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THE LOG BOOK

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

Volume 8

JUNE 15, 1930

Number 1

Publicity

I have just returned from a six thousand mile trip over the Western Circuit, and the month previous to that, made a trip to San Antonio, Texas, to meet with the state convention there. In both of these trips the publicity was wonderful. We often hear complaints made from different sections of the country on this very subject, but it is my opinion that the thing was not properly handled from the beginning.

Take the Texas meeting, for instance. While I was there only two days, I met personally three reporters and not only talked to them about the write-up, but they were all sold on the Osteopathic idea and while I was not surprised to learn it, I found out that many of the boys on the papers take treatments regularly.

Those of you who are treating patients associated with the newspapers should take advantage of this contact to see that Osteopathy gets its part of the publicity that is being given to the field of therapy. We had 191 inches of space in the papers in the South at the time of the Texas Convention. Drs. Peck and Peck handled it and they were on the job. It takes one person's time to do a thing of this sort right. Personal contacts must be made and the stuff ready in part for the boys on the papers.

At Coronado, Calif. the newspapers carried everything. The San Diego papers were generous. They carried pictures and special articles about everything on the program and the whole thing was handled well.

The convention at Salem, Ore. was not large but the papers used pictures and were free with space, too. At Spokane, Washington, we had everything. Three reporters were on the job at the convention almost all the time and several special photographs were taken that appeared in the local papers. Another feature that was a wonderful service was that an AP man was there every day and sent items out over his wire to the papers all over the Tri-State region. May I add here that the ground had been prepared and all of these reporters were already sold on the Osteopathic principle. I had personal interviews with all of them and they can talk Osteopathy better than some of our practicing physicians. It was a real delight to talk with the boys and one of the girls who were on the job at Spokane.

This promises well for the con-
(Continued on page 3)

Western Conventions Big Success

Dr. H. V. Halladay has returned from a tour of the Western Osteopathic Circuit, which included conventions in Coronado, Calif., Salem, Ore., Spokane, Wash., Salt Lake City, Utah and Colorado Springs, Colo. He reports excellent meetings at all places and we regret very much that we have so little room for a report.

Sigma Sigma Phi Hold Banquet For Grads



The semi-annual Sigma Sigma Phi banquet in honor of graduating members was held at Youngers banquet room, Tuesday evening, May 20th, at 6:00 o'clock p. m.

A very pleasing banquet was served, after which each graduating member made a few remarks. Several field men were present and we were very much inspired by their encouraging remarks.

President Gill was elected as fraternity representative at the National Convention at Philadelphia this summer.

The annual banquet of the Grand Chapter will be held at the Arcadia Cafe in Philadelphia on July 9, at 12:30 p. m.

We hope all members attending the convention will lunch with us at that time.

A Good Opportunity

Word has just been received that F. Frazer, Box 543, Escondido, Calif., wants to sell his practice.

Mr. Frazer has practiced in San Diego for fifteen years and in Escondido for the past fifteen years. He now has a fine practice but he is 75 years old and wants to retire, that being the only reason he would consider selling at so low a figure—only \$600.00 Cash—no terms.

Mr. Frazer also has a fine six room house in a good location, which is fully furnished.

This offer requires immediate action.

Three Seniors Go To Detroit

Three members of the senior class just graduated from Des Moines Still College, have been selected as internes at the Detroit Osteopathic Hospital at Detroit, Mich.

Beginning July 1st, Drs. Myron Monger, Harry Skinner and Norman Weir will enter the above mentioned hospital for one year's interne work.

Word has just been received that Dr. Sherman Meyer opened his office at Emmetsburg, Pa., June 5th.

To these doctors we extend our heartiest congratulations and wish them success.

Assembly, May 23, 1930

This being Senior Day, the entire senior class was seated upon the stage. We are compelled to say that they were a very fine looking group and we regret very much that this will be their last appearance as students in our midst at assembly.

After two numbers by the band, Dr. Schwartz presented the special awards given by the school, as well as Sigma Sigma Phi. The school awards were as follows: For 800 treatments or more, the following men were awarded, Norman Weir, Norman Welch, Harry Skinner, Sherman Meyer and Victor Reeder. The awards given by the Obstetrics Department were received by Benton Kinter, Norman Welch and Owen Taylor. The Pediatric Department awarded Sherman Meyer. The anatomy awards were given to Ernest Faus, Robert Herrick and Ralph Lang.

The medal offered by Dr. Marshall each semester was awarded to William Clark.

The awards offered by Sigma Sigma Phi for proficiency and service were won by Sherman Meyer and Owen Taylor, respectively.

The Sigma Sigma Phi athletic awards were presented by Nick Gill, president of the organization. The baseball trophy going to the Iota Tau Sigma fraternity and the golf cup to the Atlas Club as a permanent possession, the Atlas Club having won the cup for two consecutive years.

Several novelty numbers were presented by an instrumental trio, one of which was our Joe Devine, who has gained much popularity as a banjo artist throughout the city.

Our local Jean Austin, in the
(Continued on page 3)

Commencement Program

On May 29, 1930, forty-one men and one woman were graduated from Des Moines Still College of Osteopathy.

The very unique commencement program was held in the auditorium of Hoyt Sherman place. The graduating members marched from the rear lobby, via the center aisle, the march being played by Miss Marguerite Kahl.

After the class was seated upon the stage, Dr. M. E. Bachman gave the invocation. Immediately following the invocation, Mr. Tom Weatherwax rendered two vocal numbers, "Bedouin Love Song" and "Macushla".

Dr. Johnson then presented Rev. Arthur A. Brooks, pastor of Grace M. E. Church of Des Moines, who delivered the Commencement address. In his excellent address Rev. Brooks brought out and emphasized many of the interesting points concerning the history and development of Osteopathy. Rev. Brooks having had a personal acquaintance with Dr. Still and the members of his family, made the address even more interesting.

After the address, Mr. Tom Weatherwax presented three more vocal numbers, "I Want to be Ready", "Run, Mary, Run" and "A Tragic Tale". He was accompanied by Miss Kahl at the piano.

Dr. Swartz next presented the graduating members to Dr. Johnson, who conferred the degree Doctor of Osteopathy on the following:

Susan B. Bruder, William W. Clark, John E. Cochran, Joseph
(Continued on page 3)

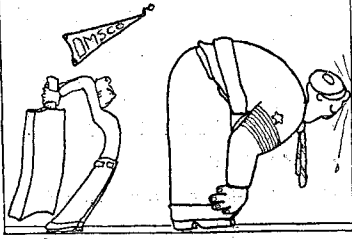
Square & Compass Hold Final Banquet of Year

On Saturday night, May 24th, the Still Square of Square & Compass held their honorary senior banquet at the Nanking Cafe.

As this was the fourth or fifth banquet of the week for many of our senior members, they were excused from their customary remarks and were allowed to sit back and listen to a very fine after-dinner speech by Rev. James Brett Kenna, pastor at the First M. E. Church of this city.

We are very proud of our graduating members and feel sure that they will all be successful Osteopathic physicians.

FRATERNITY NOTES



ATLAS CLUB

With the passing of the school year the house has been emptied of all but a few. Bobby Homan, Joe Wynn, Ken Ward, and Larry Boatman are staying on, but at best the old house still seems "like home, when mother's away".

To the list of those who came, saw and were conquered, we add the names of Don Hughes, Duke Wire and Cris Fedson. May we extend our sincere regards for the future happiness of these Brothers.

It was with a great deal of pleasure that we welcomed Bro. House of the Kirksville chapter as our guest during the past State Board examinations.

We extend an invitation to all Brothers of other chapters passing through the city to visit the house, and we pledge our heartiest welcome.

Bro. John Anderson will act as official representative of Xiphoid Chapter at the meeting of the Grand Chapter in Philadelphia during the National Convention.

The annual Atlas Club banquet will be held at the Bellevue Stratford Hotel in Philadelphia on Wednesday, July 9th at 8:00 p. m. We hope that all the Brothers who attend the convention will make a special effort to be at the banquet, as we are positive every one will have a great time.

Word has been received from Bros. Ken Moore and Harry Taylor. Ken says he was welcomed home by the Warren brass band after making an extensive tour of Wisconsin, Michigan and several other foreign countries. Harry writes that he is very busy making practice greens so the golfers of St. Paul may improve their game.

IOTA TAU SIGMA

Once again we're back in the sunshine of summer vacation. The Brothers have spread to their respective homes in various parts of the country. We, the few who are left to take care of the house, wish them success for their plans during the summer months.

We extend our congratulations to all of the graduates and hope to hear of or from them as they prove to the world that they are very capable Doctors.

We were very pleasantly surprised by a visit from Dr. Steninger over the first of the month. He announced his intention of practicing in Iowa.

Bro. Wigal is working in co-

operation with Dr. Lydie, formerly of Dayton, Ohio, in a hospital in Virginia.

Over the end of the month there was of course a rush and bustle as the boys separated ties, socks, etc., and packed up to leave. We shall be glad to hear from them and from field members during the summer months and we extend a cordial welcome to all and hope they will drop in and see us if they are in the neighborhood of Des Moines.

Bro. Gill has been selected to represent us at Grand Chapter meeting during the coming convention in Philadelphia.

Bro. Kinter has just returned from Lewistown, Mont., where he has been visiting Dr. Curran. Benny will return to Lewistown about Sept 1st to take over the Obstetrics, Pediatrics and Proctology departments of Dr. Curran's practice.

The boys who are staying over are busy at the college this summer with dissection, O. B. and treating patients. Dissection will be over the 18th, after which the house will be almost deserted.

Bro. L. A. Nowlin is going to take over Dr. Atkins practice at Boone, Iowa, for the summer.

Bro. Raymond Kale and Miss Kathryn Perry were married last Tuesday night at the First M. E. Church of this city. The Chapter extends to them heartiest congratulations.

Dr. Kale is practicing in Des Moines being located in the Kraft building.

PHI SIGMA GAMMA

Bros. Grau, Stritmatter, Parks and Reeves are holding down the jobs as custodians for the summer. Drop us a line and let us know how you are going.

Letters were received from Red Stewart and Hen Scatterday. Both boys seem contented.

Dave Grau is having a big time amusing the dancers of Des Moines. Nice new sax, Dave.

Jim Parks manages to bring us in some strawberries—and how they do disappear.

Dick Stritmatter is kept busy between the bookstore and O. B. cases. More power.

Dixie Reeves is back at the old drug store for the summer. Between O. B. calls and working nights, he gets a little sleep. He's trying to break Dick's freshman endurance record.

The boys wish to thank you for the way you left the house and assure you that it will await your coming this fall—as is!

Aching Feet

It is with great pleasure that we print the following clipping. Dr. Rickenbacker was graduated from Des Moines Still College in the spring of 1929:

The misery of aching feet often extends some distance from its source. They spoil many a good disposition. The cause and treatment of aching feet was the main topic at the March meeting of the King County Osteopathic

Association, held at the Dolly Madison Tea Room, Thursday the thirteenth.

Dr. Rickenbacker, who has studied with Dr. John M. Hiss of Columbus, Ohio, America's leading foot specialist, was the instructor. He gave very thorough and practical instruction on the adjustment of the bones of the feet and the strengthening of arches, in a clear and lucid manner that was very easily understood and grasped by those present. The doctor also demonstrated an improved technique for the reduction of dislocated cartilages of the knee joints. Dr. Rickenbacker has recently located in Seattle and is a valuable addition to the osteopathic profession of that city.

The Ego and Its Mate

Ava L. Johnson

The baldly physiological explanation of the psychic and emotional activities related with sex portrays energy gathering about the individual sex pattern (nervous, mental, muscular and chemical); collecting to the point of overflowing and being released. The release, whatever form it takes, affords release from tension and therefore comfort. A jealous rage is one outlet for such engorged energy. Energy has unquestionably been expended in this circumstance. The close relationship between certain religious hysteria and release of energy from around the sexual core or pattern of reaction has been scientifically established. And certainly energy in no small amount is released in such an orgy.

The human organism is so constituted that the press of environment, sounds, light, food, clothing, music, excitement, register in his make-up by generating an energy (possibly electricity, certainly something similar) which finds its most strikingly satisfactory outlet in companionship with one of the opposite sex. But the one who assumes that such outlet is limited to physical intimacies, is stultifying life and stunting his growth and outlook.

Flaming Youth Misses Biggest Thrill

To maintain that the dynamic force irretrievably drawing two humans together, tremendous power though it is, constitute all there is to human sex life is to maintain that the wiry, flimsy, utilitarian roots are all there is to the oak. Experience, observation and study show that sex energy enters into colors, and makes delightful every form of esthetic appreciation of life. The charming person on the one hand abounding in the "joie de vivre", in that spirit of interest in all things, delight in many is not one whose sex energies are cramped, denied, or vilified as a vicious impulse to be bound and cast into chains as a means to strength of character. Neither, on the other hand, and this is an

(Continued on page 3)

Sixty-six Drugs Used

When the first college of osteopathy was established, we did not "believe in" materia medica, pharmacology, surgeons, specialists, etc., etc.

Yet, in the great book of what is to be it was written that 37 years later we would have eight colleges of osteopathy and seven of them would be teaching materia medica and pharmacology.

One of them has been teaching these branches for 15 or 16 years, but through lack of advertising few of the profession have known of it. Properly advertised, this school would now be the oldest and best attended osteopathic school. If the Old Doctor could pay our schools and conventions a flying visit, great would be his surprise. Yet, we must admit, times change. The last generation has shown the greatest progress ever made in a similar period since the beginning of time.

Today osteopathy is osteopathy, surgery, and medicine.

Yet, today, as yesterday, you have your choice as to what you are to practice, and if you can cure all ailments by manipulation that is your right, just as it will always be your right.

If your competitor wishes to take special courses and branch out a bit, surely that is his right.

Los Angeles County is the osteopathic center of the world, with its great hospitals, sanitariums and institutions.

Two osteopathic hospitals valued at \$600,000 and one million dollars respectively, and under the same management, use sixty-six drugs in each institution. The drugs have all been passed upon by the physicians operating these hospitals, and have been found to be necessary. Most of them, to be sure, are used in connection with surgery.

The chances are the same drugs or similar drugs are in daily use in ALL of our osteopathic hospitals. Now would you care to refer patients to a hospital that did not use drugs?

Two Boston osteopaths, MacDonald and McWilliams, treat the cervical column ONLY. Although in rare instances they do work on the upper two or three dorsals.

We are not advising that you adopt their system in case you wish to eat with due regularity.

Osteopathy has made steady, constant progress. Some of us have progressed with the science. Others have stood still and thus fallen behind.

When we first introduced our antiseptic in 1900, we were abused loudly and with much vigor. We were denounced as pro-medical, as well as a lot of other things.

We were invited to exhibit at the first Chicago national meeting IF we would show our antiseptic skin soap! Seems ridiculous, was ridiculous. Take a look at the exhibits at any state

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The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Our Purpose

In taking over the task of editing the Log Book for the school year of 1930-31, it is our purpose to give to the students and alumni of Des Moines Still College of Osteopathy, not only the current happenings in and around the school and interesting points concerning the men in the field, but to take up and have discussed by competent men, certain practical subjects which will be of interest to all of our readers.

We shall also endeavor to keep the paper free from any type of personal advertisement in so far as we are able.

It is also our purpose to remain open for suggestions from our readers as to the type of material they would like to have put into this paper.

In closing, let us all endeavor to make this the best year in the history of Still College.

—R. K. HOMAN.

Assembly, May 23, 1930

(Continued from page 1)
person of Bernie Lowe, gave several very interesting vocal numbers, accompanied by the trio.

Hap Knowlin, president of the senior class, presented D.M.S.C.O. with a beautiful emblem, which we hope shall lead our very fine band down the streets of Philadelphia at the National Convention this summer. The class also presented the school with a nice group picture.

As a token of their appreciation of her very fine work during their time in school, the May class of 1930 presented Mrs. Innes with a picture album that she may remember them in the years to come. This album contained an individual picture of each graduating member and a space where Mrs. Innes may place some remembering words.

A fine idea which has been worked out during the last few weeks of school, was explained by Larry St. Amant. Each student was asked to procure a tag at twenty-five cents per; the funds collected to be used as a nest egg in the further development of our clinical laboratory.

The final number of the band was a march played for and dedicated to Harry Skinner, who has been a very faithful member of that organization.

Sixty-Six Drugs Used

(Continued from page 2)

or national meeting. No! Soap is NOT barred.

Unfortunately, the fellow who wishes to stand still or to slide back quite often has a loud voice and an abusive tongue, yet, we must not blame him—he simply lives up to his own feeble light.

The Old Doctor had eight or ten students in his first class, but not one of them ever equalled the old master in point of skillful technic. He 'had something.' Nor could he pass it on, even to the members of his own family. If all of us could be like the Old Doctor and could duplicate his feats, then, maybe and perhaps, we would not need hospitals, sanitariums, and schools to teach materia medica and pharmacology.

If you can cure everything from pimples to piles by manipulation, glory be! But do not abuse the rest of us who cannot match your peerless skill—The Osteopath, Oct. 29, 1929.

Publicity

(Continued from page 1)

vention when it goes to Seattle. As far as the newspaper publicity is concerned, they are all ready now. Another thing that went over big was a radio talk by Dr. Gerdine. Those folks know how to do things in the Northwest. The radio will be available when we make the trip to Seattle.

The meeting in Utah was well cared for also. We had two men on the job there and they were after items for the Salt Lake City papers. The convention in number was up to standard in percentages but on account of the small number of Osteopaths in the state, the quantity was low. In spite of this, there was something in the papers every day and no complaint should be made there.

If you are failing to get the proper publicity for your work and for your meeting, it is because you have not laid plans in advance and have not taken the trouble to put these fellows wise. Conventions are being held all over the country all the time. The ones that are getting in the papers are those that have done something to lead up to it. You cannot expect reporters to find you if you do not give them a tip as to where you are and what you have to offer.—(Dr. H. V. Halladay).

Golf isn't so bad if you play it alone, but no one but yourself is honest, and it makes it aggravating to have someone make a drive, a couple of midiron shots, and monkey around with an approach shot or two before he gets on the green while you made the green in two, and then have him tell you that his score is the same as yours when he sunk his first putt and it took you two.

The Ego and Its Mate

(Continued from page 2)

important truth the Flaming Youth generation has entirely overlooked, is that vigorous, active, enviable person the one who knows the physical as the only outlet for his continuously accumulating energy. Genius is not found among the prostitutes. It is true that some artists have trailed robes of erotic glory; but the periods of licentiousness and the periods of greatest artistic accomplishment are not one and the same. It is sinking to platitudes to add, that a rosy history is not essential to artistry. Many of the finest personalities are great creators. They scorn to dissipate their energies. But genius aside; it is true that the joie-de-vivre type of person is frequently almost neutral in his contacts. He delights equally in impersonal association with both sexes. A danger lies in this, but the abnormal extremes aside for the moment, observation shows the sex core of energy to be the dynamo of appreciation and response to environment. So far from being restricted to a rigidity of limited range of expression as is anger, for instance, sex energy is in a constantly evanescent state. It makes all human contact charming; it makes human philanthropy possible.

Sex Education Half-Baked

For there is no social worker worthy of the name who is not draining sex energy into his work. Sympathy, response, understanding of needs, desires and aspirations of others are not facets of personalities in whom sex energy is poisoned at the roots by fear and misunderstanding.

Through ignorance, and therefore fear, past generations have shrouded sex in a mystery which has accented its physical aspects. Restriction, because of this fear, unwittingly released the energy to other paths of outlet which made life delightful and meaningful. But this last important fact has passed unnoticed. A new generation, scornful subterfuge, has released the physical facts—and finds them disappointing. Unrestricted "necking" too often leaves the participants disgruntled, dissatisfied, and with a sense of having been cheated. "Is this all there is to it?" they complain. It is not. But young folks need to be taught. Sex education is still faulty because it is only half—scarcely half, there. Much, much is still missing when only the physical facts have been told.

For while it is true, just as there can be no oak without its roots, there can be no human worthy of the name without a dynamo of sex energy (which is by nature a physical mechanism). Still, its tremendous force lies not in its being, but in what it becomes.

She—Why didn't he tip his hat?

He—Because he's Scotch.

Assembly

Dr. Halladay opened the assembly with the band playing "Ung Kung Foy Ya", one of the favorite Chinese pieces. He then turned the program over to Dr. H. J. Marshall.

Dr. Marshall introduced Dr. Charter, D. D., originator of "Chartex" the new wash for mucous membrane, who addressed the students body on "Oral Care of the Mouth". Statistics were given which upheld and sustained the disease caused from neglect of the mouth. Several methods of care were given for many common etiological factors of disease from the oral cavity. The methods of care for the teeth given in the public schools are improper and inefficient today and should be corrected so as to prevent further predisposing factors for disease later in life.

Dr. Charters has devised a new systematic method for the care of the teeth which has proved very efficient and should be practiced by everyone. The technic of the new method was given with an illustrated lecture on the teeth and proper method of caring for them.

The doctor received hearty applause and his address was appreciated by all because of its value to physicians while in practice. The band closed the assembly in the usual manner, playing a stirring march.

Commencement Program

(Continued from page 1)

P. Conti, Harold H. Cudden, Roy E. Dorwart.

Ernest L. Faus, Christian H. Fedson, Herbert L. Fish, Bernard J. Fry, Robert F. Herrick, Donald W. Hughes.

Amzy A. Hull, William L. Johnson, Benton R. Kinter, Ralph R. Lang, William Wright Loker, Benjamin Lowenberg.

Sherman Meyer, Louis Myron Monger, Hollis G. Morrow, Alan Morey Nelson, Cassius Alfred Newton, L. Ashley Nowlin.

Marvin P. Ollom, LeRoy S. Parkhurst, Melvin P. Quartel Victor R. Reeder, Erwin O. Smith, Franklin Kennett Smith.

Justin Usher Smith, Harry Elmer Skinner, Fred G. Stevens, Melvin E. Sutphin, Owen O. Taylor, LaVerne A. Utterback.

Norman Dean Weir, Norman B. Welch, Milton V. Westberg, John C. Wigal, Durward H. Wire, John P. Wright.

After the conferring of degrees, Dr. Johnson read several telegrams congratulating the members of the class and the school. The graduated doctors then retired to the second floor lobby, where they received congratulations from many friends and relatives.

Visitor—I suppose the baby is fond of you?

Father—I'll say he is; he sleeps all day and stays up all night just to keep me company!

O. B. Comments

(Continued from Last Issue)

One factor worthy of consideration is the frequent abortions occurring in individuals that were considered sterile for a number of years. Is it a death of the fetus because the vitality of the half cells is so low that it is incompatible with the continuance of pregnancy, or a failure for the female genital organs to function? If the half cells are too low to function, what will the offspring be when the half cells are fertile enough to function, but still are not up to the highest point physiological fitness?

In noting the points mentioned one can readily see the necessity of a systematic procedure to gain definite results.

I have already mentioned the procedure to determine the effected individual. In the male, the sperm travels through 25 feet of delicate tissue, so when an infection reaches the gonads the case is not so simple. The treatment of male organs can be summerized generally under three heads. I am referring to the chronic conditions only at this time. Thermal, chiefly moist heat, chemical counterirritants and antiseptics, and surgical. The constitutional conditions will be discussed later.

In the female, gross or definitely outlined pathological conditions including persistent and marked misplacements, are surgical. Tubal patency can be

checked by X-Ray and shadow producing fluids, as collargol, Eypodol, Thorium and the like. Oxygen has been used and the free oxygen in the peritoneal cavity, noted by X-Ray and symptoms, or the reduction of pressure on internal uterine injection.

Rubin, in a series of cases, has reported 15% intubal occlusions with absence of tumors or tumor masses. These tests are not void of dangers and complications, no matter how carefully done. Cervical dilations and artificial fecundation have not been very successful in my practice, so feel that the cervical disturbances are not primarily an important factor. While it is true that some fruitful copulations are reported during monthly cycles, when the cervix may have a larger canal. One condition that has proved almost hopeless in my experience is one reporting no pregnancies ever increasing weight with an abating of normal menstrual function. This is a trypod of symptoms that indicate endocrine decline. With slight degrees of abnormal menstrual function and a physiologically active sex life, stresses are imposed producing recurring congestions, and changes in the pelvic organs that constitute failure of the mechanism of fertility in about 25% of all the female "steriles". About 80% of these yield to treatments and constitute the greatest number of cures to osteopathic treatment alone.

In discussing the constitutional treatment, I will emphasize first, habits of living, depleting one's physical constitution. Second, indiscrepancies, as alcoholism, tobacco and vital irregularities producing pathological reactions. Third, domestic or marital physocles, showing a pregnancy after the adoption of a child. Fourth, Pelvic congestions, local treatments of the various kinds, long continued douchings of hot water and other treatment of known merit. Fifth, Dietary or Neutrativ influences. Dr. King reports 100% sterility on decreasing rations on rats, noting that they regain normal fertility by adding lime salts, protein and fats to their foods. Starved animals show failure of corpus lutein formation. Zoo animals that were never known to breed in captivity, do so when fed on parinchyma tissue. Fish eggs and liver are the most efficient of animal protein to the humans. In brief, proper mineralization foods, parinchuma tissue, vitamin food stuffs, foods rich in chlorophyll, low starches, lots of fresh air and open sunlight, and osteopathic treatments are regarded as indispensable in supplying deficiencies evidenced by childless homes.

With this issue comes the announcement of the following marriages: Durward Wire, Columbia, Mont. and Margaret Potter, Des Moines; Don Hughes, La Grande, Oregon and Ruth Murray, Des Moines.

Assembly, May 16, 1930

The assembly was opened with two numbers by the band, which were received in the usual hearty manner.

We regret much that we must lose part of this very fine musical organization, so capably led by Dr. Halladay, and sincerely hope that the fall class will contain a goodly number of musicians.

After the opening musical numbers, the program was given over to the President of the Pan-Hellenic Council, who presented Dr. Arthur Wheelock, optician. Dr. Wheelock gave a very interesting lecture upon the grinding of optical lenses.

Among many other interesting facts brought out in this lecture, Dr. Wheelock told us that since the war the entire process of preparing the glass for optical lenses has been carried on in this country. This process had always before taken place in France and Germany. Dr. Wheelock also stated that the quality of glass made here is far superior to that made in foreign countries.

Dr. Wheelock has recently moved his office to the second floor of the Equitable Building and would be glad to answer any questions concerning the preparation of optical equipment.

The program was brought to a close by a very peppy number by the band.

JULY 7 to 12

We Again Meet In Convention At Philadelphia.

It Is Our Hope that the Coming Assembly Will Be Very Successful and that You Will Give Earnest Thought to the Needs of All Our OSTEOPATHIC COLLEGES.

Send A Student to the College of Your Choice

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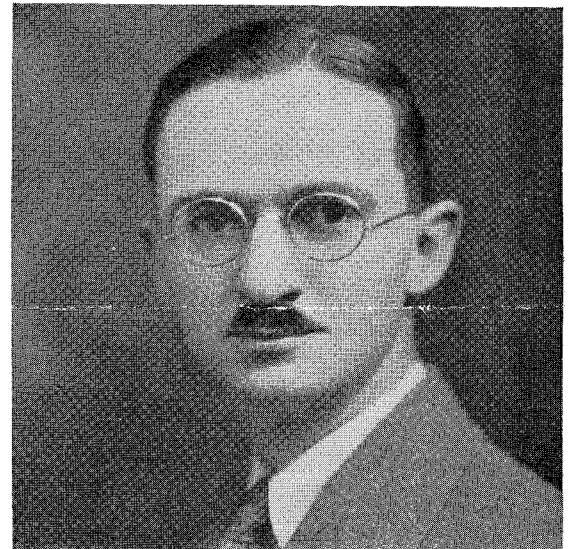
JULY 15, 1930

Number 2



DR. C. W. JOHNSON, B. Sc., D. O., Pres.

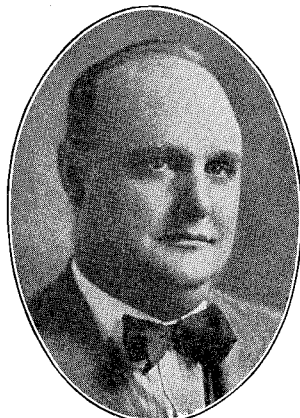
FACULTY of Des Moines Still College of Osteopathy



J. P. SCHWARTZ, D. O., Dean



C. F. SPRING, B. Sc.,
D. O.



HUBERT UTTERBACK
A. B., LL. B., LL. M.



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D. O.



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D. O.

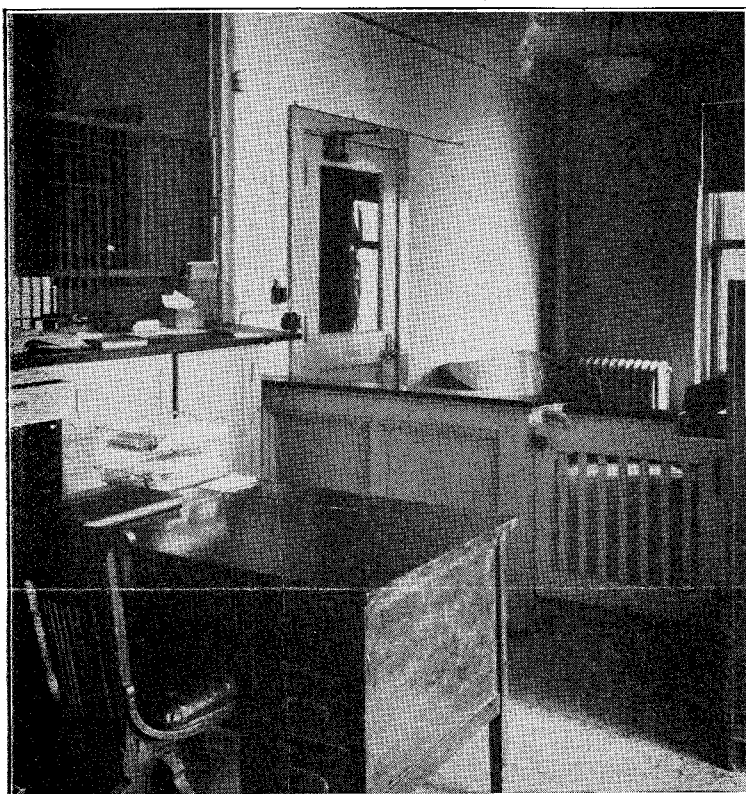


AVA L. JOHNSON,
B. Sc., M. S., B. H. Ecs.

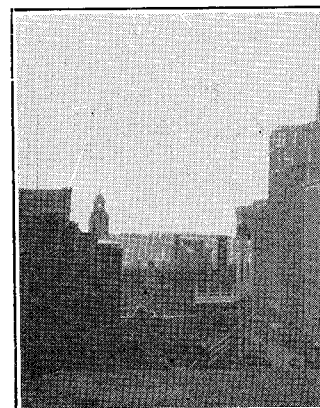


B. L. CASH,
D. O.

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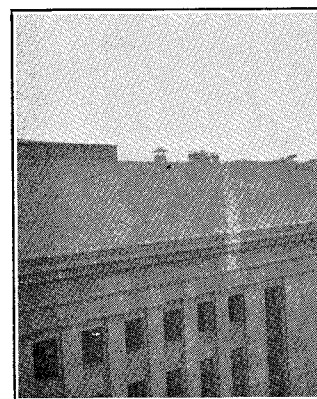
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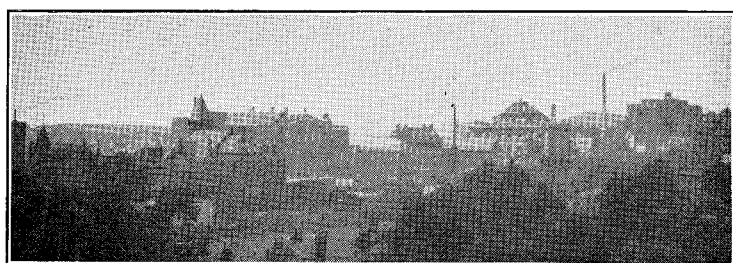
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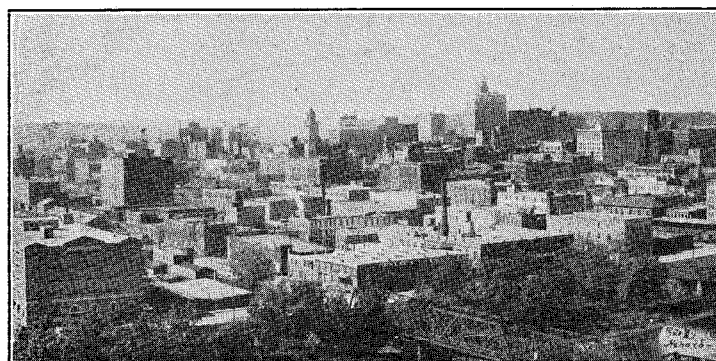
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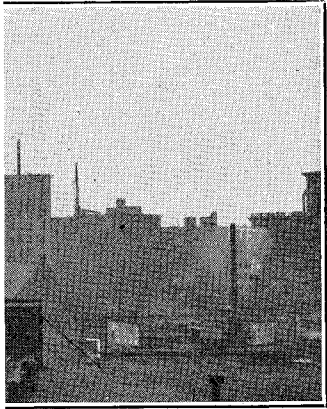
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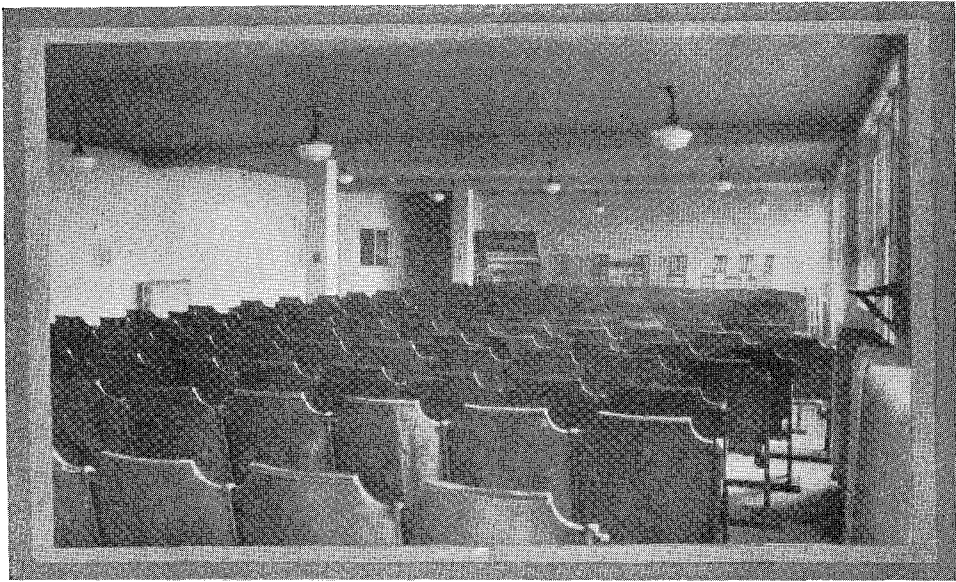
VIEW S. W. FROM COLLEGE BUILDING



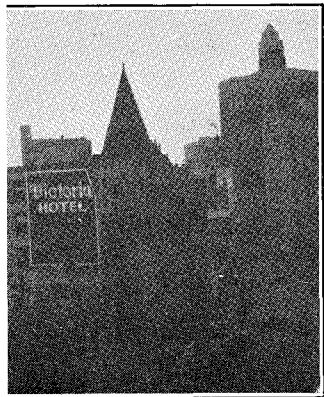
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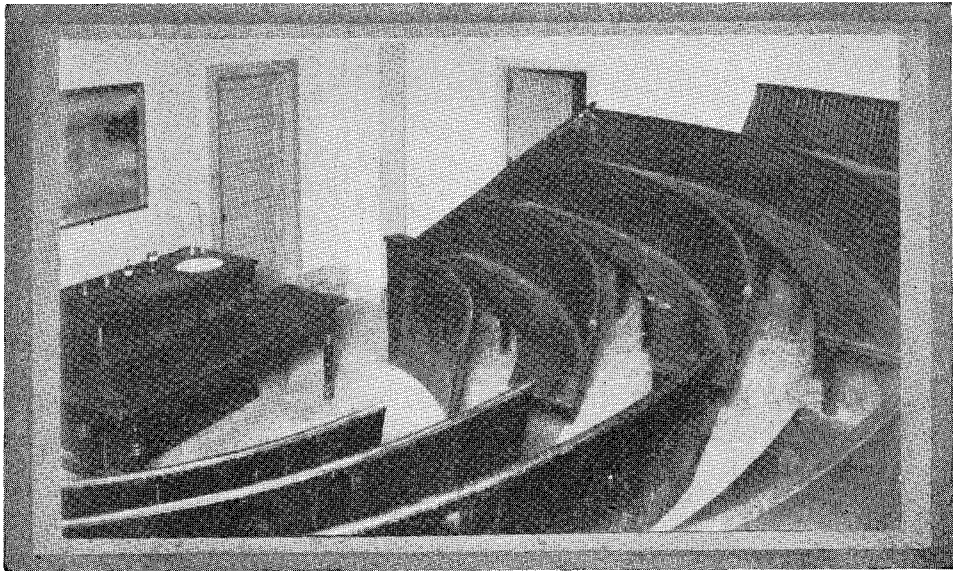
COLLEGE BUILDING



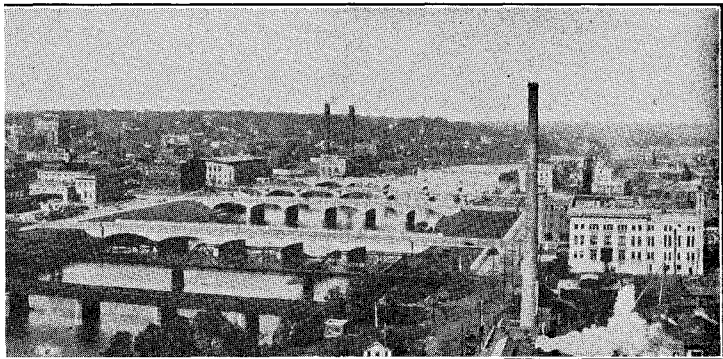
ASSEMBLY ROOM



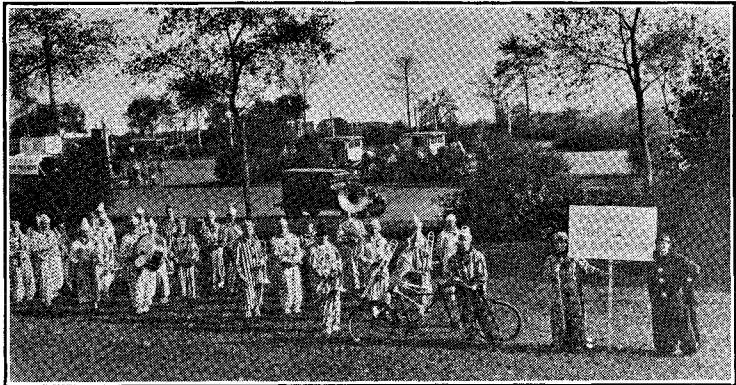
COLLEGE BUILDING



THE PIT



Y LINE



THE COLLEGE BAND ON PARADE

Faculty of Des Moines Still College of Osteopathy

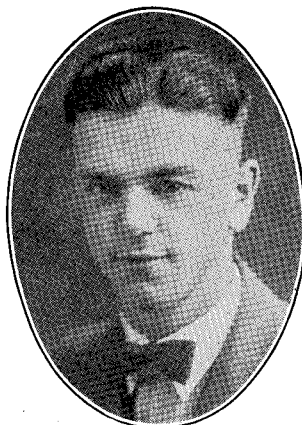
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H. J. MARSHALL,
D. O.



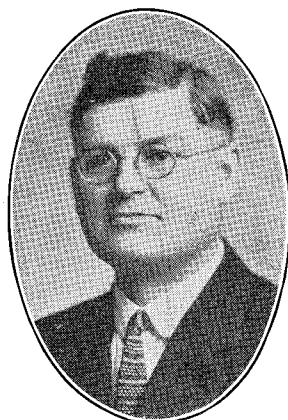
Z. A. INNES,
L. T.



L. L. FACTO,
D. O.



J. R. BEVERIDGE, Ph. G.,
D. O.



I. C. GORDON,
B. A.



J. B. SHUMAKER, A. B.
M. S., Ph. G.

THE DES MOINES GENERAL HOSPITAL



Dr. J. P. Schwartz, Pres. and Surgeon-in-Chief



THE COLLEGE

* * *

LOCATION: 720-722 Sixth Avenue. This is on the west side of the main north and south highway thru the city. Across the street to the east is the new Consistory. Grand Avenue—the main east and west highway—is three blocks south. The site is convenient for patients and for the student body, and yet away from the noise of the business district.

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 MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 8

AUGUST 15, 1930

Number 3

Cupid Scores Again

Word has just been received that Dr. H. V. Halladay has been unable to withstand the onslaught of Dan Cupid.

Weakened by his tour of the western circuit in the early summer, Dr. Halladay was unable to take further punishment, and on July 22nd, was wedded to Martha Sprecher Edwards of San Diego, California.

The marriage climaxed a lifetime friendship, the couple having been childhood sweethearts in Kirksville, Missouri.

We wish to congratulate the newlyweds and wish them much happiness in the years to come.

A Visitor from the Field

On Friday, Aug. 1st, Dr. John D. Hall of Kendallville, Indiana, stopped off and visited us at the school. The Doctor was on his way to Denver, Colo., where he will take two weeks post graduate work.

Dr. Hall, who graduated in the January, '25, class, informed us that Indiana has many excellent openings for Osteopathic physicians, and further stated that Indiana needs more Osteopaths.

Indiana is one of our very best Osteopathic states and Dr. Louis E. Brown of Ft. Wayne, state secretary, will be glad to furnish any information our readers may desire.

Colonic Irrigation

(By Dr. R. B. Kale)

There is a great deal of discussion among many of the profession in regard to the relative value of colonic irrigation. The advent of any new idea into the modern field of therapy provokes discussion pro and con and everyone has a right to his or her own point of view.

Questions are always asked, and prominent among them are those relative to whether or not there is a thorough cleansing of the tract and again if colonic irrigation will remove putrefactive materials and their toxic products. These are but two of the more important questions that are being asked, but many more are as fully important, for many of the profession are beginning to realize that altogether to little attention is being paid to this important field of therapy.

The average doctor is well aware of the facts concerning the condition of the colon tract, (Continued on page 2)

SCHEDULE OF CLASSES

FIRST YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
BIOLOGY.....	L. L. FACTO
CHEMISTRY.....	J. B. SHUMAKER
BACTERIOLOGY.....	A. L. JOHNSON
PHYSICS.....	I. C. GORDON
HISTORY AND THEORY.....	C. F. SPRING

Second Semester

HISTOLOGY.....	A. L. JOHNSON
ANATOMY.....	H. V. HALLADAY
PHYSIOLOGY.....	A. L. JOHNSON
CHEMISTRY.....	J. B. SHUMAKER
EMBRYOLOGY.....	L. L. FACTO

SECOND YEAR—First Semester

ANATOMY.....	H. V. HALLADAY
CHEMISTRY.....	I. C. GORDON
HISTORY AND THEORY.....	C. F. SPRING
PATHOLOGY I.....	J. M. WOODS
PHYSIOLOGY.....	A. L. JOHNSON

Second Semester

NERVOUS PHYSIOLOGY.....	C. W. JOHNSON
SYMPTOMATOLOGY.....	C. F. SPRING
PATHOLOGY II.....	J. M. WOODS
PRINCIPLES AND TECHNIC.....	C. F. SPRING
ANATOMY.....	H. V. HALLADAY

THIRD YEAR—First Semester

CLINICAL PATHOLOGY.....	L. L. FACTO
TECHNIC.....	J. M. WOODS
LABORATORY DIAGNOSIS.....	Z. A. INNES
PHYSICAL DIAGNOSIS.....	L. L. FACTO
SUPPLEMENTARY THERAPEUTICS.....	J. R. BEVERIDGE
PHARMACOLOGY, ANESTHESIA AND NARCOTICS.....	J. R. BEVERIDGE

Second Semester

OBSTETRICS.....	R. B. BACHMAN
GYNECOLOGY.....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	J. M. WOODS
NERVOUS AND MENTAL.....	C. W. JOHNSON
ORTHOPEDICS AND TECHNIC.....	H. V. HALLADAY
CLINIC.....	

FOURTH YEAR—First Semester

DIETETICS AND SANITATION.....	A. L. JOHNSON
OBSTETRICS.....	R. B. BACHMAN
NERVOUS AND MENTAL.....	C. W. JOHNSON
OSTEOPATHIC THERAPEUTICS.....	J. M. WOODS
SURGERY.....	J. P. SCHWARTZ
EYE, EAR, NOSE AND THROAT.....	H. J. MARSHALL
CLINIC.....	

Second Semester

PEDIATRICS.....	M. E. GOLDEN
ANATOMY REVIEW.....	H. V. HALLADAY
PSYCHIATRY.....	C. W. JOHNSON
PROCTOLOGY AND UROLOGY.....	J. P. SCHWARTZ
SURGERY.....	J. P. SCHWARTZ
X-RADIANCE AND PHYSIO-THERAPY.....	B. L. CASH
MEDICAL JURISPRUDENCE.....	JUDGE UTTERBACK
CLINIC.....	

LABORATORY TECHNICIAN

Laboratories under the direction of the head of each department are conducted in the afternoon in the following subjects: Histology, Biology, Chemistry, Bacteriology, Embryology, Physiology, Pathology, Anatomy, Technic, Gynecology, and Clinical Diagnosis.

1930-1931 CALENDAR

REGISTRATION.....	SEPTEMBER 5, 6, 8
CLASS WORK BEGINS.....	SEPTEMBER 9
ARMISTICE DAY RECESS.....	NOVEMBER 11
THANKSGIVING VACATION.....	NOVEMBER 27 TO DECEMBER 1
CHRISTMAS VACATION.....	DECEMBER 19 TO JANUARY 5
GRADUATION.....	JANUARY 22
REGISTRATION, SECOND SEMESTER.....	JANUARY 23, 24
CLASS WORK BEGINS.....	JANUARY 26
GRADUATION.....	MAY 28

Passes Rhode Island Board

It is with great pleasure that we are informed that Leonard J. Grinnell, editor of the Log Book in 1927, is one of the five Osteopathic physicians to recently receive certificates to practice in Rhode Island.

New Clinic in Detroit

Lloyd Woofenden, D. O., and R. M. Wright, D. O., announce the opening of the Highland Park Osteopathic Clinic, Tuesday, July 1, at 306 Humber Building, 13535 Woodward Ave. Highland Park, Detroit.

Adopt Resolution

The following is a resolution adopted by the House of Delegates, July 11, 1930:

"That the subject of Pharmacology be retained as a permitted subject but not a required course in the Standard Curriculum for the colleges and that the action as adopted June 21, 1929 by the Board of Trustees on recommendation of the House of Delegates requiring the colleges to introduce a course in Pharmacology be rescinded."

In Charge of Sanitarium

Dr. A. P. Warthman, who graduated from Des Moines Still College in 1927, has recently been made physician in charge of Ball Sanitarium at Colfax, Iowa.

Dr. Warthman will be remembered by many of us and we certainly want to congratulate him and wish him success in his enterprise.

Progress

"Are osteopaths regularly qualified physicians?"

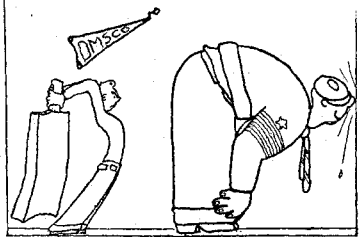
This question was raised when Dr. L. H. Walker, an osteopathic physician and surgeon, was appointed health officer of Ellensburg, Washington. The doctor was compelled to go to court in order to secure his rights in the matter. On February 3, 1930 Judge Beals of the Supreme Court of the State of Washington in an opinion in the Walker vs. Dean case, which was concurred in by Chief Justice Mitchell and Judges Parker, Tolman and Mallard, held:

"Under the law, osteopaths are fully qualified surgeons.

"Under the law now in force, an osteopath stands the same examination in surgery as does an applicant for an unlimited license and upon passing the examination receives a license authorizing the practice of surgery in all of its branches. An osteopath is also examined in all subjects upon which an applicant for an unlimited license is examined, save that an osteopath takes no examination in materia medica."

The decision of the Supreme Court held that the appellant "being licensed to practice osteopathy and surgery" is a regularly qualified physician and definitely established the right of an osteopathic physician to hold the office of city health officer.

FRATERNITY NOTES



ATLAS CLUB

It is with perspiring brows that we say we are doing our best here at 1725 Sixth Avenue to keep Old Sol Sun from burning up all our grass. So far, the battle has been about a draw, but we fear that Old Sol will eventually win out.

The Chicken Shack next door is now completed and doing a good business. A miniature golf course is located on the lot just south of above mentioned enterprise. All the Brothers who play golf in a small way will find one of the finest courses in the city right next door, when they return in September.

Bro. Al Nelson has been with us for the past month, having taken over Dr. Klein's practice during the latter's vacation. Al plans to go to Perry, Iowa, and take care of Dr. Hanan's practice during August, while the Doctor is away.

Word has been received from Judge. Utterback, who has opened his office in the Van Cleef Bldg., Guthrie Center, Iowa, that all is well. Judge says he has no trouble keeping the wolf away from his door, he merely opens the door, lets the wolf in, and eats him.

Bro. Chris Fedson is now connected with Drs. Alberton and Alberton in the Hirsh Building at Austin, Minn. We wish to take this opportunity to congratulate Bro. Fedson upon recently taking unto himself a bride, and to wish them happiness and success.

Ken Ward seems to be succeeding very well in keeping the telephone building from falling into the basement. It seems to be keeping him very busy, as we see very little of him at the house.

Dr. Harry Johnson recently visited the house with his younger brother, who plans to enter school this fall. Dr. Johnson plans to leave in a few days for Chicago.

Orville Rose expects to leave the house in a few days to make a barnstorming trip of the various county fairs over the state, selling a very clever little novelty, from which he hopes to reap a neat little harvest.

Bro. Norman Weir visited the house just before leaving for Detroit, where he will serve a year's internship at the Detroit Osteopathic Hospital.

Considerable work is being done about the house during the summer. Painting, paper hanging, etc., will be completed during August and the house made

ready for the Brothers who will return the next month.

IOTA TAU SIGMA

The home guard, which had dwindled down to four, started to gain in numbers with the return of Bro. Gill from Philadelphia and the Convention. Bro. Gill states that it was one of the best conventions he has attended for a long time. He returned with many new ideas and a broader vision on the possibilities of Osteopathy.

We were very glad to receive a communication from Bro. Herrick to the effect that Bro. Morrow has taken over Dr. Hillman's practice at Coldwater, Michigan, and we want Hollie to know we are behind him and wishing him success.

Poor Bob Happle can't seem to hold anything. Not satisfied with losing his tonsils this winter, he returned home just in time to be separated from a long and close companionship of his appendix. We sure are looking forward to Bro. Happle's return this fall and hope that he is in as good shape as ever, for we need his twirling arm for baseball.

Reports are coming in as to the poor employment situation in all of the states. We imagine some of the boys are glad, as it will give them a good excuse for pursuing their various pastimes without being interrupted by work.

We extend a very hearty welcome to all new men and shall be very glad to help any of them to become located here in the city.

PHI SIGMA GAMMA

You can still see the house—(look just behind those weeds)—although it is just about hidden.

Parks surprised all the boys this summer but soon everything was normal again.

Stritmatter has been kept very busy with his large and lucrative practice.

Reeves still holds the endurance record for lack of sleep.

Hurry back, boys, and drop us a line in the meantime.

A Most Worthy Question

The judge had just charged the jury. "Is there any question any jurymen would like to ask before considering the evidence?"

"There's a couple of us jurymen, your honor," began one of the jurors, "who would like to know if the defendant boiled the malt one or two hours and how does he keep the yeast out?"

The Machine Age

Disappointed Convict (back on the rock pile after several years)—'Taint altered a bit, has it? I thought after all these years they'd have introduced some labor-saving devices.

Proprietor — Monsieur will have snails? We are famous for them.

Diner—I know; one served me here yesterday.

Colonic Irrigation

(Continued from page 1)

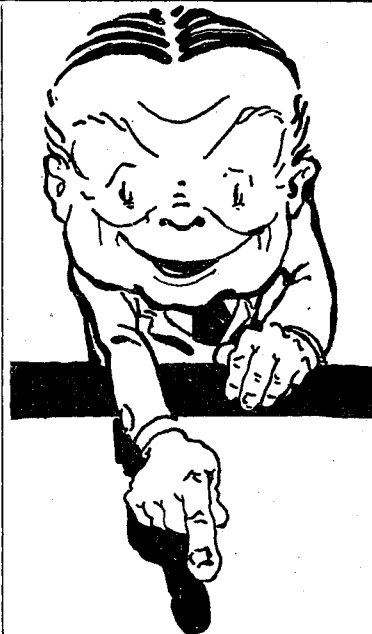
for daily literature comes to his office telling of the research work being done in the various laboratories. The literature or reprints that they receive may not be about colonic irrigation but it does concern the pathology of the colon tract and the conditions resulting from such pathology. The strength of any physician lies in his ability to associate and correlate the information that he reads that it may be applied to his everyday practice. Modern science places a vast amount of information in his hands, arranged for easy assimilation, that he may master it readily and keep abreast of the daily advancements in therapeutics. This is one method of helping him develop a broad horizon that his circle of thought might enlarge to that point where he would become more useful to his community.

Present day knowledge of the colon tract, its pathology or associated pathology, proves conclusively that a large percentage of diseases are directly or indirectly related to the colon and the products of delayed or faulty eliminations. The cause of such elimination and related conditions has its foundation stones layed as a result of various conditions. Irregular and hasty eating coupled with poor knowledge as to the selection of proper foods; lack of exercise of the abdominal muscles that give the correct tone and normal muscular action; nervous states affecting the sympathetic nerve supply, and many others, added to the simple neglect to heed nature's call, lead to a multiplicity of colonic pathology.

The musculature being weakened and the digestive functions disarranged, there can be only one result, that of accumulation of waste products. These in turn, through the presence of putrefactive bacteria in the colon, produce toxins which the body gradually absorbs through the blood stream. The end results are well known, for with the production of indol and skatol and the absorption of these poisons over a period of time, finally means toxemia. The efforts of the body to detoxify these products means a burden that soon makes heavy demands on the endocrines as well as the other protective forces. This resultant lowering of the body resistance may mean an avenue for the invasion of disease into a previously healthy body, or in other conditions where disease is already present, may mean the "last straw."

It is very evident then, that one of the most important needs of the entire system is a normal and regular elimination of the colon to rid the body of accumulated waste materials. This is necessary in health and a hundred-fold more so in conditions of the body which has already

(Continued on page 3)



Around Our Merry Campus

Put It On the Market

A man took his wife to a doctor, who put a thermometer into her mouth and told her to keep her mouth shut for two or three minutes.

When departing, the man tapped the doctor in the shoulder and said: "Doc, what will you take for that thing?"

On the Shelf

"Office Girls Fired for Drinking," says a headline. Tonight you're a stewed chicken; tomorrow a canned peach!

Least of His Offenses

They say a certain radio crooner paints his lips, powders his cheeks and wears corsets. What of it? That's not as bad as crooning.

Uses His Head

Angus—Does your wife blow a lot of money on beauty treatments?

Andy—No, I tell her she's perfect.

Oh, Really!

Mail Carrier—Is this package for you? The name is obliterated.

Resident—Nope, it can't be for me—my name's O'Reilly.

Nothing to Talk About

She—In Hawaii they have the same weather the year 'round.

He—How do their conversations start?

Almost the Same Thing

Roland—Money isn't everything.

Oliver—Maybe not, but most everything is nothing without it.

One on Every Family Car

Mrs. Burke—You mean your car has a rumble, not a grumble seat, don't you?

Mrs. Turk—No, a grumble seat. It is the one my husband sits in when I am doing the back-seat driving.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Iowa Board Elects New Officers

The newly elected officers of the Iowa State Board of Osteopathic Examiners are as follows:

Dr. H. B. Willard, Manchester, Chairman.

Dr. D. E. Hannan, Perry, Secretary.

Dr. Sherman Opp, Creston, Examiner.

All communications pertaining to the Board matters should be addressed to Dr. D. E. Hannan, Suite 203 Bruce-McLaughlin Building, Perry, Iowa, for prompt attention.

Infant Feeding

(Ida Walton Drew, D. O.)

The food of infancy to a great degree lays the groundwork for health or ill health in adult life. It is essential, therefore, for every mother to be familiar with the rules of correct feeding so that she may, in a measure, protect her young and help ward off the infectious diseases of childhood which leave lowered resistance, deformity and death in their train.

The breast-fed baby escapes many of the pitfalls faced by the artificially-fed baby, but knowledge of food requirements is just as necessary to the mother of the breast-fed baby because weaning time and the weeks thereafter are fully as important from this standpoint as are the weeks of early infancy.

There are several fundamental elements to be considered in any feeding schedule. One of the most important of these, and one that is only partially understood even now, is the vitamin content. Vitamins are elusive things. What they are no one seems to know, although food laboratory experts have established the fact that health cannot be maintained without them.

Vitamins have been termed accessory food factors. This terminology differentiates them from the proteins, fats and carbohydrates, which have received so much attention in the study of food elements for children. They are designated by letters. Vitamins A, B, C, and D have been exhaustively studied and their effect upon nutrition is fairly understood. Lack of a sufficient amount of these vitamins leads to specific diseased conditions which in many instances may be overcome by the

simple addition of or increase in the vitamin content of the food. However, the body may be in such a state of lowered resistance that the addition of vitamins does not bring the desired effect and it is in these conditions that the adjustment of structural relationships by osteopathic procedures is essential.

Vitamin A is an important factor in maintaining the body's resistance to tuberculosis and pellegra. Its lack is evidenced by a loss of appetite, failure to gain in weight with an ultimate loss of weight. It is also a factor in the cause of diarrhea. When animals are robbed of this vitamin a serious eye disease develops.

Vitamin A is found in abundance in cod liver oil, whole milk, eggs and butter.

Fortunately, this vitamin may be taken in amounts greater than the body requires and stored for future use. This vitamin should be provided in abundance in all cases of suspected tuberculosis.

Vitamin B has a marked effect on the endocrine glands, such as the pituitary, thyroid and adrenal glands. Insufficient amounts may be partially responsible for the endocrine unbalance seen in so many children. Lack of this vitamin causes faulty assimilation, indigestion and malnutrition.

Vitamin B is found in yeast, eggs, milk, liver, potatoes, turnips, carrots and cereals.

The standard methods of milling remove this vitamin very largely from the grains, hence the increasing demand for the whole grains in the feeding of children.

Vitamin C is sometimes called the anti-scorbutic vitamin. An insufficient amount of this vitamin causes scurvy as is readily proved by the improvement of the patient when the vitamin is added to the food intake. Lack of vitamin C also reduces resistance to disease.

Vitamin C is found in oranges, fresh vegetables and fresh fruits.

Vitamin C is easily destroyed by heat, this being one of the reasons why uncooked vegetables and fruits are recommended. Vitamin C is not stored in the body and must, therefore, be fed daily.

Rickets is associated with vitamin D. Interesting experiments have been conducted in connection with this vitamin by the use of ultraviolet rays. Many foods from which vitamin D is missing can be made antirachitic by being exposed to the rays of the mercury-quartz lamp.

Vitamin D is found in eggs, milk, fresh fruits and green vegetables.

Caddie (to golfer well off the beaten track) — Somebody's coming. What if we hides the clubs and pretends we're out for a walk?

Colonic Irrigation

(Continued from page 2)

been weakened by its battle with disease organisms or in conditions of lowered resistance. If this normal elimination is not possible naturally, then it is of the utmost importance that other methods be resorted to, but it is vitally necessary that the colon be thoroughly cleaned. The enema may be used but it mainly empties the lower or motor colon, not reaching the upper or absorptive colon. And the enema, if not properly used or if used over any period of time, as is shown lately, may do a great deal of harm. A thorough cleansing of the colon tract can only be accomplished by colonic irrigations, which provide for the continuous flow of water or the solution used. The emptying of the lower colon has its effect in many cases, as is well known, for it lessens the amount of putrefactive material and the products of bacterial action from the entire colon would multiply the advantages and the results many times. This can only be accomplished by special equipment provided for this purpose — the colonic irrigator.

The use of the enema, as stated, when any large amount of water is used, has proven to be harmful in its effect on the mucosa by the irrigation produced. Additionally, the ballooning that results will, if continued, lead to an abnormal stretching and a resultant loss of tone to the musculature. This is especially true in cases of atonic colons where the musculature is already stretched to or beyond its normal limits. When the waste materials of the colon are thrown into solution, as the enema is given, there is also a large amount of the toxic products thrown into the same solution. This solution, if it remains any time in the colon, is reabsorbed and with it is the toxins and poisons in the solution. This is true in a greater degree in the so-called retention enemas and the longer retained the greater the amount of reabsorption. The amount of toxic substances reabsorbed would be surprising to any observer, and this substance is added to a system already overburdened.

This is all prevented by the use of the irrigation method. The lower colon is first thoroughly cleansed of all the waste content that has not emptied as it should have normally. This is accomplished by a continuous flow of water or solution being used, which enters the colon through a specially devised speculum and returns, carrying the waste materials, toxin, gas, etc., with it into a special container. When the lower colon is emptied the entire tract is then gradually irrigated until the whole tract is cleansed of the objectionable waste substances. Absorption of toxic or poisonous products are prevented and ballooning is an impossibility, for

(Continued on page 4)

Marriages



PERRY-KALE

Dr Raymond B. Kale of the class of May, 1929, and Miss Cathryn E. Perry, a graduate of Drake University of Des Moines, were united in marriage at a candlelight ceremony Tuesday evening, June 10, at the First M. E. Church at Des Moines, Ia.

The ceremony was performed by Rev. James Brett Kenna, pastor of the church. The bride was attended by Mrs Dale K. Spro, as matron of honor, and the Misses Juliette Redfern and Martha Capps of Des Moines, as bridesmaids. The bridegroom had as the best man, his brother Harry E. Kale, who is now a senior in Des Moines Still College. Dr. Ray E. McFarland and Dr. Richard J. Rohde, internes at Des Moines General Hospital, and Donald Mallett of Drake University served as ushers.

Following the ceremony, a reception was held in the large ball room of the Hotel Ft. Des Moines.

The couple have now returned from an extended Eastern auto trip, where they visited with relatives of the bride and the parents of the bridegroom in Warren, Ohio.

Dr. Kale took special work in Colonic Irrigation while in Chicago, where the couple spent the greater part of their honeymoon.

They are now at home at 4329 Pleasant St. Dr. Kale will be remembered as a former editor of the Log Book, and is now located in the Kraft Bldg., in this city.

* * *

MONGER-ROWOLD

Miss Raye Rowold, daughter of Mr. and Mrs F. W. Rowold of Wheatland, Iowa, was married Saturday, June 21, to Dr. Louis Myron Monger, son of Mrs. Carrie Coburn of Dayton, Ohio.

The wedding took place at Wheatland and the couple left immediately following the ceremony for a wedding trip to Dayton.

They will be at home after July 1, at 188 Highland Ave., Detroit, Mich., where Dr. Monger will take his interne work at the Detroit Osteopathic Hospital.

* * *

FEDSON-BACKMAN

On May 26, Miss Helen Backman and Dr. Christian H. Fedson were united in marriage.

The ceremony took place in Knoxville, Iowa, and after a short wedding trip the couple returned to Des Moines.

Dr. Fedson is now practicing at Austin, Minn.

Colonic Irrigation

(Continued From Page 3)

at no time is more than a pint of solution allowed to enter without first being emptied of the previous solution. The various solutions used allows any form of irrigation to be administered and being in separate containers, allows for an easy change of solutions. A final cleansing may be given, a certain solution may be allowed to remain in the tract after the cleansing, or a change of solutions of different temperatures may be given for the tonic effect.

Let us stop for a moment and consider the vast amount of money that is spent yearly on our modern sewer systems and what it means, not only to the nation, but to the entire world. We realize what it would mean to us if the sewerage disposal was left to care for itself, as in the past years, yet with all this knowledge, the people continue to neglect the human system. This system, which is so important to the entire body, not only as an elimination system, but as a digestive system as well, yet it is dispised and neglected.

What would be the expression and condemnation of a state or nation if no attention was given to the proper handling and disposing of the sewerage and the waste substances? We do know though, what would be the effects on the health of such a state or nation, for past history is yet too recent in our minds as to the disastrous results. Yet, that self-same individual who would so fearlessly condemn those that would allow such a condition to exist, stands complacently by, daily absorbing the poisons of his own waste system.

A development of such an elimination system leads to digestive disturbances which mean added failure in the proper usage of foods. This is especially true in certain intestinal conditions where the protein foods such as meat, fish and other foods rich in proteins are contraindicated in the diet. Faulty digestion of these foods allow the development of poisonous products that result in the further poisoning of the body. This is due to the large amount of toxins produced and absorbed into the blood stream. The further putrefaction of these foods give rise to an ideal media for the development of more harmful bacteria, for with an alkaline condition, warmth and moisture, it becomes a varitable culture media for their growth. Such a condition existing, the best care must be exercised and every available method of checking their growth be instituted.

What better method could be devised than to remove the media and to change it so as to prevent further growth of harmful bacteria? The colonic irrigation method is without doubt the ideal way of accomplishing this, for not only can the media and

the products be removed, but at the same time, solutions may be used to further discourage their growth. Added to this means of establishing and aiding the development of favorable bacteria can be instituted. A diet that aids in the development of such a growth of helpful bacteria is always advisable.

There is no doubt of the fact that part of the blame can be laid at the door of modern business methods and part to the individual himself because of simple neglect in their failure to answer nature's call. Under the stress of business methods, one allows the impulse to pass; perhaps busy in giving or taking dictation, perhaps busy at the phone or waiting on a customer, for in this day of keen competition, health seems to mean so little.

Largely, I believe, many of these conditions were started in the school room, where due to embarrassment, he or she failed to answer the impulse that nature provided. Again, as a youth at play, they did not want to leave or miss the game. Youth or age—a habit, or habits, have been started which have carried through few or many years—the beginning of practically all colonic pathology, or its associated pathology.

(Conditions and technique will be discussed in a later issue of the Log Book.)

Oh! Oh!

"Really, I can't play golf," the sweet young thing said. "I don't even know how to hold the caddy."

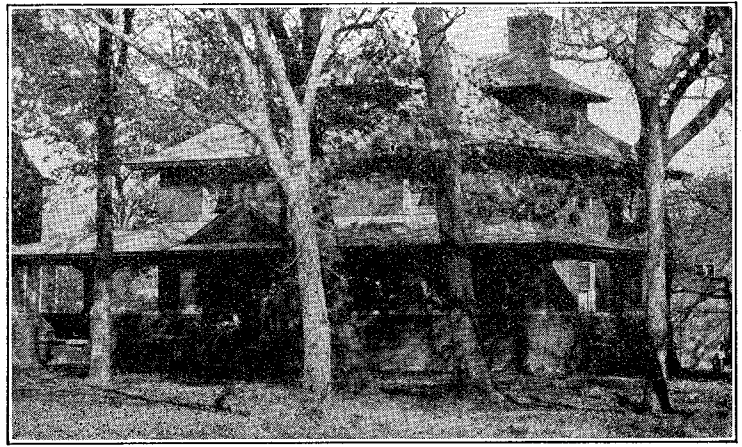
Avoid Substitutes

The car had come to a sudden standstill on a country road. The motorist descended, diagnosed the trouble, and then applied at a neighboring cottage for help.

"Pardon me," he said to the old woman who answered his knock, "do you by any chance possess any lubricating oil?" The old woman shook her head.

"Any oil will do," said the motorist, hopefully, "castor oil, if you have any."

"I ain't got it," she answered, regretfully, "but I could fix you up with a dose of salts."

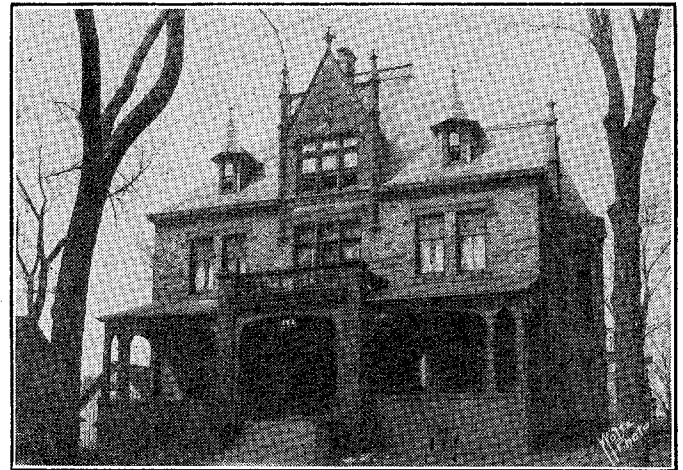


THE ATLAS CLUB

Xiphoid Chapter—Location: 1725 Sixth Avenue

Officers

President Kenneth W. Moore
Vice-President Robert K. Homan
Treasurer Harry Taylor
Secretary Jack Campbell



IOTA TAU SIGMA

Beta Chapter—Location: 692 Seventeenth Street

Officers

President Earl Hulet
Vice-President Loyal W. Peterson
Secretary Howard Cook
Treasurer John N. Gill



PHI SIGMA GAMMA

Delta Chapter—Location: 3029 Grand Avenue

Officers

President Walter Mudson
Vice-President Frank Schaeffer
Secretary Clayton Reeves
Treasurer Howard Toepfer

THE LOG BOOK

PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 8

SEPTEMBER 15, 1930

Number 4

Student Clinical Laboratory Report

During the rather brief but busy existence of the Student Clinical and Experimental Laboratories, many interesting laboratory examinations have been conducted. During a certain period of time, gastric analysis was included in the routine examination, and due to our unexpected findings, we are going to report our experiences with gastric analysis rather than give a detailed report on the work the laboratory has been doing along other lines.

Bear in mind that the patients whose stomachs were pumped were patients from the school clinic and were the usual "chronic" cases. Many other types of analytical work were done on these patients besides the regular physical examination. But, due to limited space, it will be impossible for us to include in these columns all the findings.

Thirty patients were taken as they were sent to the lab for the regular routine examination. There was no selection made, whatsoever. They were fed the usual test meal of shredded wheat biscuit with a measured amount of water or weak tea. A fractional pumping of the stomach was then done by passing the Refus tube and leaving it in place, taking the contents out at the desired intervals. Eight of these patients had a definite achlorhydria and three of them had a diminished amount of HCl.

Of the eight patients who had a definite achlorhydria, three were also anemic. One of these three had the typical glossitis so often found in pernicious anemia.

The interesting fact about these eight patients with achlorhydria is that each and every one complained of "too much acid" and were taking some preparation or other to relieve the condition. None of them were taking or had taken HCl. Five of them either had at the time or previous to the time of

(Continued From Page 3)

Senior B's Elect Officers

At a meeting of the Senior B Class, held recently, the following were elected:

Henry Scatterday, President;
B. A. Treat, Vice President.
Larry St. Amant, Secretary.
Steven Henry, Treasurer.
Nick Gill, Historian.

These men will fill their respective offices throughout the year, as this class elects but once each year.

OUR NEW SCHOOL SONG

* * *

Hoo-ray! Hoo-ray! Still College is about
We don't need rain to shout
Of that we have no doubt. Hey!!
List to the chant of the scholars
Soothing the parent who hollers.

Freshmen Sing—

Bugs and Bio, Anatomy one
Chemistry Theory—We have begun.

Sophomores Sing—

Path. and Technic, Anatomy two,
Others will add to the work we must do.

Juniors Sing—

Gyn and O. B. with patients galore
Nervous and mental—who wants any more?

Seniors Sing—

Treat and Practice. G. U. and X-Ray
Surgical Complexes. Come, lucky day.

Hoo-ray!! Hoo-ray!!! Still College is about.
We don't need rain to shout,
Of that we have no doubt.
We've got them on the run—
Still College bows to none!
Rah!!

Looks Like a Record Year

With fifty-two new students already signed up and several more expected in a very few days, it appears that we will have the best year ever at Still College.

We are indeed proud of the fine group of young men, and also ladies, who have enrolled this fall.

We are told that there are more men with previous college work than ever before, which only proves that osteopathic physicians are being more thoroughly trained each year.

Considerable new equipment has also been added. About \$1000 worth of additional apparatus has been added to the physiology laboratory. New equipment has also been purchased for the obstetrical department.

Golf will reduce a man to shame when nothing else will.

Recent Graduates Open Offices

Dr. Norman B. Welch, who graduated in May, 1930, has recently opened his office at 17½ West Chicago St. in Cold Water, Michigan.

Dr. Wm. Clark, also of the May, 1930 class, has opened his office at 408 National Bank of West Virginia Bldg. in Wheeling, West Virginia.

Dr. Leonard J. Grinnell announces his affiliation with the Osteopathic Clinical Group, suite 511-516 New Industrial Trust Bldg., Providence, R. I. General practice with particular attention to non-confining treatment of rectal troubles and varicose veins.

We wish the doctors the very best of luck and hope that their work in the field will be as credible as their work in school.

Some people's sense of superiority rests on a refusal to expose themselves to a test.

End of a Chapter

The first osteopathic practice in Europe, established in Glasgow at 255 Bath Street, a generation ago, has closed its successful career.

It was started at the beginning of the present century by Mr. L. W. Walker, the graduate of the new science who came to this country from the United States of America with the intention of introducing osteopathy, then utterly unknown to the British public.

Mr. Walker, after an unsuccessful experiment in London, decided to go north, and at 255 Bath Street, Glasgow, he commenced his pioneer enterprise. Within a short time he was joined by Mr. Wilfrid A. Streeter, and together they founded and developed an extensive practice, which came wholly into Mr. Streeter's hands a few years later.

Under Mr. Streeter's control, the Glasgow enterprise became widely known. Thousands of people were attracted by the new methods of healing, founded on principles which the hard-headed northern folk, familiar with engineering and mechanical science, perceived to be sound in their application to the human body in health and disease.

Many of those who passed through Mr. Streeter's hands became personally interested in osteopathy, went to America to study the science, and returned to extend the practice of osteopathy throughout the British Isles. The Glasgow center was for years the source of an educational propaganda that spread a knowledge of the new system in many countries of Europe. As its influence increased, a determined opposition to its legal recognition developed among orthodox medical men which in

(Continued on page 3)

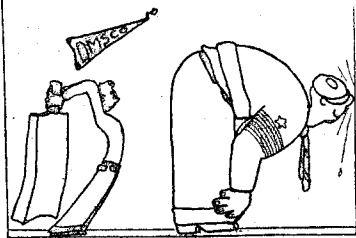
A Family Affair

We are beginning to believe that osteopathy has really gotten into the veins of the Halladay family, as J. W. Halladay, of Kirksville, Mo., a cousin of Dr. H. V. Halladay, is the fifteenth member of the Halladay family to go in for osteopathy.

Several of the feminine members of the family did not care to attend an osteopathic college, so they married osteopathic physicians.

J. W. Halladay, who has entered Des Moines Still College this fall, tells us that he plans to be the first president of the Halladay Osteopathic Association.

FRATERNITY NOTES



PHI SIGMA GAMMA

Once again the house resounds with the old routine, and what a house to return to! Let's give a great vote of thanks to the two men instrumental in such rejuvenation—Walt Madson and Red Widmer.

Phi Sigma Gamma proudly records the pledging of Robert Wilking, Marietta, Ohio; Arthur Montgomery, Ottumwa, Iowa; Robert Sears, Milwaukee, Wisc., and Allen Morrical, Milwaukee, Wisc.

Stewart! Boy, oh Baby! You should hear him skip over the ivories on the new piano. You can't sit still.

Jagnow finally decided to return. Personally, I feel he might have chosen a more direct route. Anyway, we're glad to see him back.

Felicitations are in order to four of the men—Brothers Ripley, Parks and Pledge Olsen, joined the Grand Army. Good luck and all success to you. More Osteopaths, this time congratulations are extended to Bro. Purdie. He's a proud father now, you know. I don't know when he'll be around with the cigars—let you know later.

Most of the fellows report, fortunately, a successful vacation. Everything from running midget golf courses to playing Dad at city playgrounds.

We're both surprised and happy to see Red Granberg back in school again. More power to you, Red!

The absence of Bro. Hecker, now attending Marquette U., and Pledge McDaniels, can only make us hope for their success and trust they may be back with us soon.

Charley Naylor, house man, has a real job this year. One consolation—he has a nice rejuvenated place to tend to. If Freddy Schaeffer will just give us hot water now, we'll be all set. Here's hoping!

Yours for a good tee off on a par score, or under, year.

ATLAS CLUB

Well, here it is September once more—and we find that most of the brothers have managed to find the way back to Des Moines.

The Atlas Club is very proud to announce the pledging of the following men: Bayard Twadell Iola, Kans.; James W. Halladay, Kewanee, Ill.; Erle Moore, Denver, Colo.; Lloyd H. Tannehill, Norfolk, Neb.; Homer M. Fredricks, Grand Island, Neb.; Landis Johnson, Marshalltown, Ia.; Harry Porter, Lansing, Mich.;

Chas. Gadding, Goodhill, Minn.; Roy Mount, Decatur, Ill., and Marion Crawford, Des Moines, Iowa.

We are very sorry that Bothers "Cookie" Moore, Ed Swartzbaugh and K. Davis are not back with us, but sincerely hope they will be back again next year.

Our return to the house was made even more pleasant by the fine appearance of the interior, new wall paper, paint, etc., are very pleasing to the eye.

Brother Jack Campbell, who was a few days late in getting back, had the misfortune of developing a case of acute appendicitis upon his arrival at the house, which necessitated an operation soon after his return. He is at Des Moines General Hospital, and we are very glad to hear that he is getting along very nicely.

Brother George Basore returned a few days early and had his tonsils removed, and has since become the soup specialist about our abode.

The "smoker" held at the house Tuesday night, September 9, for the new men, was very well attended, and we all enjoyed meeting the men who have entered school this fall.

Since "Cookie" Moore could not make it back to school this fall, he sent his brother Erle to represent the Denver Moores. Of course we realize that there is only one Elmer Dean, but we feel sure that Erle will be able to uphold the reputation of that golden sunshine state of Colorado.

We are told that Brother McDonald is having "girl trouble" in Detroit and will be back subsequently.

Some of the members are preparing to write the basic science state board in Minnesota early in October, and we surely wish them success.

John Anderson is having great difficulty getting accustomed to walking on the side walks of Des Moines since spending the summer on that hilly farm in western Nebraska.

IOTA TAU SIGMA

Welcome Freshmen! We extend you our hand in a very cordial welcome and hope you enjoy your next four years at Still.

We are proud to announce the pledging of a group of men whom we believe are very sincere in picking Osteopathy as their life work:

C. S. Cichy, Greenfield, Mass.; H. J. Eddie, Lansing, Mich.; B. E. Herbert, Dayton, Ohio; J. A. Herd, Waterville, Maine; V. E. Hoefler, Dayton, Ohio; C. J. Houpt, Dayton, Ohio; R. P. Ogden, Minneapolis, Minn., and C. M. Osborne, Dayton, Ohio.

We welcome Bro. C. F. Gowans, formerly of Chicago College of Osteopathy. Bro. Gowans is enrolled at Still as a senior.

In spite of the general financial slump that has existed the past few months, we are proud to be able to report that all the active members of the organization have returned for another

year of school. In addition to the above group, Bro. R. G. Morgan of St. Ansgar, Iowa, has returned to continue his school work, after a year's "leave of absence". Needless to say, he is more than welcome and we will look forward to his numerous "gate-crashing" feats.

Mr. D. A. Hurd of Waterville, Maine, who spent a few days in Des Moines the fore part of September, has returned to enter Still College. He completed the 4000 mile drive in a week—a feat that should be entered with the various endurance records of the past few months.

Our customary Freshman Smoker was held at the house on the evening of Sept. 10th. a majority of the Freshmen class was present and were entertained by short talks given by Drs. B. A. Cash, V. A. Englund, R. B. Kale and R. F. McFarland.

A variety of entertainment was furnished the remainder of the evening by "Doc" Lawson, organist at the Paramount Theater, and also by a couple of natural black-faced comedians and musicians.

Ohio has once again sent its quota of men to Still and we hope that our alumni, wherever they may be, will follow Ohio's good example in sending new men to Still and help to make it an even bigger and better school of the profession.

After another month has gone we feel assured that our activities and advancement will justify a more complete report. In the meantime, we suggest that the recent graduates report as to their various locations.

Assembly, September 12

Assembly was opened by a very snappy number by the band. We notice many new faces are appearing in the band this year, but the organization, nevertheless, seems to sound as well as it did last spring. We are particularly impressed by the trombone section, which numbers 14 instruments.

The result of the school song contest held last spring was announced. Dr. Halladay awarded himself the prize, having written the most usable song. This new song was rehearsed for some little time and we are sure it will prove to be a good one.

After a short musical program Dr. Johnson took over the assembly, and after making several announcements and extending a welcome to the new men, he introduced the various members of the faculty.

The original agreement was that each member would be allowed two minutes in which to welcome the new students, but several of the members were evidently timing themselves by the clock on the rear wall of the assembly room—which has not ticked off the seconds for two years.

The meeting was closed by the band playing the very popular march "Anchors a-Weigh".



Around Our Merry Campus

One warm afternoon Dr. Woods stood before his class, and not being sure that one of his students was awake, asked: "Bill, what is the cause of cancer?" The fellow moved, rubbed his eyes, scratched his head, and then stammered: "Professor, I did know, but I forget." And then Woods, in his characteristic way, charged up and down the rostrum, saying: "Now doesn't that beat H—; the only man who ever knew what the cause of cancer was—and he has forgotten."

Moron—Hurray! I got \$5.00 for my latest story, "The Winning of Winsome Winnie."

Robot—Who from?

Moron—The postoffice—they lost it.

Lady—Can't you find work?

Dusty Rhoades—Yessum; but everyone wants a reference from my last employer.

Lady—And can't you get one?

Dusty Rhoades—No mum. You see, he's been dead 28 years.

Wampole—What kind of a loud speaker have you?

Spoopendyke—Quite a large one. She's five feet five inches in height and weighs around 125 pounds.

"I hear you stayed in the haunted house last night. What happened?"

"About twelve o'clock a ghost came through the wall just like there was no wall there."

"What did you do?"

"I went through the other wall the same way."

Sophonisba—I should like to open an account at this bank, if you please.

Banker—We shall be glad to accommodate you, madam. What amount do you wish to deposit?

Sophonisba—Oh, but I mean a charge account, such as I have at the department stores.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Nothing In Excess

Nothing in excess. All things in their season. Nature points the way. Fit in with her growing, ripening processes and there will be little of good that you will miss. Life is too short, earth and sky are too rich and wonderful in beauty, power and rapture to miss one single thrill or experience that is rightly ours. But don't try to grab the pretty little apples before they begin to ripen. If we do, there's an old-fashioned green apple stomach ache just around the corner waitin' for us. And these aches sometimes tackle the heart.

There's no sense in unnecessarily booking yourself for an early funeral. Early excesses or carelessness about eating, drinking and sleeping, study and hard work seldom kill, yet even good ideas can be carried to harmful excess.

Have a bully good time now, but save some of those shiny dimes and dollars to put in the bank around the corner. Save also for your health bank. A bit of early self-discipline has a way of paying back amazingly fine dividends on down the decades.

In a day and place where oranges were less common a little girl watched her mother set the table and in the center place a dish of beautiful fruit topped by a big tempting orange. The mother busy in the kitchen, this little lady pushed a chair up by the table, climbed onto it, stood up and looked around. Landscape was clear; she put out her hand and reached cautiously toward the rich, enticing fruit. Then she stopped, drew her arm back, got down from the chair, stood up like a little major and said, "There, old devil, that's a good one on you."

We love these lads and lassies. Earth never grew a finer crop of upstanding young men and women. Never a more alert, questing, dependable generation. We wish we had been as keen as they are when we were young as they are. Only here and there a smart Alec and a few prigs are making silly asses of themselves.

Minor Surgical Clinic Sets Record

The Minor Surgery Clinic at Des Moines General Hospital has recently established a new record.

On August 26th, 123 minor operations were performed.

Student Clinical Laboratory Report

(Continued from page 1)
gastric analysis, a sore mouth. Three of the eight had been rendered a diagnosis of "ulcers of the stomach" and one of the three had been on a milk diet.

Excluding the three anemic patients, these individuals presented the following characteristics: Slightly overweight and short individuals with a tendency toward "muddy" complexions, with the exception of one young lady whose complexion was good. All suffered from insomnia, and were "sluggish" in their actions. All were constipated, and gave a history of taking one thing or another for the constipation.

The really interesting thing about the entire eight cases was the syndrome of symptoms that they presented, which are as follows:

(1) Gaseous eructations leaving a sour taste in the mouth, not appearing until two or three hours after a meal.

(2) Feeling at the pit of the stomach as though a "ball" or "knot" or lump were there for an hour or two after a heavy meal.

(3) Headache.

(4) Insomnia.

(5) Constipation.

(6) Lassitude.

Two of the patients, one with pernicious and the other with a secondary anemia, did not complain of insomnia.

The feces of all these patients was carefully studied for parasites and none were found.

Under osteopathic treatment and the administration of dilute hydrochloric acid, the symptoms entirely disappeared.

End of a Chapter

(Continued from page 1)

recent years evoked an equally determined campaign for a revision of the laws governing medical practice in this country.

For the purposes of this campaign Mr. Streeter decided seven years ago to transfer his headquarters to London. These activities, combined with the demands of his London practice, he carried on while still continuing his Glasgow center, assisted during the last three years, at Bath Street, by Mr. J. A. van Brakle.

With the formation of the Osteopathic Defence League and the intensified agitation for recognition of osteopathy it has, however, become necessary for Mr. Streeter to concentrate wholly upon his London work; and to bring to London for X-Ray and laboratory diagnosis Mr. J. A. van Brakle, who for more than three years loyally assisted him in carrying on the Glasgow practice.

For more than a quarter of a century, the Glasgow center has been famous. It is with regret that Mr. Streeter has felt it necessary, in conserving his ener-

gies for the work yet to be done on behalf of osteopathy, to terminate his long connection with Scotland. To thousands of patients who have passed through the doors of Bath Street he has tendered his thanks, realizing that their recognition of osteopathy and consistent support have been the foundation upon which proper legal status for the profession has become a practical possibility. — The Osteopathic Bulletin (London).

Sprained Ankles

(John Martin Hiss, B.Sc., D. O.)

The term sprained ankle in its narrow and true sense refers to injury to the ligaments of the ankle joint. This may vary from a slight pull on these ligaments to an actual tear of the fibers that make up the ligaments.

The injury causing outward rolling of the ankle is the trouble-maker for the foot. As a matter of fact, most injuries of this type result in more damage to the foot than they do to the ankle itself. This is not commonly known, if we are to judge by the ordinary treatment—that of bandaging and rest.

This injury may be caused by a simple "turned ankle" that gives very little trouble at the time and is soon forgotten. But the slight injury in most cases results in damage to the foot, usually a downward dropping and rotation of the cuboid bone which lies just beneath the outer ankle bone. The individual continues to walk with the slight misplacement, many times without any painful symptoms, but the continued weight-bearing and foot action cause this bone to rotate downward still further, until finally foot motion is gradually and progressively impaired. In the same way the foot gradually assumes a position of strain and discomfort comes on.

The osteopathic physician is specially trained to give proper care to sprained ankles and the disorders that may come on later. Adjustment of a bone with proper bandaging may make the ankle sprain short-lived. If your feet hurt you, consult your osteopathic physician.

Cubs and Cardinals

Three big days with those Cubs and Cardinals. Thousands shrieked and cheered thru those spirited games. It proved to be the Cardinals' day and the osteopathic physician who has had 'em in tow physically during recent years, said he was never busier keeping those St. Louis Red Birds up to their quality best. Checking colds, releasing contracted muscles, adjusting disturbed ligaments, sprains and structural jolts, perhaps played a vital part in making it a three-day victory for the Cardinals.

There are now more than 20 universities and over 100 high schools that are employing osteopathic physicians exclusively for their athletic teams.

Marriages

NEWTON-COMPTON

The marriage of Miss Mary Elizabeth Compton and Dr. Cassius Alfred Newton, two popular young people of Williamstown and Marietta, occurred in Trinity Episcopal church at Parkersburg on Saturday morning at 9 o'clock. The ceremony, performed by Rev. Joseph M. Waterman, rector of Trinity Church, and Dr. Scollay S. Moore, rector emeritus, was marked with extreme simplicity. Attendants were Miss Mazie Williams of St. Marys, W. Va., and Mr. Royal Richards, of Marietta.

The bride wore a suit of brown transparent velvet with brown off-the-face model hat and other accessories of brown, including a handsome crossed fox scarf. A corsage of yellow rosebuds complemented her costume. Miss Williams wore brick colored crepe trimmed in brown with brown accessories and a corsage to harmonize.

Immediately following the ceremony, Dr. and Mrs. Newton left for a wedding trip in the East through the Shenandoah Valley, after which they will reside in the Schimmel apartments at Parkersburg.

The bride is the only daughter of Mrs. Edward Compton of Williamstown and a young woman of unusual grace and attractiveness. She attended Marietta College as a member of the class of '31 and became popular in the social circles of this city. She is a member of Chi Omega national women's fraternity.

Dr. Newton is the only son of Mr. and Mrs. Cassius C. Newton of 733 Fifth street and is one of the well known and popular young men of Marietta. He attended Marietta College, becoming affiliated with Delta Upsilon fraternity, and was graduated from the Still College of Osteopathy at Des Moines, Iowa. Dr. Newton will practice his profession in Parkersburg.

SMITH-DOUGAN

Mr and Mrs. John Lee Dougan announce the marriage of their daughter, Katherine Josephine, to Dr. George Orlando Smith, on August 21, 1930, at Uniontown, Pennsylvania.

Keep Hands Clean

Look out for germ carrying hands. They cause illness. "If a germ could talk it would tell you that nothing pleases it more than to get a free ride from someone's soiled hands to some other person's mouth," says the U. S. Public Health Service.

Wash hands often. Even such common things as door knobs and street car straps are not always clean. Germs are everywhere. Do the best we can, we do not avoid all of them. A most important matter is to keep the body fit and normal—at its fighting best.

Some twenty-seven diseases may be carried by the hands.

Infantile Paralysis

Edward Ormerod, D. O.

This year again the dread children's disease with the unpronounceable name, poliomyelitis, has appeared. In Europe it has attained the proportions of an epidemic and America has not gone unscathed. In a western Canadian city, too, there have appeared a number of cases, and Montreal has also been a seat of the trouble.

Infantile paralysis is an acute, severe disease, occurring largely among children under ten. Its onset is that of a sharp fever, with the lassitude and distress common to all high body temperatures. Like other severe sicknesses whose names end in "itis", it is a disorder centering around an inflammation, and of self-limited type. That is to say, if left to itself the disease runs a course through several well-marked stages, and the patient either recovers—with the leftovers of the attack to deal with—or, where resistance is not sufficiently strong, he fails to combat the sickness, and succumbs.

Left-Overs

Second only, in poliomyelitis, to the danger to life itself, are the left-overs to which I have referred. These consist for the most part in more or less—very often more, unfortunately—permanent paralysis of parts of the body, in the legs usually, with shrinking of muscle, failure of bone growth, distortion and impairment of joints, and so on—conditions only too familiar to those who deal with children.

The inflammation in this sickness occurs at the front part of the spinal cord, which accounts for the damage to nervous structures—interference with and paralysis of nerve action controlling growth and nourishment of structures far removed from the seat of the trouble.

Good Nursing and Osteopathy

It is claimed that infantile paralysis is caused by a specific germ. Investigators are credited with having recognized and isolated it. Serums have been prepared and used, both as preventive and curative measures. Yet, infantile paralysis appears again year after year. Claims are made in certain quarters that notable results have been secured—yet the pitiful crippling of children continues. Electricity, massage—every remedial measure that man can think of—have been used. As in the case of the other acute, self-limited disorders, it probably remains true that about all we can reasonably do in infantile paralysis is to supply good nursing and osteopathic treatment.

It goes without saying that were we to put a well man to bed, and keep him there, he would not long remain well. Muscularly, he must commence to deteriorate as soon as enforced activity is imposed. The heart, stomach, and other exceedingly important organs are of muscle.

A child patient in the onset fever of infantile paralysis must of necessity be put to bed, and kept there. Necessarily, he must experience this muscular deterioration. The blood circulation must diminish in volume, and a general measure of stagnation assert itself. This slacking off of the general activities of the body militates directly against favorable outcome of infantile paralysis, because it almost invites the left-over condition of permanent paralysis.

The founder of osteopathy placed on record his conviction that "the rule of the artery is supreme." That is saying we must have circulation. But in poliomyelitis the nerves which establish and maintain circulation are impaired and cannot get their normal impulses into operation. But we must have circulation! What is the answer?

Freeing Nature's Forces

The osteopathic physician has the technic to make sure that every possible bit of nerve control shall function. He can see to it that between the inflamed spinal cord, in its panic of battle against the malign germ life there, and the group of structures threatened with muscular death, no interference shall be set up. Thus, it is claimed and demonstrated again and again, osteopathy reduces markedly the evil after effects of poliomyelitis. It frees channels within the body, it prevents and breaks up stagnations, promotes elimination of waste without using up vital force in the doing, and gives the body-fighting mechanism the best possible chance to destroy the invading enemy, and get rid of it with a minimum of damage to the patient.

That does not mean that a patient in the throes of this truly deadly disorder must have the spinal vertebrae enclosing that inflamed cord "manipulated"! Not at all. The osteopath who wages war on infantile paralysis does so with a skillful armamentarium of common-sense measures taught nowhere outside an osteopathic college. He does not hurt the patient—he helps him!

But osteopathy does far more than that.

Let us take it for granted that you are a believer in the germ theory of disease causation—some of us are not. In any case, the germs are there and the effects of the thing are real enough, God knows, whatever our theories.

There is not a germ living that can make a healthy man sick. A healthy man. Were it not so, we should have been swept off the face of the earth long since. We live because our resistance has been great enough to outdo all comers in the way of germs.

Resistance!

Infantile paralysis epidemics occur usually in warm weather. There are various theories advanced to account for that. It is an anomaly that in the very season when one would expect children's resistance to be at its best, in warm weather when

they play most outdoors, this disorder attacks them.

At the end of a summer holiday, usually an exceedingly busy time physically, the children come home and resume their more normal manner of living. Perhaps in the holidaying they have used up more vitality than they generated—this is really quite often the case; all children do not "build up" in summer holidays. Hence, as a common-sense measure, it would be well to have a child examined in the autumn so that the winter season with its greater confinement and restricted physical life, may be entered upon confidently and with assurance of physical integrity.

Only when resistance is at less than high-water mark can infections find breeding ground in a physical body. Physical resistance is fundamentally a matter of vigorous blood circulation. "The rule of the artery..." Osteopaths know how to establish and maintain that desideratum of price—hundred-per-cent physical resistance! No healthy child is in danger of infantile paralysis. It is the one with lowered vitality, be it ever so unrecognized, who falls victim.

I purposely avoid technical terms and lists of symptoms. What the world needs is more news on health, not sickness. Modern medicine functions at its best as a preventive. Truly, man cures nothing. Only nature can. The osteopath is content—nay, honored, to be dubbed nature's disciple.

The things accomplished by osteopathy in each recurring visitation of poliomyelitis, to which I have referred herein, are not hidden—they grow increasingly in the public mind. In a day given over so largely to serums and surgery, they more fittingly replace the former, and make of the latter a thing less often necessary.

—Osteopathic Magazine.

Hiccoughing Babies

Hiccoughing, in the case of either breast fed or bottle fed babies, is due either to too rapid feeding, to too frequent feeding, or to too much feeding. It may be prevented by cutting down on the food supply, by feeding more slowly, and by lengthening the intervals between feedings. For immediate relief, give a little pure warm water, from a quarter to a half teaspoonful every minute or two until relieved.

Teacher—Can you give me an example of wasted energy?

Bright Student—Yes, sir; telling a hair-raising story to a bald-headed man.

Ichiban—Did I ever bring back your coffee grinder you lent me last month?

Sayonara—No, you certainly did not.

Ichiban—I'm sorry. I wanted to borrow it again.

Eyestrain May Be Due to Faulty Body Mechanism

It is well understood that eyestrain due to an error of refraction is a very frequent cause of general neurotic conditions and that correction of the error is followed by considerable relief of the nervous symptoms.

It is not so generally recognized that errors in refraction may be due to spasmodic contraction of small muscles of the eyes, and that there may be a removable nervous cause for such spasms.

Lesions either of bones or of deep-lying muscles of the upper part of the neck and upper part of the back or at the first or second rib may interfere with circulation through the eyeball and with nervous control of these small muscles. Thus, eyestrain may be due to perfectly recognizable and removable causes entirely outside the eyeball itself.

Under such conditions, people who receive well-planned osteopathic treatment are sometimes helped to discard glasses altogether, and yet suffer no ill effects from eyestrain. Improving nutrition and the healthful functioning of the eyeball, such as results from osteopathic care, often cures various other eye diseases.

Certain physical deformities of the lens and cornea are possible and, if such exist, they may persist in spite of the most careful treatment but these are not expected to be curable by correction of the nerve or blood supply in accordance with osteopathic procedure.

Shall the Family Doctor Become Extinct?

From the reports of some medical authorities it would seem the answer would be in the affirmative—especially in the smaller towns and country districts, the reason being that the specialists are being emphasized by the family physician. We believe, however, that the tide is turning back, not to the old-time family physician with his saddle bags, lobelines and pills, but to the modern physician, the new osteopathic physician, if you will, who is trained to general practice.

Keeping folks not only fairly well, but buoyantly healthy and efficient is the idea of the modern physician. A thorough physical examination means not only x-ray and other laboratory tests, but more than all that, the direct structural examination or health audit which detects tendencies and avoids the danger.

This sort of family doctor is being turned out by our colleges. We need still more students to take the full four-year course in our colleges in order to meet the demand.

Nothing is quite so dull as a dull speech.

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Number 5

Sixth District Iowa Osteopathic Convention

The Sixth District Iowa Osteopathic Convention was held at Osceola, Iowa, Thursday, Oct. 9, 1930.

The meeting was opened by Dr. M. Biddison of Nevada, Ia., president of the association, who presented the first speaker of the day, Dr. Chas. E. Still, oldest son of Dr. A. T. Still.

Dr. Charley gave a very interesting talk concerning the early days of Osteopathy when the Still family was endeavoring to put Osteopathy across to the public, and some of the difficulties they met with.

The second speaker, Dr. Ray G. Hulburt, from the national office in Chicago, gave a brief talk on, "The Business Side of Osteopathic Practice."

Dr. H. J. Marshall of Des Moines, the next speaker, discussed ear, nose and throat conditions met with in general practice.

A brief round table of osteopathic practice followed a very fine chicken dinner served at one of the local churches.

The afternoon session was opened with a business meeting, which was followed by Dr. J. K. Johnson of Jefferson, president of the Iowa State Osteopathic Association, who took up "Osteopathic Conditions in Iowa."

Dr. F. P. Walker of St. Joseph, Mo., next presented a very interesting lecture on "Indications for Cesarean Section."

Dr. Hulbert of Chicago, appeared again in the afternoon and brought out many points on ethical publicity.

As a closing number, Dr. Charley demonstrated various types of technique which were developed and used by his father, Dr. A. T. Still.

Many Attend the World Series Via Radio

Many one hundred percent class attendance records have been destroyed during the recent world series. Each game found the fraternity house radio more popular than the class room.

We are told that great sums (even as much as a dollar) were wagered among the students, and one report has it that even some of the faculty have been engaging in the ancient art of wagering.

With the passing of the world series for another year, things about school are rapidly returning to normal.

Recent Graduates Locate

The following doctors, members of recent graduating classes here, have located as follows:

Dr. L. A. (Hap) Nowlin, West Chester, Iowa.

Dr. D. H. Wire, Bridger, Montana.

Dr. Justin Smith, Tama, Iowa.
Dr. Amzy Hull, Belle Plaine, Iowa.

Dr. LeRoy S. Parkhurst, Medicine Lake, Montana.

Dr. Fred E. Dunlap, Wellington, Kansas.

Drs. Widmer and Auseon announce the opening of their office at 33 North Broad St., Hillsdale, Michigan.

If there are others who would like to have their location published, if they will please drop us a line, we will be more than glad to carry out the same.

Sigma Sigma Phi Smoker

On Tuesday evening, Sept. 30, the freshman class was entertained at a smoker by Sigma Sigma Phi.

Dr. Halladay presented a number of stereopticon slides concerning the history of Osteopathy, which included many pictures of Dr. Still and his early work in the pioneer day of the profession.

A short talk by J. N. Gill, president of the organization, concluded the evening's entertainment.

A Recent Visitor

Dr. Theodore Rickenbacher, who graduated in the May class of 1929, recently visited at the school.

After a year's interne work on the west coast, Dr. Rickenbacher spent part of the summer in the east, attending the National Convention at Philadelphia and visiting friends and relatives in Ohio.

The doctor was on his way back to Seattle, Wash., where he intends to practice.

We enjoyed his short visit very much and hope that other members of the profession who happen into Des Moines will honor us likewise.

When "Front Row" Gordon starts sitting in the back row—we will know the Seniors have at last come into their own.

When Dr. Scott buys one of those Bantom cars—we'll know they're all the company says they are.

Students From Other Schools

Des Moines Still College is very pleased to announce the enrollment of the following students who have transferred here from other osteopathic colleges:

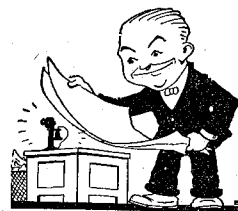
Harry M. Elsner, Carl T. Davidson and Charles Gading, all in the Junior Class.

Hymen Kesterbaum, Louis Kesterbaum, Samuel B. Kahn and Wm. W. Klepser as specials.

C. F. Gowens in the senior class.

Dr. Holcomb Jordan of Davenport, Iowa, is taking Post O. B. work and surgery at the college this semester.

Assembly, Sept. 17



Assembly was opened by the band playing an old favorite number and in which Jud Koch, our xylophone specialist, played the leading role. This number, by the way, was the final number played by the band last spring before school dismissed.

Several of the faculty members who were not present last week at assembly, were presented to the new students.

The second number by the band was a very novel arrangement of the popular number "Bye-bye Blues." Carl Black played the piano accompaniment.

The new students were all called to the platform and introduced to the student body. There was the usual rivalry between Ohio and Iowa as to the number of students. There were a few more Iowa representatives on the stage than from Ohio, but we are sure the Ohio boys are of the superb Buckeye quality which goes for the making of good physicians.

The new men of advanced standing were also presented and we noticed that Michigan was very well represented. Mrs. Innes being a former Michigan politician, arose and gave her former fellow statesmen a very hearty welcome and informed them that if they became lonely or discouraged in our fair city, that she would be in the dungeon at 722 Sixth and would be more than willing to have them weep upon her strong and sturdy shoulders.

Dr. Johnson Takes Over Psychiatry Class

Dr. Johnson, whom at the beginning of school felt that he was physically unable to take charge of the psychiatry class, has recently resumed the responsibility.

Miss Ava Johnson, who relieved her father during the first month of school, presented some very interesting lectures on the introduction to psychiatry.

With the return of Dr. Johnson to his old post we are anticipating a course with even greater interest, and the co-operation of all psychiatry students is requested, so that the Doctor will be able to finish out the term without further physical handicap.

Square and Compass Elect

Still Square of Square and Compass, recently held fall elections with the following results. President, M. J. Schwartz; Vice President, Curtis Parkinson; Secretary-Treasurer, Geo. Heilman; Sargeant-at-Arms, Gordon DuBois.

Still Square and Compass is a chapter of Square and Compass, an intercollegiate fraternity of Master Masons. The local chapter invites all students who are Master Masons to become members of our organization.

Assembly, Sept. 26th

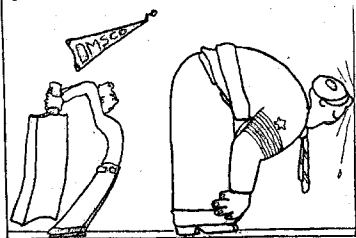
The meeting was called to order by the band in the presentation of two old-favorite numbers which were very well done.

Dr. Halladay, in charge of today's program, gave a brief resume of his various summer travels. During this talk the Doctor admitted that he stole away from his camp in Maine and took unto himself a bride.

The most pleasing part of the program was the passing out of Hershey bars, which were received by all present, and we again wish to extend our most hearty congratulations to Dr. Halladay and his wife.

Everyone has been holding their breath—waiting for Chemistry Laboratory to start. The first explosion was heard the other day. Some poor Freshy hadn't dusted before leaving. The relief is profound, we know Mrs. Innes is her old self.

FRATERNITY NOTES



ATLAS CLUB

The routine is once more established and everyone is swinging into the school year full speed ahead.

Bro. Jack Campbell has recovered from his appendectomy and everyone joins in congratulating him upon his rapid recovery and return to school. Jack's mother was with him during his convalescence and quickly won her way into the hearts of all who were fortunate enough to meet her. We all hope Mrs. Campbell will honor us with another visit, soon.

Pledge "Firetop" Tannehill seems to be setting a record for writing letters. His daily output averages somewhere about 6 or 7. If all these letters, for one month, bring results, "Bonfire" will be the logical successor to Brigham Young.

Bro. Eddie Swartzbaugh has returned to Des Moines and is working at "The Retreat." We were all glad to see Eddie and hope he will be back in school soon.

Monday evening, Sept. 22, Miss Ava Johnson addressed the club on the subject "Personality as Applied to the Physician." Miss Johnson's talk was very interesting and instructive, and was enjoyed by everyone present. We hope to hear from Ava again in the near future.

Marshalltown seems to have some sort of magnetic attraction for Pledge Landis Johnston. At any rate, he wastes no time getting there almost every week end. How about it, Landis?

Bro. Ted Rickenbaker spent several days at the house renewing old acquaintances and making new ones. Rick was on his way back to Washington, after attending the Convention and a session of Dr. Hiss' Bunion Clinic at Columbus, Ohio. We were all glad to see "Rick" and wish him the greatest success in the future.

The kitchen is once more the seat of feverish activity each a. m., as the boys gather around the festive board to break their fast and prepare themselves for a hard (?) day's session in the class rooms.

Bro. Kenney Ward, the club's latest Benedict, occasionally makes his appearance at the house and thus manages to keep from being a stranger. He informs us that he and the 'B.W.' cannot understand how any of us manage to struggle along in the single state.

The Pledge Dance was held Saturday evening, Oct 4th, with almost 100% attendance. Good

music, perfect weather, and a large crowd all combined to give everyone a marvelous time, and we are all eagerly awaiting the next party.

Although there are more "gas buggies" per capita this year than ever before, there has, as yet, been no fit candidate for Cowboy Barney Oldfield Hughs' speed laudels. The Oregonian successfully defended his honors against all comers last year and graduated an undefeated champion.

Bro. Forbes and Pledge Hickey, the two never-say-die Athletic fans, who were standing against the St. Louis convictions of the rest of the club, took a new lease of life when Foxx got that homer in the 5th game.

Monday evening, Oct 6, Dr. Campbell, well known local Osteopathic physician, spoke to the Club on the subject: "Diagnosis and Treatment of Rectal Fistula." At the conclusion of his talk, Dr. Campbell conducted an Open Forum. Dr. Campbell's talks are always interesting and worthwhile and this was no exception. We hope to have him with us again, soon.

DELTA OMEGA

The freshmen girls were entertained last Friday at the home of Dr. Halladay. The movies of the 1929 and 1930 "Halladay tour" were shown. We now know where to go to get a piece of good cake and also to have a good time.

At last a secret is out—Viola says she had to cut her blond curls in self-defense. Ask Dr. Beveridge for details.

The sorority would like to hear from the field members.

Gen reports a fine vacation spent in northern Wisconsin. The fishing was great; although she had no specimens to prove her claim.

The sorority extends a welcome to the Freshmen girls.—Miss Norma Abolt, Miss Rachel Hodgins and Mrs. Meighna.

We are glad to welcome Miss Norma Lee Abolt, the sister of Dr. Grace Abolt. We hope she carries on the good work that so characterized the four years spent here by the Dr.

IOTA TAU SIGMA

Chuck Routzahn, our imported entertainment man from the wilds of Ohio, with the help of Jud Koch and Bud Cooper, opened the social activities of the year with a nicely planned house dance in honor of newly pledged men. A wonderful array of color was noticeable, as everyone sported their best bib and tucker for the occasion. We were honored with the presence of several of the faculty members, among whom were Dr. and Mrs. Beveridge and daughter; Dr. and Mrs. Halladay; Miss Ava Johnson, and Dr. Facto.

We take pleasure in announcing the pledging of Russell McLaughlin, enrolled as a sophomore.

Dr. Robt. Bachman gave an interesting and educational talk at a practical meeting at the house, Monday evening, Oct. 6. We are sure everyone enjoyed it very much and we always welcome the experienced practitioner to drop in at any time to tell us of problems which arise in the field which we will some day bump up against ourselves.

Now that the world series is over, it is again possible to get down to deep study, or to tune in a good musical program without disturbing the base ball fans of the house. It is very hard to concentrate on cranial nerves or the muscles of the body when the bases are full, only one out, and a home run king up to bat.

Bro. Lester Spaulding has laid aside his golf clubs and is now planning on being the world's greatest dietician, and believe me—he sure is on the road to success. He is in charge of the commissary department at the house, and if he continues as he has in the past few weeks, a lot of future Osteopaths will be gaining weight.

PHI SIGMA GAMMA

It is with the greatest of pleasure Delta Chapter announces the pledging of the following men: Donald Mills of Rapid City, So. Dakota; C. W. Peterson of Des Moines; C. T. Davidson of Lewistown, Mont., and Lester Hoversten of Story City, Iowa.

Thanks to Bro. Schwartz, once again we have the good old frat table going twice a day and more interesting than ever. We were indeed glad to have Dr. Johnson with us on Sept. 24, Mayor Parker L. Crouch, on Oct. 1st, and Mr. C. D. Reed of the Midwest Government Weather Bureau on Oct 8th. Needless to say, the value of the messages these men brought to us are a real asset.

Sunday, Sept. 21, Dr. C. I. Groff of Mason City, Ia., paid us a visit and gave us an all-day lecture on foot technic, as only a man of Dr. Groff's experience can. We hope you can be with us again soon, Doc.

Big plans are being laid for the Hallowe'en Pledge Dance, Friday, Oct 31, and the boys are showing greater enthusiasm than ever. Already, the phone wires are hot with the old appeal, "and have you got a girl friend?" We are looking forward to a big turn out and want to see everyone present—including the married and the women-haters.

Wanted! A good mouthpiece for poor Bro. Naylor, who lost his voice in the dormitory the other morning.

Everyone is wondering what Dixie Reeves' motive is in trying to buy so many dogs. We certainly hope he gets a good one.

For the benefit of Pledge Oleson, Bennett and Cloyd, Hell Week has started once again—and everyone is losing a lot of sleep, including the members.



Around Our Merry Campus

He—What is the most rigid example of economy you know?
She—A dead Scotchman!

Mrs. Newlywed—your paper-hanging job looks fine, dear, but what are those queer lumps?

Mr. Newlywed—What do you know about that! I forgot to take the pictures down.

Traffic Cop—Say, you get going; what's the matter with you?

Polite Driver—I'm just fine, thank you, but I think my engine's dead.

"Do you suffer from cold feet?" the doctor asked the young wife.

"Yes," she replied.
He promised to send her some medicine.

"Oh!" she said, nervously, "They're not-not-mine."

Citizen—"Officer, stop that man."

Officer—"What for?"

Citizen—"Why, he's a boot-legger!"

Officer—"Don't you get so excited; there'll be another one along in a minute."

Motorist: Five gallons of gas.
Gas Man: Yes, sir; any oil?

Motorist: No, just gas.
Gas Man: Want the car washed, too?

Motorist: No, just gas, is all.
Gas Man: How about some skid chains?

Motorist: No, gas is all.
Gas Man: Does she need greasing?

Motorist: No! Gas, gas, gas! Nothing but gas. Cut the chatter—just give me some gas!

Gas Man: Yes, sir. And as the motorist drove away very hot under the collar the garageman added, "Well, that's one time I got even with my barber!"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Don't Be a Grouch

Don't be a grouch. If it is hard to smile—get examined.

The first requisite in combating the progress toward physical decay is to eliminate all infective foci from the body. This does not mean to wait for toothache, headache, fever, or other announcement of such conditions, but to begin in infancy to regularly inspect the body from head to foot.

We must often start at 25 or earlier to prevent a death from apoplexy at 45.

The man who has his body inspected once a year or at appropriate intervals, according to his condition, is protecting himself against the insidious development of unsuspected disease and also against needless worry over imaginary afflictions, and worry due to exaggerating the seriousness of some simpler or local trouble..

Camouflage Your Exercises

(R. Kendrick Smith, D. O.)

The daily dozen and other similar systems of exercise are excellent in their place and have done a lot of good. People make a great mistake, however, when they run away with the idea that this sort of thing is a panacea for all our physical ills. It is perfectly true that a very large percentage of city people do suffer from lack of exercise. As far as that fact goes, these methods do help out.

Unfortunately, there are very many people who seek the recovery of health as a result of the extravagant claims in the advertisements of some of these "exercise cures."

Adjust your machine first—then exercise it all you want to. If your human mechanism is out of adjustment, exercise is not going to get its parts into position. On the other hand, if you are so lazy that your system is suffering from the lack of a minimum amount of exercise, essential to health, you cannot pass the buck to the osteopathic physician and expect him to keep you in perfect condition and adjustment. You have got to do your part. He cannot breathe for you, nor eat for you, nor exercise for you. These things you must do yourself.

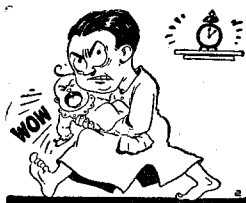
It is much easier for the osteopathic physician to keep your

body machinery in good adjustment when you keep the muscular system taut and efficient by regular exercise. Relaxation is essential and is insisted upon by the osteopathic profession, but this does not mean the chronic lassitude and limpness of the lazy, flabby-muscled person who takes no exercise.

Relaxation and muscular contraction are alternate functions. Their voluntary control and rhythmical alteration constitute the difference between rest and activity, which should be so perfectly balanced as to produce ease, comfort, poise, power and health.

Exercise is best when it is not exercise. In other words, exercises should be camouflaged. The incentive should be something of greater zest than mere routine movements of the calisthenic type. Therefore, substitute sports for exercise and you have a much more healthy and enjoyable method of keeping the body in tune and tone.

Births



Born to Dr. and Mrs. Lonnie Facto, a son, Lonnie, Jr. on Sept. 24, 1930.

Dr. Facto graduated in the June class of 1926 and after a year's work in the London Clinic, returned to Des Moines and is now on the faculty at Des Moines Still College.

* * *

Born to Dr. and Mrs. C. D. Moore, Medicine Lodge, Kans., Sept. 24, a son, James Frank. Dr. Moore graduated in the January class of 1929.

* * *

Born to Mr. and Mrs. H. D. Cate, a son, Wendell, Sept. 23.

Mr. Cate is a senior student at Still College, and Wendell comes as a birthday present to his father, as the doctor's birthday is also on Sept. 23rd.

Cold in the Head

By Paul Sinclair, D. O.

The doctors who write the health talks in our daily papers have spent a great deal of time and ink and space in an effort to tell the public what colds are or are not. They insist that drafts of cool or cold air on the back of the neck cannot cause a cold, but if you want to prove them right or wrong you can perform the experiment on yourself. Osteopathic physicians have been taught to reason cause and effect from a physiological and anatomical standpoint.

Let us consider the anatomy of the nose and throat, which are the seat of trouble in the common cold. The lining of the nose is a delicate tissue and as

can be seen from its color has a very heavy blood supply. The lining has many cells which secrete a mucous fluid which moistens the air we breathe and helps to keep the nose clean. The secretion of these cells, as well as the size of the blood vessels of its lining, is controlled by nerve impulses which come from a chain of nerve centers at each side of the backbone called the sympathetic ganglia. These nerve centers are deeply placed in the tissue and they do their work without any effort on our part.

Now let us see what happens when cold air strikes the back of the neck. Do you remember that cold morning you had to walk to the store or the office? How you did draw your shoulders up and bend your neck and back so that there would be less of your body exposed to the cold? The tissues of the neck do the same thing. They contract and get as small as possible. In this process they get hard and it is then that they interfere with nerve impulses from the sympathetic ganglia. Most of the impulses are interfered with and the result in the lining of the nose is a loss of tone, a congestion, an increase of mucus and a swelling of the lining to an extent that the opposite sides of the nose meet and the air is stopped or interfered with.

Above you have the picture of a common cold. The complications come when the trouble extends along this lining into the sinuses or the eyes or through the eustachian tube to the ears or into the throat and lungs. The lining of the nose is continuous with these structures and a neglected cold may extend into these other parts with disastrous results. With the cause definitely known it is readily to be seen that osteopathy would be the common sense treatment to relax the tissues and restore lost motion in the affected vertebrae, rather than to take something into the stomach.

Marriages

WARD-COON

On Sept. 13, Miss Mildred Coon of Des Moines was united in marriage to J. K. Ward of Kingston, Canada. The wedding took place at the Atlas Club, of which Mr. Ward is a member, in presence of the groom's fraternity brothers and relatives of the bride.

The bride was attended by her sister, Mrs. Doc Lawson, and the groom by Paul Wynn, a fraternity brother. The bride's brother-in-law, Doc Lawson, played "At Dawning" and "Mendelssohn's Wedding March" and the ceremony was performed by Rev. Williams of the Westminster Presbyterian Church.

"Kenny" is a member of the senior class of Des Moines Still College.

We wish many years of happiness and prosperity for this young couple.

Assembly, Oct. 3rd

Due to some little misunderstanding, the band failed to appear today.

This morning's program, under the direction of Dr. Woods, was opened by the presentation of Dr. L. L. Wade from Winterset, Ia. Dr. Wade gave a talk and extended an invitation to all upper classmen to attend the district convention to be held at Osceola, Iowa, Thursday, Oct. 9.

The doctor's description of the coming convention was very interesting and we are sure the meeting will be educational and very interesting.

Dr. Johnson announced that any of the students who would sign up to go to the convention would receive an excused absence from school for that day. This is surely a fair proposition and we hope that many of the students will take advantage of this very fine opportunity.

Dr. Woods next presented the second speaker of the morning, who was none other than our good friend, Dr. M. E. Bachman. After a few very well chosen remarks concerning technique, Dr. Bachman spent the remaining time in demonstrating the same.

Assembly, Oct. 10

The program was opened by several numbers by the band, which were well done and well received by those present.

Dr. Spring, in charge of this morning's program, introduced the speaker of the morning, Mr. Sheldon of the Northwestern Bell Telephone Co., who gave a very interesting talk upon some of the mechanics of the telephone. Mr. Sheldon explained how telephone calls are made to Europe, South America and other foreign countries, which by the way involves the radio.

Mr. Sheldon also extended an invitation to all the students to visit the new telephone building in Des Moines and inspect the fine building and equipment.

The telephone company plans to hold open house from Oct. 23rd to 26th, and any one who cares to attend, will be taken through the building by a guide, who will explain the processes involved in making a telephone call.

The last two assemblies have been rather poorly attended, for some reason. Perhaps the weather is still a bit too nice, and the students would rather stroll about the campus during that last hour before lunch, than attend these Friday morning programs, which are always very interesting and also very educational.

The small attendance that has prevailed during the last two meetings is very discouraging to those in charge of the programs, so let's all try and do better—give those who are in charge our support, by being present at assembly each Friday morning at eleven o'clock.

Legal and Legislative

A. G. CHAPPELL
Legislative Advisor in State Affairs, Jacksonville, Fla.

As long as osteopathy exists as a separate school of medicine there will be turmoil and strife between it and the dominant school. One of the chief lines of skirmish is in the matter of legislation. The dominant school claims that the osteopathic school is far its inferior in educational requirements and preparation. Because of this they claim that those practicing under osteopathic license should be limited in their field of practice. We of the osteopathic school of medicine feel that we are equipped to handle disease and infirmity as we meet it in our fellowman.

As time moves on there is constant change in almost every field of endeavor. We are well aware of the sweeping changes that have occurred in therapy as practiced by the allopathic school. We have only to use ordinary observation to ascertain that such changes are still going on.

In the osteopathic school of practice, however, we find our theory changed but little and our therapeutics very much like they were fifty years ago. However, changes have occurred. We find an ever increasing number of our profession who are supplementing osteopathic manipulation with other procedures in therapy with a considerable degree of success. As this evolutionary change takes place we discover that laws made twenty years ago concerning osteopathic practice no longer adequately define and safeguard our profession and its development.

Thus we find in an act approved in 1913 by the Senate and General Assembly of the State of New Jersey the following definition of the practice of osteopathy:

"A method or system of healing whereby displaced structures of the body are replaced in such a manner by the hands of the operator that the constituent elements of the diseased body may reassociate themselves for the care of the disease."

Elsewhere in this law we find "... the curriculum of study shall include instruction in the following branches, to wit: anatomy, physiology, pathology, histology, hygiene, toxicology, and dietetics, chemistry, obstetrics, gynecology, osteopathic and physical diagnosis, principles of surgery, medical jurisprudence, bacteriology, theory and practice of osteopathy and in such other subjects as the board may elect; ..."

Also in an act made effective at the same time in New Jersey in a supplement to the general medical act we find provision made—"... for the appointment of an osteopathic physician as a member of the State Board of Medical Examiners."

We find that in spite of the

fact that we are spoken of in the New Jersey laws as "osteopathic physicians" that Justice Parker in the case of Chasney vs. State Board of Education et al (N. J.) 145 Ttl. 730., said that he was of the opinion that the legislature meant that the medical inspector employed by the Board of Education should be a physician as the word is ordinarily understood, in short, an M. D. The ruling also included the statement that the limitations of the practice of osteopathy by the osteopathy act are such that, even if it be conceded that a licensed osteopath has sufficient medical knowledge to perform satisfactorily the duties of the "medical" inspector, still the word "physician" and its context lead the mind back inevitably to the conclusion that the legislature required a general practitioner, or at least someone licensed as such. This medical inspector's duty is described by law as that he "shall examine every pupil to learn whether any physical defect exists."

In addition we find that in recent months osteopathic physicians have been arrested and found guilty of practicing medicine without a license because they were using some forms of physiotherapy.

It would seem that most of the difficulty we have encountered recently in New Jersey hinges upon the limitations we have placed upon our school of practice in defining it as quoted heretofore. Yet until recently this practice act has been considered as a satisfactory one. There are many other states in the same or similar predicament with New Jersey.

Because we feel that in this constant line of skirmish between the two professions, legislation is so often on the firing line and so often plays such an important part, we are of the opinion that this very important field of endeavor, legislation, should receive attention and support of all members of our profession.—(Journal A. O. A., September, 1930.)

Professor: The elastic fabric surrounding the circular frame whose successive revolutions bear you forward in space has not retained its pristine roundness.

Motorist: Er-what?

Professor: Your pneumatic contrivance has ceased to function.

Motorist: I don't quite—

Professor: I say, your tubular air container has lost its rotundity.

Motorist: Would you kindly—
Small Boy: Hey, guy; You've got a flat tire!

Father—"I don't like to see that daughter of ours lighting cigarettes."

Modern Mother—"Don't be so old-fashioned, John."

Father—"It isn't that. She's too young to be playing with matches."

An Appeal for a Square Deal

Robert W. Rogers, D. O.

Before me I have a copy of a booklet issued by the American Medical Association entitled "Deficiency of Osteopathic Education." I do not know where the author obtained his data, but Aesop's Fairy Tales or Grimm's Fairy Stories might easily have been the source of his inspiration.

Were it not for the fact that this booklet has a wide distribution among State Legislators, it might be ignored. In order that the truth may be known we must dignify this childless, scurrilous and untruthful article with a denial of its veracity and a statement of facts.

To the statement made that entrance requirements are not enforced in our osteopathic colleges, the American Osteopathic Association states that all of the accredited colleges strictly enforce their entrance requirements.

The statement that attendance is not enforced is a deliberate mis-statement of facts. Osteopathic colleges require all students to be in actual attendance within the first two weeks of each annual session and no credit is given to any student whose attendance is less than 80 per cent of the full time of the year.

This report says that no osteopathic college maintains supervision of student work to any extent. This assertion constitutes a vicious misrepresentation of existing conditions. Student work in all of the accredited osteopathic colleges is carefully supervised. In the Kirksville College of Osteopathy and Surgery, for instance, the Dean holds a degree from one of the best American teachers' colleges. In all of the other osteopathic colleges we find careful supervision is made of all of the work done by the student body, and student credentials, attendance, grades, curricula and other activities are inspected and compiled by the office of the Dean.

The report states that osteopathic college announcements fail to give information regarding the curriculum. The writer has seen every recent catalog published by the different osteopathic colleges, and can state positively that all of them contain detailed information of each course, showing its content, length of time, when, where and by whom given, the amount of credit allowed, and the character of the instruction, whether lecture, recitation, laboratory, or clinic. Any report to the contrary is untrue, and there is no excuse for such a mis-statement of such demonstrable facts so easily capable of positive proof.

To the criticism of the character of instruction in osteopathic colleges we wish to say very emphatically that our colleges maintain the ratio between laboratory and didactic parts of

all courses in the same proportion as is maintained by all standard colleges. In the clinical courses, patients are studied in presenting the various types of diseases prevalent among human kind. Methods of treatment of proven worth are applied in each case. Instructors are selected with a single view to capability. The laboratories of our osteopathic colleges are well equipped with the most modern of approved appliances, the colleges employ a full staff of teachers who are thoroughly trained for the work in hand, they are graduates of standard colleges and universities, and are paid as well as professors in medical schools.

In the matter of university affiliation and finances, we must admit that osteopathic graduates have not been admitted to the post-graduate courses given by the medical departments of our American universities. Nor can our finances compare at all favorably with those of medical schools. We receive practically no endowment funds, we obtain nothing from the public treasury, we obtain no contributions from Community Chests, in fact we have had to "skin our own eel" when it came to money. In spite of our inability to secure financial support where the medical profession has shown itself so efficient, we have built some very fine hospitals and colleges and we are proud of the fact that we have paid for them out of our own pockets. Until such a time as we are able to finance our own post-graduate schools on a larger scale, we believe that it is a "dog in the manger policy" for the medical schools to refuse admission to osteopathic graduates to their hospitals and post-graduate schools. After all, the medical institutions were not established by the medical profession but were bought and paid for from public funds, public subscriptions, and endowments for the sick and needy people of America and not for the glorification of the medical profession.

At the present time, in spite of our lack of funds, in spite of the organized opposition of the American Medical Association, in spite of our admitted lack of endowed institutions, we are today giving our students access to good hospitals which we have erected and which we maintain with our own money. We have free clinics and dispensaries, and all osteopathic colleges are noted in the communities where they exist for their unselfish services in their outpatient departments.

Again we admit that our lack of funds prevents us from maintaining elaborate museums. We do state that all of our colleges maintain libraries according to their means.

(To be continued)

He—Would you like some orchids one of these days?

She—Yes, indeed!

He—That's fine! I'm opening up a flower shop.

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

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Volume 8

NOVEMBER 15, 1930

Number 6

The Osteopathic Special Enroute Seattle

Those who take passage on the Osteopathic Special leaving the Chicago Union Station, 10:30 p. m. July 29th, 1931, over the Burlington — Great Northern route to the American Osteopathic Association Convention, Seattle, Washington, August 2-7, 1931, will be impressed, first by the enchanting daylight ride for miles along the Father of Waters, thence through Historic Northwest Adventureland and Glacier National Park.

Within a few hours after leaving the prosperous industrial environs of Chicago and the agricultural region of northern Illinois, the train will take its course along the scenic Mississippi. For 300 of the 441 miles between Chicago and the cities of St. Paul and Minneapolis, the rails are within sight of the patriarchal Mississippi, with an island dotted expanse of water on one side and on the other the high wooded bluffs of weathered limestone. For many miles the tracks are so close to the river's edge that a child might easily toss a pebble from the car window into the water. Every mile of the distance is replete with legendary and historic interest. On the Wisconsin side of the river, little old-time villages cling to the bluffs. There is about them a look of age and tradition and some of them, founded by French, Italian and German emigrants, have a distinct old world air. The agricultural lands along the stream are some of the richest in all the world, contributing to Wisconsin's fame as the greatest milk, butter and cheese state in the Union.

Many travelers along the Mississippi are quite unaware of an important industry that adds to the wealth and picturesqueness of the villages—the pearl fisheries. From a point above Prairie

(Continued on page 4)

Boastful Quackery

Dr. Mark Herzfeld, Detroit, to Dr. C. J. Gaddis, Chicago.

"In the article 'Osteopathy Explained' where it states 'which enables nature to do her allotted work without recourse to knife or drugs,' we are not telling the truth, and to my way of thinking it is nothing more than boastful quackery."

What do you think about it?

Is perpetual flag waving and eternal misrepresentation necessary?

Recent Grads Located

Dr. R. F. Herrick, Class of 1930—408 Howe's Block, Clinton, Iowa.

Dr. Susan Bruder, Class of 1930—Grundy Center, Iowa.

Dr. Harry Johnson, Class of 1930—Westphalia, Kansas.

Dr. M. Wayne Myers, Class of 1929—Parker, South Dakota.

Dr. Myers has just finished a year's internship at Chicago Hospital.

Do You Know That—

To enter an osteopathic college, one must have had a four years' high school education?

To graduate, one must devote four years of nine months each to resident study, exclusive of the one-year internship in a hospital, which is optional?

The opportunity to secure an osteopathic education is limited by the capacity of the six accredited colleges?

These colleges teach every subject which is taught in the leading medical schools except materia medica, which is replaced by osteopathic principles and therapeutics.

Osteopathic physicians and surgeons maintain their own hospitals and handle every type of case, including surgical and obstetrical?

Of the many osteopathic hospitals, one is devoted exclusively to the treatment of nervous and mental diseases and cost a million and a half dollars?

A \$600,000 Osteopathic Unit of the Los Angeles County Hospital is operated entirely by osteopathic physicians and surgeons?

Visitors At College

We are very pleased to have had the following men visit at the College during the last month.

Dr. W. S. Edmund of Red Oak, Iowa.

Dr. C. S. McMurray of Utica, Kansas.

Dr. Clyde Reed, Grand Junction, Kansas.

Dr. Woods Rewarded

We are told that the very rare specimen, in the realm of botany, which Dr. Woods wore in his lapel for several days succeeding the annual freshmen reception, was given him as a reward, by one of his many lady friends for not asking her to dance.

Freshmen Reception Big Success

The outstanding social event of the fall season was held in the ballroom of the Hoyt Sherman place, Saturday evening, October 18th. The annual reception for freshmen students was bigger and better than ever before.

A goodly crowd was there and all present danced merrily to the strains of music provided by Ted Ring's Vagabonds.

The novelty number put on for freshmen only, proved to be very clever and one noticed many new models of vegetables in the form of horns, whistles and other types of noise makers.

The punch bowl was very well patronized by all, and some who were in a more lethargic state, spent the evening at bridge.

The party was enjoyed by all and we are sure that such evenings are beneficial to everyone.

Assembly, October 17

The band opened the assembly with a very lively march. This organization has evidently been rehearsing some during the past few weeks, as they sounded even better than ever, this morning.

The second number by the band gave the trombone players a real work-out, during which the men showed they were very efficient musicians and equal to the task.

Dr. Facto, in charge of today's program, introduced Mr. Hubbard of Des Moines. Mr. Hubbard has traveled considerably and has spent much of his life in the business world, more recently becoming interested in evolution.

Mr. Hubbard presented his theory in evolution, which in brief, is that the solar system, as known at present, is inside a great globe. The great areas outside of this globe being ideal space where life goes on indefinitely or becomes everlasting.

Mr. Hubbard wrote a book on this theory some time ago, the title being, "The Great Globe." This book received considerable comment by Prof. Sheppard, astronomist at Harvard University, who presented a paper on this theory to the "International Scientific Association" a few years ago.

This lecture was indeed one of great interest to all of us and we hope that we may hear more lectures of this type.

The morning's program was brought to a close in the usual order with a number by the band.

Laboratory Service

In the July issue of the Journal of the A. O. A., the Student Clinical and Experimental Laboratories announced the extension of their services to the members of the profession in the field. Since then, we have been flooded with requests for mailing cases.

Our laboratories turn out a complete report of our findings on each specimen submitted. The uranalysis report is divided into three sections, viz., physical characteristics, chemical and microscopic. Under physical characteristics is reported, the amount (if specimen is part of a twenty-four hour sample), color and appearance, specific gravity and corrections of the specific gravity for albumin and sugar, if they are present in any marked quantity. In case the specimen is a twenty-four hour sample, the total solids are calculated and recorded under the physical characteristics. Under chemical examination the reaction is recorded and the presence or absence of albumin and sugar and their amounts. Acetone, diacetic acid, bi-oxybutyric acid, indican, bile, bile salts, and occult blood are also recorded under the chemical report and a rough estimation given as to the amounts present. Under the microscopic report the presence or absence of the following are recorded and a rough estimation given as to the amounts present. epithelium, casts, pus cells, crystals and erythrocytes. Pus urines, when requested, are studied.

(Continued on page 4)

A Good Location in Florida

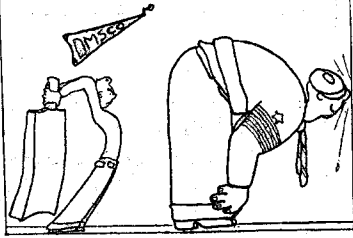
Wanted!—a good osteopathic physician to take over practice in Florida.

Address, Editor of The Log Book, Des Moines Still College, Des Moines, Iowa for further information.

What Is Osteopathy?

Osteopathy is the name of that system of the healing art which places the chief emphasis on the structural integrity of the body mechanism as being the most important single factor to maintain the well-being of the organism in health and disease and comprehends and embraces all branches of the healing art as taught in colleges of osteopathy recognized by the American Osteopathic Association.

FRATERNITY NOTES



ATLAS CLUB

Dr. John Woods spoke at the Club on the evening of Oct. 20. The doctor spoke on "Diathermy, Electrical Cautery and Similar Adjustments." The lecture was interesting and profitable, everyone acquiring some new and valuable facts on Electro-Therapy. Dr. Woods' talks are always enjoyable as well as instructive and we hope to have him address us again soon.

Amidst corn-stalks, Jack O' Lanterns, shaded lights, queer sounds, and an aerie atmosphere, the annual Halloween Dance was held at the house. The party was a huge success in all ways and the evening of Nov. 1st will be a red letter one in our memories. The unheralded exhibition of the finer points of the terpsichorean art, magnanimously performed for us by Pledge Erle Moore, was the premier event of the evening.

Bro. Harry Taylor numbers carpentry among his many accomplishments. Witness the excellent job he turned in, in preparing the floor of the garage for the vicissitudes of the coming winter.

Dr. Roy J. Trimble of Montezuma, Iowa, was our guest over the week-end of Oct. 31. We were all very glad to have Roy with us and hope he visits us again soon. We are always glad to have brothers from the field spend a few days with us.

Pledge Halladay evidently has a pull with the City Library Commission, judging from the apparent ease with which he pays nocturnal visits to the city library. Reading is said to be one of the most illuminating of pastimes and we are pleased to see Jay make the best of his opportunities along this line.

Many of the fellows are pondering ways and means of best spending our day of grace, Armistice Day, Nov. 11th. Some are planning trips home, if they are fortunate enough to live in close proximity of Des Moines, and others are attempting to discover new fields to conquer here.

DELTA OMEGA

Norma was told to wait until after the Atlas dance to remove her tonsils. She says, "I don't dance with my tonsils."—I ask you?

Gen went hunting Saturday. One rabbit she didn't get (it ran into some tin cans)—who wants canned rabbit?

A Rush party was held Oct. 23rd, at the home of Dr. Avis Payne. Those present were: Dr. Mary Golden, Dr. Grace Abolt,

Mrs. J. W. Woods, Mrs. Cash, Mrs. Halladay, Miss Ava Johnson, Miss Norma Lee Abolt, Miss Rachel Hodges, Gen and Vi. A buffet dinner was served.

Vi has been entertaining her mother the past week. Mrs. Buckholz left last Tuesday for her home at Lewiston, Minn.

Beta Chapter is pleased to announce the pledging of Miss Norma Lee Abolt of Des Moines, Ia., Miss Rachel Hodges of Keosauqua, Ia., and Mrs. H. V. Halladay of Des Moines, Ia.

IOTA TAU SIGMA

Saturday, Sept. 1st, a hard times dance was held at the house. All the brothers turned out with their best girls and the wonderful evening began. Dancing was in order, with snappy music and an assortment of costumes mingling throughout the rooms well decorated to represent the tall cornfields of Iowa, and a real farewell to Halloween was given for another year, and witches, black cats, pumpkins, and skeletons greeted the eye at every turn and in every nook and corner. During intermission real old fashioned apple cider and pumpkin pie were served for refreshments.

Bros. Cook and Hewlett arrived home just after the dance began, and if their story is correct, when bigger and better pheasants are to be had—they will get them. The brothers had succumbed to the call of the wild and nothing would stop them from going to Hewlett's uncle's farm and show the boys up there just what accurate shots they really are. Both arrived home safe and the total game was two pheasants. Of course, the big ones got away, as usual.

"Bud" Cooper spent the week-end at his home in Illinois. He claims the weather was a little cold but he had a fine time regardless, and he brought back a lot of encouraging news from several of his friends who are now practicing.

Bro. Morgan, our "One Eye Connelly" the second, is still crashing gates. After one of his successful crashes, it is reported some one asked him if he thot he could crash the Pearly Gates. Morgan said he sure would try his best, if there was anyone willing to show him where they were.

Butch Beldon seems very fond of our new mascot, Belle, a German police dog. When Bro. Beldon goes for a ride, Belle is right along with him. They really are some companions, and all we say is that we hope Beldon will keep his hat on—so we can tell them apart.

PHI SIGMA GAMMA

The annual Halloween Pledge Dance was held Friday, Oct. 31 and went over with a bang. The decorations were the best yet, and as usual, Bro. Toepfer obtained a snappy orchestra with red hot music. All told, we can hardly wait for the next one.

A dinner was held Saturday, Nov. 8th, for Dr. Jas. Schaeffer, in honor of his marriage to Miss Marion Wilson of Des Moines. The wedding took place the following Sunday, with Bro. Frank Schaeffer acting as best man, and the fraternity en masse to give the young couple a most successful start in life.

Everyone is wondering what the little dark secret is that Bro. Schwartz is holding back on us. Can it be what we think?

A little telephone call late one night last week, started Bro. Withrow home to Milwaukee via the thumb route. We are now wondering about his "safe" return.

Bro. Grau has taken up lessons in high diving and is progressing well with his work.

"Dixie" Reeves had a very pleasant surprise Sunday, Nov. 2nd. His sister, Miss Madeline Reeves of Iowa State Teachers, and Mr. Kenneth Allbee, half-back at Ames, spent the day here.

We were all glad to see Drs. Dwight Stone and Walter Heinlein back with us again, and between "Rockie's" voice and Walt's jokes, a good time was had by all.

We are always glad to have any of the alumni visit us, and extend a hearty invitation to all of you. Also a few lines now and then would be appreciated.

Cancer Comes Next

If the cancer serum discovered by two California physicians proves effective, the medical profession will straightaway take over the fight which has heretofore been almost wholly in the hands of surgeons. No reliable method of destroying cancer has been known other than surgical removal, and that has only been possible when diagnosis revealed the tumor in an early stage.

The importance of any combative serum is obvious from the fact that cancer is one of the five mortality causes which have shown a definite trend upward rather than downward. In the fifteen years between 1912 and 1926, the death rate from cancer in the United States increased from 77.1 to 94.9 per 100,000 population, according to the census bureau. The other mortality causes which showed a relatively constant yearly increase during that period were diabetes, brain diseases, organic heart disease, and appendicitis.

This increased death rate from cancer is in spite of a decrease in the death rate from all causes from 1,418.1 to 1,222.7 per 100,000, and in spite of constantly improving methods of diagnosis. The conclusion must be that cancer is increasing beyond the control of surgical cure. If the new serum proves effective, it will be one of the greatest discoveries of the age. If it does not, the search will have to go on a while longer.



Around Our Merry Campus

First Spinster—"I had an awful dream last night. I thot I was being pursued by a man. It was terrible!"

Second Spinster—"I know—I've had the same dream myself; it is horrible. You just run and run, and no matter how hard you try—you simply can't stop."

Doctor—"If he lapses into unconsciousness again, just give him a teaspoon of that brandy."

Wife of Patient—"Oh, doctor! While he is unconscious? He'd never forgive me!"

Policeman—"Miss you were doing sixty miles an hour."

She—"Oh, isn't that splendid. I only learned to drive yesterday."

She—"I wonder how many men will be made unhappy when I marry?"

He—"It all depends upon how many times you marry."

"Say, Gawge, wot kinda cigars does you-all smoke?"

"Me? Why, brother, I smoke Robinson Crusoes."

"Wot kinda cigars are Robinson Crusoes?"

"Castaways, dumbbell, castaways."

"I did not marry beauty, my boy; I did not marry wealth or position; I married for sympathy."

"Well, you have mine!"

Mr.—"My razor doesn't cut at all."

Mrs.—"Why, Henry, you don't mean to say your beard is any tougher than the oilcloth?"

A man working for a firm of Scotchmen struck a blizzard at Saranac, N. Y. He wired the company: "Snowbound at Saranac—what shall I do?" They replied: "Take your vacation."

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor...H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

"Student Project" Now Being Mailed Out

The "Student Project", a small book put out by the students' Clinical and Experimental Laboratories, has recently come off the press.

Those of us who have received a copy have found it to contain many interesting as well as instructive items. "The Six Hundred, or the Fallacy of the White Ticket", written by the editor, F. A. Watson, brings out the facts as they are and expresses the very thing that many of us have been thinking about since we advanced to the standing of a Junior A.

As students, let us all take the things said in above mentioned article to heart and try and remedy some of these things that we all too well know exist.

Assembly, November 7th

The program was opened by a very snappy number by the band. The second number by the band, "The American Patrol", was very well done and the aid of Mr. Noble and his fife, from the American Institute, was greatly appreciated.

Mrs. Innes, in charge of the morning's festivities, presented the first event which was a banjo solo number by Joe Devine.

The second number was a very interesting little reading given by Mrs. Innes herself, in her own inimitable way, which was very much enjoyed by all present.

The next number was a xylophone duo put on by Jud Koch and Red Stewart. Dr. Halladay then gave his version of "Bye, Bye, Blues" on a worn out piano, and the piano in the assembly room certainly played its part.

The program was brought to a close by two fine numbers by the band. The attendance at assembly was about one hundred percent of the student body, we would say, and we hope that this will continue, as the number present surely has a lot to do with the effectiveness of these Friday morning programs.

Births

Born to Dr. and Mrs. J. V. Hodgkin of McCook, Nebraska, a daughter, Janet Ann, October 19, 1930.

Dr. Hodgkin was a member of the May, 1925, graduating class.

Give the Child a Chance

Only a dull man will be a criminal despite all that bosh and sentimentality about clever crooks.

Stupidity is often a disease—that may be helped and cured.

The criminal needs specific structural study and laboratory examination.

But why wait 'til he robs and kills? Sense and economy demand preventive measures.

Let the youngest child have a thorough physical examination with follow-up examinations every six months or year, and we will catch much of this wild wave of crime disease in its incipency—abort it, or cure it.

Assembly, October 24

The band, under the direction of Marion Crawford, opened the program. We are proud of Mr. Crawford, member of the Junior A class, and he is indeed to be complimented on his fine work during the absence of Dr. Halladay.

Dr. Watson, who has been working diligently during the past several months on his student project, presented the results of his labors, and we are indeed pleased with Dr. Watson's work and want to compliment Watson, St. Amit, Beldi, M. J. Schwartz and others who have helped to put this project over.

This student project, as most of us know, has been and is for the sole purpose of installing in Still College a clinical laboratory which will compare favorably with any clinical laboratory in the country.

Lee Lindbloom next gave a short resume of the activities of the White Line team during the past year and announced the game to be played Wednesday night, October 28, between the White Line team of this city and the Minneapolis Red Jackets of Minneapolis, Minn.

Mr. Lindbloom introduced Mr. Fred Freil, of the Junior Chamber of Commerce, who extended an invitation to all students to attend the game. The Junior Chamber of Commerce is backing the contest.

Dr. Beverage, in charge of today's program, next presented the speaker of the morning, who was Dr. Ray Kale, one of our own alumnus, who is now practicing in Des Moines. Dr. Kale gave a very interesting paper on some of the things that a young practitioner meets with in practice. He also urged the men who will soon get out in practice, to aid in the big job that we have in educating the public to Osteopathy.

The doctor's talk was indeed one of interest to all of us and we are glad to hear from the younger members of the profession and hope that we may have such a pleasure again soon.

Stick to the truth and you won't be stuck for an answer.

Marriages



Burchfield-McMurray

Mrs. Jennie Burchfield announced the marriage of her daughter, Beulah L., to Dr. Chas. S. McMurray, on October 11, 1930, at Union Park Christian Church, Des Moines, Iowa.

Dr. and Mrs. McMurray will be at home in Utica, Kansas, after November 1st.

* * *

Wilson-Schaeffer

On November 9th at 5 p. m. Miss Marion Wilson of Des Moines, was united in marriage to Dr. James R. Schaeffer of Jefferson, Iowa. The wedding was a double ring ceremony and took place at the Cottage Grove Ave. Presbyterian Church, with the Rev. J. T. Moody officiating.

The bride was attended by Miss Lois Kaiser, and the groom by his brother, W. Frank Schaeffer. Miss Beatrice Fletter sang "I Love You Truly" and "Oh, Promise Me."

The members of the Chi Omega sorority and the Phi Sigma Gamma fraternity, of which the bride and groom are members, attended in a body.

Dr. Schaeffer graduated from Still College in January, 1929, and will complete his internship at Des Moines General Hospital in February.

We wish the newlyweds all the health, happiness and wealth in the world.

Assembly, October 31

In the absence of both Dr. Halladay and Marion Crawford, the band had some difficulty in getting under way, but Howdy Toeffer saved the day by giving the band members present the official word to start playing.

Dr. Johnson announced that the faculty member in charge of today's program was in Kansas City, or some other place still worse, leaving our morning's entertainment with no official backing.

After a few very well chosen remarks by Dr. Johnson, the band gave another number, also very well done.

The fellows in the band are indeed to be congratulated upon their determination and I am sure that the student body as a whole, appreciates their efforts. We hope that those musicians, and directors also, will eventually find their way back and take part in our Friday morning program, as we all look forward with much pleasure to this period of the week.

If your ambition is to have a career, let no obstacle come in your path. A career is the accomplishment of a job well done.

Yes, It Made Her Thin

She was only 30, a little tall, a beautiful girl, manner and face, but her weight was 180 pounds. About this time, a craze to get thin quick and effectively struck her little group. Ordinary measures seemed too slow. A neighbor had heard of a certain kind of tea. It was purchased and soon pounds began to drop away. That boyish figure with severe straight lines would soon be hers.

To help it along she ate sparingly, took less sleep and soon the scales showed 150 pounds, then 140, 125, 120—wonderful! She began to lose energy and forced herself to work. She was warned by some of her friends who began to tell her how badly she looked. More than that, all sorts of bad feelings and symptoms.

The doctor was called one evening and found her near pneumonia. A careful examination showed disturbance in one lung, kidneys, and a general rundown condition. This meant several weeks in bed and utmost care to bring her back to her former health and vigor.

Beware of teas or any sort of drug that promises reduction in weight. If overweight, there are safe ways to reduce.

The Onion

The soulful onion is not as unhappy as it seems from the quantity of tears it causes people to shed. In spite of this apparent pessimism, recent commendations have come from unexpected sources.

Tom Kane, New York ferryboat deckhand, has given transfusion of blood 111 times in 15 years and announces in Liberty Magazine that he sometimes eats as many as 24 big Bermuda grief-producers in as many hours. He once granted three blood transfusions in ten days and says that he ate onions by the carload that week. He attributes his healthy supply of red corpuscles to this delectable, smelly vegetable.

At all events it has acquired new dignity. It may have had to sneak into the soup or hide in the stuffing in order to enter good society. It may have had to neutralize the worst taste of things to be accepted in business—but even then, folks have been willing to stay at home from the function just to have it around and it has undoubtedly been the clandestine friend of the best families. It has had to make folks weep to hide its real purpose in life and seem the saddest when they are glad.

And now to find that it makes red blood gives it a big boost. It is now placed along with liver and spinach and oranges. When athletes begin to resort to it for strength and the anemic feed on it for fatness, it may demand a higher price and hold its head up even among roses.—(L. A. Times.)

An Appeal for a Square Deal

(Continued from Last Issue)

Osteopathic colleges are doing more and more post-mortem work every year. Our colleges are noted for the efficiency of their dissection departments. Reputable medical men who have seen the work we are doing along this line are unanimous in their statements that no school of therapeutics of any kind has ever been known to do better dissection than the osteopathic colleges. There is at all times an abundance of material. As this is being written the Kirksville College of Osteopathy and Surgery has dissection material school twice the size for the en-on hand sufficient to conduct a tire year. Every effort is made to provide proper instruction in operative technic and cadaver surgery. Frogs, dogs, cats, rabbits and guinea pigs are used in the courses in physiology and bacteriology. Other laboratories provide for Roentgen rays, basal metabolism, embryologic models, stereopticons, anatomical charts and other modern apparatus.

All osteopathic colleges publish a list of students and graduates. The course of instruction is a minimum of four years of nine months each.

As stated in this medical pamphlet, it is probably true that education cannot be measured on the basis of hours of instruction, but it does seem strange that this booklet should stress the vital importance of these matters in the earlier part of the report and close by saying that the reliability of education is not in the hours but in the subject matter. The question is further begged by the assertion in the report that there is still a question of whether osteopathic therapeutics are based on fact. It might be well for the medical profession to investigate with an open mind the results secured by the thousands of osteopathic physicians in active practice.

Regarding the question of what an osteopathic physician should be allowed to practice, would it not be better to allow him to practice what he is taught in his colleges and in those subjects in which he is examined by the osteopathic or medical boards before he receives his license? Should an osteopathic physician who has been licensed by the State and who has shown the same qualifications for practice as those of other schools of practice be restricted by limited privileges simply because his medical competitors desire it that way? Is the public welfare of no account? Must this continual wrangle between the different schools of practice continue to bob up at every legislative session? After all, the only question is this—is an osteopathic physician capable of carrying on a practice with unlimited privileges? Does his training and the

character of the required State Board examination qualify him to practice his profession without constant interference and persecution by the dominant school of practice? We believe that the osteopathic physician is so qualified, and we are sure that the ethical groups in both the osteopathic and medical professions can join forces for the maintenance of those standards and the protection of society against the unqualified of every school if both will suppress their more rabid minorities. Why continue to press a conflict which no longer has a reasonable ground?

In conclusion, may I call attention to the bill recently passed by both houses of Congress and signed by Mr. Coolidge before he left the White House. The paragraph relating to osteopathy reads:

"The degrees Doctor of Medicine and Doctor of Osteopathy shall be accorded the same rights and privileges under governmental regulations." Surely, equal qualifications and training should command equal rights and privileges.

Plainfield, N. J.

Laboratory Service

(Continued from page 1)

ied for bacteria at the additional price of ten cents.

The methods used in our laboratories are standard. Our work is so systematized that we can do a large number of analyses every day without slighting any of it in the least. A large water bath accommodates fifty qualitative sugar determinations at one time. A special desk with a built-in light accommodates a microscope and accessories which facilitates the microscopic work.

In order to maintain our nominal prices, it is necessary to maintain a most rigid system of economy in the way of conducting our business dealings. Mailing cases sent out to physicians who never return them, constitutes our major financial losses. Another financial loss is found in the postage used to send the mailing cases to the physician. In order to remedy these conditions we have instituted a "mail order" system which is both practical and convenient, not only for our organization—but for those who use its service as well.

Those wishing to avail themselves of our uranalysis service have but to drop us a postal card or write us a letter asking for a set of mailing cases. We will parcel post six, twelve, eighteen, or twenty-four mailing cases at twenty-five cent apiece. Our terms are cash. That is to say, six, twelve, eighteen, or twenty-four uranalyses are payable in advance. If you wish, the mailing cases will be sent C. O. D.

This system of paying in advance for a number of analyses does away with the inconvenient method of placing loose change in the mailing case each time a specimen is sent to us.

The Osteopathic Special Enroute Seattle

(Continued from page 1)

* * *

Du Chien, Wisconsin, and extending up the river as far as Genoa, a little Italian settlement which might have been transplanted from the shores of the Mediterranean, pearl fishing is the occupation of many of the inhabitants. Some unusually fine specimens of the gems are taken from clam shells and the shells, afterwards, used for making buttons.

Prairie Du Chien is the second oldest settlement in Wisconsin. Here are the remains of Fort Crawford, which was once under the command of Col. Zachery Taylor, afterward President of the United States, and where Jefferson Davis once served as a lieutenant in the regular army. Here also was a fort which was captured during the War of 1812 by the British with their Indian allies. Just before reaching Prairie Du Chien, the rails cross the beautiful Wisconsin River, the most traveled of the waterways by which the first explorers descended from the Great Lakes to the Mississippi. Marquette and Joliet, Radison and Groseillers, Father Hennepin and Jonathan Carver and many other explorers and traders came this way to high adventure on the Mississippi, the Missouri and in the mountains of the west. Jean Nicolle, one of Champlain's woodland runners, appeared on the waters of the Wisconsin River fourteen years after the Mayflower sailed into Plymouth harbor.

LaCrosse, Wisconsin, is a charming and progressive city of 35,000 people, about half way between Prairie Du Chien and Lake Pepin. It was founded by Yankees from the rugged farms of Vermont and New Hampshire.

On the picturesque bluffs which mark the course of the river between LaCrosse and Lake Pepin, are mysterious heiroglyphics inscribed, no one knows when, and evidently by peoples who occupied the country before the tribes which were found in possession by the first white explorers. There are also a number of Indian burial mounds from which many curious relics have been taken.

Where the Mississippi broadens into Lake Pepin, a semi-military post existed a hundred years before the American Revolution. Lake Pepin is a scenic gem. The verdure clad bluffs and rocky palisades which hem in the lake for twenty-two miles, change into countless fascinating forms as the train follows the shore line. The lake has an extreme width of over fourteen thousand feet, and the depth varies from a few feet to forty and fifty feet. This section of the river is more beautiful than any stretch between the Twin Cities and New Orleans. Whether the lake is viewed in the brilliance of a noonday sun,

in the flush of sunset, or by the moon's silvery light—it's vistas are charming and awe inspiring.

At Prescott, Wisconsin, the Osteopathic Special will cross the beautiful St. Croix River and bring the American Osteopathic Association party into Minnesota. St. Paul and Minneapolis are soon reached and after short stops at these terminals, the journey to Seattle will be resumed through the lovely lake country of Minnesota, the Red River valley, through the Mouse and Upper Missouri River country, Glacier National Park, the Rocky Mountain and down the Flathead, Kootenai and Columbia Rivers.

JAMES M. FRASER,
Transporation Chairman.

Does Smoking Harm?

A British physician is quoted as saying, "The harmful ingredients of tobacco smoke are nicotine, carbon monoxide and pyridin, and pyridin-like substances." Pyridin is produced by the smoldering or burning of cigaret paper, cigar wrappers and of tobacco.

The harmful effects of pyridin may be largely limited to the eyes and the throat. Cigaret throat, the cigaret cough, and the cigaret sore eyes, are the result of pyridin.

When men sit in a room and smoke like a volcano they will pick up a dangerous dose of carbon monoxide, but the man who smokes an occasional pipe or cigar, especially in the open air, gets very little of this poisonous chemical. Those who inhale get more.

If one must smoke, the safest way is to "draw the volatile matter through hot, wet tobacco."

Speaking of addiction to narcotics, Stephen C. Porter, United States representative, states:

"Addiction rarely occurs thru viciousness except in cases of habitues of the underworld. And perhaps the majority of these have been reduced to this social condition as a result of addiction.

"The principal causes of addiction are unskilled medical treatment, momentary recklessness of youth, use of drugs as relief from acute, chronic pain by persons ignorant of their habit-forming nature, and solicitation by peddlers."

"Mamma, I've got a stomach-ache," said Peggy, aged five.

"That's because you haven't had any lunch yet," answered Peggy's mother. "Your stomach is empty. You would feel better if you had something in it."

That afternoon the minister called and, in the course of conversation, remarked that he had been suffering all day with a severe headache.

"That's because it's empty," said Peggy, brightly. "You'd feel better, if you had something in it."

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

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Volume 8

DECEMBER 15, 1930

Number 7

Christmas Vacation Dec. 19th to Jan. 5th

The annual mid-year pilgrimage to Ohio and other parts of the United States, will get under way December 19, 1930.

A bigger and better trip than ever before is planned by many and we sincerely hope that all students who spend Christmas at home, as well as other places, will take on the Christmas spirit and pass it on to their friends.

We envy our fellow students who will be privileged to spend the Christmas season with friends and relatives at home, and are inclined to believe that they will temporarily forget the subject of diet when they get back to Mother's cooking once again.

However, we anticipate that many will be glad to get back to school January 5, so that they will be able to rest and recuperate after a very extensive social schedule, which we are informed that some have already planned.

Just as a reminder, let us remember that no matter how high the grades nor how few the absences, if we stretch either end of the Christmas vacation, no excuses are given from the final examinations which will take place in a few weeks after school reopens on January 5, 1931.

STILL SQUARE OF SQUARE & COMPASS CELEBRATE THIRD ANNIVERSARY

GOVERNOR JOHN HAMMILL AND MAYOR PARKER L. CROUCH PRINCIPAL SPEAKERS

ON Thursday, December 4, 1930, at the Shrine Temple, Still Square of Square and Compass celebrated its third anniversary. There has been a Masonic Club at Still College for the last twelve years, but three years ago the local Masonic Club became affiliated with Square and Compass. Square and Compass is a national collegiate Masonic fraternity with some sixty-seven chapters in the various colleges and universities throughout the country.

Still College is the only osteopathic college to have a chapter of this fraternity.

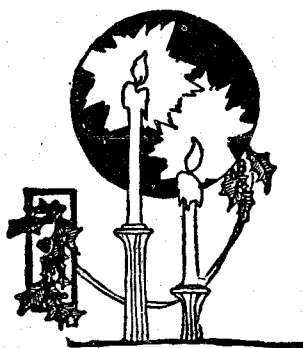
Master Masons from Drake University and the old Des Moines University were invited to the meeting, which was opened by an address of welcome by Maurice J. Schwartz, president. He then turned the chair over to Dr. H. V. Halladay, faculty member of Square and Compass, who introduced

(Continued on page 4)

Merry Christmas

... and
Best Wishes

for a
Happy New Year



Fifty Volumes Given to Library

A portion of the late Dr. Slaughter's library has recently been presented to Des Moines Still College library by Mrs. Slaughter.

This gift of fifty volumes of valuable reference books adds materially to the growing collection for our library.

Dr. Slaughter, who was a homeopathic physician, practiced in Des Moines for more than thirty years.

Indiana and Michigan

A trip to a state convention always has its thrills. The prospect of seeing old friends and making some new ones, will always appeal to the writer. Indiana is not a new field for us. We have met with this bunch several times and always remember the kindly reception at the meeting. This year, Indiana put on a very intensive two-day program, with a very unique banquet sandwiched between. We were glad to meet with the state association and hope that something good comes out of it.

As mentioned there, Des Moines is struggling along without a representative from that state in the college. We can hardly account for it, since there are students in Still from every state that borders on Indiana. We hope that next year may show a marked change for the better, along this line.

From Ft. Wayne, we motored back to Chicago and spent a day at the A. O. A. offices. Dr. Gaddes took us to a wonderful dinner, or rather, luncheon, at the Executive Club. It was a good feed and a very interesting entertainment. Several dif-

(Continued on page 4)

Takes Post-Graduate Work

Dr. Harry Marshall has just recently returned from a two week's post-graduate course at Mercy Hospital in St. Joseph, Missouri.

The work was under the direction of Dr. Walker.

A Holiday Message from The Student Laboratory

It is our hope that every reader of The Log Book will read this holiday message from beginning to end. It contains a message for every one.

At this time we wish to pledge ourselves to give bigger and better service than ever before. It is our hope that we will be able to extend our service from the limited field of urinalyses to a more extended field of laboratory diagnosis. If every one will place their shoulders to the wheel and give us a boost we will soon be able to give unexcelled service in all lines of laboratory work. The life of this laboratory depends upon your patronage.

Many osteopathic physicians seem to labor under the impression that our services are open only to those who have graduated from Des Moines Still College of Osteopathy. This is not so — our service is maintained, at cost, for every osteopathic physician regardless of what institution served as his or her alma mater. Any physician who needs our co-operation on any matter will certainly receive it

(Continued on page 3)

Date Set for Iowa Board

The dates for the next examination by the Iowa State Board of Osteopathic Examiners have been set for January 26th, 27th and 28th.

Address all communications relative to this examination, to Dr. D. E. Hannan, Suite 202, B. & H. Bldg., Perry, Iowa.

Dr. Schwartz Speaks in Michigan

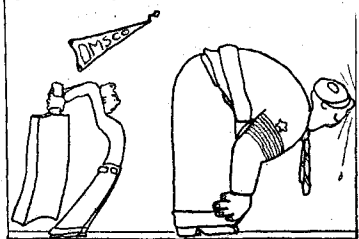
On November 21, 22 and 23, Dr. J. P. Schwartz spoke at four of the district conventions in Michigan.

The following cities were host to the various district conventions: Detroit, Flint, Battle Creek, and Lapeer.

On this extensive speaking program, during which the doctor talked in four different cities in three days, his subject was "Fractures and Treatment of Same."

During Dr. Schwartz' absence, Dr. James E. Gray of Newton, Iowa, took over the class in surgery and presented some very interesting work upon the foot.

FRATERNITY NOTES



ATLAS CLUB

Monday, Nov. 4th, the club had a theatre party. Each and every member assembled at the President Theatre and attended the play in a body. After the performance, sandwiches were enjoyed at King Ying Low's. Everyone reports a delightful time and plans are being made for a number of these parties during the winter.

A few of the boys were able to go home over the Thanksgiving holidays, but most were content to stay in Des Moines and count the days until Christmas recess. The holidays are almost here and time tables and road maps are getting ever increasing attention from our Ohio and Michigan brothers—and the rest, who live in "far distant climes."

We have received letters from Dr. Durwood "Duke" Wire, '30, who is located in Bridger, Mont., Dr. Myron Monger, '30, who is interning at the Detroit Osteopathic Hospital, and from Dr. Don Hughes, '30, who is in La Grande, Oregon. We appreciate hearing from the brothers in the field and all join in wishing them the greatest success in their practice.

Bro. Harry Taylor has resumed his practice in the "Peck Horn" section of the band. He succeeded in securing a non-skid washable "Grunt Iron" from Dr. Chris Pedson, who no longer has time to devote to his music, now that he has graduated from these halls of higher learning.

Pledge Bayard Twadell reports a very interesting and worth-while trip, via highway, to his home in Iola, Kansas. "Twadell" says that the Jayhawks are all agog and agaga at Kansas U. winning the Big Six football championship for the first time in history, and, he further adds, that patriotic Kansans care not now whether the "U" is booted out of the conference or not.

Atlas takes great pleasure in announcing the pledging of Verne Dierdorff of York, Neb.

Dr. Allan Nelson, who graduated in the May class of 1930, has recently paid us a short visit at the house. We hope other field members will give us this same pleasure.

Attention all former members of the bee colony. As you know, it is customary to select, at auspicious times, a new keeper. This semester we have the pleasure of nominating for this most honorable position, several candidates who are well

qualified to fulfill the required duties of this office. However, "Firetop" Tannyhill seems to be the unanimous choice, so he will henceforth be known as the "Official Keeper of the Bees."

DELTA OMEGA

Delta Omega entertained their pledges at a banquet held at Younkers Tearoom the evening of November 5th. After the banquet, a pledge ceremony and short business meeting was held. The alumnae of the sorority was organized. Dr. Grace Abolt was elected president and Dr. Fern Woods, secretary.

The actives were entertained December 3rd with a theatre party at the President and a dinner at "Uncle Charlie's" by the pledges. Everyone had a wonderful time.

Have you noticed the pretty red ribbons that are bobbing around?

Believe it or not—Norma carried the initials of a certain young man around for a week.

Maybe Rachel is joining the navy—she seems to be tattooed up.

Vi had a grand Thanksgiving at home. She gained about ten pounds.

Two of our alumnae have been honored at the Sixth District Osteopathic Association. Dr. Mary Golden was elected president and Dr. Grace Abolt, vice president.

The actives and pledges were entertained by the alumnae and associate members on November 25th, at the home of Mrs. J. P. Schwartz, with a dinner and bridge party.

A mock initiation was held at Vi's apartment. The actives had a grand time. You should worry about the pledges.

We wish Dr. Mildred Trimble Badger all the happiness in the world.

IOTA TAU SIGMA

Beta Chapter wishes to announce the pledging of Mr. Carl Ellis of Des Moines. Carl is enrolled as a freshman at Still and he has already made a name for himself in taking an active part in the school band.

Bros. Cooper, Peck, Routzahn and Pledge Hurd made a trip to Indiana to see the Notre Dame-Drake game. Their trip was made more enjoyable by the cordial welcome extended them by the parents of John Peck in Buchanan, Mich., and the parents of Orval Cooper in Elgin, Ill. They also spent a few hours sight-seeing in Chicago on their return trip. Regardless of the cold, damp weather, the boys report a fine trip, and one which they will long remember.

Many of the brothers took advantage of the four day vacation to go home over Thanksgiving. All arrived back to the house in a cheerful and stuffed condition and wishing the day of thanks would arrive oftener than once a year.

Challenging the holiday social functions, we are planning a house dance to be held before Christmas vacation. Bros. Routzahn and Koch are co-operating to give us the biggest and best ITS party of the year. They assure us of a good time—and when they say that they really mean it.

At this time we wish to extend Phi Sigma Gamma our sincere gratitude for their kind invitation Thanksgiving Day, for a splendid dinner, held at their home. We feel that intermingling of this nature will bring about even a greater fellowship throughout the school.

PHI SIGMA GAMMA

The house is running normally once again, now that Thanksgiving is over and everyone is back. Bro. Stoike seems to have gained a few pounds on his trip to Minnesota. Good turkey, eh, Charlie?

Bros. Grau and Reeves were at their homes in Muscatine, Ia. and Bro. Armbrust left hurriedly for Omaha. However, the rest of us enjoyed ourselves just as much at the big turkey dinner given at the house, with Bro. Fred Schaeffer acting as master of ceremonies.

The Christmas dance was held December 13th and turned out to be a huge success. The fine orchestra kept everyone going and the novel decorations were a real treat. We were glad to see so many of the members living outside the house present and hope to see all of them at the next one.

The sophomore contingent at the house has gone in for moving pictures in a big way. Six of them now study their anatomy from a magic lantern—Anyway to get it, boys!

From the looks of things, everyone is flush, or a good salesman has come to the wilds of Iowa and unloaded his stock of books. Every day a new set arrives C. O. D.

Pledge Mills recently fell heir to a rattling good automobile. Now he says if he can just find a tent to put over it to keep the rain out, some of the girls at the Y. W. C. A. will get in earlier.

Has everyone heard our new Rudy? Pledge Wilking takes all honors on his new version of "Little White Lies". He plans to obtain a degree in high note singing after finishing his work in Osteopathy.

Wanted—A car heater that will warm rumble seats and can be disconnected to install in a bed. See Bros. Withrow and Bleck.

There is a rumor afloat that Bro. Stivenson is going to specialize. Seems quite likely—if all his studying on a certain subject means anything!

Bros. Stritmatter and Reeves motored (or flew) to Iowa City the other day to see the Iowa-Nebraska game. They say it was a wonderful game, even if they did get a little sleepy coming home.

Anybody seen Schwartz? We have been missing the "Doctor" quite a bit lately, due to business affairs, or what have you, which calls him from us. Some say he spends his time shopping in jewelry stores. Lucky girl!

We would like at this time to extend our heartiest wishes for a Merry Christmas and Happy New Year to everyone, and a pleasant vacation and safe return to all the members.

Assembly, November 21

The program was opened by two fine numbers by the band.

Dr. Robert Bachman was in charge of the program this morning and presented Rev. Thomas and the Business Men's Quartette from the Business Men's Tabernacle on the east side of the city.

The quartette sang several numbers which were very well done and enjoyed by all, and which brought happy thoughts to many of us of hours spent in the old family church on the corner.

Rev. Thomas spoke on the topic of "Sure Shots." His outstanding thought, and his key to success, was that nothing ever hits a man that doesn't help him, if it doesn't crush him.

Rev. Thomas also gave some very good advice on business facts, such as living within one's income and not buying things by paying nothing down and a dollar a week forever.

There are Sure Shots and Plungers. The Sure Shot is the man who invests wisely in a businesslike way. The Plunger is self-explanatory. Now, what are we, Sure Shots or Plungers?

After Rev. Thomas' speech, the quartette favored us with another number. Following this the band played the closing number, a very snappy march.

Around Our Merry Campus

No Miracles

Patient—"So I have to take ether, do I? How long will it be before I know anything?"

Doctor—"Now, Mr. Simpkins, you know you mustn't expect too much of ether."

He Knew His Tires

Visitor—"Jack, do you know what a waffle is?"

Small Son of Tire Salesman—"Sure, it's a pancake with a non-skid tread."

A Good Memory

Father had brought company home for dinner, and everything was going along fine until his small daughter remarked: "Isn't this meat roast beef, dad?"

"Yes, why?"

"I thought you said you were going to bring home an old mutton head for dinner?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

The Care of Athletes

As in previous years, Still College is demanding that part of the work of each graduate be done on the athletic field. This year is just another added to the list of records that we are stacking up and has, as usual, been successful from every standpoint. The football season has just closed and with it came a personal visit from the supervisor of physical education in the public school system of the city, with the good news that our work has been exceptionally good this year and the department was open to suggestions as to ways and means of making its efficiency greater.

This year, two seniors have been in constant attendance at the gym and on the field, and the contact has been mutually beneficial from every standpoint. Every graduate of Still has had direct contact and a varied actual experience with real cases in this type of work.

Our seniors can go into any gym and talk with the coach in his own language. He can talk intelligently to athletes anywhere, for he has not had to depend on theories. He knows what Osteopathy can do for trauma, whether found in connection with athletics or in general practice. Our only trouble is in filling the requests we have for students to do this type of work. We could send them out to all the surrounding towns, if we could spare them.

Moral: We need more students!

Recent Locations

Dr. Walter E. Heinlen opened his office at Elliot, Iowa, Dec. 1st. The doctor was a member of the May class of 1929, and has recently finished a year's internship in Chicago.

Dr. Owen Taylor of the May class of 1930, has recently moved to Oberlin, Kansas.

He was visiting the newlyweds at their home. Everything was fine, but—

"Why did you take an apartment with such a tiny kitchenette, Tom, old boy?"

"Well, you're the first man I've told, so keep it quiet. It's so small I can't get in there to help my wife when she's doing the dishes."

A Holiday Message from The Student Laboratory

(Continued from page 1)
from our organization if it is at all plausible or possible.

We wish to thank the A. O. A. for the splendid co-operation they have given us in the way of publicity. We also wish to thank the Williams Institute of Glendale, California, for its unselfish co-operation and approval. It has been a pleasure to receive the splendid co-operation we have from these organizations. We also appreciate the confidence and patronage so many of the profession have given. It all adds up to a sum total of splendid encouragement and certainly repays us for the efforts put forth to "put over" and maintain this laboratory. Before ending this paragraph of thanks, it is our very special desire to extend our hearty appreciation of the splendid, unselfish and wholehearted co-operation we have received from Mrs. Zoe Innes, director of laboratories in Des Moines Still College of Osteopathy. Without her aid, we would have been much at loss to accomplish what we have. A large share of our success has been due to her efforts and splendid advice.

It has been through the supreme and untiring efforts of a few individuals that our organization has come into existence. Stumbling blocks were present for every move we attempted. At this holiday season we feel that it is proper that we offer our forgiveness to those whose indifference and scorn proved such a precipice for our endeavors.

Our service is maintained as a goodwill offering to the profession on the part of the student body of Des Moines Still College of Osteopathy. It is our wish that every osteopathic physician regard this laboratory as his own. It is always open for inspection and we welcome the visits of the men from the field. We invite you all to write us a letter of comment, that we may receive any suggestions that anyone has to offer on improving our service.

Those physicians who wish to use our service may do so by writing us a letter or a card informing us that they would like to avail themselves of our "service at cost" for uranalyses. We will mail six mailing cases C. O. D. \$1.50, plus the postage, or if preferred, a check for the amount may be enclosed with the request, and we will pay the postage on the mailing cases, enroute from the lab. The price of the mailing cases includes the cost of the uranalyses.

Hair Wanted

More hair which needs trimming, is wanted by our barbering osteopathic student, Bill Cohoon, at the Victoria Barber Shop.

How to Study

- Always carry a note book.
- Write down the lesson assignments in class.
- Take notes in all classes.

Studying

- Have a definite place and regular time for the study of each lesson.
- Begin the study immediately and do not allow yourself to be disturbed by anybody or anything.
- Review the previous lesson rapidly.
- Organize your work, selecting important points with supporting details. If there is much material, outline it.
- Give most time to points in which you are weakest.
- Study beyond the "just enough" point.
- Use your new knowledge as soon as possible.

Memorizing

- Be sure to understand before you begin to memorize.
- Arrange your points so that one idea will suggest another.
- In drill or repetition, distribute the work over several periods, if possible.
- Learn your material in the way in which you will use it afterward.

Assembly, December 5

We had with us this morning a very fine group of musicians from Lincoln High School, who played an active part in the morning's program.

The band opened assembly by playing the very popular march "On, Wisconsin."

The meeting was next turned over to Dr. Mary Golden, who was in charge of the morning's program. Dr. Golden gave a few well chosen remarks, after which she presented Mr. Pollard, who directs the Lincoln High School Harmonica Band. This is one of the finest groups of young musicians we have ever been privileged to hear.

The Harmonica Band opened their part of the program by playing Yankee Doodle, Captain Jinks, The Wreck of Old 97, East Side, West Side, Side-walks of New York, and several other old favorites.

Mr. Pollard next presented Miss Thersia Leo, who gave some very clever readings, the first of which was, "Mrs. Cohen at the Park, on the Fourth of July."

The second group of numbers played by the Harmonica Band included many of the more recent songs, which were all very well done.

The Lincoln High School Boys' Quartette next presented several beautiful numbers.

The closing group by the Harmonica Band included many numbers which were known by all present, and many joined in vocally and enjoyed the harmony immensely.

Marriages



TRIMBLE-BADGER

Of particular interest to former Still College students is the announcement of the marriage of Dr. Mildred Juanita Trimble, '28, to Robert John H. Badger, principal of the Montezuma High School, Thanksgiving evening, November 26, 1930.

Fourteen relatives and friends attended the wedding, which was held at the home of Dr. Badger's parents, Dr. and Mrs. Guy C. Trimble of Montezuma, Iowa. The double ring service was used.

Dr. Badger chose a formal white gown with a lace veil for her bridal attire, with which she carried a bouquet of bride's roses and sweet peas. Dr. Roy G. Trimble, '29, brother of the bride, acted as host to the wedding party at a dinner which followed the ceremony.

Dr. Badger will continue her practice in Grinnell, Iowa, at which place she has been located since her graduation.

Mr. Badger, son of Mr. and Mrs. W. J. Badger of Murray, Iowa, is a graduate of the State University of Iowa and for the past three years has served as principal of the Montezuma High School.

PARKER-CHANCE

G. Bernice Parker and Edward V. Chance were married November 7th at high noon, at the home of Rev. F. W. Mutchler, who officiated. They were attended by Mr. and Mrs. W. H. Campion.

After the ceremony, the wedding breakfast was served at the home of the bride.

Mrs. Chance is secretary and treasurer of the C. W. Parker Co., Inc., and Mr. Chance is finishing his sophomore year at Still College in Des Moines.

The happy couple are now back from a trip to Minneapolis, and are living at 1212 Clark Street.

The Office Laboratory

"The Office Laboratory" a booklet compiled by Zoe Alice Innes, which appeared in The Log Book in serial form during the early months of 1928, is for sale at a nominal sum.

This pamphlet, which is paper bound, contains a store of information which will be a great help, especially to the osteopathic practitioner.

This very useful little booklet will be sent you, prepaid, at fifty cents per copy. Address your replies to Mrs. Innes at the Victoria Hotel, Des Moines, Iowa, and please do not remit in stamps, as we already have an over supply.

Make Early Reservations To Seattle

Have you made your itinerary for the west coast in 1931? Let's look into it and be certain it contains everything your ticket permits.

Of course, you will come one way and return another, remembering you have unlimited stopover privileges not "for the asking"—but just for the taking.

No matter over what line you reach Denver, Pike's Peak train is free to you (excepting the auto fare up the peak, which is nominal.)

Then, if the Santa Fe is your preference, those delightful and luxurious Harveyway motor cars take you across the desert, into the "Days of Yesterday"—(which were only a few days after Columbus discovered us), to Carlsbad Caverns, Petrified Forests, Indian Villages, Cliff Dwellings, and that world wonder—Grand Canyon!

Or over the Denver, Rio Grande and Western, that scenic and colorful run, making possible a visit to the Mesa section.

If the Union Pacific intrigues you—over that historical route of Brigham Young and his followers, a heavenly day spent in Salt Lake City, a tour through Zion National Park, Bryce Canyon, Cedar Brakes and vicinity, where all your six university degrees leave you minus any vocabulary adequate for descriptions of that part of the universe.

Should you choose the Northern Pacific, it goes without saying the Bad Lands and Yellowstone will be yours, and if the Chicago and Milwaukee should be your line, besides its electric engines, the motor drive thru that incomparable Gallatin Valley in Montana, will thrill your memory always, when you hear mention of the park.

If the official route—the Great Northern—attracts you, you will step right out of your car into Glacier National Park, and later experience running thru the long electrified Cascade tunnel.

But no matter what route is chosen, it will be GREAT, and you will be wise enough to spend a day driving in and thru each town where you stop—Albuquerque, Boise, Pocatello, Butte, Billings, Cheyenne, Sheridan, Spokane, Wenatenee, Yakima, and surrounding territory.

"Too much time!" Whose time is it? Your patients will live until you return, and you will do better, more intelligent work ever after!

"Too expensive!" Who made your money? Let those mooching youngsters earn their own education—making deeper students and better citizens of them.

And what if your inheritance tax is a bit less? Uncle Sam can't punish for that, and St. Peter won't want to!

Come and have a summer never to be forgotten!!!

Next month we will mention the glories of the Pacific Coast, and the possibilities of other railroad routes—as well as the things that are possible between the Canadian border and our southern neighbor—Mexico.

A card to each of the transcontinental railroads will bring information to fill your coming evenings with a million suggestions. Write these cards NOW!

* * *

Side Trips

Steamships out of Seattle frequently—trips to Alaska could be most happily made BEFORE the convention.

Steamship out of Seattle for Cordova, Seward, Anchorage, Fairbanks—August 8th, 1931.

Steamship out of Seattle for Skagway, Sitka, Juneau—August 10th, 1931.

"President Lincoln" sails from Seattle for Japan, China, Philippines, Yokohama, Shanghai, Manila, Kobe—August 8, 1931.

Steamship "Marui" sails for Honolulu—August 12th, 1931.

Select groups of congenial ones, make your own reservations—and save yourselves money.

Your communications, upon reaching this office, will be immediately turned to the transportation companies, who will deal directly with you.

Write me, whether you come by air, auto, train, or boat—my committee can add to your joys in any of these lines.

Roberta Wimer-Ford, D. O.
610-11-15 Hoge Building,
Seattle, Washington.

Chairman Pre and Post Convention Tours, American Osteopathic Association for 1931.

Assembly, November 14

The morning's entertainment got under way in the usual manner, with a number by the band.

The second number was one in honor of our fair co-eds and was none other than the very popular radio number, "Betty Co-Ed."

Professor Gordon, in charge of the morning's program, presented Rev. Dutton of the Unitarian Church, who substituted for Professor Gallaway, who was to have continued his talk on vitamins.

Rev. Dutton has written and had published, ten mystery books and has traveled extensively over the entire world, and has met and known personally many outstanding people.

Some of the outstanding personalities of whom Rev. Dutton spoke and told some personal experiences, were Al Smith, H. G. Wells, the English writer, Herman Lemp, who invented the automatic airbrake. Mr. Steinmetz of the General Electric Company, and J. P. Morgan.

Rev. Dutton is a member of the Authors League of America, as well as the Society of Brit-

ish Authors, and we were indeed fortunate in having such an outstanding speaker lecture to us.

The program was closed with a very snappy march played by the band.

Indiana and Michigan

(Continued from page 1)

ferent things were talked about at the office, the main one being relative to the A. O. A. getting out some pointed literature that would be of special interest to prospective students. This may be done yet.

Michigan was next on the program and we managed to get there the evening before the regular meeting. Thanks to Dr. Stevens, there was a preliminary get-together social hour, at which we played bridge and witnessed a very attractive series of dances by one of the schools of dancing in Detroit.

Detroit Osteopaths proved that they can do things, as was plainly in evidence all through their meeting. They had talks billed at high schools and at other public meetings, radio talks and other types of publicity. The banquet was almost turned into a political meeting which probably means a great deal to the profession of that state. For us, it was the busiest two days spent for some time. To cap the visit with a perfect ending, Dr. Ahlquist acted as host to a wonderful dinner and theatre party the last evening of our stay.

On the return trip, we stopped in South Bend (sometimes called the capitol of the world), for the purpose of meeting Knute Rockne and speaking to the St. Joseph Valley Association. The afternoon spent at Notre Dame will never be forgotten, and the meeting in the evening, planned by Dr. Rausch, was a delight. It was our pleasure to talk over an hour to 22 Osteopaths and 15 coaches who were their guests.

This brief resume leaves out many of the high lights of the trip but it does give us the opportunity to add a little editorial. During our absence from the college, things did not go so well, for the reason that when a teacher is absent, no one can take his place and prove an absolutely satisfactory substitute. We do wish that state meetings could be held some time during the year so that we could attend all of them and yet not miss any of our regular work.

When those of us that are fortunate enough to be invited to speak at state meetings fail to attend, the members of the state association feel that the college is not taking an interest in that particular state. They feel that we refuse because we do not wish to meet their membership. This, of course, is not true. Here at the college, the students feel that the state associations are taking the time

of the teachers that they, the students, have paid out good money for, and they do not like it if we leave for a few days to keep our contacts with the profession.

This problem is still unsolved. How can we keep the friendship of the field and at the same time maintain the morale necessary in the successful conduct of class work in our colleges?—(H. V. H.)



Square and Compass Celebrate

(Continued from page 1)

the speakers of the evening—Honorable John Hammill, Governor of Iowa, and Honorable Parker L. Crouch, Mayor of the city of Des Moines.

Both the Governor and Mayor gave very interesting talks on Masonic ideals and principles.

Cigars were passed before, during and after the meeting.

Following the speakers, a quartette of co-eds from the American Institute of Business, entertained with songs.

Much merriment was added to the evening, when one of the entertainers, whom by the way, was pleasingly plump, singled out one of those present and serenaded him with several endearing songs, much to his embarrassment, but much to the amusement of the other guests.

Mr. E. O. Fenton, manager of the American Institute of Business, and to whom we are indebted for the evening's entertainment, was a member of Square and Compass at the old Des Moines University. Dr. S. H. Klein and Dr. A. P. Wheelock were also present.

Dr. H. J. Marshall, faculty member, was scheduled to be present as master of ceremonies but due to an unexpected call, he could not attend. Dr. Halladay and the president took over the duties which Dr. Marshall had been expected to fulfill.

After the meeting, many sat about the spacious lobby of the Shrine Temple and chatted, while others indulged in bridge and billiards.

Similar meetings are being planned for each month during the remainder of the school year and we hope that all Master Masons, whether you belong to Square and Compass or not, will honor us with their presence.

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

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PUBLISHED MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 8

JANUARY 15, 1931

Number 8

President of A. O. A. Visits School

On Thursday, Dec. 11, 1930, Dr. Warren B. Davis of Long Beach, Calif., President of the A. O. A., visited the school.

During the morning the doctor visited several classes, and at eleven o'clock a special assembly was held at which he was the principal speaker.

In the early afternoon, Dr. Davis gave an hour of his time in demonstrating technique to the upper classmen.

In the evening a banquet was held at Younkers Tearoom in his honor and many of the outstanding practitioners of the city and state were present.

A fine dinner was served, after which a number of brief after-dinner talks were made, with D. H. V. Halladay acting as toastmaster.

Dr. C. W. Johnson expressed his appreciation to the goodly number of students who were there for their presence, and invited field members to visit the school at any time.

Dr. Johnson, president of the Iowa Osteopathic Association, took up briefly the legal problems as they now stand in Iowa. Dr. Warren Davis, president of the A. O. A., gave a very interesting speech, during which he brought out the many advantages of being a member of the State and National Association.

Dr. J. P. Schwartz, who was the final speaker, expressed his appreciation to Dr. Davis for his fine message to the group, and was also generous with his praises of our own student body.

Practice For Sale

On account of age and poor health, all my office furniture is for sale. Quite well equipped. Good location. Nice rooms, in bank building. Fine lay-out for a good, genuine Osteopath.

Price reasonable, if taken at once. Anyone interested in this good location in Iowa, please write Editor of Log Book for further particulars.

Passes Ohio Board

Word has recently been received that Dr. Joseph P. Conti, who graduated in the May class of 1930, successfully passed the Ohio Board, given in December.

Dr. Conti has not as yet located, but is looking over a very good location in one of Ohio's most noted industrial centers.

NEW MEMBER OF FACULTY

It is with distinct pleasure that Des Moines Still College of Osteopathy announces the addition of Dr. J. L. Schwartz to its faculty as head of the department of Proctology. Continuing its policy as "A Faculty of Specialists" the trustees feel that this department will be no exception. The advances made in the last few years in the treatment of rectal diseases, particularly majoring on office or so called ambulatory treatment, have been far reaching. Proctology as taught today has become an important subject in the Osteopathic curriculum, likewise one of the few

available specialties for the general practitioner. Appreciating the wide-spread popularity and demand for a strong department in this field, Des Moines Still College is now assured of another specialist, efficient in didactic teaching and rich in experience.

Dr. J. L. Schwartz has been in the practice of Osteopathy for eleven years. He is a graduate of the American School of Osteopathy and post-graduate of Des Moines Still College. Following his post-graduate work, Dr. Schwartz was in general practice for four years. He then became associated with the Taylor Clinic and Des Moines General Hospital and as assistant in surgery to Dr. S. L. Taylor for two years. Dr. Schwartz received his major surgical license after passing the Iowa Surgical Board in 1926. It was at this time that Dr. Schwartz began the specialty of Proctology. His special training in this field includes Dr. Blanchard's course at Springfield, Ohio, a summer's post-graduate study in London, Vienna, Paris and Berlin, and several short courses in Chicago and New York City. He has conducted a successful private practice in Des Moines for a number of years and at the present time confines his work almost entirely to diseases of the rectum and anus.



DR. J. L. SCHWARTZ

We feel that the acquisition of Dr. J. L. Schwartz to the faculty of Des Moines Still College of Osteopathy is another step in the establishment of a complete scientific course in Osteopathy. Here also, as in all other departments in this college, the clinical side as taught by one experienced in practice, continues paramount.

Dr. Davis Gives Lecture In Technique

During Dr. Davis' visit at the school, he was kind enough to give the juniors and seniors an hour of his time in demonstrating technique.

This was an hour very profitable for all of us and we understand now why Dr. Davis is the huge success he is, and are indeed grateful to him for his helpful suggestions.

Sigma Sigma Phi Promotes Tournament

Early next semester, Sigma Sigma Phi will promote a tournament in bridge and bowling. The bowling tournament will be held at the Grand Alleys, and the bridge tournament will be played at the fraternity houses.

All fraternities, as well as the non-fraternity group, are invited to enter. Cups will be awarded the winners.

Rules and schedules will be posted soon.

Detroit Association Banquets Students

On the evening of Dec. 30th, 1930, the Detroit Association of Osteopathic Medicine, along with the Michigan State Association, held a banquet in honor of students, home for the holidays and also in honor of many prospective students from Detroit, who plan to take up the study of Osteopathy in the near future.

A beautiful large ballroom at the Cadillac Athletic Club was filled to capacity and a fine five-course dinner was served.

At the close of the dinner, brief toasts were given by Drs. Elacia, Lathrup and Stevens, with Dr. J. P. Leonard acting as toastmaster.

After these brief speeches, the ballroom was cleared of tables and for the remainder of the evening, dancing was in order.

There were about one hundred and thirty present, many of whom were prospective students and also a goodly number of Osteopathic students who were home for the holidays.

We from Still College felt that this fine meeting was somewhat of a school reunion, as so many of our recent graduates are located in or near Detroit, and we want to congratulate, as well as express our appreciation, to the two lively organizations which made this party possible.

Those who were responsible for the great success of this gathering, were: Drs. Lathrup, Leonard, Bennet, Trimby, Goodlove, Haight, Stevens, and Skidmore.

Dates for State Boards

Iowa

The dates for the next examinations by Iowa State Board of Osteopathic Examiners, have been set for Jan. 26, 27 and 28.

Address all communications relative to this examination, to Dr. D. E. Hannan, Suite 202, B. & M. Building, Perry, Iowa.

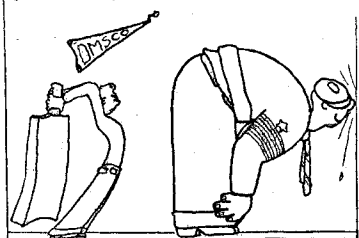
South Dakota

The dates for the next examination of the South Dakota Board of Osteopathic Examiners, have been set for February 4th and 5th, 1931.

Address all communications relative to this examination to the Secretary of the Board, C. Rebekka Strom, D. O., 321 S. Phillips Ave., Sioux Falls, South Dakota.

(Continued on page 4)

FRATERNITY NOTES

ATLAS CLUB
(Kenneth Moore)

The Christmas holidays have once again passed into oblivion and we know from the appearance of beaming faces that surround us once again, that they were enjoyed to the utmost. With the exception of the few who stayed in Des Moines and kept the home fires burning, Harry Taylor will bemoan the fact that the cord of wood he bought for the fireplace, completely disappeared. Everyone put on a few pounds of weight on home cooking.

After a lapse of two years, we are again enjoying the fellow-festive board. Each evening at 6:30 finds the boys awaiting anxiously the call to "come and get it." No second call is ever necessary, as our Steward, Vern Dierdorff, can testify.

More than a few letters have been received from old and recent grads, in response to our initial issue of the xyphoid bulletin. Such a hearty reception encourages us to greater efforts along this line.

It affords us great pleasure to announce the pledging of Mr. Robert Ogden of Minneapolis, Minn., Mr. Verne Dierdorff of Hastings, Nebr., and Mr. Glen Fisher of Oskaloosa, Iowa.

Our semi-annual Senior banquet will be held at Younkers Tearoom on Friday, the 19th of January. To all field members we extend a cordial invitation to be present.

We are indeed sorry to lose such outstanding men as Richard Combs, Kenneth Ward and Paul Wynn. Dr. Halladay will have to import another Canadian so that he may have some one to dedicate the "Canadian Capers" to when the band strikes up on Friday morning.

All field men wishing a copy of the 1930-31 Year Book, communicate with Orville Rose. We can assure you that the book this year will be THE outstanding year book of all time.

Ken Moore and Geo. Swartzbaugh, after keeping the fires of the Atlas Club and those of the neighbors burning during the holidays, swear that they were not cut out to be firemen. The rest of us argue with them—but still, a good fireman is better than none at all.

Home life has its attractions, according to Baron Treat, Lew Stingley and Marion Crawford. The above men are rather conspicuous by their absence.

DELTA OMEGA
(Gen and Vi)

Delta started the holidays off with a joint dance and midnite lunch with the Atlas club. It was the best party of the year and everyone had the most enjoyable time.

Some of us could use more sleep—but school would have to start. So we're all back and hard at work.

Vi went home and had the time of her life—just eating, sleeping and growing fat.

Rachel and her mother had a grand trip thru some of the Eastern states.

Norma stayed at home, but reports a wow of a time, just the same.

Believe it or not—Gen studied for State Board the first part of vacation and spent the last part with her father.

The Chapter was glad to hear from Doctors Alice Paulsen and Mildred Trimble Badger. Write to us often!

Delta hopes every one had a wonderful Christmas and that the New Year will be the best ever.

A Chapter dinner will be given in honor of Gen Stoddard, our only graduating member this year, at the home of Dr. Virge Halladay on January 19.

IOTA TAU SIGMA
(J. E. Obenauer)

We wish to announce the pledging of Mr. Joe Devine of Des Moines, Iowa. Joe is enrolled in the sophomore class, and is well known thruout the social circle as a clever entertainer and a popular student.

The Christmas spirit prevailed in the decorations for our final dance of the year 1930. A mammoth fir tree, decorated to the highest boughs, artistically arranged crepe paper, as well as the well known holly wreaths, Christmas bells and darkened lights, greeted the eyes of those present. Everyone had an exceptionally good time. Numbering among our guest chaperones were, Dr. and Mrs. B. L. Cash, Dr. and Mrs. C. H. Potter, Dr. and Mrs. V. A. Englund, and Drs. MacFarlane and Rhode.

During the two weeks of solemn bliss from the portals of knowledge, many of the Bros. returned to their respective homes, while the well known corps of home guards entertained the visiting alumni, Dr. Hollis Morrow, now practicing in Saginaw, Mich., and Dr. L. A. Nowlin of Westchester, Iowa. Dr. Morrow and Dr. Nowlin graduated in the class of 1930.

Quite a bit of excitement was created thruout the house New Year's day. Belle, our German police dog, chose that day to bring into the world, nine pups. Her able physicians, Pledges Herd and Herbert have given a statement that the patient and pups are coming along as well as could be expected.

Much interest has been shown for the coming bridge and bowling tournament sponsored by

Sigma Sigma Phi, which promises keen competition among the student body.

Beta Chapter extends congratulations to Dr. W. R. Marlow and Miss Dorothy Waterson in their recent marriage. We wish them much happiness and prosperity in their endeavor.

PHI SIGMA GAMMA
(R. F. Allen)

The fraternity extends its condolences to Bro. LeRoy Widmer, whose mother passed away on December 17th.

With Xmas vacation over and the end of the semester drawing near, everyone is more than busy. The Seniors are cramming for the State Board, as they never have before. Many of the Juniors also expect to take it. Here's luck to them!

It was a big relief to see the house all spic and span after the holidays, thanks to Bro. and Mrs. Madson, who made their home here over Xmas.

Bro. Jagnow rolled in a little late but with plenty of New Year's resolutions, which he says go into effect immediately.

Santy was surely good to Bros. Stoike and Scatterday this year. They both have nice new kits to start the New Year's practice with.

Congratulations to Brother Schwartz, whose engagement to Miss Leah A. Titelbaum of Wauwatosa, Wis. was announced on December 20th.

Funny how Bro. Naylor rates with the women—we've heard that one about the women paying, but Charlie has that beat. A girl calls for him and drives him to Ohio and back—just to have his company.

Pledge Welking has really moved to Iowa now. We thought an army had moved in, but "the Sheik" just brought the clothes back, that he forgot last fall.

Bro. Withrow thinks 17 days much too short for a vacation. It is understood he is not to blame, however—Milwaukee's a big city!

Pledge Montgomery, our new bridge hound, is getting all set for the big tournament next month. He says: "The best is none too good."

The boys are giving Bro. Schwartz a big hand on his 1930 Stillonian. Delta Chapter is subscribing 100%.

Marriages



Mr. and Mrs. J. W. Waterson of Elgin, Illinois, announce the marriage of their daughter, Dorothy, to Dr. Wm. R. Marlow, on Oct. 18, 1930, at Elgin.

Dr. Marlow graduated from Des Moines Still College of Osteopathy in 1926.

Around Our Merry
Campus

An Apology

They had been invited out to dinner, and as there was no one to leave at home with Jack, their small son, it was necessary to take him to the dinner, too.

While Jack was trying to cut the meat on his plate, it slipped off onto the floor, and his mother's face flushed. She was painfully embarrassed.

"Jack", she whispered, "you must apologize to Mrs. Smythe instantly. Say something, for goodness sake."

"I'm sorry, Mrs. Smythe," he said sunnily to the hostess. "It's funny, but tough meat'll always do that!"

Coming and Going

Brown—"They say brunettes have sweeter dispositions than blondes."

Green—"Don't you believe it. My wife's been both, and I can't see any difference, at all."

Plans For Expansion

Mrs. Nurich—"Mary, you may take Fido out now and give him some air."

Mary—"Yes, ma'am. And please, ma'am, where will I find the service station?"

Judge—"Now, I don't expect to see you here again, Rufus."

Rufus—"Not see me here again, Judge? Why, you-all ain't a-goin' to resign yo' job, is you, Judge?"

Many Years Ago

Teacher—"Willie, do you mean to say that you can't name all the Presidents we have had? When I was you age, I could name them all."

Willie—"Yes, but there were only three or four, then."

Passive Resistance

Mrs. Pim—"My husband is just the most aggravating of men."

Mrs. Pomme—"Now, what?" Mrs. Pim—"We argued for three solid hours, and the stubborn thing never even opened his mouth."

Speaking Pharmaceutically

Two druggists were talking about one of their confreres who had just died.

"He was a great druggist," said one.

"He was," admitted the other. "But don't you thing he made his chicken salad a little too salty."

"Well, what do you work at?" asked the warden of the new convict.

"Do you mean to say I can work at my old trade?"

"Most assuredly, if you are good at it. What is it?"

"Traveling salesman!"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Dr. K. K. Smith Dies Suddenly

Dr. Karl K. Smith, fifty-four years of age, and for thirty-two years a practicing osteopath in Fort Dodge, Iowa, died Sunday, December 28, following an attack of heart trouble. Dr. Smith was taken ill shortly after midnight Saturday and at first responded to treatment, resting easily for a time. But a second attack came on with such intensity that death resulted.

In the years in which he lived in Fort Dodge, Dr. Smith, in the practice of the profession in which he was very successful, came in contact with hundreds of people, and it is not exaggerating to say that his patients all looked upon him as their friend.

Conscientious, he gave unstinting service and because of a genial, optimistic outlook on life and a lively sense of humor, his visits were beneficial over and above the treatments.

Assembly, December 11

This morning's program was one of special interest, as we had with us a very distinguished guest, Dr. Warren Davis of Long Beach, Calif., president of the American Osteopathic Association.

The program was opened with a series of numbers by the band which included "The Bull in the China Shop", "St. Louis Blues" and "The Desert Song."

After these fine musical numbers, Dr. Johnson took the floor and presented our honored guest of the morning, Dr. Warren Davis.

Dr. Davis opened his lecture with several very witty stories and then spent some little time on the subject of "Osteopathic Principles and Ideals."

During his talk, Dr. Davis brought out a fact which was of great interest to many, in that the day of specialists is on the decline. He also stated that it was his conviction that men should practice at least five years before even thinking of a specialty.

Dr. Davis has been in practice for thirty-one years and has indeed kept in the race of time and he seems to us to be very enthusiastic about the profession, but he says if he lives fifty years more he would really

be enthusiastic about the work.

This special assembly, which was certainly a fine one, was brought to a close in the usual manner by a number by the band.

Mrs. Innes to Leave D. M. S. C. O.

It is with regret that we learn that Mrs. Innes' connections with Still College have been severed.

Mrs. Innes, who more popularly is known as "The Dragon from the Dungeon", has always been a friend indeed when a friend was in need.

We who have been under her firm and efficient tutorage, have



MRS. Z. A. INNES

learned to appreciate her fine character, which has gained the very highest respect of all who knew her.

It is with sadness that we see our good friend and instructor leave us at the end of this semester, but Mrs. Innes may be assured that she takes with her the good wishes and very best wishes of the entire student body of Des Moines Still College.

Blue & White Club Is Formed

Lambda Omicron Gamma of Philadelphia College of Osteopathy, announces the formation of the Blue and White Club, which will later become their Gamma Chapter.

This fraternity is a national Osteopathic organization, which has its Beta Chapter at Los Angeles College of Osteopathic Physicians and Surgeons.

Their pledges to date are, Louis L. Kestenbaum, Sydney F. Elias, Milton J. Joseph, Sydney Mishofman, under the temporary leadership of Hyman H. Kestenbaum.

The aim of the L. O. G. is to foster good fellowship, spread the tenets of Osteopathy, and promote the interest of students in higher scholarship.

Births

Born on Dec. 15, to Mr. and Mrs. E. C. Berzog, a son, Buck, Jr., who weighed 9½ pounds.

Assembly, December 19 (Sigma Sigma Phi)

The last assembly of 1930, in charge of Sigma Sigma Phi, was opened by a march played by the band.

The second number was a \$25 number, dedicated to all the sweethearts back home and was none other than "I'll Always Be In Love With You."

The third number, "Beautiful Lady", featured our xylophone artist, Jud Koch, and was dedicated to Miss Ava Johnson.

As this morning's program was dedicated to old Dr. Still and Dr. George Still, Dr. J. P. Schwartz, dean of the school, gave a short talk on the life and activities of Dr. Geo. Still, whom by the way, was at the time of his graduation, the youngest student ever to graduate from Drake University.

After graduating from Drake, he went to Northwestern University, where he received a degree in medicine, as well as a master's degree in science.

It is Dr. George Still who associated Osteopathy and surgery as he had studied surgery at Northwestern under one of the greatest surgeons of all time—Dr. Murphy of Chicago.

Dr. George in his day was considered one of the real (HE) men of the profession and was one of the keenest men we have ever had.

He traveled extensively, attending many of the European clinics and collecting many of the best books of Europe.

As Dr. J. P. Schwartz was a student of Dr. George, he was able to give many first hand experiences which were indeed of great interest to all present.

After Dr. Schwartz' short lecture, Dr. H. V. Halladay gave rather briefly a resume of the life of Dr. A. T. Still.

In closing the speaking program, Dr. Johnson gave a few well chosen remarks advising the students to temporarily lay aside all text books and take a real vacation and come back to school January 5, refreshed and ready to go to work with more enthusiasm, vim, vigor, etc.,—ready for six months of good, hard work.

The band closed the program with the good old march, "The National Emblem."

Students Banqueted at Niles, Ohio

The Mahoning Valley Osteopathic Society of Ohio, held a special meeting in the Delf Tea-room at Niles, Ohio, on Tuesday evening, Dec. 30, 1930, for the returned students of Osteopathic colleges and for prospective students. Dinner was served at seven o'clock, after which Dr. C. V. Kerr of Cleveland Osteopathic Clinic, gave an interesting discourse on "Osteopathy as a Vocation." He gave a historical sketch of the

science of medicine, from the time of Hippocrates and discussed its gradual development to the time of Dr. A. T. Still.

The students in attendance, were: Charles Naylor, Winston Lawrence, and Paul Griffith, all of Still College; Hyde Story and Thomas Ryan from Kirksville; and Russel Beck from Philadelphia.

There were sixteen prospective students present.

The Osteopathic Special Enroute to Seattle

Members of the American Osteopathic Association special train party, leaving Chicago on the night of July 29th, next, will awaken the following morning to find themselves riding swiftly and comfortably through a charming, peaceful agricultural region, a land of fertile prairies, covered with fields of waving grain, interspersed by comfortable farm homes and great dairy barns, with occasional clean and prosperous cities along the way. This is the valley of the Red River of the North. Throughout the day, the train will traverse this rich section and the plains of North Dakota.

The first evidence of white men on Red River is in 1734, when the great French explorer La Verendrye, established a few scattered fur trading posts among the Indians. It was not until 1798, more than half a century later, David Thompson, the great English geographer, charted and surveyed the region for the group of Scotch-Canadian traders who were associated under the name of the Northwest Fur Company. From the time of the coming of the first white explorers and traders, until near the middle of the nineteenth century, the history of the Red River Valley, Northwestern Minnesota and Dakota, is the history of the fur trade—a thrilling story of intense rivalry between the forces of the Northwest Company and the Hudson Bay Company, which culminated in the merger of the two companies in 1821. During all these years the river bottoms yielded rich returns in beaver pelts and the plains buffalo gave up their rich brown robes by the hundreds of thousands.

The first attempts at agriculture in the valley were made by Scotch settlers sent into the valley by way of Hudson Bay, the Nelson River and Lake Winnipeg in 1811, by that determined idealist, Thomas Douglas, Earl of Selkirk. The story of the long years of strife and suffering and the eventful history of these hardy people who brought civilization to a remote wilderness in the face of overwhelming obstacles, is one of the most heroic epics in the history of the world. Agriculture brought permanent settlements and the

(Continued on page 4)

The Osteopathic Special Enroute to Seattle

(Continued From Page 3)

need for regular communication and transportation routes.

When the boundary between the United States and Canada across the Red River Valley was established in 1823, it brought some of the early Scotch settlers and many of the French half-breeds into settlements on the American side of the line and when the military post of Fort Snelling was established at the confluence of the St. Peter and Mississippi Rivers in 1819-21, civilization approached the Red River country from a southerly direction. For many years, seed wheat, crude agricultural implements, trade goods, and settlers, with all their belongings, were hauled into the Red River country from the head of river navigation by trains of slow-going oxcarts.

One of the most active in the transportation industry during the years just preceding the coming of the railroads, was James J. Hill. Mr. Hill foresaw in his journeyings through the Red River Valley, the possibilities of this future agricultural empire. With the coming of steam transportation to Minnesota in 1860, the rich valley away to the north and west of St. Paul was the objective of the first rail line, the line which formed the nucleus of the present 8,000 mile system known as the Great Northern Railway.

That the railway lines started out of St. Paul in the early 60's not only reached their objective in the Red River Valley, but were pushed out to span the plains of the Dakotas and Montana, to cross the mountain ranges of Montana and Washington and connect up the present famous cities of Puget Sound was due almost wholly to the genius of the man who began his career in the transportation industry on the Red River oxcart trails.

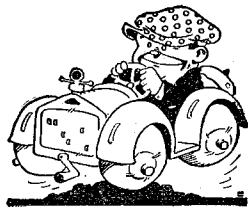
Except for an occasional monument commemorating the achievements of early explorers, the section of the Northwest through which the Osteopathic Special will travel on July 30th, presents a picture that is not reminiscent of a past rich in legendary lore and historic tradition. It is a pleasing contrast in scenery but the modern well-kept cities, prosperous farm homes and seemingly endless fields of grain are not suggestive of warfare between tribes of stoneage savages, the strife of rival companies of fur traders, or even the hardships endured by the pioneer settlers.

With pride in the heroic achievements of men who discovered and tamed the Northwest and in its own heritage, the Great Northern Railway has prepared a series of historical booklets which outline in an extremely interesting man-

ner the development of the territory traversed by its modern de luxe trains from the time of the earliest explorations until the coming of the railroads. Members of the American Osteopathic Association who are interested in the traditions of the Historic Northwest Adventure Land, or who wish to know more of the agricultural, industrial and recreational possibilities of the country, may have these booklets for the asking..

JAMES M. FRASER.

More About the West Coast Trip



Each of Uncle Sam's Government Parks is as individual as is a pansy, a peony or a poinsetta—each perfect—yet strikingly dissimilar and like all great natural beauties—wholly beyond description.

It is hoped every one coming to the Pacific Coast in 1931, will see at least three or more of these government parks. Yellowstone or Glacier, Mt. Ranier and another further south.

No matter what route is followed in coming and returning, the trip should include the territory between the Canadian line and the Mexican boundary—Oregon and California, as well as Washington.

Inevitably one uses superlatives when speaking of anything in California, where so many glorious things are found and where such superb programs are made and carried out for all visitors.

Every citizen of this country owes it to himself to spend at least three weeks in that golden state, annually.

An ideal trip is up from Los Angeles, entering Yosemite Valley after a drive through the thousands of acres of Del Monte fruit farms, to the oldest living things in the world, the big redwood groves, enjoying all the indescribable beauties of the floor of the Yosemite Valley, then out over Tioga Pass, almost two miles high.

The Leving Canyon, one of the greatest pieces of road construction, to Lake Tahoe, then across to Sacramento and up thru Oregon, stopping among other places at another Government possession—Greater Lake—which beggars description.

Large groups of skilled men are working daily in the summer on the roads in these parks, keeping them constantly in perfect condition. Big, luxurious plate glass windows, air cushioned individual seats, are in the palatial busses that take one through these parks, with

seasoned, trained, licensed, experienced, skilled drivers at the wheels.

Every foot of the roads from the Canadian line to the Mexican boundary is oiled or paved broad, white, gently undulating, never steep grades—just one heavenly dream of joy to travel it—called the Pacific Highway.

Spiffy, clean auto camps, all modern to the last word and the laest minute, scattered all along these highways.

Food of every sort, just fresh from the orchard and garden, with honey, milk, butter, cheese, etc., is for sale at intriguing little markets in front of the cosy farm houses, at short intervals all along the highway.

Skilled mechanics are to be found at nearby garages. "Mothawk Hobbs Grade and Surface Guides" published by the Mothawk Rubber Co., Akron, Ohio, gives every known fact and possibly desired information for the Santa Fe Trail, Lincoln Highway, Yellowstone Trail, and Pacific Highway. These can be had for twenty cents per booklet, and a thorough study of them, will enable one to determine which routes he prefers to drive in each direction.

These booklets tell too, the names of the hotels which provide the most enticing foods and the best beds; that provide superb service for the driving public, at surprisingly reasonable rates.

Every need, desire, comfort, and convenience has been anticipated and given adequate provision, at rates to suit all purses.

Booklets about each of Uncle Sam's Parks may be had for the asking—just write Washington, D. C. With these auto road books, the park bulletins and the literature from each of the transcontinental railroads—one can know accurately, plan definitely, and get infinitely more out of this trip, than if going at haphazard.

Most of the ones writing, and they are very few—wonder about the roads, hence these things in detail.

As proof that the public are appreciative of all this—one Sunday in August, 1930, more than 10,000 automobiles were at Mt. Ranier—by official count and registry.

ROBERTA WIMER-FORD,
Chairman Pre and Post
Convention Tours.

Notice!

George W. Fair is not now, nor has he been since May, 1929, a student at Des Moines Still College.

His present address is unknown and the College assumes no responsibility in regards to correspondence directed to him here, or in regard to his activities.

BOARD OF TRUSTEES,
By H. V. H.

Anything that is well done appears easy to do.

Assembly, January 9th



The program was opened by a number by the band.

An announcement was made by Nick Gill concerning the Year Book.

Miss Johnson, in charge of the morning's program, presented Dr. Don Hawkins, professor of psychology at the University of Montana.

Dr. Hawkins, who by the way is one of the finest public speakers we have ever had in assembly, spent a few minutes in telling a few interesting and practical stories.

After a few of these fine stories, Dr. Hawkins devoted about half an hour in giving some of the experiences he has had in his varied travels.

This talk was indeed a treat and very much enjoyed by all who heard it.

Dates For State Boards

(Continued from page 1)

West Virginia

The next meeting of the West Virginia State Board of Osteopathy will be held at the offices of Dr. Donna G. Russell, 311 Broad St., Charleston, W. Va., February 9 and 10, 1931.

Applications will be examined in the following subjects: Chemistry and Medical Jurisprudence, Anatomy and Embryology, Physiology, Histology and pathology, Diagnosis (Physical and Laboratory), Bacteriology and Hygiene, Obstetrics and Gynecology, Surgery, Principles and Practice of Osteopathy.

Applications should be filed with the Board at least one week prior to date of Board Meeting.

Applicants for Reciprocity must have been engaged in practice for at least one year in the State in which license was granted by examination; and they must have met legal requirements equal to the requirements in force in West Virginia at the time of such license.

Application blanks may be secured by writing the Secretary, Guy E. Morris, D. O., 541-542 Empire Bank Bldg., Clarksburg, West Virginia.

Holiday Visitors At College

Dr. A. A. Hull, Belle Plaine, Ia.; Dr. Hugh Crawford, Dyersville, Ia.; Dr. J. U. Smith, Tama, Ia.; Dr. A. M. Blakely, Toronto, Ontario, Canada.

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 MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 8

FEBRUARY 15, 1931

Number 9

Mid-Year Class Graduated January 22

On the evening of January 22, 1931, thirteen men and one woman were graduated from Des Moines Still College of Osteopathy.

Graduating exercises were held at the Hoyt Sherman Auditorium and many of the friends and relatives of those graduating were present.

A very impressive program was carried out, which included a fine graduating speech presented by an outstanding citizen of Des Moines.

The processional march was played by Mabel Moss Madden, which was followed by the invocation by Dr. C. L. Young.

Several vocal selections were rendered by Edwin Barrett, accompanied at the piano by Mabel Moss Madden.

The graduating address was presented by Rabbi Eugene Mannheimer of Des Moines. The address carried with it a challenge to the Doctors whom were being graduated—a challenge which we hope the men and the woman member of the class will prove equal to.

After Rabbi Mannheimer's address, Dr. Schwartz presented the class to Dr. Johnson, who conferred the degree "Doctor of Osteopathy" upon the following:

Richard William Combs, Edmund A. Currier, George Curtis Heilman, Leland Attwood Loftus, Thomas Michael O'Connor, Earl Arthur Purtzer, Andrew G. Ripley, Burns Ellsworth Scott, Genevieve Gongue Stoddard, James Kenneth Ward, Francis A. Watson, Elden Dean West, and Paul Vernon Wynn.

After conferring of degrees, the Doctors retired to the mezzanine floor of the auditorium, where they received the congratulations and good wishes of their friends and relatives.

Begin Internships

Those men who have just recently graduated that are serving internships are Francis Watson and Thomas M. O'Connor at Des Moines General.

George Loftus is at Mercy Hospital in St. Joseph, Mo., and Lee Linbloom is interning at the Southwestern Osteopathic Sanitarium at Wichita, Kansas.

Wm. Clark, who graduated in the May class of 1930, is externing at Des Moines General Hospital.

Richard Combs, also of the January, 1931, class, has temporarily taken over a practice at Ortonville, Minnesota.

Special Awards Given

Certain members of each graduating class receive special awards for extra work done in the various departments.

The class which has just recently been graduated was somewhat small in quantity but very high in quality.

The two certificates given by Sigma Sigma Phi, one for efficiency and one for service, were awarded to Burns Scott and Francis Watson, respectively.

The awards made by the various departments of the school were as follows:

Paul V. Wynn, Obstetrics; Paul V. Wynn, General Clinic; Genevieve G. Stoddard, Gynecology; Genevieve G. Stoddard, Band; Lee Lindbloom, Dr. Marshall's trophy for work done at hospital.

Assembly, January 16

Senior Day

The morning's program was opened in the usual manner by the band. The second number, "Still College Days", was played as a march, during which the graduating class took their places on the platform.

The next entertainer on the program was our good friend and fine musician, "Doc" Lawson, organist at the Paramount Theatre, who gave us some very fine piano music, playing a number of popular tunes, which included "Kitten On The Keys" and "Bill One Two Three". The latter being a novelty number which was greatly enjoyed by everyone.

Mr. M. J. Schwartz, manager of the Stillonian, next made an announcement concerning the year book, which is to be published this year, and asked that the students get behind this proposition and help to make it a success.

Dr. Halladay next called upon our old friend, who just got back in town this morning, Dr. Samuel Foman of Chicago. Dr. Foman plans to begin his review course Monday, Jan. 19th.

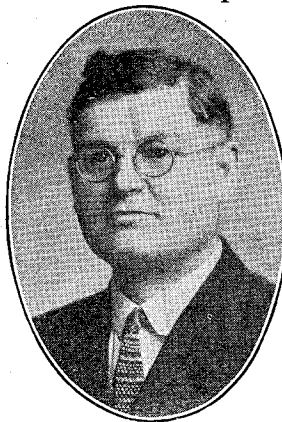
The meeting was next turned over to Burns Scott, president
(Continued on Page 3)

Notice

Dr. Carl B. Gephart announces that Dr. Ralph R. Lang will be associated with him in the general practice of Osteopathy.

Their location is 870-873 Reibold Building, Dayton, Ohio.

Laboratories Improved



PROF. C. IRA GORDON

With an ever watchful eye for improvement, the board of trustees has again taken a big step in the improvement of our laboratories. The idea of the board of trustees and heads of the various departments is to enlarge the laboratories of Still College and therefore give the students a better opportunity for practical laboratory work.

Prof. C. Ira Gordon, B. S., is director of the laboratories. Prof. Gordon is a graduate of Iowa State College and has taken graduate work in the University of Iowa. He has had fifteen years experience in school work, so is well acquainted with the teaching game.

Besides supervising the physiology and physiological chemistry laboratories, Prof. Gordon lectures in physics and chemistry.

F. A. Parisi, B. S. M. B., is a new member on the teaching staff this semester. Mr. Parisi, who has taken work at Colgate, Boston and Harvard Universities, and has also been with the United States Government, came to Still College this semester.

Before coming here, Mr. Parisi taught in the Massachusetts College of Osteopathy and in the Middlesex College of Medicine and Surgery.

Mr. Parisi has also been a practicing pathologist, and is taking over the pathology laboratory work at Still College. He also lectures in Laboratory Diagnosis.

Those students who are assisting in the laboratories are Lane Moore, Junior, Walter Rose, Sophomore, Margaret Dennis and Erle Moore, Freshmen.

This fine laboratory staff, along with some fine new equipment which has recently been added, gives the students of Still College laboratory facilities that are among the best offered by any of the osteopathic colleges.

P. S. G. Takes Early Lead

The Phi Sigma Gamma bowling team won the first round of the Still College bowling tournament which is being promoted by Sigma Sigma Phi.

The four teams, which met for the 1st round Saturday, February 7, played three games each, Phi Sigma Gamma bowling the Atlas Club, and Iota Tau Sigma bowling the Non Frats.

The standing after the first round was as follows:

Phi Sigma Gamma	2260 Pins
Iota Tau Sigma	2157 Pins
Atlas Club	2134 Pins
Non Frats	2011 Pins

On Saturday, February 14, the Atlas Club will bowl Iota Tau Sigma, the Non Frats will bowl Phi Sigma Gamma; and on Saturday, February 21, Phi Sigma Gamma will bowl Iota Tau Sigma and the Atlas Club will bowl the Non Frats.

At the close of this schedule on February 21, the team with the highest total number of pins will be presented with a silver loving cup.

Thirteen Enter in January Class

With the opening of another semester we find a goodly number of fine looking new faces in school. Thirteen in all, twelve men and one lady, are registered in school as beginning freshmen, and we are indeed proud to say that they are of the usual high caliber which enter our halls of learning.

These students represent eight states, all but one having before been represented in the student body. This state is Oklahoma, which sent us one student this semester.

The other states represented are as follows: Ohio 3, Iowa 3, Michigan 2, Maine, Oklahoma, Wisconsin and North Dakota one each.

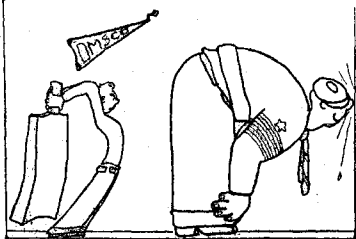
SIGMA SIGMA PHI BANQUET

Sigma Sigma Phi held its semi-annual graduation banquet on the evening of January 19th, in the Marquette Room of the Savery Hotel. After the repast, Drs. Schwartz, Woods and Halladay gave short talks, and a short business meeting followed.

The graduating men were: Scott, Watson, Ward, Combs, and Ripley.

It's dangerous to lose the habit of making friends.

FRATERNITY NOTES



ATLAS NOTES

(K. W. Moore—J. R. Forbes)

We are pleased to announce the pledging of Warren Hasselman, of Oskaloosa, Iowa, and William Baird of Shelby, Ohio.

The announcement by Sigma Sigma Phi, stating its sponsorship of bowling and bridge tournaments, was received with great enthusiasm by all the fellows interested in these activities. After the smoke of the first rounds cleared away, we found ourselves third in bowling and second in bridge. The scores indicate close, hard-fought tournaments all the way, and we hope to be strong contenders for the loving cups offered the winners.

Our semi-annual Senior Banquet was held at Younkers' Tea Room, the 19th of January. Dr. J. P. Schwartz, acting in the capacity of toastmaster, paid a fine tribute to the graduating brothers: Kenney Ward, "Joe" Wynn, and Dick Combs. We wish these Doctors the greatest of success, and we hate to see them leave us. We hope they will drop us a line every once in a while.

Through the efforts of Dr. Harry Johnson, of Westphalia, Kansas, the Club secured a quite complete library of medical texts and references. We now boast a well-rounded-out house library.

Dr. H. V. Halladay gave a most interesting and enlightening talk at the house Monday evening, February 9th. His subject was "The Early History of Osteopathy and the Atlas Club." All of us benefitted by "Virg's" talk, and it gave us renewed faith and appreciation for our fraternity and profession.

Our annual Valentine dance will be held Saturday evening, February 14th. The committee promises the party will be one of the social high lights of the year. We want every member out, and would like to see a number of the alumni also—the more the merrier.

Bro. Bill Bankes is the proud father of a baby girl. Mother and daughter are doing nicely. The club extends its congratulations to the proud parents, and wishes the new arrival many, many years of happiness.

Bro. Lathrop has been confined to his home the past week with a well-defined case of mumps. Here's to a rapid recovery, Ralph.

A year book is definitely assured, and all those wishing copies had better get into immediate touch with Noble Skull Rose.

DELTA OMEGA

(By Vi)

Delta Omega wants to welcome the new co-ed, Margaret Dennis, to our college.

The sorority seems to have lost its pep since our old "stand-by", Gen, left. We hope she comes and visits us often.

Huh! We see a big and noticeable change took place in one of the laboratories. What could be the cause of the change, Norma?

You didn't know it, but the Y. W. C. A. has changed for the best since the Still College co-eds moved there. Rachel and Mary have lived there for some time, and just recently Vi parked herself there, too.

Due to loss of our president, Genevieve Stoddard, by honorable discharge—graduation—an election of officers was in order, and the following members were appointed: President, Viola Buchholz, Secretary, Norma Lee Abolt, Treasurer, Rachel Hodge.

PHI SIGMA GAMMA

(R. F. Allen)

Delta chapter takes great pleasure in announcing the pledging of Otto K. Yaley, of Menasha, Wisconsin, Lee E. Davis, of Pawhuska, Oklahoma, Delbert Johnson, of Fargo, North Dakota, and Bernard Howland, of Story City, Iowa. We are also glad to have Harry Cloyd and Bob Sears at the house again.

After an absence of several years, Bro. Wm. Rees, of Martin's Ferry, Ohio, has returned to complete his work at school. Welcome back, Bill!

The fraternity extends best wishes for success to Drs. Scott, Ripley, and Loftus, who graduated January 22d.

Great interest is being taken in the coming bridge and bowling tournaments. The participants are spending all spare time on the "alleys" and tables.

Dixie Reeves has been turning the neighborhood upside down looking for a rat to perform his new method of Caesarian section upon.

Schwartz takes the prize for the sleepless marathon this year. If late hours mean anything, the Stillonian should be a great success.

Army came home with a swollen eye the other night. He says it came from doing his duty. Wonder what his duties are?

At last Bro. Withrow is happy. He can sleep until 9 o'clock this semester.

The report comes that Red Stewart grew quite emotional while visiting a local hospital the other night, and burst forth with his well known song dedicated to our medical brethren. Then, much to his amazement, he found he was in the wrong kind of a hospital.

For Sale: Several good Tuxedos with nice clean shirts. See Schwartz or Armbrust.

Excitement prevailed Sunday morning at the house as all the Beau Brummels prepared to

have their pictures taken for the Stillonian.

We are all glad to have Drs. Stone and McCutcheon visiting us regularly again, and hope that more of our alumni will drop in to see us while in or near Des Moines.

IOTA TAU SIGMA

(Judd L. Koch)

Announcing the pledging of Mr. Arthur Merz, of Greenville, Massachusetts. Mr. Merz transferred from Boston College of Osteopathy and is enrolled in the junior class. He is a graduate optometrist, but is enlarging his field of practice by studying osteopathy.

Much relaxation was needed after the semester finals and we celebrated by holding a dance at the house January 31st. This succeeded as the antidote for tired minds, and a rollicking good time was had by all. Our guest chaperons were Dr. and Mrs. V. A. Englund, Dr. R. E. MacFarlane, Dr. R. J. Rhode. Drs. MacFarlane and Rhode have finished their internships at the hospital, and the dance ended their college days at Still.

While the seniors seem to be laughing up their sleeves Brothers Belden, Morgan, Peck, Routzahn, Spaulding and Koch are nervously awaiting their first call for O.B. Brothers Belden and Spaulding are walking off with all the honors among the juniors at the house concerning treatments, with Morgan running a close second with a couple after calls to his credit. The other embryos may be seen each evening in the treating room room learning the finer points of technique from those who know it so well, the freshmen.

One thing we never will understand, why the freshmen study senior subjects and the seniors study freshman books. 'Tis a funny world.

We wish to state Brother Howard Cook's confinement to the hospital for surgical care. He is convalescing rapidly, but will have to remain at the hospital for a period of time yet. By the looks of the contents of his room, he will be singing the well-known song, "The Peanut Vender," or specializing in fruit juice diet.

The show is on, teams are picked for the bowling and bridge tournament. Bud Hall is acting in capacity of captain of the strong arm quintet which make their debut on Saturday morning, while Captain John Peck has assembled his bridge crew for a last look at the rules. Both teams are ready to carry the laurels of the fraternity, in what should be a strong competitive tournament.

Announcement has been received from Dr. Mark J. Sluss stating his location for practice at La Junta, Colorado.

BLUE AND WHITE CLUB

(Sidney Ellias)

The Gamma chapter of the Lambda Omicron Gamma will

continue as the Blue and White club for the rest of the remaining term. The instigators of the local chapter are flattered that the mother chapter consented to its formation with so few men, but feel it will be hard to carry out its high ideals and traditions until its membership has increased.

Its primary object in formation was to maintain the highest possible scholastic standing, and last semester's results as a whole have been very gratifying. Its secondary purpose, the advancement of osteopathy, will be in the future the beginning of many lectures and talks on osteopathy and allied sciences. Also the men have increased the mailing list to six prospective students which they hope will materialize.

Notwithstanding the fact that all the men are new to Des Moines, they are making many contacts in the city. S. Ellias has been asked to organize a local chapter of the national pharmaceutical fraternity, Alpha Zeta Omega, at the Des Moines College of Pharmacy. Law Kestenbaum has acquired a reputation as a saxophonist, and is playing in orchestras around town. M. Joseph's tonsorial abilities have been recognized, and he has passed the barbers' exam. He is working at the De Luxe barber shop. S. Michaelman is spending a few days at the hospital. We all wish him a speedy recovery.

All boys are ready for a new term, hoping to do even better in regard to scholarship.

Around Our Merry Campus

First Motorist—I had a drink of real moonshine the other day.

Second Ditto—How was it?

First Motorist—I find I can get about the same result if I kiss a spark plug when my engine is running.

Employer (to new office boy): "Has the cashier told you what you are to do this afternoon?"

Office Boy: "Yes, sir; I'm to wake him up when I see you coming."

Now that even chain cigar stores are putting in lunch counters, you can get something to eat almost anywhere except at home.

Reformer (to prostrated man)—And so this is the work of rum, is it?

Man—No, sir; this is the work of a banana-skin.

Suspicious husband: "Who called this afternoon?"

His Better Half: "Only Aunt Sophie."

Suspicious Husband: "Well, she left her pipe."

Cop (to motorist)—Hey! You can't park next to that fire hydrant!

Motorist—Oh, yes, I can. This car is on fire.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Baths and Bathing

The latest word reported by newspapers from France is that the average baths per individual there are three per year.

That's better than in some parts of the world, where little children are almost sewed up in their clothes for the winter. Even in our present advanced schools we have seen placards on walls, "Have you washed the back of your neck?"

However, in the United States last year 1,300,000 bath tubs were sold, breaking all records for a like period.

Anything good can be overdone. Some people take too many hot baths. These are often debilitating, and in certain conditions dangerous. The cool shower or sponge bath each morning is always stimulating and helpful to most people. Cold baths may not be wise in all cases.

Slightly cool baths are best for the average; like dieting, it is a personal matter.

Because something is new or little known is no reason why it should be rejected or should not receive serious consideration.

Assembly, January 30

The band opened the first assembly of this semester with that very popular tune, "Betty Co-Ed."

This being the first assembly of the semester, the faculty was presented to the new students, but many of the faculty members were conspicuous by their absence.

Dr. Johnson first presented Dr. Robert Bachman, followed by Prof. Gordon. Dr. Johnson next presented our new instructor, Dr. Parisi who will take over a portion of the laboratory work.

Miss Ava Johnson then took up a few minutes in describing the outstanding characteristics of the men in the freshman class.

Dr. J. P. Schwartz next favored us with some very interesting remarks.

Among our visitors this morning were Dr. Marion Green of Sac City, Dr. McFarland and Dr. Shaffer from Des Moines General Hospital, who were presented by Dr. Halladay.

The program was brought to a close by a march played by the band.

"Osteopathy Saves Many Lives," Says Brisbane

Long a defender and advocate of osteopathy, Arthur Brisbane devoted nine paragraphs of a recent "Today" column to osteopathy and its work. In an editorial published by the American Journal - Examiner twenty years ago he wrote:

"Osteopathy is a science, and a science of the greatest importance. It cannot entirely replace medicine; it does not pretend to do so. It cannot, of course, replace or do away with surgery, and it does not pretend to do so.

"But osteopathy cures, has cured and will cure many diseases. It will save many lives.

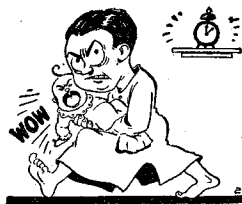
"There is nothing of the quack or the transcendental faith healer about the able osteopath.

"When he understands his profession, which implies that he understands thoroughly human anatomy, blood distribution and the distribution of the nervous force, the osteopath is a scientific man, valuable to the human race."

Osteopathy today is a complete science including surgery and all other specialties, including eye, ear, nose and throat, obstetrics, psychology, diet, sunshine, exercises, rest, and in the last seven years special attention to feet and everything else that has to do with human welfare.

The osteopathic physician is considered the best equipped and most effective general practitioner by those who know. For this reason he usually becomes the family physician.

Births



Born to Mr. and Mrs. William Bankes, a daughter, Patricia Ann, on January 31, 1931. Patricia Ann weighed 7½ lbs. and she and her mother are feeling fine.

Mr. Bankes is a junior at Des Moines Still College.

Location For Sale



An ideal location in Nebraska. Well equipped office and living apartment; rent reasonable. A German community; in a large trade territory; good roads; only Osteopathy; hospital in town. \$8,000 to \$10,000 yearly.

For further information, address Log Book.

Clinical Laboratory

It is the purpose of this laboratory to aid the student in becoming more proficient in urine analysis, blood counting, sputum analysis, fecal analysis, etc., and thereby aid in making a correct diagnosis of each patient in Still College clinic.

This work is done under the supervision of the Director of Laboratories of Still College, and there is no extra charge for any of this work.

One of the regular laboratory assistants shall be in Room 28 on second floor of the college building from 3 to 4 P. M. each school day to take the material needed for analysis.

Another regular laboratory assistant shall be in the laboratory on the first floor of the college building from 3 to 5 P. M. each school day to supervise the work of the clinical laboratory. This laboratory work shall be done by the students in the laboratory diagnosis class as a part of their regular laboratory work.

C. IRA GORDON.

Assembly, January 16

(Continued from Page 1)

of the graduating class, who presented the first number, a short program by Philbrick's Orchestra from Younkers Tea-room.

Dr. Watson, member of the graduating class, next put on a very clever little skit entitled, "Bits of Knowledge Gained in These Halls of Learning."

The next number, "Betty Co-Ed" was played by the band and dedicated to the only feminine member of the graduating class, as well as the band, Miss Genevieve Stoddard.

Dr. Scott next called our good friend and instructor, Mrs. Innes, to the platform and presented her with a beautiful wrist watch as a token of appreciation to her for what she has done for us, and as a little remembrance to her in her departure from our midst.

Dr. Scott next gave a few well chosen remarks in regards to the future of the school, the faculty and the profession as a whole.

Each member of the graduating class was presented and each received in turn a hearty hand from all present.

The band played a number, "Some of These Days", dedicated to the graduating class.

Dr. Schwartz then took charge of the meeting and made presentation of the various awards.

Dr. Johnson, in closing, gave a few very fine remarks, in which he bade a farewell to the class and wished them much success in the field.

Locates in Colorado

Dr. Mark J. Sluss, Osteopathic Physician, wishes to announce the opening of offices, February 1, 1931, at Room 5, Woodruff Building, Third Street and Colorado Avenue, La Junta, Colo.

Assembly, February 6th

Assembly was opened in the usual manner by several fine numbers played by the band.

An announcement was made concerning the year book, which is getting well under way and is going to be a great success.

An announcement was also made concerning the bowling tournament, which gets under way on Saturday, February 6.

Since this is the day that the new men are presented to the student body, they were asked to take their places on the platform. With Dr. Halladay acting as Master of Ceremonies, the new students were asked to give their names and home town. Of course there was the usual rivalry between Ohio and Iowa, and both states were very well represented.

We have a new state represented in this class. Previous to the opening of this semester, Oklahoma had no representative in our student body. We are indeed glad to have one representative from that state among us.

The fall class had no Illinois students, and Miss Margaret Dennis, who is assisting in the laboratories, claims Illinois as her home state.

There are also three new students from Des Moines who are taking advantage of going to school while living with dad and mother or other relatives.

The program was closed as usual by a number by the band.

Ohio State Board Physiology June, 1929

1. In your opinion why is a knowledge of electro cardiography important in the understanding of the cardiac function.

2. Is the maximal ventricular pressure fixed or variable? What is the true function of the heart?

3. Does the personal equation enter into the question of diet? If so, to what extent?

4. Briefly discuss the action of Pancreatic juice.

5. What changes take place in the blood during respiration? By what agent is coagulation hastened?

6. If the food of the parent is deficient in calcium Oxide, is the embryo deprived of this material? If so, how is it obtained?

9. Give the physiological reasons for the elevation of temperature in certain diseased conditions.

8. Name five groups of body tissues.

9. Name at least four principal skin reflexes. Trace arc for two.

10. Briefly indicate the mechanism of urine secretion.

(More Questions on Page 4)

Smith—Have you ever been in a railroad accident?

Jones—Yes, once when I was in a train and we went through a tunnel, I kissed the father instead of the daughter!

RECENT STATE BOARD QUESTIONS

Nebraska State Board Anatomy

1. Describe the development of the innervation and action of the muscles concerned with mastication.
2. Describe the position and relations of all lymph channels connected with the axillary region.
3. Describe briefly the general development, histology, and anatomical relationships of either the liver, pancreas, or a major salivary gland.
4. Describe the pattern of the venous sinuses of the dura mater of the brain, giving important relationships.
5. Give the places of origin, method of development, and total numbers of the various cellular elements found in blood.
6. Describe the development, histology, and position of either the hypophysis (pituitary body) or the suprarenal gland.
7. Explain a knee jerk reflex in neuro-histological terms.
8. Describe the histological structure and architecture of any long bone.
9. Discuss the general question of the nature of joint morphology, action and support, using specific examples in illustration.

Vermont State Board Anatomy

Answer 10 only.

1. Describe the spine.
2. Name the anterior femoral muscles. Give origin and insertion.
3. Name bones of pelvis and give articulations.
4. Locate and describe coverings of spinal cord.
5. (a) Name regions of abdomen.
(b) What structures lie in right and left lowermost regions?
6. Name bones of upper extremity.
7. Describe pancreas.
8. Give location and function of parotid gland. Of prostate gland.
9. Describe thoracic duct.
10. Name bones of face.
11. Name branches of abdominal aorta.
12. Name cranial nerves and state function.

Ohio State Board Anatomy

1. What in your opinion, is the value of the knowledge of the anatomy of the orianal nerves to an osteopathic physician?
2. Name the muscles that are attached to the atlas; the ligaments that bind the atlas to the occiput; their nerve and blood supply and explain the resultant effects in subluxation of the occiput.
3. What immediate structures are involved in a lesion of the 2nd dorsal vertebra and what

organs might be involved by such a lesion? Explain connections and name nerves and blood vessels involved.

4. Explain how osteopathic correction of lesions in great splanchnic area may repair ulcer of stomach, giving nerve pathway and functions transmitted.

5. Give a full description of the knee joint, naming all the structures that enter into its formation.

6. Describe typical lumbar vertebra and its motions. How do these movements differ from the movements of dorsal vertebra?

7. Describe attachments of 1st rib to vertebra and muscles and nerves involved in an upward lesion of this bone. (Name nerves and muscles).

8. The muscles extending the leg receive their nerve supply from what nerve?

(b). From what spinal nerves is this nerve derived?

9. Give nerve supply of the heart. (b) gall bladder. (c) urinary bladder?

10. Name the bones of the foot. Name nerves supplying the muscles of the foot. Why would a subluxated bone in the ankle or arch cause pain simulating sciatic neuritis? Name bones and nerves involved.

Ohio Medical Board Anatomy

June, 1929

1. Name the principal veins which have no valves.
2. Describe the collateral circulation after the ligation of the brachial artery below the profunda artery.
3. Name the special nerves of taste. What different tastes are recognized by each.
4. Describe the sub-scapular fossa. What muscles have their origin in this?
5. Describe the nasal bones. What bones do they articulate with?

Ohio Medical Board Anatomy

June, 1930

1. Describe the temporal bone. Name the muscles attachment and articulation.
2. Where does the Superior Vena cava originate and what does it drain?
3. Name the origin, attachments and action of the Longissimus Dorsi muscles. Also nerve and blood supply.
4. Name the origin, exit and distribution of the third Cranial nerve.

Ohio Medical Board Anatomy

December, 1930

1. Origin, Insertion and Action and Nerve supply. Deltoid Muscle.
2. Locate foramen Ovale. What does it transmit.
3. Locate deep halmar arch.

Give origin, distribution and branches.

4. Describe Portal Venous system.

5. Describe Vomer. Name bones with which it articulates.

Physiology

Nebraska State Board

1. (a) What conditions stimulate secretion of adrenalin?

(b) Outline briefly the effects of such secretion and give advantages or disadvantages to the organism.

2. (a) What is an enzyme? Properties?

(b) Name six enzymes and give the function of each.

(c) What is an inverting enzyme? A proteolytic enzyme?

3. Describe the essential difference between smooth and striated muscle. Give general location of each.

4. (a) How is rhythmicity in breathing maintained?

(b) What is the effect of breathing movements upon venous blood and lymph flow?

5. (a) What are the conditions incident to heart block?

(b) How is the rate of the heart beat regulated?

6. Describe the glandular functions of the liver. What type of gland is it?

7. (a) Distinguish between alimentary and functional glycosuria.

(b) Discuss three alterations in function which may set up a state of glycosuria.

8. Give the source of the following controls of muscle action; Trophic; Volitional; Tonic; Synergic.

9. What is the meaning of the term hydrolysis as applied to the digestion of food? Show how this principle is involved in gastric and intestinal digestion.

10. Name the glands of internal secretion and give functions of the hormones that these glands secrete.

South Dakota State Board

1. Name enzymes necessary to the thorough digestion of a meal of starch.

2. Define enzyme, hormone, metabolism, catabolism.

3. Give function of the lymphatics and state how this function may be influenced or varied by Osteopathic treatment.

4. Explain from a physiological standpoint the Osteopathic control of hiccup.

5. Briefly discuss chyle, chyme, pancreatic juice.

6. Name organs supplied by vagus nerve; the kind of impulse imparted to each organ and how influenced by Osteopathic treatment.

7. What nerves are involved in pupillary action.

8. Briefly discuss physiology of sympathetic nervous system.

9. State briefly physiologic function of supra-renal glands; vas defernens; prostate; para thyroids.

10. How is the mechanism of respiration controlled.

Ohio Medical Board

June, 1930

1. Describe Peptic gland—make a drawing.

2. Locate the respiratory center.

3. What is Myogenic theory of the heart activity?

4. What experiments have been made to prove the glycogen function of the liver?

5. Give Physiological explanation of Sleep. Dreams.

6. What effect does an excessive starch diet produce?

7. State function of Anterior nerve roots. How is the function proven?

8. Describe function of Mucous membrane of respiratory tract.

9. Describe following terms: (a) Auricular Venous Pulse; (b) Ventricular or nodal venous pulse; (c) Ventricular rhythm.

10. Describe the venticular movements of the stomach and intestines. What purpose does this movement serve?

* * *

December, 1930

1. Process of segmentation of the ovum. Describe.

2. How are the sensations of color produced.

3. Define (a) Afferent; (b) Trophic; (c) Inhibitory, and (d) Motor and vasomotor nerve fibers.

4. Define Rigor Mortis and give order of its occurrence.

5. Describe the regulation and sustaining of the body temperature.

6. Describe Phys. by which death is produced by injection of poisonous venom.

7. Name the thing that produces or favors gastric digestion.

9. Define and give the Physiological significance of Apnea.

10. Define Metabolic Equilibrium.

Physiology

Answer 10 only.

1. What are the functions of the pneumogastric nerve?

2. Describe the process of blood coagulation.

3. Give the function of (a) saliva; (b) trypsin; (c) amylase.

4. Name the organ of internal secretion and state function.

5. Briefly describe a physiological shoe.

6. Give the functions of the diaphragm.

7. Briefly write of immunity.

8. Outline the best normal diet.

9. State origin and function of erythrocytes.

10. Locate articulate speech center.

11. How is normal body temperature maintained?

12. In which sex are sacro-iliac lesions more frequent? Why?

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 MONTHLY BY THE DES MOINES STILL COLLEGE OF OSTEOPATHY

Volume 8

MARCH 15, 1931

Number 10

1931 Stillonian Has Gone To Press

The 1931 edition of the Stillonian is now in the hands of the printers and will soon be ready for distribution.

Maurice J. Schwartz, editor-in-chief, left for Milwaukee at noon on Wednesday, March 11, with the articles, cuts, snap shots, photographs, etc. that the staff has been working so feverishly to get to the printers on time.

The entire staff has been working as rapidly as possible during the last six weeks to complete the work that should have taken the entire year up to date and of course, should have been started early last fall.

Although one hundred students have signified their intentions of backing the Stillonian, and made the book possible, only sixty percent of this number have paid up in full. The cost of the book is going to be very high and the circulation manager would appreciate very much if every subscriber would pay up in full at the earliest possible date.

Only a limited number of the books will be made up, and if there are any others who would like to have a copy, you may make arrangements with the editor of The Stillonian, or with J. N. Gill, who is circulation manager.

If there are any alumnae, or others, who would like to have a copy, you are asked to send your five dollars to one of the above mentioned men at 722 Sixth Avenue, Des Moines, Iowa, at once, so that the necessary arrangements can be made.

Schwartz and his associates feel that the future possibilities of the book depend upon the quality of the 1931 Stillonian, and they are sure their efforts have not been in vain.

Likes Raw Meat

Floyd Foght, 18 months old, received more publicity in New Orleans newspapers for several days recently than any one else in the city. First, he swallowed a 3-inch live gold fish from the family gold fish bowl. He was hurried to a hospital and his life saved. Soon after he was taken back home, he opened the family bird cage and tried to swallow the canary whole, his mother getting to him just in time.

There's nothing vegetarian about this youngster!

DANCE POSTPONED

Due to the fact that we have in our midst one case of scarlet fever the All-School dance sponsored by Sigma Sigma Phi, which was to have been held on Saturday night, March 14, has been postponed until Saturday night, March 21.

This dance, which will be held in the ballroom at Hotel Commodore, is expected to be the outstanding social event of the entire school year.

The committee has put forth its very best efforts to make this dance a success and we were very much disappointed when it became necessary to postpone it for a week.

There will be special entertainment during the intermissions and the various cups will be awarded to the winners of the Sigma Sigma Phi bowling and bridge tournaments.

Miss Johnson In Demand As Speaker

Miss Ava Johnson has been in great demand during the past month as a speaker at various civic and Y. W. C. A. meetings held throughout the state.

On Wednesday, Feb. 17, she spoke at a district conference of the Y. W. C. A. with six states represented, on the subject—"Personality and the Business Woman", and on Feb. 21, she spoke at a conference of business and professional women of the Y. W. C. A. on the same subject.

Several days later Miss Johnson was called upon to address a group at the Y. W. C. A. who are making an extensive study of the unemployment situation, on the subject: "Personality and the Working Girl." On Feb. 28, she spoke at a meeting of the Waukee Womens' Club, on "Bacteria and the Home."

On March 10, she gave a talk on "Personality" at the Women's Junior Chamber of Commerce, and, on March 24, she will be one of the speakers at the World Wide Y. W. C. A. conference to be held at Davenport, Iowa.

Births

Born to Mr. and Mrs. Elmer Lee, a daughter, Constance Jean, on Feb. 24, at Des Moines General Hospital.

Mr. Lee is a member of the senior class that will be graduated in May.

Bridge Tournament

The bridge tournament which was conducted under the auspices of Sigma Sigma Phi, honorary fraternity, came to a successful conclusion on Sunday, March first. The Iota Tau Sigma fraternity was victorious, winning by a substantial margin over their nearest rivals, the Atlas Club.

The purpose of the tournament was to promote better inter-fraternity relationship. More was accomplished along this line than was anticipated.

Competition was at all times keen. Plenty of tough opposition for the victors, added largely to the play.

Each fraternity was represented by four teams, with each team playing two games at home and one each at the other two houses. The teams playing away from home were entertained at dinner by the respective houses.

All the men participating in the tournament are to be commended for the spirit of sportsmanship and fair play shown.

All in all, the tournament was successful in all phases and served well its purpose.

Special Assembly Feb. 25

Due to the fact that Dr. D. L. Clark, former president of the A. O. A., has honored us with a short visit this morning, a special assembly was called so that everybody might hear another of our prominent field men speak.

Dr. Clark is located in Denver, Colorado, and has been on the Colorado state board of examiners for fifteen years. The Colorado board is a composite board, and Dr. Clark says that he likes the examining work better all the time, and that Osteopathic students that take the examination in that state are all very well qualified.

The meeting was called to order by Dr. Halladay, and the program got under way in the usual form with several numbers by the band.

Dr. Johnson presented our honored guest, Dr. Clark, who gave a rather brief but very interesting talk on "The Rounded Out Osteopathic Physician."

Dr. Clark compared briefly the osteopathic education today and that of thirty years ago, and we should indeed be glad that we are students today rather than during that period.

Several very fine case histories were presented also by the Doctor, which were well worth one's (Continued on Page 3)

P. S. G. Wins Bowling Tournament

The inter-fraternity bowling tournament sponsored by Sigma Sigma Phi was won by Phi Sigma Gamma with a total score of 6975 pins.

The winning team, made up of Stritmatter, Yaley, Schwartz, Jagnaw and Toepfer, had little difficulty in the final two rounds of the tournament, and won easily with 344 more pins than their closest rival.

The Non-Frat team finished second with 6631 pins, having taken second place by downing the Atlas Club in the final round.

The Atlas Club was third with 6585 pins, and Iota Tau Sigma was fourth with 6151 pins.

Baldi and Cronnen of the Non-Frat team had the highest average score with 173 and 171 respectively, and Toepfer of P. S. G. was third with an average of 165 for the nine games.

This tournament proved to be one of the most interesting activities we have had about school so far this year, and Sigma Sigma Phi plans to promote another such tournament again next year.

The silver loving cup will be presented to the captain of the Phi Sigma Gamma team during the intermission at the All-School dance at Hotel Commodore Saturday night, March 21, which is sponsored by Sigma Sigma Phi.

Scarlet Fever Again Hits Student Body

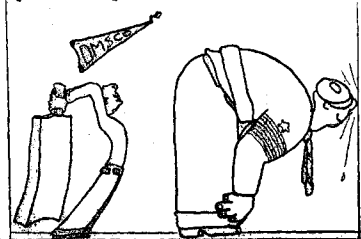
The bi-annual flare up of scarlet fever has arrived again and seems to remember its last visit here, as it has again found its way into the Phi Sigma Gamma house.

Allan Morrice, P. S. G. pledge and president of the freshmen A class, will spend the next 28 days at the city Detention Hospital.

Only one case has been reported to date and it is the desire of all of us that this will be the only one, as 28 days at Detention Hospital is a conviction that even Chicago gangsters never get.

For the benefit of those who have never visited said hospital, we are sure that Mr. Morrice will be very glad to hear from his friends during the next few weeks.

FRATERNITY NOTES



ATLAS CLUB

The second edition of the "Xiphoid Bulletin", the official publication of Xiphoid Chapter, has been mailed to all alumni. The response has already exceeded that received after publication of the first number. We feel that the Bulletin is to be even a greater success than we originally hoped for.

On Feb. 23, Dr. Robert Bachman delivered a lecture and demonstration on technique. Much valuable information was received, especially by the upper classmen, and all enjoyed the Doctor's demonstration immensely. We hope to have Dr. Bachman make this lecture annually so that each class may benefit from it as the members enter advanced work.

Don Hickey, the Chapter's Fighting Irishman, laid claim to and has thus far successfully defended the official Casino Championship of the Club. The Irishman's Casino-playing ability is nothing short of phenomenal and no one has as yet been able to offer him any serious competition. However, several are now in training and threaten to remove Old Erin's laurels.

Bros. McDonald and Mikan were unable to longer resist the lure of Detroit, and, in the face of blizzards, embarked for the automobile capital, Friday, Mar. 6th. We are glad that the boys made the journey successfully and hope that they found that "all was well" in the great Canadian Frontier City.

We have been favored with letters from Bros. L. C. Nicholson and Paul Wynn. "Ole" is practicing in Correctionville, Ia., and writes that he is doing well. We wish him the greatest of success and hope to hear from him again soon. "Joe" Wynn writes that he is in South Haven, Mich. We were all pleased to hear from "Speed" and our best wishes for his success go to him.

Dr. C. W. Johnson, President of the College, addressed the Club on Monday evening, March 9, on the subject of "Ethics." His talk was very interesting as well as instructive and was enjoyed by all. Dr. Johnson's talks are always to be looked forward to and this was no exception. We all join in thanking the Doctor for his most excellent address.

Bro. Kenny Ward of the January class, has located in Fort Dodge, Iowa. Kenny purchased the practice of the late Dr. K. K. Smith and tells us that he is meeting with gratifying success. We extend our best wishes for the greatest of success to Bro.

Ward and hope to hear from him often.

Word has been received, that Bro. John D. Harvey, who graduated several years ago, is in England, practicing. Dr. Harvey's address is Eastbourne, England. We were glad to hear from him and hope that his work in England will be profitable, both to himself and to Osteopathy.

BLUE AND WHITE CLUB

(Sidney Ellias)

The club regrets the loss of one of its members, Sydney Michelman, who was forced to leave school on account of ill health. However, Sydney expects to be back next fall.

The men are all excited about their Stillonian pictures. S. Kahn sent his proofs home, and the family could not recognize the picture because of the 12 pounds of additional avoirdupois acquired during the last few months. Des Moines food agrees with him.

Lou Kestenbaum received two valentines from the same girl. Such popularity must be deserved. The bridge bug has bitten Hy Kestenbaum hard; he has just learned to play the game, and now he tries to start a game every evening.

M. Joseph wishes to announce the change of his business address to the Polyclinic barber shop. He invites all students to come down and see him.

S. Ellias is spending every available moment on the Stillonian. All material must be in by March 11th for publication. He has learned that there is more than honor attached to the title of associate editor—there is plenty of hard work.

The subscriptions to the Stillonian are almost 100 per cent, and we feel it will reach that point before publication.

IOTA TAU SIGMA

(Judd Koch)

Announcing the pledging of Mr. George Streif and Mr. Ray Purdue. Both men are from Dayton Ohio, and are matriculated in the freshman mid-year class.

We also wish to introduce our recent initiates, C. M. Osborne, D. A. Hurd, B. E. Herbert, H. J. Eddie, G. A. Whetstine, J. A. Heud, B. E. Herbert W. R. McLaughlin, C. S. Cichy, and C. W. Ellis. They were ushered into our midst Sunday, March 8th. The excellent banquet held in their honor following the initiatory ceremony, was served at the house, under the careful surveillance of Brother Les Spaulding and his able assistants, Brothers Bob Happle and Chuck Routzahn. Present among our alumni were Dr. B. L. Cash, Dr. D. W. Roberts, Dr. E. E. Steffen and Dr. R. B. Kale.

Brother Garry Whetstine has started quite a thrift fad at the house in the nature of penny banks. Every form of container is used to habit the coppers, from a tobacco can to a gallon

jug. The axiom, a penny saved is a penny earned, used in the circumstances of today, is an incentive for the continual dropping of coins into these miniature deposit boxes.

The conclusion of the bridge tournament caused the teams representing the house to break training, and the old stand-by game, rummy, is again satisfying their desires during the hours of entertainment, while the bowlers are still retaining their form, in the manner of baseball, in view of the fact that the college series starts soon.

Brother Obenauer has taken advantage of his profile, and is trying to interest the brothers in his concession of grapefruit, its advantages for breakfast food, and his limited supply. Brother Routzahn initiated the idea, but as it was due to proficient salesmanship and facial features, Brother Obenauer simply out-classed his rival.

One of the most interesting and enjoyable parties was held at the house February 21st. Jerry Hayes and his colored syncopaters kept the dancers in full sway, and their novelty acts at frequent intervals added much to the enjoyment of those present. The guests present were Dr. V. A. Englund and wife representing the alumni, and Mr. Don True and Miss Helen Town were present. Mr. True is affiliated with Sigma Alpha Epsilon at Drake University.

PHI SIGMA GAMMA

(R. F. Allen)

A dance was held at the house Friday, February 27th, and it turned out to be a huge success. The Rhythmasters Orchestra surely kept all of us going, and Bro. Toepfer's specialties were enjoyed by all. We were very glad to see so many present, and promise another dance in the near future.

Stivenson and Stewart are now minus their tonsils. They had a great time talking the deaf-and-dumb language, and claim that it is rather hard to get back to normal.

Reeves has turned out to be a salesman de luxe. He sells 'most everything imaginable. The only trouble was he didn't have some of the articles he sold. He even sold Stivenson his own tonsils after they were removed.

Bros. Withrow and Beck recently "motored" to Milwaukee to pay their folks a visit. They report a fine trip, even if they did oversleep a little on the return trip.

Each evening brings on a big argument between Pledges Davis and Haley over the privilege of cleaning Dixie Reeve's room.

Dr. "Jimmie" Schaeffer returned with glowing tales of great possibilities in the East. More hopes for Ohioans.

Dr. E. J. Stoike, of Austin, Minn., visited his son, Chas. Stoike over the week end, and also gave us some very good pointers on practice. We were very pleased to have Dr. Stoike with us, and look forward with

pleasure to another visit from him soon.

The fraternity was indeed glad to hear from Drs. Chas. Auseon and Lowell Morgan, and hope that they will write again in the near future.

DELTA OMEGA

(By Vi)

Another big party was held in honor of Dr. Gen Stoddard, on February 21, at Nanking's Chop Suey Place. At 8 o'clock, a three-course dinner was served and the decorations and favors were in the sorority colors of yellow and green.

After the dinner, Gen entertained us with her own individual spoon and dance tricks, and later, Anna McKinney demonstrated two Spanish dances. Dancing took up the rest of the time until midnight, after which most of the couples attended the midnight show at the Paramount theatre.

Those present were: Dr. Gen Stoddard, Mr. Russel Morgan, Dr. Grace Abolt, Vernon Deerdorf, Rachel Hodges, Baryard Twadell, Norma Lee Abolt, Lawrence Nixon, Margaret Dennis, Otto Yaley, Anna McKinney, J. A. R. Chastien, Viola Bushholz, and Calvin Houpt.

If Margaret Dennis disposes of much more weight she'll lose her position as heavyweight champion.

Rachel Hodges spent all one Sunday traveling and came back with a cold. Too bad, Rachel.

Norma Lee seems to be behaving pretty well lately. We have nothing to tell.

Dr. Stoddard has been seen around quite a bit. It sure seems like old times and we hate to think of the time to come when she won't be here.

Good Times

Think good times—
It is state of mind
That brings prosperity
And puts dull days behind.

Talk good times—
No matter what they say;
Sane, optimistic talk
Will drive the clouds away.

Act good times —
Be equal to the test;
Compel "good times" to come,
Resolve to do your best.

Spread good times—
By thought and word and deed;
With study, faith and confidence
Know you will succeed!
—Grenville Kleiser.

Said Abie, with all the curiosity of the younger generation: "Papa, what is ethics."

Said the father, with all the accumulated wisdom of the older generation: "Ethics, my son, is when a customer comes to pay a \$40 bill, and pays \$50 by mistake. Should you keep the \$10, or divide it with your partner?"

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Who's Who

Exeter, Nebraska, Nov. 7.—The blind "native daughter" of Fillmore county, Dr. Claire E. Owens, was elected to the state legislature from the Fifty-fourth district on the Democratic ticket, unofficial results indicated Friday.

Dr. Owen's parents were of the sturdy pioneers who came to Nebraska in 1873. She was born in a sod house on the homestead in Fillmore county, and attended the district school from her fifth to eighth year, at which age she lost her sight. It is thought now that this misfortune came by a fall and striking her head, when she was six years old. After being graduated from the Nebraska School for the Blind, she was supervisor of music in the public schools of Exeter, Fairmont and Geneva for fifteen years. During this time she also taught piano, voice and dramatics, trained church choirs, coached high school and community plays and operettas. After finishing ten years in the Geneva schools, she decided to take a course in osteopathy; entered the Des Moines Still College September, 1917; bought the furniture in a rooming house next door to the college and took care of that business while attending for four years. Graduating with the May 1921, class, she returned to her home in Geneva and practiced in partnership with Dr. Frank A. Bates for two years and then located in Exeter.

Still establishing herself in practice, Dr. Owens has served on the Geneva Board of Education, has been representative from Geneva on the Board of Directors of the County Red Cross chapter; a member of the Book Review and Music Department of the Geneva Women's club; has served three years on the Exeter Board of Education, and four years as president of the Exeter Women's club. By virtue of the last named office she was a member of the Board of Directors of the Fillmore County Federation of Women's Clubs.

"You have likely guessed that I am not a stranger in Fillmore County," writes Dr. Owen, "and no doubt you are wondering when I find time to practice osteopathy. I really do have a fairly good practice, notwithstanding that our towns are small. Am very happy in my work as an osteopathic physician. And during my nine years of practice, I have attended the

Nebraska Osteopathic Association convention every year, have attended five of the A. O. A. meetings, and taken post-graduate courses at Kirksville and Des Moines."

Assembly February 13th

The morning's program got under way in the usual order with a number by the band. Their second number was a medley of patriotic airs, which were indeed well done.

Wednesday night has been set aside as the regular band rehearsal period, at which time all members of the band gather in the assembly room for the weekly rehearsal.

The fine playing this morning shows that they really work at these rehearsal periods, and we sincerely hope that the student body as a whole will show their appreciation to the band by being present at the assembly each Friday morning.

The next number played by the band, "Hail to West Virginia," was presented to the band by "Sparkie" Sparks, the West Virginian of our student body.

In the absence of Dr. Woods, who was scheduled to have the program in charge this morning, Dr. Facto took charge of the meeting and presented Dr. McPheters, who was formerly at the Excelsior Springs Sanitarium, for ten years, and has recently become connected with the Ball Sanitarium at Colfax, Iowa.

The Doctor discussed general institutional work briefly and then devoted some little time to the causes, symptoms and treatment of sciatica. This was indeed an interesting as well as instructive lecture and an hour very well spent, and we hope that we shall have more such enlightening programs in assembly.

We have with us this morning several guests whom we are very glad to welcome back into our midst, Dr. "Hap" Knowlin, who graduated last May, is back giving the place a once over, and Dr. "Gen" Stoddard, who graduated just last month, is back to take final survey of the school before opening her office.

Assembly February 20th

Due to the fact that Washington's birthday is only two days away, the band opened the program with several snappy marches in honor of the nation's first president.

Following these fine numbers, Judd Koch, our xylophone artist, rendered a solo, a number which was very popular a few years ago, and this number was also very well done.

Dr. Spring, who is in charge of assembly today, took over the meeting and presented Mr. James Cavender, formerly chief of police in Des Moines.

Mr. Cavender has spent the greater part of his life in police and detective work, having

joined the Des Moines police in 1901 as a clerk. He has visited many European countries in search of better methods of handling and combating crime.

The former chief spoke on the topic: "Crime, Its Causes and Its Cure."

It was very interesting to know that Mr. Cavender recorded the first automobile accident that ever happened in Des Moines, in the summer of 1907, as he at that time was still a clerk in police court. It was also of interest to know that the county police force costs Polk County \$350,000 per year.

Another point of interest the former chief brought out was the fact that in the city of Chicago, famous for its bandits, there have been five hundred murders recorded without a single conviction.

Mr. Cavender's short lecture was one of great interest to all who heard him, and we are indeed glad to have had him with us this morning.

We are indeed glad to see such a large percentage of the student body present at assembly this morning, and we hope that this fine representation will continue to turn out each Friday morning.

The band closed the program with Sousa's great march "Stars and Stripes Forever."

Assembly March 6th

March Gloria was the first number played by the band. The second number was the fourteen-dollar selection that was presented to the band last year by Dr. Beverage.

Dr. John Woods took over the program and presented one of the alumni, Dr. Paul Park of Des Moines, who is chairman of the legislative committee in this district.

Dr. Park, who has been doing a great deal of work during the present legislative session, very capably gave a brief resume of the legislative affairs as they exist in Iowa today, with the convening of the state legislature scheduled for next Monday, March 9th.

According to Dr. Parks there are six osteopathic districts in Iowa, each having one representative on this legislative committee and a president and secretary and treasurer are elected from the state at large, which in all constitute a committee of eight.

This group has been very active during the last several months, and have formulated the bills which have been and shall come before the legislature over on capitol hill before they adjourn the fifteenth of April.

They will come before the men at the capitol in House bill 174 and Senate bill 110. These bills, in brief, deal with the following four factors:

A. To protect the student while he is doing work in the college clinic.

B. To revise the curriculum

as it now appears in the state of Iowa code.

C. The practice act to be changed to read that osteopathic physicians shall be allowed to practice only the subjects that are taught in our colleges.

D. That the term physician as it appears in the code shall also mean osteopathic physician.

This is a matter of vital interest to us all, and it is the duty of every one to get behind this legislative committee and help to put over this much-needed legislation in Iowa, as it is probable that if we do not succeed in this state, other states will be annoyed by the same situation in the near future.

SOUTH DAKOTA Pathology, Bacteriology and Hygiene

1. Name five pathogenic bacteria and give morphologic and cultural characteristics of each.

2. Describe serum sensitization and tell how to recognize the presence.

3. In testing water and finding a bacillus of the colon group, how would you differentiate between b. coli and b. typhosus?

4. Describe the macroscopic and microscopic appearance of cancer of the uterine cervix and name chief channels of metastasis.

5. Describe the pathologic process of suppurative appendicitis.

6. Describe the pathologic changes in locomotor ataxia.

7. Give the pathologic possibilities in thrombosis of veins in the lower extremity.

8. Name the diseases which should be reported to the local health officer.

9. What measures should a health officer take in an epidemic of acute anterior poliomyelitis?

10. When sore throat is unduly prevalent among school children in a community, what should be suspected and what steps should be taken?

Special Assembly Feb. 25

(Continued from Page 1)
attention. Our visitor also stated that it is a greater art to be a good listener than a good speaker, a bit of advice which many of us might well remember.

We are indeed glad to have had Dr. Clark with us this morning, and we hope other men from the field will do us the same honor that he has this morning.

NEW MANAGERIAL STAFF OF THE MISSOURI NAVY

Admiral Treat.
General Chretien.

Lieut. Parisi.

Corporal Petit.

Substitute Scatterday.

Maneuvers every Sunday begin at six-fifteen A. M. on the Des Moines river, and you must bring your own horse.

RECENT STATE BOARD QUESTIONS

Ohio Osteopathic Board

Physiological Chemistry June, 1929

1. Give the phys. chemical findings of blood.
2. What chief nitrogenous end product is found in urine and describe the test for same.
3. What is physiological chemistry, organic, and inorganic.
4. Classify glands. Name several of each and their product.
5. Differentiate between vitamins and calories.
6. Name ten chemical elements of the human body.
7. Discuss the chemistry of inspiration and expiration.
8. Define: osmosis, exosmosis, anabolism, catabolism, and assimilation.
9. Tell (when) (where) lactose, maltose, sucrose, dextrose and glucose are found.
10. Name the organic acids in food and tell where found.

June, 1930

1. Name the salivary glands. Give function of saliva. What spinal areas in lesion affect the physiological chemistry of these glands?
2. Name the secretion of intestinal glands and give chemical function of the secretion.
3. What is main significance of non-protein nitrogen in the blood chemistry?
4. Discuss function of liver, spleen, thyroid, adrenals, and the lymphatics in general infectious disease.
5. Desc phys. chem. function of the kidneys.

Physiological Chemistry

1. In what part of the digestive tract are the following enzymes found? (a) ptyalin, (b) pepsin (c) trypsin? Upon what classes of food do they act, and what are the end products of each chemical element?
2. Give a test for pus in the urine? What is its significance? Describe procedure in carrying out a twenty-four hour test of a suspicious renal case and what explanation would you give for the variations?
3. Which is best: to eat meat with complete mastication and thorough saturation of saliva or scant chewing and swallowing before saliva becomes properly mixed? Give reasons for such conclusion.
4. What significance will you attach to the statement of some disturbed patient who tells you that the urine has a very heavy deposit in the vessel when it gets cold? What tests will you use to inform yourself when specimen is brought in?
5. Describe the symptoms and treatment of ptomaine poisoning? If depressed, what would you do to support the heart?

VERMONT Chemistry

Answer 10 only.

1. What is an anesthetic? Give name, formula and properties of one.
2. What are amino-acids?
3. Name elements in proteins.
4. State reaction of (a) blood, (b) urine, (c) saliva, (d) gastric juice.
5. Name enzymes necessary for starch digestion.
6. Name enzymes necessary for fat digestion.
7. State composition of normal urine.
8. Will you use NaCl and NaHCO often? Why?
9. Classify carbohydrates.
10. Is it good practice to eliminate all carbohydrates in a weight reduction diet? Why?
11. What theory underlies the ingestion of large amounts of liver for treatment of _____?
12. What is insulin?

Chemistry

1. Define: (1) enzyme; (2) carbohydrate; (3) amino acid; (4) colloid; (5) acid salt; (6) protoplasm; (7) speed of reaction; (8) chemical equilibrium; (9) optical activity; (10) energy exchange; (11) hormones; (12) hydrogen ion concentration; (13) basal metabolism; (14) heat of combustion; (15) calorie.
2. Discuss in three to five hundred words each of the following topics:
 1. Blood Sugar Level.
 2. Absorption of carbohydrate, fat and protein material from the digestive tract by body tissues, giving attention to the method of absorption, chemical transformations, etc.
 3. A patient submits himself to you for an examination of gastric contents: (1) Outline method of handling preparatory to obtaining contents; (2) How would you obtain the stomach contents? (3) How would you determine the total acidity.
4. (1) What do we mean when we say the hydrogen ion concentration of the blood is 7.35? (2) What are buffer substances? (3) How does the animal organism maintain a constancy of hydrogen concentration.
5. (1) Mention three chemical compounds present in blood, the variations in quantity of which may indicate a pathological condition.
 - (2) Discuss separately the significance of excessive amounts of each of the three compounds mentioned above.
 - (3) How may the quantity of each be influenced, if at all, by diet?

Toxicology

South Dakota 1929

1. Define a poison; antidote. Name the three classes or divisions into which antidotes are grouped.

sions into which antidotes are grouped.

2. Define an alkaloid. Name three and give their effects upon the nervous system.
3. When is it permissible to give morphine? When is it contra-indicated and why? What are the amounts of the drug that can be safely given at a time and how soon could it be repeated.
4. Describe the usual methods of using cocaine and give percentage of solution.
5. Name the chemical antidote for strychnine poisoning. How does it act when used for this purpose?
6. Describe the most pronounced differences in effects upon the body between chloroform and ether. Under what conditions would you use ether? When would you use chloroform?

NEW HAMPSHIRE Toxicology

Answer 10 only.

1. (a) What is a poison? (b) What is an antidote?
2. Classify antidotes.
3. Give causes, symptoms and treatment of chronic lead poisoning.
4. Give causes, symptoms and treatment of ptomaine poisoning.
5. How would you handle a case of poisoning from illuminating gas?
6. Name several emetics.
7. Name symptoms of opium poisoning. Give treatment.
8. Give treatment for lye poisoning.
9. Give symptoms and treatment of wood alcohol poisoning.
10. When may not the stomach tube be used? Why?
11. Give diagnosis and treatment for poisoning from HgCl₂.

TEXAS

Bacteriology

Answer 10 only.

1. Give practical technic and chemicals used in fumigation of a sick room.
2. Name ten surgical bacteria.
3. What is meant by Anaphylaxis and how can it be avoided?
4. How can the existence of rabies be determined?
5. Explain value of Widal Test, Schick test, Von Pirquet or Moro test. Are these tests always an infallible guide in diagnosing the disease?
6. What diseases can be transmitted by B. Anthracis?
7. What measures should be employed to protect a community from the B. Pestis?
8. Name the specific causative micro-organism found in: (a) Typhoid fever, (b) Pink-eye, (c) diphtheria, (d) Trenchmouth, (e) Chancroid.
9. Through what medium is Heine Medin Disease transmitted?
10. What is meant by a filter-

able virus? Name two diseases caused by such an organism.

11. Define Polar Bodies. Give example.
12. Describe the value of Dark field illumination.
13. What is meant by sporulation? Name 2 spore bearing organisms.

NEB. BASIC SCIENCE EXAM 1931

Bacteriology

1. What are the principal reasons for adjusting the reaction of culture media? Describe one method commonly used.
2. Name the one most reliable and practical laboratory method for confirming a diagnosis of (a) Secondary Syphilis (b) Nodular Leprosy (c) Tuberculosis of kidney (d) Typhoid fever in first week of the disease (e) Vincent's angina.
3. What laboratory procedures would you carry out to confirm a tentative diagnosis of epidemic cerebrospinal meningitis in first 12 hours of the disease? On what findings would you base a positive diagnosis?
4. Give the technic of the Gram stain. Name the Gram Negative pathogenic bacteria.
5. Give in detail the method of examining feces in the case of a suspected typhoid carrier.
6. What is the Pfeiffer phenomenon?
7. Briefly discuss the protective powers of the host against bacterial invasions.
8. Briefly discuss the methods of dissemination of B. Tuberculosis.
9. Make a drawing of the following organisms, naming characteristic morphologic details: (a) B. Diphtheria, (b) Streptococcus hemolyticus (c) Treponema pallidum (d) B. bifidus (e) B. Anthracis.
10. What are spores? How are they stained.

VERMONT Urinalysis

Answer 10 only.

1. What is the chemical principle of the sugar test?
2. Describe two tests for albuminuria.
3. What does alkalinity of the urine indicate?
4. What are the significance of the daily quantity of urine?
5. Discuss urinary casts.
6. Why does acetone appear in the urine?
7. Define centrifuge, urinometer, hemoglobinuria, ureometer, fermentation test.
8. What is the practical import of the chloride test?
9. What are the origins of pus in the urine?
10. What is an acid?
11. What is urea?

Just because there is a business depression at present does not mean that students must get low grades.

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THE LOG BOOK

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Volume 8

APRIL, 15, 1931

Number 11

Firemen Help Doctors

Friday morning, February 6, Dr. W. A. Newland ushered into the world at the Waldo Sanatorium, Seattle's Osteopathic Hospital, twin baby girls. The parents, Mr. and Mrs. A. B. Gawley of 2728 E. 90th St., christened them Jeanne Dolores and Joyce Marie. Jeanne Dolores got along fine but Joyce Marie, the second one born and weighing scarcely four pounds, didn't have enough strength to go it on her own and grew weaker and weaker.

Monday morning, Dr. Newland asked the fire department to send a squad to man the lung-motor that is part of the sanatorium's equipment. Capt. H. A. Robinson responded with Firemen Peter Larson, Pat Lynch, J. P. Gropper, A. F. Barto, Ray E. Briscoe and A. A. Skeen.

The firemen worked eighteen hours before the baby was pronounced out of danger. They started the lung-motor at 8:00 a. m. Monday and stayed on duty until 2:00 a. m. Tuesday. Every time the baby's heart showed signs of weakening, the firemen got busy with the oxygen administration. Reports later in the week indicated that the baby is thriving. In fact, a picture of the twins in Wednesday's Seattle Times, taken Wednesday morning, would lead one to think that Joyce Marie was peppier than Jeanne Dolores.

The Seattle P.-I. of February 11th, said, "The hospital authorities gave all the credit to the firemen for saving the child. But the firefighters insisted that Dr. V. R. Reeder, who remained with them all the time, was the one to whom the baby really owes her life."

Dr. Reeder is an interne at the hospital and is a graduate of Des Moines Still College of Osteopathy.

Demonstrates Hip and Shoulder Dislocations

Dr. Ellis Whitman, one of the very few people living today who can produce dislocations of the hip and shoulder, is with us and is holding several classes each day.

Dr. Whitman dislocates his shoulder and hip joints and instructs his students as to the reduction of the same.

Through the courtesy of Dr. Boening, some of the students have been privileged to see Dr. Whitman produce and reduce these dislocations under the flourescope.

Miss Ava Johnson Speaks At International Y. W. Conference

Emphasizing personality as the means to a greater participation in world-wide brotherhood and pointing to a knowledge of human beings and their manners of living, freedom from race pride and materialism, and the possession of a tolerant spirit as the means of personality achievement, Miss Ava Johnson of Des Moines, brought an international message to 185 business girls of the Tri-Cities, who joined in the local observance of the fourth nation-wide banquet of the Young Women's Christian Association, Tuesday evening at the Davenport Chamber of Commerce.

Concurrent with the banquet here, more than 60,000 girls from the United States and 20 foreign countries assembled at similar observances at the same hour, making this the largest nation-wide Y. W. C. A. banquet in history.

Carrying out the international message of good-will, Miss Johnson emphasized the great need of personality as an all-together aid in earning a place for ourselves in the cosmic sweep of world-wide government.

"We must have religious free-

dom and still keep religious," she declared. "We must have political freedom and still maintain order; we must have educational freedom and refrain from mental discipline; we must have freedom of science and not destroy the spirit; and we must have personality that is expansive and not egoistic.

Brotherhood, Unavoidable Rush

"Brotherhood is an unavoidable rush," the speaker pointed out, "a rush that prompted the pilgrims to secure freedom of thought; the Lutherans to revolt from the dominion of the church; the English peasants to claim their rights by the Magna Carta; and the Russian revolt for rights and power."

Stressing the importance of personality-building as the foundation for this world-wide brotherhood rush, Miss Johnson cited the foremost need of knowing basic conduct and being tremendously and sympathetically interested in the how of things.

Contrary to current belief, the world is on a sweeping trend for the better, she stated. Illustrating her point, she related an in-

(Continued on Page 4)

'Mechanical Lung' Saves Kansas Infant

WICHITA, KAN.—"Dead" for 30 minutes, the infant son of Mr. and Mrs. C. A. Harlan of Augusta, Kan., born Bonday, owes his life to a "mechanical lung" purchased by a local undertaking company just a few weeks ago.

The infant failed to breathe after its birth, and for 30 minutes, doctors at Southwestern Osteopathic hospital here worked over it in vain. Then Hubert Bussey was called with his new "breather." A few minutes later the child was breathing normally.

Dr. Lee Lindbloom, graduate of Des Moines Still College, is interning at Southwestern Osteopathic Hospital.

Locates at Waukon, Ia.

Dr. Genevieve G. Stoddard, Osteopathic physician, wishes to announce the opening of her offices in the Cain Block, 31 W. Main street, Waukon, Iowa, on April 6, 1931.

State Board Dates

NEBRASKA

I wish to advise you that the dates for the Basic Science Examinations will be held May 5 and 6, in Omaha, Nebraska, also the State Osteopathic Examinations will be held June 11 and 12, at the State House in Lincoln, Nebraska.

Bruce L. Ross, D. O.
Secretary.

MICHIGAN

The Michigan State Board examination will be held in Battle Creek, at the City Hall, on June 9, 10, and 11, commencing at 9 o'clock, Eastern Standard time. Applications and fees should be in at least two weeks before the examination dates.

NORTH CAROLINA

North Carolina will be glad to welcome any of your graduates. We have a dozen or more towns ranging in population from 5000 to 10,000, with no osteopathic physician.

The Board meets at Raleigh, on July 3rd and 4th, but temporary (Continued on Page 3)

Osteopathic Legislation In Iowa

The Osteopathic legislative situation in Iowa seems to be at a standstill at the present time.

On March 20th the bills were scheduled to come before the House of Representatives. Classes at the school were dismissed at 9:45 and through courtesy of the Stillonian, twenty yellow cabs were employed and the student body adjourned to Capitol Hill, two hundred strong, to witness the proceedings.

This fine representation very nearly filled the balcony of the House Chamber and everyone settled comfortably into their chairs only to be soon disturbed by the fact that action on the two bills, namely: House File 174, which is the Osteopathic bill, and House File 340, which is the Medical bill, would be postponed until Tuesday, March 24th, at 10:30 a. m.

When Tuesday arrived, Dr. Johnson did not choose to be fooled again, so he ruled that classes would not be dismissed and those who desired to attend the affair on Capitol Hill would not be excused from classes.

This did not change the minds of many and again thru the courtesy of the Stillonian Staff, a fleet of yellow cabs arrived and carried all who wished to go to Iowa's legislative center. This time all who journeyed forth were rewarded for their efforts, as at 10:30 sharp, things of interest to us began to happen.

The first bill to be presented was House file 340, which is, as we have already stated, the Medical bill. This bill, by the way, was well presented. We are told by those in a position to

(Continued on Page 3)

A. O. A. Inspector Visits School

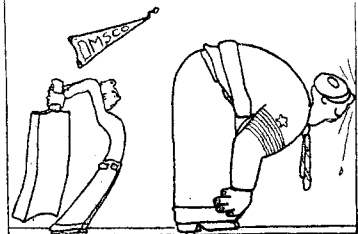
During the past month Dr. Russell McCaughan, who is college inspector for the National Association, has spent several days looking over our school.

While at the institution, the inspector visited all the classes and also spent some time in the office looking over records, etc.

Dr. McCaughan visits and inspects all the osteopathic colleges once during each year and reports his findings to the American Osteopathic Association.

During his stay here the doctor was very liberal with his praise of our school.

FRATERNITY NOTES



ATLAS CLUB

(J. Robert Forbes)

Many of the brothers took advantage of the day's vacation on Good Friday and traveled home for Easter. Everyone returned in due time, each reporting a successful journey and an enjoyable visit.

Roy Mount was the only casualty reported over vacation. He took his Ford under hand and herded it all the way to Decatur, Illinois. He returned a day late, sporting a somewhat ill-appearing optic, which he insists is suffering from Pink Eye, and, although there are many theories as to the true cause of the eye's condition, cross examination by the Club's leading attorneys has failed to weaken Roy's story.

Monday, April 13, the following men received their second degree initiation and were ushered into active membership in the Atlas Club: Roy Mount, Erle Moore, Lloyd Tannehill, Bayard Twadell, James Halladay, Harry Porter, Robert Ogden, Verne Dierdorf, Homer Fredericks, Glenn Fisher, and Landis Johnson. We congratulate and welcome our new brothers into the club.

A menagerie is being established at the house which, at this writing, numbers six ferocious beasts. Jack Campbell is represented by a Police Puppy whose entire life span covers but a few weeks. Jay Halladay donated a Cat to the zoo which, last week, became the proud possessor of four kittens. Obstetrician "Casey" Kessler reports both mother and children doing well.

Verne Dierdorf is the latest to join the ranks of the elite. He returned from Nebraska behind the wheel of the old family Maxwell and can now be seen driving the glass enclosed chariot hither and yon.

Spring filled the boys with the spirit of the Great American Game and each afternoon, baseball activities are noted. The stage of stiffness and sore muscles is about over and we expect to see rare form developed by "Jimmy Foxx" Hickey, "Al Simmons" Kessler and the others before long.

Erle Moore, who has been confined to his bed with mumps, is again able to be up and out. We congratulate Erle upon his recovery and are glad to have him once more up and doing.

The Golf Bug has been in our midst and left its sting. In spite of the somewhat baked and desolate condition of the links, a

number of the fellows are making almost daily visits to Waveland and should be in rare form for the tournament play.

BLUE AND WHITE CLUB

Sydney Ellias

The Blue and White Club is very happy to announce that Dr. Kline has consented to be its field adviser. Dr. Kline is a very popular physician in Des Moines and will prove an invaluable asset to the Club.

The Alpha Chapter in Philadelphia is keeping in close contact with its embryonic chapter and is mailing its latest group picture. The boys will reciprocate by sending one of theirs.

S. Kahn is staying over for summer dissection, making him the ambitious member of the group. Since M. Joseph received the announcement of the annual spring formal given by his fraternity back in Detroit, he has been looking for an airplane he can use for a day or so. Can anyone oblige him? The Kestenbaum brothers are the official guardians of the calendar—anyone in doubt as to the number of days left in the school year—just ask them.

DELTA OMEGA

By Vi

We are very sorry to hear that Rachel's mother is in the hospital. We hope she recovers soon.

Vi went back to Minnesota for Easter. Her dog has entered the O. B. clinic and Vi was expecting an Easter gift of 10 or 12 pups—but nothing happened.

Easter didn't do right by Margaret cause she caught a terrible cold. Here's hoping she recovers soon, we have learned she's a good cook and we'd like to see her up and at it again. (Especially Vi.)

Norma Lee looks happy. Must be a certain person didn't go home for Easter.

Vi and Margy had a week's visitor in the form of a Boston Toy Bull named "Totsey." She brought her harness, blanket, and leash, and made herself at home and everyone had an enjoyable time, eh, what!

A letter was received from two members of Kirksville Chapter of Delta Omega, notifying us of a visit from them. Plans are being made for a busy week-end. We are sure glad of this visit!

Vi and Margy had open house the week-end before Easter. It seems everyone had a good time. More fun! More people killed and more blood in the gutter!

Norma Lee says if she's going to be a doctor, she's going to dress proper—thus the shirts.

Anna took a horseback ride during Easter vacation. I guess the horse didn't agree with her, or she didn't agree with the horse—at least, she feels some sore. "Ride 'em Cowgirl!"

The Alumna and active members of Delta Omega Beta plan a party at the home of Dr. Mary Golden, on April 20th.

IOTA TAU SIGMA

Judd Koch

Heralding the first few days of spring brought much woe to the freshmen, they being elected as the principal actors in our clean-up week. However, all the brothers are pitching in to aid the pledges, hence lightening the duties.

Reports of a fair baseball team have reached my ears, and last year's champions are looking forward to a splendid season. Barney Herbert, an addition to our pitching staff, has strengthened the team, and Doc Hurd's long legs covering one of the gardens, and the rest of the squad in good form, will if we can keep Bud Hall on a training diet and Red Obenauer from going to sleep between third and home plate during a critical game, we should have some fair success—but you never can tell.

We were honored Monday evening, March 29th by having as our speaker an alumnus, Dr. E. E. Steffen, who gave a discourse on the heart. During the course of the lecture, he talked of symptoms and pathology of heart diseases and race conditions. It was an excellent lecture and we were fortunate in having obtained Dr. Steffen as our speaker.

Visiting us the past week were Drs. R. J. Rhode and L. A. Nowlin, as they were eastward bound, we only had a very short visit with them, renewing old acquaintances and recalling their four years at Still with the old saying, "Now, when I was in college—"

Our sick list has decreased quite a little,—Barney Herbert has completely recovered from his tonsilectomy, while Howard Cook is still reclining on a hospital bed, but should be tip-toeing thru the tulips soon.

A dance has been planned for Saturday evening, April 18th. A lively time is expected because it won't be long before there will be a hustle to pack trunks and say "hello" to the folks at home.

Taking advantage of the holiday, Good Friday, pledge Ray Perdue motored to his home in Dayton, Ohio, and Bud Cooper flivvered to Elgin, Illinois. Both boys returned with reports of snow east of the Mississippi.

For the past few months peculiar sounds have arisen from a room no one dared to open, but now the story is out—Bud Hall and Judd Koch have been singing, altho they have been accused of killing mice or cats—their hours of labor have been rewarded by radio station WHO. The boys face the "Mike" next Saturday evening. Good luck!

PHI SIGMA GAMMA

R. F. Allen

Spring is here! The activities around the house seem to prove it. Spring cleaning has been started and the baseball fans are planning for the season. The flivvers are out of hibernation and being tuned. Last but not least, the Spring Fever is here

—for just look at the davenport in the afternoon. Too bad it only comes once a year!

Dr. Jas Schaeffer recently made a trip to Milwaukee. He is going to open a practice there next month. He has just completed arrangement for a splendid office suite and equipment. Here's luck, Jimmie!

Jagnow has taken up indoor football now that bowling is out and they say he is quite good, even if the furniture does suffer a bit.

Pledge Yaley wishes to announce that he will make his "Leap of Death" every Friday morning at 2 o'clock from the dormitory window to the front yard. Everyone invited.

Now that it is warm again, we notice Toepfer is out and gone occasionally in the evening. Wonder where?

Brothers Schwartz, Withrow, and Pledge Sears motored to Milwaukee for Easter vacation. They report a fine, though expensive trip.

We are glad to have Brother Madson back in the house with us again and we'll surely miss him when he graduates in May.

The fraternity takes great pride in the Sigma Sigma Phi bowling cup awarded on behalf of Bros. Toepfer, Stritmatter, Jagnow, Schwartz and Yaley. The boys showed great team work and we congratulate them.

Assembly, March 27th

The band opened the program with that fine old march, "Men of Ohio", which by the way, seemed to be very popular with many of those present.

This morning's program promised to be one of special interest as Prof. Gordon was in charge; he had as speaker, Rev. Dutton of the Unitarian Church of this city. The Reverend spoke at assembly some months ago and gave one of the finest lectures we have been privileged to hear.

Rev. Dutton began his lecture with several of those stories which he always has on hand, and somehow, whether they are old or new stories, this speaker has the ability to make them interesting and humorous.

After this introduction, he went briefly into the biography which he is writing and hopes to have out by next fall, on the men who spent their lives caring for the lepers in a leper colony on an island in the Pacific ocean.

This lecture contained many facts concerning the history of this dreaded disease that the speaker traveled to many of the great European libraries to obtain, and the lecture was one of great interest to all who were fortunate enough to hear it.

Rev. Dutton has written many very interesting detective stories in book form and he is the only American to be a member of The British Society of Authors.

The biography that he is now working on, promises to be one of his best efforts and will be well worth reading.

The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Round Trip to Wichita

Some time ago the group in the vicinity of Wichita, Kans., decided to have a little meeting and were kind enough to invite the writer to appear on their program. This to be held April the third.

So we jacked up the spare lighter on the old car and shoved a new Buick engine in it and started out. With such a wagon, hills are laid flat and pavement rolls quickly under the back wheels.

The kids and chauffeur, with one cash customer, left the metropolis of Iowa at eight a. m. and after leaving the passenger at Iola, arrived in the fair little city of Augusta, Kansas, 12 hours later, taking time off along the route for the necessities of life and car. 450 miles in ten and one-half hours driving time and part of that thru rain, snow, sleet and hail from above with several miles of that exclusive type of 50 percent that they have used in Missouri underneath.

At Augusta we visited the evening and stayed the night with Arnold Quest and family. Arnold graduated from Still several years ago and now is conducting a dandy practice in a town that before his advent was somewhat hard-boiled on the subject of Osteopathy. We were due in Wichita, 22 miles to the west, to talk at 1:30 p. m., so prepared for the occasion and leaving Augusta at 1:10, arrived on time.

It was no small crowd. We met in the basement of the Osteopathic Hospital and the room assigned was full to overflowing. They were there from Oklahoma and from as far as two hundred miles up in the state of Kansas. We talked and enjoyed it. It was a good crowd to speak to and we do like attentive and appreciative audiences. During the rest period, Dr. Corbin introduced a rare little patient. A little girl with Hirschsprung's disease. Look it up and you will know what it is the next time you hear it. By the way, we just had one in the clinic at Des Moines last week. And we knew what it was here.

At six thirty the group, with friends, gathered at the church for one of those church banquets. This disposed of, introductions were in order and we found that coaches and prospective students were scattered all thru the tables, the group

now numbering close to 150. Again it was a pleasure to tell these coaches and students some of the things that we have discovered in the treatment of athletes and appeal to their sense of integrity when it comes to selecting a physician for a particular thing or in the selection of a like work that demonstrates its efficiency.

A couple of old friends insisted that we stay in Wichita all night. It was a real pleasure to go back thru the years and review events that happened in what is now almost a dim and distant past. How wonderful it is to be able to drive to Wichita and find good old friends.

Early the next morning we started back. A brief stop at Augusta to retrieve our other shirt and on to Iowa. At St. Jo we found that the fifty-fifty pavement in Missouri had been closed on account of the accidents occurring there (Arthur Hildreth please note). So we had to detour around thru Clarinda. With only the loss of about an hour's time on the return trip, we arrived home right side up and in a good humor. Frances and Morey had had a good time and the old man had enjoyed every minute of the trip, too.

We go to Springfield, Ill. the seventh of May with a similar program. Expect to make the drive there in about six hours. —"VIRGE."

Assembly, March 13th

This being Friday, the 13th, we are looking for bad luck and it seems to be upon us, as well as Dr. Marshall, who was scheduled to have charge of the program this morning.

Due to some misfortune, Dr. Marshall was unable to be present this morning and therefore there will be no speaker today.

In the absence of a speaker, the band put on a very novel little program which consisted of several selections by "The Little German Band." This group was made up of five members of the band, led by Dr. Halladay in his circus uniform—which we have not seen for quite some time.

"The Little German Band" played several numbers which are always popular in bar rooms and barber shops and other places where spirits are high.

After this novel program the entire band played several selections which was followed by several announcements by various persons.

The band closed this rather abbreviated program in the usual order.

Special Assembly on March 19th

Due to the fact that Dr. Russell McCaughan of Kokomo, Ind. who is the college inspector for the American Osteopathic Association is visiting the college

this week, a special assembly has been called today so that all may hear and get acquainted with our inspector that we so often hear Dr. Johnson speak of.

Since this assembly has been rather hurriedly planned, the band is conspicuous for its absence, so without our usual opening program, Dr. Johnson took charge of the meeting and presented our guest, Dr. McCaughan.

Dr. McCaughan was very liberal with his praise for the many improvements being made about the school and we were all very glad to know that our school ranks very well with other like institutions.

It was also the suggestion of the inspector that as students, we take advantage of the many opportunities that we have at hand, and he also showed by several illustrations, that it is impossible to evaluate the work that we miss by being absent from classes.

It was also of interest to know that last year there were 1776 students attending osteopathic colleges and that there were 260 instructors teaching in recognized osteopathic colleges.

Last year there were seven recognized colleges and also several that are not recognized—one of which is located at Washington, D. C. which admits colored students only.

We also learned from the doctor, whom by the way is in a position to know, that osteopathic education is improving every year, and that an osteopathic graduate of today represents one of the finest products of modern education.

Assembly, April 10th

The band opened the program with two very snappy marches which were very well done.

After these two numbers the program was turned over to Miss Ava Johnson, who presented two of our harmonizing students, Judd Koch and Bud Hall, who gave several very clever vocal numbers. We are very pleased to learn that these two men are to make their first radio appearance very soon.

Miss Ava Johnson next presented the speaker of the morning, who was Curator Harlan, of the Iowa State Historical department.

Mr. Harlan gave some very interesting historical facts concerning the settling of the State of Iowa. This lecture was one of great interest, especially to those who have always lived in Iowa.

The band played the concluding number, as usual.

State Board Dates

(Continued from Page 1)

porary permits will be issued to any who desire to come before then.

The secretary will be glad to

answer any specific inquiries.
F. R. Heine, Secretary.
Greensboro, N. C.

WEST VIRGINIA

The next meeting of the West Virginia State Board of Osteopathy will be held at the offices of Dr. Guy E. Morris, 542 Empire Bank Building, Clarksburg, W. Va., June 10 and 11, 1931.

Applicants will be examined in the following subjects: Chemistry and Medical Jurisprudence, Anatomy and Embryology, Physiology, Histology and Pathology, Diagnosis (Physical and Laboratory), Bacteriology and Hygiene, Obstetrics and Gynecology, Surgery, Principles and Practices of Osteopathy.

Applications should be filed with the Board at least 1 week prior to date of examination.

Applicants for Reciprocity must have been engaged in practice for at least one year in the State in which license was granted by Examination; and they must have met legal requirements equal to the requirements in force in West Virginia at the time of such license.

The West Virginia Osteopathic Society will hold its Annual Meeting in Martinsburg, W. Va., on Monday and Tuesday, June 8 and 9, 1931; as you will note, these days immediately precede the Board Meeting. This arrangement was made to give applicants for license a chance to meet the Osteopathic Physicians of the State, and discuss possible locations with them.

Application blanks may be secured by writing the Secretary, Guy E. Morris, D. O., 542 Empire Bank Building, Clarksburg, West Virginia.

Osteopathic Legislation In Iowa

(Continued from Page 1)

know, that the backers of this bill had a man from each County on the floor to coach the representatives as to how to vote.

Things continued to happen and soon after the presentation of House file 340, the Osteopathic bill, which is 174, was very cleverly presented.

Much debate resulted and it looked for a while as if said argument might go on for days, but by mid-afternoon some of the representatives got uneasy and wanted to do something else, as representatives like varied experiences.

As a result, these two bills were sent to a committee consisting of three medical doctors and three osteopathic physicians, with the hope that a new bill might be worked out which would be satisfactory to all concerned.

Very recently, we are informed that the bills have been put in the hands of the House sifting committee and as yet the outcome is indefinite.

Miss Ava Johnson Speaks At Conference

(Continued from Page 1)

cident at a girls' camp in Iowa, explaining that 75 years ago, the Indians fought in bloody warfare in that exact location; 60 years ago there were prowlers and thieves in the vicinity; 50 years ago, the girls would have been taught only to be domestic and sit at home and make cross-stitch samplers; 40 years ago, they would have been arrested for wearing knickers; 15 years ago prowlers and snakes were in abundance; and four years ago, the girls would have found it necessary to carry water from a pump, instead of merely turning a faucet.

Urges Tolerancy

Urging the girls to be tolerant in spirit and compare on the same level, Miss Johnson referred to the sources of conflict and misunderstanding.

"Always recognize the fundamental mental ability of natural law," she said, "and remember that under the same circumstances, the same thing might happen to you, and you, too, in the 'other fellow's' place, might have done the same thing. There is the danger that conflict often becomes destructive and not creative and that truth does not always prevail.

"Intolerance is limited vision or color blindness, whereas tolerance is the fruit of experience and wisdom. Escape from materialism and so meet others on the plane of spirit which is common ground and you will find by the manner of building in personality, ourselves in the surge of world-wide brotherhood."

Quoting Paul's letter to the apostles, Miss Johnson said in conclusion: "Be joyful; secure perfection of character; take courage; be of one mind; live in peace; and God, who gives love and peace, will be with you."

Covers were laid for 185 at the dinner, the association colors, blue and gold, predominating in the appointments with varied-colored snapdragons adding a floral note and blue tapers providing illumination.

Special guests at the affair included a delegation of 28 members of the Muscatine Business Girls' club, who motored to Davenport, despite the inclemency of the weather.

Births

Born to Mr. and Mrs. W. K. Crittenden, a son William Kent Jr. on March 16th, 1931. Junior weighed seven and one-half pounds and is getting along nicely.

W. K. Crittenden, Sr., is a member of the senior class at Des Moines Still College.

RECENT STATE BOARD QUESTIONS

OHIO

December, 1930
Diagnosis

1. Differential Diagnosis Granuloma Inguinali & T. B. of skin in the same region.
2. Diff. Hypertrophic emphysema, Atrophic Emphysema and Compensatory Emphysema.
3. Signs and name conditions causing same. Arghyll Robinson pupil. Kernig's sign. Babinsky, Romberg, Oppenheim, Battles.
4. Diff. Wood Alcohol and Jamaica Ginger Poisoning.
5. Angina Pectoris Diff. from progressive distention of Aortic arch.
6. Blood Pressure Cause of high; low.
7. Sudden onset of pain in Left Rectum, no redness or swelling on surface, extreme pain and tenderness on examination. Pain upon sitting. Give tentative Diagnosis.

8. Man 55, ill 2:00 a. m. cramp in stomach, Temp. 100, Pulse 105, Resp 27. Nausea followed by vomiting, pain shifts to Post Auxillary line at crest of Ileum Rt. side Rigid.

June, 1930

1. Differentiate between Diverticulitis & Carcinoma of the sigmoid in its upper third.
2. A child is brought in as an emergency, clutching its throat, mouth open, chin extended. Respiration extremely difficult, deep cyanosis & coughing. Give a tentative Diag.
3. Diff. between a case of chicken pox and a mild case of Small Pox. Give probable Leucocyte count.
4. Woman enters hospital unconscious with no history obtainable, enumerate possible causes as they may occur.
5. Name various causes of glycosurias, discuss their differentiations. Give briefly there Imp. as to Diagnosis & Prognosis.
6. State causes of Psittocosis, Talaremia & Rat Bite fever. Diff between first two named.
7. Discuss General Char. of Sarcoma & Carcinoma relate causes of onset. Period of life affected & give Prog.
8. New born babe cries frequently, vomits almost continually. There is occasional twitching of arms and legs and the ext. show slight rigidity upon handling. How would you proceed to make a diagnosis and what would you consider in arriving at same.
9. What signs and symptoms would lead you to suspect a deficiency in secretion of pituitary gland. Parathyroid. Suprenals.
10. Give color of spinal fluid in following: T. B. and epidemic Meningitis. Cord Tumor with occlusion of cord. Fracture at base of skull.

June, 1929

1. Give causes and Diagnosis of undulant fever.

2. Give (symptoms) of hypo thorax. How does it differ from Pneuma thorax. Give symptoms of Pyloric ulcer. Diff. from stone lodged in common bile duct.

3. Diff. between a case of multiple neuritis and locomotor ataxia.

4. Diff. between ruptured pyosalpink and Ectopic Pregnancy.

5. Given a patient suffering from frontal headache, increased carbohydrates tolerance and bi-temporal hemianopsia, what could you suspect?

7. In injury to the knee joint accompanied by foot drop, what would you suspect?

8. Diagnosis of a case of pyloric Stenosis in a new born babe.

9. Diff. between heat stroke and sun stroke.

10. Diff. between carcinoma and syphilitic stricture of rectum.

June, 1929

1. Diff between appendicitis, rupture of ectopic gestation and obstruction of ilio-coecal valve.

2. When taking family history what diseases are you especially interested in and why?

3. In taking past history—What is their significance?

4. Finding a patient with high blood pressure, what conditions do you think of? How do they cause high blood pressure?

5. Having a patient with tremor, of what diseases would you think as a possible cause? Describe the tremor peculiar to each.

6. A person 25 years of age develops apoplexy. What might be the cause?

7. Noting tonsils, upon what factors would you decide whether they should be removed or not?

8. Finding a patient in coma, of what causes would you think? How would you differentiate the causes?

9. Differentiate Hodgkins and T. B. Adenitis.

10. Differentiate the different types of goiter.

WISCONSIN Diagnosis

1. Give the differential diagnosis between epilepsy and hysteria.

2. Differentiate between pleurisy with effusion and lobar pneumonia.

3. Give the chief diagnostic points of scarlet fever, diphtheria, measles, rubella, small pox, and chicken pox.

4. Give the symptoms of influenza.

5. What is the Schick test? What is immunization?

6. Give the test of sputum for tuberculosis.

7. Give diagnostic signs used to determine cause of pain in right lower abdomen, whether appendiceal, renal, or tubal pregnancy, or of spinal origin?

Obstetrics June, 1930

1. Discuss the value and dangers of the use of Pituitrin in O. B.

2. When does labor, starting with child in an oblique posterior position, (R O P) or (L O P) become serious? Give management of same.

3. Make the diagnosis and treatment of Placenta Previa with a visible child.

4. Name the conditions that should be fulfilled before a forceps operation is attempted.

5. Discuss the employment of abdominal palpation. Discuss rectal and vaginal Exam. in O. B.

December, 1930

1. Diagnose and give management of Breech Presentation. What are its dangers?

2. How treat Hemotoma in the new born?

3. What is 3rd stage of labor? Give management in detail.

4. Discuss Anes. in O. B. Kind, time and method of administering.

5. Diff. between Retained and Adherent Placenta.

Gynecology June, 1929

1. Locate Bartholins and Shens glands.

2. Diagnose and give cause of carcinoma of uterus.

3. Give etiology and treatment of vaginismus.

4. Define, Chlorosis, hypospadias, hyteroptosis, catamenia, cophoritis.

5. Discuss Physiology of menstruation.

6. Name and discuss abnormal types and causes.

7. Diagnose G. C. vaginitis.

8. Differentiate cystocele and rectocele.

9. Give etiology diagnosis and treatment of Pyosalpink.

10. Give nerve and blood supply to ovaries and uterus.

June, 1930

1. 2. 3. Name and give incubation period, length of time of prodromals and normal duration of Acute Exantemata.

4. Discuss the appearance of so-called children diseases.

5. Classify heart disease as to cause.

6. Name ten skin diseases and give leading classifications of each.

7. Name the constitutional diseases that are suggested by an examination of the eye.

8. Associate the findings in the Urine with the disease that might produce them.

9. 10. What is Addison's disease? Graves disease? Hanat's disease? Hirschsprung's disease? Hodgkins disease? Morton's disease? Parkinson's disease?

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Volume 8

MAY 15, 1931

Number 12

Member of Minnesota Board Visits School

Dr. Arthur E. Allan, of Minneapolis, visited the school on April 30, 1931, and gave us the facts concerning the basic science board in Minnesota.

Dr. Allan says that the Basic Science examination is very unsatisfactory, but since it has been installed it is our place to prepare ourselves and pass these examinations.

The board consists of five members, three medical doctors, all on the faculty of the Minnesota University Medical School, one Osteopathic Physician, and one Chiropractor.

The questions are selected by the board as a whole, and each member reads and passes on the entire list.

The papers are graded originally by instructors in the respective departments of the University of Minnesota Medical School. These papers are then turned over to the members of the basic science board, who also consider the papers and pass final judgment on same.

Dr. Allan, who is the Osteopathic member of the basic science board, informed us that this board is absolutely on the square and those who write a passing paper pass the board, and those who do not, fail, regardless of what school of therapy they represent, as names are positively not known by those grading the papers. Each applicant seals his name in an envelope when he begins the examination and is known by number only until the grades are ready to be sent out to the individual.

Minnesota holds many advantages for the young Osteopathic Physician, and the State Association extended an invitation to our graduates to locate in that state.

20 Years Ago—1911

(The following is taken from the "20 Years Ago" Column of the Des Moines Tribune-Capital)

"Still College of Osteopathy, one of the largest osteopathic schools in the world, will not close its doors at the end of the present school year in June as was predicted recently by W. E. D. Rummel, former secretary of the institution. Announcement of the intention of the board of trustees to continue the school was made by F. C. Hubbell following an informal meeting of the board."

A Post-Graduate Course In Surgery

The Los Angeles Clinical Group takes pleasure in announcing a post-graduate course in surgery to be given in Los Angeles July 16-25 by Dr. W. Curtis Brigham.

Dr. Brigham is President of the American College of Osteopathic Surgeons, Chief of Staff of the Monte Sano Hospital, and is well known in many states for his osteopathic research and his brilliant surgical technique. A growing desire among members of the profession to acquaint themselves with his methods has made the presentation of this post-graduate course possible.

Atlas Wins Baseball Tournament



The Atlas Club emerged victorious in the annual Interfraternity Baseball Tournament for the first time in many years. The deciding game was played with the Iota Tau Sigma, last year's champs, Sunday, May 10, the Atlas Club winning a 7 to 1 victory.

The last game was as close and exciting as an average league game. Peck and Herbert played fine ball for the I. T. S., but Johnson's one-hit pitching and 12 strikeouts were too much for the defending champs. The game was no walk-away for Atlas and every inning saw tight baseball. Rose and Hickey turned in a fine day at field, while Homan's three hits spelled defeat for the I. T. S. team.

The game was played at West High Stadium and was witnessed by a surprisingly large crowd which divided its support about equally between the two teams.

Score by innings:

				R	H	E
Atlas	003	011	2—7	9	1	
I. T. S.	000	010	0—1	1	3	

Batteries: Johnson and Dierdorf; Herbert and Spaulding.

Final standing of the teams was:				W	L	Pct.
Atlas Club	6	0	1.000			
Iota Tau Sigma	4	2	.666			
Phi Sigma Gamma	1	5	.166			
Non-Frats	1	5	.166			

State Board Dates

Iowa

The Iowa State Board examination will be held at the state Capitol Building, Des Moines, June 1, 2, and 3. Fees are \$10. for the Sophomore Board and \$20. for the Regular. Dr. D. E. Hannan, Perry, Iowa, is Secretary.

Applications and fees should be in fifteen days prior to the examination.

Pennsylvania

The Board of Osteopathic Examiners of the Commonwealth of Pennsylvania will hold its next examinations June 8, 9, 10, and 11, in Room 609, Witherspoon Bldg., Philadelphia, Pa. H. M. Vastine, 109 Locust St., Harrisburg, Pa., is Chairman.

South Dakota

The South Dakota Board of Osteopathic Examiners will meet June 17-18. Write the Secretary, Dr. C. Rebekka Strom, 321 So. Phillips Ave., Sioux Falls, S. D., for application blanks and further particulars.

President of Nebraska Board Visits School

Dr. Anton Kani, president of the Nebraska board, visited the school April 7th. The doctor is an alumnus of Des Moines Still College, and one of which the school can be justly proud.

The Doctor brought to the members of the senior class, especially, the greetings and best wishes of the Nebraska State Association, and an invitation to come to Nebraska to locate.

During his very interesting lecture, Dr. Kani explained the system of examination and the laws governing the practice of Osteopathy in Nebraska. Nebraska has a basic science law, and the examination is given by scientific men who are not members or practitioners of any healing art.

The only prerequisite of this board is a high school diploma or its equivalent, and it must be taken by all practitioners of any therapy.

The basic science examination consists of the following subjects:—

1. Anatomy
2. Physiology
3. Bacteriology
4. Chemistry
5. Hygiene
6. Pathology

Anyone desiring definite information concerning the board may write Mrs. Clark Perkins, Director of Examinations, Lincoln, Nebraska.

Boy Cured at Delaware Sanitarium

Delaware, O.—Orville Schipps is the name of a little five-year-old boy from Miamisburg, who came to the sanitarium clinic Thursday to be cured of a dislocated left hip which he had had since birth. Dr. M. F. Hulett, osteopathic orthopedic surgeon of Columbus, performed the operation, which completely reduced the location, and in a few months, after three changes of plaster cast, the little fellow will be able to walk, run and play just like other boys instead of going through life lop-sided, waddling like a duck. This was one of the interesting events of the clinic Thursday. Another outstanding thing was the demonstration of a new and generally accepted system of eye training by which lenses are removed from eyes long accustomed to wearing them. Dr. H. W. Quartel of Dayton lectured upon and illustrated this method of eye treatment. It was stated that this treatment is being taught at the Ohio State University department of optometry. There was a large attendance of doctors and laymen at the clinic. A number of major and minor operations were performed by specialists from Columbus, Lorain, and Cleveland.

Junior-Senior Prom

Lovely decorations and shaded lamps formed the setting for the delightful Junior-Senior Prom which was held Wednesday evening, May 6, at the Park View Club.

Everyone thoroughly enjoyed the snappy music by Jerry Hayes and his gang, and the several vocal numbers by both Jud Koch and Bob Hubbard.

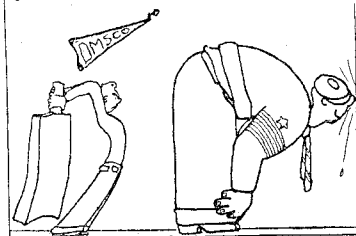
Dr. and Mrs. John Woods, and Dr. and Mrs. Byron Cash acted as chaperones.

The members of the Senior Class wish to take this opportunity of thanking the Junior Class for the fine party that was so very well planned and carried out.

Alumni Notice

A few extra copies of the Stillonian, the College Year Book, will be available for the field men desiring them. If you wish one of these annuals, please send \$5.00 to M. J. Schwartz, Still College, and one will be promptly mailed to you.

FRATERNITY NOTES



ATLAS CLUB

(J. Robert Forbes)

As the school year slowly draws to a close, most of the fellows are planning their summer activities. The Seniors are speculating on their future success, and the under classmen are devising ways and means of bolstering up the exchequer.

Dr. John Voss, Albert Lea, Minn., visited and had dinner with us Saturday, April 18. Dr. Voss was motoring through, and was kind enough to stop off here. We were glad to welcome the Doctor, and hope he will favor us with his presence once again in the near future.

A House dance was held Saturday evening, April 18. The party was well attended, the music was of the best, and everyone reported a most enjoyable evening.

Prof. Parisi spoke to us on Monday evening, April 20, on the subject "Osteopathic Education." The Professor's remarks were timely, to the point, and most enlightening. We deeply appreciate his kindness in speaking to us and hope to have the privilege of having Prof. Parisi with us again.

Our menagerie has undergone several changes since the last report. Jack Campbell's police puppy and Jay Halladay's cat are still with us. The four kittens, having attained the emigration age, are being distributed among the paper boys and others who promise to provide a good home and loving care to them. A guinea pig has been added and is being carefully nursed by Gus Porter. Brother Kessler was the proud possessor of a baby cottontail, but the pleas of our Liberty magazine boy were so soul-stirring that Casey finally parted with his pet. We are seriously considering the election of an official Zoo-Keeper, whose duties would be to feed, bathe, and otherwise care for our animal friends.

We have had word from Dr. Paul V. Wynn, stating that he has opened an office in Holland, Michigan. We all wish "Speed" the greatest of success.

Dr. Ted Rickenbacker, of Seattle, Wash., dropped us a card recently inviting us all out for the Convention. We were glad to hear from "Rick" and wish that we might attend the Convention in a body. Come again, Ted.

Dr. Cramer, trainer of athletes at Drake University, spoke to us Monday, April 27, on the "Care of Athletic Injuries." Dr. Cramer's long experience with this

type of work enables him to present facts and technique which are most valuable to all of us. The Doctor's address was most interesting as well as instructive and we look forward to having him with us again.

The golf and baseball tournaments are progressing in a satisfactory manner, but are not yet completed. Everyone with any track inclinations may be observed going through their paces in preparation for the great Intramural Meet May 15.

Our baseball injuries are responding nicely, and the two most seriously injured, "Papa" Rose and "Casey" Kessler; both lightning outfielders, expect to be cavorting about chasing flies before the season is finished.

THE BLUE AND WHITE CLUB

(Sydney Elias)

The Blue and White Club has passed its first year of existence, and is ambitious to cast aside this title and assume its real name, the Gamma chapter of the Lambda Omicron Gamma fraternity. Everything points favorably towards its accomplishment next semester. All men will work hard this summer with this objective in view.

Mickey Joseph is the only one staying in Des Moines for the summer. He will continue to work at the Polyclinic Barber Shop. S. Elias, because of many none-to-flattering remarks on his penmanship, has acquired a typewriter and is trying to master it. S. Kahn will leave for home as soon as Virge lets the summer dissection students go, while the Kestenbaum brothers will be on the train as soon as school is out.

The Blue and White Club wishes everyone a very pleasant vacation.

DELTA OMEGA

By Vi.

Delta Omega Beta had the honor of entertaining Misses Elsie Larson and Eleanor Coursume of Kirksville College during the week-end of April 10. A dinner-dance was given in their honor at Younkers Tearoom. Dinner was followed by an evening of dancing. Those present were: Dr. and Mrs. H. V. Halladay, Messrs. Frederick Shaeffer, Jay Halladay, H. L. Gulden, Lawrence Nixon, Hymen Kestenbaum, Harry Taylor, Selmar Dahl, and Mory Halladay, and Misses Elsie Larsen, Eleanor Coursume, Frances Halladay, Norma Lee Abolt, Margaret Dennis, Anne McKinney, and Viola Buckholz.

Sunday afternoon, May 3, Mrs. H. V. Halladay gave us the use of her home for a bridge party. Everyone proved to be good bridge players. High prizes were won by Mrs. H. V. Halladay (I guess that compensates Virg for the time she raised his bid), and Lawrence Nixon. Low prizes were taken by Margaret Dennis and Landis Johnson. A delightfully delicious refresh-

ment of date pudding and coffee was served. We wish to thank Mrs. Halladay and Virg for their kindness and courtesy.

Last week-end Delta Omega was invited to the Delta Omega Alpha Spring Formal held at the Country Club in Kirksville. Dr. H. V. Halladay very kindly offered to take the Misses Rachel Hodges, Norma Lee Abolt, Margaret Dennis, and Viola Buckholz to Kirksville. We wonder what Virge's record will be next year? He drove the distance to Kirksville in 2 hours and 45 minutes, traveling at a speed of from 75 to 85 miles per hour.

While in Kirksville we were shown the College buildings and found them most modern, well equipped and convenient. In the afternoon we were honored at a dance at the Sorority rooms. At 6:00 p. m. we were tendered a banquet. The Formal was held at the Country Club. There was a perfect band, perfect floor, perfect moon, perfect dates, in fact everything was perfect. Plenty of confetti was distributed and the favors made plenty of noise. It was a most enjoyable party.

The following morning we again set out for Des Moines and returned in rapid time. Our visit to Kirksville will always be remembered and talked about.

IOTA TAU SIGMA

(Jud Koch)

The few remaining weeks of the school year finds a busy house, with busy people. The seniors attending banquets, and sending announcements, the juniors planning their busy summer, with clinic practice, the sophomores "non-ka-halantly" discussing their plans for vacation, and the freshmen packing their trunks with joyful ecstasy.

Our final tribute to our graduating seniors will be a banquet at Younkers Tearoom, May 22, which will be followed by dancing at the house. We are honoring J. M. Gill, L. A. Peterson, and J. Johnson. We wish these men, through the medium of this article, success and profitable happiness as boosters of Osteopathy.

Our baseball aspirants have placed second in the league, and with only one game remaining to even the series, it should be an excellent battle. Although some of the games have almost ended as track meets, in our favor, there has been much amusement as well as good sportsmanship throughout the entire series.

Carrying the laurels of the fraternity in that well known Scottish game of golf, are Morgan, Spaulding, Johnson, and Gowans. The hazards and large galleries hindered their golfing form in the first round, but as the tournament proceeds, the boys are settling down to some real golf and are making a strong bid for the trophy.

A new and different contest is to be held Pan-Hellenic day, May 15, namely, a track meet.

In looking over the events, maybe the sponsors will be surprised, because who knows, we may have a world's champion in our midst. At least, there must be some reason why "Mopy" Hewlett is throwing furniture around, to get his shot-putting arm into shape.

One day when all young men feel nearer to their Mothers, even though they are far from them, is the day set aside each year for those young men to pay tribute—Mother's Day. Brothers in Iota Tau Sigma paid this tribute, Sunday, May 10, by attending church in a body, at Plymouth Congregational Church.

We wish to state Dr. R. J. Rhode's location as Woodward, Iowa.

PHI SIGMA GAMMA

(R. F. Allen)

We take great pride in welcoming Bros. Arthur Montgomery, Allen Morrical, Lester Hoverstein and Clarence Peterson into the fraternity. These men completed their third degree work and were ushered into active membership April 29th.

Armbrust broke forth with a brand new Dodge coupe last Sunday. It certainly will be too bad for the fair sex of Des Moines, now.

A week's confinement in the hospital doesn't seem to slow Jagnow down a bit. Between selling cigars and baseball, Jack is quite a busy boy nowadays.

Visiting us this month were Dr. Ralph Davis of Milwaukee, Dr. Lowell Morgan of Alton, Illinois, and Dr. Dwight Stone of Knoxville, Iowa. We were glad to have these members with us again, and look forward with pleasure to their next visit.

Some of the Juniors have great ideas for their obstetrical practice during the summer months. So far, six of them plan on staying at the house. Now if the new population of Des Moines will just increase accordingly, they will be all set.

The annual P. S. G. Senior banquet will be held the evening of May 15th at the Chamberlain.

Visit Mesa Verde

Those of you who expect to drive thru to the convention in Seattle should plan your trip to take in Mesa Verde National Park. I visited this park for the first time four years ago and when we were West two years ago, stopped again. We had such a wonderful time that this year we have already made our plans to make another stop in Mesa Verde and will extend the visit to a full week instead of two days. This is the only national park that preserves the work of man and in it you will find the most courteous rangers and hosts of any. Mr. Nusbaum the superintendent, will give you personal attention. The rangers are especially attentive and will take you on trips over the park without charge. Jim Eng-

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The Log Book

The Official Publication of
DES MOINES STILL COLLEGE
OF OSTEOPATHY

President.....C. W. Johnson

Faculty Advisor.....H. V. Halladay

Editor.....R. K. Homan

Osteopathy Without Limitation

Carry On!

In this, the final issue of the Log Book for the school year of 1930-31, the editor of the past year wishes to take this opportunity to thank all those who have assisted in any way during the year in the publication of the Log Book.

Especially do I want to thank the many field members and others who are not connected with the school for their contributions and comments.

During the past year we have put forth our best efforts to make this, the official publication of Des Moines Still College, interesting not only to the student body but to all the members of the profession and our many other friends who receive the Log Book every month.

In turning over the editing of the Log Book to next year's editor, Mr. Robert Forbes, we sincerely hope that our readers will continue the fine support they have given during the past year.

ROBERT K. HOMAN.

Letters from Graduates

The LOG BOOK will publish, each month, the names and addresses of all alumni who are so kind as to write to the Office. The school always appreciates hearing from its graduates. The following wrote in during the past month:

Dr. Lee L. Lindblom, Wichita, Kansas;

Dr. Fred E. Dunlap, Pleasanton, Kansas;

Dr. Paul V. Wynn, Holland, Michigan;

Dr. Cecil Musselman, Zanesville, Ohio;

Dr. Stanley Evans, London, Ohio;

Dr. L. S. Parkhurst, Watford City, North Dakota;

Dr. Lowell Morgan, Alton, Illinois;

Dr. Kenneth Ward, Ft. Dodge, Iowa;

Dr. James R. Shaffer, Milwaukee, Wisconsin;

Dr. Gladys J. Cowen, London, England;

Dr. Chas. C. Auseon, Hillsdale, Michigan;

Dr. Alice Paulsen, Le Mars, Iowa.

Henry Peck—Do you think you can make a good portrait of my wife?

Artist—My friend, I can make it so lifelike you'll jump every time you see it.

Springfield, Illinois, and Return

The date, May 6th.
The reason, the Illinois State Convention.

Transportation by Buick; pilot—self only.

Taught three classes Wednesday a. m., jumped into the car at 10:30, ate lunch at Ottumwa, arriving at 11:50, out at 12:10 and on to Keokuk; filled with gas and across the bridge into Illinois. Roads fine all the way but at Macomb. Have you ever been there? Nice little town with a court house in the middle of a little square. They used to send you thru the town driving one way around the square, but now they route you around the business district and out to the east on the worst brick pavement in the country. They have a lot of bricks piled up along the street now which may mean that they have found out that the pavement is terrible and will repair it some time in the next few months. Even with the speed slowed to twenty per, we arrived in Springfield at 4:30 p. m., making the trip of exactly 300 miles in five and one-half hours driving time. What about the weather? Well, we asked the assembly to change the name of Springfield to Winterfield. It should be renamed for it was a real winter blast that struck the old man when the door-man opened the wagon to take out the baggage. Really, something should be done about the weather there in Springfield!

Ray Hulburt was the first to be spied. Then followed a number of the old gang. Preparations were made for the banquet and at 7:00 o'clock, (billed of course for 6:15) we ate. The hall was crowded, there being over 100 members of the profession with their wives and friends, and a very excellent showing of members of the leg-

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Track Meet May 15

The Pan-Hellenic Council will sponsor an interfraternity track and field meet on May 15 at Roosevelt High School field.

The rules are as follows:

1. Each fraternity may enter three men in each event, except the dashes; two men only may be entered in these events.

2. Points will be 5 for first, 3 for second, and 1 for third.

3. All entries must be in by May 12.

5. Events will be:

High jump and pole vault. 50-yard dash.

Broad jump and shot put. 100-yard dash.

Javelin throw. 150-yard dash.

(Intermission, 20 minutes.) ½-mile relay.

Hop, step and jump. Married men's 50-yd. dash.

The committee in charge is J. N. Gill, Carl Blech, and Bill Rose.

Assembly, April 17

The band opened the program with a very snappy march, which was very well done.

Due to another meeting, held the period preceding the assembly hour, many of the upper classmen were late, and some of the powers that be seemed to be a bit unduly put out.

After the first number by the band, the program was turned over to Dr. Robert Bachman, who presented Edith Barber and Leon Barber of Des Moines, and Dr. C. L. Young, formerly of York, Nebraska.

The Barbers put on several very lively and interesting musical numbers, which were made up partly of old numbers, some of which were known by all of us, who joined in the singing, and many of the voices of the barber shop blues singers and other whisky tenors were badly strained.

After the noble attempt on the part of the students, Mr. and Miss Barber rendered several duets which were greatly appreciated by all present.

After this very fine musical program, Dr. C. L. Young was presented, and the Doctor's witty jokes were indeed a pleasure. Dr. Young spoke upon the topic "Where Do You Room?" This lecture was one of the finest we have been privileged to listen to in assembly this year.

After this fine lecture, the meeting was closed in the usual order by a number by the band.

Assembly, April 24

Assembly was opened by the band playing Sousa's stirring march "Semper Fidelis." This was followed by a rendition of Rudy Vallee's famous "Betty Co-ed."

Prof. Parisi had charge of the program, and introduced Miss Grimes, a student of Drake University Conservatory, who played four piano numbers. The first was Rachmaninoff's "Prelude in C Sharp Minor;" this was followed by "Charge of the Uhlans", Deppen's "A Japanese Sunset", and an arrangement of "Dixie" in which Miss Grimes played one tune with the right hand and a different one with the left.

The Still College Sketch Club under the management and personal direction of Red Stewart gave that soul-stirring old melodrama "Ya Ain't Done Right by our Nell." The featured players were Homer Friend as the cruel Farmer, Bernie Lowe as Nellie, Joe Devine as the City Slicker, and Ed Ramsey as the Cop. The production was well staged and received tremendous applause.

Mrs. Jeanette Mann of Davenport was the speaker. Mrs. Mann is engaged in temperance work for the W. C. T. U., and her address was on the subject "Why Suffer?" She discussed the evils of the liquor traffic before the advent of prohibition

and the benefits derived since the passage of that legislation, stating among other things that alcoholic insanity has been reduced more than 50 per cent since the 18th Amendment went into effect.

Mrs. Guy Brunk, daughter of Dr. S. S. Still, founder of Still College, was introduced to the assembly. Mrs. Brunk told briefly of her father and her mother, Dr. Ella Still, both of whom were professors in this school for a number of years.

The band closed with the Navy's song, "Anchors Aweigh."

Visitors at the College

We are always glad to welcome visitors to the college, and will print, in each issue, the names of those who favor us with visits. The following were with us during the past month:

Dr. T. B. Larrabee, Webster City, Iowa;

Dr. Lowell Morgan, Alton, Illinois;

Dr. Clifford De Long, Valley Junction, Iowa;

Mr. W. A. Kessler, Radcliffe, Iowa;

Mr. John A. Forbes, Fort Dodge, Iowa;

Miss Jessie Forbes, Ft. Dodge, Iowa.

Stillonian Day

Friday, May 15, an old tradition of Still College is to be revived, and this day will be set aside as "Stillonian Day." A morning program will precede distribution of the year books. M. J. Schwartz will present, for the delectation of the student body, a musical program and two well-known speakers — Mayor Parker Crouch of Des Moines, and Lieut. J. S. Van Cleve, U. S. N., who is the officer in charge of the U. S. Naval recruiting station at Des Moines.

In the afternoon an interfraternity track and field meet, under the auspices of the Pan-Hellenic Council, will provide a fitting climax to Stillonian Day.

It is requested that all complete their payments for the book by the day of distribution. Payments may be made to M. J. Schwartz, O. E. Rose, or J. N. Gill.

Changes Location

Dr. John T. Downing, Osteopathic Physician, announces the removal of his office from its former location in the Bowman Building to 614 First National Bank Building, Scranton, Pa.

Births

Born to Dr. and Mrs. D. H. Wire, a daughter, Doris Anne, on April 18, at Bridger, Montana. Dr. Wire was a member of the graduating class of D. M. S. C. O. in May, 1930.

Born to Dr. and Mrs. F. B. Heibel, a son, Frank Porteous, on April 9, at Iowa Falls, Iowa.

Springfield, Illinois, and Return

(Continued from page 3)

islatore. On account of the shortness of the time, Arthur Hildreth was the only one allowed to speak. Well, that was one meal that we got absolutely free. Didn't even have to stand up and smile after an introduction. It was a good meal too, half a fried chicken and all the trimmings.

Dr. Conley of Kansas City, Dr. Laughlin of Kirksville, Dr. McBain of Chicago, and myself, represented the colleges in this part of the country and never got to say a word. This worried Dick a good deal for he had a nice little speech all fixed up for the gang. Too bad, Dick—save it and you will have something you can say in an emergency.

The next morning several of us were on the program. Dr. Conley got in his time with just a few minutes short. Roebuck had to concentrate and was given only about twenty minutes. The writer had to condense and finish the a. m., after which we all went over to the St. Nick Hotel to an A. B. C. Luncheon. Dr. Conley again talked and it was a good one. Back to the Abe Lincoln and we filled in for a couple of hours. Thru about 4:00 p. m., got things ready, and started back.

It can rain in Illinois, too. We skirted the north edge of the city to catch a glimpse of the new monument to Abe Lincoln and then out. And did it rain!!! Some cars stopped at the side of the road to wait until the worst was over. We just putted along at 35, even tho the car did object to being held to such a ridiculous rate. It was nearly dark when we arrived in Macomb again, took a turn around the square, and stopped at a lunch room on the south side. A sandwich and the biggest helping of strawberry short cake ever published, made a real meal. For fifteen cents I had more strawberries and cake than I could handle. That's a fact, and I thought I could eat lots of strawberry short cake. Well, that eased up the bumps in the pavement at Macomb and I feel more kindly towards the town now. Back thru Keokuk and on up to Mr. Pleasant. Something should be done with these Iowa motorists who will not dim their lights. In Illinois they are courteous, but you get over the line into our own state and they are different.

Being tired, we stopped at Os-kaloosa and stayed all night. Got up late, but home in time to meet with the gang in our regular Friday morning assembly.

Illinois is going through the same thing that many other states are this year. A bill has been introduced and they are trying to get it across. The same thing is met with wherever this

happens. The medics are trying to kill the Osteopaths and are having a hard time doing it. We hope that they fail in Illinois, for the members of our profession that I met there at the state meeting are all men and women to be proud of and we hope that they succeed in getting a more complete recognition of their rights.

The meeting was well attended, I think some one said that the attendance was better than for several years. Weather kept some away, yet I heard one doctor say she got up at 5:00 a. m. and drove most of the way thru the rain.

It looks to me as if the osteopathic profession was very, very much alive and ready to get up and fight when necessary. These threats against our rights will bring them out. Springfield knows more about Osteopathy than it ever did before and that is what we need all over the country.

Good luck to you fellows across the river!

—“VIRG.”

Assembly, May 8

This assembly was sponsored by the Pan-Hellenic Council. After the rendition of the march “Men of Ohio” by the band, Nick Gill took charge of the program.

Nick outlined the rules for the Track and Tennis Tournaments which are being played under the sponsorship of the Pan-Hell.

Forrest Spaulding, city librarian of Des Moines, was introduced as the speaker of the morning. Mr. Spaulding's subject was, “20 Minutes Intermission.” He urged us to think of the library as a fact assembling plant and a source of ready reference for all in the city. Over 70,000 persons hold cards in the Des Moines City Library and many make use of the reading rooms. An information desk is maintained and is presided over by persons trained in finding facts and information concerning almost any question. The library co-operates with the schools, newspapers, etc., at all times.

Mr. Spaulding recommended Pitkin's book, “Art of Rapid Reading” as a most valuable bit of informative reading. He finished his lecture by suggesting that everyone should place in his daily time budget a period of from 20 to 30 minutes for serious, informative reading and leave lighter reading, such as the newspaper, for evenings, when fatigue renders serious literature undesirable.

Mr. Spaulding presented a most enjoyable and instructive speech which was appreciated by all in attendance.

The band closed with “On Wisconsin.”

She—Dear, I saw the sweetest little hat downtown today.

He—Put it on and let me see how you look in it.

Convention

Thirty-third Annual Convention of the Iowa Society of Osteopathic Physicians and Surgeons, a Division of the American Osteopathic Association, Held at Hotel Kirkwood, Des Moines, Iowa, May 12, 13, 14, 1931.

Tuesday, May 12th

9:00 Registration.

Invocation.

Address of Welcome.

Response, Dr. J. K. Johnson, Sr., President.

Announcements.

10:00 Early Osteopathy—

Dr. Charlie Still.

Dr. Arthur Hildreth.

12:00 Lunch.

1:30 Intestinal Obstruction—

Dr. George Conley.

3:00 Diseases of Middle Life—

Dr. Della B. Caldwell.

3:30 Emergencies from Head, Hand, and Kit bag—

Dr. George Conley.

7:30 Osteopathic meeting (Reminiscence), a good old Osteopathic visit, led by Drs. Charlie, Hildreth, Conley, etc.

Wednesday, May 13th

9:00 Osteopathic Obstetrics—

Dr. Margaret Jones.

10:30 Abnormal Deliveries, demonstrated on the Phantom—

Dr. Robert Bachman.

12:00 Luncheon. O. W. N. A. Luncheon at Kirkwood Hotel.

1:30 Legislative Program and Report of the Committee—

Dr. R. B. Gilmour, chr. of Legislative Committee.

3:00 Business Meeting.

6:30 Banquet—Hotel Kirkwood.

Thursday, May 14

8:00 Ear Nose and Throat and Rectal Clinic at Des Moines General Hospital.

12:00 Luncheon.

1:30 Comparative Therapeutics—

Dr. W. M. Pearson.

3:00 Apoplexy—

Dr. C. W. Johnson.

3:30 Comparative Therapeutics, continued—

Dr. W. M. Pearson.

A report of this convention will be given in the next issue of the LOG BOOK.

Assembly, May 1

The band opened the assembly with Sousa's ever-popular “El Capitan.” This was followed by Crinoline Days, featuring Dr. Dahl on the baritone. The band closed the opening ceremony with the Navy's hymn, “Anchors Aweigh.”

Dr. Johnson, in the absence of Dr. J. P. Schwartz, introduced the speaker, Attorney Sampson of the P. I. C. Mr. Sampson represented Osteopathy in the recent legislative battle at the State House.

Mr. Sampson spoke primarily to the seniors, but all found his remarks most instructive, as well as interesting. He touched first upon the physician's remuneration, stating that the Doctor

should educate his patients to pay as they received the service, and suggested that arrangement for payment, in the form of a memoranda or budget, should be made before discharging a patient.

The attorney next discussed malpractice suits. The most common causes of these suits come from the injection of varicosities, coagulation of tonsils, rectal work, pathological fractures, and burns received in office or hospital. New methods of treatment are often seized upon as excuses for such suits. The physician should evade malpractice first by ever watching for the unusual, second by taking a complete case history and keeping a record, and third by never taking chances.

In conclusion Mr. Sampson said: “No class of people can be of as much service to the public as the Osteopathic Physician.”

The opposition is severe. . . . To offset this, popularize Osteopathy in your community and always keep an active interest in professional, public, and legislative affairs.”

The band closed with a trombone smear number entitled: “Hydrophobia.”

Visit Mesa Verde

(Continued from page 2)

lish, a real western cowboy, has the horse concession and is the delight of everyone who meets him. Jim will take you on trips to new territory that will give you the kind of a thrill that you have always wanted. If you want to explore ruins a thousand years old that have never been marred by tourists, Jim will take you to them. The kids and I are crazy about him and so is everyone else that has ever used him for a guide. Ask Charley Manby of Battle Creek what he thinks of Jim.

The scenery approaching Mesa Verde is wonderful. There is one place on the trip up to the Mesa that you can see into four states. The drive has been improved this last year and altho it is a thrill to make it, the whole trip is perfectly safe and any driver can make it in high gear.

If you go thru there just tell Jim that you are a friend of mine and he will break his neck if necessary to show you a good time. Take a look at the perfect little hospital while up on the Mesa and make yourself known to Dr. Reif. Just think how wonderful it would be to have his job during the season.

The Indian dance and lecture by a big log fire every night is worth driving a thousand miles to see.

—VIRG HALLADAY.

Locates in Milwaukee

Dr. James R. Shaffer, Osteopathic Physician and Surgeon, announces the opening of his office at 1800 East Capitol Drive, Milwaukee, Wisconsin.

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