' then the state calls a closed season on this certain kinda bird. Naow, here's the point I wants tuh make. Graduation takes away students an' with graduates agoin' out every season and fewer new students comin' in, it looks like some one is goin' to have tuh call a closed season on graduates, onless, some of these heah recent graduates git busy and send in some young burds to stock the game preserve, said preserve bein' Still College.

Tuh make a pair of all wool pants yuh got tuh have some wool, and tuh make good Osteopaths yuh must have th' raw material and it must be high grade stuff, naow then all yo' aluminuses git busy and send in yo' carded wool an' see if we can't change the present condition of the hook shortage in the cloak rooms.

Put yore brand on the boys yuh send in, because we can't have any wild mavericks runnin' loose around heah. I got to much tuh do to corral this here pen and ink 'thout havin' to keep an eye on young stock too. Howsomever, I'll look over thir brands and if yo' wants a repo't on them write

ALKALI IKE.

The one man who succeeds by letting things slide, is the trombone player.

Handedness and Eyedness

These are the terms applied to the predominant use of either right or left hand or eye. According to a recent theory, if one is right-handed he is also righteyed, and vice versa. There are puzzling exceptions, but in general the rule holds, we are told by the reviewer of a recent book on the subject by Beaufort S. Parson, an American investigator. Mr. Parson develops a new theory of the origin of "handedness," which connects it directly with that of "eyedness." Says the reviewer, writing in *The British Medical Journal* (London):

"Plato believed that handedness was the result of nursing and early education, and many others have followed him. Sir Thomas Browne declared that handedness is 'the result of institution and not of nature.' Sir George Murray Humphry of Cambridge exprest the opinion that 'there is no anatomical reason for it with which we are acquainted,' and many others have accepted this position. Cunningham accepted the hereditary theory, and gave some examples to show that left-handedness is transmitted from parents to children. Professor Jordan of the University of Virginia, after collecting many pedigrees, concluded that the appearance of left-handedness is sporadic, and in general conforms to the Mendelian law of inheritance.

"Warlike theories have been propounded, and the necessity for protecting the heart with the left arm. More recondite explanations have been sought in unequal blood supplies of the two cerebral hemispheres. Le Conte, without attempting to give a detailed explanation, simply exprest the opinion that 'People are right-handed because they are left-brained.' Humphry hinted at the beginnings of a new theory in referring to the correspondence between hand and eye. Others worked out the idea into a theory of ocular dominance, and to this Mr. Parson appears to lean. He suggests that earliest man, like the highest apes, sighted laterally, with either eye as needed, and, like the simians, was ambidexterous; that the fixt unilateral sighting faculty, accompanied by handedness, developed with the manufacture and intelligent use of weapons, and that in the beginning it was without any marked general bias for either the right or left side. The biological ascendancy of right-eyedness and right-handedness, he thinks, came about subsequently through natural selection as a result of one or more now obscure causes, the more likely being the advantage that would accrue to the warrior who, as he faced his opponent, carried his spear or club in his right hand, and later a shield in his left. He thinks, too, that sun worship probably had much to do with fixing manual dexterity.

"The theory of unilateral sighting as the cause of handedness is,

SCHEDULE OF CLASSES

FIRST YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Chemistry, Inorganic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Biology.....	Dr. John M. Woods
Bacteriology.....	Dr. J. P. Schwartz

Second Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Dr. E. E. Steffen
Chemistry, Organic.....	Prof. Frank Sutton
Histology.....	Dr. John M. Woods
Embryology.....	Dr. J. P. Schwartz

SECOND YEAR

First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology II.....	Dr. E. E. Steffen
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Chemistry, Physiological and Toxicology.....	Prof. Frank Sutton

Second Semester

Anatomy, Practical.....	Dr. John M. Woods
Anatomy, Descriptive.....	Dr. John M. Woods
Orthopedics.....	Dr. A. B. Taylor
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Physiology III.....	Dr. C. W. Johnson

THIRD YEAR

First Semester

Anatomy, Regional and Special Senses.....	Dr. H. V. Halladay
Gynecology.....	Dr. Lola Taylor
Laboratory Diagnosis.....	Dr. G. E. Hurt
Public Health and Sanitation.....	Dr. M. B. Lovegrove
Physical Diagnosis.....	Dr. A. B. Taylor
Pathology III.....	Dr. E. E. Steffen
Symptomatology.....	Dr. C. F. Spring

Second Semester

Obstetrics.....	Dr. R. B. Bachman
Nervous Diseases.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Pediatrics.....	Dr. Mary Golden
Osteopathic Diagnosis, Technique.....	Dr. John M. Woods
Clinical Demonstrations and Practice.....	

FOURTH YEAR

First Semester

Surgery I, Principles.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Obstetrics.....	Dr. R. B. Bachman
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Dietetics.....	Dr. M. B. Lovegrove
Clinical Demonstrations and Practice.....	

Second Semester

Surgery, Operative.....	Dr. S. L. Taylor
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Urology and Proctology.....	Dr. J. P. Schwartz
Medical Jurisprudence.....	Judge Hubert Utterback
Dermatology.....	Dr. Lola Taylor
X-Ray and Electrical Diagnosis.....	Dr. F. J. Trenery
Osteopathic Therapeutics.....	Dr. H. V. Halladay
Clinical Demonstrations and Practice.....	

Laboratory Technician.....	Dr. G. E. Hurt
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TUITION

The tuition for a semester is \$115.00, which sum covers all fees in connection with the work.

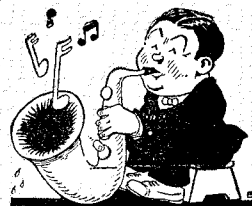
CALENDAR

December 18th, 1925.....	Christmas Recess begins
January 4, 1926.....	Work resumed
January 21, 1926.....	Commencement
January 25, 1926.....	Second Term begins
May 27, 1926.....	Commencement

he says, susceptible of proof by a simple test. The eye that fixes a given object (under conditions that enable the observer to determine which eye is fixing) will give the 'eyedness and handedness' of the person under examination. He has devised an instrument for this purpose. But the test can be made without apparatus as follows. Double up one fist with the index finger pointing freely. Lift the fist above the head and imagine it to be a pistol. With both eyes open, fling the pistol forward at arm's length as though to fire instantaneously at some distant object. Now rapidly shut first one eye and then the other, and note which eye is in line with both forefinger and object simultaneously. If it be the right eye, the subject is right-eyed and right-handed, if it be the left, the subject is left-eyed and left-handed.

"But, alas for the theory, there are many persons who are left-eyed—that is, in the majority of the tests the left eye is the fixing eye—yet they are without doubt pure right-handed without a trace of left-handedness in their childhood or in their family records. There can be scarcely an ophthalmic surgeon who has not seen patients who complain that they are bad shots, and in whom there is found left-eyedness. They are right-handed and can only shoot from the right shoulder, whereas, for no discoverable reason, when both eyes are open in taking aim the left eye makes the choice. These cases are sheer puzzles for which no explanation can be found; certainly none of the conditions suggested by Mr. Parson meets this flaw in his argument."—*Literary Digest*.

Friendly Interest



"Does my practicing make you nervous?" asked the man who was learning to play the saxophone. "It did when I first heard the neighbors discussing it," replied the man next door, "but I'm getting so now that I don't care what happens to you."

A friend of ours tells us that when his wife sings he always goes out and stands by the front gate. Not that he objects to her singing, understand, but he says he doesn't want the neighbors to misapprehend what is going on in the house.

"There is no chance of my ever adjudging the wrong man insane," says a Topeka alienist. "Whenever I am called in on an insanity case, I always have the counsel for the defense point out the patient to me before I make the examination."—*Topeka Capital*.

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

THE LOG BOOK

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

VOL. 3

FEBRUARY 1st, 1926

NUMBER 14

Purple and White Down Ellsworth

The Purple and White quintet invaded the Ellsworth camp and came out with the long end of an 18 to 16 score.

Both aggregations were evenly matched and the battle was hard fought, the score switching back and forth through the entire game. Both teams played a listless brand of basketball and neither displayed the form they are really capable of putting out.

Max Friend was the local star of the engagement.

D. M. S. C. O. will play a return game with Ellsworth at Des Moines in February and it is expected that both teams will put out a higher class of "hardwood pool" than was displayed in the first contest.

The coming month is indeed a busy one for the Purple and White basket toosers. The last of January will bring two hard games with the crack Southern Surety five on the 28th and Dana College on the 30th.

In February, the locals start with Buena Vista on the fifth. If the Buena Vista basketball teams are as strong as the football squads that come from the lake town, the Bonesetters had better look to their laurels. Lincoln's birthday, the 12th, will be observed with the return engagement of our recent opponents, Ellsworth. The leaving on the 16th, the squad will make an extended tour of the northern and southern parts of the state and play some games in Missouri. On the 17th, they will play Graceland, the 18th, Jackson University, the 19th, Kirksville, and the 20th they will do battle with the Iowa University of Business. Returning home and resting for a few days, the Still arena hounds will meet the Grandview A. C. on the 26th of the month.

The above is one of the strongest schedules ever entered upon by the college athletic department for one month. If this brand of basketball continues as the rule, the college will soon rank among the top-notchers in the state.

One game has been listed for March, so far. On the second the Osteo camp will be invaded by the Graceland aggregation for a return game.

Mrs. Katherine M. Robinson entertained at dinner Tuesday evening at her home in "The Elms," complimenting Mr. Lonnie L. Facto and his fiancée, Miss Bess Johnson. The evening was spent in cards and dancing. The hostess was assisted by Miss Rosemary Kurtz.



To think without acting won't get you very far; but to act without thinking may easily get you some place where you would infinitely rather not be

Ten Seniors Receive Diplomas

Ten senior students completed their four year grind and received the coveted sheep-skin at the annual Mid-Year Commencement of the college held on Thursday evening, January 21st.

The college auditorium was tastefully decorated with palms and greenery and the walls were hidden with green screens. A rug and an ew table adorned the platform and the result had a startling effect on the undergrads who attended the ceremony. There was some doubt in their minds as to whether they were in the right place or not.

Following the March, played by Miss Mildred Trimble, a tenor solo was sung by Thomas Mann. Dr. Robert Bachmann gave the invocation which was followed by a violin solo by Miss Helen Moore.

Dr. Chas. S. Medbury gave one of the finest and most inspiring commencement addresses that has ever been delivered to a D. M. S. C. O. graduating class. One of the outstanding points which the doctor endeavored to impress upon the minds of the graduates was the fact that they must attain a higher standing than the average Medical practitioner because they are more openly criticized because of being Osteopaths.

Earl Shaw played a saxophone solo following Dr. Medbury's address and then the Dean of the college presented the class and the President, Dr. S. L. Taylor conferred the degrees. Dr. Bachmann gave the benediction and Miss Trimble played the exit march. Following the exercises the reception was held in the ladies waiting room.

The students receiving their diplomas were: Edward L. McInnis, Marvin E. Green, Leota M. Grosjean, Floyd O. Harrold, James Opie Humbert, Frank R. Spencer, Gerhard J. Howland, Olaf H. Olsen, Frank B. Heibel and W. Everett Montgomery.

Faculty Banquet Seniors

The annual banquet in honor of the graduating seniors, was given by the members of the Faculty and their wives at Youngers Tea Room on Wednesday evening, Jan. 20th. The excellent food had no apparent ill effect on the diners as there were no absences the next evening at commencement.

In the year 1822 the average American had six children and one wife. How time changes all things!—The Policy.

My Husband as I Know Him



If you have pictured my husband in home life as a staid, dignified professor, let me dispell a few of these illusions, for you. In the little retrospective narratives that follow, I will endeavor to clear up a few mysteries and to tell you the some of the never-to-fore printed anecdotes.

Did you ever wonder why he still retains so doggedly that old rattely car of popular make? Because if he got a new one he couldn't tinker with it. I think that he is the happiest when he is under the machine. But as there are exceptions to all rules, I cannot refrain from telling you of one, if not the only time he was tempted to throw it away. It seems he diagnosed the trouble as the connecting rods. One day he took it upon himself to tighten them, so he doned his old clothes and left for the garage. Soon I heard the host horrifying splutter and gurgle; I thought he must have choked himself and as I rushed down the stairs I pictured him in all kinds of predicaments. As I reached the garage there met me the most woe begone individual this earth ever viewed. He was covered with oil from head to foot and as I gazed at him I could hardly control my mirth. I tried to make my voice sympathetic and asked him what happened. Permit me to quote him, "I took the pan off and forgot to drain the oil from the blamed thing." He says that he is going to get a new one and give his son the old one, may I add that his doesn't like to monkey with it.

Have you ever wondered about his baldness? He did get that from hard work, but let me explain how. At one of our homes the basement was only half dug out and my worthy husband decided to remove the rest. There were, I think about fourteen inches between the ground and the rafters. His military training served him well in the process of digging in. But because of his absent mindedness he kept

(Continued on Page 4)

Fraternity Notes

ATLAS CLUB

Brother Royal Nelson is now the presiding officer.

Any of the brothers wishing to borrow some money see Brother Trimble.

Variety is the spice of life says Brother Voss, as he appeared at the Peacock Gardens with a wild date.

The banquet held at Younkens Tea Room was a big success. Brother Spencer was the only graduate to be honored.

Any time you need any help to diagnose a case, Brother Richardson will be glad to assist you.

When you want to put something in these notes see Brother Stan Evans.

Brother Harmon is thining of starting a "Pawn Shop." He should make a success of it.

Brother Sifling is now living at 1511 High street.

PHI SIGMA GAMMA

The semester stag banquet was held at the house Saturday night, January 23, at six P. M. Brother Nicholas and R. L. Morgan were back for it and we sure were glad to have them back with us again. After a wonderful meal there were the usual talks and then the boys left and came back later with the ladies for a dance which ended about one A. M.

We all are very sorry that Brother Reese and Spencer did not get back for this semester.

Pledge Schwab was called back to Dayton on business and word was received from him to the effect that he will be unable to return until next September.

Peelees Barbar shop was cold and deserted all the time while his girl was here. It wasn't so bad though as the House of David orchestra was in town that week, and people thought we belonged to it.

Brother Morgan brought a new student down with him. His name is Stevens and he has been a guest at the house for a few days.

Pres. Howe has been entertaining a friend from Chicago the last few days or so.

Bro. R. F. Cummings is moving into the house this week. We certainly are glad to have you with us Cab.

Some new curtains and drapes now adorn the dinner room windows and they sure look neat.

Steingrabe is groping a brand new tickler on his upper lip. He says it is because of the request of a multitude of his lady admirers.

Lowell Morgan blackmailed Peelee while his girl was here and as yet Peelee hasn't forgiven him.

IOTA TAU SIGMA

The departure of our Doctor brothers, Green and Olsen, from our chapter halls was marked by an unusual banquet held in their honor, on Saturday night, Jan. 23rd. Olaf and Doc responded wonderfully well to the request of "Pinkie" Marlow, the toastmaster. They spoke some truth but enlarged upon it greatly. It's tough to see these two lively

boys step into the winds of the world while winter is yet on. We assume, however, that Doc will seek the heat of "Dad's" furnace and Olaf will likely go to the "Capitol of the World" to await orders from the "Viking."

The toasts from Pledge Rhode, Gus Nye, Don Baylor and C. B. Gephartw ere brown but without butter. This was later furnished by Pledge Wright in a dialogue with a camel. Dr. Trenery topped the list from a literary standpoint.

Field members present were Drs. F. J. Trenery, C. R. Bean, A. C. Prather, and J. F. Brereton.

A house dance followed the banquet with Drs. G. E. Hurt and J. P. Schwartz officiating as chaperones. "Tooter" and his tooters tooted. The dance was slightly altered due to the heavy practice of the Doctors Richardson.

So ended the first semester.

The second semester opened with a "Bang" when Peel Loghry made his appearance at 7:45 Sunday morning. Peel stayed in "Chi" Saturday night so he could arouse the boys early Sunday morning. Peel always worked for the welfare of the brothers.

Tiny Benien took this so seriously that he went to Sunday School and forgot to build the fire. None of the brothers were "Big" enuf to inflis the proper punishment upon Tiny.

As an outgrowth of this incident, the brothers have scheduled a debate to be held at the chapter house on next Monday night. The subject will be, "Resolved that the Fireman should be surpassed in Size and Physical Ability by at least fifty per cent of the chapter's members." Peel will defend the resolution and Tiny will represent the negative argument.

Judges will be non-prejudiced and unbiased in opinion if such can be obtained. Results of the debate will be published.

Pledge Brenner deserted his wife after dinner at the chapter house on Sunday. Mrs. Brenner enjoyed a ride, quiet afternoon and delightful luncheon at the home of Pledge Wright. Mrs. Brenner ate well, then wished for another day.

Moco Elsea is our new diagnostician par excellence at the house. I also hear that we have another wonder in gacobs who from all reports must put out a wonderful treatment. How about it, Jake

SIGMA SIGMA PHI

Beta Chapter takes pleasure in announcing the pledging of Roy Trimble, '28.

Pledges W. LeRoy Skidmore and Clark Hovis were initiated into the exalted realms of the order on Tuesday evening, January 12th. Both the new Brothers survived the ordeal in good shape and were able to attend classes the next morning.

To brag little, to show well, to crow gently if in luck—to pay up, to own up, and to shut up, if beaten, are the virtues of a sporting man.—Oliver Wendell Holmes.



Platt: "What are you writing?"

C. Jones: "A Joke."

Platt: "Well, give her my regards."

He: Jane lost her job in the grocery store because she refused to do what the boss asked of her.

She: What was that?

He: He asked her to lay some eggs in the window.

"You can't make a monkey out of me!" said the savior.

"No," replied the Juice prof, "but I can put you on a tree and no one will be able to tell the difference."

Tiny (Great, big, strong man): The reason I'm so big is, that when the Lord made me, he worked all day and didn't stop for supper.

Bill: That's easy. He'd lost His appetite.

Flora: How's your father?

Belle: He has paralysis.

Flora: I know, but how is he?

Belle: Oh, he's not kicking.

You've all seen furnaces go out and drumstick but you're not really well informed unless you've seen a midnight frolic.

"Our fraternal janitor must be steppin' out tonight."

"What makes you think so."

"The water's hot."

"Dis bane a gude yoke on me," said Ross Robertson, as he spilt some egg on his vest.

First Inebriate: Where you been, Bill?

Second Inebriate: Watching the fish bowling.

First Inebriate: Whatya mean—fish bowling?

Second Inebriate: Didn't ya ever see a fishbowl?

Sheriff Reed: "The strongest men in the world are out West."

Monty: "Why how's that?"

Sheriff: "Don't they hold up trains out there?"

Jonah: How far are we from land?

Whale: 3,00 miles.

Jonah: Don'e leave me, big boy.

"Have you heard of Dr. Spring's latest stunt?"

"No."

"His wife sent him after a pair of spectacles and he brought home a couple of lamp shades!"

Young Husband to Nurse: "Quick, am I a father or a mother?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Alumni

At this time of the year it is possible for the practicing alumni of D. M. S. C. O. and all the other Osteopathic colleges, to render a service to their alma mater, and to the public as well, that is of unequalled value.

In practically every section of the country, at this time of the year, the high schools are graduating their mid-year classes of young boys and girls of the college age, the men and women of tomorrow.

A majority of these graduates are contemplating higher education. Some have already selected their vocation or profession, but the greater portion have not. They know the various professions as being in existence, but are not acquainted with the possibilities that are before them.

The Local Osteopath can do these children and at the same time his profession, a great service, by explaining to these young men and women the benefits to be derived from Osteopathy as a profession. Explain to them the high ranking of the profession, its ideals, aims and teachings. The broad field that is open to the qualified and equipped Osteopath. The progress the profession has made during the past twenty-five or fifty years.

Tell them the true facts in the case and aid them in the selection of their life's work. You will not get every graduate you talk with to enter an Osteopathic college, but if you do succeed in securing one student from the entire group you will have accomplished your purpose for if that individual matriculates and is inspired as the students of this college are, he will return to your town and spread more Osteopathy in five minutes that you personally could in a day for his is a stronger and closer contact with the younger generation.

Make your attempt, Alumni! Bring the Osteopathic Profession before the high school graduates in your locality as a possible life's work for them and if you are fortunate in securing one new student, consider your task well done, for in reality you have indirectly influenced five or six.

"Isn't this rather unusual?" we asked a friend we met in a candy store buying an expensive box of chocolates. "Just playing safe," he replied. "My wife kissed me this morning, so I think it must be her birthday or wedding anniversary."

It's better to be an original jack-ass than an imitation lion.

A. O. A. President Here

The college and student body were recently honored by a visit from Dr. Asa Willard, of Montana who is the President of the American Osteopathic Association.

Dr. Willard spoke in chapel on the regular program in true "Asa" fashion and gave the student body some excellent food for thought. Throughout his address, the Doctor leavened the lesson with several interesting and humorous incidents of his private practice. Also a few of his choice stories were uncorked for the benefit of the embryo Osteo's guidance. Special stress was laid upon the absolute necessity for strong organization and concentration and unification of purpose if the Osteopathic Profession hopes to continue in progress and development toward its true position in the realm of science.

In the afternoon, Dr. Willard attended the general clinic and made a complete survey and inspection of the college.

D. M. S. C. O. was indeed honored with this brief visit from the President of our national association and sincerely hopes that it will be possible for Dr. Willard to return in a short time and be with us for a longer time. The student body gained an added impetus towards their ultimate goal—the Osteopathic Profession.

Come again Dr. Asa, you're more than welcome.

Are You Looking For a Location?

Dr. J. W. Kibler of Clifton Forge, Va., writes that he wants to sell his practice and equipment in the town of Clifton Forge and Covington, as he is desirous of moving to his "home town" near Richmond.

The doctor has been in this location for the past fourteen years and is the only Osteopath within a radius of fifty-four miles. The two towns are about twelve and one-half miles apart on the main line of the C. D. O. railway and each has a population of about eighty-five hundred.

Any field men or new graduates who are interested in this location, may secure further information by writing Dr. Kibler direct.

Dr. H. M. Davis, 920 Nicollet Ave., Minneapolis, Minn., after fourteen years of active practice, has notified the College that his practice in that city is for sale. Reason for selling—Postgraduate. Anyone interested, may communicate with the doctor direct, or with the college.

This would prove an excellent opportunity for a graduating Senior to locate in Minneapolis, Minn.

There may be "nothing but wind" in politeness, as some rudely declare, but wind in pneumatic tires eases the jolts along life's highways wonderfully.

Juniors Frolic at Annual Party

The members of the Junior class were entertained by Dr. and Mrs. Spring, at their home, Friday evening, January 22nd, as a fitting climax for the three semesters work the class had just completed under the doctor.

For some years, it has been the custom of Dr. Spring and his wife, to wind up his particular connection with the training of each class with a party. This years event has without equal in the past. Approximately fifty of the class, some encumbered with wives, spent one of the most pleasant evenings since their coming to D. M. S. C. O. The time was taken up with games, and various stunts and different modes of fortune telling, which kept the gang in a constant uproar. There wasn't a dead minute in the entire evening, one hardly had time to draw his breath.

Later, refreshments were served that brought back visions of home and mother to many of the boys in particular and more than likely to a lot of the girls. Dr. Spring pulled one on the bunch immediately following the lunch that will be remembered for some time.

The under-classes can indeed look forward with great anticipation to the time when they have completed their course under the doctor and are included in the lucky crowd that attends "Spring's Party."

The Junior Class wishes to thank the doctor and his wife for one of the most enjoyable evenings in their experience.

Luncher (to a man who is making off with his overcoat): I beg your pardon, sir, but in case we don't meet again, may I have a couple cigars out of the pocket?"

Second Semester Elections On

Immediately with the start of the second semester, the local class politicians busied themselves, and as a result we have a few new class officers in our midst.

Sophomore A

PresidentW. R. Loerke
Vice-PresidentE. M. Hubbell
SecretaryG. G. Smith

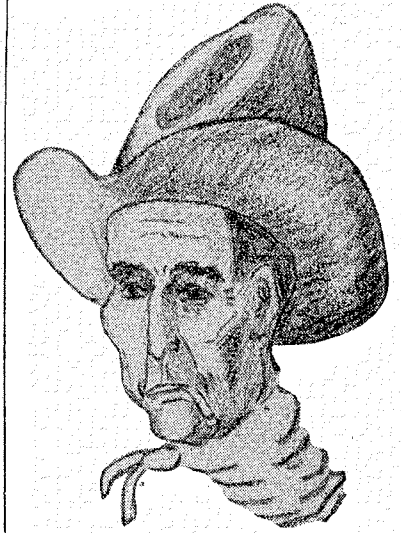
Junior A

PresidentRalph Davis
Vice-PresidentSheriff Reed
SecretaryR. F. Cummings

Senior A

PresidentHomer Sprague
SecretaryAnna Doyle
TreasurerJoe Rader

Dr. Ellen Herrington Schultz of 1611 West Cleveland Avenue, Guthrie, Okla., writes that she is unable to practice and wishes to dispose of her near new Taplin table. Also her library. Any one interested in the above mentioned items may secure detailed information by writing the doctor at the above address.



The Round Up

Owing to the absence from the range of Alkali Ike, the customary column will have to be dispensed with for this issue. Ike was suddenly called out of the city with his large bass horn and did not have an opportunity to prepare a yarn before his hurried departure. However, the old boy will be back in time for next issue and the caustic quality of his terse remarks should be of double potency after this brief vacation.

Attention! Class of 1925

The college received a letter the other day from Dr. "Arnie" Schneider, '25, who has located at Winona, Minnesota, in which he states that he is hungry for "dope" on the other members of his class. Where are they, what are they doing, and how are they getting along.

Much to our chagrin, we were unable to give Arnie the information he desired as a great majority of this class have failed to write in and let the college know where they located.

Alumni! Give us a boost on this matter! Write the college and let us know where you have located and how you are getting along. You graduates of 1925, drop Arnie a line to Winona, Minn.

Senior Assembly

One of the most interesting assembly programs of the year was given by the Mid-Year graduating class, Friday morning, January 15th.

Assembly opened with the class procession, led by the President of the class, Marvin E. Green and the speaker of the morning.

Several very pleasing selections were rendered by Miss Iradeshl, contralto, from the Drake University Conservatory of Music, accompanied by Miss Graham.

The Rev. Mr. Rash, spoke on the subject "Humorous Incidents on Foreign Travel," and kept the student body in gales of laughter during his allotted time. Rev.

(Continued on Page 4)

Seniors Top Subscription List

As a result of the recent survey of classes of the subscriptions to this year's Stillonian it was found that the present Senior Class leads the college in subscriptions ordered by 11 per cent. A total of 84 per cent of the class have signed up for the year book.

The Junior and Freshman are tied for second and third places with 73 per cent to their credit. The Sophomores are last with only a 60 per cent subscription.

The staff and especially the business management department are exceptionally well pleased with the support that the student body is giving the book and are confident that the coming month will raise the percentage even higher. Why not make it a one hundred per cent affair? It could be done.

The Sophomores are at present the low class, but it is believed that by the next issue their average will be on a par with the other classes. Their activity in the past and the support they have given other college features sponsors the prediction that they will come out in the foreground.

Lets go Sophs! Show your Stuff!

Senior Assembly

(Continued from Page 3)

Rash hit the high spots on his tour of Europe, on which, to use his own words, "he had the least money, but saw the most." He also told of his negotiations with his "rich banker uncle" for the trip and stated that he explained his apparent audacity to his family with the biblical quotation "Ask, and Ye Shall Receive."

Many interesting points were brought out concerning pre-war Egypt, France and Belgium. In Italy, he was extremely fortunate, he said, to see the royalty delayed by an ox-cart.

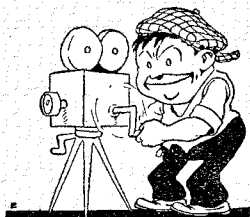
Rev. Rash paid a high tribute to the intellectuality of the ancients and stated their degree of progress was far superior to our present day in many lines and cited instances in support of his statement. He ended his discourse by a tribute to the graduating class and congratulated them upon finishing their preliminary training and their entering their real educational activity.

Following the speaker, a few popular jazz numbers were played by the Zoe Palmer orchestra which is playing an engagement at the Kirkwood hotel.

Doctor (to patient): "It's nothing to worry about—just a little boil where your back collar button has rubbed your neck—but you'd better keep your eye on it."

Mrs. Henry Peck, who read a paper before the Home Economics Club on "Man's Duty to His Family," was so hoarse she could scarcely be heard. She explained that she had a bad cold, but it is rumored that her husband came home very late the night before.

Hey! Field Men!

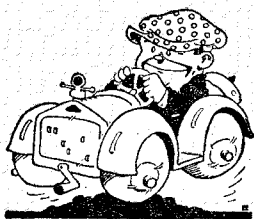


ACTION!

Again, we, the students of Still College, offer you a Stillonian worthy of your support. It will be an addition to your office that will serve a double purpose. First it will give you and prospective students an insight into the life of your Alma Mater of today. Secondly it will give you an insight into the advancement your College has made since you graduated.

Help us put this across bigger and better than ever.

Don't HESITATE



Speed Up!

Clip the Coupon!

☐ Enclosed find Five Dollars (\$5.00) for which send me one Stillonian on date of publication.

☐ Send me.....copies of the Stillonian C. O. D. on receipt of which I will pay Five Dollars (\$5.00) each.

Name

Address

Date.....

Place an X before the pledge which you make.

My Husband as I Know Him

(Continued from Page 2)

bumping his head against the supports above, each time removing a few of his none to luxuriant growth of hair.

He is willing to help with the house work if permitted to go about it in his own way. I asked him to help wash the windows and that evening he came home with a complete window washers outfit. He washed three windows. In the last one he tried to get his head out and still keep his brush; this was virtually impossible and in the melee he dropped the brush in an effort to get his head out. At last he was ready and found to his dismay he had left the brush inside. He then gave up in disgust.

He dearly loves to build things out of wood, he saves each piece and uses it as many times as a woman makes over her dresses. He and his son once made a wooden hoist to "pull the engine." When they finished it could have lifted an ocean liner. They haven't used it yet.

He is very particular about his wearing apparel, each article has its own place and loud is the wail if they're not to be found in their place. He says this is because in an emergency he can find his clothes. Although this is true, when he has a call in the middle of the night its "Where's this or that."

When his son takes the Ford, he starts a little lecture on safe driving. His son waits quietly until the end then repeats the following story. When Dr. Spring was courting me and he had persuaded me that two can live as cheaply as one, he owned an old blind horse. As we were driving one night it ran into a post. As I remember he had to lead it home, it was so stunned. As his son repeats this in a serious vein it quiets him most effectly. So you see that my man is just an ordinary human being.

Mrs. Mary Spring.

Detroit Osteopathic Association

The Detroit Osteopathic Association held its January meeting at the D. O. H. Nurses Home, Wednesday, January 20th. Major J. F. Raehl, Chief Investigator for the Board of Health of Detroit was the speaker.

Major Raehl told of his work in the city for the past fifteen years. He had a very interesting talk which was enjoyed by all. He told that the Osteopaths in the city of Detroit had only one violation in the year of 1925.

Plans for a clinic for the benefit of the needy were discussed and in the near future arrangements will be made.

The association is carrying on a diagnostic clinic every Wednesday under Dr. J. C. Trimby. It is very beneficial to the Detroit Osteopaths and there is usually a good turn out.

H. G. NOBEN, O. O.
Publicity Director.

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THE LOG BOOK

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Osteopathic Theory Solidly Founded

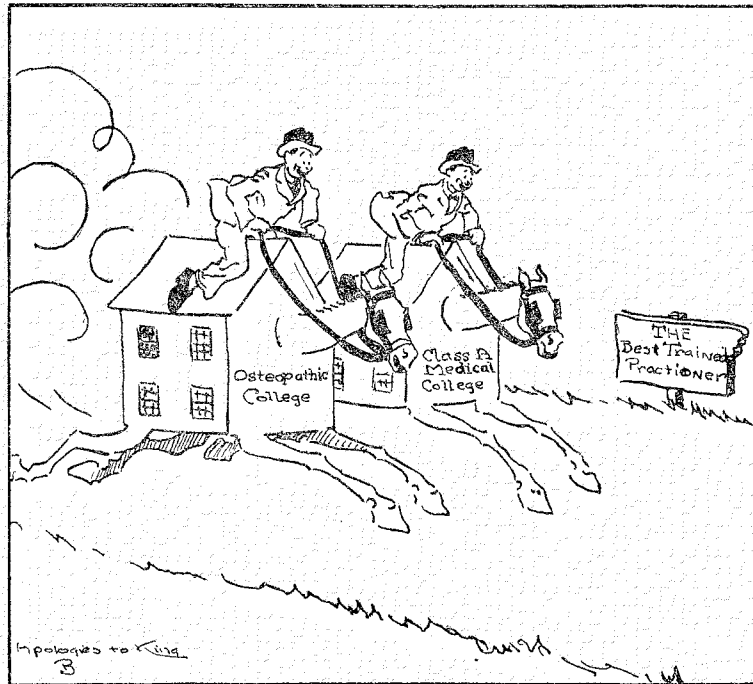
"The foundation of Osteopathy as a future science depends upon the product that is turned out by the various colleges," said Dr. R. B. Gilmour, first Vice President of the American Osteopathic Association, while addressing the students during his inspection of the college February 8th and 9th.

The Doctor likened the various Osteopathic colleges to large manufacturing plants, supplied by raw material by the alumni and Field Men, turning out as finished products, Doctors of Osteopathy, upon whose shoulders rests the foundation of the future of the science. The brunt of the work in turning out "class A" or one hundred per cent Osteopaths, does not rest entirely upon the college administrations, but upon the individual student and the intensity of his interest in "getting the work" while in school.

In emphasizing his above points Dr. Gilmour stated that there was "nothing in the present Medical Theory that approached the solidity of the foundation of the Osteopathic Theory," and then went into some detail to bring his point home to the students.

For the past several years he has been a member of the State Board of Osteopathic Examiners of Iowa and is at present the head of the National Association of Examining Boards. As the local mid-year examinations had just been completed, the doctor made some very appropriate remarks relative to these bugaboos of the students life. The real purpose of the Examiners he said was to determine if the applicants for license were really thoroughly sold on Specific Osteopathy. As an example he related a question which called for the treatment for Lobar pneumonia and was answered at some length, the students giving minute details in the hydrotherapy, electrotherapy, etc., phase of the treatment and then closing the paper with the one line, "and treat osteopathically." Specific Osteopathy does not necessarily mean, the old time "Simon-pure ten fingered" method as applied twenty or thirty years ago, but it does mean placing the osteopathic treatment first on the list of modalities and detailing the explanation of just what was to be done from an osteopathic standpoint. The present trend of the examining boards is towards more specific osteopathic questions in their examinations.

NECK AND NECK—



Work On Stillonian Progressing Rapidly

The actual "construction" work on the 1926 Stillonian is well under way and is rapidly approaching completion.

A majority of the class pictures have been taken and have been shipped to the engravers. This is one of the longest processes in the publication of the book and it speaks well for those in charge of the department that it is so far advanced.

Subscriptions are steadily increasing and it is the aim of the circulation department to have a one hundred per cent subscription from the student body. The Alumni returns have hardly had time to reach the staff as yet but they are confident that the year-book will receive the customary whole hearted support of the field men.

The college and student body was indeed fortunate in having Dr. Gilmour call at this particular time as the new Freshman B class has just started on the four year grind and the inspiration they received from hearing a man as high in the profession as Dr. Gilmour could not have come more opportunely.

"We could tear down the world and build it up new, if we did half the things we intended to do."

Photo of D. M. S. C. O. Founder Hung in Chapel

A large size framed photo of Dr. S. S. Still, the founder of the Des Moines Still College of Osteopathy was presented to the college by the members of the Mid-Year graduating class of January, 1926.

The picture of Dr. Still is an excellent likeness and the earnest, smiling face, brings to the student, attending lectures in this room, an added inspiration to develop in his chosen profession—Osteopathy.

Our little gallery in the assembly room is gradually growing. At present we have represented in our "Hall of Fame," the founder of the science, Dr. Andrew Taylor Still; the founder of the college, Dr. S. S. Still; the President of the college, Dr. S. L. Taylor; and the Dean of the College, Dr. C. W. Johnson.

The student body are intensely proud of this mural decoration that has softened the drabness of plain walls. It is our hope and ambition to in time have a row of "celebrities" that will extend across the entire wall at the back of the platform.

The "Gang" wishes to extend their appreciation to the new "Doctors" for this gift which is so appropriate and timely.

It occurs to us that there are more goat-getters than go-getters.

Faculty and Students Welcome New Comers

The regular weekly assembly of January 29th was devoted to extending a welcome to the new students.

The Dean, Dr. C. W. Johnson was in charge of the program, and immediately following the song-fest, called the members of the faculty, who were present, to the platform.

The new students were given a hearty welcome to our midst by the Dean and complimented upon having chosen Osteopathy as their Profession and D. M. S. C. O. as their college.

Dr. C. F. Spring was the first of the faculty members to address the new students. The doctor recalled the type of student at the college back eighteen or twenty years ago when he first became connected with the institution and remarked gradual but pronounced improvement in the general qualifications and personalities of the student body as the years went by until the present time, when the student body of D. M. S. C. O. is on a par with any educational institution in the country.

For once in the history of the college, at least, Dr. E. E. Steffen was caught without a speech in his system, according to his own words. In his lectures in Physiology and Pathology we do not recall his mentioning any conditions wherein speeches were known to lodge in peoples systems, but possibly that was the day we were asleep. Dr. Steffen spoke of the constant improvement that is being made in the course of instruction in the Osteopathic colleges and also brought out the point that what the Osteopathic graduate got out of his four years work, came as a result of his own personal activity with out the urge and push that is present in the Medical college in the form of grade requirements to continue in the course.

Dr. Virge Halladay also mentioned the improvements that have been made during the past twenty years and the strongest point the Doctor emphasized was his personal classification of the students. Dr. Halladay divides the student body into two distinct types—those who came, and those who were sent. His concept is that the group "who came" are the real students, the men and women that go into the field thoroughly equipped, physically and mentally, to cope with the problems that confront them; and the second group, "those who were sent" are those individuals

(Continued on Page 4)

Animal Experimentation In Laboratory Dept.

Several very interesting experiments upon animals have been recently performed in the D. M. S. C. O. laboratories.

Demonstrating the effects of various poisons, Dr. G. E. Hurt was able to show the easily excited tetanic convulsions, the characteristic opisthotomis and subsequent death of the animals poisoned by strychnine, the internal suffocation and paralytic effects of potassium cyanide and by post mortem examination, the presence of bright blood in the veins, the abnormally pink cast to the tissues, the dilated auricles of the heart filled with blood and the empty left ventricle; the slow deadly action with a gradual diminution in weight, intestinal disturbances increased tolerance to the poison, finally paralysis of the rear extremities and death caused by chronic arsenical poisoning.

Simultaneously with this interesting study of poisons, some dietary experiments have been carried forward. Two guinea pigs of the same litter, both females, one measuring six and one quarter inches from tip to tip and the other six inches, were put on an absolute milk diet to the exclusion of all other food stuffs.

The milk obtained was a variety of raw Jersey milk, very rich in fat content, distributed by the Newens Dairy. Each pint of milk used was divided in half and one part boiled. The boiled milk being fed to the larger guinea pig, the raw milk to the smaller.

At the end of one month, the animal being fed on the boiled milk registered a growth of one and three-quarters inches and the other which was fed on the raw milk made a growth of four and one-quarter inches in length which ably demonstrates the necessity of the vitamine content, which in one instance was destroyed by boiling.

An experiment to follow shortly will be of similar character with the exception that instead of using boiled milk the milk will be properly pasteurized in our laboratory according to the regulation standards regarding the pasteurization of milk. This experiment will be carried forward to determine the extent of injury pasteurization has upon this necessary element in milk the vitamine content. A complete account of this experiment will be published upon the completion of the test and will also include the effect of pasteurization upon the bacteriological content of the milk.

Too much cannot be said regarding the value of animal experimentation in our Osteopathic colleges. Not only does it increase interest in academic work, but it produces a firmly implanted picture upon the mind of the observer that will last until the end of time.

An experiment along bacteriological lines will be made to isolate and study the lytic principle, (Continued on page 3)

Fraternity Notes

IOTA TAU SIGMA

It was impossible to find judges who were unbiased in opinion for the debate mentioned in last issue. In view of this fact, the boys decided that "Peel" Loghry having the smaller feet of the two contestants, would act as fireman. The point was brought out that "Peel" would make less noise going from his bed to the furnace room.

"Runt" and "Red" are setting a dizzy pace on the "Hillside."

A victrola dance was enjoyed by six of the brothers and ladies, last Friday evening. The victrola broke at the end of the first dance but a good time was had by all.

Johnnie Nowlin is doing a rushing business in spring neckwear. Lookout for Johnnie, he's pulling ties. John has another job to add to his long list and aside from that he sold three suits last week. He has grown a real mustache and talks with his hands.

This reminds me, Johnnie has been dating with the same girl for six months and he doesn't know whether or not she plays bridge. She's a popular girl too.

"Red Old Dog" is now a full fledged chef.

Some of the boys think Johnnie got his stock of ties from Peel's trunk. Peel can't remember whether he had 350 or 450.

Tiny Benien is sure doing his stuff with the Charleston. You should see him sweat. The insurance company who carries breakage insurance on our dishes, light fixtures, mirrors and window panes, say that he must stop.

Loghry's Raccoon coat has made quite a hit with the brothers. It has become necessary to run a schedule and to put your bid in ahead of time to get to wear it.

The Messrs. Pike, Anderson and Flemming, members of the Ohio Wesleyan debating team, have been the guests of the house over the ninth and tenth. They defeated Drake University, 3 to 0, on the question, "Child Labor." The lady member of the team did not stay at the house.

The Pan Hellenic Council were the welcome guests of the house on Wednesday evening, the 10th. Some good work was accomplished at the meeting. Dr. Schwartz gave a specially prepared paper which was illuminating and instructive.

Dean Johnson was the guest and speaker to the chapter Monday night preceding the regular meeting. The Dean's subject was "Ethics." He disposed of it in a manner denoting thought and tact in expression. We felt enlightened and yet felt the weight of a heavier burden upon us which no doubt will develop when we go into practice—when ever that may be.

PHI SIGMA GAMMA

A smoker for the new freshmen was held at the house February 2nd. Mr. Gibson gave us a very entertaining and educational talk on character analysis.

Some unknown and heretofore unsuspected qualities were revealed in the Brethren.

Brothers Howland and Montgomery who graduated in January passed their State Board examinations and will soon start practicing. Well fellows, we wish you all the luck in the world.

We wish to announce the pledging of Westburg and Stevens of the Freshman class and Charles Johnson of the Junior A class. Johnson came to D. M. S. C. O. from the Boston college this year.

Brother Spencer, begs to announce that the report that he is not back in school this semester (like the first report of Mark Twain's death) was greatly exaggerated.

Brother Mott from Boston has moved into the house. We sure are glad to have you with us Mott.

There will be a Hard Times dance at the House Friday night the 12th.

Between the loss of his trombone and the extreme mental strain of taking care of his eccentric patient, Brother Davis has returned to the house, years older and vastly wiser than when he left.

Have you noticed the striped shirts? The Hot Milk (apologies to Moco) is that Friend, Jacobs, Beebe and Spencer are reaping a handsome profit from the basement department of Frankels for instigating this movement.

There are thirty one living in the house now and over twenty eat here regularly.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi was host to the members of the freshman class at a smoker held at the home of Dr. H. V. Halladay, Thursday evening, Feb. 4th.

After several entertaining tales by Ross Robertson and L. E. Schaeffer, Dr. H. V. Halladay gave a brief address of welcome and Homer Sprague told the newcomers of the purposes and ideals of the organization.

The Ames-Kansas wrestling meet held the attention of a majority of the brothers and also the guests as Virge's radio was behaving wonderfully well on this particular evening. Cards furnished diversion for the rest of the gang.

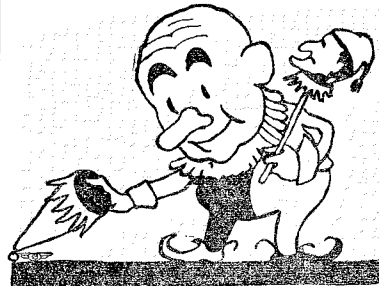
Dr. Geo. Hurt related a very stirring incident in his pre-student life that held the boys speechless to the last word.

Strong Mid-Year Class Matriculates

One of the best mid-year classes have embarked upon their long seige at the fortress of Osteopathy.

Eight men and four women constitute the Freshman edition to our present enrollment and a further increase in the same item is enjoyed from a approximately the same number of new students from other Osteopathic colleges who have entered the upper classes.

(Continued on page 3)



PEDESTRIAN NOTE

"My dear, the doctor says a brisk walk before going to bed will cure my insomnia."

"Well," returned his wife, "I'll clear the room so that you can walk and you may as well take the baby with you."

A HELPING HAND

Irate Parent—"I'll teach you to make love to my daughter, sir."

Young Man—"I wish you would, old boy, I'm not making much headway."

LINGUISTIC ITEM

Coach Sutton—"Willie, what is zinc?"

Frosh—"That's the French pronunciation for think."

HANDLE WITH CARE

"Peel."—"Deke is all right if you know how to take him."

"Red."—"I hate those people who have to be labeled like a bottle of medicine."

MUCH TO LEARN

Sprague—"Do you play golf?"
Pelsma—"Oh, dear no; I don't even know how to hold the cad-die."

IN THE LIMELIGHT

"How modestly she dresses, and how sensibly!"

"Yes, that woman will do anything to attract attention."

GOOD ROADS ITEM

Wagner—St. Luke's—Owing to the good condition of the roads in this locality, our regular weekly worship of Almighty God has been discontinued.

DECORATING THE SQUAB

The yongster who defined "coquette" as "something made out of chicken" wasn't far wrong if we put quotation marks over the "chicken."

A FLIGHT OF FRIGHT

No sooner had I stepped across the threshold into the room than I felt myself hurled into the air like a projectile. Everything began to swim before my eyes. The walls seemed to converge on me like a veritable Poe's Pit! The floor receded from me with a sweeping speed that made all the objects on it dance like living imps, diminishing all the while! The ceiling seemed to be dropping upon me with increasing rapidity, and a horrible, sickening nausea overcame me as I saw it crush me like a Juggernaut! One brief instant—and I was plunged into the water with a resounding splash!

Who the heck left the soap on the bathroom floor?

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Materia Medica on the Osteopathic Curriculum

There has been considerable talk and propaganda relative to the teaching of Materia Medica in the Osteopathic colleges, during the past few years, and has developed into a subject of major importance.

The opposition to the suggestion hold that the teaching of this prime medical subject in our colleges would be the same as admitting that our therapy was not adequate, that we would be accused of backsliding and using the "other fellow's thunder," that instead of turning out thoroughly grounded osteopaths, the colleges would graduate half-baked M. D.'s with a be-fuddled concept of both medicine and osteopathy.

While at the same time, the advocates of the subject, claim that a course in Materia Medica should be included in the Osteopathic curriculum so that the osteopathic physician would be fully trained mentally to cope with the conditions produced by the various drugs used by our medical brethren. The training would be concentrated upon the action of the drug employed upon the system of the patient so that when the M. D. was dismissed from the case, and the local Osteo called in, he would be able to cope with the conditions present as a result of the drugs taken and could direct his treatment towards overcoming the effect produced by the drugs.

The question is indeed a large one and it is not for us to decide at this time. However, in view of the progress Osteopathy is making, day after day, month after month and year after year, it behooves us as students to study over the problem for in the future the decision will be in our hands and we will want to decide the question to the advantage of the future of the science of Osteopathy and not to the dictation of personal whims.

Strong Mid-Year Class Matriculates

(Continued from page 2)

The Frosh hail from the four corners of the United States and as individuals are the best yet. The Log Book wants to take this opportunity to congratulate them upon their decision to select the Osteopathic profession as their life's work and also to extend to them the hearty welcome of the student body and faculty of the Des Moines Still College of Osteopathy.

Seen and Heard Off and On the Campus

Ab Graham and Joe Flasco have had as their house guest for the past month Ray Williams.

Several of the alumni have been writing in recently wondering what had become of the Office Force. They're on the job, "every day and in every way trying to make Still College better and better." Rosemary had a slight attack of rheumatism recently from over activity in point of use from writing treatment slips for our recently departed graduates, to the extent that her bell ringing ability was temporarily diminished. However, goin' strong now again.

Dr. Arthur MacDonald of Washington has sent a communication to Congress asking that the senators and representatives permit him to weigh their brains in the interest of science. Well, it may be in the interest of science, but it has all the earmarks of a dirty dig.

Some newspaper writers are poking fun at the new silver dollar by saying that the lady on the dollar has adenoids. We don't care if she had adenoids, the winter itch, St. Vitus Dance, ingrowing toenails, and a perfectly rotten disposition; we'll take just as many of her as we can get.

The student of the upper classes with actual bona-fide patients are experiencing some difficulty securing treating rooms since the beginning of this semester as practically every member of the Junior A class is grabbing off every class mate, unsuspecting Freshman or gullible Sophomore who will be a martyr to the cause, and is assiduously endeavoring to master that Osteopathic "Black Art" commonly known as Technic, that is dispensed by Dr. John Woods at the 11:00 a. m. period every day.

The recent price reduction in the closed model flivers and the increase in the "enjoy the air" variety, has created quite a bit of discussion and some consternation amongst the motoring class of our student body. They can't decide whether the try to sell their car for thirty cents or to give it away.

Animal Experimentation In Laboratory Dept.

(Continued from page 2)

using a similar method to that employed by Bordet. An inoculation of Bacilli Coli into the peritoneum of a guinea pig will be made. At the end of three days the peritoneal fluid will be extracted and examined for the lytic principle, or the power which this fluid has to liquify young cultures of Bacillus Coli and allied organisms.

In this age of rapidly advancing scientific investigation and research, we must keep pace or for the lack of truth. This "keeping in touch" may best be accomplished through work in our own laboratories and research institutions. An attempt

A. O. A. President At D. M. S. C. O.



DR. ASA WILLARD
MONTANA

The above picture of Dr. Willard was taken while he was visiting the college during his recent tour.

Borderland

There is a mystic borderland that lies
Just past the limits of our work-day world,
And it is peopled with the friend we met
And loved a year, a month, a week or day,
And parted from with aching hearts, yet knew,
That through the distance we must loose the hold
Of hand with hand, and only clasp the thread
Of memory. But still so close we feel this land,
So sure we are that these same hearts are true,
That when in waking dreams there comes a call
That sets the thread of memory aglow,
We know that just by stretching out the hand
In written word of love, or book, or flower,
The waiting hand will clasp our own once more,
Across the silence, in the same old way.

HAVE A HEART, AUNT!

"Will you let me kiss you if I give you a penny?" asked the little boy's aunt.
"A penny!" he exclaimed.
"Why, I get more than that for taking castor oil."—Union Pacific Magazine.

will be made in an early issue to show some of the valuable diagnostic results obtained within the D. M. S. C. O. laboratories through recent work in the analysis of blood.

Seven days of self-indulgence make one weak.—Youth's Companion.

Chile Wants Osteopaths

The following letter was received by the Dean from Mr. John Dixon of Valparaiso, Chili.

Now, one can secure Osteopathic service in practically any corner of the globe, and the gradual trend is towards even broader expansion. From the letter, Valparaiso should make a desirable location for some mid-year graduate who felt the urge of the "wanderlust."

Mr. Dixon's letter follows:
"The Dean:

I have had occasion to inquire from the American Consulate here regarding the opportunities there are for an Osteopath. At present there is not one in Chile and I feel sure that there is a very good opening for a young man just through with his course. My wife has been accustomed for some time past to have treatment in England, and Dr. Robert E. Nye of Brook Street, London, W., gave her the addresses of several institutions in the United States to whom to apply.

The climate here in very good and there is a pretty large residential British and American Colony. The population of Valparaiso is about 200,000 and that of Santiago, the capital, about 500,000. Apart from my wife, I know of several other ladies who would gladly avail themselves of Osteopathic treatment if it were available.

I am sending a similar letter to this to the following institutions in the hope that amongst them there may be some young man who will see his way to come down here to try his luck.

John Dixon.

Assembly Conductors for Second Semester

The policy of having specified conductors for the regular weekly assemblies has proven so successful during the past three semesters, that it is to be continued.

Many highly entertaining and instructive programs have been arranged by the various faculty members who have assigned dates, that would not have otherwise been secured. This method of arranging the weekly programs greatly broadens the field from which the talent is chosen.

So far this year, the conductors are to be congratulated upon the talent they have secured and the programs they have been instrumental in arranging.

The conductors for the coming semester are:

Feb. 12—Dr. John M. Woods.
Feb. 19—Dr. H. V. Halladay.
Feb. 26—Coach F. R. Sutton.
Mar. 5—Dr. E. E. Steffen.
Mar. 12—Dr. C. F. Spring.
Mar. 19—Dr. Robt. Bachmann.
Mar. 26—Dr. Mary E. Golden.
Apr. 2—Dr. J. P. Schwartz.
Apr. 9—Dr. Geo. E. Hurt.
Apr. 16—Dr. A. B. Taylor.
Apr. 23—Masonic Day.
Apr. 30—Men's Pan Hellenic.
May 7—Dr. Lola Taylor.
May 14—Women's Pan Hellenic.
May 21—Senior A Class Day.
Music—Thomas Mann, Mildred Trimble, Dr. Fishleigh.

Central States to Meet In April

The 21, 2 and 3 of April are the dates that have been chosen for the 1926 meeting of the Central States Osteopathic Association according to work received from Dr. R. B. Gilmour of Sioux City, Iowa, the secretary of the association.

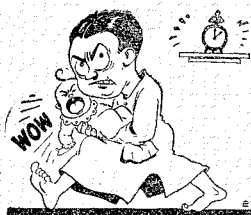
Dr. A. J. Sikkenga of Kansas City is the Program Chairman for the coming meeting and Dr. J. W. Parker, also of Kansas City, is the chairman of the Committee on Local Arrangements. The meetings will be held in the Baltimore Hotel in Kansas City.

The association is composed of Osteopaths from Iowa, Missouri and Kansas and the annual meetings usually attract an attendance of from two to five hundred physicians.

Last years meeting was held in Des Moines, and the students will recall the excellent program that was arranged. The best "talent" in the profession is none to good for the Central States.

Basket Ball Captain Breaks Training

Mike Hannan, star center and captain of the Purple and White quintet abruptly broke training Saturday night, January 29th. Mike is working out under the direction of a new coach now and is coming along fine under this individual attention.



The new coach is Baby Jean, she arrived on the aforementioned Friday evening weighing eight and one-quarter pounds, and has kept Mike on the go ever since. Mrs. Hannan is doing quite nicely.

The poorest man in the world is the exceedingly rich man to whom the world owes nothing.

Faculty and Students Welcome New Comers

(Continued from page 1)

who entered on someone else's recommendation and not of their own volition. This is the group that ambles through the four years work, doing only enough to get by, and occasionally a few manage to pass the State Board.

After Dr. Virge had completed his talk, the time was about up, so the Dean reminded the Freshman that it was a custom of the college for them to appear in assembly and render the college song and introduce themselves.

The following Friday morning, chapel was opened by a set of violin solos by Harold Sifling of the Junior class, accompanied at the piano by Ross Richardson. The Frosh were then called to the platform by the Dean and turned over to the tender mercies of Tom Mann who drilled them in the intricacies of the College song. After about five minutes practice, they were able to give an exceptionally good rendition of this favorite and then the entire student body

made the walls ring with the "We're Osteopaths."

The individual members then introduced themselves and told where they were from. For once in the history of the college, the majority did not come from Marietta, Ohio or Grove City, Pennsylvania. However, they're a promising looking bunch in spite of the above handicap.

The basketball squad has been making such a reputation here lately that after the new upper classmen had introduced themselves, the student body called for an appearance in person of the "hard wood" artists. Don Sheetz, the plunging fullback, who is serving the basketball squad as trainer, introduced the members of the squad and gave some highly entertaining sidelights on the individual personalities of the players. Following the squad the coach made a brief talk and predicted that the team would continue this winning system that they had evolved and prove that it was not merely a streak of luck.

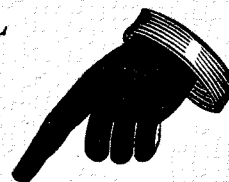
We contend that it was perfectly proper for a Turkish bath house to send out circular letters addressed to "Our Esteemed Patrons."



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Angus Entertains in Assembly

One of the most interesting programs to be put on this year in assembly was given by "Angus", most ably assisted by Ab Graham and Walt Damm, on Friday, February 12th.

In order to lessen the marked degree of contrast and to decrease Angus' possible stage fright, Ab and Walt used, freely, burnt cork and adorned themselves in the last word in Janitorial uniforms.

The program was of a musical nature with "Ang" officiating on his famous "Haywaiian" guitar, Walt on the mandolin and Ab acting as chief announcer. Several pleasing instrumental numbers were rendered by this accomplished duo, but the real "piece de resistance" were the vocal numbers.

On this part of the program, Angus sang the title parts with Ab bringing in the drug store tenor and Walt sang also, when able. "Massa's in the Cold, Cold, Ground," "Marv, Don' You Weep, Don't You Moan" and "Casey Jones" were the selections rendered and were put over in such a manner that the only reason the student body permitted them to quit was because they ran out of songs.

The antics of the Trio kept the students in a constant uproar and even several of the dignified faculty were seen to discretely give vent to their mirth. It was, without doubt, the best program of the year.

As a token of appreciation the "Gang" saw to it that Angus was able to purchase a new, shiny "Haywaiian" guitar and now if you slip quietly down the hall in the basement, towards the furnace, during the noon hour, you will hear the tinkling, sliding tones of "Mary Doan' Yo' Weep, Doan' Yo' Moan."

The week following the appearance of the Trio, Dr. Virge Halladay gave an interesting lecture on the early history of Osteopathy. The chief subject of his discourse was the method employed in the old days in the securing of dissection material.

'Nother Osteopath

Dr. and Mrs. A. G. Prather are the proud parents of a bouncing baby boy, born at the Des Moines General Hospital, Friday morning, February 12th. Mrs. Prather refers to the heir apparent as "Richard Glenn," while "Mike" calls him "Abe" in recognition of the young man's foresight in the manner of the selection of a birthday.

Treatment, Treatment, Who Wants a Treatment?



The College Honors New Students

The mid-year Freshmen and the new upper class students were the guests of honor at the annual freshman reception given at the college on Friday evening, February 19th.

The auditorium was tastefully decorated with the college colors and the floor was waxed to the 'nth degree. The Melrose orchestra furnished the incentive for the dancing, which was the feature of the evening.

Several of the dignified seniors and an occasional freshman were seen to display the intricate gyrations of the "Charlestown" but no casualties were reported. An excellent attendance was enjoyed and everyone seemed to have a "regular time."

The following members of the faculty were among those present: Dr. C. W. Johnson, Dr. and Mrs. H. V. Halladay, Dr. and Mrs. John Woods, Dr. and Mrs. George Hurt, and Dr. A. B. Taylor.

Life is a grindstone, and whether it grinds a man down or polishes him up, depends on the stuff he's made of."—Josh Billings.

"The average woman has a vocabulary of only 800 words," declares a figurehound. It's a small stock, true, but think of the turnover!

Osteo Opens New Hospital in Kansas

One of the finest Osteopathic Sanitariums and Hospitals in the country has been recently opened in Wichita, Kansas.

Dr. H. C. Wallace is the Surgeon-in-Chief and head of the new institution which is known as the Southwestern Osteopathic Sanitarium and Hospital. It is of fifty-bed capacity and capable of expansion to seventy beds in emergency. The building is thoroughly fire-proof and is situated in an attractive residential section of the city. The Spanish style of architecture is employed and charmingly developed in stucco, with which red tile roof and grided iron balconies contrast with both dignity and the charm of the unusual.

The latest and most efficient equipment has been installed and all minor details which determine the completeness and efficiency of such an institution, have been incorporated in the building.

This institution, whose opening was celebrated on February 5th, is one that the profession can indeed be proud of, and its success is inevitable. To quote Dr. Wallace, "It was built for the Patient, not for the Doctor."

A clean mouth and an honest hand will take a man through any land.

Basket Ball Quintet Downs All Comers

The Purple and White have hit a winning stride that none of our opponents have been able to stop, or even break.

From the beginning of the season, the basket tossers have been playing class A basket ball and from all appearances, will continue through the balance of the season. The team is a unit, with no outstanding individual stars, and that fact is probably the reason for the success the team is enjoying.

The team has eight wins to its credit and two games were lost, incidently the first two games of the season, with Central College and St. Ambrose. However, on the return game with St. Ambrose the Bone-setters came out with the long end of the 31-21 score.

During the past month the team has played six games and have chalked up six wins. On the second they defeated Jackson University 49 to 16; on the fifth, Buena Vista fell to the tune of 33 to 21; Ellsworth College next went down to defeat on the short end of a 56 to 15 tally; on the 12th; the next victim was Grace-land College, who lost out to the tune of 41 to 22 on the 15th; the next night the Purple and White staged a come-back and defeated St. Ambrose 31 to 21; and then celebrated Washington's birthday by scoring a win over Grandview College, 26 to 16.

The college can indeed be very proud of the record established by the team, and if Lady Luck sticks with them, this will be one of the most successful seasons in the history of the college.

Teaching Osteopathy

Since 1892 a varying number of men and women have been engaged in teaching Osteopathy, and almost without exception each has contributed largely to the success of those in the field. All have undoubtedly been sincere, but sincerity is inadequate. There must also be efficiency.

To date, as far as we can ascertain, this matter of efficiency is determined more by the work of the students in passing state boards than in the direction of the work of that teacher by his or her immediate superiors.

These facts are being brought to the attention of the profession by one of my old teachers, Dr. John Deason of Chicago, and so far, I am with him in all that he has written. There is no one more anxious than myself that Osteopathy shall be taught cor-
(Continued on Page 4)

As Their Wives Know Them—



No, kind reader, the above is not a likeness of Wesley Barry, the movie star, but a photographic fac-simile of one of your revered professors—Dr. J. P. Schwartz.

I was somewhat non-plused when approached by the Editor, in regard to writing an article for this series that has been running in the Log Book, as I must confess that I have not been able to "get the low down" on the Doctor in the short time that we have been embroiled in the Holy Bonds of Matrimony, as have some of the other faculty wives who have been at this "wife business" for a number of years.

It has been difficult for me to really understand just how my husband was lured into the study of Osteopathy when he had such a lucrative position in the Home Town, back in New York, a position that also gratified the ego as well as the purse. While J. P. was a student in High School, he used to put in his spare moments in one of the larger clothing stores of the town that specialized in Fashion Park clothes for men. When the new styles would come in, the manager would dress your learned instructor up in one and send him out among his fellow townsmen as a living advertisement, the proverbial last word in masculine correctness. As a result, the youthful swains would see and admire the ultra modern outfit sported by young Johnny Schwartz and then would lose no time in purchasing like rainment. No doubt, it was at this time that the Doctor formed his penchant for proper and correct dress, and also developed his abhorrence for untidiness and carelessness about his person.

There are no "Dr. Jekyll and Mr. Hyde" qualities connected with "J. P." that I have been able to discover. He is moderately uniform in his habits, likes and dislikes; thoroughly interested in his profession, in athletic sports, out-door pastimes and touring. In the latter respect, he is especially interested in traveling the shortest distance be-

tween two points in the least amount of time, as some of you no doubt know. And in connection with his automobiling proclivities, I really doubt if he is aware of the fact that the car is equipped with an accurately functioning gasoline gauge, as he is frequently running out of that all-too-necessary motor stimulant and is forced to walk varying distances as a result of his forgetfulness.

Unlike most men, he is a very capable and efficient person to have in the kitchen, and has been known to prepare some very tempting repasts. Likewise, he is especially adept with the paint brush, as his car and various pieces of our furniture will bear mute evidence.

In fact, taking it from all angles, he makes a pretty good husband, in spite of his lack of experience.

MRS. J. P. SCHWARTZ.

Fraternity Notes

IOTA TAU SIGMA

The room-mates, Wadkins and Nowlin, think that since they can only sleep in the house they might as well sleep late.

Loghry is doing well at the furnace job.

"Red Old Dog" has been relieved of some of his duties. He will get to use the big chair more, now. He likes to study in it. Deke says it is nice to sleep in, too.

Ray Kale is doing well with his new job. All the boys eat candy so he has them where he wants them.

Pinkie meditates more of late, as a result he is doing better in Bridge.

"Hoopy" Hovis has to walk farther than the rest of us. Notice the way he carries his legs.

Olie Olsen pays his bet to Belf. Where are the smokes, Belf?

Runt Russell is quite concerned over the proper functioning of the newly acquired "Conservatory" fund.

The chapter was entertained the other evening by a highly interesting and instructive talk by Dr. E. E. Steffen, one of Beta Chapter's local alumni. The Dr.'s subject was "Physio-Therapy."

All the brothers are busily engaged in preparing for the coming "Hardtimes" dance to be given at the chapter house on February 27th.

The Brothers have been fortunate, of late, in being able to get the "low down" on the local grocery market, as two of the freshmen are employed during their spare moments at two of the larger downtown "Provender Palaces."

The "Bank" has made its appearance on the Table, much to the disgust of some of the Bros., and to the edification of others.

PHI SIGMA GAMMA

C. Granberg, (Red), has been pledged and is now living in the house.

The Hard Times dance was a big success and everyone seemed to enjoy themselves and have a real good time. Dr. and Mrs. Halladay and Dr. and Mrs. Geo.

Hurt honored us as chaperones.

Sunday Feb. 21, we had as our guests at dinner, Pledge Widmer and his wife and son, also his brother and sister-in-law.

Brother Friend and Pledge Johnson, who have been under the weather for several days, are again back in classes. If I was to have the nurses and attention these two fellows had, I would be willing to be sick.

Brother Nicholas, who is now practicing in Boone, was at the house over the week-end and it seemed good to have another of our good old five-hundred games again.

On account of Spencer's delicate constitution, he has to sleep in a warm room, instead of in the fresh air dorm.

Bro. Jacobs extensive practice still takes up most of his evenings. Guess his patients must all work during the day, as it is all night work he does.

Pres Howe again entertained an out-of-town guest over the week-end.

Moco Elsea is a regular business man now. He carries a briefcase 'n everything.

There is a new partnership at the house now as Peelee Lee and Pledge Jennings are running the candy store together. Jennings does the collecting and believe me, he is a good one.

AXIS CLUB

Thursday evening, February 11, the Axis sorority entertained the "Rushees" at the home of Dr. Bertha Masserschmidt.

Sunday morning, February 14, a bunch of Axis girls with Misses Paulsen and Leftwich as guests, had a cabin breakfast at Greenwood Park, after which pictures for the Stillonian were made.

Saturday evening, February 20, a banquet was given at Younkers' Tearoom in honor of the new girls, Misses Abolt, Leftwich, Paulsen and McDougall. Dr. Florence Field, field member from Indianola, was present and gave a very interesting talk. After dinner, a theatre party completed the evening, everybody getting home just before Sunday morning.

ATLAS CLUB

We are pleased to announce the pledging of Roy Lipps, Jack Steckler, and Harry Johnson.

Brother Bill Ghost aspires to be a great surgeon. Anyone requiring any surgical work, see him, he will be glad to take care of you any time.

One and inseparable—Brothers Brinkman and Myers.

(Continued on page 3)

Much Insanity Can Be Cured

A revolution in the treatment of the insane will take place, thousands of cases pronounced incurable will be cured, and millions of dollars of the fabulous sums of the taxpayers' money which the states of this Union are now spending in the support of insane asylums will be saved, when the public learns that there is a way—the osteopathic way—to cure insanity.—Osteopathic Magazine.



A Stitch in Time

"Oh, John," cried the young mother ecstatically. "Baby's got a tooth!"

"Good heavens!" shouted her husband in an alarmed tone. "He must have it out right away! Don't you know that nearly all diseases can be traced to the teeth?"

For Ladies Only

Miss Dorothy Rowland, of Toronto, Can., and Dorothy J. Bailey, of Brooklyn, chose York for their wedding, because of its historical associations. They are now spending their honeymoon at Gettysburg.—(Fro Harrisburg Evening News).

Climate Regulator

A customer stepped into a Los Angeles hardware store:

"I want to get one of those thermometers like the Chamber of Commerce uses," he said.

"And what kind is that?" the clerk asked.

"It's one that won't go above eighty in the summer or below fifty in the winter."

Observations

Two beggars—a blind man and a deaf man—met on a street corner after business hours.

"What is the world coming to?" sighed the blind man. "The young folks of today have gone mad. See the clothes the girls wear!"

"Yes," replied the deaf man. "And it's all due to this terrible jazz one hears everywhere."

Too Late

"Well," sighed the chap, "since you don't want to marry me, perhaps you will return the ring?"

"If you must know," snapped the girl, "your jeweler's already called for it."

Fairy Story

Once upon a time there was a son in college who wrote to his father, thusly: "Dear Dad, don't send my allowance for the next month. I still have plenty left over from your last check."

Professional Pride

"Someone was telling me," remarked Mrs. Jones to her new cook, "that your husband is a close follower of the papers."

"Indeed he is, mum," replied the cook. "Why, they say he's the best man in the department for keepin' the parks picked up."

"I'm getting up a little poker game, Major," invited the friend.

"Would you like to join us?"

"Sir, I do not play poker."

"I'm sorry. I was under the impression that you did."

"I was once under that impression myself, sir."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Reform

About the chief topic of the daily papers, in our ultra modern times, is Reform. They are constantly reforming Something or Somebody. If an individual wants to make himself famous, or desires to secure unlimited personal publicity, all that is necessary is to announce that he is going to Reform This or That. Even the recent World War has been considered as a reform—"To make the world safe for Democracy."

In our limited circle at the college, we are not greatly influenced by the activities of this type of individual. We have our own reforms to accomplish, and when we start we usually get someplace.

One of the outstanding accomplishments of the D. M. S. C. O. student body is their activity in eliminating the smoke nuisance from the upper halls of our modest Palace of Learning and relegating the vile weed to the hethermost regions of the basement. This action is indeed commendable and is indicative of the interest in the welfare of the college. The movement was inaugurated by the students and is receiving the whole hearted support of everyone.

While the spirit of "reform" is in the air, may we have the audacity to call to your attention one or two items that the student body should take it upon themselves, as individuals, to correct?

First—Have you ever sat in Clinic while your patient was being examined and wondered how he or she was reacting to the constant buzz of conversation and the out-breaks of laughter that filled the room? Not a very comfortable feeling, was it? Clinic is an important feature of the curriculum the same as any of the academic subjects and should be considered as such. The same attention and respect should be shown the Doctor conducting the examination as is given the Dean or any of the other instructors when they are lecturing in the class rooms. And also, keep in mind the fact that the patient is more or less embarrassed in getting up before the gang, and try to keep it as comfortable as possible for them. They are doing you a favor and trying to help you along — play fair, reciprocate.

And secondly—The above applies to the weekly assemblies. It is difficult to secure good speakers to appear before inattentive audiences. We have a reputation of being a hard bunch

to talk to—let's get together and change that point.

We have put over one "so-called reform"—why not make a good job of it and appoint ourselves Committees of One, to carry out the other points?

Education

It has been wisely stated that: "Life without education is not complete." We might first of all ask ourselves what is education? Huxley has ably embodied the definition into the following: "Education is the progressive development of personality and right living in a progressively developing society—by introduction of knowledge, evaluation, and control into experience."

Getting an education then, is something more than going to school to fill the requirements of the law. If a man is going into the field with a personality, and an example of right living, the time to acquire it is when he is in school and not four or five years after he has graduated. If we are going to introduce knowledge, evaluation, and control into experience, we must acquire them, before we can do it. Hence, our time spent in school is wasted, if we do not have a goal ahead. Unless we think constructively, live clean lives, and gain a professional attitude while in school, we will be failures upon graduation. These are the attributes by which we are judged, when we enter the field, and, if we are to be successful practitioners, we must either carry them into the field with us, or develop them afterwards.

Genius

Genius has a infinitely deeper reverence for character than character has for genius. Character evolves its best products for home consumption. It takes a deal more to feed a family for thirty years than to make a holiday feast for our neighbors once or twice in our lives. Many a blessed woman, who dies unsung and unremembered, has given out more of the real, vital heat that keeps the life in human souls without a spark fitting through her humble chimney to tell the world about it, than would set a dozen theories smoking, or a hundred odes simmering, in the brains of so many men of genius.

Who Wants a Table?

Dr. Nellie O. Lindquist of Shenandoah, Iowa, writes that she has purchased a new McManis table and desires to sell her "Root" table. Her description of the table is as follows: "It is 28 inches high, white enamel and is upholstered in black imitation leather. \$20.00 F.O.B. Shenandoah."

Nothing can be worse than changing your mind after having your hair bobbed.

The man who does not and cannot save money, cannot and will not do anything worth while.

Still Represented at St. Louis Exposition

D.M.S.C.O. was adequately represented at the Woman's National Exposition, held at the New Coliseum in St. Louis, February 16th to 22nd.

The St. Louis chapter of the O.W.N.A. had a booth on the exhibit floor, the chief exhibit of which was one of Dr. Virge Haladay's spines. The booth was in charge of Dr. Marie D. Heising, who was described in the Exposition Program as follows: "She talks entertainingly of what Osteopathy had done for women's health and the attraction Osteopathy offers women as a profession."

On perusal of the program we note that Dr. Jeanette Hubbard Bolles, president of the O.W.N.A., gave the principal address of the Friday evening program of the exposition.

From all indication, Osteopathy was well and ably presented to the public at this opportunity and the St. Louis Osteopathic Women are to be congratulated upon the excellent work they have accomplished.

Fraternity Notes

(Continued from page 2)

Brothers Knowlton and Ted Evans visited Capitol Hill recently. For information regarding the visiting hours, ask them.

For technique in removing blood from the veins on the anterior surface of the arm and forearm—ask Bro. Voss.

Upon close observation we note Bros. Nicholson and Dud Smith have misplaced eye brows upon their upper lips. We hope that within a few weeks they will be noticed by the general public. We also note that Brother Harmon has tried in vain to duplicate this feat.

Brother Van Ness announces that as soon as the basketball season is over, he is going to give a post graduate course on the care of used Fords. Any of the younger, and less experienced owners might wisely profit by Van's wide experience along this line.

Brother Schaffer says he is not worried about getting in the required number of treatments—as he only needs 500 more.

Brother Wise has been a little under par since the holidays. We wonder why?

Brother Doyle has been frequently seen in the vicinity of the Harrington Apartments recently. Now we know why he has moved up to the Hoyt Sherman Place.

We note that Brother Nelson is quite adept in taking care of, and entertaining, the little son, when he takes the folks along to the movies. He proved his efficiency, recently, along this line.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi takes pleasure in announcing the initiation of the following: H. H. Kramer, Roy G. Trimble, C. A. Ward and Ross Richardson, on Tuesday evening, February 23.

Osteopathy Differs From Massage Cure

Doctor Explains Contrast of Treatment

"To all the discussion of what Osteopathy is," Dr. H. C. Wallace told an interviewer recently, "perhaps it would be wise to add a word as to what this school of practice, is not.

"For example, it is not massage. Some persons have confused Osteopathy with the Swedish movement treatment and similar forms, but this is wholly erroneous. Massage, we admit, is a valuable form of treatment and is so recognized and used by Osteopaths in cases where it is indicated. As a means of improving circulation mechanically it is admirable. In principle, however, it is in no way related to Osteopathy. Massage is simply a form of mechanical stimulation, while Osteopathy deals with the adjustment of structural abnormalities.

"Take, for example, a case of impeded circulation in a finger, due to a rubber band being wrapped tightly around the member. Kneading of the finger would mechanically stimulate circulation in the finger and temporarily improve the condition, but only removal of the rubber band would effect a cure of the condition. In such a comparison, massage represents the mechanical stimulation of circulation, while the prompt dealing with the cause is comparable to Osteopathy.

"There are, too, some people who confuse Osteopathy with various mental methods, such as suggestion or Christian Science. However, anyone who is sufficiently interested to read of its fundamental principals will very readily see that Osteopathy is, above all, a physical method of treatment. The fact that it is as effective when applied to infants or to people of deranged mentality, as to adults of normal mind, bears out this fact. This school of treatment in no way depends upon suggestion for the results it attains."

Heart Disease — Children — Natural Methods

One out of every seven deaths in Chicago is due to heart disease. In New York nearly 2 per cent of children examined showed heart disease.

The place to begin prevention is with little children. Infectious diseases are a causative factor. Their toxins disturb, especially if the battle with these diseases is hard and long. Patients treated by Nature's way seldom have heart disturbances. Osteopathy often prevents acute disease. It shortens and lightens the attack, in cases where it is not applied in time to prevent.

Living, throbbing machinery needs mechanical care to keep it from illness, or to restore it quickly when illness has come.—C. J. Gaddis in Osteopathic Magazine.

OSTEOPATHY IN THE TREATMENT OF ACCIDENTS

Better Than the Use of Medicine Its Advocates Maintain

Osteopathy should be the first thought in connection with the examination and treatment of accidental injuries, instead of the last. Osteopaths by education and training, are peculiarly qualified to handle this difficult and very necessary branch of practice. No school of healing excels them in physical examination. In fact they are so far in advance of the older schools in detecting deviations from the normal in the human anatomy and in foreseeing the bad effects arising therefrom, as the airship is over the old family carry-all when distances are to be negotiated. And yet the average layman, as a rule, believes that men with the M. D. degree are the only ones qualified to handle accidents. Medical men very frankly confess to a like belief. In fact they argued before the Congressional committee that Osteopaths because they did not use drugs for their curative results, were not competent to render efficient service in the medical corps of the army. Osteopaths were prejudicially denied the right to serve on that ground. One learned man of the committee asked an Osteopath appearing before them, just what beneficial result he could expect from his manipulations on a man with a limb shattered by a shell. "Equal results at least to that which the medical man would expect from the administration of pills," was the instant reply.

Let us see briefly what are the facts in the case. Educationally, Osteopaths have every advantage which the medical man claims. He is taught everything that is included in the medical course of study. In the important branches of anatomy and physiology, Osteopaths put in over three hundred hours more than is required by the medical course.

Applied anatomy and physiology are keystones in the Osteopathic practice. Therefore, Osteopaths are of necessity more competent and skillful in these subjects than their medical brothers.

Osteopaths study the same surgical works; are familiar with the same surgical technique and have the same clinical advantages that the medical men have. Surgical work is purely mechanical. Anyone of average intelligence can master the method. There is nothing mysterious or hidden about it. Medicines are not considered at all from the standpoint of their curative properties. Anaesthetics, antiseptics, opiates and cathartics are used. In all of these Osteopaths have equal training to that given medical men.

With these facts in mind, why cannot Osteopaths qualify as surgeons? They can and do so most successfully. There is absolutely no reason why the stitch put in

by an Osteopath should not hold as well and have the same beneficial results as that put in by a medical man. Just as well contend that Jews are the only ones competent to sew together the pieces that go to make up a suit other races being incompetent. The one is just as reasonable as the other.

What Focal Infections Cause

One can little realize the damage to the body that the hidden foci of infection cause. Chronic kidney diseases, valvular heart lesions, neuritis, lumbago, sciatica, neuralgia, low blood pressure, hardening of the arteries and a host of other conditions are often traceable to a primary focus of infection. In some of these conditions the removal of the primary focus of infection gives prompt relief. Unfortunately, however, it usually takes more than removal of this focus to restore the part to normal. This is due to the fact that a certain amount of damage has been done by the poison from the infection. Repair of this damage is just as important as the elimination of the poison. A cure will not result unless both phases are treated in a thorough manner.

The Osteopathic physician, — with his modern scientific training—is probably best prepared to accomplish results by the application of physical agents such as heat, baths and diet after the focus of infection itself has been removed. By Osteopathic manipulations, elimination can best be secured. Following this, the Osteopathic physician can stimulate the tissues to repair; and by assuring increased blood supply and efficient nerve supply he can aid nature to restore the damaged tissue to normal.—Osteopathic Magazine.

Prospects

After reading the following statistics, who will have nerve to say the prospects for our profession are poor?

"One death in every eleven results from accident.

Automobiles kill 14,000 persons each year which is at the rate of eight a day.

"More than 5,000 persons are killed and 50,000 injured each year as a result of fires; 6,000 drown.

More than 7,000 passengers, trespassers and employes are killed each year in railroad accidents.

"One person dies of illness every thirty seconds; 120 every hour; 2880 every day; 1,051,200 every year.

One person is accidentally killed every day; 87,600 every year.

"Twenty-three persons are accidentally injured every minute; ten every hour; 33,120 every day; 12,088,800 every year.

876,000 persons are under sentence of death by accident during the next ten years. 6,300,000 will die of disease during the same ten years."

Teaching Osteopathy

(Continued from page 1)

rectly. This responsibility rests with the management of the school. They must depend upon their teachers. The natural conclusion, therefore, is that the college having a sincere and efficient faculty putting Osteopathy into their subject, must certainly be graduating satisfactory members of our profession.

My work in Still College is in the departments of Anatomy and Therapeutics. Anatomy is one of Osteopathy's legs. All of you know how much Osteopathy can be brought out in the course in Anatomy, from the Freshman work up to the finishing touches in Applied Osteopathic Anatomy. Most of you have some kind of an idea how you would teach Therapeutics. You know just how you could get up before the class and tell of your successes, especially along some favorite line. In the teaching of Therapeutics you can have no favorites, and the work must follow a certain continuity and must be based upon our Osteopathic conception of cause and cure.

My method may not be the best. I am open for constructive criticism all the time, but what follows, seems to me to be logical and is proving satisfactory. This year I am using Anders and Boston as a text, supplemented with work taken from our Osteopathic texts as published on the subject. We haven't a book yet in our own profession, that takes up in sufficient detail all the essential points necessary in the teaching of this subject. Our books along this line are remarkable ones, considering the age of our science. But read on and you will see why I favor Anders and Boston as a text.

I have just opened the book to Acute Cystitis. The outline of this condition is like all others. A certain definite plan taken in the discussion and followed to his conclusions, listed under "Duration and Prognosis." I want to go over each of the sub-headings with you, and very briefly call your attention to places where Osteopathy is brot to the student. Anders and Boston do not lean toward Drug Therapy, they state the condition as it should be found and do what you please to correct the condition.

ACUTE CYSTITIS

Pathologic Definition.

Under this heading a paragraph takes up the changes that have taken place in the bladder wall.

Anatomic Features.

Cystoscopic examination and relations together with findings noted.

Exciting and Predisposing Causes.

Ten causes are listed the first being strictly to our theory. Permit me to quote: "Among the exciting factors should be mentioned disturbance of the vesical circulatory system, which results most often from exposure to cold and wet, and here cystitis is possibly preceded by an

inactivity of the skin." We add to this the finding of lower Dorsal and upper Lumar lesions affecting the blood supply as mentioned. Also cause No. 8 is Osteopathic, referring to trauma.

Principal Complaint.

This heading is divided into a discussion of Pain, Nervous Symptoms and Thermic Features with a general discussion.

Physical Signs.

Anything that may be brot out in diagnosis under this head as in percussion, palpation, auscultation, etc.

Laboratory Diagnosis.

As in other conditions, this feature is an important factor. Our students must have a knowledge of laboratory methods and put them into practical use when indicated.

Summary.

This is one feature I like particularly about this text. It is a short resume of all of the above.

Differential Diagnosis.

The conditions that may be confused with the disease discussed are mentioned with the differences brot out.

Duration and Prognosis.

All that can be said is brot out in this paragraph.

Treatment.

Anders and Boston leaves you with this subject to dispose of at your own discretion. I follow the causes because the effect we have here discussed is the result of some cause. Stressed thru the entire discussion is this outstanding fact. We have three nervous systems to figure in our treatment. One tells us of pathology somewhere in the body, or may be transmitting reflex impulses. This is taken up separately and the possibility of one or both features being present is discussed. Then the voluntary system is mentioned. In this particular case it would not figure to any great extent. Last, but far from being the least, is the involuntary system. Here we have the control of the blood supply and the control of the activity of the involuntary musculature of the organ and the application is made in each case.

Personal cases cited, the experiences of others, and material taken from our Osteopathic publications, form a large part of the Osteopathic discussion.

We are working to eliminate the cause. These causes are discussed and their elimination planned. In another article I want to tell you about how Osteopathy is brot out in our work in Anatomy and in the General Clinic.

H. V. HALLADAY, D. O.

Shattered Romance

"Lawdy, but Ah suttinly does hate to lose dis job, sighed the colored maid upon being fired.

"You have a family to support?" asked her late mistress.

"No'm, but Ah's got an engagement to be broke," groaned the girl.

The rest cure is the worst possible remedy for "spring fever."—Kodak Salesman.

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THE LOG BOOK

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Purple and White Add Another Victory

Another victory was added to the already long string of "wins" when the Purple and White defeated the strong Graceland quintet by the score of 43 to 22. The winning of this game makes the total for the season, nine won, two lost.

Throughout the first half both teams played a rather listless game and the contest could have been won by either side with little exertion. However, with the whistle for the beginning of the second stanza, the "Bonesetters" appeared to have imbibed a quantity of "El Pep," for from that time on, there was no question as to which was the superior team. No angle was too difficult for the Osteopaths, nor was any shot too long. There seemed to be a magnetic influence exerted by the iron hoop over the sphere whenever it came within ten feet. At the beginning of the period the score was tied, 12 and 12, but at the close the locals led by the unquestionable margin of 43 to 22.

Springer was the high scorer for the Osteopaths.

SNAPSHOTS!

Sprague says: "We must have MORE pictures!"

Every year at this particular time, the hue and cry around our revered halls is: "We Want More Pictures!"

You will all admit that one of the most interesting features about an annual is the snapshot pages. Those small, intimate contacts that go to make the book a success. Every student has at least one picture that might be just what is needed to complete a page, or to build a page around. Why not hand it in? Possibly it will not be used, possibly it will. In any event, you will have done your share. Without a wide assortment to select from, the most interesting feature of our book will only be mediocre.

Bring in your pictures! Not next week, but RIGHT NOW!!!

Shortage of Doctors

The following items are taken from the Child Welfare News Summary, published by the Children's Bureau of the U. S. Department of Labor, Washington, February, 20, 1926.

In connection with a paragraph on the activities of the "Commonwealth Fund", which

(Continued on page 3)

RIDE 'EM COWBOY



IF YOU CAN STICK IN THE SADDLE,
SUCCESS WILL BE YOURS

Normal Spine Week

The week of March 22 to 27 has been designated as Normal Spine Week and the Osteopathic profession throughout the entire country are expected to uphold and further this movement.

Last year Normal Spine Week was a huge success. In various localities the county and city organizations conducted spinal examinations on the school children and spoke before many organizations on the different subjects in relation to spinal irregularities.

It is the intention to make this period this year surpass all previous accomplishments. With the earnest co-operation of every member of the Osteopathic profession, it can be done!

Do the best and the most you can today.

The only reliable substitute for brains is silence.

After all is said, there's an awful lot to be done.

Osteopathic Stars On C. S. A. Bill

A number of the foremost Osteopaths in this section of the country have signified their willingness to appear before the coming meeting of the Central States Osteopathic Association, which is to be held in Kansas City, the 21, 22 and 23rd of April.

Amongst those who will speak, are: Dr. Bandeen on his diabetic research work. Dr. Geo. Laughlin on the subject of Goitre; Dr. Rolla Hook on Osteopathic Obstetrics; Dr. J. D. Edwards on Ear, Nose and Throat; Dr. A. G. Hildreth, Dr. Jos. Swart, Dr. A. E. Allen and many others.

The meeting is to be conducted upon the "sectional" basis. Definite periods are to be devoted to individual subjects, such as Technique, Obstetrics, Surgery, etc. The plan is similar to that employed by the American Osteopathic Association, and enables the physician to attend the portion of the program which holds the greatest amount of interest to him.

Spring Football Scheduled

According to an announcement made by Coach Frank R. Sutton, the D.M.S.C.O. gridiron aspirants for the 1926 varsity will indulge in some Spring training.

As soon as the weather permits, the squad will begin the rudimentary training which it is almost impossible to secure in the Fall before the opening games. By following this plan, the Coach will have a squad of seasoned and trained men to start the season with, rather than a green outfit.

Individual coaching, an item that D. M. S. C. O. has been lacking in, will be one of the outstanding features of the new program. Special attention will be given the development of line men.

D.M.S.C.O. has had no opportunity to complain of the football team in the past, and with additional training they will receive under the plan, such a possibility will be even more remote. Next Fall when the time comes for the opening game, the Purple and White will be an efficient, well-trained machine, rather than a group of individuals who barely know the signals as in the past.

Iowa State Meeting

The Trustees of the Iowa State Osteopathic Society have selected the 19th, 20th and 21st of May as the dates for their annual meeting. Dr. W. J. Forrest of Carroll has been appointed as Chairman of the Program Committee, and Dr. H. J. Marshall of Des Moines is the Chairman of the Committee on Local Arrangements.

The present plan for the meeting calls for one day clinic session to be held on the 19th, and the remaining two days to be devoted to program.

Assemblies

Two very interesting assemblies have been held during the past two weeks.

On one occasion, Dr. Steffen gave a highly instructive and interesting talk on astronomy, and the other period was devoted to the Stillonian Staff. At this time the Staff reported the progress that had been made on this year's publication and urged the student body to give 100 per cent co-operation in putting the Year Book over in the true D.M.S.C.O. style.

From the Field

The following letter was received from Dr. Lewis Bruce of Lindsay, California, who graduated in the class of January, 1902. In those days D.M.S.C.O. was known as the "Still College of Osteopathy."

"It has been over 24 years since I last looked upon old S.C.O. My thoughts have often wandered back and memory has recalled some of the happiest moments of my life. And unless something unforeseen occurs, and the Lord be willing, I will at least drive by the front door this coming summer. I am only sorry that my trip could not be planned for a time when school is in session.

"After 25 years practice and although I am licensed as a Physician and Surgeon, I am more convinced than ever that the graduate of an Osteopathic College has a better foundation for the practice of Therapeutics—Manipulative, Surgical or Medicinal), than has any other graduate in the world.

Sincerely,

LEWIS BRUCE."

We most heartily agree with the Doctor in his beliefs regarding the foundations an Osteopathic graduate has acquired, and our only regret is that he will be unable to visit the college during the regular school term.

Such whole-hearted and sincere enthusiasm from one who is comparatively old in the profession is an invaluable inspiration to we embryonic physicians.

Are You Looking For A Location?

Dr. Kathryn Nikolas of Omaha, Neb., writes that she is forced to retire from active practice on account of ill health and is desirous of selling her practice, which has been established for the past eighteen years. The offices are located at 534 Securities Bldg., at 16th and Farnum Sts., one of the busiest intersections in the city of Omaha.

Anyone interested in this location may secure detailed information by writing direct to Dr. Nikolas.

How to Cure That Cold

(If you follow the Advice of Your Sympathetic Friends)

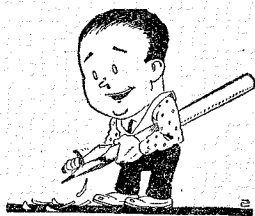
Do not let the cold interfere with your work but stay home from college, taking lots of exercise in the open air, while resting quietly in bed.

Do not take any medicine, alternating it with large doses of quinine, aspirin and throat tablets.

Gargling is effective if one avoids wetting the tonsils. Eat heartily and abstain from all food until the cold is under control.

Do not consult a physician — but get the best medical attention as soon as possible.

Fraternity Notes



ATLAS CLUB

We notice that Brother Nelson has been making regular trips up the 19th Street hill. Wonder if the nurse moved up there.

Any one desiring specialties, see Brother Wright, he always carries a complete line.

Brother Sheets says that two can get into the basketball game as cheap as one, as long as he is trainer.

From careful observation, we note that Brother Trimble is not as true to the girl back home, as he has been in the past.

Brother Rockhill has the last word in the shoe line, but, owing to the fact, that it is not fashionable to wear this color at night, "Rockie" changes regular at 6:00 p. m.

Brother Crawford is trying, in vain, to raise a long-cherished mustache.

Brother Reed says that when he graduates he is going to seek the great open spaces where men are men, and so is your old man.

Brother Damm says this is the sham battle, the real battle will come after we graduate.

Brothers Damm and Finney have been back to their childhood days, at least, long enough to contract and recuperate from the measles.

A dance honoring the pledges was given at the Hoyt Sherman Place on February 26. Dr. and Mrs. H. V. Halladay, and Dr. and Mrs. John M. Woods were the faculty guests. Many and varied were the steps executed by the trippers of the light fantastic.

Brother Schaffer informs us that he needs 498, instead of 500 treatments, as was reported in the last issue of The Log Book. We beg his pardon.

IOTA TAU SIGMA

Who broke "Pinkie's" thermometer? Remember, Pinkie is English, so come thru for him. O'Dell isn't in the race.

Nye is added to the list of Proficient Bridge Players. His proficiency being admitted, we will pass to new business. The question arises: "Who admitted Sherwood is the only one,"

"Runt" puts out his pin. Where are the smokes?

Butter and Eggs took a jump with the cold spell, according to Rhode and Cud Cudden.

Kale is still the "Candy Man," and he's becoming more popular daily. The suitcase is partly responsible for the popularity.

Benein gets a few more treatments. It cost some of the boys more than him, because of his size.

John Wadkins gets an Alacm with a soft pedal. The old one, "Big Ben," disrupted his sleep too much.

"J. C." Belf finds dates easy to

get since the last dance. The girl he took was quite a talker and she has lots of girl friends.

Loghry gets a grounder but Bob Ross puts him out at first by making a masterful pickup.

PHI SIGMA GAMMA

The Pan Hellenic Smoker was held at the house Tuesday night the second of March. Dr. Steffen was the speaker of the evening. Card games and Bull Festing took place after the address.

Initiation for the following men took place March first: Aucion, Stone, Clark, Widmer, Jennings, Donaldson, Grinnell and Heinlen.

A new electric sign now adorns the front of the house and acts as a sort of beacon light for the returning wanderers.

Dr. and Mrs. Montgomery had their farewell dinner at the house Monday night, March 8th, leaving for Pennsylvania on the same night.

There were several guests at the house for Sunday dinner. Bro. Sproul from Boston chapter was one of them.

Friend, who has been under the weather for some time, is now able to go to classes again.

There was a house dance Friday night, March 12th, and from all reports everyone had a good time.

Several of the boys, after listening to some good, fatherly advice, and thinking the matter over, shaved their embryo mustaches off.

The barber and candy business must be good, as Peelee now owns a "Big, Black" touring car.

Philosophy

The way I look at this thing called life

Is a kind of a simple way. It seems to me that a lot of strife

And worrying doesn't pay. So I dub along on a casual plan Which never has failed me yet, Of doing my work as well as I can,

Playing and loving as much as I can, And acting the part of a regular man—

And otherwise—I should fret!

I never have set a river on fire, I doubt if I ever will;

And there isn't a chance that My heart's desire I ever Shall quite fulfill;

But I live in peace with the human clan, Unvexed by the mad world's Hurry,

And do my work as well as I can, Play, love and laugh, as much As I can—

And try to be a regular man— And otherwise—I should worry!

If you are ambitious to "make a killing" in this world, never start the slaughter with time.

A career that isn't founded on character as solid as a rock, is likely to land on the rocks.

The man who is a great man in the eyes of his neighbors, is a very great man indeed.



Around Our Merry Campus

The other day upper classmen were overheard discussing a recent "O. B." case in the halls, between classes.

"...delivered the case, didn't he?" queried one. Then the Junior "A", assuming an important attitude, (It was his first case), replied, "Yes, he was the auctioneer."

* * *

The current epidemic of "Bad Colds" is evidently no respecter of persons. A number of the students have fallen victims to the current attack and at present the impregnable Faculty is "being worked upon." Drs. Halladay, Woods, Schwartz, Hurt and Steffen are, at present, working on the business ends of the "blow rags."

* * *

Incident to the above mentioned "Cold Epidemic" a number of the students have become infected with that insidious disease known amongst the profession as "Forditis." Many "Big, Powerful, Black" motors of varied models and vintages, have put in their appearance of late.

* * *

And further, on the subject of colds,—the dollar fee for student treatments came in very appropriate, from the Treasurer's view point.

* * *

And even more on the same subject, the matter was brought before us on an entirely different light the other morning when the old boilers refused to circulate the steam through the building.

From a Freshman's Notebook

Abode;—A place where one cleans one's teeth and occasionally sleeps.

Atonement;—Embolism of the will.

Baptism;—Hydrocephalic abracadabra.

Brain;—A commodity as scarce as radium and more precious, used to fertilize ideas.

College;—A place where you have to go in order to find out that there is nothing in it.

Curiosity;—A gulf that swallows gods, men, creeds, matter, worlds, philosophies.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Be Not Rash With Thy Mouth

The Biblical injunction, "Be Not Rash With Thy Mouth," is a phase worthy of serious and thoughtful consideration by all men. The fault finder and quibbler is ever among us; he can criticize and in so doing destroy the earnest and sincere efforts of his fellows and the work of men who have given freely of their time to build up that which will redound to the credit of all.

Most any man can assail and villify from the side-lines, but it takes courage to do and dare. If the time and effort given to unjust criticism was directed into earnest and conscientious service, all men would be the better and the world would be richer in the things desired, rather than the things hoped for.

Was it not Solomon who said: "Even a fool is counted wise when he holdeth his peace"? In an age where talk is empty and devoid of serious thought, man can find it to his advantage to adopt a policy of graceful silence and be the better thereby.

The thinker today, as in Solomon's time, is not given to words, but rather deeds. Life to him consists more in purpose and performance, rather than in prattle and pretense. We build on the former and become better builders as we learn that the man who thinks becomes bigger and better mentally, while he who only talks has little to offer but words.

Men grow better and wiser where there is a free exchange of opinion. The evil lies in loose talk, and the attendant discussion of individual shortcomings and the weaknesses of present-day institutions. Talking without thinking has become a common practice, and unjust criticism a fetish with many.

The just and upright man should ever have a guarded tongue. He should realize that in his daily talk, good begets good, even as evil begets evil; that a riotous tongue has no justification and eventually the reaction will be as Job pointed out when he said: "My Own Mouth Shall Condemn Me."

The Snap-Switch in Our Head

Strange how many go through the world spending hours of their time on self-improvement—neglecting to develop that most important faculty of all—the power of the human will to drive a man

forward when every thought, feeling and instinct of his nature cries out—to give up.

Peculiar how few men have observed that it's the average mind driven toward a set goal that succeeds, and not the brilliant flash-in-the-pan, who alters his course with every variation in the wind.

You hate to get up in the morning. You lie there as if you were paralyzed. You think you ought to get up. You decide to get up. You are provoked, half angry with yourself for lying there. You picture to yourself the discomfort of hurrying to make the 8:30 appointment. Your intellect, judgement, emotions, feelings, imagination, function one hundred per cent to get you up—but still you lie there and snooze. Suddenly your mind seems to snap on a switch, filling the body with energy, and you bound out of bed!

Ah, you have put your finger right down on the elusive attribute of the mind called Will Power! It's the snap-switch which starts and keeps us going.

In most of the things we do, the switch is turned on automatically. We apparently do not will to see, to taste, to hear, to smell, walk, eat, laugh, and do the thousands of little things of the day.

But in big achievement the switch turns hard and we have to hold it on with all the stuff we have in us.

WORK

(By the late Cardinal Gibbons)

"Without work no amount of talent, no amount of influence, will carry a man very far in this world. I am amazed at the point of view of some modern young men. They look at the successful men of the day as if they supposed success to be an easy matter—giving rich gifts and requiring little in return. I wonder what they would think if they could see the average day's program of one of the men they envy. Theodore Roosevelt left a correspondence that of itself involved more work than the average man does in his active life. Yet it represented only a small part of his activities.

"The higher men climb, the longer their working day. And any young man with a streak of idleness in him might better make up his mind at the beginning that mediocrity is to be his lot. Without immense, sustained effort he will not climb high. And even though fortune or chance were to lift him high he would not stay there. For to keep at the top is harder, almost, than to get there. There are no office hours for leaders."

A good example is the best sermon.

A good loser owns up—pays up—shuts up.

When Jealousy gets busy, Love takes a vacation.

Shortage of Doctors

(Continued from page 1)

each year offers to provide two-thirds of the cost of construction and equipment of two hospitals, to be located in communities meeting certain other conditions, which will agree to provide the remainder of the initial expense and meet the cost of operation and maintenance, the writer goes on to say that a study of the pioneer work done by farming communities in establishing rural hospitals has recently been made by the U. S. Department of Agriculture. As indicating the great need for better hospital facilities, attention is drawn to the increasing shortage of country doctors. In Kentucky, in 1924, forty counties were reported to be without adequate medical service, and one of these counties had not a single doctor. In a Montana county of 5,000 square miles there were only three doctors and no hospitals. In Minnesota, 127 villages were reported without doctors. As a step toward remedying such conditions, 17 states now have laws authorizing counties to levy taxes for hospital purposes, and many rural hospitals have been built.

The little town of Altura, Minnesota, has found a solution for the problem of obtaining the services of a resident doctor in a small rural community. The citizens decided to form a health association for the purpose of employing a capable doctor by contract. Several schemes were proposed and a doctor was finally secured under the following plan: The association agrees as a salary guaranty to secure as many members as possible on the basis of \$24.00 a year for each family, the doctor to have entire freedom for outside practice after meeting the claims of the members of his service. The doctor also operates the drug store. The \$24.00 fee covers, in addition to any needed calls in case of sickness, a thorough health examination twice a year, if desired, and sanitary inspection of the home, including inspection of water supply, drainage, and garbage and sewage disposal. Extra charges are made for night calls and for obstetrical cases, the money thus secured being used to defray the expenses of the association.

The Self-Centered Idler

How ungratefully he slinks away, who dies, and does nothing to reflect a glory to Heaven! How barren a tree he is, who lives, and spreads, and cumber the ground, yet leaves not one seed, not one good work to generate another after him! All cannot leave alike; yet all may leave something, answering their proportions and their kinds. Those are dead and withered grains of corn out of which there will not one ear spring. He will hardly find the way to Heaven, who desires to go there alone.

Clinic Regulations

1.—Students will be required to have 500 treatments in before they can graduate.

2.—Assignments of treating rooms is for the entire semester and must be adhered to strictly.

3.—All students registered in Clinic must make at least an 80 per cent attendance record or they will be held for time credit.

4.—Case records must be carefully kept and submitted to Dr. Halladay for O. K. Keep them up to date.

5.—Any student who habitually fails to meet his patients may, by the Superintendent, with the consent of the Dean, be suspended or dropped for the semester from all Clinic privileges.

6.—Senior students will have preference of treating rooms assigned on Monday, Wednesday and Friday. They may use same or other rooms on other days, provided they have permission from Junior students who are assigned to treat in those rooms.

7.—Junior students have preference of rooms assigned to them on Tuesday, Thursday and Saturday.

8.—No student will be allowed to use private examination room under any circumstances.

9.—Treating of unregistered patients is prohibited.

10.—All students are expected to use conservative measures in light and water.

Signed:

C. W. JOHNSON, Dean.

H. V. HALLADAY, Supt.

"Ain't We Got Fun"

Getting out a mazagine is no picnic.

If we print jokes, folks say we are silly.

If we don't, they say we are too serious.

If we publish original matter, they say we lack variety.

If we publish things from other papers, we are too lazy to write.

If we stay on the job, we ought to be out rustling news.

If we are rustling news, we are not attending to business in our own department.

If we don't print contributions, we don't show proper appreciation.

If we do print them, the paper is filled with junk.

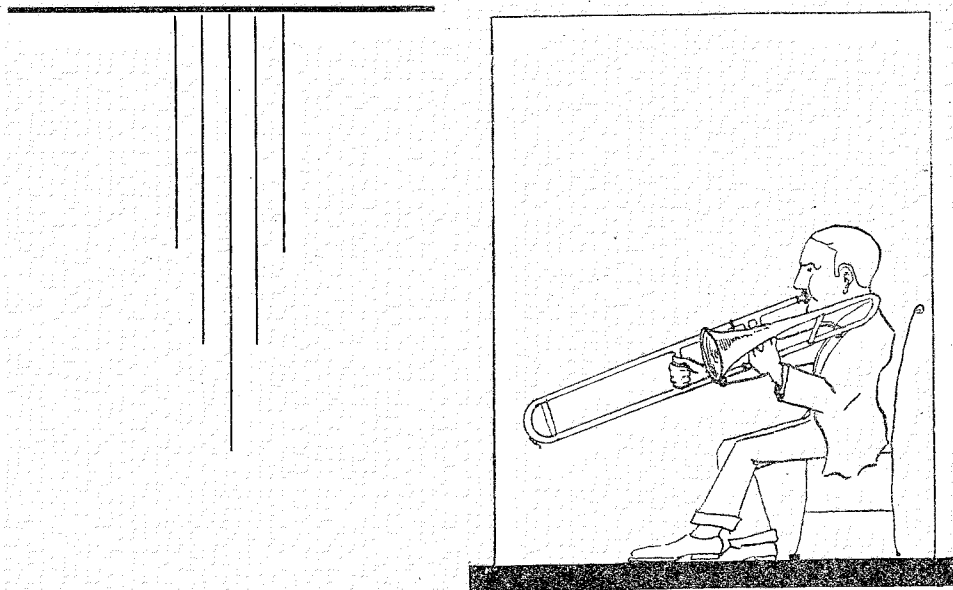
Like as not, some fellow will say we swiped this from another magazine.

So we did!

Body Fights Its Own Battles

Dr. Still based osteopathy upon the perfection of Nature's work and reasoned that the Creator made no mistake and had given the body power within itself to combat disease. At that time this was considered rank heresy, but the scientists of today have proved that Dr. Still was right.—Dr. Warren B. Davis in Osteopathic Magazine.

**The Trombone Player is the Only One Who
Gets Anything by Letting
Things Slide!**



Order Your *1926 Stillonian* Now!

This book will be one of the best College Annuals published this year. Every Alumni of D.M.S.C.O. should have a copy in his office.

Fill In and Mail the COUPON Today

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Place an X before the pledge which you make.

Name

Address

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

THE LOG BOOK

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VOL. 3

APRIL 1st, 1926

NUMBER 18

Tentative Plans Made For Stillonian Day

Tentative plans are nearing completion for Second Annual Stillonian Day celebration.

It will be recalled that last year, the Dean was so impressed by the enthusiasm manifested by the student body on receipt of their Year Books that he expressed a desire that it could be made an annual tradition and then declared a holiday for the balance of the day.

With his approval, the day of Friday, May 7th, has been designated as Stillonian Day, and at a special Chapel in the morning the Stillonian of 1926 will be delivered. In the afternoon it is proposed to hold the annual Interclass Track Meet and the championship game of the series for the Sigma Sigma Phi Base Ball Cup. In the evening an All-College Dance will be given at which the Inter-Fraternity Relay and the Baseball Cups will be presented the winning teams.

Make your plans now for a gala time on May 7th, the entire day! If the above tentative plans meet with the approval of the authorities, May 7th will be the biggest day of the college year.

Baseball Trophy Offered By Sigma Sigma Phi

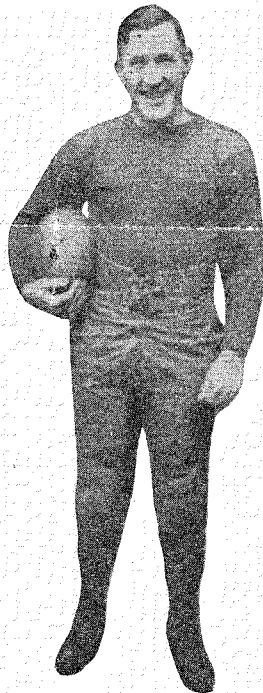


Beta Chapter of Sigma Sigma Phi, donors of the Inter-Fraternity Relay Cup, have put up for competition another handsome silver loving cup for baseball competition. The presentation was made by Ross Robertson in chapel, Friday, March 26th.

The competition is to be based upon the same regulations as the Relay Cup, that is, the cup will be in the possession of the team winning the tournament for one year and permanent possession will result from winning the championship for three consecutive years. Competing teams will be organized from the non-fraternity men of the college and from the three fraternities represented in the college.

All the teams have been organized and are hard at work practicing for the opening game of the season. From early observation and what "dope" is available they will be fairly evenly matched and the competition will be keen.

Athletic Leaders Chosen



AB GRAHAM



MAX FRIEND

At a recent meeting of the "S" Club, Captains for the football and basketball teams for the coming season were elected.

"Ab" Graham, a veteran of three years' standing was unanimously chosen to pilot the Purple and White on the gridiron next fall. During the three seasons that Ab has worn the Bone-setters colors he has more than proven his ability as a fearless and versatile follower of the pigskin. He can fill line positions as efficiently as he can guide the team from the quarterback position, and has more than once displayed his ability as a field general. The squad and the college are to be congratulated upon having chosen a man of Ab's calibre to captain the team.

It is rare that a Junior is elected to captain the varsity basketball team, but the brilliancy of Friend's playing during the two seasons he has held a permanent birth on the quintet, was more than sufficient to place the "O.K." upon his election. From the beginning he has displayed a persistent, heady brand of floorwork that has gone far in securing the high success our teams have attained during the past two seasons. Under his guidance the 1927 record should surpass them all.

The college is indeed fortunate in having these two men at the head of our teams for the season

Spring Football Starts

A representative showing responded to Coach Sutton and Capt. Graham's call for recruits for spring football. This is the first time pre-season work has been attempted at D.M.S.C.O., and it is hoped that the work will be given the whole-hearted support of the student body.

Evidently Capt. Ab has not consulted with the local representative of the Weather Makers Union, as up to the present time we have enjoyed (?) all varieties from rain to blizzards. However, the skys are clearing and gridiron aspirants for the 1926 varsity may soon resume their spring workout.

'Nother Osteo

Dr. and Mrs. F. O. Harrold are the proud parents of a son, born Thursday, March 11th, at the Des Moines General Hospital.

Dr. Harrold was a member of the January, 1926, class and has located at Brooklyn, Iowa.

of '26 and '27. The student body should give them their whole-hearted co-operation, not only in "pep" and enthusiasm — but in actual work. Let's double the number of men on the two squads next year!

Wide Variety in Chapel Programs

The versatility of our assembly conductors in the securing of talent for these most welcome weekly diversions has been proven beyond a reasonable doubt during the past three weeks.

To start the ball rolling, Dr. Spring secured one of the best men that had been brought to the city for "Religious Emphasis Week", to speak before the student body at the assembly held March 12th. Dr. Bingham gave a very interesting address on the subject of "Modern Day Youth, Its Conditions and Problems," and brought out the point that the present day youth has the advantage over the past for two reasons; primarily, the greater opportunities that are presented the modern youth for self-expression resultant from the relief from the necessity of toil and grind; and, secondarily, the increased mentality of the modern youth, due to the modern educational developments.

In his address, the Doctor interspersed several incidents concerning his very recent experience in Russia, which added very greatly to the interest of his subject.

The following week Dr. Robert Bachman was in charge and he displayed his ability to fathom the student mind and learn what they liked, by securing a return engagement of the Garber Entertainers. Several pleasing numbers, banjo, vocal solo, duets and mixed quartet, and musical readings, were given to the intense delight of the gang. Mr. Neal Garber, the youngest of the family, was about the most enthusiastically received, having appeared on previous occasions and mesmerized the listeners with his banjo. This is surely one "bunch" that the students don't get tired of.

Dr. Mary Golden was next on the schedule, and not to be outdone by her faculty associates, she secured a representative of the W. H. Heinz Co., that manufactures the 57 different varieties, who put on an educational film depicting just how the famous 57 were made. Few of the students realized the scope of this organization before seeing this film, and the benefit derived from its exposition will be manifold.

What's next?

He who has good health is young. He who has no debts is rich.

There's only one way that's right—and all the other ways are wrong.

Commencement Speaker Engaged



REV. FRED W. CONDIT

The Senior Class has been fortunate in securing the Rev. Fred W. Condit of Eldorado, Kansas, to deliver the Commencement Address at the graduation exercises to be held Thursday evening, May 27th.

Rev. Condit was formerly the Dean of the American School of Osteopathy and is a member of the Atlas Club and the Alpha Tau Sigma fraternity. At present he is the pastor of the Christian Church of Eldorado.

In view of the excellent reputation as a lecturer on the subjects of Psychology, Sociology and Economics that Rev. Condit enjoys, there are numerous demands made upon his available time for this work, the Senior class is to be congratulated upon having been successful in securing him to deliver their Commencement address.

On the day prior to Graduation, Rev. Condit will appear before the Kiwanis Club at noon, and at the Senior Banquet in the evening. While in the city he will be the guest of Dr. H. V. Halladay.

From a Freshman's Notebook

Blizzard—the inside of a hen. Mountain Range—A large cook stove.

Oxygen—An eight-sided figure. Dispel—To spell incorrectly.

Butter—A billy goat; Buttress—A nanny goat.

Frontispiece—A headlight on a Ford.

Furlough—A fur-bearing animal.

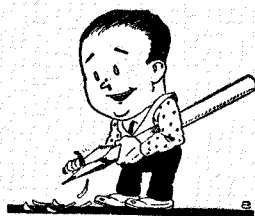
Monomaniac—A man with only one wife.

Mistake—To steal something. Observatory—A place where flowers are kept.

Tonsorial Parlor—Where you go to have your tonsils out.

Joan of Arc—One of Noah's daughters.

Fraternity Notes



IOTA TAU SIGMA

Brother Hubert Pocock, our alumni president, was the guest of the chapter on Tuesday, March 16th. His visit was short but he was full of "pep" and made us think a bit.

Bro. Pocock was the honored guest at a dinner given at the House in the evening. He explained, to the brothers satisfaction, his black eye, and Pinkie says it's the truth.

Field members who enjoyed the evening, were: Bros. Trenery, Brererton, Prather, Phillips and Cramer. We regret deeply the fact that sickness prevented us the pleasure of Bro. Steffen's presence.

It was good to hear Bro. Marlow and Bro. Pocock talking over London and it's vast and wonderful progress since Pinkie's departure. Oh, Yes! They are quite the "Chappies," "Righto, Old Dear."

We learned a lot about Gephart.

Bro. Trenery told his story again.

Bro. O. H. Olsen, who graduated in the last mid-year class has received his appointment to internship at the Detroit Osteopathic Hospital. Congrats, Olie.

PHI SIGMA GAMMA

The dance at the House Friday night, March 12, was sure a big success. The music was furnished by six dusky boys who certainly were hot.

Sunday, the 21st, we were favored with the presence of Dr. Geo. and Len Hurt as guests at dinner. After dinner, the Doctors showed some of the boys just how bridge should be played.

We nearly had a new mascot at the House, as Max Friend bought a peach of a Collie pup—but after getting one meal it left for parts unknown. We don't know whether it was the meal or the presence of Laird Lashlee's cat that made him leave.

If you want to see a real honest-to-goodness hot sight, you want to see Spencer start out these nice spring nights with his gray spats, blue coat and spiffy gray cap.

Two students from Ames spent Friday and Saturday with us as they were having a short vacation between quarters.

Probation week is now on, so it is not necessary to go to the Orpheum for entertainment, as you can get plenty at the House and it doesn't cost a cent.

Peelee has converted his "Big Black Touring" into a "Little Red Devil."

Cab Cummings is now nurse, guardian, god-mother, or whatever you want to call it, for "Carpenter," the orphan pup found in our ash pit the other morning.

Bro. M. H. Bruins has been spending a few days with us and

it seems good to see him around again.

AXIS CLUB

The Axis Sorority held its initiation party at the home of Mrs. K. M. Robertson, Thursday evening, March 17th. Miss Charlotte MacDougall was received into membership. Miss MacDougall came to us from the Chicago College and we are glad to have her join the ranks of the Axis.

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi takes great pleasure in announcing the pledging of Jack Swanson, of the Senior B class.

ATLAS CLUB

We were all pleased with the very fine talk, Mr. Miller of West High gave us recently. His talk was instructive to the last degree, and surely gave us some things to think about.

Oh, Boy! You should see the nobby spring suits Brothers Dud Smith and Ole Nicholson are about to sally forth in. "Just another sure sign of spring."

Brother Richardson has the latest technique for taking blood pressure. Any one in need of such service should see him.

All Atlas brothers who are not too old, or too fat to run, get your suits greased up, because the Still Relays will soon be upon us.

Anyone wishing to know the meaning of the letters P. G., ask Brother Van Ness—he knows.

Sorry to hear that Brother Wire was called home on account of the illness of his father.

Brother Trimble has, again, postponed his long delayed hunting trip to the Dakotas this summer. We don't even wonder why.

Brother Groves is an anesthetist of great renown. He will gladly instruct any of the embryos along this line.

For various kinds of scopes see Brother Damn.

Brother Bill Ghost is becoming highly proficient in the after care of tonsillectomy patients.

Brother Reed has perfected a method of determining sex in ripe beans, which will, no doubt, be of great value to the horticulturist. He will gladly demonstrate his ability along this line to any one who is interested.

Take a tip from Brother Doyle and carefully censor all items of a personal nature appearing in the Log Book, before sending it to the Pride of Your Heart in the Home Town.

We understand that Brother Wise is contemplating a trip to Chicago in the near future. It isn't long until Easter, Herschel.

Better be silent and be thought a fool, than speak and remove all doubt.

The world is made up of two great classes of people—those want success in wish for it, and those who want success and wade right in and work for it.

Work is the net price all must pay to travel the highway of progress.



Around Our Merry Campus

Experience?

The Dean, while speaking on the subject of corsets, reports that putting your arm around a girl with a steel jacket on gives you about as much of a thrill as putting your arm around a beer keg.

Taboo

Dr. Robert Bachman emphatically states that credit will not be given for After Calls in the Obstetrical Clinic, that are made over the telephone.

More Johnson

"Do you guarantee results in your nerve treatment?" asked the caller.

"I certainly do," replied the Dean. "Why, last week a man came to me for nerve treatment, and when I finished with him he tried to borrow \$100 from me."

A-Plenty

"How often does your road kill a man?" asked a salesman of the conductor.

"Just once," sourly replied the man.

Quite So!

Frosh in Biology: "Do fish have a sense of smell?"

Dr. Woods: "Probably not. If they had any sense they wouldn't smell the way they do."

WE WOULD

Eelsea—"Peelee doesn't seem thrilled by these short skirts."

Jake—"No; he got blase working in a basement barber shop."

ACCEPT NO SUBSTITUTES

Stranger—"Pardon me, sir, but have you a wife?"

Van Ness (our rising young druggist, absent-mindedly): "No, but I have something just as good."

Perkins (during a friendly quarrel on the links: "Say, if you don't stop making fun of my play I'll buy my wife a new hat, and then you'll have to buy one for yours!")

As Pride increases, Fortune declines.

A women never doubts what a man says—in his sleep.

A crooked path must always be longer than a straight one.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Boost—Don't Knock



Don't go through life tearing down. Don't go around with a hammer knocking people, conditions, things, everything in sight. Instead of knocking — learn to praise. Get a reputation of being a booster, a lifter, a helper, an encourager. Just think what a difference it will make to others, and, above all, to yourself, to go through the world as a booster, instead of a knocker! If you are a booster, people will like you, will always have a good word for you. But no one has any use for a knocker, the chap who is always hitting somebody, passing along unfortunate gossip, making insinuating remarks about others, being jealous of others' success; who is always grumbling about hard luck and unfortunate conditions. He casts a shadow wherever he goes. The booster makes the sun shine a little brighter. The knocker draws a cloud over it.

Whatever you try to do in life, try with all your heart to do well; whatever you devote yourself to, devote yourself completely; in even the smallest as well as the great undertakings — be thoroughly in earnest.

Never believe it possible that any natural or improved ability will gain in the end, unless associated with the qualities of steady, plain, hard work.

Sometimes talent and fortunate opportunity form the two sides of the ladder on which men mount, but the rungs of the ladder must be made of stuff to stand the wear and tear, and for this there is no substitute for thorough-going, ardent and sincere earnestness.

Never put your hand to anything into which you cannot throw yourself body, soul and mind; and having chosen your profession to follow, never affect depreciation of it.

Courtesy can pay larger dividends in proportion to the energy expended than any other of the human characteristics which might be classed as instruments of accomplishment.

The ages of men have small relation to their years.

Danger Ahead



From the Field

Hey! Alumni! Have you all broken your writing arms? During the past month and a half, letters from the alumni have been most conspicuous by their absence. We want to hear from you, and your former classmates want to know how many backs you're cracking a day—so drop us a line and give us the dope.

We had a very interesting letter from Dr. Don Lewis recently. He reports that all is well and that the "goose hangs high" in Little Rock, Arkansas.

Drs. Bob Murphy, Jim Cochran and Jake Wedel are alive in Florida. It is rumored that Bob Murphy is making as much practicing Osteopathy as some are rumored to be making on Florida real estate. (Don't misconstrue the meaning).

Dr. J. O. Humbert of the recent January class has successfully invaded Little Sweden, just north of Iowa, and has pitched his tent in Minneapolis. He reports the Minnesota board as being plenty stiff but that he got by with flying colors.

Dr. O. H. Olsen of the same class is patiently awaiting the first of June, at which time he will enter upon his internship at the Detroit Osteopathic Hospital.

Dr. Bunny Bruins of the class of May, '25, has been visiting here for a few days and looks prosperous.

Did you ever notice that the quietest thing about a busy man is his tongue?

Infectious Diseases

The effect of Osteopathic Treatment is even more marvelous in fevers and other acute disease than in the chronic cases where its reputation has already been made. However, many people have so long believed that drugs kill disease germs, that many still believe that no one is competent to handle germ diseases except those doctors who give drugs.

Osteopathic physicians as well as other doctors recognize the value of disinfectants and germicides for external use, but all doctors are agreed that it is futile to attempt to check germ growth in the interior of the body by the internal use of medicines, for these have a more direct effect or action on the body than on the germ they are trying to destroy. This being the case, the Osteopathic physician may claim at least an equal efficacy of treatment with other healing methods in the treatment of such diseases as influenza, pneumonia, typhoid fever, etc.

In the subjects of Bacteriology, Surgery, Chemistry, Practice, Obstetrics and Gynecology, the Osteopathic physician gets a thorough training in the use of antiseptics and disinfectants, as well as the proper handling of contagious disease. To those who have not had previous experience in observing the results obtained in infectious diseases under Osteopathic management, the results are most amazing.—Listening In.

Modern Romance



From time immemorial, it has been the custom in love affairs for the man to craftily pursue the apple of his eye according to human intellect, and the dictates of his conscience. But Ted Finney, having exhausted all his resourceful tact, and, to date, having been unable to capture one of the fair sex, has now resorted to a correspondence course entitled "Modern Romance," teaching how to make love, and how to find a wife. In other words, Finney has grown tired of the irksome routine of courting, and expects to locate a missing link by the up-to-date, 1926 Mode, of pursuing the fair sex.

Finney did not carefully conceal one of the latest copies, and it fell into the hands of the curious public. We herewith quote a few excerpts to show the value of this kind of knowledge in courting, and safely inveigling, a member of the weaker sex.

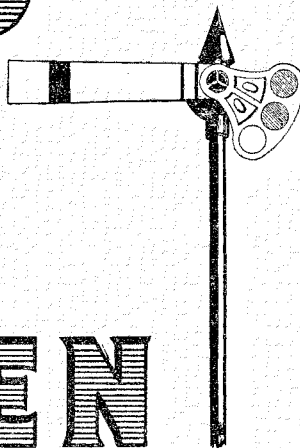
One page of this mysterious paper is given over to a discussion entitled "A wife guaranteed to every man who accepts this offer." Another column we find devoted to the question, "Will you get the wife you want?" The first page of this unique publication carries the request in large print, "Won't you write a lonely maiden?", giving names, pictures and addresses of the lonely maidens from the four corners of the U. S. A. We cannot go into any further detail here, but any one interested see Finney regarding the school and fees.

Beauty Without, Means Health Within

Beauty must start with health, even if we consider only physical beauty. The liver, the stomach, the whole digestive apparatus, must be working beautifully, functioning normally, if beauty shall find its way to the features and grace to the form. Health will make a plain face wholesome and good to behold—especially if the light of culture and kindness shine out from it.—Dr. C. J. Gaddis in Osteopathic Magazine.

Osteopathy does not teach that each disease is due to the displacement of some particular vertebra. Structural derangement acts as the predisposing cause of disease by interfering with the normal flow of blood and of nervous impulses to the various organs and tissues, thus weakening nutritional processes and lowering the body's power of resistance. — Osteopathic Magazine.

STOP LOOK LISTEN



WHILE THE QUARTET
Renders That Old Time
Favorite, "BRINGING in the
SHEAVES," Uncork Your
Trusty Ink Stick and Sling
Your Sig. on the Dotted Line.

This Is Your Last Chance!

Fill In and Mail the COUPON Today

☐ Enclosed find Five Dollars (\$5.00) for which send me one Stillonian on date of publication.

☐ Send me.....copies of the Stillonian C. O. D. on receipt of which I will pay Five Dollars (\$5.00) each.

Place an X before the pledge which you make.

Name

Address

Date.....

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

THE LOG BOOK

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NUMBER 19

GOVERNOR COMMENDS D.M.S.C.O.'S PROGRESS

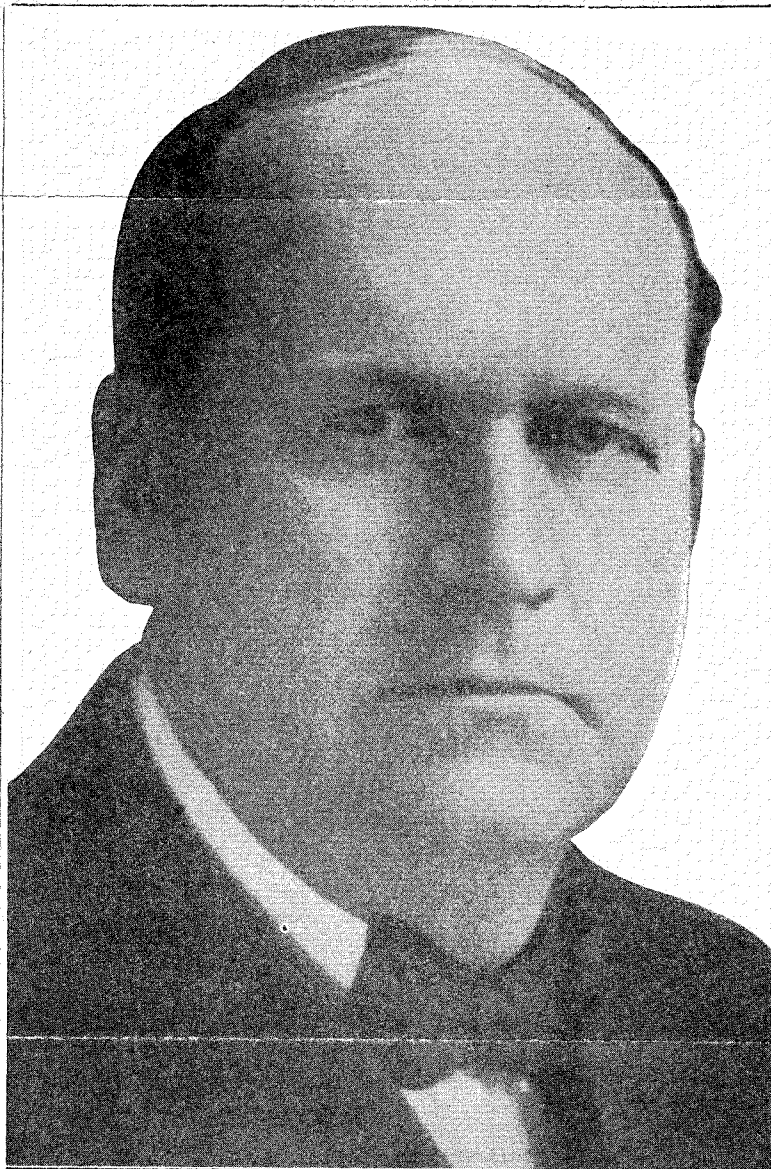
In an address before the student body at the weekly assembly held Friday, April 9th, the Hon. John B. Hammill, Governor of the State of Iowa, highly commended the college on the progress it had made during the twenty-eight years of its existence in the city of Des Moines, and also commended the entire profession on the progress the science of Osteopathy had made during the past few years, especially in the matter of standardization. He also stated that "today, Osteopathy is able to cope with the other professions in the caring of the sick."

The Governor was introduced by the Dean immediately following the announcements regarding the annual Interclass Track meet and stated he was more than pleased to see such an interest manifested in athletics, because they were an essential part of any college education, as the participation in athletic events teaches one "to be able to give and to take," a necessary feature in the make-up of every individual who is to succeed in his chosen profession.

The subject of the Governor's address was "The Dominant Personality." For a physician to be successful he must develop and must become the dominant personality in the community in which he is practicing. In order to develop this necessary quality, one must first have the desire. "Desire is a mighty power in progress; nothing is impossible to the Will." Following a well-grounded sincere desire, Education is the next essential. Under modern conditions, with the existing school systems, the possibilities for education are unlimited. The great trouble with the modern generation is that they complain not of a lack of ability, but of a lack of opportunities. God gives us opportunities and it is up to us to recognize and accept them. Too many of the modern college students are attending classes only to secure grades of sufficient value to secure the coveted diploma and are not really putting in the hard work necessary to secure the proper working knowledge of the science they hope to practice. Hard work constitutes 98 per cent of Genius, and nothing truly great was ever accomplished without it.

In conjunction with Education, to become a dominant personality, one must have Moral teaching, must develop and build up

(Continued on page 4)



Governor John Hammill

New Child in O. B.

The Junior A and Senior B classes were amazed to see the class child, used for demonstration work in the Obstetrical Department, all decked out with a new chamois head and arms. Not many hours elapsed after its appearance in the eight o'clock section, until it had the full quota of red lips, blue eyes, black eyebrows, nose, fingernails, fontanelles and such other features as the agile mind of the attentive student could conjure from his trusty fountain pen. We do not know just who to thank for the work, but it is sincerely appreciated, anyway.

Appointment as Interne Announced

John Voss of the graduating class, has received his appointment as interne from the Detroit Osteopathic Hospital and will enter upon his training the first part of June. Congratulations, Jack, luck to you!

The best work any physician might do for you is very often destroyed by faulty posture—just as a motor car is soon racked if you try to drive it with a bent axle.—Dr. H. Pocock in Osteopathic Magazine.

Dean Johnson O-Kays Stillonian Day Plans

Friday, May 7th, is going to be the gala day on D. M. S. C. O.'s calendar. The Dean, Dr. C. W. Johnson has approved the plans for the annual Stillonian day as suggested in the last issue of The Log Book, and committees are already hard at work perfecting the details of the various events that are to compose the day's excitement.

To start off with, all students will attend classes until regular assembly time. The assembly, as in the past, will be devoted to the delivery of the 1926 Stillonian. Time will then be called for lunch. (Everybody look out for himself). At one-thirty or two, roll will be called (?) at the West High Stadium, for the opening event of the Interclass Track meet. Immediately following the track events, the final game of the series will be played to determine the winner of the Sigma Sigma Phi cup for baseball.

Time out again to eat and to wash individual necks, and secure partners of opposite sex.

The evening will be devoted to the All-College dance. The committee are investigating various halls now, and the announcement of the place will be made later. It might be said, however, that this is going to be the best dance ever staged by Still College — best music, best hall, best everything. The Sigma Sigma Phi trophies will be awarded at the dance.

Draw a red line around the 7th of May on your calendars and date up the "sweet thing" for the entire day! We want to see every student attend the functions of this day. Your education as an Osteopathic physician will be sadly curtailed if you miss even one event. Cut down on the Camels and Coffee now, and start saving pennies for Friday, May 7th, the 1926 Stillonian Day!

Osteopathic Additions

Dr. Frank Heibold of the January '26 class, is the proud father of a daughter, born April 2nd at the Des Moines General hospital. Mrs. Heibold is enjoying a splendid recovery.

Dr. Louis Eske of Columbus, Ohio, has also been admitted to the ranks of parenthood. Louie's passport was a baby girl named Gloria Jean. Mrs. Eske is rapidly improving.

Stiff Schedule Confronts 1926 Varsity

One of the hardest schedules ever played by a D.M.S.C.O. football team has been announced by Coach Frank R Sutton for the coming 1926 season.

The card calls for eleven contests, ten of which are already contracted for and the eleventh tentative. The list is made up of the strongest teams in the middle west and will keep the Purple and White playing Class A football if they hope to come through with a successful year.

Parsons will again be our first opponents, but this year with our spring training, we will be prepared for them and will not be compelled to send a comparatively green eleven against the Wildcats. The following week the squad will invade Indian territory and battle the Haskell Indians at Lawrence. The Redskins always have a whirlwind aggregation and under the sting of two defeats at their hands, the Bonesetters will be "cocked and primed" to win. St. Ambrose, Central, Trinity and Buena Vista, our old rivals, follow in the order named and the dope indicates that they will all have opposition next fall.

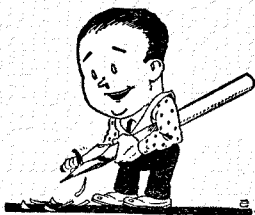
On November 5th, hostilities are resumed with Kirksville; and as the game is scheduled for Des Moines, we might win. In the following week, two games are listed, playing the Iowa Business College of Centerville on Thursday and St. Thomas at Minneapolis on Saturday. The latter is one of the strongest teams in the middle west and is a worthy opponent for any college, and it will be quite a feather in D. M. S. C. O.'s cap if she can bring home the bacon from Swedeland. Jackson U. is slated for the following week, and a tentative contest is scheduled with Tabor College for Turkey Day.

Every one will agree that the foregoing is a real he-man lineup of games. Not a weak-sister among the lot. Nor is it a probable affair—the contracts have been signed for every contest. Now it's up to us to turn out a team that will "clean up!" Every man who can possibly do it, should report for spring training. With two of the hardest games on the schedule coming first, it is imperative that the squad get this pre-season work. Let every student get behind the team and make 1926 a 100 per cent year!

Let Them Be Healthy

The more drugs, alcohol, fatigue, bad air, darkness, and starvation that we allow for this generation the weaker and more degenerate the next one is apt to be. The more sunshine children have this year, the cleaner their water, their food, their surroundings; the wiser their living and their schooling, the finer stronger and wiser will the next generation be. The more carefully the bodies of the children are kept in order—spines, ribs, and all—the better developed will they and their children be for generations to come.—O. M.

Fraternity Notes



ATLAS CLUB

Doctor Mary Golden recently favored us with a very interesting and instructive talk. The Dr. gave us plenty to think about, and some good ideas to carry into the field.

Brother Wise's favorite hymn: "Yearning" (just for you.)

Oh! How I miss you, tonight, sang brother Richardson to his hair, when he looked into the mirror.

Brother Trimble recently entertained the Pride of His Heart, from the home town, over the week-end.

In the spring a young man's fancy lightly turns to love. Upon close observation, we note that a few are turning, and some have already changed. As it isn't deemed necessary, we will not mention any names.

We note that several of the Brothers are sporting their spring chapeaux. The colors, prices, and varieties are quite numerous.

Brothers Ted Evans and Wise are slowly recovering from their first attack of golfitis.

We are informed that Brother VanNess is about to blossom out in the latest model of used Ford.

The Bryson brothers have a very late model Ford speedster that they have handsomely decorated with white paint, which makes it quite attractive.

It has recently been discovered that Brother Knowlton has been doing a little detective work on one of the Brothers, who was paying his respects to one of the fair sex, instead of attending a meeting of the club. No names mentioned.

IOTA TAU SIGMA

Bro. Doyle Richardson's child wife is guilty of more kid tricks than most kids. She has just recovered from the measles.

The boys are keeping pretty quiet and watching their step since "Pinkie" is among the long faced men on Jennies Gang. The star has no meaning at times—though it is quite imposing on so small a man as "Pinkie."

We have learned that "Doc" Green is to intern at Des Moines General Hospital. Congratulations, "Doc."

Saturday's paper said that Bro. Dave Skidmore was married. We haven't seen the cigars yet. If there's anything in it Dave, fess up.

The Phi Sig's knocked us off in the first baseball game of the season, the score being 7 to 5. The individual playing was good but the team work showed results of no great effort on the part of most of us.

We are all looking forward to the Relays now and are looking for a full house over that week-end.

PHI SIGMA GAMMA

Friday night, the 9th, we had a bowery dance at the house, and it was certainly a hot party. Had a regular old-fashioned bar, rail and all. Hot dogs and plenty of pretzels with all-colored pops, made up the refreshments. Plenty of signs by Spencer, not the Spencer Sign Co., but our own, entertained us on many and varied subjects. Music was by "Ed Pillow's Nite Owls," and they were even hotter than they were the last time, which was plenty.

Sunday, the 11th, we had as guests at dinner Coach and Mrs. Sutton.

Steingrabbe, who has been having a lot of trouble with his throat all the year, had his tonsils removed the other day and is getting along fine.

The ball team, after a little practice, got away to a flying start by defeating the Iota Tau Sigma team in the first game of the series, by a score of 7 to 5. Some of the outstanding features of the game were, 1st. Weldon's high-class pitching, 2nd. Lashlee's home run, and, 3rd. Cummings' great catch and peg to second, making a double. Sunday we played the 168th Infantry a practice game, and won by the score of 8 to 2. Pelee was the slugger of this game, getting a home run with two on bases.

Charlie Johnson, along with all the rest of his hard luck, now has a large crop of cold sores, or, as Charlie, who always wants to be professional, insists, be called by the proper name of herpes labialis.

With the coming of spring, Joe Rader got the fever and has started selling something, and from all indications business is good.

Bro. Pelee let us in on a secret the other night when he told us that he is and has been for some time a happy married man. Here's the best of luck to you, Peelee.

The pledges have started worrying about spring house cleaning, and it's just as well, as they are sure going to be busy.

Spencer has become a real interested student of late in "Beauty Cultur," so if you see him some day with nice curly hair, don't be surprised. Several of the rest of us are also much interested, but haven't been able to get the inside dope on it, so Spence has the advantage.

It was a wise man who said: "A winner seldom quits and a quitter seldom wins."



Around Our Merry Campus

TUFF LUCK, WILLIE

Bill Russell recently enjoyed his first O. B. case but was somewhat chagrined when he was mistaken for the child, and nearly annointed with oil before the "consultant physician" discovered his error.

NO DOUBT!

Several years ago, before the time of Osteopathy, an affidavit from a physician, was received by an insurance company in connection with a death claim. Unintentionally, of course, he had signed his name on the wrong line. This ordinarily would not have been a serious mistake had he not signed his name to the question: "What was the immediate cause of death?"

SPECIALIZATION

Very Much Worried Man (running into office of throat specialist): "Doctor! Doctor! come quickly! My little girl has swallowed a button."

Specialist: "What kind of button?"

Very Much Worried Man: "Celluloid. It came from—"

Specialist (holding up hand): "You'll have to go to Dr. Wilkinson if it's celluloid; I remove only metal ones with an embossed design."

Knicker: "Who was that chap you were just talking to?"

Bocker: "Oh, that's my old family physician!"

Knicker: "And what did he say?"

Bocker: "No!"

We ought to make it plain that "knocking" Congress is distinctly a privilege of American citizenship, and is not to be tolerated in visitors.

1926 FOOTBALL SCHEDULE

Date—	Team—	Place
Sept. 25	Parsons College	There
Oct. 1	Haskell Indians	There
Oct. 8	St. Ambrose College	There
Oct. 16	Central College	There
Oct. 23	Trinity College	Here
Oct. 30	Buena Vista College	There
Nov. 5	Kirksville	Here
Nov. 11	Iowa Business College	There
Nov. 13	St. Thomas	There
Nov. 20	Jackson College	There
Nov. 25	Tabor College	(Tentative)

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HABIT



According to Webster the word is defined as follows: A settled disposition or tendency due to repetition. Then let us consider what the word means to us.

It seems as though it is a universal practice for a certain percent of the student body to come late to everything. Regardless of the inconvenience and handicap it works upon the one in charge, or the annoyance it creates to the student body who is on time. It is true, a great many of the instructors are late, but, in a great many cases, their professional work is the cause of it. This, however, cannot be used as an alibi, if such is necessary, for the student body. They are just late, because they went to lunch between classes, smoked an extra cigarette, or just didn't get up in time. Anyway, they were not there when the class started.

This is a habit that is far from commendable, when a man enters the field. It is true, he oftentimes will be delayed, but the general public does not understand it that way. They want service, and if you don't give it, they are going to the man that is on the job. Consequently, the habitually late man, can soon sleep as late as he wants to in the morning. His patients will not disturb his peaceful slumber.

Then, again, we have the student who has the inattentive habit. In other words, interested in everything excepting the subject at hand. Picture a fellow of this kind in the field. Perhaps the very thing he should have been listening to, will come up in his practice, and then what is he going to do. We all well know the inevitable results. He not only loses the patient, but he also loses his good will, which will cost him many more.

Let us not forget the "wise-cracker," who has the wise-cracking habit. Regardless of the embarrassment of the instructor, he insists on shooting off every time the wheels in his head move up another notch. He isn't wise, he just thinks he is, but he still insists on unloading his stale jokes, and the class must, at least, tolerate them. He might not know it, but this habit has kept a great many clinic patients from appearing before the classes. We might class him among that class of people that talks incessantly, but not intelligently.

IOWA STATE BOARD DATES

The Iowa State Board of Osteopathic Examiners will conduct their regular examinations in Des Moines, May 31st, June 1st and 2nd.

Direct all requests for applications to—

Dr. R. B. GILMOUR,
407 Security Bldg.,
Sioux City, Iowa.

Applications should be filed by May 15th.

Intellectuality

It occurs to me that the more we become intellectual, the less common sense we are apt to possess. Intellectuality is a beautiful thing, bright as sunlight, pure as moonlight, scintillating as the rays of a diamond, but oftentimes as useless as a pearl to a drowning fisherman. An intellectual horse trader would end up in the Poor House.

Intellectuality is a refinement that often reduces forcefulness and finds an excuse for inactivity. Many a man is so intellectual that his wife has to earn the rent.

Intellectuality has a smooth, high forehead; the bumps are all on top, thus draining the fighting protruberances back of the ears. Round headed men with red hair can get the chores done while intellectuality is reading Emerson and planning the millennium.

Schoolmaster Squeers in Nicolas Hicelby has the right idea. "Spell 'window' he says to the boys when the pupil had done so, he orders him to go and wash it.

Will the boy forget how he spelt "window?" Well, hardly.

"Yea, the work of our hands, establish Thou it."

In acquiring knowledge, the danger consists in learning too many things that are not so, and being unable to separate them from the verities.

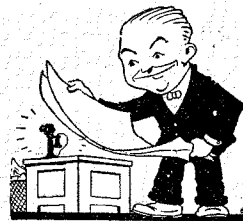
In other words, intellectuality is something to admire, rather than marry.

A SPRING IDOL

Walking among the flowers one beautiful morning, I found in the yellow heart of a lady-slipper a little brown bee. My first impulse was one of mischief—to shake him out of the honey-eyed retreat—but as I looked at his velvety body and sunlit rainbow wings, a feeling of foolish tenderness surged over me. Perhaps there were dear little baby bees at home that would starve if Papa Bee did not bring home the honey; and how industrious, how useful the innocent little creature was, carrying pollen from flower to flower—and so I moved on, leaving him unmolested. But as I turned away, my mind suffused with these pure, sweet, noble thoughts—the darn thing stung me!—(Selected).

Post-mortem investigation is an excellent way to determine the facts, but never yet has it done the subject any good.

Who Reads Log Book?



Some time ago the question as to whether or not The Log Book was being read by a majority of those receiving it, and if it were thoroughly, or merely superficially gone over, was the subject of a heated debate at the college.

In order to satisfy both sides it was decided, after the consideration of several plans, to prepare an article on a subject not closely related to the college activities nor to the profession, and to determine the outcome of the controversy on the basis of the reaction to this erroneously compiled story.

In due time there appeared an article under the head of "Prospects," which dealt with statistical information relative to the frequency of accidents. The figures were jostled in some instances as in the following: "One person is accidentally killed every day; 87,600 every year." The contention was that if the Log Book were thoroughly read by a majority of those who receive it each month, a sufficient number of letters would be received calling our attention to this "error" and in the event that the contrary were true, nothing would be heard of the matter.

The results were astounding. Not only did we find out that the majority are reading the paper, but we have learned that they are vitally interested in it and its future success as well. Some pretty hot letters were received but the sting was somewhat abated when we thought of what these replies indicated. It is indeed gratifying to know that the Log Book is being read and not consigned to the waste basket. To those who were kind enough and interested enough to write in, we wish to express our heartiest appreciation of their co-operation in helping to solve this question. Let us hear from you again.

A Texas surgeon recently amputated a leg by the light of his automobile. Some more reckless motorists have done it without lights.

Are You Looking For a Location?

Dr. F. A. Parker, of Wingham, Ontario, is contemplating a P. G. course in the fall and is desirous of disposing of his practice. The practice is well established in a town of 2500 which is pleasantly located in a prosperous farming community. Osteopathy has been known in the vicinity for a period of over fifteen years, and has come into its own steadily. The field is capable of larger development as there are ten thousand people within a radius of fifteen miles of Wingham, who have no Osteopathy to serve them. Any one interested in this opportunity may secure the details by writing direct to Dr. Parker.

Washington offers an excellent opportunity in the form of the practice of Dr. C. J. Ihde of Soap Lake, who is retiring. Soap Lake is a well known health resort, one hundred and twenty-five miles west of Spokane, and affords an excellent opportunity for an enterprising Osteo who is looking for plenty of work. For further particulars, write the Doctor at the above address.

A desirable practice that has been established for twenty-four years is available in Ivesdale, Ills. Details may be had from the Log Book.

Beware of Barnacles

About the easiest things to acquire are bad habits. They attach themselves silently, like barnacles to the side of a ship, and they check your progress—just as barnacles check the speed of a boat.

Before a boat starts on a long voyage she is hauled into dry-dock and her sides are scraped and painted. When she arrives at the end of the voyage two things have happened. Her engineer's report shows that each day a little more coal was needed to keep up speed, and examination reveals the fact that her sides are covered with barnacles—little shellfish. These barnacles were responsible for the extra coal. Each day hundreds of them attached themselves to the side of the boat and interfered with the speed. So gradual was their attachment to the ship that passengers were unaware of their presence.

Every bad habit that you acquire is a barnacle that in the end is going to prove costly. So guard against them. Examine your acts each day. This will assist you to be on your guard and to get rid of the bad habits before they get a firm grip on you.

What a paradox that the very man to whom the world looks for advice as to proper food, rest and exercise, must eat cold grub grabbed on the wing, sleep hanging on a hook by the telephone and depend for his exercise on cranking the flivver.

The Baseball Fan (ardently): "Darling, I love you so much, for your sweet sake I'd leave a ball game in the ninth inning with the score tied and bases full!"

Phi Sig's Defeat ITS In Baseball Opener

Phi Sigma Gamma won the first of the series in the competition for the Sigma Sigma Phi cup by defeating the Iota Tau Sigma aggregation by the score of 7 to 5, last Friday, April 9th.

The game was played in the "Still Bowl," and a large, enthusiastic crowd witnessed the contest. The game was well played and closely fought throughout the entire nine innings. for the P. S. G.'s. Dale Weldon pitched the entire game, while for the I. T. S.'s, Russell started, and was replaced by Rorick, who resigned in favor of Loghry, who succeeded in holding the opponents down. Circuit hits were made by Lashlee of the P. S. G.'s and by Loghry of the I. T. S.'s.

The crowd which attended the game by far surpassed all expectations, in both numbers and in enthusiasm and pep. No football game can boast of such backing as this opener received.

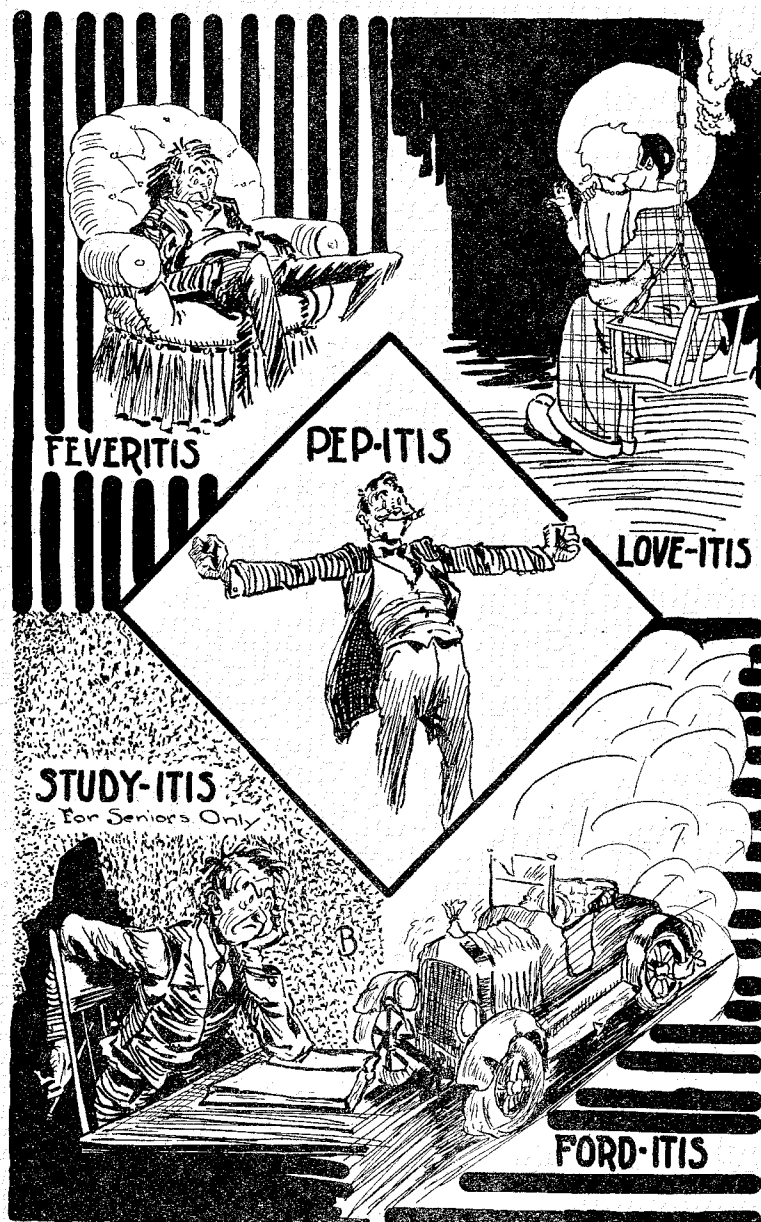
In the second game on the schedule the Non-Fraternity team defeated the Atlas Club, 14 to 4. Errors were responsible for the downfall of the Atlas Club's team.

The same enthusiastic crowd attended this second game, and it is hoped that the interest manifested by the student body and faculty in the two opening games can be continued throughout the entire schedule. In another column of this issue is printed the entire schedule of games, and each student is urged to arrange his work ahead of time, so that he may attend. There is no admission charge, and the fun you will have will more than offset any loss of time you will suffer. Let's make the attendance 100 per cent for the next game.

Team Standing

Team	TG	WL	PC
Phi Sigma Gamma	1	1	0 1000
Non-Fraternity	1	1	0 1000
Atlas Club	1	0	1 0000
Iota Tau Sigma	1	0	1 0000

SPRING HAS CAME—



Governor Commends D.M.S.C.O.'s Progress

(Continued from page 1)
a well-rounded character. To be successful in your community, to command the respect of your fellow townsmen you must have Backbone. You must be able to meet and solve the problems that will confront you.

Throughout the entire address the one point stressed was Hard Work, and in completing the subject, the Governor made the following statement: "Nothing Supreme can be accomplished without Supreme Work."

In his closing remarks, he stated that the student body, drawn as it is from thirty-three states of the Union, the Dominion of Canada, and the British Empire, indeed speaks well for the organization, and is indicative of the great stride the profession is making.

Award Athletic Letters

The assembly of April 2nd was devoted to the athletic department, and Dr. J. P. Schwartz, the athletic manager and Coach Frank R. Sutton spoke on the progress D. M. S. C. O. teams had made.

The chief feature of the program was the awarding of the college letters won in football and basketball. Letters were presented to the following for football: Graham, Jones, Thomas, Dornbush, Benein, Myers, Walker, Lillard, Parks, Sheetz, Ross, Williams, Brown, Stafford, Shaw, Davis, Russell, Platt and Hannan. For basket ball: Hannan, H. Davis, Springer, Myers, Smith, Ortal, Van Ness and Friend.

Some Things I Have Found Out

Leslie S. Keyes, D. O.

No system of healing is complete.

There is some virtue in all, or they could not exist.

The Osteopathic School of Medicine has demonstrated that it can cover a larger field more successfully than any other.

It has been the most stable of any recognized school of healing.

We are still finding new truths in Father Still's teachings which have been sadly unnoticed in times past.

A literal "ten fingered Osteopath" is a rare bird.

Such boasts are usually made to win applause from the gallery.

Glandular therapy is physiological and worth study.

It explains why we get results from treating the nerve and blood supply, to some of the ductless glands.

Why the removal of lesions affecting the supra-renal glands has helped cases of eczema.

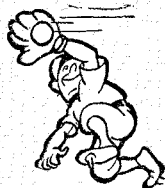
Consultation with fellow Osteopaths, surgeons and specialists pays.

It is better to share responsibility in serious cases.

Should results prove fatal the family does not feel that one man's opinion may have erred.

You sleep better with a physician's protection policy.

Base Ball Schedule - - Attend Every Game!



Friday, April 9th	Phi Sigma Gamma vs. Iota Tau Sigma
Monday, April 12th	Non-Fraternity vs. Atlas Club
Friday, April 16th	Iota Tau Sigma vs. Atlas Club
Monday, April 19th	Phi Sigma Gamma vs. Non-Fraternity
Friday, April 23rd	Iota Tau Sigma vs. Non-Fraternity
Monday, April 26th	Phi Sigma Gamma vs. Atlas Club
Friday, May 7th	Championship Game

Back Your Team!

THE LOG BOOK

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

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

VOLUME 3

MAY 1st. 1926

NUMBER 20

Junior - Senior Party

The annual dance, given by the Junior class in honor of the Seniors, it to be held at the Hoyt Sherman Place, Saturday evening, May 1st.

The Juniors promise one of the best dances of the year and some Seniors are reported to have broken a record of four years standing by securing a date for the affair.

The entire faculty will be in attendance, not on the side-lines, either. Rolls will not be called, nor will the subject of Treatment be mentioned during the evening. Anyone committing such breach of etiquette will receive drastic punishment!

Non-Frats Lead Baseball Series

The Non-Fraternity team is holding down the top-notch position in the Baseball series for the Sigma Sigma Phi cup. Their rating now is two wins out of two games played and they have one to go to qualify for the championship game that is to be played Stillonian Day. The pitching of Facto and Walker and the infield support of Mann, Macintosh and Walker are responsible for their lead.

The Phi Sigma Gamma and Iota Tau Sigma teams are tied for second place, each having won one and lost one out of two games played. The Atlas Club is holding down the cellar, having dropped both games played.

Two games have been played during the past two weeks. The ITS defeated the Atlas Club 18 to 10. Errors at inopportune moments were responsible for the high scores to both teams.

The Non-Fraternity team walloped the P. S. G.'s to the tune of 14 to 3. The boys from Center Street seemed unable to connect with the twisters and when they did, someone invariably got in front of the ball and succeeded in stopping it.

Two games remain on the schedule before the championship tilt between the two high teams. The I.T.S. are listed to play the Non-Fraternity team on April 30th and the Atlas Club goes against the P. S. G.'s on May 3rd. Both should be good games and everyone is urged to attend.

	T.G.	W.	L.	Pct.
Non-Fraternity	2	2	0	1000
Phi Sigma Gamma.....	2	1	1	500
Iota Tau Sigma.....	2	1	1	500
Atlas Club	2	0	2	000

TRUSTEE'S LAB.—



INTER-CLASS TRACK PROGRAM



West High School Field—21st and High

Event	Time
Inter-Fraternity Relay	2:30
100 yard Dash	2:45
440 yard Dash	3:00
1 Mile Run	3:15
$\frac{1}{2}$ Mile Run	3:30
220 yard Dash	3:45
InterClass Relay	4:00

Base Ball—Faculty All-Stars vs. College Champions

EVERYBODY BE THERE — MAY 7th

Stillonian Day Plans Completed

The observance of the 1926 Stillonian Day is going to be the gala day of the year.

The program for the day's activities has already been announced and from the reception given it by the student body, the success of the event is assured.

The dance that is to be given in the evening will surpass any college affair ever given. The Masonic Temple Ballroom, at Tenth and Locust, has been reserved for the affair and one of the "hottest and best" orchestras available in the city of Des Moines, is already practicing the latest numbers for that evening's program. The committee in charge of the event has reported that no item has been overlooked that will tend to lessen the pleasure of the evening.

Get your joints oiled up now—practice the Charleston with your best girl—and be on deck for the Grand March, on Friday evening, May 7th!

Every student is expected to be there.

Osteo Headliners For State Convention

The program committee for the Iowa State Osteopathic convention, which is to be held in Des Moines the 19th, 20th, and 21st of May, have been successful in securing some of the foremost men of the profession to appear on their program.

One of the features that will hold the greatest interest for the upper class students of the college will be the paper by Judge Hubert Utterback on the subject, "Some Things a Doctor Should Know," that is to be delivered Wednesday morning at eleven o'clock. In the afternoon, Dr. F. J. Trenery of the Des Moines General Hospital will speak on "X-Ray Diagnosis." On Thursday's lineup, Dr. C. J. Gaddis, national secretary of the American Osteopathic Association, will address the convention, and Dr. G. W. Graham will speak on the subject, "Experiences on Osteopathic European Tour."

The first day of the session will be devoted to surgical clinics and hospital work, and will be conducted at the Des Moines General Hospital.

Senior and junior students will be admitted to the sessions and should take advantage of the opportunity if at all possible.

Full program for the three days' meeting appears on page four of this issue.

Are You Looking For a Location

An exceptional opportunity presents itself in the form of the practice of Dr. A. D. Craft of Fairmont, Nebraska. After practicing for seven years in the city of Fairmont, the doctor is forced to leave on account of his health. He plans on leaving around the first of June.

Dr. R. Q. King is retiring from general practice, and desires to sell his practice and equipment. The city of Minden, Nebraska, where the doctor is now located, is in an agricultural district of the state, and is a county seat town of 1800 population, and he also states that there is no other Osteopath in the county, and that the science has been known there over ten years. Any one that may be interested may communicate with Dr. King at the above address.

Dr. B. Burgess, of Beach, North Dakota, desires to sell his practice, as he is contemplating taking post-graduate work. Osteopathy has been established in this territory over six years. This should be a good location for some graduate, just starting out. Write the doctor direct for full particulars.

The practice of Dr. G. R. Davis, at Beatrice, Nebraska, will be available June first. Beatrice is a county seat town of 11,000 inhabitants, well educated to Osteopathy, and situated in a prosperous section of the state. There are two other D. O.'s located in Beatrice, but there is plenty of work for all. There are two or three obstetrical cases that will be due in June that will be turned to whoever comes in. For further information, write Dr. Davis at the above address.

Faculty Challenges College Champions

The dignified faculty of D.M. S.C.O. have issued a challenge to the winner of the Sigma Sigma Phi Baseball trophy. The Faculty aggregation will play the winners of the series a five inning game immediately following the track events on Stillonian Day.

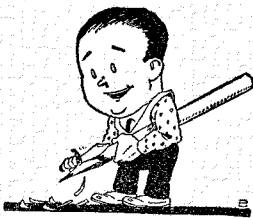
Dr. A. B. Taylor, who is the captain, manager and trainer of the Faculty All-Stars announces that his men will be in the pink of perfection and trained to the minute for the gruelling contest. Dr. John Woods and Dr. George Hurt have been scouting the last two games in an endeavor to learn the catchers signals, but have reported no success as yet.

This game is going to be of historical importance. Every student must attend this feature of the Stillonian Day celebration—whether he gets to anything else or not **BE THERE!**

Lawyer (helping pedestrian up)—Come with me, my man. You can get damages.

Pedestrian (groggy) — H'vens, man, I got all the damages I want. Get me some repairs.

Fraternity Notes



PHI SIGMA GAMMA

Dr. and Mrs. Robert Bachman and children were guests at dinner Sunday, April 18th. The Doctor played us a couple of cornet solos, which were greatly enjoyed by the fellows.

Bro. "Rocky" Stone has been very busy of late thinking up questions to stump the instructors.

Someone caused Stew Greiner a good deal of embarrassment by calling up and asking to borrow his golf clubs. What are they, Stew, hiking knickers?

Peelee has again changed his car and now it is either the "Blue Streak" or "Blue Bird Special."

Hummer Thomas, who graduated last spring, was with us during the Drake Relays, also three of his friends. Hope you come back again soon, Hummer.

Pledge Johnson is at last about well again and is showing signs of being the same old jolly Chas. as before his illness.

Wop Chambers of Kirksville paid us a short visit Sunday the 25th. He was up for the relays.

Conn will be with us this summer, as he is to be in charge of O. B. Clinic during the summer months.

The baseball team has been recuperating the last few days from the thrashing handed them awhile ago by the Non-Frats.

Much commotion is caused around the house by Spencer—hunting for a real sharp razor with which to cut that terrible beard of his. I'm sure you have all of our sympathy, Spence.

Conn has traded off his big black Dodge and is now driving a shiny enclosed job.

ATLAS CLUB

Bro. Wise recently made a flying trip east, spending the weekend in Chicago. We wonder why?

At a recent meeting, The Society of Yellow Dogs, branched out, and markedly increased the size of the pack. From the reports, a good time was had by all.

Bro. Voss recently made a trip to the home town. Business, we presume.

With the advent of spring, everybody seems a bit active. Various out-door amusements seem to have taken the place of the books.

Dr. Marshal recently favored us with an excellent talk on finger surgery. Thanks, Doctor, call again.

Bro. Voss has received an internship in the Osteopathic Hospital in Detroit, and will assume his duties there June 1.

It has lately come to light that Bro. Bill Ghost, for no reason at all, barely escaped doing a day's work. His first exposure in three years. To date, we have noted no ill effects, and hope that the complications will be few, if any.

To date, most of the training of the track squad has been done vocally.

Bro. VanNess, at last, admits that he didn't know how to run a Ford, is the reason he deserted his near Grinnell, Iowa, last fall.

We note, without any difficulty at all, that Bro. Trimble is sporting a new spring jacket, that is plenty loud.

The baseball team is doing fine for the shape it is in.

IOTA TAU SIGMA

The spirit of spring has predominated the atmosphere 'round the chapter house ever since the subject of housecleaning was first mentioned. That dread task has been quite efficiently taken care of and the premises are now shining again after a long hard winter.

Baseball and training for the coming Inter-Fraternity relay race has kept the chapter athletes busy for the past several weeks. Some difficulty has been experienced in the matter of turning the boys out for track, but that has been eliminated, and now the whirlwinds purr along at 6:30 a. m. like Cad-8's.

Brothers Wadkins and Nowlin purchased for themselves a "big powerful black touring car" — which ran spasmodically, now and then. The grade was not quite to their liking so they exchanged it for one of the kind that does not require a horn as a safety appliance. It has a sign on the radiator that reads, "DODGE—BROTHER" according to Chirp.

The annual Relay Dance held at the chapter house, Saturday, April 24th, proved to be one of the best parties of the year. The music was "plenty hot" and the crowd congenial—the two main requisites for a good party.

There was some discussion around the house as to the advisability of buying more coal so late in the year, that was settled by Peel Loghry's big-hearted offer to split the wood in the back yard and eliminate the expense of the coal.

The Seniors around the place that are living in hopes of securing the coveted sheepskin next month, are already beginning to assume that "professional dignity" that marks the newly graduated physician.

Have you seen Gephart's hat?

SIGMA SIGMA PHI

Beta Chapter of Sigma Sigma Phi takes pleasure in announcing the pledging of Jack Swanson, Paul Park and Floyd Lindbloom.

The chapter wishes to express its appreciation to the student body for the enthusiastic manner in which they have responded in the competition for the Baseball Trophy.

The annual Farewell Banquet in honor of the graduating members of the chapter will be held at the Grant Club, Tuesday evening, May 18th.

DELTA NOTES

The Delta girls gathered at the home of Jessie Leftwich and held a shower and mock wedding in honor of Mrs. Anton, formerly Miss Beatrice Fowler, one of our sisters who graduates this spring. (Continued on page 4)



Around Our Merry Campus

His Own Grandfather

Last year I asked my best girl to marry me and she refused. I got even with her by marrying her mother. Then my father married the girl. Now what am I to myself?

When I married the girl's mother, the girl became my daughter, she became my mother. Who am I?

My mother's mother, which is my wife, must be my grandmother and I being my grandmother's husband—I am my own grandfather.

Disclaimed Ownership

A steward stood at the gangway of a ship and kept shouting for the benefit of the arriving passengers:

"First-class to the right! Second-class to the left!"

A young woman stepped aboard with a baby in her arms. As she hesitated before the steward, he bent over her and said in his chivalrous way:

"First or second?"

"Oh," said the girl, her face as red as a rose. "Oh, dear, it's—it's not mine."

Got That Member Yet?

Over at the Tappa Nu Keg house they have several humorists who make life bad for the Swedish cook.

The other day while serving breakfast she dropped a soft-boiled egg on the floor.

"Oh," she wailed, "vat shall ay bane do?"

One of these sarcastic brothers smiled and said, "Why don't you jump up and down, flap your wings and cackle?"

He Had the Wrong Man

A mountaineer of one of the small settlements in Tennessee was arraigned with several others for illicit distilling.

"Defendant," said the court, "what is your name?"

"Josua," was the quick reply.

"Are you the man who made the sun stand still?"

"No, sir," was the quick answer, "I am the man who made the moonshine."

The pastor who was fond of figures of speech was making a funeral oration. He began his address: "Friends, we have here the shell of the man, the nut is gone."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

SLEEPERS



The word sleeper is defined as:
1. One who sleeps; a drone, or lazy person. 2. A beam, used on or near the ground to support a structure.

According to the definition, we may have various kinds of sleepers. To the carpenter it means one thing, to the bridge man another, and to the steel construction worker something else. While if you were to ask a poker player his conception of the word, he would, no doubt say that it was a high card in the hole. This short discussion takes care of the second part of the definition. Since the last shall be first, and the first shall be last, we shall now attempt to analyze and apply the first part.

Here at Still College, we find the sleeper to which the first part of the definition is applicable. Rightly, they should be classified under two heads. Those who sit and those who recline.

The sitting kind can be classified as: 1. Those who attempt to approximate the clavicle and the anterior superior spine of the ilium. 2. Those whose chin approximates the patella. 3. Those with head erect and mouth either open or closed. 4. Those with head reclined and mouth either opened or closed.

The reclining type can be classified as: 1. Those who gently rest on their elbow. 2. Those who lie on their side. 3. Those who lie on their back.

The number of chairs such an individual occupies depends on, the availability, his classification, the length of time he expects to sleep, and his size, whether he be tall, short, or intermediate. The length of waist line not making any appreciable difference.

Picture, if such a thing is possible, a man of this kind in the field, always asleep. Imagine a patient coming into his office disturbing his peaceful slumbers. He will portray a startled look, and begin rubbing his eyes, in an attempt to correlate his mental faculties, to, at least, talk intelligently. After profuse apology, he will be in a position to, at least, look at the patient, and will make a blind attempt to secure the symptoms, and diagnose the case. May we here be permitted to quote from a recent address in Assembly, when the

speaker made the statement that such a man will not be much competition for the one who is alert, and wide-awake.

What will the patient think of such a man? Will he call again, or refer any of his friends to such a doctor for treatment? The question need not be discussed here, as we all well know that such a practitioner soon finds the element from which he came, and reverts back to it, whether it be, carpenter, boiler maker, garage helper, or what not. Water seeks its own level. Regardless of the business or profession, with which he is affiliated, the man who makes good, is the one who improves every minute of his time. Sleeps when he should, and works accordingly.

To date, we have not observed many snorers, but should the sleeping continue, and many new recruits be enlisted, we, no doubt, will soon have a choice number of stertors, who will make their presence known by their sonorous emanations. Perhaps we might be able to develop a few of the hen-clucking type. If such should be the case, we might be able to use them in clinic.

Des Moines Selected for '27 C. S. A. Meet

Word has been received that Des Moines was selected as the meeting place for the Central States Osteopathic Association in 1927.

This year's convention was held in Kansas City, and from all reports was a great success. The attendance was exceptionally good, and the program was the best that has ever been offered the association.

Remembering the 1925 meeting, which was also held in Des Moines, the student body should look forward to the coming event with great anticipation.

She—Has your roommate an ear for music?

He—Yes! And two hands, one mouth and a saxophone!

STATE BOARD DATES

IOWA

The Iowa State Board of Osteopathic Examiners will conduct their regular examinations in Des Moines, May 31, June 1 and 2. Direct all requests and applications to—
DR. R. B. GILMOUR, 407 Security Bldg., Sioux City, Ia.
Applications should be filed by May 15th.

MISSOURI

The Missouri Board of Osteopathic Examiners will conduct their examinations at Kansas City on May 21 and 22; at Kirksville on the 24, 25 and 26.

NORTH CAROLINA

The North Carolina Board will conduct their examinations at Raleigh, on July 8th, 9th and -0th.

WEST VIRGINIA

The West Virginia Board will examine candidates for license at Huntington on July 12 and 13. All applications should be filed by July 1. For blanks and information write,
G. E. MORRIS, D. O., 542 Empire Bldg.,
Clarksburg, West Virginia.

Mother's Day



Sunday, May 9 will be Mother's Day. This custom was first originated a few years ago by a Philadelphian and since has spread throughout the entire United States. The second Sunday in May of each year is the time set for the observance of this event, and everyone is urged to wear the carnation in honor of his or her Mother.

"All that I am, or can be, I owe to my angel Mother"—Abraham Lincoln.

Next Year's Prospects

At this early date, the office is beginning to receive letters from prospective students for the next fall term.

A number of high school students who are members of June graduating classes have written requesting information relative to our institution, and a majority of these letters expressed a deep interest in Osteopathy. With this beginning, coming as early as it does, the outlook for next year is exceedingly good. Although we are keeping in mind the old "saw" about counting your chicken before they are hatched, we cannot help but feel that the incoming class next fall will be a record breaker.

The Field men and Alumni of the college are the ones that will make a successful year for the school. They are in direct contact with the seniors of the high school graduating classes in their locality and can bring the story of Osteopathy to them. The College is more than willing to co-operate with the alumni in any possible manner in the securing of new students. We need them!

Catalogs and any information that may be desired will be promptly sent on request.

Remember—

The Value of Time.
The Success of Perseverence.
The Pleasure of Working.
The Dignity of Simplicity.
The Worth of Character.
The Power of Kindness.
The Influence of Example.
The Obligation of Duty.
The Prudence of Economy.
The Virtue of Patience.
The Wisdom of Temperance.
The Joy of Service.

Vi—Why did you tip that boy so handsomely when he gave you your coat?

Eddie—Look at the coat he gave me!

Why, Do You Do That?

How many times since you first entered D.M.S.C.O. have you been asked that question by some layman? Too few of our friends, the public, fully realize the scope of Osteopathic training, and are laboring under the delusion that our science consists of "Rubbing the Back."

The following article, taken from the Iowa Osteopathic Bulletin, will give you some information and help in explaining to the laity that according to the laws of the State of Iowa, you are licensed and trained to render the same service as the medical man.

What is meant by: "A Physician Licensed to Practice Medicine in the State of Iowa."

The Osteopathic physician and the M. D. are licensed to and practice the following:

Obstetrics.
Perform minor surgery.
Treat acute and minor diseases.
Give antidotes for poisons.
Give parasitocides.
Use antiseptics.
Give anesthetics.
Make complete physical examinations.
Make laboratory examinations.
Use narcotic medicines.
Sign death certificates.
Sign birth certificates.
Prescribe diet.
Advise sanitation and hygiene.
Prescribe nursing.
Have fully equipped hospitals.
The D. O. does not but the M. D. does—

Give internal curative medicine.

Present day medical literature and opinion is to the effect that the giving of medicine for curative purposes is becoming a small part of the medical doctor's practice.

There is no drug recognized as a cure for T. B.

Discussion—

What then constitutes the practice of medicine that it should not give the same privileges and obligations to the Medical doctor and the Osteopathic physician also.

Don't Call Me "Doc"!

What physician likes to be called "Doc"? Answer, from a loud and ever-swelling chorus—"NOBODY!" How many medical men are called "Doc"? Answer—sotto voce—"all of them."

The late Doctor Phineas L. Conner, of Cincinnati, was wont to tell his students that "When a man first calls you 'Doc' or mispronounces your name, reprove him gently. When he repeats the offense, reprove him profanely. If he does it the third time, knock him down."

Don't Call Me "Doc"!

I am a Doctor of Osteopathy. My title is DOCTOR.

The word doctor means a teacher—a learned man—one schooled in a learned profession.

The degree of Doctor is the highest given by any university, and indicates that its owner is to be classed with the most highly educated men.

Any man should be proud to possess this degree and to be designated as "DOCTOR," but no self-respecting professional man desires to be called "Doc," which is a despicable mutilation of a most honorable title.

No other title is similarly abused. Does one ever hear the possessors of these titles called by an abbreviation—Pres(ident), Gov(ernor), Sen(ator), Cong(ressman), Gen(eral), Col(onel), Rev(erend)?

Cultured people never address a physician as "Doc," and other people should not do it.

No man is harmed by being so addressed, but when a person calls a physician "Doc," the doctor's opinion of him is lowered. When a physician is addressed as "Doctor," he recognizes the speaker as a person of superior intelligence, who respects himself, and honors the profession.

Please drop "Doc" and cultivate DOCTOR.

New Journal Appears on Osteo Horizon

The first issue of "The Osteopathic Journal of Laboratory Diagnosis" has made its appearance and the editors and publishers are to be congratulated upon the quality of their publication.

This Journal is purely Osteopathic from cover to cover and as it develops will eventually fulfill a long felt need in the Osteopathic profession. It is excellently prepared and the subject matter is of the first quality. Success to you!

The neighbor of a man noted for his extreme thrift saw him going down the road on a week day dressed in his Sunday best.

"What's up, Cy?" he called out. "Why the glad rags?"

"Haven't you heard the news," "News! What news?"

"Triplets!"

"Oh, and you're celebratin'?" "No, but what the h— the use tryin' to be economical now?"

Some of these couples who are so sweet to each other in public, don't realize how amateurish they are. They need more practice at home.—Kreolite News.

Iowa State Osteopathic Convention Program

Wednesday, May 19th

- 8:00 A. M.—Noon—Surgical Clinics.....
.....Dr. J. P. Schwartz and Staff, D. M. General Hospital
2:00 P. M.—Newer Methods in Management of Syphilis.....
.....Dr. J. P. Schwartz
3:00 P. M.—The Problems of Birth Control.....
.....Dr. Carrie Harvison Dickey
4:00 P. M.—Visualization of the Gall Bladder.....
.....Dr. F. J. Trenery

Thursday, May 20th

- 9:00 A. M.—Invocation.....Rev. L. C. Harris
9:05 A. M.—Address of Welcome.
9:15 A. M.—Reply to Address of Welcome.
9:20 A. M.—President's Address.....Dr. W. C. Gordon
9:45 A. M.—Some New Technical Methods, including Osteopathic Treatment of Spinal Curvature.....
.....Dr. John H. Styles
11:00 A. M.—Some Things a Doctor Should Know.....
.....Judge Hubert Utterback
12:00—LUNCHEON.
1:30 P. M.—Proper Diagnosis and Correction of Lesions.....
.....Dr. P. F. Kani
2:15 P. M.—The Intangible Factor in Disease.....
.....Dr. U. S. Parrish
2:45 P. M.—X-Ray Diagnosis.....Dr. F. J. Trenery
3:30 P. M.—Publicity.....Dr. A. W. Clow
4:00 P. M.—Business Meeting.
6:30 P. M.—Banquet.

Thursday, May 21st

- 9:00 A. M.—Specific Osteopathic Technique.....
.....Dr. H. B. Willard
9:45 A. M.—(Subject Later).....Dr. C. J. Gaddis
10:30 A. M.—Experience on Osteopathic European Tour.....
.....Dr. G. W. Graham
11:00 A. M.—Myocarditis, as Evidenced by Symptoms.....
.....Dr. A. D. Becker
1:30 P. M.—Orificial Lessons.....Dr. Leo C. Harrison
2:15 P. M.—(Subject Later).....Dr. John H. Styles
3:00 P. M.—To be arranged definitely.
3:45 P. M.—To be arranged definitely.

Child Welfare

How to develop and rear a healthy race of infants and children is the great question which is being attacked by many organizations, both professional and otherwise, writes Jeanette H. Bolles, D. O., in the Osteopathic Magazine.

There was a time when the child welfare movement was directed largely to the study of treatment of sick children. Also there was a time when baby shows were in vogue, with prizes given for the best physical specimens of babyhood. That method really militated against the results we were striving to attain, because only the best children were entered and those in need of advice and help stayed away.

Today we use what may be called the educational method. This includes the holding of children's health conferences and children's clinics, where the sick or defective child may receive assistance and treatment, and where the parents of the well child are taught how to keep him well.

Fifteen Minutes a Day Will Do It

If you will consistently and persistently exercise fifteen minutes every day, it will mean not only better posture, but also better health and longer life. But you must do a good job of it—exercise from toes to scalp. Walk,

run, stretch, twist, breathe—breathe deeply, widely, then blow the breath out; keep that diaphragm moving, expanding, doming. Keep the circulation free about those vital organs—the liver, spleen, stomach and kidneys. A little upside-down exercise would help lots of folks. Keep your abdomen in and your chest out. It's fifteen minutes every day—no less. And no excuse accepted if results are expected.—O. M.

The Modern Woman

Dr. Oliver Wendell Holmes said Nature is in earnest when she makes a woman. Confucius and Lessing declared woman Nature's masterpiece. There is nothing too difficult for her. Whether business, profession, or the art of home-keeping, woman is a factor to be reckoned with. Our only concern is that she do not despise or turn aside from her greater role for the lesser.

The arts have not found her a stranger, science has made room for her, and even politics has opened its door. No more the closed fields; but will woman, conscious of the infinite range of her power, awakening to new knowledge and new freedom, will she in her ambition choose the lesser service to the race? Should the fittest of the type so choose, the world might well be concerned. This could hardly be, for the finest instinct in woman must prevail. The laws of life

A. O. A. Arranging For Students

A special committee under the chairmanship of Dr. Philip Cary of Louisville is in charge of the class reunions and fraternity meetings and banquets that are to be held at the coming A. O. A. convention in June.

Several of the fraternities have already notified the committee of their intention of holding their annual banquets, and others are expected to do likewise. Especial attention is to be given the students attending these meetings.

Dr. Lucille Turner, also of Louisville, is at the head of the committee charged with making arrangements for the housing and entertainment of the students attending the convention. In a recent letter she stated that her plans were nearing completion and that places would be provided for all students attending the sessions. Special entertainment and trips of interest are being prepared, and the student who attends thos convention will have the time of his life.

Everyone who possibly can, should attend these meetings, June 27 to July 3. There will be several features of especial interest to the student, and you will be admitted to the regular section meetings. You will secure an insight to a phase of your chosen profession that you cannot get in the classroom.

Be in Louisville June 27th to July 3d!

Fraternity Notes

(Continued from page 2)

She was quite surprised to see such a gathering when she arrived to treat Miss Yates, who was feigning illness the night of the party.

Thursday night, April 1, at Dr. Halladay's, we passed our three pledges through quite a strenuous mock initiation and conferred upon each the degree of G. S. (Good Sport).

Mrs. Fowler-Anton demonstrated the technique of a bed bath, giving hypodermics, and gave other helpful pointers to a group of the school girls at Marion Caldwell's room April 15th.

We are glad to announce that our three pledges, Misses Leftwich, Abolt and Paulsen have satisfactorily served their pledge terms and undergone the mock initiation, and are full-fledged sisters now, having been formally initiated at Dr. Woods' home Friday night, April 16th, after a social dinner.

have their compensation for woman even more than man. The first and holiest office of woman, Nature hath decreed and established. A baby and motherhood sanctifies all. Even a career need be no bar to its fulfillment.—Dr. C. J. Gaddis in Osteopathic Magazine.

He that maketh haste to be rich shall not be innocent.

Success is not in holding your own—it's progressing.

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THE LOG BOOK

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VOLUME 3

MAY 15th, 1926

NUMBER 21

President Taylor Resigns



DR. S. L. TAYLOR

1927 Stillonian Staff Announced

In an endeavor to relieve the staff of some of the rush of work during the second semester of the college year, it was decided to elect the members at the completion of this year's volume, thereby giving them an advantage of approximately six months over the previous organizations.

Don Baylor of the Junior A class was chosen as Editor-in-Chief of next year's publication, and Deane Elsea as the Business Manager. Both men have had experience on the staffs of the two preceding volumes, that should stand them in good stead in the preparation of the 1927 edition, which, according to them, will be "the best yet."

G. O. Smith of the Sophomore A class was chosen as associate editor and John P. Jones of the same class as Assistant Business Manager. These two men, while not having had previous experience on the Stillonian, are well qualified for their positions, and with the training they will receive on the coming year's book, should make excellent material for the top positions the following year.

Both Elsea and Baylor will be in Des Moines throughout the summer, and plan to devote considerable time to the book.

After more than fifteen years of devoted service to the college and the profession, Dr. S. L. Taylor, President of the College and of the Board of Trustees, tendered his resignation. The Board accepted the resignation and elected Dr. C. W. Johnson, the present Dean to fill the vacancy until the meeting of the Corporate Board which will be held the eighteenth.

Dr. Taylor's entire life has been devoted to the relief of suffering humanity. He first served mankind from the pulpit and later studied medicine, and Osteopathy. As surgeon-in-chief of the Des Moines General Hospital and as the President of the College he has attained a high degree of success. His career is a pattern worthy of any undergraduates taking.

It is indeed with a feeling of sincerest regret that the student body witnesses the retirement of Dr. Taylor. Good luck, long life and Godspeed is their wish.

Dr. C. W. Johnson, the present Dean, who was elevated to the Presidency by the Board of Trustees is dearly beloved by the student body. Throughout his many years on the faculty of the college he has concentrated his energies towards the betterment and further development of the institution and the science. Possessed of a keen mind, far sight and a thorough belief in his science, his success seems preordained.

Juniors Cop Inter-Class Track Meet

Non Frats Win Baseball Trophy

The Non-Fraternit team are undisputed champions of the College, having come through the schedule with an average of 1000 per cent. The Phi Sig team by defeating the Atlas Club in their last game qualified for the final championship battle but went down to defeat before the stellar pitching of Garton. Iota Tau Sigma finished third and the Atlas Club fourth.

The Sigma Sigma Phi Trophy was presented to the Captain of the winning team at the Stillonian Day dance and will remain in the possession of the team until the termination of next year's schedule.

A much greater interest than was ever anticipated was manifested in the baseball tournament. The student body were behind their teams from the beginning, and it is hoped that an earlier start may be had next year, in order to arrange a better and longer schedule.

Stage All Set For Commencement

All plans have been completed for the annual Commencement exercises to be held in the college auditorium, Thursday evening, May 27th.

The address of the evening will be given by Rev. Fred Condit of Eldorado, Kansas, former dean of the American School of Osteopathy at Kirksville, and the music will be by Thomas Mann, Mildred Trimble and Harold Sifling.

The members of the Senior class are all anxiously awaiting this memorable event which will signalize the completion of their four years of intensive training and which will also mark the final termination of their school life.

The undergraduates are unified in wishing the Seniors, "Good Luck and Godspeed," in their journey towards Success in their chosen profession.

A.O.A. Sec'y Coming

Dr. C. J. Gaddis, Secretary of the American Osteopathic Association and the Editor of the Journal will be in the city during the Iowa State convention May 18, 19 and 20th. On Wednesday evening Dr. Gaddis will address the members of the Pan-Hellenic council at the Iota Tau Sigma house.

The Junior Class came out with the long number of points in the annual inter-class track meet held Friday afternoon, May 7th. As the feature event on the Stillonian day program, the meet drew the largest crowd on record since the first meet.

The weather was threatening all morning, and it was only just before the scheduled time for the first event that the sun decided to shine in D. M. S. C. O.'s favor, and the balance of the afternoon was perfect with the possible exception of wind.

The first event on the list was the Inter-Fraternity Relay for the Sigma Sigma Phi trophy. The Iota Tau Sigma quartet took the event with little difficulty, thereby securing the second leg on the silver cup. One more win will give the its permanent possession of the trophy. For the winners, Watkins ran the century, Loghry the 220, Marlow the quarter and Kale was the anchor man running the half mile.

Phi Sigma Gamma finished second, and were represented by Jacobs, Stone, Shaeffer and Heintzen. The Non-Fraternity team came third, their team being composed of Holloway, Wilson, McMurry and Myers. Trimble Smith, Brinkman and Wright carried the red and white of the Atlas Club.

The next event was the 100 yard dash, which was one of the fastest events of the day. Jacobs of the Junior class broke the tape less than a foot ahead of his classmate Loghry, and Davis and Shaw finished third and fourth respectively. Both are members of the Freshman class. Time :10.

The quarter went to the Frosh when Myers crossed the line ten feet ahead of his closest competitor, Schaeffer of the Sophomores. Wright, Freshman, and Davis, Junior, finished in the order named. Time :59.

The Juniors beat out the Seniors in the finish spurt of the 220, when Loghry drew away from Marlow in the last ten feet of the distance. Trimble of the Sophomores followed, and Davis, also of the Junior class, took fourth. Time :23-3/5.

Kale of the Freshman class walked away with the mile, finishing a quarter of a lap ahead of Warthman, Junior class. Brinkman, also a Junior, took third. Time 5:20 1/4.

The class relay was the wind-up number of the track events, and was taken by the Juniors. This event was changed at the

(Continued on page 4)

New Trustee Elected



DR. H. V. HALLADAY

It is with great pleasure that the Log Book announces to the profession, the election of Dr. H. V. Halladay to a membership on the Board of Trustees of the Des Moines Still College of Osteopathy.

"Virge" has only been with us for two years, but during that time has more than proven himself and his ability as an instructor and a Clinician. His constant effort has been towards the betterment of D. M. S. C. O. and its furtherance. Through his activities, upper class students have been placed in every educational institution in the city as athletic trainers—the college has been represented at the state and national conventions by appropriate booths and the clinics have manifested his presence through a consistent growth. Every department in the college has felt his influence.

The student body wishes to take this opportunity to congratulate Dr. Halladay upon this new honor and to wish him every success.

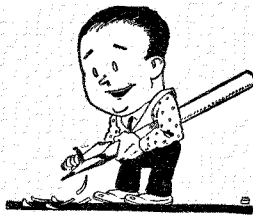
Are You Looking For a Location?

A good opportunity is available in a prosperous Colorado city of approximately fifteen thousand inhabitants. The Osteopath has been in the community a number of years and is now retiring from active work. Anyone interested may obtain further information by addressing Mrs. M. H. Rosacker, Ogden, Iowa.

A well-established practice in a good Iowa college town is obtainable from Dr. C. N. White, at Lamoni, Iowa. The office is modern, rent reasonable, and the waiting room is shared with a dentist. For particulars write Dr. White.

Another excellent opportunity presents itself in the practice of Dr. C. E. Byerrum of Shelbyville, Tenn. The Doctor desires to dispose of his practice and equipment, which he says includes everything necessary for general practice. Shelbyville is a county seat town of five thousand population, and the Doctor is the only Osteopath in the county.

Fraternity Notes



IOTA TAU SIGMA

With the approach of commencement some of the boys around the house have revived, or are attempting to revive, that ancient custom among students of the higher sciences, known as "book cracking." "Ticket, ticket, who's got a ticket?" is the game being indulged in by some.

Birdy Watkins, the star shoe salesman and motorist, together with the aid of Bro. Nowlin, have anointed their Dodge with Old Dutch Cleanser, followed by Simonize, and now their "benzine buggy" has the "glisten you love to polish."

Ever since Dave Skidmore received his appointment as intern at Delaware Springs, it has been a subject for conjecture as to whether the management will install "gaboons" or whether Dave will have to give up the habit. Each side has its supporters, and from the financial side of the subject, all items point to a landslide in favor of the installation of the gaboons.

Pledge Wright has just concluded the joyous interlude entitled "Hell Week" and is able to be about again.

The week prior to commencement will be a busy one for the boys. The annual Farewell Dance will be held at the house Thursday, the twentieth, and the Farewell Banquet will be given Saturday night, the twenty-second. Both events are scheduled to surpass previous records.

Dr. Virge Halladay gave an interesting talk before the chapter on Monday evening, the tenth. His subject was "Fundamental Therapies. As usual, "Virge" delivered the goods and left considerable food for thought with the Bros. Thanks, Virge, come again!

Now that Deke Jones has announced himself as a POET, we will expect to see some of his stuff in the near future.

Several of the brothers are cogitating over the question of whether or not to take unto themselves a ball and chain, during the coming vacation. Let your conscience be your guide, boys!

The members of the Pan-Hellenic Council will gather at the house Wednesday evening, the 19th, to hear an address by Dr. C. J. Gaddis of Chicago, Secretary of the American Osteopathic Association, who will be in the city attending the Iowa State Convention.

PHI SIGMA GAMMA

Dr. and Mrs. Spring and Dr. Mary Golden were the last of the faculty guests at dinner this year. We have certainly appreciated having the Doctors and their families with us, and hope they will come often next year.

The remainder of the school year will be a very busy time for us, as we have our Formal Dinner Dance on Friday, the fourteenth; our picnic on Sunday, the sixteenth, and our Stag Banquet at the house the following night.

Tom Clark has been on the sick list for the last few days, but is up and around now, though still feeling rather bum.

The wonderful value of friendship has been proven by the fact that Mack Friend is still alive and well, despite the fact that he and his sax go 'round and 'round a couple of times a day.

We are very proud of our five new members, Westberg, Granberg, Stevens, Johnson, and Weldon, who were initiated last week, and we are certain they are all going to be real P. S. G.'s.

Joe Rader is now the proud owner of a 68c car of a very familiar make. He sure looks prosperous and professional, riding around in his own car while most of us poor students have to walk.

Bros. McDonald, Johnson, and Zumbum from Kirksville were our guests over the week end, and we only wish that they and the rest would come more often.

It is rumored that Bro. Steingrabe has felt the sweet pain of Cupid's dart here just lately. How about it, Steiny?

Housecleaning is at last over, to the great delight of the underclassmen. You can find Aueon 'most any of these nice days now manicuring the door yard, and he has certainly made a big improvement already.

AXIS NOTES

Thursday evening, April 29th, the Axis sorority met and elected the following officers for next semester: President, Grace DeWalt; Vice President, Gertrude Casey, Corresponding Secretary, Lillian B. Tracy, and Secretary-Treasurer, Faye Kimberley.

Tuesday, May 4th, the Axis sorority held its regular senior banquet in Harris-Emery's Tea Room. Out-of-town guests were Dr. Florence Morris from Indianola, and Dr. Cousins and Miss Hoffman from Adel. The table was beautifully decorated with apple, peach, and plum blossoms, giving a lovely effect. This was voted by the seniors one of the nicest banquets of their four years' experience.

THE GIRLS' ACTIVITIES

Thursday evening, April 29th, there was a practical work meeting of the two sororities in the Ladies' Waiting Room. Dr. Mary Golden gave a most interesting and helpful talk, after which delicious refreshments were served by the committee.

Saturday, May first, the girls of the Freshman B class delightfully entertained the senior girls at a luncheon at Harris-Emery's Tea Room, with Mrs. K. M. Robinson as honor guest. This is a unique feature which the seniors very much appreciate.

SIGMA SIGMA PHI

Beta Chapter takes pleasure in announcing the initiation of J. R. Swanson, Sen. B; Paul Park, Jun. A; and Floyd Lindblom, Jun. A. (Continued on page 4)



Around Our Merry Campus

Doctor No. 1—Did you hold the mirror to her face to see if she was still breathing?

Doctor No. 2—Yes, and she opened her eyes, gasped, and reached for her powder puff.

An apparently bold physician challenges us to print the following:

Dottie—Come in and see our new baby.

Teacher—Thank you, but I will wait until your mother is better.

Dottie—You needn't be afraid. It's not catching, teacher.

"Did you open the windows wide?" asked a doctor of a newly hired nurse.

"You bet I did!" she proudly answered, "pulled the top half all the way down and pushed the bottom half all the way up!"

Harmony is the essential element of all organizations. Without harmony an association cannot long exist. Harmony is peace. Discord is war. Discord spoils all music. Litigation comes from, and is the result of discord.

Knowledge is not the main thing in life, but the use of it.

Music is art, poetry is art; but the greatest of all arts is that of taking plastic human nature and moulding it into something that would not have been, had not your touch been added.

I have a girl named Marcel, She is my devoted slave.

I often walk past her house— To see my marcel-wave!

You can become superior to others in some one thing.

Napoleon secures valuable information from his private soldiers.

Any girl can b gay, in a little coupe.

In a taxi, they all can be jolly. But the girl worth while, is the girl who can smile, When you're taking her home on the trolley.

If you want knowledge, you must toil for it. Toil is the law. Pleasure comes through toil, and not by self-indulgence and indolence. When one gets to love his work, life is a happy one.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....S. L. Taylor
Editor.....Don Baylor

Osteopathy Without Limitation

Another Year Completed



Commencement, Thursday, May 27th will place the period at the end of the record of another year of success and accomplishment in the history of the Des Moines Still College of Osteopathy.

1925 and 1926 have indeed been good to D. M. S. C. O. During the past nine months the student body of the college has enjoyed a healthy substantial growth—the clinics have experienced a like increase—the faculty of the college is larger and stronger than ever before and the financial status of the institution is the soundest it has enjoyed since the war.

The progressive spirit that has been in evidence throughout the year is to continue. D. M. S. C. O. is going forward by big strides. The coming years will bring even greater accomplishment and success than the one just completed.

A fair degree of advancement of the college depends upon the attitude and activities of the student body. During your coming vacation, work for the good of D. M. S. C. O. Interest and bring back at least one new student when you return next fall!

Nudgin' Elbows

When a feller nudges elbows, as you know a feller will, that's a-doin' his very durndest to scramble up life's hill; I never stop to jaw him, or to envy him his speed, or disturb a feller-feelin' that we both are sure to need—so we keep a-nudgin' elbows, as in friendliness we trudge—each one a-feelin' better'n if the other didn't nudge.

It never hurts my feelin's, nor affects my mortal pride to have a feller-traveler sorter nudge me in the side; when my corns has got rebellious, or my breath's a-gettin' short—the little nudge reminds me that I've got to be a sport . . . I'll leave it to a courthouse full of solemn circuit judges—if it don't improve a feller's nerve—to spur it up with nudges.—(Anonymous).

To build a well rounded career both men and business must be square.

Graves and ruts differ only as to their depth.

Senior B's Elect Officers

The Senior B class to be met and elected the following officers to guide their ship of state through the troubled waters of the first half of their last year.

President—W. LeRoy Skidmore.
Vice President—Don Sheetz.
Sec.-Treas.—L. E. Schaeffer.

Dates Changed on State Convention

The dates as announced for the coming state convention have been advanced one day and the meeting will open on Tuesday instead of Wednesday. Due to conflicting engagements, it was also necessary to change the place of the meeting from the Hotel Savery as originally announced, to the Hotel Fort Des Moines.

On Thursday afternoon, Dr. H. J. Marshall of Des Moines, will speak on the subject, "The Association and the New Doctor." This address is directed particularly to the upper Junior and Senior students at the college and they are all urged to be present for this paper. Doctor Marshall is probably one of the best qualified men in the state to speak on this particular subject and it will be well worth the while of every student to hear him.

Faculty Start Defeat College Champs

Extra! Extra! The augmental Faculty nine defeats the champion Non-Frat team. Special cup presented at Stillonian Dance.

Yea Bo! Your eyes don't deceive you! The staid and dignified faculty of the Des Moines Still College of Osteopathy reverted back to the days of their youth and cavorted around the diamond in true manner midst the plaudits of the applauding mob.

The outstanding features of the game were Bachman's fielding and sensational batting—Hurt's eleventh hour home run and Woods base running. The real kick of the engagement came from the Dean's umpiring. Scouts from the Big Leagues that were in attendance have already approached Dr. Johnson with tempting offers of big time and money but the Dean is true to his first love and will not desert the cause of Osteopathy for glittering fame and a few paltry dollars. New and startling were the decisions rendered by "Charley."

On the serious side, this ball game is the best thing that has ever happened to the faculty and to the student body. It gives the Doctors an opportunity to drop for a time that iron lined coat of professional dignity and permits them to cavort about and kick up their heels as desired without fear of criticism and it also impresses the students with the fact that the Faculty are human the same as themselves, a fact that is, no doubt, some times questioned.

On with the ball games! Lets have one every year.

Dr. Axham Dies

In England last week Dr. F. W. Axham died of bronchitis, in his 86th year. Two days before death he whispered haltingly over the rails: "Let us forgive. I speak generally. For myself I forgive, as I hope to be forgiven."

Thus he completed a 15-year unmitigated professional outlawry imposed on him by the General Medical Council for sinning against its established flats.

Dr. Axham was one of the famed of British physicians, almost adored by the poor whom he attended without fee. During the Chinese war on board an otherwise doctorless ship he single-handedly cared for 300 fever-stricken patients. For that Queen Victoria personally thanked him.

Some 20 years ago he became converted to the remarkable manipulative surgery of the then young Herbert Atkinson Barker (Knighted in 1922 for his astounding work with War wrecks. Now in his 57th year he makes his home at Alassio, Italy) who was not an orthodox surgeon, whom the medical profession condemned for "irregular" practices. Dr. Axham served as his anesthesiologist.

For five years, until 1911, their relations were scanned but not disturbed. That year the General Council acted, forced the surrender of Dr. Axham's license, ostracized him. He could not practice at all, although he could and did continue to act as anesthesiologist for Osteopath Barker, who through the years acquired more and more fame, until his knighting. That event gave a spurt to the propaganda of laymen for the restoration of Dr. Axham's dignities. The press assumed interest. Parliament heard of the case. Yet the General Council remained obdurate.

The campaign continued so well that three months ago the College of Physicians of Edinburgh restored to him his diploma. Friends urged the General Council for immediate restoration. It might consider the matter at its next semi-annual meet in June. Last week Dr. Axham died in old age, and posthumous re-establishment would be unprecedented in England.

D.M.S.C. Grad Honored

Dr. J. C. Humbert of the January, 1926 class was signally honored at the recent Minnesota state convention, when he was elected a Trustee of the state association. The college wishes to congratulate Dr. Humbert upon his election and to wish him success in his association work.

Other officers of the association elected were: Dr. O. J. Turner, pres., Dr. S. M. Stern, secretary treasurer. The other members of the Board of Trustees are, Drs. H. C. Edmiston, R. M. King, C. E. Meed and Selma Quade.

Dr. A. E. Allen was elected es Minnesota's delegate to the National convention.

If you blaze your own trail you'll reach a desirable goal.

Stillonian Day Was Big Success

The second Annual Stillonian Day was observed by the college on Friday, May 7th.

The morning started with the regular class sessions and at the customary chapel time all met in the assembly room. The program for the morning was conducted by Lois Irwin-Richardson, the Editor-in-Chief of the year book. After a brief resume of the trials and tribulations of an "editress," Mrs. Richardson presented copies of the 1926 Stillonian to the president, Dr. S. L. Taylor, and to the Dean, Dr. C. W. Johnson, who each made appropriate speeches of acceptance.

The 1926 Stillonian was dedicated to Dr. J. P. Schwartz, one of the most popular members of the famous "D.M.S.C.O. All-Star Faculty." The dedication to Dr. Schwartz was most appropriate, as it was through his influence that the first Stillonian was published. The Doctor was a little late in arriving for the presentation ceremony but delivered himself of a speech of acceptance that amply made up for his tardiness.

Staff heads for the coming year were then introduced, and after the retiring editor's "speech of thanks", that was nearly forgotten, the gang was turned loose to get their books. The platform was mobbed and it required some time to get them settled down so that the books might be delivered. Everyone was well pleased with this year's publication, and registered a vote of thanks to the staff for their efforts.

No more classes were held in the morning, and following the noonday hash slinging contest, everyone gathered at the West High Stadium and witnessed the Inter-Class track meet and the championship baseball game. Details of these events are given elsewhere.

In the evening, Goddess Terp-sichore held court at the Masonic Temple, and the dulcet strains of the sax and violin wound up the most successful "Stillonian Day" in the school's history.

Everything went off without a hitch, and everybody had a good time! The student body are already looking forward to the next observance of this gala day which will be held the first Friday in May, 1927.

SPEAKING OF A HORSE

A man drove into an old-fashioned hotel yard and, addressing the ostler, said:

"Extricate my quadruped from the vehicle and give him an adequate supply of nutritious aliment, and when the aurora of morn shall illuminate the horizontal horizon I will award you a pecuniary compensation for your amiable and obliging hospitality."

The groom thought for a moment, then rushed into the hotel and said: "Hi, Bill! There's a foreigner wants to speak to you."

Trouble overtakes the man who runs away from it.

Juniors Cop Inter-Class Track Meet

(Continued from page 1)

last minute from the medley to the quarter, each man going 220. Throughout the entire race the men were evenly matched, and it was only the last few feet of the race that determined the winner. Loghry, anchor man of the Juniors, crossed the line only a fraction of a second ahead of Kale, who traveled the last stretch for the Frosh. Wadkins, Davis, Cummings and Loghry represented the Juniors, while Wright, Heinlen, Myers and Kale carried the Frosh colors.

On the day of the meet, it was decided to add two field events to the program. In the pole vault, unexpected talent was discovered in Smith, Friend and Wadkins, who finished in the order named. The shot-put was the other added event and was also taken by the Frosh, when Sluss stepped up and heaved the iron pill for an even forty feet. Van Ness, Walker and Lashlee, all Juniors, took the remaining points.

A summary of the points won by the competing classes will be found on page four.

A Hot One

A little man, swelled up with a pleasant sense of self-importance, stopped me on the corner and insisted on telling his story.

He said that he general manager of the corporation which employs him had sent a letter of instructions through the office, and that there was something wrong about it. Just what was wrong I could not quite make out, but it provided the little man with an opportunity.

"Believe me," he boasted, expanding his chest, "I shot him back a hot one."

Giving himself a pat on the back, he proceeded up the street, looking for another sympathetic listener.

It was amusing to watch him on his triumphant way, and to wonder how much energy is consumed each twenty-four hours in the private game of shooting back a hot one. How many scathing letters are composed in men's minds; how many imaginary conversations are carefully worked out to a devastating climax; how much verbal shadow-boxing goes to the endless tune of: "I says to him, 'Look here,' I says—"

Every man who holds a position of responsibility expects criticism. It is a part of the discipline. Said Gladstone to John Modley:

"Take it from me that to endure tramping on with patience and self-control is a bad element in the preparation of a man for walking firmly and successfully in the path of public duty."

If you are doing work that seems to you important, waste no time in winning verbal victories or answering petty criticism. Adopt the motto of the great Englishman: "Never explain, never retract, never apologize. Get it done and let them howl."

Let the little folks amuse themselves by shooting back hot ones.

INTER-CLASS TRACK MEET

Event—	Fresh	Soph	Jun	Sen
100 yd. Dash.....	1	0	10	0
220 yd. Dash.....	0	2	6	3
440 yd. Dash.....	7	3	1	0
Mile Run	5	0	10	0
Relay	3	0	5	0
Shot Put	5	0	6	0
Pole Vault	5	0	5	0
Totals.....	26	5	43	3

Musical Programs Feature Assemblys

For the past three or four weeks, music has been the predominating feature of the weekly assemblys. Sufficient variation as to the kind of music has been exercised, and as a result it did not become monotonous. Jazz orchestra, instrumental numbers, vocal solos in nearly all ranges of voice and specialties have all helped to furnish a diversified and entertaining program. The return engagement of Ab Gaham, and Angus was probably the most outstanding program of the group. This time "Ang" had a little support in the persons of an additional mandolin and a guitar player whose activities added greatly to the interest of the numbers. In particular, the manner in which the mandolin player handled the tamborine will remain for some time in the minds of the students.

The Women's Pan-Hellenic Association arranged a very pleasing program for the fifteenth. Several vocal and instrumental numbers preceded a group of excellent reading by Mr. H. D. Bruner.

Only one more assembly remains on the year's schedule and in view of the precedent established by the Senior classes of the past, it should be the best of the lot.

SOME OSTEOPATHIC FUNDAMENTALS

By DR. LESLIE S. KEYES

Do we think in terms of Osteopathic fundamentals when we outline treatment? Do we take proper thought, after our examination of the patient, to definitely outline what we hope to accomplish by our corrective work? This question does not refer to the ultimate results which the patient is looking for, but to our own method and details of applying the basic scientific principles of Osteopathic technique.

While a member of the Minnesota Examining Board for over fifteen years, I have been astonished, times without number, at the answers given as to the modus operandi of treatment. Most everything in therapeutics would be mentioned but the real basic factors that would make an Osteopathic treatment produce results.

If a medical man examines a patient, he invariably writes a prescription, which requires some semblance of study and accurate combination of different drugs, to make up a formulae that will have some particular action upon the human system. In prescribing for a patient under Osteopathic care, we should use just as much, and more, definite thought as to what this patient is going to require of our technique.

As a basis for discussion, I have divided the Osteopathic prescription, or aim of treatment, under four general headings:

First—An attempt at correction of lesions.

Second—The removal of obstructions to the blood and lymph flow.

Third—The replacement of organs.

Fourth—Stimulation, or inhibitions of nerve centers.

I.

My observation has been that the average Osteopath often fails to find the primary lesion, and many secondary lesions present, in a given case. He fails in this from the lack of making a careful diagnosis and a failure to recognize points of immobility in the spine. He also fails to associate the recognized nerve centers with the organs involved, and fails to hunt out lesions which invariably are present, either as primary or secondary causative or reflex, as the case may be.

In making an examination of the spine one should satisfy himself that every spinal segment has a normal range or motion, or seek a cause why such motion is restricted. Regardless of what our interpretations of lesions may be, we must establish motion in a spinal segment before we can be satisfied that a complete correction is really made.

We all realize that in some instances even partial mobility is impossible, or should not be attempted; but when indicated, each treatment should be directed in a specific way to create motion where sub-luxations are found.

We should differentiate, too, when a lesion may be caused by a reflex condition and perhaps needs rest, instead of motion. The point of treatment is, however, to seek to accomplish something definite along the line of correction at each treatment and not spend one's time in so-called

Fraternity Notes

(Continued from page 2)

All three were able to attend class the following morning.

The annual farewell banquet in honor of the graduating members of the chapter will be held at the Grant Club on May 19th. Dr. C. J. Gaddis, of Chicago, will be the guest of honor.

ATLAS CLUB

Golf seems to be the foreword of the day, with tennis a close second.

The baseball team did not do so good. The malady has not been diagnosed.

Brother Damn says a man may be wrong, but he is never out of an argument.

Matt Thill has decided, as a ball catcher, he would make a better back stop.

With the advent of spring, many of the brothers are beginning to plan for the coming summer. Some, who are fortunate enough to get the old job back, are staying in town, but most of them expect to stick their feet under Dad's table.

Due to a heavy pigmentation, Brother Van Ness was highly complimented on his good looks, by a young colored lady recently, while making a professional call. Better luck next time, Van.

Brother Bill Ghost's Ford is only running on part time now.

Brothers Nicholson and Dud Smith are the joint owners of an ancient vintage, which they recently purchased for a nominal sum.

For protection against black snakes, see Brother Trimble. He has a sure method.

Brother Groves has a new theory regarding the stimulation of the autonomies. We predict a great future for him. It will, no doubt, gain him a large and lucrative practice.

Brother Finney has completed his correspondence course in Modern Romance.

Initiation exercises were held for Pledges Lipps, Steckler, and Johnson, April 29. The goat had been carefully conditioned, and was in excellent form for the occasion. However, all came through in good shape.

Brother Trimble is now listed among the used car owners.

manipulation, with no science back of it. Just going through so many movements has lost to the profession many patients and provoked much criticism, which is often merited. No Osteopath should be satisfied with his work unless he knows that his adjustments are producing results and securing the mobility above referred to. Don't be satisfied with your work unless you know that you can correct any correctable lesion. If you cannot do this, seek someone, some school, or some post-graduate course that can make it possible. Too many today are satisfied with a job half done and then wonder why the other fellow gets ahead and gets results. Nothing less than "finding it and fixing it" should satisfy.

(To Be Continued)

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THE LOG BOOK

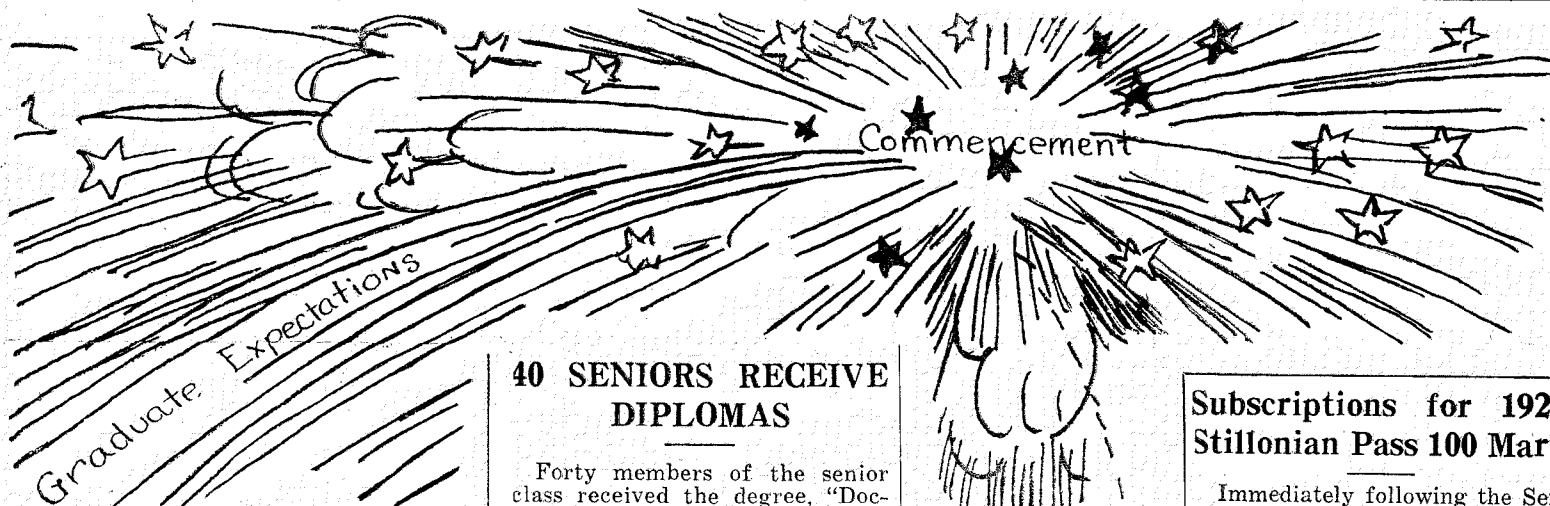
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NUMBER 22



Sigma Sigma Phi Gives Honor Medals

Beta Chapter of Sigma Sigma Phi has presented the college with two medals, to be known as the Sigma Sigma Phi Gold Medal for Proficiency in the Science of Osteopathy and the Sigma Sigma Phi Gold Medal for Service to the College and the Profession.

The two medals will be awarded at each graduation, and the specifications that govern the awards require that a member of the Board of Trustees, the Clinician, a representative of the faculty, and a representative of the Chapter compose the committee making the selection.

The motive causing the donation of the medals was to offer an additional inspiration to the students toward higher scholastic standing and towards the attainment of a higher degree of proficiency in the science and also as a mark of reward for loyalty to the college.

The basis of award for the Proficiency honor will be four years' attendance in the college and the individual's high degree of proficiency from all standpoints, such as: general attitude, personality, attentiveness, adaptability, courtesy, osteopathic technical efficiency and loyalty. The Service award also requires four years' attendance at D. M. S. C. O., and the individual's outstanding loyalty to the college and to the profession from all standpoints, such as participation in college activities, leadership, initiative, constant striving for the betterment of the college and the science, interest in the work of the American Osteopathic Association, and he must have exerted himself in the development of a harmonious atmosphere between the powers of the institution and the student body. Either men or women are eligible for medals.

40 SENIORS RECEIVE DIPLOMAS

Forty members of the senior class received the degree, "Doctor of Osteopathy" at the twenty-ninth commencement of the Des Moines Still College of Osteopathy, Thursday evening, May 27th.

The college auditorium was packed when Gladys Monroe Stribling opened the exercises with a piano solo which developed into the processional of the Class, preceded by the Faculty of the college. Following the Invocation by Dr. M. E. Bachman, Thos. Mann rendered an excellent vocal solo with the violin obligato played by Harold Sifling.

Dr. C. W. Johnson, President of the College, introduced Dr. F. W. Condit, of Eldorado, Kansas, former Dean of the A. S. O. who delivered the Commencement Address. Dr. Condit chose for his subject, "The Background of Life," the presentation of which commanded the rapt attention of the entire audience.

Through his close association with and intimate knowledge of Osteopathy, the speaker was able to make specific application of his theme to the profession the graduates were entering. In his opening remarks he stated that "Osteopathy was in all probability the only precise, exact Science." In the development of his subject, the Doctor began with the "monkeys in the trees" and brought the development of man up through the ages, showing as he progressed the constant changes taking place in the human mind, the Background of Life.

Just prior to launching into his chosen topic, Dr. Condit gave an excellent explanation of Osteopathy. Preceded by a brief review of the development of the science of healing, he stated that it is only in comparatively recent years that mankind has been interested in the ministering of human needs. As an example, not one of the seven wonders of the world would, or could, minister to human need. Through the years of development, sorcery, witchcraft, tokens, superstition, drugs, etc., he brought the story, and finally culminated with how the—(turn to page 4

Subscriptions for 1927 Stillonian Pass 100 Mark

Immediately following the Senior Class Day assembly, Dr. Schwartz, faculty advisor to the 1927 Stillonian staff, outlined the plans for the coming year's publication. Baylor and Elsea, editor and business manager, are planning on remaining in the city during the summer and have planned considerable work for themselves. The doctor urged the returning students to subscribe for their books now and make their payment next fall in order to aid the staff in financing the book. The cards were passed out and at the close of assembly, when the count was taken, over a hundred signatures were on the "Dotted Line."

Such whole-hearted cooperation is indicative of only one thing, the ultimate success of the book. Get your subscription in now, if it wasn't in the first hundred! Make 1927 the best yet!

Liberty Selects Another D.M.S.C.O. Grad

Liberty Hospital of St. Louis, Mo., has selected another D. M. S. C. O. graduate for internship. A. E. Smith of the May class has received his appointment as intern and will report for duty on June 6th. Congratulations, Smithy, luck to you!

There is always a way out and it is always — straight ahead.



Senior Class Day

In accordance with the custom, the last assembly of the year was conducted by the Senior Class. The class president, Homer R. Sprague, was in charge of the program.

A brief talk which proved intensely interesting was given by the Rev. Mr. Rash, who has spoken to the student body on several occasions during the year. Members of the Sigma Alpha Iota musical sorority of Drake University, under the direction of Mrs. John Purdy Wright, gave an excellent and diversified musical program. A quartet composed of the Misses Dietrich, Fee, Jack and East, sang several very pleasing numbers, and Miss Dinsmore accompanied with the violin obligato.

Following this phase of the program, Dr. C. W. Johnson, president of the college, reviewed the activities and accomplishments of the year. The Doctor stated that the year just completed had been one of accomplishment and progress. That the college was in better financial condition than it had been for a number of years and that quite a few of the old obligations had been wiped out. Great expectations are held for the coming year. With the continued growth it will be imperative, said the Doctor, that a new, a larger and better building be erected to hold the student body of the future. The institution is growing—a normal and healthy growth that will persist, and he predicts that within the next few years, D. M. S. C. O. will top the list of osteopathic colleges in numbers as well as in quality. The President paid a very earnest and sincere tribute to Dr. G. E. Hurt, who is resigning from the faculty, for the most excellent work he has done in the laboratory department of the college. He also stated that there would be two new members on the faculty next year. One of the new professors is loaned for a year from the Pratt Institute of New York city, and the other comes from Brown University with a master's degree. Otherwise the faculty will remain intact.

Dr. E. E. Steffen, treasurer of the college, then spoke on the financial status of the college. He noted the accomplishments of the past year and the optimistic outlook for the school. Following Dr. Steffen, Dr. J. P. Schwartz, president and surgeon-in-chief of the Des Moines General Hospital, told the students of the changes that had been made in the management of that institution and their plans and hopes for the future. As faculty advisor for the 1927 yearbook, the doctor outlined the plans that were under way for the coming publication, and urged the student body to sign their subscriptions so as to enable the staff to go ahead with the work.

So closed the last chapel of the year. The entire program for the year has been a success from start to finish, and each and every one of the conductors is to be congratulated upon the work

D.M.S.C.O.'S New President



Dr. C. W. JOHNSON

It is with great pleasure that we present to the profession Dr. C. W. Johnson, President-elect of the Des Moines Still College of Osteopathy.

Dr. Johnson received his B. S. degree from Iowa State College, following which he spent many years as superintendent of schools in Iowa, and was a normal institute lecturer before entering D. M. S. C. O. and taking up the study of Osteopathy. Following his graduation, he opened an office in Charles City and practiced for a few years in that locality, but the call of the classroom could not be overcome, and in 1905 he returned to Des Moines and has held the chair of Neurology ever since, and at the time of his elevation to the presidency, was also holding the position of Dean of the College.

His store of knowledge and experience has been greatly enhanced by years of practice, where he has obtained the greatest requisite of knowing any subject—practical experience. The department of Neurology has always been one of the foremost in the college, and it has reached this pinnacle only through th effort and guidance of Dr. Johnson. He has also developed a "Nervous and Mental" clinic in this department which is without peer in the profession.

By nature, the Doctor is far-sighted and progressive—always striving to to better conditions in and around the school and in the elevation of his chosen profession. With such a man at the head of our institution, the road ahead is bright and full of sunshine.

done in the arrangement of their particular day's meeting. The programs have been diversified, interesting, educational and well worth while. The student body will be looking forward throughout the vacation period, to the resumption of the weekly get-together meetings in the old assembly room.

FRATERNITY NOTES

IOTA TAU SIGMA

The annual Farewell dance was given at the chapter house on Thursday evening, May 22. Everyone turned out in honor of the Seniors and had a very enjoyable evening.

Saturday night following the dance, the festive board was spread in honor of the sweet young graduates. Field members in attendance were: Drs. E. E. Steffen, D. W. Roberts, A. G. Prather, F. J. Trenery, and J. F. Breton.

The chapter wishes to congratulate Brothers Benein, Marlowe, Gephart, Reiter, Skidmore and Richardson on having completed their four years of hard labor on the rock pile of Osteopathy and having won the coveted Sheep Skin.

The chapter had the pleasure of meeting the mother of Carl and Paul Gephart during commencement week. Mrs. Gephart made the pilgrimage to witness Carl's graduation.

The gang have all scattered to the four winds with the exception of Nowlin, Wadkins, Ross, Drabbing, who are staying over for summer dissection.

Tiny Benien is also around, anxiously awaiting the time to leave for Liberty Hospital in St. Louis.

Pinky Marlowe's parents and sister sprung quite a surprise on the boy when they appeared on the scene the evening before commencement.

Bill Russell is enroute to the Land of the Alligator and High Real Estate, via Little Rock, Arkansas.

A couple of the Brothers are seriously contemplating matrimony as a side-line for the remaining years of their college life. Tuf luck!

The house ain't what she use'ter be with all the boys gone home. To quote Lute Drabbing who lives

in a funeral home, "The place seems like a morgue"—so he moved in.

PHI SIGMA GAMMA

Otey Lashlee left us about a week early as he has a practice in Nashville, Tenn., for the summer. Hope you make a lot of money, Lard.

Morgan has decided to let the Register and Tribune shift for themselves this summer and is leaving about the first of June.

Peelee is going "Hair Hunting" this summer. He runs a mean pair of clippers.

Some of the fellows are staying over for summer dissection. The cut ups.

Pres Howe is going to pilot a motor bus in Yellowstone Park this summer.

Max Friend has decided to put the Pictorial Review back on its feet this summer. I imagine he'll hate to leave a great "Deel."

Walt Heinlen, Auseon, Friend, Daris, Shaffer, Widmer are all going in for literature this summer, namely and to-wit: Selling Magazines.

We are losing some very good men in the graduating class this spring but we know they will make good and hope they get back to see us soon and often.

ATLAS CLUB NOTES

Now that the relays are run, and the baseball games are all played, regardless of the winners, the Brothers will not need to do any training for another year.

We note that Brother VanNess appeared at the track meet dressed in the appropriate regalia, but failed to enter any of the events.

It is only a matter of time now until the big show is over, and the Brothers will be disseminated for the summer. We have the low down on a few.

Brother VanNess expects to jerk sodas and dispense drugs out on Ingersoll Avenue.

Brother Trimble expects to help "Dad," we presume supervise the farm.

Brother Wise is planning on spending the summer in Chicago.

Brother Ted Evans contemplates spending the summer with "Dad."

Brother Doyle doesn't know, neither does any one else.

Brother Ghost in the Celestial City up among the coal mines, Grove City, Pa., of which Pittsburgh is a suburb.

Brother Reed in the high and dry.

Brothers Damn and Nickelson among the Swedes up in Minnesota.

Brother "Dud" Smith in his native heath.

The spring dance was staged at the Grant Club on May 21. Everybody did their best.

The Annual Spring Banquet was spread in the Blue Room at Youngers Tea Room, May 24th. This is one meeting of the year, when the attendance is 100%, and everybody takes an active part.

The dances are all danced, and the banquets are a thing of the past, so we will draw the social curtain until the opening of the next school year.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson
Editor.....Don Baylor

Osteopathy Without Limitation

MAN

"Man can't sleep out of doors without freezing to death or getting the rheumatism; he can't keep his nose under water over five minutes without being drowned. He's the poorest, clumsiest excuse of all creatures that inhabit the earth. He has to be coddled, housed and swathed and bandaged. He is a rickety sort of thing any way you take him—a regular British Museum of inferiorities. He is always undergoing repairs. A machine as unreliable as he is would make no market. The higher animals get their teeth without pain or inconvenience. Man's come through months of torture, and at a time when he is least able to bear it. As soon as he gets them, they must be pulled out again. Man starts in as a child and lives on diseases to the end, as a regular diet. He has mumps, measles, scarlet fever, whooping cough, croup, tonsilitis and diphtheria, as a matter of course. In later life, he proceeds on colds, coughs, asthma, bronchitis, quinsy, consumption, yellow fever, blindness, influenza, carbuncles, pneumonia, softening of the brain and a thousand other maladies of one sort or another. He's just a basketful of pestilent corruption, provided for the support and entertainment of microbes. Man isn't even handsome as compared with the birds; and as for style, look at the Bengal Tiger—that ideal of game, physical perfection and majesty. Think of the lion, the tiger and the leopard, then think of man—that poor thing, the animal of the wig, the ear trumpet, the eyeglass, the wooden leg, the porcelain teeth and the silver windpipe." That is only part of what Mark Twain says about man, and I spent all of Sunday reading in my Scriptures where the Lord gave man dominion over all the beasts and also made every darned one of them so they could outrun him. This being a man is a fine sport. I don't think.

Moral: Any man wrapped up in himself makes a mighty small package.

Summer O. B. Assistants Appointed

The Board announces the appointment of Dr. Clyde M. Conn and Jamison as assistants in the Obstetrical clinic for the summer months. The vacation time is one of the busiest seasons in this particular department and the boys will have their hands full greeting the newcomers.

Osteo's Take Over D. M. General



Dr. J. P. SCHWARTZ
President and Surgeon-in-Chief
Des Moines General Hospital

In the resultant contingency arising from the retirement of Dr. S. L. Taylor, president and surgeon-in-chief of Des Moines General Hospital, it became urgent that some action be taken to retain the institution for the osteopathic profession. Negotiations were conducted with several individuals, but no settlement could be arrived at, and the situation began to take on a grave aspect. Several medical men of the city were anxious to secure the property and would have succeeded but for the prompt action of a trio of local osteopaths.

Dr. J. P. Schwartz, president of the hospital board, and two associates, have completed the necessary details and have taken over the hospital and in a sense have "saved the day" for the osteopathic profession.

Their plan of finance calls for support from the men in the field, in the form of subscriptions of three and five-year duration, which will be interest-bearing, and are redeemable at term. Personal signature and possible bond issue will guarantee the repayment of the subscriptions and interest accrued. During the financing period, twenty-five per cent of the personal earnings of Dr. Schwartz and his associates will be placed in the fund being provided for the ultimate payment of subscriptions.

On completion of the finance plan, that is, when all subscriptions have been repaid, the institution will be turned over to the Iowa State Osteopathic Association and will be governed by the trustees of that organization, provided the Association accepts.

The work is well under way, and Dr. Schwartz says that active plans are being formulated for the starting of the new wing

which will be the first of the proposed three which will constitute the new building. The breaking of ground for this building will mark the beginning of a new era for Osteopathy in the state of Iowa.

Few appreciate the vast importance of this action on the part of these three individuals. Without their foresight and initiative in taking over this proposition in the face of apparent defeat, the osteopathic profession of the city and of the entire state would have lost one of the finest osteopathic institutions in the country. They would have been unable to recoup their losses for many years. Field men! Rally to the support of your brother practitioners who are rendering Osteopathy the greatest service in the history of the state! Help them bring their task so nobly begun to a successful termination! Put your shoulder to the wheel, and push!

Atlas Club Leases New Home

Following the farewell banquet of the local chapter of the Atlas Club, the necessary papers were completed to secure for them the residence located at 2141 West Grand Avenue as a chapter house for the coming year.

The property is excellently located and will make an admirable fraternity house. The boys are to be congratulated upon this progressive step, and it is hoped that they will thoroughly enjoy their new home.

Education is the power to learn to do the things in the world, when they should be done, whether we want to do it or not.

Are You Looking For a Location?

The general practice of Dr. Geo. A. Aupperle of Idaho, Falls, Idaho, is available at this time. The city has a population of 9000 and is located on the main highway from Salt Lake City to Yellowstone Park, in one of the richest farming sections of the country. The Doctor has been in this location for the past nine years, and intends to take some P. G. work and then locate in a college town. This should prove an excellent opportunity for a recent graduate.

Dr. J. H. Cheney, of Sioux Falls, South Dakota, calls our attention to the town of Lennox, S. D., of 1200 population, recommending it as a desirable location for a May graduate. The Doctor says that the people are favorable to Osteopathy, and that a number of them, who are patients of his, have requested that he endeavor to interest someone in locating in their city. Further information may be had by writing the Doctor direct.

Dr. Hurt Resigns



Dr. George E. Hurt

It is indeed with regret that we report the resignation of Dr. Geo. E. Hurt from the faculty of the Des Moines Still College of Osteopathy.

George has only been with us for a brief two years, but during that time has endeared himself in the hearts of the student body as a "square-shooter" and a good instructor. He is planning on opening an office in his home city, Dallas, Texas.

Dr. Hurt had charge of the laboratories and to quote President Johnson, made more progress in developing this important branch of our education as Osteopathic physicians, than had been made since the college was organized.

Good luck to you, George!

LIVE AND LET LIVE

"When sick, I go at once to a doctor. Doctors have to live. And then, after getting the prescription, I go directly to a druggist. Druggists must live. Arriving home, I immediately throw the medicine into the fire."

"Why do you do that?"

"I also must live."

Only little people sit in the seat of the scornful.

SOME OSTEOPATHIC FUNDAMENTALS

(Continued From Last Issue)

It is well to remember, too, that a good technician does not hurt his patient. Complete relaxation and confidence is necessary on the part of the patient, and then it is up to the operator to maintain that status until the correction is made. Nothing but harm was ever accomplished with force against resistance.

II.

Dr. Still taught that the rule of the artery was supreme, but it behooves us to also visualize the lymphatic system and see to it that all possible obstruction is removed. Especially important is cervical drainage in all head conditions; likewise, attention to the inguinal region and popliteal regions, in all leg and pelvic conditions, to say nothing of the drainage about the bronchials and the great thoracic duct. We must not stop, especially in acute diseases, before we have thoroly assisted in the drainage of the vital parts.

III.

The replacement of organs is very essential to assist recovery. The sagging of the viscera is often of such a handicap that some form of support must be used until tone can be restored. This may apply to the floating kidney or even pelvic misplacements. Remember, when an organ is replaced, the blood and lymph supply is retarded and must be returned to normal, if we expect to restore tone and maintain correction.

VI.

The question of stimulation and inhibition has almost become a lost art, and yet, when properly applied, the results are truly marvelous. We do produce these phenomenon many times by the

correction of lesions which release or retard nerve impulses to various organs. For example, the correction of second and third cervical lesions improves the nutrition and action of the eyes. This result comes about from the relation of the superior cervical ganglia to these vertebrae.

Steady pressure on the middle cervical ganglia, which is situated anterior to the transverse processes of the sixth cervical, will dilate the vessels of the head and face and retard, slightly, the action of the heart, and is stimulated by alternate pressure. It also influences the thyroid gland. Steady pressure here at the head of the first rib often relieves the labored breathing of asthma.

Percussion over the seventh cervical contracts the heart and blood vessels. It is indicated in low blood pressure, cardiac, dilatation, cardiac asthma, aneurism, palpitation and hyperthyroidism; contra-indicated in angina pectoris, arterio sclerosis and bronchial asthma. It also stimulates the spleen, which is indicated in the flu and other acute diseases. Percussion at the third dorsal dilates the cardiac orifice of the stomach and is indicated for the relief of gas pressure. Percussion at third and fourth dorsal has the opposite effect of percussion at the seventh cervical. Pressure at angle of third to fifth ribs. Percussion at fifth dorsal dilates pylorus; helps nausea and other gastric disturbances.

Hiccoughs: Inhibit phrenic over third, fourth and fifth cervical.

The headaches of anaemia are helped by stimulating heart action. All are familiar with the practice of inhibiting the vasomotors at the base of the skull for the reduction of fevers and headaches.

For liver congestion or bilious-

ness see that the sixth to ninth dorsal are normalized.

For coughs, especially bronchial, be sure that the second and third dorsal vertebrae are freely movable.

Tenth to twelfth dorsal for appendix and pelvic pains. The fifth lumbar in all pelvic and innominate trouble must be right to get results.

Don't overlook the second cervical in ear troubles, as well as being assured that no congestion occurs between occiput and atlas.

Stimulation of the second lumbar region will contract the intestines and benefit flaccid cases while temporarily aggravating cases of spastic constipation.

Manipulation or stimulation of the eleventh dorsal will have diametrically opposite effects.

Don't overtreat and spoil results of corrective work. Warn patients that after a major correction is made, especially of an old lesion, that some reaction may result for twenty-four hours. If you do not do this, they will lose much of their enthusiasm they manifested when coming for the first treatment and may decide by the next day not to return.

Explain to patients in simple language, with the aid of a spine, what you find, and how you work to correct it. They appreciate this, and in knowing these Osteopathic fundamentals, they can talk more intelligently and will not hink of their Osteopathic Physician as a "rubber" doctor.

JUST A MINUTE

I have only just a minute,
Only sixty seconds in it,
Forced upon me—can't refuse it,
Didn't seek it, didn't choose it,
But it's up to me to use it,
I must suffer if I lose it,
Give account if I abuse it.
Just a tiny little minute—
But eternity is in it.

40 SENIORS RECEIVE DIPLOMAS

(Continued from page 1)

idea that the "Cure was on the Inside" lodged itself in the mind of the founder of the science, Dr. Andrew Taylor Still.

Upon the conclusion of the address, H. A. Sifling played a violin solo, accompanied at the piano by Miss Stribling. Dr. E. E. Steffen then presented the class and President Johnson conferred the degrees.

The surprise of the evening came when Dr. H. V. Halladay, representing Dr. J. P. Schwartz, conferred the honors. This is the first time in the history of the college that honors have been conferred. Dr. Julius C. Bishop was awarded the Sigma Sigma Phi gold medal for "Proficiency in the Science of Osteopathy," and Dr. Ross Robertson won the gold medal for "Service to the College and to the Profession."

The awarding of the medals was followed by the march and the reception for the graduates was held in the Ladies' room.

The following are the members of the graduating class:—G. F. Akens, A. A. Armstrong, C. L. Baker, C. S. Ball, P. F. Benien, R. E. Bennett, J. C. Bishop, Amorette Bledsoe, E. G. Brown, W. E. Butcher, C. M. Conn, J. R. Devereaux, Anna C. Doyle, L. L. Facto, Leile Border Fishleigh, Beatrice Fowler Anton, Carl Gephart, R. V. Gladieux, Dean Grewell, F. B. Irwin, Theodore Kapfer, W. R. Marlow, R. L. Nelson, A. L. Quest, J. F. Rader, L. A. Reiter, Doyle Richardson, Lois Irwin-Richardson, Ross Robertson, L. C. Scatterday, David Skidmore, A. E. Smith, H. R. Sprague, R. H. Stone, Matt Thill, J. H. Voss, Donald Weir, Estelle Wise and Lloyd Woofenden.

Heads Up Alumni!

D. M. S. C. O. IS PLANNING A BIG TIME FOR YOU IN LOUISVILLE JUNE 28-JULY 3.

A BIG SURPRISE---

IS IN STORE FOR YOU. WATCH FOR DETAILED PROGRAM IN NEXT ISSUE OF THE LOG BOOK.

Every Alumnus of the College is Expected to Attend!

CLASS REUNIONS — BANQUETS — MEETINGS WILL BE SCHEDULED FOR YOUR ENTERTAINMENT.

REMEMBER THE DATES, JUNE 28 -- JULY 3

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

THE LOG BOOK

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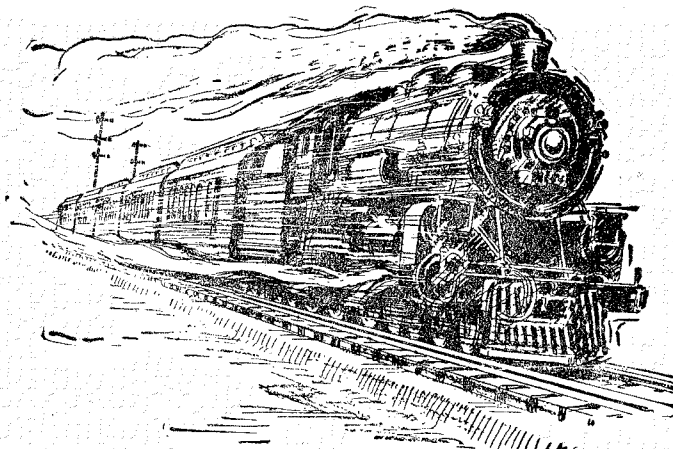
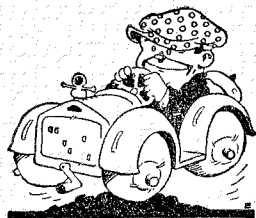
PUBLISHED SEMI-MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

VOLUME 3

JUNE 15th, 1926

NUMBER 23

WE'RE ON OUR Way To Louisville!



Arrangements Complete For Record-Breaking A.O.A. Meet

The stage is all set and final arrangements have been completed for the greatest osteopathic convention ever conducted by the American Osteopathic Association. The palatial Brown Hotel of Louisville, Kentucky, will be the scene of the week's activities which begin June 28th.

The program for the meeting is well diversified and the men appearing are the best the profession has to offer. Word from the central office indicates that the convention will enjoy a record-breaking attendance. Centrally located as Louisville is, and surrounded by numerous natural beauties and wonders, a large number of practitioners will make the trip by motor.

The morning sessions will be devoted to the general program features and the afternoons to the various section programs. The general trend of the entire program is towards diagnosis—all papers stressing that all important factor in a physician's ultimate success. Dr. Carl Johnson of Louisville, who has shouldered the gigantic task of program chairman, is indeed to be congratulated upon the attractive list of speakers that he has secured.

Immediately preceding the A. O. A. convention the American Osteopathic Society of Ophthalmology and Otolaryngology will conduct their annual meeting. The dates for this gathering are June 23rd to 26th and the program for that group is under the able direction of Dr. J. B. Buehler.

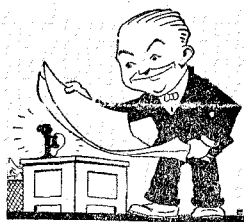
The American Society of Osteopathic Internists will hold their meetings on June 25th and 26th and the Osteopathic Womens National Association have designated June 29th for their meet-

(Continued on page 3)

Corporate Board Meet Well Attended

The annual meeting of the Corporate Board of the Des Moines Still College was held at the college May 18th. President Johnson, filling the unexpired term of Dr. S. L. Taylor, presided at the meeting which was exceptionally well attended. Throughout the entire meeting a spirit of enthusiasm and accord with the policies of the administration prevailed and a decidedly optimistic outlook for the future of the institution was manifest by all present.

Dr. C. W. Johnson was unanimously chosen as President of the college for the coming year and Mrs. K. M. Robinson and Dr. E. E. Steffen were re-elected secretary and treasurer respectively.



The most outstanding feature of the entire meeting was the report of the Treasurer, covering the past year, which was read from the report made by the auditors. The report disclosed that during the past year, in addition to the payment of current expenses of the institution, a sum of over ten thousand dollars had been expended on past obligations. Never before has the management been able to make such a vast reduction in a single year of the old accounts.

Funds were voted for the necessary repairs and remodeling on the building necessary before the term opens next fall. Also means were provided for the purchase of necessary new equipment for

(Continued on page 3)

FACULTY BANQUET HONORS SENIORS

The annual faculty banquet, given in honor of the graduating class was held Saturday evening, May 22nd. The attendance at this function was nearly 100 per cent, some of the members of the class who had been out of the city taking "State Boards" arriving by auto just in time to tie on the feed bag.

Dr. C. F. Spring officiated at the feast as toastmaster and the toasts were given by Dr. Robert Bachman, Dr. Mary Golden, Dr. E. E. Steffen and Dr. H. V. Halladay. Dr. F. W. Condit, the commencement speaker, was introducer to the faculty and the class. The tables were tastefully decorated in seasonable garden flowers and presented a very pleasing appearance. Mrs. C. W. Johnson was the chairman of the committee on arrangements. Everyone was unanimous in expressing the opinion that this was the best faculty affair on the record.

BOOTH "D" AT LOUISVILLE

Local Osteo Passes

Death claimed one of the foremost Osteopaths in the city Sunday, May 30th, when Dr. Charles R. Bean passed away after a brief illness.

Dr. Bean has been located in Des Moines for the past eleven years, and has been active in professional, musical and lodge circles. He is survived by his son, father and two brothers.

Meet the President

President C. W. Johnson will arrive in Louisville Sunday morning the 27th. When he calls the roll be sure to respond.

D.M.S.C.O. to be Represented at Louisville

The college has reserved booth "D" on the convention exhibit floor for the coming meeting of the American Osteopathic Association which is to be held at the Brown Hotel in Louisville, June 28th to July 3rd.

The space secured is the choice plot of the entire floor as it is situated directly in front of the entrance to the main assembly room of the convention. Situated as it is, every member of the college is expected to register at the booth and make it his headquarters while attending the various meetings on the program.

Booth "D" will be the place where you will meet your old friends and classmates—where you will revive those happy memories of your college days—where you will renew the old associations, and swap yarns of the activities of the years intervening.

Dr. H. V. Halladay and some of the students will be in charge of the booth and will be at the service of anyone calling upon them. Make your reservations here for the Alumni Association meeting and luncheon which is to be held Thursday, July 1st.

Also the registration book for Sigma Sigma Phi will be at booth "D."

Sigma Sigma Phi Grand Chapter Meet

The annual meeting of the Grand Chapter of Sigma Sigma Phi will be held Wednesday noon, June 30th.

Every Member Is Expected to register and make his luncheon reservation at Booth "D" immediately upon his arrival.

Alumni Meeting Plans Announced



The annual meeting of the Des Moines Still College Alumni Association will be held at a luncheon to be given Thursday noon, July 1st, at the Brown Hotel, Louisville.

Many subjects of vital importance to the alumni of the college are to be considered at this meeting and everyone is urged to attend. The college has made gigantic strides during the past few years and can make even greater progress with the unified support of the alumni group.

An interesting program has been arranged for the luncheon meeting and the menu for the luncheon portion of the affair will be beyond reproach. It is imperative that every alumnus of the Des Moines Still College be present at this meeting. Register at the college booth, Booth D, just opposite the entrance to the main assembly room for the regular convention meetings, and make your reservations for the luncheon.

We're counting on you to be there!

REGISTER AT BOOTH "D"

That Joint Under Your Head

When you were a kid down on the farm did you ever cut a fairly stiff switch, sharpen the end so you could easily impale an apple and then see how far the whip of the switch would throw said apple as you flipped it in the air? You got lots of "kick" out of a real throw, didn't you!

Today, instead of flipping apples with your small youngsters, you take them automobile riding, hit the thank-you-marms at high speed and flip young heads on slender necks, as well as your own. Your head does not fly off the way the apples did, but the place where it is fastened on suffers. Imagine a slender column of disc-like bones piled one on top of the other and then the comparatively huge head perched on top and guyed down by muscles and you have the picture. A pumpkin on a pile of doughnuts will do. The joint between the head and the spine is the most important one in the body. It is mechanically weak as are all junctures of the small and the large. Moreover, these guy-rope muscles are greatly exposed to atmospheric changes as well as receiving the brunt of most jars falls and strains.—Dr. H. I. Magoun in Osteopathic Magazine.

ALUMNI LUNCHEON THURSDAY NOON

A.O.A. Secretary Speaks Here

Dr. C. J. Gaddis, secretary of the American Osteopathic Association and editor of the Journal of the A. O. A., gave two very interesting and instructive addresses while in the city attending the recent convention of the Iowa State Osteopathic Association.

The doctor was the guest of honor at the farewell banquet of Beta chapter of Sigma Sigma Phi, national honorary fraternity, and commended the organization highly on their activities and accomplishments during the past year.

Immediately following the banquet, Dr. Gaddis spoke before the Pan Hellenic meeting held at the chapter house of Iota Tau Sigma. Approximately seventy-five members of the council were present to hear the doctor and to see his demonstration of his famous "bed-side" technique. The most interesting phase of the technic that was demonstrated was the incident when the doctor has "Virge" Halladay "under his foot."

The students sincerely appreciate Dr. Gaddis' interest in devoting this time to them and hope that he will be with us again in the near future.

ALUMNI LUNCHEON THURSDAY NOON

35 Register For Summer Dissection

The largest class in the history of the college has registered for the regular summer course in Dissection, given under the direction of Dr. Virge Halladay.

The class of approximately thirty-five started their work the last regular week of school and will continue until the latter part of June, working from seven until eleven-thirty each week day morning.

The gang is "digging in" in the approved manner and are at this time deep in the intricacies of human anatomy. Many and humorous incidents occur which if related would no doubt serve to recall many fond memories of the "dissection days" of your own.

BOOTH "D" AT LOUISVILLE

Correction

The Log Book wishes to make the following correction. In the issue of May 15th it was stated that Dr. O. J. Turner was elected president of the Minnesota State Association when it should have been Dr. A. F. Hulting. Also, Dr. Arthur Taylor replaced Dr. R. M. King on the Board of Trustees.

The original information was taken from a newspaper clipping and we are indebted to Dr. Samuel Stern, Secretary of the Association for the correction.

Ancestry and environment make men unequal.

Stryker Heads State Association

At the recent annual convention of the Iowa State Osteopathic Association, held in Des Moines, Dr. C. N. Stryker of Iowa City was chosen as president for the ensuing year. Dr. R. B. Gil-mour of Sioux City was re-elected secretary-treasurer of the association.

Dr. Stryker has been active in the association work in the state for a number of years and his past successes more than qualify him for this new position. His election as president of the state association comes as a well merited reward for the years of faithful service he has rendered the Osteopathic profession.

BOOTH "D" AT LOUISVILLE

Convention Number On the Press

The special sixteen page Convention Number of the Log Book is on the press and will be one of the features of the college booth at the convention. The issue will contain considerable valuable information regarding the college, curriculum, fees, and such data as your prospective students will want. Done in attractive style, it will be an asset to your waiting-room table. Be sure and get your copy.

The post-convention number will contain complete reports of the various activities of the convention and also a detailed report of the meeting of the Alumni Association. This issue will be mailed to you immediately following the close of the convention. Watch for it.

Summer Clinic

Another new feature which has been added to the summer activities of the college is summer clinic.

In the past the clinics have all been maintained during the vacation period but the examinations have all been of a private nature. The new plan calls for clinic meetings each Monday and Thursday morning at ten, attendance carrying the same credit as during the regular school year.

The inauguration of this new procedure affords the student staying for summer work, the additional benefit of seeing every case that comes in during the vacation months.

There are a number of students who are taking this summer work and the amount of material that has been coming in so far, indicates that their summer will not be wasted.

NO COMMON KNOCKER

Opportunity does some knocking now and then, but she's exclusive. You never see her hanging around with the other knockers.—Ft. Wayne News-Sentinel.

There's a real thrill in finding a friend who asks no more than he is willing to give.



Around Our Merry Campus

He saw her slowly and inevitably turn her footsteps toward the edge of the cliff. She was sobbing great heartrending, choking sobs. She paused at the brink and stared down as though fascinated with the thought of destruction. Finally she shrugged her little shoulders and prepared to leap. Here Hairbreadth Harry leaped with long masculine strides toward her, and caught her around the waist just as she was about to topple over.

"What!" he cried. "Is this a maid in distress?"

"Well, you prune," she said scornfully, "you wouldn't expect to find a man wearing one, would you?"

They both fell over.

—Mainiac.

O MLE, what XTC
I always feel when UIC
I used to rave of LN's eyes
4 LC I gave countless sighs
4 KT 2 and LNR
I was a keen competitor.
But each now's a non-NTT
4 UXL them all UC.

—Ohio Wesleyan Mirror.

SALESMAN SAM

Pretty Customer: "Of course, I want my shoes to be plenty large enough, but at the same time I want them to look neat and trim, you know."

John Nowlin: "I see. You want them large inside, but small outside."

SWITCHCRAFT

The Bride (at the telephone): "Oh, John, do come home. I've mixed the plugs in some way. The radio is all covered with frost and the electric icebox is singing, 'Way Out West in Kansas'."

The Aviator's wife was taking her first trip with her husband in his airship. "Wait a minute, John," she said, "I'm afraid we will have to go down again."

"What's wrong?" asked John. "I dropped one of my pearls and I think I can see it glistening on the ground."

"Keep your seat, dear," said the aviator, "that's Lake Huron."—Science and Invention.

Histories make men wise; poets, witty; the mathematics, subtle; natural philosophy, deep; morals, grave; logic and rhetoric, able to contend.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson
Editor.....Don Baylor

Osteopathy Without Limitation

Behold the Man

He loved the poor, not for their poverty, but for their obvious helplessness.

There can be no virtue in poverty, but there need be no vice; therefore he poured out his blessed wealth of love into their not too receptive hearts. Oft did he beat with tired hands and bruised knuckles on the fast-bound door of prejudice and unbelief, but wearied not in his task. He could despise the rich, not for their riches but for their base forgetfulness. Well did he know the emptiness of this world's vain possessions, for he himself had more than once refused great power and affluence, preferring the lowliness of human servitude, the toiler's home.

He smote, with all the acid taunt of his sharp tongue, the wily hypocrite who, under the sheltering robe of sanctimonious piety, played false with life and his poor guileless brothers. He tore away the mask and showed the world the shame of all deceit, whether of wealth or vanity.

He made his ways with all the world's outcasts; the weak and foolish ones whom life had wrecked on its hard test of right and wrong. Many the time his gentle hands did grasp, either the sure hold of faith, the frail and feeble one that had perhaps taken its owner into the depths of earthly hell; with the faith that asks no questions, seeks not to probe the guilty heart of sin, but lifts up the stricken one to the very gates of heaven.

Counted his friends were shameless women, scheming rogues, the blasphemous, the false, the very flotsam of human failure; but he awoke, in whatever hearts they had, a response that echoed the divine chord in his soul.

He could forgive the wrong, but could not forget the right; his path did lead into new world where faint-hearted man dared hardly follow. He was a flame that scorched only to purify never to destroy. He knew no fear for he was born to suffer and in his suffering to find his own salvation.

Dauntless where other men would have been filled with dread, he challenged authority on its very doorstep, blazing with wrath to see the world he loved being made the dupe of despotic superstition.

He followed the fixed star of his intent,
Whether it lead to happiness or woe;

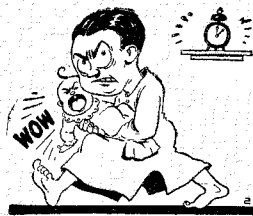
Do Not Judge Too Hard

Pray don't find fault with the man who limps,
Or stumbles along the road,
Unless you have worn the shoes he wears
Or struggled beneath his load,
There may be tacks in his shoes that hurt,
Though hidden away from view,
Or the burdens he bears placed on your back,
Might cause you to stumble too.

Don't sneer at the man who's down today,
Unless you have felt the blow
That caused his fall, or felt the same
That only the fallen know.
You may be strong, but still the blows
That were his, if dealt to you
In the self-same way at the self-same time,
Might cause you to stagger too.

Don't be too harsh with the man who sins,
Or pelt him with words or stones,
Unless you are sure, yea, doubly sure,
That you have not sins of your own;
For you know, perhaps, if the tempter's voice,
Should whisper as soft to you,
As it did to him when he went astray,
'Twould cause you to falter, too.

Two More Osteos



Dr. Raymond Staples of Jackson, Michigan, is the proud father of a baby boy, born June 3rd. Ray graduated from D. M. S. C. O. in the May, '25 class.

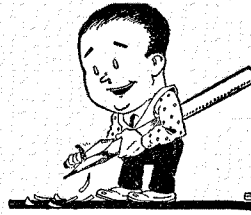
Don Baylor is again the proud father of a baby boy, born June 8th at the Des Moines General hospital.

That "plenty of rich and nourishing food" prescription may have cured its thousands, but it has slain its tens of thousands. Sometimes it is well to remember that what you don't eat won't hurt you.—Dr. C. J. Gaddis in Osteopathic Magazine.

Because by that same star and sacrament,
He taught humanity his love to know.
His name was Christ.
—James Marshall.

The foregoing paragraphs bear an analogy to the life of every sincere Osteopath, and, as you re-read the paragraphs above determine how you, as an individual, measure up to the standards set forth.

Personals



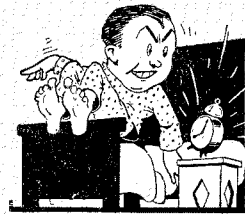
Dr. Louis Kuchera of Albert Lea, Minnesota, has been a visitor in our fair city the last few days.

Dr. Ruth Smith, graduate of the K. O. C., is taking some P. G. work in obstetrics.

Big Moco Elsea is holding down the P. S. G. house and states that each mail brings many requests for various and sundry articles of clothing and tonsorial equipment that the brothers forgot in the haste of their departure. Jacobs and Cummings are keeping him company during his long vigil.

Wadkins and Nowln, assisted by Bob Ross are keeping the weeds down at the ITs house. Lute Drabbing has been giving considerable assistance.

Paul Park, Doyle and a number of the other members have been working hard getting the new Atlas home ready for the boys when they come back next fall.



Conn and Jamisen have been kept of the jump with the O. B. clinic. Clyde says that to date all the cases he has attended have been "false alarms" but judging from the list that is due during the next two weeks, between thirty and forty, he will have his hands full. There are quite a few registered for this clinic this summer and everyone is getting excellent work.

Rosemary and Mrs. K. M. are standing the heat and rains fairly well and are considerably rushed answering prospect letters.

An un-official communication stated that everyone had passed the Ohio Board. We sincerely hope that we receive a verification of the report.

We have not heard from many of the students as yet, as to their summer activities, so get busy and let us know what you are doing and where you are doing it.

REGISTER AT BOOTH "D"

I'll never think of this old earth
As lacking utterly in worth
So long as in some garden close
I still can find the budding rose—
Beauty and fragrance all combined
In one rare flower of grace, and kind
To every passer-by with wit
Enough to pause and joy in it.
—John Kendrick Bangs.

Cupid Busy

Since graduation, two of the members of the graduating class have entered the matrimonial fold and taken unto themselves a better half. Drs. Frank Irwin and Tracy Akens are the lucky gentlemen and it is hoped that in the near future the Log Book will be able to give more specific details on the two romantic events.



Floyd Lindblom of the Junior A class and Miss Pauline Woodmansee, daughter of Dr. J. O. Woodmansee, D. O. of Des Moines, have announced Wednesday, June 16th, as their wedding day. Mr. and Mrs. will leave on a wedding tour, planning a return in time for the opening of the fall term.

Sherwood Nye left last week for his home in Detroit, Mich., with the avowed intention of returning in the immediate future with his chosen one. Tell more about that later.

Who's next.

Corporate Board Meet Well Attended

(Continued from page 1)
the laboratory and other departments.

Never before in the history of the college has such an optimistic and enthusiastic atmosphere been prevalent at the meeting of the board. Everyone radiated good will and expressed themselves most heartily in commendation of the past year's work and accomplishments of the officers and the board of trustees.

Arrangements Complete For Record-Breaking A.O.A. Meet

(Continued from page 1)
ing. Dr. Evelyn R. Bush of Louisville, in her capacity as program chairman has arranged a highly attractive lineup for the meeting.

The vacant periods on the general program will be taken up as usual with the various fraternal and sorority meetings, luncheons and "get-to-gethers." Many interesting side trips have been planned by the committee and with the evening social functions, those attending the convention will be kept on "the go" from morning till night.

The creator is greater than the created; the artist is greater than his picture; and you cannot know God until you know His works through nature.

A rude awakening is the finale of a soft job.

Valleys and Children

Hills and sea floors tell interesting tales, but valleys speak a more intelligible language, says Louisa Burns, M. S., D. O., in the Osteopathic magazine. The Grand Canyon of the Colorado illustrates the marvelous power of erosion by water during centuries of time. In Utah there is a broad and fertile valley bounded by shelf-like terraces on the mountain sides. These shelves are the shores of ancient Lake Bonville, never seen by human eye, but described to us by the structure of the valley and by the shells of the salt-water animals and the fresh-water animals which occupy the alternating shore lines, still visible in the terraced mountain sides which bound the valley.

In much the same manner structural changes in the human body tell a certain story of the past. Knob-like masses on the ends of the ribs, a depression along the side of the breast bone, a keel-shaped chest and other structural peculiarities tell of a childhood lacking in sunshine and in proper nourishment. Certain curvings of the spinal column tell of depletion of alkali reserve of the body in childhood; other types of spinal curvature tell of long-continued hip bone lesions. A peculiar gait, an odd twist of the shoulders, these things tell very plainly of inequality in the length of the legs, of bad habits, of carrying heavy loads or of sitting in improperly selected desks or chairs, or of other unwise conditions of childhood.

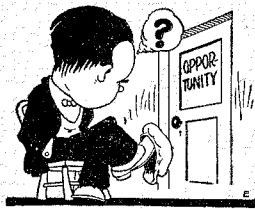
These structural peculiarities can be changed and the health of the child be greatly benefitted by the correction of such lesions early in life and by avoiding the causes of them afterwards. But the persistent use of the improper desks, of carrying too heavy loads, or living with too little sunshine and of other incorrect customs finally leaves an incurable defect of body and a tendency to certain diseases later in life.

Are You "Level-Headed?"

You have perhaps glanced in the mirror half a dozen times today to see if your hair lay properly or if your powder was on straight, but have you ever looked to see if your head was on straight? Maybe the last time you went to the photographer's he finished posing you by tilting your head at what seemed to be a most awkward and strained angle, but when the pictures came out you found yourself upright enough instead of looking like the dog in "His Master's Voice" as you expected. Or, possibly, you are aware of the rakish angle at which you carry your "upper story" and pride yourself in a certain pert cockiness which it imparts to your bearing.—Dr. H. I. Magoun in Osteopathic Magazine.

**ALUMNI LUNCHEON
THURSDAY NOON**

Are You Looking For a Location?



Dr. C. Rassmussen of Fairfield, Iowa, writes that there is an excellent location available at Maquoketa, Iowa. Maquoketa is the county seat of Jackson county and has a population of 4,000. Dr. Rassmussen practiced in this city for ten years and since leaving no other D. O. has come in. This should make a good starting point for some recent graduate.

Indiana affords a good opportunity at Valparaiso, a city of eleven thousand inhabitants, according to a letter received from Frances P. Goodwyn, of 553 Garfield Avenue. There is one Osteopath in that city at the present time but adequate room for more. Any one interested in this location or who desires further information, write to the above address.

There is an excellent opening at York, Pennsylvania, for a lady Osteopath in the practice of Dr. Rachel E. Walker, who passed away last April. The Doctor enjoyed an excellent practice and had been in that location for a number of years. There are several very successful Osteos in York but no women. The majority of Dr. Walker's patients demand a woman physician, hence the opening. Anyone interested may write to Miss Amelia McGlaughlin, 48 S. Duke St., York, Pa.

The practice of Dr. H. F. Ludwig, of Parker, South Dakota, is available as the doctor is going to the coast after practicing in this location for seventeen years. Parker has a population of over 1,500, no other D. O. in the county. The practice runs half acute and half chronic, and he states that he is doing considerable minor surgery and obstetrics. Write the doctor direct if interested.

After twenty-five years of active work, Dr. Chas. F. Frazer of Escondido, Cal., is retiring and wishes to dispose of his practice. He has been in this location for the past ten years. Escondido has a population of about eight thousand and is located thirty miles from San Diego. Write the doctor for further particulars.

Dr. F. W. Mossmyer, of 506 Neave Building, Cincinnati, O., has a new "Electrophone," a machine for the treatment of nerve deafness, which he wishes to dispose of in the near future. Any one interested in the machine, write to the doctor at the above address.

Some folks' words are like race horses: the less weight they carry, the faster they go.

20 New Mic's For Laboratories

Twenty of the latest model Bausch and Lomb microscopes have been ordered by the board of trustees for immediate delivery. This addition to the new scopes purchased last year will give the laboratory department practically all new microscopes. This is but one item in the list of new equipment that has been ordered by the board.

REGISTER AT BOOTH "D"

People Should Walk



Walking is an art that most men and women are able to acquire or recover, and without serious trespass upon the vocations of life, if only they do not yield to the softness of modern comforts and convenience of wheels. The women who in certain parts of the world still carry their burdens for miles on their heads have kept a carriage which queens must envy. The men who walked or ran in the primitive chase had a physical development which 10,000 years of civilization have not improved upon.

Walking is the one universal art to save the race from physical degeneracy. Millions are daily yielding to temptation of wheels when they would be better off physically, not to say financially, if they accepted the transportation of their own feet.

AIN'T MEN AND WOMEN QUEER?

"Call a girl a chick and she smiles. Call her a hen and she howls. Call a young woman a witch and she is pleasant; call an old woman a witch and she is indignant. Call a girl a kitten and she rather likes it; call a woman a cat and she hates you. Women are queer.

"If you call a man a gay dog, it will flatter him; call him a pup, a hound, or a cur, and he will try to alter the map of your face. He doesn't mind being called a bull or a bear, yet he will object to being mentioned as a calf or a cub. Men are queer, too."—Exchange.

THE CLOCK OF LIFE

The clock of life is wound but once,

And no man has the power
To tell just when the hands will stop—

At late or early hour.
Now is the only time you own;
Live, love, toil with a will,
Place no faith in "tomorrow," for
The clock may then be still.

Advice to young mothers: The best thing for a fretting baby is a bust in the mouth.

Causes of Stomach Ulcers

Ulcers of the digestive tract can be cured, but it is much more sensible to prevent them. One cannot continue to overeat, become constipated, overworked, or wearied without inviting trouble, and ulcers are among the most common results. If long neglected they may become serious matters.

There are other predisposing causes—congestion in the duodenum, stomach, or other part of the long tract; a dropping down of the parts so as to interfere with the drainage and blood supply; a disturbance in the part of the spine which controls that segment.—Dr. G. J. Gaddis in Osteopathic Magazine.

Value of Training

"Every time you make a boy a trained worker," a prominent banker remarked, "take him out of the unskilled class and put him into the skilled class, you more than double his earning and producing power. For that reason," he said, "the money we put into education is the best investment on earth."

We are spending more money on our penal institutions than we are spending on education. We are faced, too, with the appalling fact that nearly three-fourths of those confined in the penal institutions of our country are under twenty-one years of age, young people who should just be starting out on their life careers; and we must not forget that "the finest prison conceivable is only a monument to neglected youth."—Selected.

Cheerfulness is a tonic for the mind and body. It has a directly beneficial influence upon the blood, nerves, and physical organs. Cheerfulness is a valuable business asset. It is one of the greatest forces in winning and keeping friends. Cheerfulness, the co-partner of optimism, radiates confidence and enthusiasm wherever it projects its penetrating power. Cheerfulness is the antidote to worry, fear, discouragement, perplexity, and discord. Cheerfulness gives mental alertness, serenity of mind, and broadened sympathies. Cheerfulness brings contentment and tranquility, safeguarding its possessor from inordinate ambition, and the mental strain of haste and anxiety. Daily affirmations of cheerfulness build life and vigor.
—Glenville Kleiser.

HIS GENEROUS BEQUEST

"I hear that Jones left everything he had to an orphan asylum."

"Is that so? What did he leave?"

"Twelve children." — Patton's Monthly.

Ability to lead must be preceded by ability to follow.

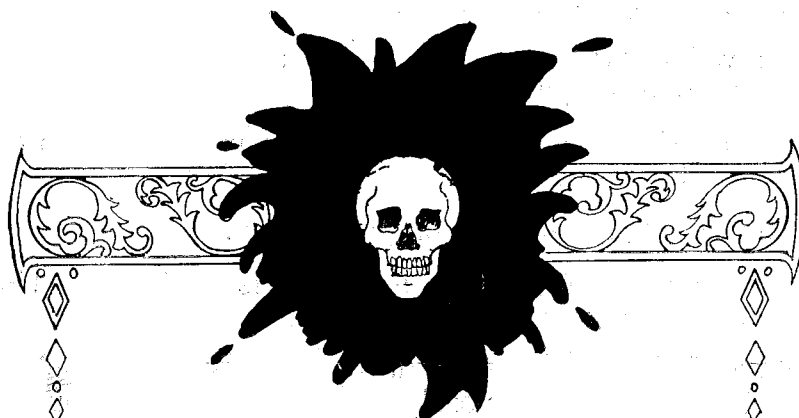
No human being can rank first in everything.

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

THE Log Book

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

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



THE
STILLONIAN
of
1926



OUR CONVENTION LOG BOOK AND LITTLE STILLONIAN proved so popular last year that we feel future copies are desirable. Hence this, our 1926 offering.

Crowding pages three and four you will see our faculty. On the job every day of the school year at your service.

May we introduce our trustees on page five. We know you will recognize old friends there.

Just a word or two about the faculty and school work they help to put over on page five.

Dr. Ella Still contributed the text on page six. No one knows Still College better.

Some information for you on page seven.

The spread on pages eight and nine is explained. How many do you recognize?

The class schedule as given on page ten may be changed slightly, but we adhere closely to this plan throughout the year.

A few views about the college on page eleven.

For brief information relative to athletics and organizations turn to page twelve.

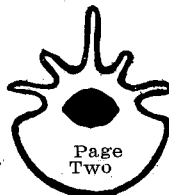
Notice the two healthy groups on page thirteen. Unlucky for some teams we know.

Do not fail to read page fourteen. Some new news about the hospital.

A view of the hospital as it is today. In contrast to its quietude notice the picture below on page fifteen.

Our city is last. Its facilities are many. Its disadvantages few. Des Moines offers us more than we ask. The same welcome awaits you.

Write us for complete catalog and information.



STILKONIAN

D. M. S. C. O. FACULTY



DR. C. W. JOHNSON
B. S., D. O.



DR. C. F. SPRING
B. S., D. O.



DR. E. E. STEFFEN
B. S., D. O.



HUBERT UTTERBACK
A. B., LL. B., LL. M.



DR. MARY GOLDEN
D. O.



DR. R. B. BACHMAN
D. O.



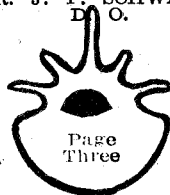
DR. A. B. TAYLOR
D. O., M. D.



DR. J. P. SCHWARTZ
D. O.



DR. J. M. WOODS
D. O.



STILKONIAN

D. M. S. C. O. FACULTY



MR. FRANK SUTTON
A. B. A. M.



DR. H. V. HALLADAY
D. O.



MISS AVA L. JOHNSON
B. S., M. Sc., B. Sc., H. Ec.



DR. B. L. CASH
D. O.



DR. L. L. FACTO
D. O.



EDMUND APLEYARD
B. S., M. Sc.



MRS. K. M. ROBINSON
Secretary



MISS ROSEMARY KURTZ
Asst. Secretary



STILKONIAN

D. M. S. C. O. TRUSTEES



(1) DR. BERTHA CRUM (2) MRS. K. M. ROBINSON, Secy.
 (3) DR. E. E. STEFFEN Treasurer (4) DR. C. W. JOHNSON President (5) DR. J. P. SCHWARTZ Dean
 (6) DR. R. B. BACHMAN (7) DR. H. V. HALLADAY

Still College Clinic

Clinical facilities are unexcelled in the city of Des Moines. Ample material along all lines enables the student to actually be in attendance at all types of the more common conditions. Our organization for the care of the athletic type of injury and in the training of athletes is complete, this work being done in connection with the city schools and various colleges in Des Moines.

The hospital offers a great variety and quantity of both major and minor surgical clinics and students are always in demand in the care of bedside cases.

Below we list briefly the results of our clinical activities during the past twelve months.

Osteopathic Treatments (given in the college).....	45,000
Athletic cases cared for at the various schools.....	6,000
Obstetrical cases (each senior in attendance at seven deliveries)	162
Hospital Clinics	1,850
Bedside Treatments.....	3,000



Historical Sketch

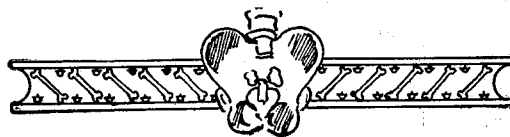
By DR. ELLA STILL

IN THE SUMMER OF 1898 there came to Des Moines a group of people who were imbued with the desire to spread the gospel of Osteopathy and to choose for that purpose a place which should afford all the advantages necessary. They had decided that two of the essential things could easily be obtained in Des Moines—unlimited clinical material and employment for those who wished to work in order to help meet their expenses. The first year the school was conducted in a reconstructed building just opposite the school grounds. In the fall of the second year, a very joyous faculty and student body took possession of the structure which now houses the Des Moines Still College.

Those who were instrumental in starting this school were Dr. S. S. Still, nephew of the "Old Doctor", Dr. Ella Still, Col. and Mrs. A. L. Conger, Dr. W. L. Riggs and Dr. Helm. To this group were soon added many more, who were well known in the Osteopathic world, and thus was formed a faculty which ranked among the best. The College was named the Dr. S. S. Still College of Osteopathy. The only one to bear the name of STILL. The growth of the institution was phenomenal.

In a short time it absorbed the Milwaukee, Northern, Fargo and Southern colleges of Osteopathy. It was the first college to confer the degree Doctor of Osteopathy. Up to that time the graduates were known as Diplomats. It is interesting to know that every instructor was a thoro Osteopath and in every class the subject was emphasized. One could write volumes on the early days of this college and then not tell of all the wonderful things accomplished. I should like to name all those who were associated with us but space forbids; suffice to say that there was never a group, faculty or students, more enthusiastic, all working together for the advancement of the science.

The good work started in 1898 is still being carried on in the Des Moines Still College. May there be no wavering of faith; may we not lose sight of the fact that we owe much to Dr. A. T. Still, who had his dream come true—the benefits of which we share.





DES MOINES—THE CITY OF CERTAINTIES, capitol of the great state of Iowa, a city with a population of 150,000 offers you every facility for success during your college course and assurance of efficient Osteopathic training.

Nine main trunk lines into the city insure you of excellent transportation facilities.

The city's industries offer you part time employment so that you may help to make your way through college.

The size of the city insures clinical material of all types. Osteopathy is not lost in Des Moines.

An experienced faculty offers you expert instruction in all subjects.

The student body stands ready to aid you in every way possible. A spirit of friendliness and warm welcome awaits you.

SCHOOL CALENDAR

Registration	September 7-8, 1926
Fall term begins	September 9, 1926
Commencement	January 20, 1927
Second term begins.....	January 24, 1927
Commencement	May 26, 1927

TUITION

The tuition charge for the year will not exceed two hundred twenty-five dollars. This to include all fees usually considered as special fees. There are no extra fees at Des Moines Still College.

Comparative Courses in Medical Branches as Taught in Class "A" Medical and Osteopathic Colleges

	Medical	Osteo- pathic		Medical	Osteo- pathic
Anatomy	749	975	Practice of Medicine.....	325	372
Physiology	284	285	Preventive Medicine	53	60
Bacteriology	156	160	Gen'l Clinical Practice....	325	365
Pathology	399	271	Obstetrics	190	196
Chemistry	298	330	Gynecology	78	166
Dietetics	0	34	Eye, Nose, Throat.....	134	161
Jurisprudence	16	19	Pediatrics	171	113
Chemical Therapy or			Surgery	643	455
Physical Therapy	200	404	Elective	252	88
Diagnosis	17g	249			
Psychiatry	47	52	Total Hours	4495	4755





Des Moines Still College of Osteopathy





Pathology, Student Body, 1925-26



SCHEDULE OF CLASSES

FIRST YEAR—First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Chemistry, Inorganic.....	Prof. Frank Sutton
Histology.....	Ava L. Johnson
Biology.....	Dr. L. L. Facto
Bacteriology-Embryology.....	Ava L. Johnson

Second Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology I.....	Ava L. Johnson
Chemistry, Organic.....	Prof. Frank Sutton
Histology.....	Ava L. Johnson
Bacteriology-Embryology.....	Dr. A. B. Taylor

SECOND YEAR—First Semester

Anatomy, Descriptive.....	Dr. H. V. Halladay
Physiology II.....	Ava L. Johnson
Theory of Osteopathy.....	Dr. C. F. Spring
Pathology I.....	Dr. E. E. Steffen
Chemistry, Physiological.....	Prof. Frank Sutton

Second Semester

Anatomy, Descriptive.....	Dr. J. M. Woods
Pathology II.....	Dr. E. E. Steffen
Principles of Osteopathy.....	Dr. C. F. Spring
Physiology III.....	Dr. C. W. Johnson

THIRD YEAR—First Semester

Anatomy, Applied.....	Dr. H. V. Halladay
Symptomatology (Infectious Diseases).....	Dr. C. F. Spring
Laboratory Diagnosis.....	Dr. B. L. Cash
Pathology III.....	Dr. E. E. Steffen
Osteopathic Technic.....	Dr. J. M. Woods

Second Semester

Obstetrics.....	Dr. R. B. Bachman
Nervous Diseases.....	Dr. C. W. Johnson
Osteopathic Therapeutics.....	Dr. E. E. Steffen
Gynecology.....	Dr. C. W. Johnson
Physical Diagnosis-Orthopedics.....	Dr. H. V. Halladay
Junior Clinics.....	Dr. H. V. Halladay

FOURTH YEAR—First Semester

Surgery I, Principles.....	Dr. J. P. Schwartz
Nervous and Mental Diseases.....	Dr. C. W. Johnson
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
Obstetrics.....	Dr. R. B. Bachman
Osteopathic Therapeutics.....	Dr. E. E. Steffen
Dietetics-Pediatrics.....	Dr. Mary Golden
Physical Diagnosis-Orthopedics.....	Dr. H. V. Halladay
Senior Clinics.....	Dr. C. W. Johnson

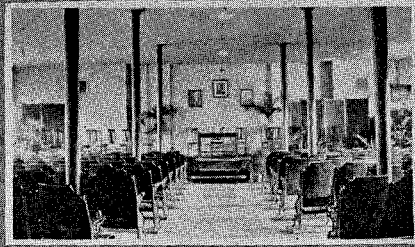
Second Semester

Surgery, Operative.....	Dr. J. P. Schwartz
Psychiatry.....	Dr. C. W. Johnson
Urology and Proctology.....	Dr. J. P. Schwartz
Medical Jurisprudence.....	Judge Utterback
Applied Osteopathy.....	Dr. J. M. Woods
Dietetics-Pediatrics.....	Ava L. Johnson
Eye, Ear, Nose and Throat.....	Dr. A. B. Taylor
X-Ray and Electro-Therapy.....	Dr. B. L. Cash
Senior Clinics.....	Dr. C. W. Johnson
Laboratory Technician.....	Esmund Appleyard

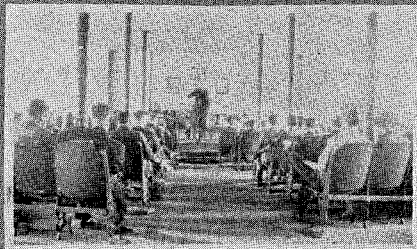
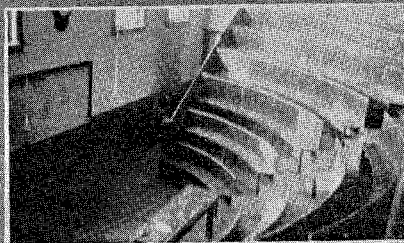
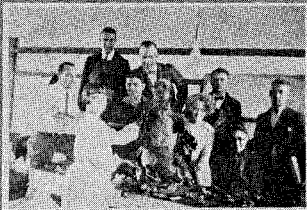
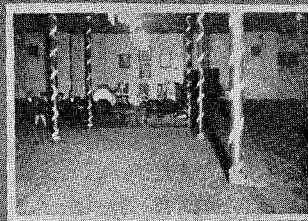
Laboratories under the direction of the head of each department are conducted in the afternoons in the following subjects: Biology, Histology, Chemistry, Bacteriology, Embryology, Physiology, Pathology, Anatomy, Technic, Gynecology and Clinical Diagnosis.



STILKONIAN



Halls of Lornin



Athletics

D. M. S. C. O., as the college is spoken of by the students, participates in all major athletics. Under the mentorship of Coach Frank Sutton, the college has acquired an enviable reputation throughout this section of the country for turning out hard-fighting, square, clean athletic teams. Football, basketball, track and baseball are the four major sports in which "Still" participates. Besides the athletic teams, every student has an opportunity to participate in whatever athletic diversion they prefer. Golf and tennis courts are found in every section of the city and the students participating in these sports have plenty of keen competition.

One of the most popular features of athletics is an annual inter-class track and field day. All the Classes prepare for some time previous for these events, and the friendly rivalry in competition makes a worth-while holiday.

The prospects for winning teams during the coming year are very bright. Numerous college and high school stars have already announced their intention of entering the college this fall.

1926 Football Schedule

September 25.....	Parsons College
October 1.....	Haskell Indians
October 8.....	St. Ambrose College
October 16.....	Central College
October 23.....	Trinity College
October 30.....	Buena Vista College
November 5.....	Kirksville
November 11.....	Iowa Business College
November 13.....	St. Thomas
November 20.....	Jackson College
November 25.....	Tabor College

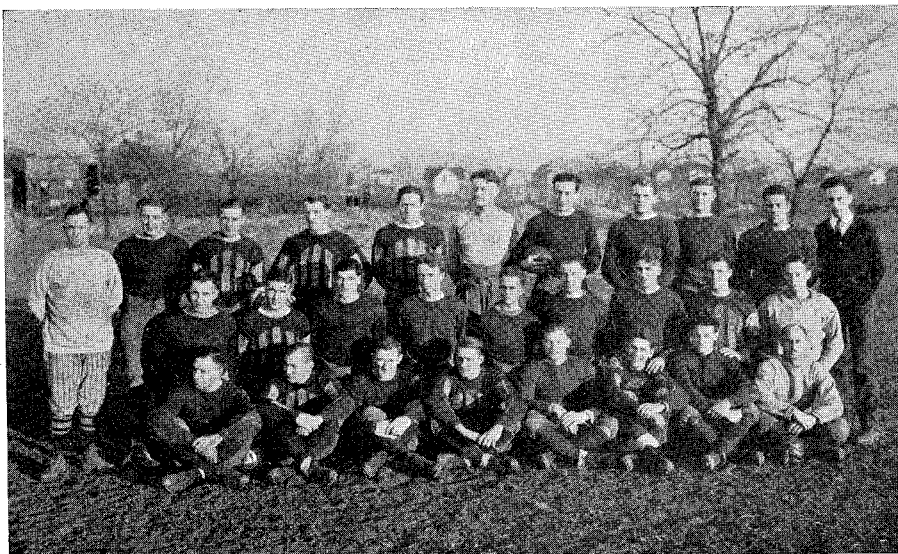
Organizations

There are numerous organizations in the college of an academic and social nature. Men's fraternities represented are the Iota Tau Sigma, Phi Sigma Gamma and the Atlas Club. The sororities having chapters in the college are the Delta Omega and the Alpha Xi Iota Sigma. Des Moines Still College is the home of Beta Chapter of Sigma Sigma Phi, national honorary Osteopathic fraternity.

In addition there is the Masonic Club, the "S" Club, athletic organization, various state clubs, musical organizations and the class group.

Through the activity of these organizations the social life of the college is maintained. Numerous parties, dances and other events fill the calendar throughout the year and assure the student of adequate recourse from academic staleness.





THE FOOTBALL SQUAD AND CAGE GANG



The Des Moines General Hospital

The institution has been under Osteopathic control for the past seventeen years and today is the only Osteopathic hospital in the state of Iowa. The present scope of the Des Moines General Hospital is a very broad one. Every recognized therapeutic method is thoroughly covered. The laboratories for diagnosis are unexcelled. The clinical laboratories cover all reliable methods of examination, including blood and urine chemistry, basal metabolism, serum reactions and tissue diagnosis. Physio-therapy equipment is up to date and complete. X-Ray treatment is covered completely and radium therapy is used where indicated. The hospital owns sixty milligrams of radium.

The upper classmen of Still College soon learn to appreciate the value of a hospital associated with the college. The surgical clinics are held at the hospital each Tuesday, Thursday and Saturday. Senior students are privileged to attend regularly to observe and to assist in all kinds of surgical operations. During the year 1925 over 1,850 patients were operated upon in the minor surgical clinics. These operations consisted of circumcisions, removal of small tumors, opening of abscesses, turbinecomies, sub-mucus resections, drainage of sinuses, removal of polypi, adenoidectomies, tonsilectomies, and hemorrhoidectomis by different methods. In the major surgical clinics students have witnessed nearly every type of major operation.

The obstetrical department brings in numbers of patients so that the students are taught how to conduct a delivery in the hospital.

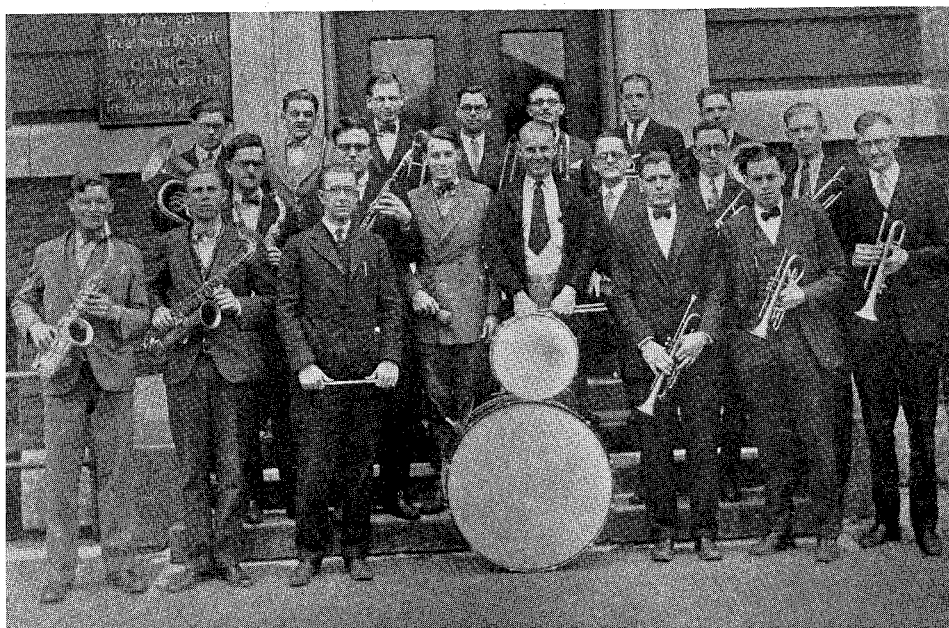
Senior students are entitled to have X-Ray and laboratory work done on their patients in the clinic for one-half of the regular charge. No student of the college need to ever neglect diagnosis inasmuch as all facilities for examination under competent supervision are always at hand.

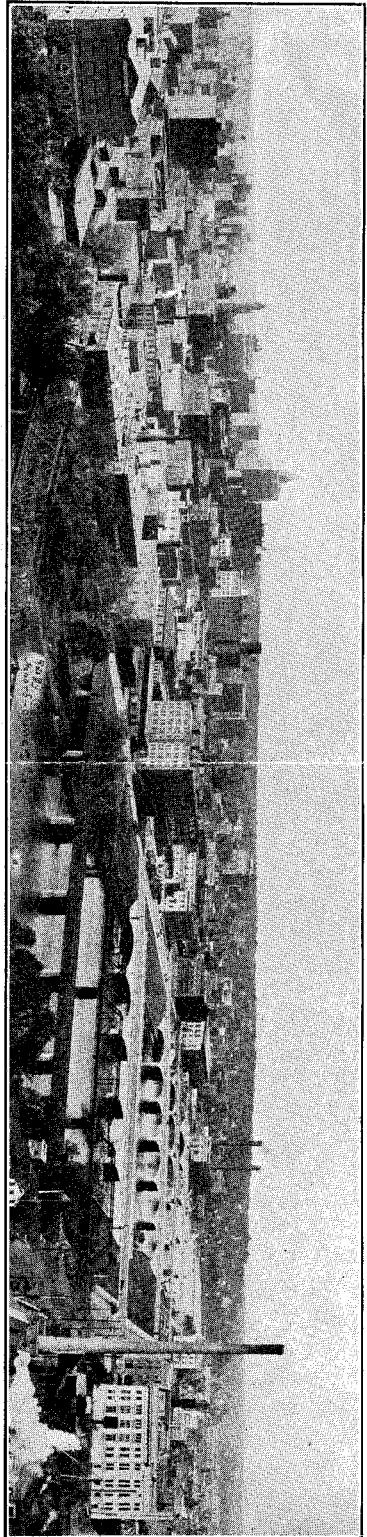
The hospital is invaluable to the students of Still College in preparing them for the future. The scope of osteopathic practice is greatly broadened by hospital affiliation. It's practitioners are fully versed in hospital care and ethics when they graduate from the Des Moines Still College of Osteopathy.





THE DES MOINES GENERAL HOSPITAL AND STILL COLLEGE BAND





DES MOINES—"THE CITY OF CERTAINTIES" Extends to You a Hearty Welcome

DES MOINES

- Has more than 400 factories employing upwards of 10,000 persons.
- Factories ship merchandise to all quarters of the globe.
- Offers the utmost in retail shopping facilities within its trading area.
- Banking institutions numbering twenty-six, reported 86 million dollars deposit.
- Has over fifty home-office insurance companies of all types—more than any other city in the world.
- Has 110 churches representing all denominations.

DES MOINES

- Is the center of Iowa's motor industry. State automobile registration 600,000 or one car for every 4 persons.
- Is a primary railroad center with nine systems and nineteen radiating lines steam and electric.
- Freight tonnage approximately 2,500,000 tons annually. Over 200 merchandise cars with package freight leave Des Moines daily.
- Is the heart of the north-central Iowa coal fields, employing over 4,000 miners and producing some 2,500,000 tons of coal annually.

DES MOINES

- Is an outstanding publishing center, ranking twenty-sixth in postal receipts with \$2,582,213 in 1923. Fifth place in second-class mail matter.
- Is on the route of a number of national highways and has paved thoroughfares leading out many miles in every direction.
- Has accommodations for its numerous conventions evidenced by the 2,600 guest rooms in the 40 leading downtown hotels.
- Has a number of institutions of higher learning with a yearly enrollment exceeding 6,000.

DES MOINES

- Leads the nation in percentage of home-ownership, according to the last Federal Census—51.1%.
- Has under way a \$7,000,000 school building program which insures the utmost in educational advantages. School enrollment over 29,000.
- Splendid array of apartment buildings ranging from hotel types to the strictly residential variety, are excelled in no city of the nation.
- Has over 800 acres of parks and playgrounds, valued at over \$1,500,000. Amusement houses of high grade offer varied entertainment.

DES MOINES

- Entertains state, national and world conventions. Attendance on a one-day basis, exclusive of the Iowa State Fair and other fixed events, approximated 300,000.
- Stands first in a list of 72 leading cities of the country in freedom from typhoid according to U. S. Public Health Service.
- Offers through the city and State libraries over 350,000 volumes for research and fiction for general use.
- Has six well-equipped hospitals in addition to one belonging to the city, a county hospital and a number of private institutions.



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